



Webster County CONNECTION

JULY 2014

A Newsletter for Employees of Webster County, IA

Wellness Program Year Nearing Completion

The 2014 wellness program is over halfway complete, so please be sure that you have done all of the activities you can to help Webster County save on insurance premiums, and earn you your \$250 gift card incentive! We are just wrapping up our current activity, the “6 Degrees” wellness program. Completed packets are due in HR by Wednesday, July 30th. We will be kicking off the final activity program, “Webster County Walking Program” on August 11th. Please be sure to also complete your **Wellness Assessment** at www.myWellmark.com—you do not need lab results to complete this! Also, submit your **annual preventive service** and date to the wellness committee or at mywellmark.com on the Rewards page. Simply click on it, enter the date of your service and you're done! Call Amy Porter at 573-1148 with any questions.

Celebration of Trails

Join in the fun at a free event to celebrate the new trails in Fort Dodge! On Friday, August 15th, the activities will kick off at 6:15pm with a Ribbon Cutting by the river, at the former Sunkissed Meadows golf course (625 Meriwether Drive). At 6:30pm, participate in a 5 mile Family Bike Ride and Scavenger Hunt and enter a contest for Best Decorated Bike! Or, if you're a power biker, sign up for the Pedal Power Poke Ride instead, with a Best Poker Hand contest to go with it. This ride is 20-27 miles. Finally, at 8:30pm, the Firefly 5K will begin with a Brightest Costume contest! Food, Entertainment, , Music, Prizes! All registrations will take place at the event! Contact Webster Co. Conservation at 576-4258 or FD Parks & Rec at 576-7237 for more information.



Schedule of Events

- * 7/29, 8/5, 12, 19 & 26—Board of Sups Meeting, 10:00am
- * 7/30—6 Degrees Wellness Program Packets Due in HR
- * 8/9—Webster County Warriors compete at the Dragon Boat Bash!
- * 8/11—Walking Program Begins
- * 8/15—Celebration of Trails by the River (former Sunkissed Meadows Golf Course)

July—August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	27	28	29	30
31						



Get to Know...

**Lindsay
Kavanaugh**
Wellness Coordinator

Years at Webster Co. = 2 yrs.

Married to my high school sweetheart Andy, for 4 years. We have a son, James, who is 2½. I enjoy running, being outdoors, and spending time with family & friends.

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

“Saved by the Bell” and “Friends”

What makes you laugh ?

My husband & son and the Ellen Degeneres Show.

What chore do you secretly enjoy doing?

Laundry and mowing

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

My parents — they are incredibly hardworking, caring and supportive people.

Beach, country or city?

Beach or country, it depends on the day!

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

The ability to travel back in time.

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

Back to Maui.

What is your all-time favorite snack?

Larita’s Razzle from Nettie’s

Dragon Boats Aug. 9th



Head out to the Badger Lake Dragon Boat Bash at Kennedy Park on Saturday, August 9th to root for the Webster County Dragon Boat

team as they take to the lake! If you are interested in paddling, please contact Team Capt. Jamie Johll at 574-3729. Come out and support the team!



Service Anniversaries

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

- 33 years: **Sherri Frye**, County Attorney
- 25 years: **Julie Minikis**, Recorder
- 17 years: **Tina Eldal**, Auditor
- 16 years: **Erline Jones**, Recorder
- 10 years: **Tony Walter**, Sheriff Deputy
- 9 years: **April Murray**, Sheriff Deputy
Erin Ford, Conservation
- 8 years: **Cori Coleman**, County Attorney
Cody Peterson, Conservation
Tricia Nichols, Public Health
- 7 years: **Joe Paullin**, Sheriff Deputy
Amy Jones, Jail
Keane Brown, Secondary Roads
- 5 years: **Angie Halfwassen**, Public Health
- 3 years: **Jennifer Benson**, County Attorney
- 2 years: **Ben Westergaard**, Jail
Tracy Haraldson, Jail
Joe Peterson, Assessor

WC Babies!

April Wicklein, County Attorney office, and husband Andy welcomed their son **Max Perry** on July 1st. He was 18½” long and weighed 7 lb. 9 oz. **Congrats!**



Jen Sheda, Public Health, and husband Patrick welcomed their daughter **Avery Ann** on June 26th. She was 18” long and weighed 6 lb. 3.5 oz. **Congrats!**

