

Saline County, Nebraska



August, 2017
Volume 4, Issue 8

SALINE SOLAR SHADOW

Saline County Employee Newsletter

Eclipse Watch: Saline County plans many ways to observe and otherwise enjoy the events of the upcoming Eclipse on August 21st.

What is a total Eclipse of the Sun?

On Monday, August 21st, 2017, the communities of Crete, Wilber and Friend will experience a solar phenomenon that will occur for the first time in the continental United States since 1979. A total eclipse of the sun, also known as “totality,” occurs when the Moon lines up perfectly in front of the Sun completely blocking the Sun from our view. The American Eclipse on August 21st, 2017 may be a once in a lifetime opportunity to see a total solar eclipse. Both Wilber and Crete are in direct line of the eclipse with Wilber with 2 minutes and 36 seconds and Crete with 2 minutes and 26 seconds of totality.

The communities of Crete, Wilber & Friend are providing details, either on their perspective websites or described herein, in helping residents better enable planning for you and your family members. (continued page #2)



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SALINE COUNTY ECLIPSE WATCH

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Crete:
www.cretechamber.org

Wilber:
www.wilberchamberofcommerce.com

Friend:
Join friends in Friend to view the total solar eclipse at 511 Second Street, site of the Historic Warren Opera House and event center. This Eclipse Party features: viewing from Second Street activities provided in air-conditioned comfort at

the San Carlo Room, lunch--hot dogs and champagne or non-alcoholic drink with sides and cupcakes for \$10 per plate, special informational sessions, astronomer present with solar telescopes, protective glasses and commemorative t-shirts for sale, and free tours of historic opera house. Doors open at 10 am with partial eclipse beginning 11:36:10 a.m., total eclipse 1:00:52 pm, and partial eclipse ending 2:28:53 pm.
-end

“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.” - Saline County Wellness Committee

UPCOMING CHALLENGE

The current **“100 miles in 100 Days”** Challenge will conclude on August 15th. The final date of submission to earn points for this challenge is August 21st.

Given the popularity of counting steps throughout the day using fitness trackers, the Wellness Committee is currently devising an upcoming **“One Step at a Time”** mini-Challenge that encompasses their use. This new challenge is expected to begin on or around September 1st and last 30-days. A total of 300,000 steps is expected as a mark of success in achieving these Challenge points. Alternatives for those without step devices are being explored also.

HOW EMOTIONALLY INTELLIGENT ARE YOU?

Emotional intelligence (EI) is your ability to be aware of your emotions, accurately perceive emotions in others, decide how to use this information, and act in ways that produce successful workplace relationships. Good emotional intelligence helps you navigate conflicts, engage with others, and experience more job satisfaction.

A few examples of emotional intelligence in practice include:

- 1) Knowing that a missed deadline will create hardship for others, you decide to finish early, creating goodwill.
- 2) Sensing a co-worker’s frustration, you inquire about it rather than ignore it.
- 3) Knowing that your attitude affects others, you choose to project a pleasant demeanor despite how you actually feel.
- 4) Sensing a need to resolve tension between yourself and a co-worker, you make the first move to resolve it. Learn more from *The Emotional Intelligence Quick Book*, a primer of exercises for improving your emotional intelligence.

What's the Healthiest Thing to Eat at McDonald's?

BY ELLE PENNER, MPH, RD



With 14,155 restaurants in the United States alone, and 22,744 additional locations outside of the U.S., McDonald's is arguably the most well-known fast-food chain in the world. And, if you're taking a road trip, this summer it can be difficult to resist the siren call of fast-food convenience.

While known for its burgers, fries and shakes, you don't need to blow your calorie budget on a Big Mac Extra Value Meal. These five options, at 420 calories or less, complete with ordering tips from a dietitian, can help you eat healthier the next time you find yourself under those golden arches.

HEALTHIEST BREAKFASTS

- **EGG MCMUFFIN**

Nutrition stats: 300 calories, 12g fat, 30g carbohydrate, 2g fiber, 3g sugar, 18g protein

Why it made the cut: Coming in right at 300 calories, this breakfast sandwich contains 18 grams of satiating protein and 2 grams of fiber.

- **FRUIT AND MAPLE OATMEAL, HOLD THE BROWN SUGAR & DRIED FRUIT**

Nutrition stats: 190 calories, 4g fat, 33g carbs, 4g fiber, 3g sugar, 6g protein

Why it made the cut: Topped with fresh apples and a splash of cream, this unsweetened oatmeal provides 4 grams of fiber and only 3 grams of sugar. At 190 calories it makes a great light breakfast or snack option.

HEALTHIEST LUNCHESES & DINNERS

- **BACON RANCH GRILLED CHICKEN SALAD WITH 1/2 PACKET RANCH DRESSING**

Nutrition stats: 420 calories, 22g fat, 14g carbs, 4g fiber, 6g sugar, 43g protein

Why it made the cut: At just over 400 calories, this salad offers 4 grams fiber and 43 grams of protein, not to mention a whole lot of nutrient-rich veggies.

- **SOUTHWEST GRILLED CHICKEN SALAD WITH 1/2 PACKET SOUTHWEST DRESSING, HOLD THE CILANTRO-LIME GLAZE**

Nutrition stats: 360 calories, 13g fat, 24g carbs, 5g fiber, 7g sugar, 38g protein

Why it made the cut: With 25% of your daily intake for fiber, this veggie-filled salad is the highest in fiber of all McDonald's salads and provides plenty of satiating protein, too.

- **PICO GUACAMOLE GRILLED CHICKEN SANDWICH ON A SESAME SEED BUN, HOLD THE CHEESE**

Nutrition Stats: 420 calories, 14g fat, 38g carbs, 3g fiber, 7g sugar, 36g protein

Why it made the cut: At 420 calories this is a hearty, protein-packed sandwich that also brings some healthy fats to the table thanks to the guacamole topping. The lettuce and pico de gallo add a few extra veggies.

Of course, it's not the healthiest thing to eat at McDonalds but, if a burger and fries is really what you're craving, you can always get the cheeseburger kids meal with fries and apple slices for just 430 calories instead of the 1,000 calorie Big Mac Extra Value Meal.

Nutrition note: Most fast foods, even the healthier options, are very high in sodium. To balance things out, try choosing lower-sodium foods at other meals and snacks throughout the rest of the day. –end

Updated Nutrition Facts Label

The Food and Drug Administration has voted to make changes to the current nutrition facts label that is printed on most packaged foods. This is good news! The current nutrition facts label is more than 20 years old, making it completely out of date with today's nutrition recommendations. The new recommendations are based on updated scientific research and trends, recent dietary recommendations from expert groups such as the Academy of Nutrition and Dietetics, as well as public input. A few companies have already implemented the new label and others have yet to do so. Continue reading to find out what's changing!

Old Label	New Label																													
<div style="border: 1px solid black; padding: 5px;"> <p>Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8</p> <hr/> <p>Amount Per Serving</p> <p>Calories 230 Calories from Fat 72</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 8g 12% Saturated Fat 1g 5% Trans Fat 0g</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 160mg 7%</p> <p>Total Carbohydrate 37g 12% Dietary Fiber 4g 16% Sugars 1g</p> <p>Protein 3g</p> <hr/> <p>Vitamin A 10% Vitamin C 8% Calcium 20% Iron 45%</p> <p><small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</small></p> <table border="1" style="width: 100%; border-collapse: collapse; font-size: small;"> <tr> <td></td> <td>Calories:</td> <td>2,000</td> <td>2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </table> </div>		Calories:	2,000	2,500	Total Fat	Less than	65g	80g	Sat Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g	<div style="border: 1px solid black; padding: 5px;"> <p>Nutrition Facts 8 servings per container Serving size 2/3 cup (55g)</p> <hr/> <p>Amount per serving</p> <p>Calories 230</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 8g 10% Saturated Fat 1g 5% Trans Fat 0g</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 160mg 7%</p> <p>Total Carbohydrate 37g 13% Dietary Fiber 4g 14% Total Sugars 12g Includes 10g Added Sugars 20%</p> <p>Protein 3g</p> <hr/> <p>Vitamin D 2mcg 10% Calcium 260mg 20% Iron 8mg 45% Potassium 235mg 6%</p> <p><small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p> </div>	<ul style="list-style-type: none"> Serving size of the product will be updated based upon what people actually eat, not what they "should" be eating. The type size for the words "calories" and "serving size" will be enlarged and bolded. Calories from fat is being removed from the food label. There will be a new Added Sugars section listed under Total Sugars. Added Sugars will be presented in grams as well as % daily value. % Daily Values will be updated to contain: Vitamin D, Calcium, Iron, Potassium. Vitamin A & Vitamin C will no longer be required to be listed on the food label. New footnote explaining % Daily Value.
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<p>Picture & Information provided by: FDA.gov</p> <p><u>New Nutrition Label Facts:</u></p> <ul style="list-style-type: none"> Added sugars is defined as sugars added during processing of food. Vitamins A & C are no longer required to be on the food label because Vitamin A & Vitamin C deficiencies amongst the population are rare. BUT, Vitamin D & Potassium are being added to the food label because most American's do not get enough Vitamin D or Potassium. 																														

COURTHOUSE PARKING LOT



In anticipation and preparation of additional County Offices soon to relocate to the Courthouse, employees assigned to the Courthouse during the workday should begin using the new, north parking lot for their vehicles. This will allow better parking access for community members in convenient proximity to the main entrance into the building, as well in being good neighbors to adjoining property owners.

AUGUST WELLNESS QUESTION OF THE MONTH

How many McDonald's Egg McMuffins would generally be consumed in Crete, NE if using a consumption rate of one-calorie-per-second during this community's time of "eclipse totality"?

- A) one-half
- B) one
- C) one & one-half
- D) two

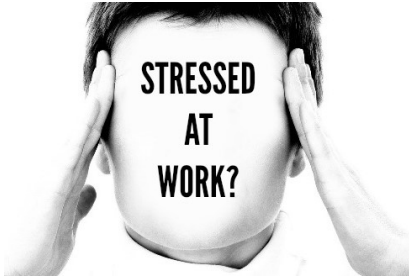
BONUS: 25 WELLNESS
POINTS for correct answer

**Answer to the July Question:
"C: Optimists"*

Email your name and correct answer to: salinewellness@gmail.com

**All answers submitted for the Question of the Month must be received prior to the subsequent month's newsletter distribution.*

SIMPLE TRICKS TO COPE WITH WORK RELATED STRESS—BY JAMIE BELL



Everyone knows the telltale signs of work-related stress: rushing to meet deadlines, answering emails at midnight, taking phone calls at all hours of the day, and/or snapping at your colleagues. When you're under that kind of pressure, it can negatively affect your physical and mental health, relationships with coworkers, and diminish your work-life balance.

The next time you find yourself stressing over a demanding deadline, overwhelming presentation, or difficult manager, here are a few easy ways you can learn to cope:

BREATHE

Sure, it's a bit cliché, and doesn't typically solve the source of your stress, but breathing techniques can help to biologically calm you down and give your brain the oxygen it needs to come up with solutions. With each breath, you'll truly be able to feel some of the tension leaving your body, and you can return to the problem with a fresh perspective. Check out this example of a stress-relieving breathing technique:

PICK A SHUTDOWN TIME

Regardless of the projects or presentations you have to deal with, maintain a strict schedule of when to turn off your cell phone and sign out of your email. Doing so will allow you to maintain a healthy work-life balance and

spend more time with family and friends.

USE YOUR VACATION DAYS

Vacation days are essential for employees to take a much-needed break to clear their heads and relieve some stress. Don't just wait for them to be paid out on a paycheck. After you've gotten past the extremely hectic days at work, wrap up your major projects and take a personal day. Even if you're spending the day resting up and bingeing Netflix instead of taking a tropical vacation, you'll return to the office with renewed energy, creative ideas, and a much more pleasant attitude!

KNOW WHEN TO ASK FOR HELP

One of the most common causes of work-related stress is taking on more work than you can handle. If your projects are piling up and you just can't get to them in a reasonable amount of time, don't be afraid to delegate them to an assistant or ask for an extension on the due date. Manage the expectations of your co-workers, and ask for help when it's needed. Your managers should understand that you won't produce quality work when you're under too much pressure.

TAKE CARE OF YOURSELF

If you're shoveling down fast food and sitting at a desk all day, it's going to be hard for your body to perform at its best and handle the physical, mental, and emotional signs of stress. Focus on keeping yourself healthy by making time to exercise each day, eat nutritious foods, and get enough sleep. *(continued on page #8...)*



THE 7-DAY WALKING PLAN

DAY
1



Choose a comfortable pace. Notice your breath and heart rate. If it feels like you're working too hard, slow down.

DAY
2



Break your walks into two 20-minute blocks. Consider doing a morning and evening walk.

DAY
3



This time, if possible, do all 40 minutes in one go.

DAY
4



Try a short 15-minute walk before work and save the 30 minutes for later in the day or vice versa.

DAY
5



Start your walk with a slightly more brisk pace for the first 10 minutes, then settle into a good pace for the rest.

DAY
6



Break your walks into two 25-minute blocks.

DAY
7



Find the route you most enjoyed this week and tackle it. Congrats! You did it!

THE 7-DAY WALKING PLAN— BY GALINA AND ROLAND DENZEL

With the mercury rising, it's easy to make excuses and miss a workout, which is where a 7-day walking pledge comes in handy. The next seven days will set you on a path to consistent, enjoyable and beneficial walking. Enjoy!

GETTING STARTED

Plan to walk during the time of day when you know you can be consistent — maybe before or after work or on your lunch break. Look at your calendar for the next seven days, then schedule your walks like you would a meeting.

We are asking you to slowly build from 30 minutes a day on Day 1 to an hour on Day 7. It's great to start on a Monday, but any day you want to start is the right day. —end

Ability

...is what you are capable of doing.

Motivation

...determines what you do.

Attitude

determines how well you do it.

5 Things You Should Do After Every Workout

by ALEISHA FETTERS

You crossed the finish line, crushed your circuit routine or cranked out your last set at the squat rack — but you're not done yet. For optimal health and exercise results, you need to cap off every sweat session with these five post-workout tasks.

1. STRETCH ANY MUSCLES YOU WORKED

Static stretching (Think: bend and hold) is best reserved for after your workouts. A comprehensive review published in *The Scandinavian Journal of Medicine and Science in Sports* concluded that pre-exercise static stretching can reduce levels of strength, power and explosive performance during the subsequent workout. When performed immediately after your workouts, however, static stretching can help you cool down, increase muscle relaxation and potentially get tight muscles back to their resting length.

2. WASH UP

One study, by FitRated.com, found that free weights are covered in 362 times more bacteria than a toilet and a treadmill in 74 times more bacteria than a water faucet. Once trapped on your skin and in your workout clothes, those germs thrive in hot and sweaty environments.

3. WEIGH YOURSELF

Ideally, you shouldn't have lost any more than 2% of your body weight between the beginning and end of your workout. (So, if you weighed 150 pounds at the start, you shouldn't weigh any less than 147 pounds at the end.) Weight losses greater than that point to significant dehydration, Sontag explains. Apart from decreasing your exercise performance and putting you at risk of heat stroke, getting dehydrated during your workouts can significantly exacerbate symptoms of delayed onset muscle soreness, per the *Journal of Athletic Training*.

4. EAT SOME PROTEIN

“Skeletal muscle is a highly plastic tissue that can undergo rapid remodeling, particularly during the periods following an intense workout,” says Neerav Padliya, PhD, vice president of Research Alliances at Qurr. “In order to push the muscle protein balance in the net positive direction so that muscle growth and recovery can take place, it is important to consume adequate protein, including branched-chain amino acids, after a strenuous workout.”

5. DON'T FORGET CARBS

Following workouts, you may actually need more carbs than protein, with most studies showing that post-workout foods and drinks with a 3:1-to-4:1 ratio of carbs-to-protein are ideal for exercise recovery. That means, for every gram of protein you consume following a workout, you likely need three to four times as many grams of carbs. —end

JULY—SEPTEMBER
NIRMA ONLINE
UNIVERSITY
“DEALING WITH HEAT
STRESS”

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

Learn the precautions that can be taken any time temperatures are high and the job involves physical work.

Next Wellness Committee Meeting: Thursday, August 24, 2017 at the Law Enforcement Center Courtroom at 8:00 a.m.

WELLNESS COMMITTEE

215 S Court Wilber, NE 68465
Phone: 402-821-2588
Fax: 402-821-3319 E-mail:
salinewellness@gmail.com

co.saline.ne.us/webpages/committees/wellness.html

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



...SIMPLE TRICKS— CONTINUED FROM PAGE #5

Make sure to also participate in your company’s wellness program to help reduce daily stress.

TALK TO SOMEONE

If coping with work-related stress is a day-to-day battle for you, a good talk with a close friend is a great way to blow off some steam. If the problems stem from coworkers, talk to your manager/superior about the issues – they have a responsibility to hear what you have to say and help you resolve the problem. If you’re dealing with harassment or bullying, talk to your company’s human resources professional.

SPRUCE UP YOUR WORKSPACE

It might sound silly, but making your workspace a personalized area is an excellent way to create a comforting, stress-free zone. Decorating it with pictures of family and friends, inspirational quotes, or your favorite memes is an easy way to remind yourself of the important things in life and keep you on track. Even if it’s just a little cubicle, make it a place where you feel comfortable.

Sometimes work-related stress is inevitable, and all you can really do is cope with it as best you can. Instead of letting the stress harm your health, try to keep yourself calm and focus on your wellbeing. Remember that stressing out never solves anything. Instead of getting upset and anxious, use the tricks above to help yourself cope. -end

2017 FLU SHOT CLINIC

Plan ahead now for the Saline County employee flu-shot clinic currently slated for October 23, 2017. As in the past, Public Health Solutions will be on-site at two locations in Wilber to offer this important preventative health service. Protect yourself and each other!

FITNESS CENTER NOTICE

As of the 1st of July, the entry code to the Fitness Center had undergone its annual change. Please stop by the HR or Assessor’s office in order to re-sign your updated waiver form and receive the updated passcode. Family members residing with you in your home wishing to use the Fitness Center must also supply a separate waiver. If you have any questions or concerns relative to the Fitness Center and/or this procedure, please call 821.2374 or 821.2588.

NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.