



Webster County CONNECTION

MARCH 2014

A Newsletter for Employees of Webster County, IA

Start the Tasty Twist Wellness Program!

The Wellness Committee kicked off this fun and simple program on March 17th. It challenges you to boost your intake of nutritious and delicious fruits and vegetables so that you can enjoy a lifetime of good health. The Tasty Twist 6-week challenge encourages you to not only increase the quantity of fruits and vegetables that you consume but to also vary your selection from day to day. Choosing a wide variety of colors and types ensures that you take in a healthy dose of vitamins, minerals and fiber.

At the end of each day, plan to record your fruit and veggie consumption on the Tasty Twist game board. Put an "X" in the circle that corresponds to the color of the fruit or vegetable you ate. You earn one point for each circle you "X" out on your game board. You can earn bonus points if your produce intake exceeds the number of circles on the board, by simply recording the additional item(s) in your weekly shopping cart. Participants who fill their cart with five or more fruits and veggies will earn an additional 5 points for the week.



The game board is designed to encourage participants to consume a generous amount of fruits and vegetables each week while choosing a colorful selection of produce. You will track your intake on the weekly Game Boards and maintain your score on the Participant Game Board summary sheet. The Summary sheet will be turned in to Human Resources at the completion of Tasty Twist. Finish out the Tasty Twist challenge on April 27 with 175 or more points and you will be eligible for a \$50 portion of a possible \$250 gift card from ISAC! Be sure to turn in your Participant Game Board summary sheet by April 30th. Extra packets are available on the county website or by contacting HR. For more information, please contact Amy Porter at 515-573-1148 or aporter@webstercountyia.org.

Job Openings



Park Ranger Intern

Deadline to apply:

March 28th

VA Commissioner

Deadline to apply:

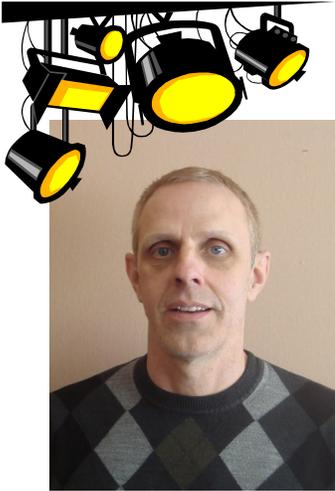
April 9th

Webster County Receives Land Donation

Donald Seltz and family recently made a bargain sale of 75 acres to Webster County Conservation. The Seltz family is made up of conservation-minded farmers active in local conservation organizations. They have been long-time supporters of the Conservation Reserve Program and serve as leaders in the agricultural community responsible for land stewardship. Don and his family understand the value in providing more habitat for wildlife, water quality and hunting.



Webster County has worked with the Seltz family, the local Pheasants Forever Chapter and the NRCS to develop youth hunting and trapping on these 75 acres. Pictured is Don Seltz being recognized at the capitol for land donation to Webster County for a youth prairie and hunting area. *L to R: Matt Cosgrove, Webster County Conservation Director, Senator Daryl Beall, Don Seltz, Kirk Seltz (WCCB Chairman) and Chuck Gipp, IDNR Director.*



Get to Know...

**Dan
Lewandowski**

**Director of
Veteran Affairs**

Years at Webster Co. = 1

Married to Jan for 24 years, have 4 sons—Nick, Brett, Jacob and Luke and a daughter, Anna. I retired from the military in 2012 after 32 years. Grew up on a dairy farm in central Minnesota. I enjoy family time, playing board games, softball, golf and still have my collection of baseball cards.

What chore do you secretly enjoy doing?

If considered a chore, it would be mowing the lawn.

Beach, country or city?

Country.

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

The ability to go back in time and experience different eras—but only for a day at a time.

What is the weirdest thing that's happened to you?

Should have been dead at least two times—wonder how it didn't happen.

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

Israel.

What is your all-time favorite snack?

Ice cream.

What would you do with a million dollars?

I would seek out hard working people/families, that through no fault of their own just cannot seem to get ahead. I would want to reward their work ethic and pay off their mortgage or something of that nature.

When you were young, what was your favorite TV show?

Repeats of "The Rifleman".

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

Jesus Christ—Enough said.



Service Anniversaries

We would like to recognize the following employees for their years of service to Webster County as of March 2014. We're very fortunate to have all of you! We appreciate your service, loyalty and dedication.

30 years:	Dave Scherff , Conservation
26 years:	Karen Schoon , MIS
21 years:	Angie Vinson , County Assessor
18 years:	Matt Cosgrove , Conservation
16 years:	Christy Nelson , Sheriff Office
14 years:	Duane Heun , Secondary Roads
12 years:	Scott Estergaard , Secondary Roads
11 years:	Ken Hays , Community Services
10 years:	Steve (Wally) Elifrits , Jail
5 years:	LaDon Sams , Secondary Roads
4 years:	Jordan Brackey , County Attorney
3 years:	Josh Van Waes , Sheriff Deputy Elizabeth Householder , Public Health
2 years:	Jayci Zakeer , Jail
1 year:	Derek Christie , Sheriff Deputy Cory Simpson , Jail Brent Chernik , Jail Transport Mike Dolata , Jail Transport Terri Redman , Jail Transport Rick Nellis , Jail Transport

LHI 5K Set For April 12

Spring is almost here, and with it comes the season for 5K Run/Walks! Coming up on Sat. April 12, Live Healthy Iowa will partner with the Healthy Webster County Coalition to offer a 5K Run/Walk and a 1K Kids' Run starting at the Rosedale Rapids Aquatic Center. All participants of the 10 week LHI Wellness Challenge can receive \$10 off the 5K registration fee. To receive your discount, check your 10 week LHI registration confirmation e-mail for your coupon code.



The cost of the 5K Run/Walk is:

Through March 31—\$20, April 1-7—\$25 (or \$10/\$15 for LHI 10wk participants)

1K Kids' Run (12 and younger) - \$5

Visit <https://events.clearthunder.com/LHI5K> to register. For more information, contact Lindsay Kavanaugh, Wellness Coordinator at 574-3818.

Wellness Corner: Nutrition Fact vs. Fiction

It has never been easy to sort through the facts and fallacies about food; and marketing ploys, clever phrases, wishful thinking, pseudo-science, media hype and celebrity testimonials don't help. Here are some common and enduring food myths:

MYTH: Fresh fruits and vegetables are healthier than frozen or canned.

FACT: Research shows frozen and canned foods are as nutritious as fresh. In fact, since lycopene is more easily absorbed in the body after it has been processed, canned tomatoes, corn and carrots are sometimes better nutrition choices.

MYTH: Body weight is a reliable indicator of a healthful diet.

FACT: No two people have the same body composition. The measure of a person's diet and your overall health is a combination of factors, including weight.

MYTH: Eating carbohydrates causes weight gain.

FACT: Calories cause weight gain. Excess carbohydrates are no more fattening than calories from any source. Despite the claims of low-carb diet books, a high-carbohydrate diet does not promote fat storage by enhancing insulin resistance.

MYTH: Eating just before bedtime is fattening.

FACT: What you eat, not when, makes the difference; calories have the same effect on the body no matter when they are consumed. Evidence does suggest that eating regular meals, especially breakfast, helps promote weight loss by reducing fat intake and minimizing impulsive snacking.

MYTH: Eating sugar causes diabetes.

FACT: Diabetes is caused by a lack of insulin in the body. Since foods that are high in sugar are often high in calories, overeating those foods can lead to weight gain. Research shows people who are overweight and obese are at increased risk for diabetes.

- American Dietetic Association, www.eatright.org

Safety Spotlight: Become a CERT Volunteer



Webster and Humboldt County Emergency Management Agencies will be sponsoring this year's Community Emergency Response Team (CERT) Academy. The CERT program, supported by FEMA, educates citizens through trained and certified instructors about disaster preparedness for hazards that may impact their area. The program instructs them in basic disaster response skills, such as fire safety, light search and rescue, team organization (ICS) and disaster medical operations. Using lessons learned in the classroom, both instruction and hands-on, trainees can provide capable response skills in disasters and during exercises. CERT members can assist others in their neighborhoods or workplaces following a major event when professional responders are not immediately available to help.

People who complete CERT training have a better understanding of the potential threats to their home, workplace and community and can take the right steps to lessen the effects of these hazards. If a disaster happens that overwhelms local response capability, CERT members can apply the training learned in the classroom and during exercises to give critical support to their family, loved ones, neighbors or associates in their immediate area until help arrives. When help does arrive, CERTS provide useful information to responders and support their efforts at the disaster site. CERT members can also assist with non-emergency projects that improve the safety of the community.



Classes will be held at the Humboldt County EOC, 426 Sumner Avenue, Humboldt, IA on Thursday evenings beginning May 22nd at 7:00pm. Classes run May 22nd through June 26, 2014. Class is limited to 20 participants and is on a first come, first served basis. There is no charge to attend the class. Refreshments and instructional materials will be provided.

If you have any questions or need further details, you may contact Tony Jorgensen—Webster County Emergency Management at 515-573-1403, Pat Colwell—Humboldt County Emergency Management at 515-332-4809 or Ron Vought by email at ron.vought@outlook.com.

Webster County Calendar

March—April 2014

Schedule of Events

- * 3/25—Board of Supervisors Meeting, 10am
- * 3/26—Statewide Tornado Drill, 10:00am
- * 4/1—April Fool's Day
- * 4/1—Board of Supervisors Meeting, 10am
- * 4/8—Board of Supervisors Meeting, 10am
- * 4/15—Kennedy Park Campground Opens!
- * 4/15—Board of Supervisors Meeting, 10am
- * 4/22—Board of Supervisors Meeting, 10am

Sun Mo Tue We Th Fri Sat

23	24	25	26	27	28	29
30	31	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

WC Conservation Sponsors HyVee Half & 5K Walk/Run

HyVee, City of Fort Dodge, and Webster County Conservation are sponsors of this year's HyVee Half & 5K. Join them on Saturday, April 5, 2014 at the third annual Hy-Vee Half and 5K Walk/Run for JDRF in the Fort Dodge Hy-Vee's effort to bring awareness and raise money for JDRF. Bring your friends and family to join in the fight against juvenile diabetes. With an event for every age, the entire family is sure to have a great time! All proceeds from registration fees will go directly toward JDRF.

Schedule of Events:

- 9:00 am – Half marathon starts @ Rosedale Rapids Aquatic Center
- 9:30 am – 5K walk/run starts @ Kennedy Park
- 12:00 – 1:00pm – Kid's Fun Run Events @ Kennedy Park

Kid's Fun Run times are approximate. **First race will start promptly at noon and each race will follow immediately after.**



What are the Entry Fees? *Half Marathon:* \$50 through March 23, \$60 through April 5. *5 Kilometer:* \$25 through March 23, \$30 through April 5. *Youth Runs* - Free!

What is the deadline for registration? Friday 11:59 pm April 4th is the last date and time for entering the Hy-Vee Half & 5K online. In person registration will be permitted on the day of, however you would not be guaranteed a shirt or medal.

Half marathon route: The half marathon route will take advantage of the Fort Dodge trail system, almost exclusively. Where our trail system does not connect and runners must utilize roads, please note that this IS an OPEN course. Please run with caution. Runners may encounter mulch, grass, bridges, mud, sand, but primarily asphalt and rock. **5K route:** The 5K will take place on the Kennedy Park trail system and park grounds. Runners may encounter rock, mulch, grass, bridges, mud and sand. For further event information and to register, please visit <http://fdhyveehalf.wordpress.com>.

VA Seeks Commissioner / Military Exhibit Arrives in FD

Webster County Veterans Affairs is seeking a wartime military Veteran willing to serve as a County Commissioner of Veterans Affairs for a 3 yr. term to start May 1, 2014. Duties include attendance at 2 monthly meetings to discuss and review current county expenditures for veterans' assistance and other issues. Call Dan Lewandowski at 573-1479 for details.

Also, there will be an exhibit coming to the Crossroads Mall in Fort Dodge the week of April 19-26 called "Remembering Our Fallen." This is a free exhibit dedicated to Iowans killed since 9-11 in service to their country. See www.rememberingourfallen.org for more information.