



# MARATHON COUNTY EMPLOYEE NEWSLETTER

Keeping employees *connected* and *engaged*.

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## June Is "Pride Month In Marathon County"

Written By Brad Karger

### Q. What is Pride Month?

A. *LGBTQ+ Pride* is a positive stance against discrimination and violence toward lesbian, gay, bisexual, transgender, and queer or questioning people. It aims to promote self-affirmation, dignity, and equal rights for — and to increase visibility and build community around — those who identify as LGBTQ+. The term "pride" stands in stark contrast to shame and social stigma.

### Q. Why did the County Board approve the resolution declaring Pride Month in Marathon County?

A. This vote stimulated powerful discussions and a great deal of mindful soul searching. Having been a witness to the events, I was struck by the quality of thought and careful expression of contrary views. What I saw was rare: It was democracy in action and more — it was social progress being made before my eyes.

More than just words of kindness and affirmation, the County Board also made a commitment to itself and to the community, in the form of some specific action steps, that this wasn't the end of the discussion and learning on this topic. It was just the beginning . . .

As an example of the quality and depth of the discussion, here is a small snippet of the words of Marathon County Board Chair Kurt Gibbs as he addressed the Board:

*"At times, we all misspeak, but we must endeavor to keep talking and, more importantly, we must all keep listening."*

### Q. What impact does the County Board resolution actually have?

A. First off, the resolution declares that regardless of age, gender identity, race, ethnicity, religion, marital status, national origin, sexual orientation, or disability, all people have the right to be treated fairly on the basis of their intrinsic value as human beings and that Marathon County is an open, inclusive and diverse place in which to live and work. Further, all Marathon County residents are invited to reflect on ways that we can live together with a commitment to mutual respect and understanding.

Additionally, the resolution calls for the County Board to better educate itself on the plight and challenges faced by minority and marginalized groups in order to help the Board better develop public policies that are truly inclusive. After that, the County Board has said it will use public engagement to spark a community conversation with regard to policies and practices that might need to be changed or updated to ensure that our programs and policies live up to our County's goal of being welcoming and inclusive to all people.

*Continued on Page 2*

**Q. What's next?**

A. The County Board vote just happened 12 hours ago, so I'm not entirely sure what actions will be taken from here. One next step calls for an educational presentation to be given to the County Board in September with the goal of developing a common understanding surrounding the key concepts of diversity, discrimination, and inclusion. Organizing that presentation is my responsibility. I realize that summers in Wisconsin speed by, so I plan to get right to work on that task.

In addition, I will continue to keep you informed about the progress of the implementation of the Pride Month Resolution as I work with the County Board to implement the educational and public engagement action steps.

I invite you to [watch a video of the County Board's discussion on Pride Month](#) posted on Marathon County's website. You can also read the resolution that was in the [County Board's meeting packet](#), but keep in mind that the primary resolution was amended to include the action steps of the substitute resolution, so it will not contain the part about Board education and public engagement yet.

Finally, if you want to see how individual Marathon County Board Supervisors voted on the Pride Month resolution, I have asked that the vote summary be posted in the Highlights section on the [homepage of the County's website](#).

**Q. What, if any, of this will impact me as a Marathon County employee?**

A. The most honest answer I can give you right now is: *I don't know*. The resolution directs me to evaluate our employment policies and practices and our facilities and work environments to ensure that they meet the County's expectation of being open and inclusive to people who identify as LGBTQ+. I am going to have to learn more before I develop a plan for undertaking that evaluation. If you are interested in participating in planning this evaluation, please let me know. I'd welcome and appreciate the help!

## ***Happy Pride Month!***

### **County Wide Core Value Recognition Nominations Accepted Any Time**

- ◆ Nominations can be submitted throughout the year
- ◆ "Core Value Role Model" will be selected on a monthly basis. To transition into the monthly process, we will select up to 2 Core Value Role Models starting in July for the remainder of 2019.
- ◆ Nominators shall complete the "Role Model Of Our Core Values Nomination Form" found on the County's Website and submit to County Administration. [Click here for nomination form](#) — electronic or paper form available. Nominations can be submitted to Mary Palmer, County Administration at any time!



*All employees can do their part by completing the nomination form when they notice an employee or team who exhibit the exemplary behavior consistent with the County's Core Values that is above and beyond their normal job duties!*

## **July Wellness Event Is A Hike At The Eau Claire Dells On July 30, 2019 At 6:00 pm**



Mark your calendar to attend. It is a great opportunity to socialize with other County employees and you will also get 50 Wellness points!

## County Association Summer Picnic

**Deadline Fast Approaching—Monday, July 8, 2019**

Sign-up today for the County Association Summer Picnic!

**Tuesday, July 16, 2019**

**4:30 to 8:00 pm**

**Big Kitchen in Marathon Park**



**FREE Activities:** Splash pad, train rides and scavenger hunt for kids

Plus members of the Sheriff's Office Special Teams, Parks Recreation Forestry Department and American Red Cross will be present.

**Cost:** Adults (10+) \$7 Children (6-9) \$3 (5 and under) FREE

**Registration:** Contact the Marathon County Employees Credit Union to sign-up at 715-261-7680.

Make checks payable to "Marathon County Employees Association" or call the Credit Union to transfer money.

**Deadline:** Monday, July 8, 2019 – No Refunds After That Date

### Article Deadline for the September-October newsletter

**Thursday, August 15, 2019**

Please send your newsworthy information to  
Sharon Hernandez, Employee Resources Department  
[sharon.hernandez@co.marathon.wi.us](mailto:sharon.hernandez@co.marathon.wi.us)

### Keyboard Shortcuts You Need to Know and Use Submitted By Sharon Hernandez

Using keyboard shortcuts can greatly increase your productivity, reduce repetitive strain, keeps you focused, and makes your work faster.

**Ctrl + C** or **Ctrl + Insert**

Both Ctrl + C and Ctrl + Insert will copy the highlighted text or selected item.

**Ctrl + V** or **Shift + Insert**

Both the Ctrl + V and Shift + Insert will paste the text or object that's in the clipboard.

**Ctrl + Z** and **Ctrl + Y**

Undo any change. For example, if you cut text, pressing this will undo it. This can also often be pressed multiple times to undo multiple changes. Pressing Ctrl + Y will redo the undo.

**Ctrl + F**

Pressing Ctrl + F opens the Find in any program. This includes your Internet browser to find text on the current page.

**Ctrl + Back space** and **Ctrl + Left** or **Right arrow**

Pressing Ctrl + Backspace will delete a full word at a time instead of a single character.



## News from the Department of Employee Trust Funds

The Department of Employee Trust Funds (ETF) has launched a new, redesigned website! The [URL](https://etf.wi.gov/) to the homepage remains <https://etf.wi.gov/>.

The new design contains enhancements such as:

- Enhanced filter and search functionality
- Sharing information through social media formats such as Facebook, Twitter, email
- Mobile friendly
- The ability for visitors to see which ETF-administered benefits are offered by each employer
- And more!




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### Employee Trust Funds Board Announces 2020 WRS Contribution Rates

The Employee Trust Funds Board approved WRS contribution rates for 2020. WRS rates are increasing in 2020 primarily due to lower-than-expected investment performance and changes in actuarial assumptions.

WRS Employment Category	2019 Contribution Rates	2020 Contribution Rates
General, Elected	13.10% Total 6.55% Employee/Employer	13.50% Total 6.75% Employee/Employer
Protective with Social Security	17.77% Total 6.55% Employee 11.22% Employer	18.74% Total 6.75% Employee 11.99% Employer

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### WRS Beneficiary Designation Forms Revised

Both the [Beneficiary Designation \(ET-2320\)](#) and [Beneficiary Designation - Alternate \(ET-2321\)](#) forms have been revised. The forms now include a space for the beneficiary phone number and provide information on how to list a trust as a beneficiary. [The revised forms can be found here.](#)

It is critical for all beneficiary designations to be sent to the Department of Employee Trust Funds. If a beneficiary designation form is sent to Marathon County, but not received by ETF, the form will not be considered valid.

## Wellness Program — No-Show Policy

Marathon County's 2019 Wellness Program is in full force. By now you should've completed your biometrics screening and health assessment and had (or are in the process of completing) your first health coaching session with our health coach, Asia Bay.

We are committed to providing you flexible work time to achieve your wellness goals but want to remind you that your commitment to the requirements of the wellness program is important for you to be successful. Our health coach has reported that there have been numerous "no shows" for scheduled health coaching sessions. In fact, since May 1<sup>st</sup> to June 20<sup>th</sup> there have been 25 scheduled health coaching sessions with "no shows". This caused disruption to the health coaching sessions for our health coach and other participants. Each health coaching session is limited to 15 minutes and - considering that approximately 425 employees need to be seen in a 3 month period in 20 hours per week - provides very limited time for Asia to provide coaching services to all participants plus perform her other duties for our wellness program. Missing an appointment or showing up late causes a spiraling effect to everyone – it causes sessions to be backlogged, it creates idle time that other employees could've accessed, and it requires extra work for re-scheduling that often requires creating new and/or shifting time slots which can infringe on another employees scheduled time.



A "No-Show" Wellness Policy has been developed to reduce or eliminate missed or late appointments with our health coach. This policy addresses the procedures that will happen if an employee misses or is late for scheduled health coaching appointments. "Things" happen..... it's understandable that not all appointments will always be timely. However, when an absence pattern develops (usually 3 or more absences/late attendance), there is a possibility that participants may be dismissed from the wellness program.

Sometimes there are just not enough hours in a day to get everything done but we ask that you please commit to the wellness program requirements by being courteous to our health coach and your co-workers by being prompt for your scheduled health coaching sessions. Please mark your appointment on your calendar to remind yourself. If you find you cannot attend your originally scheduled date, reschedule your date by accessing your wellness portal or contact Asia at least 24 hours in advance. Please read this "[No-Show Wellness Policy](#)" to become familiar with the expectations of it.

As a reminder, here are some important upcoming 2019 Wellness Program dates to help you plan your wellness initiatives:

**First Health Coaching due date: July 31, 2019**

**Second Health Coaching: August 1<sup>st</sup> – October 31<sup>st</sup>** (must have completed first health coaching session)

**Exercise Tracking Activity: current until October 31<sup>st</sup>**

**"Healthy Hike" – Dells of the Eau Claire County Park: July 30th at 6:00 pm**

Please refer to the [Employee Wellness Program website](#) for further information of the 2019 Wellness Program and your personal [wellness portal](#) for the status of your personal wellness goals.

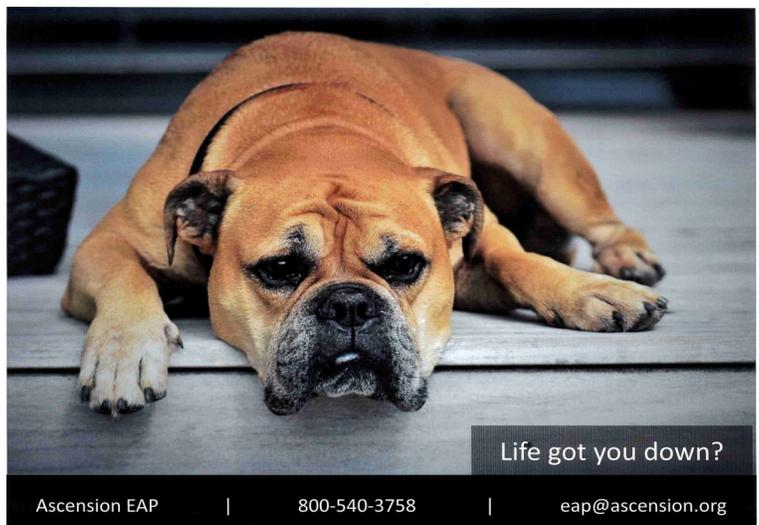
## EAP Services Are There For You and Your Family

Go to [Ascension Website](https://ascensionwieap.org/) at <https://ascensionwieap.org/>

and click on "[Employee Resources](#)" to find lots of educational resources on a variety of self-help topics including conflicts, relationships, parenting, organizational change, and more.

There are "[referral resources](#)" and a "[book bag](#)" listing a variety of recommended books on topics such as: ADHD, anger, anxiety, and more.

If you would like to schedule an appointment with an EAP counselor for a family member or yourself, call 800-540-3758. This service is free and is offered as a benefit to our employees.



Life got you down?

Ascension EAP

800-540-3758

eap@ascension.org

EAP is a free and confidential benefit for all employees and their household members.



## Sports Physicals — By Sherry Gatewood

### Employee Health & Wellness Center

1100 Lakeview Dr,  
Wausau WI

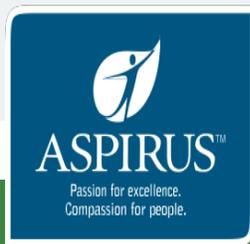
North Central Health Care  
Campus, Door 25

#### Schedule An Appointment

715-843-1256 OR  
MyAspirus.org

#### Clinic Hours

Mon, Wed & Fri —  
8:00 am to 4:30 pm  
Tues — 6:30 am to 3:00 pm  
Thurs — 10:00 am to 6:30 pm



Sports physicals, also called a pre-participation exam (PPE), help determine whether it's safe for a child or adolescent to participate in physical activity. Most schools require a sport physical and some schools offer it to their students.

But even if a PPE isn't required, it is still highly recommended for young athletes to have one completed.

Here are the top reasons why it's important for your child to get a sports physical:

- ◆ Maximize safe participation in physical activity.
- ◆ Identify any life threatening conditions such as certain heart conditions.
- ◆ Identify conditions that may limit participation such as a recent concussion.
- ◆ Identify conditions that require a treatment plan, such as uncontrolled blood pressure, eating disorders or certain lung conditions.
- ◆ Identifying and fully rehabilitating old musculoskeletal injuries, as previous injury is the strongest predictor of a future sports injury. Proper rehabilitation can lead to lower injury rates.
- ◆ Remove unnecessary restrictions on participation in sports.
- ◆ Advise children and adolescents which sports would be appropriate for them to participate in.
- ◆ Allows the healthcare provider time to discuss important issues such as healthy eating habits, avoidance of drugs or alcohol, and the importance of wearing seat belts and helmets.

During sports physicals, the healthcare provider will address conditions that may restrict athletic participation. These include the following:

- ◆ Knee instability
- ◆ Femur fracture
- ◆ Elbow dislocation
- ◆ Irregular heart beat
- ◆ Abdominal mass
- ◆ Fever: children and adolescents with fever should be restricted from participation as fever may accompany other infections that may make exercise dangerous. Fever also increases the risk of heat illness.

#### Components of the Sports Physical Exam

- ◆ Medical history
- ◆ Injury history
- ◆ Cardiovascular history
- ◆ Vital signs
- ◆ General Exam



Getting a PPE once a year before the school year begins is recommended. The sports physical should be completed at least 6 weeks prior to the athletic season to allow time to follow-up on any health issues that may be identified during the physical. Even if the physical doesn't detect any health problems, you should seek medical attention if new health problems emerge during the sports season.

**The Employee Health and Wellness Clinic is taking appointments for sport physicals.**

**Call 715-843-1256 to schedule your son or daughter's sport physical.**

**Your son or daughter must be on the County's Health Insurance.**



## Bee Stings — By Sherry Gatewood, PA

Here is a list of first aid tips for dealing with bee/wasp stings:

- \* When a bee stings, it may leave a stinger in the skin. Quickly flick the stinger away to lessen the amount of venom released into the skin. Wasps do not leave a stinger.
- \* A typical local reaction to a sting is redness and an area of painful swelling up to 2.5 inches at the site of the sting that develops within minutes and resolves within a few hours. Occasionally, swelling may last one to two days. Uncomplicated local reactions may be treated with cold compresses.
- \* If the redness from the sting extends to cover a larger area over one to two days, a dose of steroids may be required to get the reaction under control.
- \* There is always a potential for secondary infection to any break in the skin. If redness and swelling becomes dramatically worse over three to five days, antibiotic may be needed.
- \* If any symptoms of swelling of the face and lips, feeling like the throat is swelling, wheezing, or difficulty breathing, call 911 for an ambulance.
- \* If there is a history of severe allergic reaction to bee/wasp stings, called anaphylaxis, be sure to get the prescription to Epi-pen. If one is available, check the expiration date and carry it at all times if there is a risk for a bee sting.
- \* If there is a bee sting on a finger wearing a ring, remove the ring right away. There is a possibility for finger swelling to the point that the ring may not be able to be removed. The ring may need to be cut off. This is also true if any hand injury, if there is finger swelling, take rings off right away.




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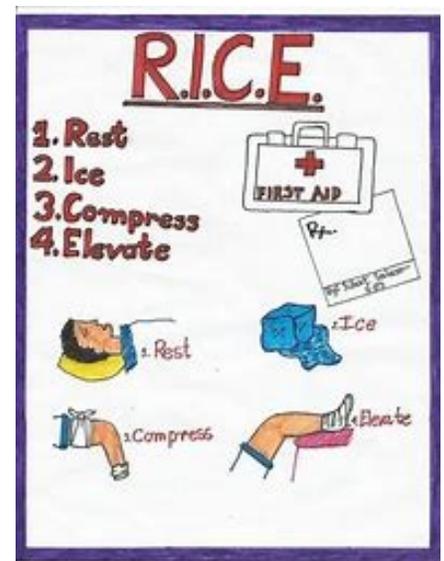
## Muscle Sprain Treatment and Prevention—By Sherry Gatewood, PA

Gardening can be mentally refreshing; however, it can also wreck havoc on the muscles of the neck, arms, back and legs. Having properly working equipment and stools to sit on can lessen the strains on your muscles and back. Proper lifting, frequently changing positions and stretching can help to ward off some injuries. Symptoms of a muscle strain include pain and or tightness in a muscle group that has been overworked. There could also be swelling and bruising. Most muscle strains heal on their own, but it may take a few days to a couple of weeks.

If you do get a muscle strain, remember R-I-C-E: Rest-Ice-Compression-Elevation. Rest the affected area. Apply ice packs to the area over clothing or a towel for 15 minutes every 1 to 2 hours. If needed, apply an elastic bandage to help relieve pain and swelling. Elevate the affected area.

Over the counter analgesics such as ibuprofen (Aleve) and acetaminophen (Tylenol) may also help. Avoid strenuous activity that may reinjure.

**Call the Employee Health and Wellness Center and make an appointment if your symptoms are not improving as expected.**





## Prevention of Heat Stress — By Sherry Gatewood, PA

A new look at data from Minnesota and Wisconsin found that teens and adults 15 to 34 years old in both states are the most likely to visit the emergency department for heat-related illness.

This finding was somewhat surprising, as the majority of public health alerts during heat waves focus on the very young and the very old since they are at higher risk for death and longer hospitalizations. This work highlights that teens and younger adults, particularly those involved in athletics or working outdoors, also need to take steps to prevent heat-related illnesses.

(<https://www.dhs.wisconsin.gov/news/releases/053019.htm>)



Heat cramps are an early sign of a potential heat illness. Heat cramps usually affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. The low salt level in the muscles may be the cause of heat cramps. Heat cramps may also be a symptom of heat exhaustion.

Heat cramps are muscle pains or spasms—usually in the abdomen, arms, or legs—that may occur in association with strenuous activity. If you have heart problems or are on a low-sodium diet, get medical attention for heat cramps.

If medical attention is not necessary, take these steps:

- ◆ Stop all activity, and sit quietly in a cool place.
- ◆ Drink clear juice or a sports beverage.
- ◆ Do not return to strenuous activity for a few hours after the cramps subside, because further exertion may lead to heat exhaustion or heat stroke.
- ◆ Seek medical attention for heat cramps if they do not subside in one hour.

<https://uhs.umich.edu/heatrelief#heatcramps>

Prevention is key to heat illness:

- ◆ Cut back on strenuous outdoor activity. Exercise during the early morning or late evening hours when heat and ozone levels are at the lowest levels of the day.
- ◆ If you must be outdoors, try to limit your outdoor activity to morning and evening hours. Rest often in shade or air-conditioning so that your body's thermostat will have a chance to recover.
- ◆ Drink plenty of hydrating fluids (avoid alcohol). Increase your fluid intake, regardless of your activity level. Don't wait until you're thirsty to drink. (If your health care provider generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.) Avoid very cold drinks, because they can cause stomach cramps.
- ◆ Replace salts and minerals, which are lost through heavy sweating. A sports beverage can replace the salt and minerals you lose in sweat. However, if you are on a low-salt diet, talk with your health care provider before drinking a sports beverage or taking salt tablets.
- ◆ Wear lightweight, light-colored, loose-fitting clothing. Dress infants and children in cool, loose clothing and shade their heads and faces with hats or an umbrella.



*Whether your job requires you to work outside during the hot summer months or you are just recreating in the warm weather, these tips from the National Safety Council can help you prevent heat-related illness.*



## Summer Safety Checklist

A healthy body temperature is maintained by the nervous system. As the body temperature increases, the body tries to maintain its normal temperature by transferring heat. Sweating and blood flow to the skin help us keep our bodies cool. A heat-related illness occurs when our bodies can no longer transfer enough heat to keep us cool.

### Stay safe during extreme heat

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Listen to local weather forecasts and stay aware of upcoming temperature changes</li> <li><input type="checkbox"/> Eat light – the more calories you take in, the more body heat you produce</li> <li><input type="checkbox"/> Stay hydrated and drink plenty of water before work and throughout the day</li> <li><input type="checkbox"/> Drink at least 8 ounces of fluid per half hour</li> <li><input type="checkbox"/> Avoid liquids that contain alcohol, caffeine or large amounts of sugar</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Choose the proper type and amount of clothing – cotton allows skin to breathe and absorbs sweat</li> <li><input type="checkbox"/> Take frequent breaks in shady areas</li> <li><input type="checkbox"/> Always wear a sunscreen with an SPF of 15 or higher</li> <li><input type="checkbox"/> Apply sunscreen at least 20 minutes before going outdoors</li> <li><input type="checkbox"/> If you take medicines regularly, ask your doctor for advice about hot-weather activity and your risk of getting a heat-related illness</li> <li><input type="checkbox"/> Get trained in first aid to learn how to treat heat-related emergencies</li> </ul> |
|--|---|

### Don't sweat through the symptoms

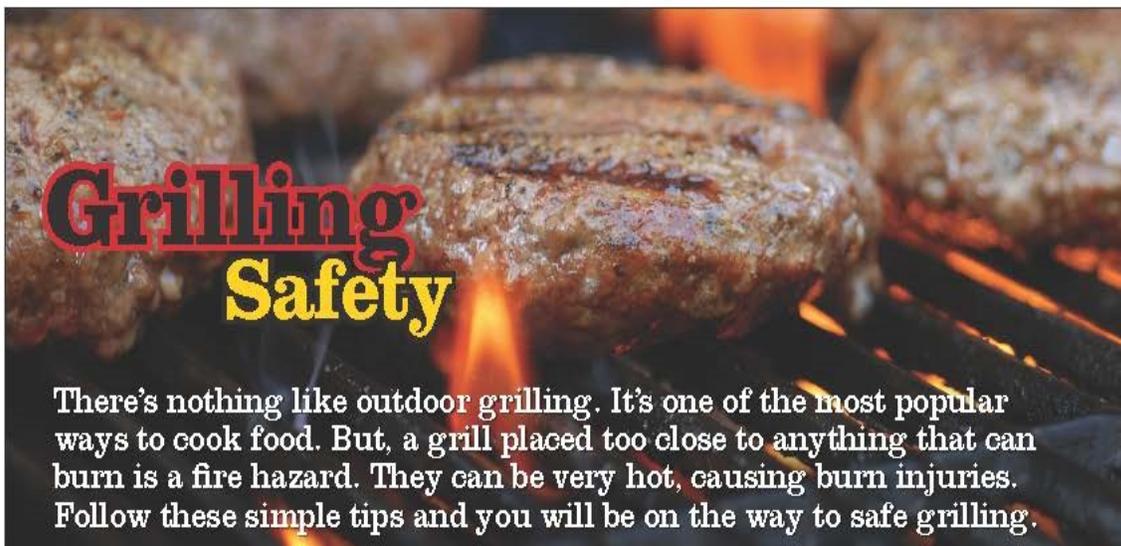
Symptoms of heat exhaustion include:

- |   |   |  |
|---|---|--|
| <ul style="list-style-type: none"> <li>• Headache</li> <li>• Dizziness</li> <li>• Weakness</li> </ul> | <ul style="list-style-type: none"> <li>• Light-headedness</li> <li>• Heavy sweating</li> <li>• Confusion</li> </ul> | <ul style="list-style-type: none"> <li>• Clammy skin</li> <li>• Nausea and vomiting may occur</li> </ul> |
|---|---|--|

If you or someone you know experiences these types of symptoms, lay the worker down in a cool area with his or her legs raised. Remove excessive layers of clothing. Give up to 1 liter of water. Do not give anything to drink if the worker vomits. Cool the worker with cold, wet cloths and a fan. If symptoms persist, seek medical attention.



**Watch this 2 minute video for more information on [Summer Heat Related Illness](#).**



There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

### SAFETY TIPS

- » Propane and charcoal BBQ grills should only be used outdoors.
- » The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- » Keep children and pets at least three feet away from the grill area.
- » Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- » Never leave your grill unattended.
- » Always make sure your gas grill lid is open before lighting it.

### CHARCOAL GRILLS

- » There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- » If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- » Keep charcoal fluid out of the reach of children and away from heat sources.
- » There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- » When you are finished grilling, let the coals completely cool before disposing in a metal container.

### PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame **goes out**, turn the grill and gas off and wait at least **5 minutes** before re-lighting it.

### FACTS

- ! July is the peak month for grill fires.
- ! Roughly half of the injuries involving grills are thermal burns.



**NATIONAL FIRE  
PROTECTION ASSOCIATION**  
The leading information and knowledge resource  
on fire, electrical and related hazards

Your Logo

## Register of Deeds Land Notification Alert!!!

It seems like every time you turn the television or radio on, you hear something about a new scam. Imagine your surprise when you go to sell your house and find out there is a lien on your property. Or maybe, to find out someone used your PIN number and legal description on a deed in error. The Register of Deeds Office is excited to offer a new service called land notification!



This service allows an individual the ability to create an alert by name or parcel number. If a record is recorded in our office which meets your criteria, an e-mail alert will be sent to you.

Check out this option! [Go to the Marathon County Register of Deed's webpage and click on "Services"](#). Set up your alert in minutes and then forget about it. If a record is recorded, you will receive an e-mail alert.

## Ride the Train & Visit the Splash Pad at Marathon Park Marathon Junction is OPEN for the season!

Stop by to ride the train, cool off at the Splash Pad, or enjoy ice cream, pizza, mac 'n cheese, popcorn, nachos, and SO MUCH MORE! [See Marathon Junction's full menu and prices here.](#)

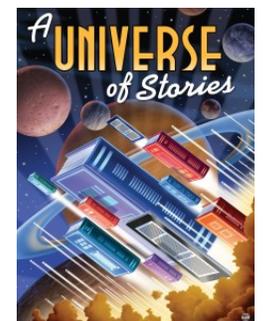
**Open daily noon to 6 p.m. June 7 - August 25, 2019.** The air-conditioned building is also available for private rental June 1 to September 1, 2019.



## A Summer Full of Library Events By Chad Dally

Space may be ["the final frontier,"](#) but staff at the Marathon County Public Library are preparing to share a universe of events throughout the 2019 summer (or at least a *really* small part of the universe!). Although libraries across the country organize programming throughout the entire year, many of them (including MCPL) put a little extra effort into their summer programs.

- *The kids are out of school . . .*
- *The days are longer . . .*
- *Libraries have air conditioning, so many people visit us as a relaxing way to beat the summer heat.*



Each year, the [Collaborative Summer Library Program](#) — a grassroots group made up of a consortium of states — chooses a theme and provide resources to libraries across the country on that theme which, in 2019, is: **"A Universe of Stories."** See what's "out there" for you this summer across MCPL's 9 Marathon County locations.

[READ MORE](#)

## [I'm Glad You Asked . . ." The Top-5 Questions People Ask Staff of the Marathon County MEDICAL EXAMINER'S OFFICE](#)

Medical Examiner Jessica Blahnik and her team investigate all untimely deaths in Marathon County or deaths in which a doctor wasn't called in attendance. Learn the answers to 5 intriguing questions related to **autopsies, worrisome death trends in Marathon County, building our own Forensic Science Center, and more** in the full article . . .



[READ MORE](#) ▶

## [Fun Facts & Memorable Moments You May Not Know about the Central Wisconsin Airport — Celebrating Its 50th Anniversary \(1969–2019\)](#)

Take a look back at the **famous visitors, odd happenings, and quirky questions** our local airport in Mosinee has handled over the years.

With a new restaurant & bar, 3 free hours of parking, **rentable conference rooms** with unlimited wi-fi, an **art gallery** featuring the work of local artists, and more — there's bound to be SOMETHING you didn't know about today's CWA.



Get the scoop on some **fun facts & memorable moments at CWA**, as well as how the airport has changed over the past 50 years as it works to ensure that the communities of Central Wisconsin have convenient access to the rest of the country and the globe — all within minutes of home.

[READ MORE](#) ▶

## **Tales of Danger in Highway Work Zones**



Marathon, Lincoln, and Shawano County highway workers share some of the dangers they face repairing our roads.

Listen to their stories. Feel their sincerity. Keep them safe.

Please **SLOW DOWN** and **PAY ATTENTION** while driving in work zones.

## **GHT 8th Annual Fitness Challenge Final Results**

The WCA Group Health Trust (GHT) fitness challenge has concluded and the final scores have been tabulated.

Marathon County had the most participating with an impressive 76 teams and 195 total participants that include employees and spouses. Way to go!

Congratulations to all the participants! You should be proud of yourself for committing to be a healthy. The next challenge is to maintain the active lifestyle you have developed.

Anikka Tesch from ADRC-CW earned a personal record at the Journey's Marathon 10K race in Eagle River.



[READ MORE](#) ▶

# 2019 Attraction Tickets



**Milwaukee County Zoo**

Our Price: \$12.00 Adult (13+)  
 \$10.00 Child (3-12)

Gate: \$16.25 Adult (13+)  
 \$13.25 Child (3-12)

Child under 3: FREE

*Sold at Milwaukee Zoo:*  
 Parking: \$12 per car

**Six Flags Great America**

**Any Day Ticket**

Our Price: \$53.25 Adult \*  
 Gate: \$83.18 Adult \*

\*Adult is 48" and over

Child under 3: FREE

*Sold at Great America:*  
 Child Tickets: \$63.18  
 Parking: \$26  
 Water Park: Additional \$10

**Six Flags Great America**

**WPRA Special Week Ticket**

**June 29 — July 7, 2019**

Our Price: \$40.25 Adult\*  
 Gate: \$83.18 Adult\*

\*Adult is 48" and over

Child under 3: FREE

*Sold at Great America:*  
 Child Tickets: \$63.18

**Dells Boat Tours**

**Upper Dells**

**Wisconsin Dells**

Our Price: \$27.50 Adult (12+)  
 \$15.50 Child (4-11)

Gate: \$32.01 Adult (12+)  
 \$16.01 Child (4-11)

Child under 4: FREE

**Original Wisconsin**

**Ducks**

**Wisconsin Dells**

Our Price: \$27.50 Adult (12+)  
 \$15.50 Child (4-11)

Gate: \$32.01 Adult (12+)  
 \$16.01 Child (4-11)

Child under 4: FREE

**Dells Jet Boat Adventure**

**Wisconsin Dells**

Our Price: \$27.50 Adult (12+)  
 \$15.50 Child (4-11)

Gate: \$32.01 Adult (12+)  
 \$16.01 Child (4-11)

Child under 4: Not Allowed

**Noah's Ark Water Park**

**"All Day Unlimited Use Pass"**

Our Price: \$28.00 (36"+)  
 Gate: \$37.35 (36"+)  
 Under 36" FREE

*Parking sold at Noah's Ark:*  
 General: \$15  
 Preferred: \$20

**Mt. Olympus**

**Water/Theme Park**

**Wisconsin Dells**

Our Price: \$20.00 (3+)  
 Gate: \$40.00 (3+)

Child under 3: FREE

*Parking sold at Mt. Olympus:*  
 General: \$20

**Pirate's Cove**

**Adventure Golf**

**Wisconsin Dells**

18 Holes: 5 courses to choose from

Our Price: \$6.00\* (5+)  
 Gate: \$9.00\* (5+)

Child under 5: FREE

\*Adventure Golf Only

Wausau and Marathon County Parks, Recreation and Forestry Department

212 River Drive, Suite 2, Wausau WI 54403

715-261-1550

Cash or checks ONLY. Tickets are non-refundable.

May 1 through Labor Day!

Monday — Friday, 8:00 a.m. — 4:30 p.m.

[www.co.marathon.wi.us/parks.asp](http://www.co.marathon.wi.us/parks.asp)

[www.ci.wausau.wi.us/parks.asp](http://www.ci.wausau.wi.us/parks.asp)

[parkforestry@co.marathon.wi.us](mailto:parkforestry@co.marathon.wi.us)



## MAXIMUM FUN, MINIMUM COST: Flying Clubs & What They Can Mean to You



**Date/Time:** Thursday, July 11, 2019  
5:30 – 6:30 p.m.

**Location:** Central Wisconsin Airport (KCWA)  
100 CWA Drive Suite 201  
(2<sup>nd</sup> floor Conference Room A – East entrance above Baggage Claim)  
Mosinee, WI 54455

(Parking fees will be waived, participants will have their parking pass validated)

Join AOPA's Great Lakes Ambassador, Andy Miller, for a free seminar highlighting the benefits of joining a flying club.

Hosted by the Central Wisconsin Airport (KCWA), you'll learn how you can fly more, spend less, and have more fun in the process.

Interested in starting a club of your own? Andy will also present a short program designed to demystify that process as well.

Join us for this complimentary seminar and learn how flying clubs work, how affordable it is, and the positive affect it can have on your flying!

Seating is limited, so RSVP now to guarantee your spot.

**RSVP:** [aopa.org/190711KCWA](http://aopa.org/190711KCWA)

[flyingclubnetwork@aopa.org](mailto:flyingclubnetwork@aopa.org) | 1.800.872.2672 | [www.AOPA.org](http://www.AOPA.org)



## Experience the Joy of Flight!

Join us for a complimentary seminar with Andy Miller from AOPA and learn what it takes to become a pilot. We will be discussing the requirements and the process to become a pilot.

**Date / Time:** Thursday, July 11th, 2019  
7:00 PM – 8:00 PM

**Location:** Central Wisconsin Airport (KCWA)  
100 CWA Drive Suite 201  
2<sup>nd</sup> floor Conference Room A  
East entrance above Baggage Claim  
Mosinee, WI 54455 920-509-2661

This event is hosted by the Central Wisconsin Airport and is FREE to the public.



# Healthfirst Network Farmers' Market

**Every Monday | June 17-Oct 28 | 12PM-6PM**

**The ONLY Monday Farmers' Market in Marathon County!**

### Healthfirst Network Parking Lot

216 S 3rd Ave. Wausau, WI 54401  
Located next to West Side Tasty Treat

**Proudly accepting WIC Farmers' Market checks!**



For more information contact: Liz Kroll [ekroll@healthfirstnetwork.org](mailto:ekroll@healthfirstnetwork.org) 1-800-246-5743

# Paws Enforcing Laws

Join Us for a

# GOLF Fundraiser

**SAVE THE DATE!**

**Monday, July 22<sup>nd</sup> 2019**  
**Four-Person Scramble**

Wausau Country Club  
 9:00 a.m. - Registration  
 10:00 a.m. Shotgun Start

\$100 per Golfer / \$400 per Team  
 Cost includes green fees, golf cart,  
 hors d'oeuvre reception & raffles




Marathon County  
Employees Credit Union

**Balance Transfer Special Going On Now!**

Explore a  
New Direction

**4.99% APR\***  
FOR  
**18 MONTHS**

when you transfer an  
existing balance to our  
credit union credit card  
between June 1, 2019  
and August 31, 2019

Balance transfers completed 6/1/2019 through 8/31/2019 will receive 4.99% APR\* for 18 months from date of transfer. After the promotional time frame expires, remaining balances will migrate to the standard APR applicable on your account. \*APR = Annual Percentage Rate. See Standard Operating Procedures for details on full standard APR applicable on your account. Contact for credit review for approval. ©2019 MCECU. APR = Annual Percentage Rate.

Balance transfers completed 6/1/19 through 8/31/19 will receive 4.99% APR\* for 18 months from the date of the first balance transfer. After the promotional time frame expires, remaining balances will migrate to the standard APR applicable on your account. \*APR = Annual Percentage Rate

**Contact Us Today for Details!**  
 Apply Online @ [www.mcecu.org](http://www.mcecu.org) or by using the New Mobile App!  
 Peter.Wolf@co.marathon.wi.us  
[www.mcecu.org](http://www.mcecu.org) • 715 261-7680  
 Peter.Wolf@co.marathon.wi.us  
 400 East Thomas Street Wausau, WI 54403

**EVENT DATE**  
**JULY 27-28**

**EASTBAY SPORTS COMPLEX**  
 602 E. Kent St.  
 Wausau, WI 54403

**PRIZES**

**SOCCER**  
 Ota Yang - 715.254.7224  
 1st: \$4000  
 2nd: \$2000  
 3rd: \$1000

**FLAG FOOTBALL**  
 Cheng Saevang - 715.302.4279  
 Men  
 1st: \$3,500  
 2nd: \$2,000  
 3rd: \$1,000  
 Ladies  
 1st: \$1,200  
 2nd: \$500  
 3rd: \$250

**VOLLEYBALL**  
 Hova Yang - 715.212.5645  
 Gold Division  
 1st: \$1700  
 2nd: \$800  
 3rd: \$400  
 Silver Division  
 1st: \$300  
 2nd: \$200  
 3rd: \$100

**MR. HMONG ROYALTY**  
 Lue Yang - 414.233.8132  
 1st: \$2,500 + Crown/Sash  
 2nd: \$1,500 + Sash  
 3rd: \$1,000 + Sash

**SINGING**  
 See Xiong - 715.201.8468  
 1st: \$800 + Trophy  
 2nd: \$500 + Certificate  
 3rd: \$200 + Certificate  
 Peoples Choice Award: \$50 + Certificate

**DANCING**  
 See Xiong - 715.201.8468  
 Group A (4-12)  
 1st: \$1,000 + Trophy  
 2nd: \$500 + Certificate  
 3rd: \$375 + Certificate  
 Peoples Choice Award: \$75 + Certificate  
 Group B (13+)  
 1st: \$2,000 + Trophy  
 2nd: \$1,000 + Certificate  
 3rd: \$500 + Certificate  
 Peoples Choice Award: \$100 + Certificate

**OTHER CONTACTS**  
 Lue Yang (Pageant) - 414.233.8132  
 May Cha Xiong (Vendor) - 715.574.8118  
 Hmong American Center - 715.842.8390



**6th Annual**  
**BATTLE OF THE BADGES**

**SOFTBALL TOURNAMENT**  
**September 14th & 15th, 2019**

Sunnyvale Softball Complex, Wausau WI

Opening Ceremonies Saturday 8:00a.m.  
 Bean Bag Tournament Saturday at noon

**RAFFLE DRAWINGS!**  
 Concessions Available

**TO BENEFIT**  
 Museum of Valor and C.O.P.S.

**HOSTED BY**  
 The Marathon County Sheriffs Office

Like our Facebook page for more information and updates!



## New Hires In May and June

**Jacob Engel**, Law Enforcement & Corrections Specialist, Sheriff's Office, Hired 5/5/2019  
**Maria Dearth**, Law Enforcement & Corrections Specialist, Sheriff's Office, Hired 5/5/2019  
**William Delonay**, Maintenance Technician, Facilities & Capital Management, Hired 5/6/2019  
**Joel Zawlsian**, Maintenance Technician, Highway, Hired 5/20/2019  
**Jamie Kullig**, Law Enforcement & Corrections Specialist, Hired 6/2/2019  
**Colleen Yaggle**, Library Assistant, Library, Hired 6/2/2019  
**Kay Schroedel**, Accounting Specialist, Finance, Hired 6/3/2019  
**Justin Gruna**, Maintenance Technician, Highway, Hired 6/3/2019  
**Jody Krueger**, Maintenance Technician, Highway, Hired 6/3/2019  
**Karley Kilsdonk**, Social Services Professional, Social Services, Hired 6/17/2019  
**Stephanie Peterson**, Social Services Professional, Social Services, Hired 6/17/2019  
**Mai Der Yang**, Social Services Professional, Social Services, Hired 6/17/2019  
**Javonna Saari**, Administrative Assistant, Social Services, Hired 6/17/2019  
**Andrew Riemann**, Social Services Professional, Social Services, Hired 6/17/2019  
**Justin Brooks**, Waste Management Specialist, Solid Waste, Hired 6/24/2019



## Transfer & Promotions In May and June

**Zachary Boettcher**, Promoted from Court Security to Deputy Sheriff, Sheriff's Office, on 5/5/2019  
**Derrell Coleman**, Promoted from Court Security to Deputy Sheriff, Sheriff's Office, on 5/5/2019  
**Elizabeth Phillips**, Transfer from Social Services Professional to Information & Assistance Specialist, on 6/3/2019



## Service Anniversaries In July and August

### 45, 40, & 35 Years Of Service—None

#### 30 Years Of Service

**Deborah Gauerke**, Library Coordinator, Library, Hired 7/31/1989  
**Jodie Miller**, Social Services Coordinator, Social Services, Hired 8/16/1989  
**Blaine Peterson**, Park Forester, Parks Recreation Forestry, Hired 8/28/1989

#### 25 Years Of Service

**Audrey Kohlbeck**, Library Coordinator, Library, Hired 8/2/1994  
**Darren Grauden**, Deputy Sheriff V, Sheriff's Office, Hired 8/8/1994  
**Mary Jo Maly**, Risk Manager, Employee Resources, Hired 8/23/1994

#### 20 Years Of Service

**Christopher Neumann**, Maintenance Specialist, Facilities & Capital Management, Hired 7/2/1999  
**Jessica Bloom**, Social Services Professional, Social Services, Hired 7/19/1999  
**Todd Boudreau**, Law Enforcement & Corrections Specialist, Sheriff's Office, Hired 8/14/1999

#### 15 Years Of Service

**Nancy Anderson**, Administrative Specialist, UW Extension, Hired 7/19/2004  
**Marya Viegut**, Social Services Coordinator, Social Services, Hired 7/26/2004

#### 10 Years Of Service

**Elizabeth Phillips**, Information & Assistant Specialist, ADRC-CW, Hired 8/24/2009

#### 5 Years Of Service

**Carla Greenwood**, Social Services Coordinator, Social Services, Hired 7/21/2014  
**James Wadinski Jr**, Court Security Deputy, Sheriff's Office, Hired 7/28/2014  
**Nicholas Leskey**, Law Enforcement & Corrections Specialist, Sheriff's Office, Hired 5/12/2014  
**Shawn Palsar**, Driver, ADRC-CW, Hired 8/18/2014  
**Matthew Repking**, Conservation Analyst, Conservation Planning & Zoning, Hired 8/18/2014  
**Mark Cihlar**, Maintenance Manager, Hired 8/31/2014

