



# Webster County CONNECTION

FEBRUARY 2013

A Newsletter for Employees of Webster County, IA



## Wellness Corner: American Heart Month

February is American Heart Month, or Heart Disease Awareness Month. Ready to get started? Here are five easy, heart healthy resolutions for every lifestyle.

- 1. Drink More Water:** You've heard it time and again, but the fact remains: Drinking the right amount of water is a key ingredient in staying healthy. If you're drinking more water, you'll have less room for sugary sodas. Over 1/2 of the calories consumed everyday come from sweetened beverages.
- 2. Go Green:** Make 2013 the year of the kale chip – not the tortilla chip. By keeping your cabinets stocked with heart healthy fruits and vegetables you are in better shape to stick to your resolution. And if fresh doesn't work with your schedule or habits, remember you can get frozen or canned..
- 3. Eat Seasonally:** Good for your budget and waistline, eating seasonally means you are getting food at it's peak performance and flavor level. Check out the farmers' market bounty- you'll be supporting your local community and farmers.
- 4. Cut Out Processed Food:** Decide that 2013 is going to be the year you say no to aspartame, high fructose corn syrup and hydrogenated oil. Higher salt intake puts you at risk for high blood pressure. In fact, 75 percent of the salt in the average American diet comes from salt added to processed food and restaurant food, according to the American Heart Association.
- 5. Eat More Fiber:** Crucial to heart health and reducing the risk of heart disease, fiber is easy to add to your diet. Whole grains are filled with fiber, which makes digestion easier and helps you feel fuller when you're done eating – both key factors in weight management.

- from "5 Heart Healthy Resolutions for the New Year", [www.goredforwomen.org](http://www.goredforwomen.org)



### WELCOME NEW EMPLOYEES!

#### WC JAIL:

Austin Scott  
Correctional Officer

#### CO. ATTORNEY:

April Wicklein  
Legal Secretary

#### VET. AFFAIRS:

Dan Lewandowski  
Dir. Veteran Affairs

Daylight Savings  
Time Begins on  
Sun. March 10th!  
Don't forget to set  
your clocks forward  
1 hr. at 2:00am.



Time to  
Spring Ahead

### Schedule of Events

- \* 3/5—Board of Supervisors Meeting, 10am
- \* 3/10—Daylight Savings Time Begins
- \* 3/12—Board of Supervisors Meeting, 10am
- \* 3/17—St. Patrick's Day
- \* 3/19—Board of Supervisors Meeting, 10am
- \* 3/20—Spring Begins
- \* 3/26—Board of Supervisors Meeting, 10am
- \* 3/29—GOOD FRIDAY (County 1/2 day Holiday in the afternoon)
- \* 3/31—Easter Sunday

### Webster County Calendar

Su	Mo	Tue	We	Th	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



## Get to Know...

**Jennifer Benson,**  
**Asst. County Attorney**

Years at Webster Co. = 1.5

I have 2 cats, Hayden and Kinnick.

**What chore do you secretly enjoy doing?**

*Folding clothes! I love perfectly folded clothes & towels.*

**If you could choose one super power to have, what would it be?**

*To be able to stop, fast forward and rewind time.*

**Name someone who has been a role model in your life and why?**

*My mom. She was the strongest, most generous and courageous person I've ever known.*

**Who do you admire and why?**

*Law enforcement. Not only could I not do my job without them, but I admire their dedication to an often thankless job that requires them to work odd hours away from their families. They put themselves in harm's way every day to protect us and keep order.*

**If you could go on an all-expense paid vacation, where would you go?**

*A luxurious spa resort near a warm sandy beach and bright blue water.*

**What is your all-time favorite snack?**

*A chocolate shake from the Dariette.*



## Service Anniversaries

We would like to recognize the following employees for their years of service to Webster County as of February 2013. We're very fortunate to have all of you! We appreciate your service, loyalty and dedication.

- 25 years: **Caroline Steinberg**, Treasurer (MV)
- 14 years: **Gary Gillespie**, Secondary Roads
- 12 years: **Deanne Olson**, Treasurer (Tax)
- 11 years: **Randy Will**, County Engineer
- 10 years: **Randy Hofbauer**, Secondary Roads
- 4 years: **Joseph Gregory**, Secondary Roads  
**Marvin Leffingwell**, Community Services  
**James Kilen**, Secondary Roads
- 2 years: **Tami Swanson**, Community Services
- 1 year: **Adam Struve**, Sheriff Deputy  
**Sara Schoon**, Treasurer



**HAPPY SAINT  
PATRICK'S DAY!**  
**Sunday, March 17th**

## Safety Spotlight: How to Avoid Autopilot

Have you ever been working and realized that you don't clearly remember the last few tasks you performed? This is called "automatic behavior" and it means that a person can keep performing a job, such as typing, running a machine or even driving, but he or she can't make decisions or notice if something goes wrong. For example, a cook experiencing automatic behavior might go on chopping vegetables, but not notice that the food in the skillet beside him is burning. Automatic behavior can lead to serious on-the-job accidents. **Keep it from happening to you:**

**Get enough sleep.** People are most likely to "go on autopilot" when they are sleep deprived. Strive for at least eight hours a night, and schedule a couple of 10 to 20 minute naps if you're feeling fatigued.

**Vary your work.** Automatic behavior is most likely to occur when you're doing repetitive tasks. Try to vary what you are doing at least once an hour, even if you just change the position you are sitting or standing in.

**Feed your brain.** Research suggests that eating a serving or more of beta-carotene rich foods every day helps your brain stay sharp and engaged. Good bets: apricots, cantaloupe, kale, sweet potatoes, papayas and carrots.

**Take energy breaks.** Walking briskly...taking a whiff of peppermint oil...brushing your teeth...drinking a glass of cold water...eating a crunchy carrot...getting some air. These five-minute energy boosters can help ward off automatic behavior. **Try one today!**



~ Shiftworker, November 2012