

# COUNTY CONNECTION

March, 2014

VOL 2 ISSUE 3

## Montana Athletic Center

MAC offers numerous group exercises.  
Check out the mac at  
[www.maclibby.com](http://www.maclibby.com)



Happy Birthday!!!

Ernie Anderson....2nd... Network Services  
Jennifer Roark.....3rd.....Clerk of Court  
Karen Carson.....4th.....Sheriff's Dept.  
David Sighting.....7th...Libby Road Dept.  
Rosemary Jensen...10th..Motor Vehicle  
Dennis Day.....13th...Libby Solid Waste  
David Hall.....14th.....Sheriff's Dept.  
Stormy Langston....16th..Eureka Justice Crt.  
Deb Blystone...24th.....Planning Dept.  
Joseph Neisess.....24th...Libby Road Dept.  
Lisa Oedewaldt.....25th...Planning Dept.  
Brent Faulkner.....29<sup>th</sup>.....Sheriff's Dept.  
Esther Brandt.....30th.....Library  
Susan Farmer.....31st.....Clerk of Court

## ANNIVERSARIES

**RON DOWNEY**  
**TROY COMMISSIONER**  
**26 YEARS OF SERVICE**

## *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](mailto:dshaw@libby.org)*

Lincoln County Human Resources  
Dallas Shaw

# SAFETY CORNER

March, 2014

VOL #2 ISSUE #3



## SAFETY COMMITTEE MEMBERS

- Vic White, EMA, Chairman
- Robin Benson, Courthouse, Vice Chair
- Brenda Rebo, Annex, Record Keeper
- Ed Lindquist, Maintenance,
- Lisa Oedewaldt, EMA, Training Officer
- Roby Bowe, Sheriff
- Craig Schultz, Libby Road Crew
- Deb Blystone, Planning
- Rick Ball, Library
- Dennis Day, Landfill
- Karmen McKinney, North Annex
- Terry Steiger, Troy Road Crew
- Dick Wornham, Ambulance
- Patti Noble, District Court

## Monthly Departmental Safety Meetings

Please remember, monthly departmental safety meetings must be documented and attendance rosters turned into Brenda Rebo. Attendance rosters should be turned in at the conclusion of each monthly safety meeting. The county will continue to conduct quarterly dinner gift certificate drawings for employees of departments who have 100% attendance at their monthly safety meetings. Employees attending all 12 departmental safety meetings shall be eligible for a safety incentive award at the end of the year.



## Develop a Safe Exercise Program

An exercise program, if conducted properly, will increase your energy level, reduce stress, help you fight disease and allow you a better night's sleep. Consider these suggestions from the National Safety Council to help you develop a safe exercise program.

- Begin your program by evaluating your current fitness level.
- If you are under the age of 35, in good health and are relatively active, it may be fairly safe to embark on an exercise program on your own. If you are over 35 or a smoker you may want to consult a physician before starting a program.
- Gradually ease into your regimen, particularly if you have not exercised on a regular basis for some time. Set reasonable goals and monitor your progress—being careful not to do too much too soon. Listen to your body; it will tell you if you are over-extending yourself.
- A well-rounded workout should include exercises that address five fitness areas: muscle strength, muscle endurance, flexibility, weight control and cardiovascular endurance.
- Weight lifting and other resistance exercises help to build muscle strength. Stretching exercises increase flexibility. And aerobic exercises such as dancing, jogging or swimming, will develop muscle and cardiovascular endurance as well as aid weight loss.
- Always begin your workout with a warm up and end with a cool down.

Taking time for exercise is a smart investment in a healthy body and a healthy mind!

## Are You In "Safety Shape"?

Safety on the aerobics floor is an important topic, one your body will appreciate.

The National Safety Council offers the following suggestions to keep your body in "safety shape."

- Not all instructors are certified to teach. The acronyms IDEA, AFAA and ACSM verify that an aerobics instructor has completed exercise and aerobics courses and has passed an exam. Find out if your health club hires instructors with these credentials.
- Look at the flooring. Veneer flooring is least desirable, and it's hard to move around on carpeting. Wood flooring with spring to it is best. Be sure the surface isn't slippery since you can fall easily.
- Footwear is key. A dedicated aerobics participant could easily replace shoes every two or three months. A good shoe needs proper heel and mid-foot support. Otherwise, you could develop painful "shin splints," sprain your ankle or twist a foot. You need an aerobics shoe just as you would a tennis shoe or a running shoe. When you run, for instance, your foot lands "heel, toe," But in aerobics, your foot lands "toe, heel." So the support is different, and, as a result, the width of the sole needs to be appropriate for the activity.

# Healthy Corner

## Know The Basic 7 Movements

**Squat** - Great for your butt, legs (front and back), abs\* Resistance: body weight is fine to start with, but you can also hold dumbbells by your sides or at shoulder level.

**Lunge** – Great for your butt (even more than squats!), legs, calves, abs\* Resistance: as above

**Bend** – Great for your back (lower and upper), shoulders, butt, hamstrings, abs\* Resistance: as above, or you can hold a barbell or an exercise ball in front of you

**Twist** – Great for your core and lower back, especially your oblique (side tummy) muscles. Resistance: an exercise ball or gym cables are ideal, as is an exercise band, which is basically a piece of rubber tubing about 3 feet long.

**Push** – Great for your chest (forget the implants ladies!), tuck-shop arms, and shoulders. Resistance – Any weighted object such as a dumbbell in each hand. Cables can also be used. Be wary of putting weight on your back during a push-up unless you are certain you have perfect posture and core strength.

**Pull** – Great for your mid-upper back, the rear of your shoulders, and your biceps. Resistance – Cables, dumbbells, weighted objects from around the house, exercise band

**Gait** – Great for a full-body workout, for cardio work, and for improved coordination and posture. Resistance – not necessary, can contribute to poor posture and back/neck tension.



## Develop a Safe Exercise Program

An exercise program, if conducted properly, will increase your energy level, reduce stress, help you fight disease and allow you a better night's sleep. Consider these suggestions from the National Safety Council to help you develop a safe exercise program.

- Begin your program by evaluating your current fitness level.
- If you are under the age of 35, in good health and are relatively active, it may be fairly safe to embark on an exercise program on your own. If you are over 35 or a smoker you may want to consult a physician before starting a program.
- Gradually ease into your regimen, particularly if you have not exercised on a regular basis for some time. Set reasonable goals and monitor your progress—being careful not to do too much too soon. Listen to your body; it will tell you if you are over-extending yourself.
- A well-rounded workout should include exercises that address five fitness areas: muscle strength, muscle endurance, flexibility, weight control and cardiovascular endurance.
- Weight lifting and other resistance exercises help to build muscle strength. Stretching exercises increase flexibility. And aerobic exercises such as dancing, jogging or swimming, will develop muscle and cardiovascular endurance as well as aid weight loss.
- Always begin your workout with a warm up and end with a cool down.

Taking time for exercise is a smart investment in a healthy body and a healthy mind!

### Are You In "Safety Shape"?

Safety on the aerobics floor is an important topic, one your body will appreciate. The National Safety Council offers the following suggestions to keep your body in "safety shape."

- Not all instructors are certified to teach. The acronyms IDEA, AFAA and ACSM verify that an aerobics instructor has completed exercise and aerobics courses and has passed an exam. Find out if your health club hires instructors with these credentials.
- Look at the flooring. Veneer flooring is least desirable, and it's hard to move around on carpeting. Wood flooring with spring to it is best. Be sure the surface isn't slippery since you can fall easily.
- Footwear is key. A dedicated aerobics participant could easily replace shoes every two or three months. A good shoe needs proper heel and mid-foot support. Otherwise, you could develop painful "shin splints," sprain your ankle or twist a foot. You need an aerobics shoe just as you would a tennis shoe or a running shoe. When you run, for instance, your foot lands "heel, toe," But in aerobics, your foot lands "toe, heel." So the support is different, and, as a result, the width of the sole needs to be appropriate for the activity.



# INFORMATION

March, 2014

VOL #2 ISSUE #3



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

**CONTACT:**

LISA OEDEWALDT (EMA)  
406-293-6295 (W)  
406-334-0050 (C)  
[LOEDEWALDT@LIBBY.ORG](mailto:LOEDEWALDT@LIBBY.ORG)



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

**CONTACT:**

LISA OEDEWALDT (EMA)  
406-293-6295 (W)  
406-334-0050 (C)  
[LOEDEWALDT@LIBBY.ORG](mailto:LOEDEWALDT@LIBBY.ORG)

## *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](http://www.sr-connection.com) or 24 hour toll-free Help Line:  
1-866-767-9511