As a prelude to the 2014 Ozone Season, the Alamo Area Council of Governments (AACOG) and the City of San Antonio are co-hosting the eighth annual Fresh Air Friday event on April 4, 2014 from 11:30 a.m. to 1:00 p.m. on Main Plaza, located at Commerce and Main in downtown San Antonio. Fresh Air Friday promotes walking to lunch rather than driving as a way to help reduce ground-level ozone and other air pollutants.

The public is invited to bring a brown-bag lunch or buy lunch on or near the plaza. At Fresh Air Friday, there will be exhibits on the latest alternative commuting options, potential improvements to air quality, energy efficiency, sustainable living, and many other healthy, green topics. Brochures, pamphlets, free samples and other promotional items will be given out during the event.

Fresh Air Friday exhibitors will include over 20 nonprofit organizations, green businesses, and government agencies. Such groups as the American Lung Association, CPS Energy, Earthwise Pest Control, NuRide, San Antonio River Authority, San Antonio Water System, Sierra Club, and VIA Metropolitan Transit will be exhibiting.

The Ozone Season, which this event heralds, occurs between April and October, when air pollution in the region is more likely to reach unhealthy levels, largely due to the interaction of car exhaust and gasoline fumes in intense sunlight. Walking to lunch rather than driving is one way folks can take an active role in reducing the region’s number one air pollutant: ground-level ozone. Walking rather than driving provides exercise and saves money, too!

Come on outside and join AACOG's Natural Resources Department and the City of San Antonio's Office of Sustainability along with many other clean air partners, and enjoy some fresh air at lunchtime!
Managing Stress

Stress can hit you when you least expect it—before a test, after an accident, or during conflict in a relationship. While everyone experiences stress at times, a prolonged bout of it can affect your health and ability to cope with life. That’s why social support and self-care are important. They can help you see your problems in perspective…and the stressful feelings ease up.

Sometimes stress can be good. For instance, it can help you develop skills needed to manage potentially threatening situations in life. However, stress can be harmful when it is severe enough to make you feel over-whelmed and out of control. Strong emotions like fear, sadness, or other symptoms of depression are normal, as long as they are temporary and don’t interfere with daily activities. If these emotions last too long or cause other problems, it’s a different story.

Symptoms of Stress

Common reactions to a stressful event include:

- Physical or emotional tension are often signs of stress. They can be reactions to a situation that causes you to feel threatened or anxious.
- Stress can be positive (such as planning your wedding) or negative (such as dealing with the effects of a natural disaster).
- Disbelief and shock
- Tension and irritability
- Fear and anxiety about the future
- Difficulty making decisions
- Being numb to one’s feelings
- Loss of interest in normal activities
- Loss of appetite
- Nightmares and recurring thoughts about the event
- Anger
- Increased use of alcohol and drugs
- Sadness and other symptoms of depression
- Feeling powerless
- Crying
- Sleep problems
- Headaches, back pains, and stomach problems
- Trouble concentrating

Tips for Self-Care

The best ways to manage stress in hard times are through self-care:

- Avoid drugs and alcohol. They may seem to be a temporary fix to feel better, but in the long run they can create more problems and add to your stress—instead of take it away.
- Find support. Seek help from a partner, family member, friend, counselor, doctor, or clergyperson. Having a sympathetic, listening ear and sharing about your problems and stress really can lighten the burden.
- Connect socially. After a stressful event, it is easy isolate yourself. Make sure that you are spending time with loved ones. Consider planning fun activities with your partner, children, or friends.
- Take care of yourself.
- Eat a healthy, well-balanced diet
- Exercise regularly
- Get plenty of sleep
- Give yourself a break if you feel stressed out—for example, treat yourself to a therapeutic massage
- Maintain a normal routine

Stay active. You can take your mind off your problems by giving—helping a neighbor, volunteering in the community, even taking the dog on a long walk. These can be positive ways to channel your feelings.

For More Information:  http://www.cdc.gov/Features/HandlingStress/
After a brief closure, the Employee Health Clinic is back in service. The Employee Health Clinic offers clinical services to Regular full and part-time Bexar County employees (not available to temporary employees)

The Bexar County Employee Health Clinic affords employees a convenient and affordable way to get medical care for minor illnesses and injuries.

*The Employee Health Clinic CANNOT*
- treat heart attack/cardiac emergencies
- stroke symptoms
- sudden onset of increased blood pressure
- fractures/dislocations
- motor vehicle accident-related injuries
- severe allergic reactions
- high blood sugars
- Injuries due to falls
- episodes of dizziness

These types of emergencies need to be treated at the nearest Emergency Room.

The Employee Health Clinic is located at 459 South Main. Appointments are strongly encouraged, to make yours, call 210.335.4935. You will be required to bring your Bexar County Identification Card.

**FIESTA FAMILY SAFETY TIPS**

- Coordinate with others and pick a location where you will meet if separated
- Look around and become familiar with your surroundings
- Identify the closest exits
- Identify where Law Enforcement & First Aid Stations are located (point out these locations to your children as a safe place to go in case they get lost)
- Temporarily Tattoo your child with your cell number (waterproof ink)
- Dress children in easily identified clothing
- Stay hydrated
This May at the **18th Annual Walk & Roll Rally**, the Alamo Area County Metropolitan Planning Organization, City of San Antonio and Bexar County will be celebrating walking and bicycling as desirable forms of transportation, exercise and recreation.

The Walk & Roll Rally will pop-up for one hour only at **8 a.m. Friday, May 2 at Main Plaza** in downtown San Antonio! The festive event is a chance for the public to learn about the benefits of active transportation and to rally around community leaders who support the many efforts to make our community healthier. Invited Rally speakers include Bexar County Judge Nelson Wolff, San Antonio Mayor Julian Castro, San Antonio City Councilmember and MPO Chairman Ray Lopez and other transportation and health leaders.

The Rally, endorsed by the Mayor’s Fitness Council, will celebrate residents who have incorporated active transportation into their daily routine and encourage others to consider what trips they could make by foot, bike, or bus. There will be organized walks and bike rides to the rally point and refreshments, door prizes and biking and walking demonstrations at Main Plaza! VIA Metropolitan Transit is again providing free bus transportation for cyclists with bikes on the day of the Walk & Roll Rally.

Active transportation in San Antonio is growing rapidly. Some of the joint transportation partnership initiatives that are helping fuel this momentum include:

- The MPO’s Bicycle Travel Patterns Study showed that about 325,000 people – almost one in five Bexar County residents! – ride a bike at least monthly.
- Recognized as a Bronze Level Bicycle Friendly Community, San Antonio has grown its on-road bike facilities mileage 800% from about 30 miles in 2000 to over 240 miles in 2013.
- San Antonio Parks and Recreation has built 45 miles of off-road hike and bike trails along Leon Creek, Salado Creek and the Medina River as part of the Howard A. Peak Greenways. Another 40 miles are under design or construction.
- The grand opening on October 5, 2013 of the Mission Reach concluded restoration and enhancement of 13 miles of the San Antonio River, popular with cyclists, walkers and kayakers.
- San Antonio B-Cycle currently operates 52 bike sharing stations with up to 15 more locations to be added throughout 2014.
- All VIA Metropolitan Transit buses have bike racks, including inside its Primo Bus Rapid Transit.

The MPO’s Bicycle and Pedestrian Mobility Advisory Committees will hold a joint Hike & Bike Night public meeting at 6 p.m. Wednesday, May 14 at the VIA Metro Center (1021 San Pedro).
If you're a fan of using the keyboard rather than your mouse whenever possible, you can move your cursor from icon to icon in the taskbar without a mouse and still see thumbnail previews.

Press the Windows key + T, and you'll move the focus to the leftmost icon on the taskbar. Then, while still pressing the Windows key, press T again to change the focus to the next icon to the right. You can keep doing this as long as you like!

AMERICA READS DAY

On March 3rd, 2014, Tax-Assessor Albert Uresti participated in America Reads Day by stopping by Adams Elementary School (Harlandale ISD) & Hutchins Elementary School (South San Antonio ISD), 1st grade classes to read to the children. They were all very excited to hear Mr. Uresti read and had a great time!

April is National Alcohol Awareness Month

There are many ways people can be diagnosed as being alcohol dependent. Here are common warning signs of an alcohol problem:

- Increasing amounts. A drinker needs more and more alcohol to get the same feeling.
- Withdrawal. Stopping drinking may cause reactions from a mild hangover to severe shaking.
- Loss of control. The urge to drink may become overpowering.
- Concern by others. Friends or coworkers may report problems.
- Health, family and legal issues. These may include injuries and arrests.

Many problem drinkers are successful people who work every day. It isn’t always easy to spot alcohol abuse by how much or how often a person drinks.

Who’s at risk

Someone is more likely to have a drinking problem if they:

- Have a mental disorder
- Have a family history of drinking problems
- Start drinking at a young age

Many people do overcome their alcohol problems. But taking the first step can be hard. Someone you know might have an alcohol problem. Or you could think that you have one yourself. Here’s what to do. First, try to get help right away. Alcohol problems can lead to other health concerns. You might start by calling your family doctor. Doctors can provide medical advice and treatment options. They can also refer you to other services. Reach out to resources in your state government. Look for a state agency that works with drug and alcohol treatment programs. Another good resource is Alcoholics Anonymous. This is one of the nation’s oldest recovery programs. It holds meetings in many cities and towns.
Do you want to compare costs of using different facilities? Then log on to Aetna Navigator and use their Cost Estimator. You can see the estimated cost to your pocket book as well as the deep discounts you receive by having Aetna as our administrators. The example below shows the estimated cost difference for a MRI. Get yourself enrolled TODAY! (system provides estimates only)

<table>
<thead>
<tr>
<th>Facilities Near 78245:</th>
<th>Cost Estimator</th>
<th>Distance</th>
<th>You Pay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Openedig MRI</td>
<td>800 CHEM</td>
<td>0.15 mi</td>
<td>$425.83</td>
</tr>
<tr>
<td>Baptist West Imaging-McKinney</td>
<td>Radiology Center</td>
<td>0.37 mi</td>
<td>$481.38</td>
</tr>
<tr>
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<td>1103 E Cibolo Dr</td>
<td>0.55 mi</td>
<td>$505.03</td>
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<td>South Texas Radiology Imaging</td>
<td>7141 E. Sonterra Blvd Suite 200</td>
<td>0.95 mi</td>
<td>$505.03</td>
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</table>

Click Here for a Map to the facility location
Click Here to get details about the Facility
Click Here for detailed pricing information

Call 210-335-5448 to Register Your Car or Cycle!
<table>
<thead>
<tr>
<th>Date</th>
<th>Course/Class</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, April 1, 2014</td>
<td>Outlook 2010-Level 1</td>
<td>9:00am-4:00pm</td>
<td>Paul Elizondo Tower 2nd Floor, Room 205</td>
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<td>Americans with Disabilities Act for Supervisors and Managers 9:00am-12:00pm</td>
<td>HR Training Room 211 South Flores</td>
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<tr>
<td></td>
<td>Americans with Disabilities Act For Employees 1:00pm-4:00pm</td>
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<td>Thursday, April 10, 2014</td>
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<td>Records Center 232 Iowa St.</td>
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<td>Mini Session for Adobe: Intro to Acrobat Pro (Part I) 9:00am-12:00pm</td>
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<tr>
<td>Wednesday, April 23, 2014</td>
<td>Word 2010-Level 1</td>
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</table>

*All classes are available for all County employees.*

*Check the County Intranet for more training events.*

*Employees should have supervisors approval before enrolling and attending a class.*

To register for HR sponsored training events and courses please contact Human Resources at HRTraining@bexar.org

To register for Technology courses, please contact ISTrainingrequest@bexar.org
Service Anniversaries
April 2014

FIVE YEARS
- District Attorney
  Rose E. Gonzalez
  Nelda J. Tanaka
- Human Resources
  Christopher A. Torres
- Juvenile Detention
  Anna M. Villanueva
- Juvenile Probation
  Anna M. Carreon
  Elizabeth A. Martinez
  Carlos A. Silva

TEN YEARS
- Sheriff’s Office
  Joseph D. Garza
  Enrique A. Hanssell
  Carlos P. Moreno
  Oscar N. Zepeda
- Judicial Services
  Michael J. Hernandez
  Melissa A. Uriegas
- Juvenile Probation
  Juvenal C. Favila
  Jaime O. Perez
  Rolando D. Garza
  Alfonso Guzman

FIFTEEN YEARS
- Auditor’s Office
  Elena M. Flores
  John J. Fisher
- Elections
  Courtney E. Lieberman
- Information Technology
  Nancy Vargas
- Sheriff’s Office
  Donald J. Butler
- Juvenile Probation
  Leticia T. Hernandez
- Sheriffs Office
  Cheryle J. Igleheart-Conley

TWENTY YEARS
- District Attorney
  Lynda J. Herrera
- Public Works
  Hermelinda M. Rios
- Sheriffs Office
  Maria E. Fuentes

TWENTY-FIVE YEARS
- Sheriffs Office
  Kenneth M. Meshew
  Robert M. Blount
- Constable-PCT 4
  Jesse Barbosa
- Facilities Management
  Raul Talamantes
- Sheriffs Office
  John A. Barrera
- Sheriffs Office
  Terry W. Payton

TWENTY-FIVE YEARS Cont.
- Sheriff’s Office
  Mary A. Villareal

THIRTY-FIVE YEARS
- Public Works
  Estella S. Casillas

Take the High Road

Deer Oaks remains concerned about the safety of its EAP participants and others. As part of this goal, Deer Oaks reimburses eligible employees and their dependents for cab fare in the event that they are incapacitated due to impairment by a substance or extreme emotional condition. Such circumstances may include:

- Over consumption of alcohol
- Drowsiness due to medication
- Extremely upset/troubled over a situation (i.e. receives bad news at work, is laid off or let go, learns of a death in the family, finalizes a divorce, etc.)

The process is simple, and like all other EAP services, confidential.

Simply call our Helpline for instructions on how to submit your receipt. It may take up to 45 days for reimbursement.

This service covers cab fares within the metropolitan city limits and does not include tip.