

COUNTY CONNECTION

April, 2015



Happy Birthday!!!

Steven Short.....2nd.....Sheriff's Dept.

Dallas Shaw.....2nd.....H.R. Dept.

Jeanne Osler.....4th.....Health Dept.

Tyler Remp.....4th.....Library

Bernard Cassidy....7th....County Attorney

Nancy Higgins.....14th.....Treasurer

Bill Bischoff.....18th.....H.R. Dept.

Charles Ferris.....19th.....Eureka Solid Waste

Roxie Rubier.....25th.....Library

Gordon Smook.....29th.....Libby Solid Waste

Birthday Pictures.

If you know someone whose birthday is coming up and you can get a picture of them. Grab it and email me at dshaw@libby.org

Lincoln County Human Resources
Dallas Shaw

Lincoln County would like to welcome:

Donna Nicely – Clerk and Recorder

Stop in and introduce yourself if you haven't already done so. ☺

Thank you,

Thank you to all the Lincoln County Employees that attended the H.E.A.L.T.H. educational presentation.

Please email me with your questions and/or comments about the meeting.

dshaw@libby.org



It's not about blame. It's about safety.

Pedestrian safety is a two-way street.



In 2010, 18 people have died in traffic crashes. More than half of these were pedestrians. But worse yet, all of these fatalities could have been prevented if either party took steps to avoid certain unsafe behaviors.

For motorists, taking the extra time to drive safely is your most important responsibility. Speeding, failing to yield, and running red lights or STOP signs are some of the most common errors drivers make.

For pedestrians, crossing at an undesirable location, failing to look both ways, and not following the directions of traffic signals or crossing guards can lead to serious injury or death.

Unsafe motorist behaviors to avoid:

- Speeding through residential streets and school zones
- Failing to yield to pedestrians, especially in crosswalks
- Running red lights or STOP signs
- Turning right or left at intersections without yielding to pedestrians
- Exiting or entering driveways or alleys without yielding to pedestrians
- Passing stopped cars and school buses
- Parking or stopping in crosswalks
- Driving while distracted (cell phones, radios, other people, eating food)
- Driving while intoxicated

Unsafe pedestrian behaviors to avoid:

- Walking while intoxicated, wearing headphones, or while talking on a cell phone.
- Crossing a street at an undesirable or unsafe location.
- Not looking left, right, and left again before crossing the street.
- Darting out between parked cars into the path of oncoming cars.
- Wearing dark clothes when there is poor lighting.
- Not following the directions of traffic signals or crossing guards.
- Entering a stream of traffic and disrupting the flow.

MOTORISTS: Avoid the charge. Avoid the fine.

- Failure to STOP and give right of way to a pedestrian who has begun crossing on the WALK signal. **\$250 and 3 points**
- Failure to STOP and give right of way to a pedestrian crossing the roadway within any marked crosswalk or unmarked crosswalk at an intersection (un-signalized crosswalk). **\$250 and 3 points**
- Overtaking a vehicle from the rear that is stopped at a marked crosswalk or at an unmarked crosswalk to permit a pedestrian to cross the roadway. **\$250 and 3 points**
- Failure to give right of way to a pedestrian on a sidewalk (e.g., alleys and parking lots). **\$250 and 3 points**
- Colliding with a pedestrian while committing any of the above-listed offenses. Penalty for colliding with a pedestrian leads to a double fine. **\$500 and 6 points** (plus possible criminal charges)

PEDESTRIANS: Avoid the charge. Avoid the fine.

- Walking against "Don't Walk" signal [DCMR 2302.3] **\$20**
- Crossing the Roadway Outside of a Crosswalk [DCMR 2304.1] **\$20**

Here are 10 lifestyle changes you can make to lower your blood pressure and keep it down.



1. Lose extra pounds and watch your waistline

Blood pressure often increases as weight increases. Losing just 10 pounds can help reduce your blood pressure.

2. Exercise regularly

Talk to your doctor about developing an exercise program. Your doctor can help determine whether you need any exercise restrictions. Even moderate activity for 10 minutes at a time, such as walking and light strength training, can help.

3. Eat a healthy diet

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 14 points.

4. Reduce sodium in your diet

Even a small reduction in the sodium in your diet can reduce blood pressure by 2 to 8 pts. Limit sodium to 2,300 milligrams (mg) a day or less.

5. Limit the amount of alcohol you drink

Alcohol can be both good and bad for your health. In small amounts, it can potentially lower your blood pressure by 2 to 4 points. But that protective effect is lost if you drink too much alcohol or if you start drinking just to lower your blood pressure.

6. Avoid tobacco products

On top of all the other dangers of smoking, the nicotine in tobacco products can raise your blood pressure by 10 points or more for up to an hour after you smoke.

7. Cut back on caffeine

The role caffeine plays in blood pressure is still debatable. Drinking caffeinated beverages can temporarily cause a spike in your blood pressure, but it's unclear whether the effect is temporary or long lasting. Regardless of your sensitivity to caffeine's effects, doctors recommend you drink no more than two cups of coffee a day.

8. Reduce your stress

Stress or anxiety can temporarily increase blood pressure. Take some time to think about what causes you to feel stressed, such as work, family, finances or illness. Once you know what's causing your stress, consider how you can eliminate or reduce stress.

9. Monitor your blood pressure at home and make regular doctor's appointments

If you have high blood pressure, you may need to monitor your blood pressure at home. Learning to self-monitor your blood pressure with an upper arm monitor can help motivate you. Talk to your doctor about home monitoring before getting started.

10. Get support from family and friends

Supportive family and friends can help improve your health. They may encourage you to take care of yourself, drive you to the doctor's office or embark on an exercise program with you to keep your blood pressure low. Talk to your family and friends about the dangers of high blood pressure.

CALENDAR OF EVENTS

April 1 – April Fool’s Day

April 5 – Easter Sunday

April 22 – Earth Day

April 24 – Arbor Day

Montana Athletic Center

MAC offers numerous group exercises.

Check out the mac at

www.maclibby.com

Employee Assistance Program

Sapphire Resource Connection, Inc. provides short-term, confidential assessment and solution focused intervention services.

This service is available to you, the employee, and your defined family members at no out-of-pocket expense.

*Visit www.sr-connection.com or 24 hour toll-free Help Line:
1-866-767-9511*

If your Department doesn't get their training topics by the 10th of each month please contact:

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406-293-6295



The KVH's TracVision L2 Satellite TV System Wins RoadStar's "Most Valuable Product" Award for mobile satellite TV and is considered one of the most advanced land-mobile satellite tracking systems available today. DIRECTV® and DISH Network™ systems transmit digital audio and video data from land-based transmitters to a satellite "parked" above the equator. Each satellite relays the signals in spot beams covering the continental United States.

TracVision L2/S2 automatically identifies, locks onto, and receives signals from the appropriate satellite. TracVision S2 is designed for stationary use only; TracVision L2 works while your vehicle is at rest *and in motion*.

Article: [RoadStar's MVP Article](#)

Asking \$1000.00

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FOR SALE

The Gazelle action resembles that of an elliptical machine. Both your legs and arms are in motion. You stand on suspended plates, one for each foot while moving arm levers back and forth.

Asking \$100.00

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