



# City of Shelby

## January 2014 Newsletter

### Special points of interest:

- Snow Removal
- Tree Damage
- Assistance Programs
- Driver Distractions
- Shelby Grant Updates
- Shelby TBID
- Winter Fitness

## Dear Shelby Residents,

It has been cold so we hope you all have been weathering the weather ok. As normal warm spells come and go. City crews have been busy plowing and sanding but careful driving is still a must. The results of our viaduct intersection survey are below. This will be presented to the City Council for their review and consideration. Thank you to those who responded. We value your input. This newsletter contains information about snow removal requirements, the upcoming rabies clinic, energy assistance, driving safely, grant award updates, our Tourism Business Improvement District and fitness tips for winter. 2014 is here!!! Hard to believe and we hope your 2014 is a great one.

Sincerely,

Larry J. Bonderud, Mayor

## Results of the Main Street/Coyote Pass Survey

1. Erect a stop light at the intersection of Coyote Pass & Main Street. **11**
2. Place 3-way stop signs at the intersection of Coyote Pass & Main Street. **17**
3. Right turn only coming off Coyote Pass onto Main Street. **8**
4. Leave intersection as it is. **53**

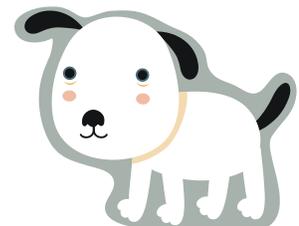
## Shelby Area Chamber of Commerce Welcomes Governor Bullock to Shelby!

The Shelby Area Chamber of Commerce is pleased to announce Governor Steve Bullock will be the guest speaker at the 67<sup>th</sup> Annual Shelby Area Chamber of Commerce Banquet. The banquet will be held Wednesday, January 29<sup>th</sup> at the Shelby Civic Center. The banquet is open to the public in addition to all Chamber members. The evening will include dinner, a presentation by Governor Bullock, silent and live auctions. Ticket information is available through the Shelby Area Chamber of Commerce office at 100 Main Street or call 434-7184.

## Dog License & Rabies Clinic

Where: Marias Veterinary Clinic  
Date: January 18th  
Time: 12:00-4:00 pm

January Only - Dog License Special  
Neutered or Spayed - \$3.00  
Not Neutered or Spayed - \$5.00



# Snow Removal

Below you will find the City of Shelby sidewalk snow removal ordinance. To date, we have experienced several slip and falls due to ice and snow accumulations on sidewalks throughout the city. We note that only approximately 30% of the sidewalks in our community are being shoveled in compliance with our ordinance. Most of the slip and falls have been senior citizens and some of the injuries have been extensive.

We ask for everyone's cooperation in shoveling their sidewalks in compliance with our ordinance.

The City of Shelby will enforce the ordinance following the enforcement provisions as follows:

**9-4-1 KEEPING SIDEWALKS CLEAR:**

A. It shall be the duty of the owner of any premises within the limits of the municipality to keep the sidewalk of and abutting his premises clear of more than one inch of snow, any amount of snow pack, any amount of ice, any amount of slush, any amount of mud, and all other threats to safe foot travel and to prevent the accumulation of same.

B. A property owner shall have twenty-four hours after a snow storm ends to clear the sidewalk of snow greater in depth than one inch.

C. A property owner shall have twenty-four hours after snow pack, ice, slush, mud, or other threats to safe foot travel accumulate to remove the snow pack, ice, slush, mud, or threat.

D. In the event that snow or ice cannot be reasonably removed due to possible damage to the sidewalk or it is otherwise largely impractical to remove, the owner shall put on the sidewalk sand or other abrasive material in such an amount and manner to make foot traffic reasonably safe. The owner shall maintain that condition until weather permits the removal of the snow or ice.

**9-4-2 FAILURE TO COMPLY:** Upon the failure of the owner of any premises to keep the sidewalk abutting his property in compliance with 9-4-2, SMC, the City of Shelby shall have the right to remove such snow, snow pack, ice, slush, mud, and other threats to safe foot travel and assess the cost thereof against the property abutting the sidewalk.

**9-4-3 NO NOTICE REQUIRED:** The City of Shelby is not required to provide any notice to the owner of the premises abutting a sidewalk before it exercises its rights under 9-4-2, SMC.



## What can be done about damage to trees from de-icing salt?

*Taken from arborday.org*



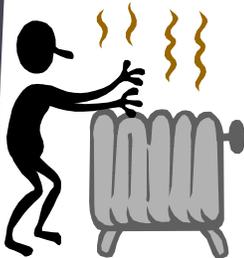
De-icing salt in winter doesn't have to be a fact of life in northern climates. While salt compounds are relatively inexpensive and widely available, their corrosive effects on concrete, bridges and other highway structures – to say nothing of automobile bodies – can be significant. Salt also damages trees in a number of ways.

A favorite option, growing in popularity is a more environmentally friendly compound called calcium magnesium acetate. This product is no more corrosive than water and has little or no negative impact on trees, wildlife or waterways.

While the cost per ton is more than salt, some studies show that it actually save money in the long run. And while finding it in stores has been a challenge in the past, it is now becoming more readily available.

## ASSISTANCE PROGRAMS

With winter right around the corner the City of Shelby would like to make you aware of the resources available to assist if you are in need.



- **LIEAP- Low Income Energy Assistance Program:** Applications for assistance are available from the North Central Area Agency on Aging. The office is located at 311 So. Virginia, Suite #2 in Conrad. For more information on income guidelines please contact them at **(406) 271-7553** or **1-800-551-3191**.
- **Opportunities Inc. Emergency Resource Services:** Emergency rental assistance is available to those who qualify. For assistance, please call **(406) 216-2300** for appointments.
- **Opportunities Inc. Weatherization Services:** If you qualify for LIEAP assistance, you also qualify for weatherization services. Call **(406) 216-3055** for information regarding this program.
- **Energy Share of Montana:** If you've applied for LIEAP and don't qualify or if you need further assistance with your energy costs you can apply for Energy Share. Contact Opportunities Inc. at **(406) 761-0310**.

## Safety & Accident

# 5 Forgotten Driver Distractions to 'Wreck'-ognize

October 2013, by Athena Mekis

While banning the use of handheld devices while driving, especially texting while driving, has been at the forefront of company fleet safety policies, there are other less recognized cognitive and physical distractions that continue to impact the safe operation of fleet vehicles.

In 2008, the National Highway Traffic Safety Administration (NHTSA) reported that all drivers engage in secondary tasks 30 percent of the time while their vehicles are in motion.

NHTSA and the Virginia Tech Transportation Institute showed that driver distractions were behind 65 percent of near-crashes and 80 percent of crashes. Research has shown that most crashes occurred within 3 seconds after the driver was distracted.

Cell-phone use and texting may be today's biggest scourge in the transportation safety sector, but there are other common driver distractions that also substantially increase crash risks:

### 1. Eating Causes Driver Mistakes

Eating while driving is riskier than talking/listening to a handheld device, according to NHTSA. After reviewing a 2006 crash-risk analysis, NHTSA found that the extended glance length of eating while driving caused a 1.57:1 crash-risk ratio while talking/listening to a handheld device while driving caused a 1.29:1 crash-risk ratio.

The U.S. Court of Appeals for the District of Columbia Circuit recently ruled the hours-of-service regulations for drivers of property-carrying commercial motor vehicles (CMVs) will no longer be enforced as of July 1, 2013, meaning drivers with the ability to fold the passenger seat down, may be even more tempted to turn that workspace into a countertop for eating while driving.

### 2. Don't Resist a Rest

Drowsy driving reduces response time, which increases the crash risk ratio 4.24:1, according to NHTSA. Drowsiness typically has more to do with time-of-day rather than time-on-task.

The Federal Motor Carrier Safety Administration (FMCSA) reported that drowsy driving is two times more likely to occur during the first hour of a work shift, because drivers are not fully refreshed and awake when they begin their day.

According to a 2011 assessment by FMCSA, drowsy driving is also more common among younger or less experienced CMV drivers. Fleet managers should inform their drivers of the statistics on drowsy driving during training.

### 3. Living in a Dream World

In 2013, Erie Insurance Company released its Fatality Analysis Reporting System, which reviewed nationwide crash data between 2010 and 2011. According to the data, police listed drivers as "lost in thought" 62 percent of the time as the cause of vehicle collisions.

Daydreaming while driving, as with other distracted driving habits, is voluntary, and if caught, drivers should be reprimanded for voluntarily endangering company property, and disregarding their job duties and personal safety, which may result in a lawsuit against the company.

### 4. Limit In-Car Entertainment

Controls, displays, and driver aids are standard driving tools today. After observing drivers who were instructed to perform radio tuning, NHTSA recorded that crash-risk increased after the driver's eyes left the road for more than 2 seconds. Furthermore, NHTSA research noted that a task should not take longer than 12 seconds.

### 5. Put a Lid on Sightseeing

Drivers should constantly scan the road, but should not fixate on objects surrounding the road. According to the FMCSA, drivers who fixate on external objects — e.g., people, billboards, and landmarks — are likely to enter into a blind gaze where they are not paying attention to the road.

## City of Shelby Grant Award Updates

The City of Shelby has been very fortunate in grant monies awarded to sustain and improve our vibrant community. The city is currently working on several projects that will benefit the community now and for generations to come.

Department of Natural Resource grant monies have allowed the city to continue cleanup work at the former Shelby Refinery site east of Shelby. With contaminated soils removed, industrial development can begin on this site. The city has requested grant funding to complete a facility site plan for redevelopment.

The city received funding to remediate the historic Rainbow Hotel. Brownfields cleanup funding allowed the city to address interior health hazards including mold, asbestos and lead-based paints. The city is waiting on word of planning grant funding to identify rehabilitation cost estimates; preliminary architectural drawings; and a structure for investors for revitalization of the historic hotel.

The City of Shelby utilized Montana Fish, Wildlife & Parks urban trail grant monies to construct points-of-interest signage along the rural portion of the Roadrunner Recreation Trail as well as additional benches. The points-of-interest include history of Shelby's beginnings; the coming of the railroad; the oil and gas industry; Shelby's historic flood; the Veteran's Memorial Flag project; prairie vegetation; and wildlife of the prairie. In addition trail grant funding allowed for north Main Street sidewalk improvements.

Arbor Day grant funding was awarded to the city to purchase trees/planting materials to begin softscaping on the east end of Main Street near the East End Car Wash. Thanks to the generous donations by HiLine Redi-Mix who provided all the decorative rock and Eric & Lauri Tokerud of the East End Car Wash who water the planting area daily during the growing season. For 2014, the city has received Urban Forestry Development Program grant funding to plant additional trees in our Main Street business district and replacement trees within Shelby City Park. An Arbor Day grant application was recently submitted to complete a softscape project on the north side of Highway 2 at the east entrance into Shelby.

Montana Tourism Infrastructure Improvements Grant funding was awarded in 2013 to begin Phase I of ring development at Champions Park. Initial work was completed this summer. The city continues to seek grant funding to continue work at Champions Park.

The city is also very pleased to have been awarded Montana Fish, Wildlife & Parks Land and Water Conservation Funding to build a splash park. Design work has been completed for the conversion of the wading pool into a splash deck for all ages to enjoy. Site work will begin in early spring.

The city is also waiting on grant award news from the Montana Department of Transportation for ADA accessible projects within the community.

The City of Shelby is very appreciative of the individuals, businesses, private foundations and funding agencies who have given generously to build and improve our community. Through these private and public partnerships, our quality of life is improved; our community is stronger; and our future is bright.

## Shelby Tourism Business Improvement District

The Shelby Tourism Business Improvement District (TBID) is the collaboration of Shelby's lodging establishments that formed to promote Shelby and the surrounding area in an effort to bring resident and non-resident tourist trade to Shelby. Over the first year, the group has partnered with the Shelby Area Chamber of Commerce to create a new website and publish new brochures that are distributed throughout the northern regions of Montana. The Shelby TBID has also assisted with several golf tournaments and recently supported the efforts of Voices of Montana Tourism. This spring they will be represented in the Central Montana Travel Planner with the goal of encouraging visitors to stay in our community, eat in our restaurants, shop in our unique retail shops and enjoy their visit to Shelby.

The TBID offers granting opportunities. If you, your group or organization is planning an event in Shelby that brings people for an overnight stay, the TBID can assist in covering some of your start-up costs. Events like 5-on-5 basketball tournaments; quilting workshops; bridge tournaments; state organization meetings; fishing derbies...any of these events that welcome people to stay in Shelby qualify for potential TBID assistance. An application form is available through the Office of Community Development at [shbcdc@3rivers.net](mailto:shbcdc@3rivers.net).

Marketing Shelby and our surrounding region is also a key component of the Shelby TBID. The TBID is creating a photo library as part of their marketing tools. They are looking to purchase photos that "capture a moment". Beautiful pictures of nature; wildlife; community amenities; and action shots that best represent Shelby and the region may be worth up to \$100.00.

These exceptional photos need to be presented to the TBID in hardcopy or in a jpg form for board review. The board will then consider all photos and offer a dollar amount for use of the photos for upcoming advertising including brochures, web pages and signage. Amateurs and professionals are all welcome. Sometimes the best shot is caught by chance. Look through your photo collection and keep that camera handy. You never know when you're going to "capture a moment"!

The board meets on a quarterly basis at which time all photos and granting assistance will be considered. The next meeting of the Shelby Tourism Business Improvement District is February 18, 2014. Please send your photos and grant requests to Lorette Carter at Shelby City Hall~ call her at 424-8799 or email [shbcdc@3rivers.net](mailto:shbcdc@3rivers.net).



# Fitness Tips for Winter



It's official: it's cold outside!

The holidays have passed and you're back to the grinding stone. There are no more festive parties to look forward to and the remnants of the joyous season can be seen on your credit card bills. What to do? While other animals are snug and cozy enjoying their hibernation, we're forced to work our way through the freezing temperatures one day at a time. So... how do you stay warm, healthy and happy when January has you blue?

**1. Think technology!** And think simple. At-home fitness is the new fad, and there is very little reason to not get on board. Exercising at home can save you time and money. Not to mention keep those pesky winter pounds from creeping on. Here are a few favorites:

- **Nintendo Wii Fit & Wii games:** Not just for the kiddies! Interactive and fun, the Wii system is designed to keep you moving and burning calories all in the privacy of your own home.
- **Xbox Kinect:** Jump, dance and move yourself fit! The Xbox Kinect takes at-home fitness to a whole new level. No controllers required, just chose your game or fitness program and get moving.
- **P90X:** With dumbbells or resistance bands, a pull up bar and one hour a day, you too can get in shape in just 90 days. Designed around the theory of muscle confusion, P90X keeps it's participants challenged and sweaty
- **Exercise TV on Demand:** Time Warner Cable's solution to at-home fitness. Choose from a variety of free programming all day, every day. Channels range from beginner to advanced and include everything from Zumba to Jillian Michaels 30-Day Shred and Yoga. There is absolutely something for everyone.

**2. Not interested in the television? Not to worry! Try these simple at-home exercises to keep your muscles toned.** Aim for 2 sets of 15 repetitions, three days a week:

Dips on a chair • Wall push-ups • Lunges • Squats over a chair • Calf rises on a step • Abdominal curls • Yoga Plank

Or check out [GoodHouseKeeping.com](http://GoodHouseKeeping.com) for other at home workout ideas.

**3. Get plenty of rest – but don't over sleep!** It's easy to do on these cold, gray days. Too much sleep will leave you feeling groggy. Do yourself a favor and limit the number of times you hit the snooze!

**4. Drink water!** The bitter temps. wreak havoc on your skin. Plus, water is the number one weight loss trick out there! Keep your body hydrated, your skin soft, and the pounds from adding up simply by sipping!

**5. Wash your hands!** Colds, flu and other germs run rampant in the winter. Keep yourself healthy by frequently washing with hot, soapy water for 20 seconds!

**6. Need to warm up? Try a cup of herbal tea or sugar free coco.** For snacks, try oatmeal with brown sugar (better yet, brown sugar Splenda).

**7. Rely on fresh frozen fruits and veggies** to get your much needed intake of vitamins, minerals and antioxidants.

**8. Bundle up and get outside!** Think layers and hustle! You'll be amazed how quickly your body heats up when you're dressed appropriately and moving at a good pace. Plus, your body burns more calories in the winter than summer, so get outdoors and get moving!

**9. Walk the dog.** Have kids? Make it a family affair. Just because it's chilly and darker than usual doesn't mean the family pooch couldn't use a nice walk too. A brisk walk after dinner will leave the whole family feeling energized.

**10. Think spring!** Now think about how much happier you'll be when you've maintained your routine all winter long! No last minute diets or exercise marathons for you...you've been busy keeping fit all winter long!



CITY OF  
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M O N T A N A

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