

WOODY'S WORLD



Lean Manufacturing Best Practices

**IF YOU START A JOB,
FINISH IT BEFORE
STARTING A
NEW ONE**

AUG/SEPT 2016

UPDATE FROM PROCESS ENGINEERING

SUBMITTED BY TREVER PANKRATZ , PROCESS ENGINEERING MANAGER

It's been a busy year for the Process Engineering department. In addition to the day to day challenges, we have been occupied with rearranging the shop floor after our building expansion to make things run more efficiently, and we are finally seeing the light at the end of the tunnel with this project. It has been kind of a juggling act trying to coordinate and with contractors and time things right so we didn't interrupt production too much. We are in the final stages of the Handcup Assembly setup which was the last department to move. This department saw some major changes in layout when they moved; going to a cellular type layout instead of the old assembly line that everyone was used too. There were multiple reasons for going to this type of setup, which I won't go into detail, but it was tested and proven to be on average 20% more efficient, which is a big deal when you consider how many handcups are built each year.

In order to support this new Handcup layout and add some capacity we got the go ahead to build 4 new leak testers. We have wanted to do a redesign on these for

a while since some of the old ones are starting to wear out, break down more often, and the components are

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obsolete. Sam took on this project and built one first to test and work the bugs out and it is working great. The new design is more intuitive and easier to operate as well as more flexible with the type of products that can be tested on it. We took the input from operators about all the things that they didn't like and did like about the old ones and used that

info in the redesign. The final 3 new testers are currently being built and will be completed soon.

One of the highlights of this year for us has been the introduction of the Orbitform radial forming machine for joining our plungers together. We had been working with Orbitform for over a year off and on helping them develop this custom machine for us that has eliminated the need for brazing the brass tube to the steel endcap of our plungers. The brazing process was a dirty, time consuming, and expensive process due to the cost of the consumables that go into it. This new machine is very simple to run which simplifies training operators, and we have been able to cut down our batch sizes which makes scheduling easier and keeps the parts flowing steadily to HC assembly. The average cost of a plunger made in July of 2016 was \$1.74, compared to \$2.60 in July of 2015. That \$0.86 savings per part adds up to a \$79,120 savings over the course of a year as we are on track to make about 92,000 parts this year. Thank you to the operators who have been patient and worked with us getting the bugs sorted out with this new process!



**QUALITY &
CONSISTENCY
ARE A TEAM
EFFORT**

To view online:
wpg.com/intranet-homepage/
password = 1e@WPG



SEPTEMBER BIRTHDAYS

Wade Schmier	1
Mike Fyfe	5
Aleisa Abell	8
Dustin Dozhier	8
Michael Dailey	10
Barry Wood	14
Lisa Hagel	16
Brandon Corey	19
Dan Currier	19
Pauline Salveson	19
Dan Koch	20
Curtis Hartman	22
Jamie Holland	25
Millissa Langve	27
Sean Erickson	29

OCTOBER BIRTHDAYS

Byron LaRue	3
David Peters	9
Alex Poore	9
Nathan Frickel	13
Kelsie Dolman	14
Stacy Lawver	19
Angela Brennan	29

YOU ROCK, TELADOC! (BASED ON A TRUE STORY)

SUBMITTED BY BYRON LARUE, MARKETING STAFF WRITER

It's Saturday morning, July 2nd. I'm lookin forward to the long 4th-of-July weekend: Sunshine, fireworks, naughty food—you know the drill. Uh-oh...I feel kinda dizzy...kinda queasy...kinda tired. By noon I'm hugging a toilet and can't even keep down water (#funpukestories). Goodbye long weekend...goodbye fun plans... goodbye barbecue ribs and sweet corn. What now? Well, this ain't my first rodeo, so I know I'm gonna need some help. OK, what are my options? I could go to the Walk-In Clinic, but who knows how long I will be in the waiting room? or hugging their toilet? ick! I don't exactly feel like making

small talk with strangers while trying desperately not to blow chunder (#oversharing). I could go to the ER, but its 4th-of-July weekend (think traffic accidents, fire cracker burns, heat stroke...). I could be waiting forever...hugging their toilet! Super-sized ick with a side of antibiotic-resistant bacteria!!! (#oopsigotmersa) Can I even drive myself that far anyway? Hold up, what was that telephone doctor service called? (#suckinupmuch?) I google Teladoc and find the 800 number immediately. I make the call. It takes about 5 minutes to confirm I am signed up and acknowledge all the disclaimers

(#gottalovehealthcareinamerica). The rep tells me a doctor will call me back within an hour. The doctor calls in 5 minutes flat! Ya, sure, he's got an accent and I can't pronounce his name, but who cares?!? We can understand each other just fine. In another 5 minutes, he's writing me a scrip and sending it to the nearest pharmacy. In another 20 minutes, I'm taking the medicine and starting to feel better already. Time getting relief with Teladoc—30 minutes total. Saving my 4th-of-July weekend—priceless! Good thing I signed up...

PS: No, Don did not put me up to this! :-)

ALEISA ABEL MAKES A NEW FRIEND

SUBMITTED BY DAVID PETERS, MARKETING ASSOCIATE

At break time one sunny morning, Aleisa Abel left the building to find a new friend just hanging around. On closer inspection, she discovered that it was an adolescent praying mantis. She scurried to find something she could capture it in. Upon her return, she scooped up this little guy. She was kind of excited, as she had never seen a praying mantis in Montana before. She had me run up to get my camera, and we shot a few photos before we let the little guy go out by the softball fields.



that humans have – sight, smell, taste, feeling and hearing. Their senses are weak compared to us, but their eyesight is remarkable. They are equipped with stereo vision -- a rare trait in the insect

sound by vibration, a mantis can actually hear. The ear of a mantis is located in its abdomen and can only pick up the high frequency echo location sounds of bats. Seems that bats love to eat them while they are in flight. When a mantis hears the high pitched calls of a bat close by, it performs evasive maneuvers and drops to the ground to hide.



While all mantises have wings, the female of the species does not fly (generally). She just hangs around giving off pheromones waiting for a boyfriend to catch a whiff

The praying mantis is kind of a novelty in Montana. Most that live here have been brought in by gardeners that use them for pest control. They prefer temperate and tropical climates, but they can be found in every state and on every continent on earth, except Antarctica. There are some 2300 different species worldwide.

Mantises have all the senses

world, and they are one of just a few insects that can actually turn their head – some 300°. Mantises are voracious eaters and well equipped to hunt. Their eyesight is acute and they hunt during the day. Usually, they lay motionless and wait for their prey to wander by, although it is not above and beyond them to give chase to capture their prey.

Unlike most insects that sense

and come find her. The female lays clusters of dozens of eggs and then encases them in a kind of foam. The foam protects them from the elements and prevents them from drying out.

If this little mantis gets lucky, and we get lucky, maybe we'll find more little mantises wandering around the Powr-Grip plant in the future.

GO FISH - 10 Tips to Assure the Big Ones Won't Get Away

SUBMITTED BY JAKE KNAUB, MARKETING STAFF WRITER

Last newsletter we presented an article on 7 Tips for Shooting Great Summertime Photos by David Peters, a member of our Marketing Department. We got a lot of positive feedback, and it made us think: We all love to talk about our hobbies and passions: Not only do we like to hear about other people's hobbies, but a lot of us would also like to try some of them out for ourselves.

Wood's Powr-Grip is proud to announce a new series featuring our team of employees and their many passions. Each article will tell a bit about a person's hobby and then dive into some tips on how to break into the scene. We hope that you find these articles entertaining. Enjoy!

For our first issue, we talked to Conway Hendrickson, a Draft Engineer here at Wood's Powr-Grip. He loves to fish. If you're the type of person who doesn't ever seem to catch anything, and thinks it's boring, then maybe you need to dig a little deeper into the craft. Conway has clearly thought this out: On his last fishing trip, he, his girlfriend, and his daughter caught 19 pike. In all, they brought home 98 lbs of pike fillets in just three days. Here are his top ten pike-fishing tips that will help you go from fish fail to fish fry:

1.) Find the perfect fishing hole.

Pike like it where bait fish live; they love to eat these small fish. Typically they spawn in still or gently flowing water with plenty of vegetation. "I went up to an area," Conway explains, "where there were these popple trees that grew when the water was low. When they let less water go from the dam, it flooded them.



You have these trees in the water." For bigger pike, this is the perfect habitat. This is the spot you're looking for.

2.) Plan your fishing trip for the right time of year.

The best time to fish for pike is before or after spawning. "Before spawning they're trying to eat to put on weight; afterwards they're hungry, and they'll swallow just about anything." Any time after the spring ice thaws and before the

1st of June is a great time to head out on that epic fishing trip. Of course you can catch them year-round, but not in the numbers like spawning season.

3.) Bring chest waders.

Pike like still waters, which often tend to be broad and shallow. Sometimes the fish are near the shore. Sometimes they are further out. It just depends. You might not be catching anything from shore, and then, "You put waiters on and waded out there a ways and you start catching 18-20 pounders."

4.) Use the right gear.

It doesn't have to be a pretty rod, but you'll want it to be around 6-1/2 feet long. You'll also need a medium reel and fishing line that is tested at 14 to 20 lbs.

Conway recommends that you use an 18" steel leader so the pike don't bite through the line and make off with your hook. And speaking of hooks, #4 to #2 treble hooks are going to be your best bets.

"Smaller hooks—they can flatten them with a single bite," warns Conway. He personally likes the "extended" treble hook you can find at Cabela's. It can make hooking both bait and fish easier.

5.) Use a variety of bait.

Live minnows work well, but

Continued on page 4

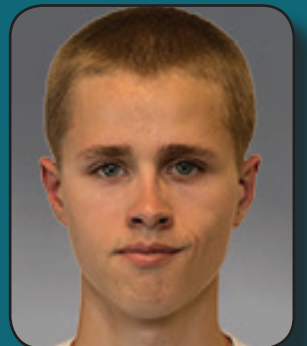
NEW EMPLOYEES



LEE PETERS
Machinery Assembly



LARRY KEMPTON
Machining



NATE JOHNSON
Molding



CODY HEDGES
Night Shift Molding

NEW EMPLOYEES



TARYN MASSA
Inventory Control



ERIN CALHOUN
Hand Cup Assembly



COREY HOLY CROSS
Machining/Cutout



ADELE BRIANT
Production Technician/ Night

so do dead minnows; pike are greedy eaters when putting on weight for spawning and afterwards, when they're trying to recover lost weight.

Smelt also works well, and in murky waters oils can help attract fish via the funky smells. "I mix the smelt with either some rotten shad oil, or anise oil or even some garlic oil in a Ziploc bag and throw it in the freezer. I usually make a variety," says Conway. He likes to make his a month ahead, giving it time to properly funkify.

6.) The right technique makes everything easier.

After you make your cast, set up your pole with a rod holder, and keep the bail open.

"I set the drag on the reel ahead of time; unless you're comfortable adjusting it while reeling a fish in, I just set it ahead of time and it's easier for everyone. I was actually having more fun casting and setting lines up because I got to watch my girlfriend and daughter pull them in. They were really liking it."

When the fish bites, let it run out the line a ways before setting the hook. You may need to reel it in 3 or 4 times to tire it out before you can easily net it.

7.) Use a big net.

A big fish doesn't fit into a small net. Conway uses a net that's around 2 feet wide. Be sure to

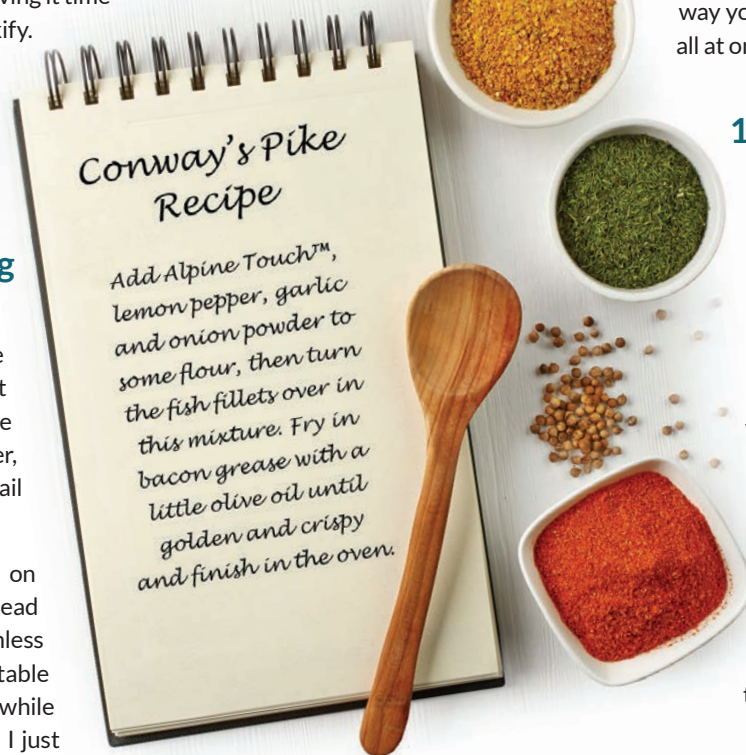
net the fish from the front and not by its tail-end, or it may just swim away to some other lucky fisherman.

8.) Don't let it bite you.

Pike have big teeth, "...About a quarter-inch long. Just below the gums."

They also have gill rakers that can tear up your hands. Wear rubber

to skin them or they get kind of slimy. We were out fishing and a big storm blew in. I just put the fish in a tote with some ice and got in the trailer with the rest. The next day they were slimy and bent from the tote." Conway recommends you throw a fillet board in the back of your pickup, because you can then quickly process the fish all the way down into fillets, right there in the field. When the fish aren't biting, get to work filleting. That way you avoid doing it all at once later on.



10.) Fish tails tell all.

Game Wardens insist that some skin remain so they can identify the fish you caught. The easiest way to deal with this requirement is to simply cut the tails off of the fish and keep them in a baggy.

dipped gloves and use a 16" long pair of needle-nose pliers to remove the hook. "When they flip their head, they can get you," says Conway with amusement, "I was stringing a fish though its gills, with my hand that didn't have the glove, and it flipped its head and got my thumb. So for the rest of the day I was walking around with duct tape on my thumb."

9.) Don't leave the fillet board at home.

"You don't want to wait too long

So now you've caught all your fish, and after the excitement of the day, you realize you're not entirely sure what you're going to do with 50-some pounds of pike fillet. Conway recommends frying them with a light breading of flour. Check out his killer recipe!

Fishing is a great hobby: You can play with it casually, or go as far down the rabbit hole as you want. But, like with any hobby, there are a few fairly cheap and easy things you can do that can yield big—exponentially big—results. We hope Conway's tips will help make your next pike fishing expedition a huge success.

LEAN TRAINING

SUBMITTED BY GARY BOND, PRODUCT ENGINEERING MANAGER

In late June the Product Engineering department, along with several other people went through two days of training. The training covered a lot of topics, but in particular we looked at the process to make improvements in what we do. This is very much related to some of the LEAN training other departments have gotten. Out of that training we have initiated a few items to review for improvements. Some of them are very internal to the department workings, but a couple of the items are intended to more directly affect other departments.

We are currently taking a hard look at the ECN process. We have listed three potential issues to address.

- 1) **The length of time from when a change is requested by someone until the drawing is updated with the change.**
- 2) **Lack of communication of changes and requests, that they are being worked on or that a change has occurred**
- 3) **The prioritizing of changes, who's change gets done first, etc.**

We are reviewing the process and plan on generating ideas for changes. As we look at changes, we will be involving more people to work out the details.

A second item is closely related. We are looking at increasing and enhancing communication with production. Carl is making the rounds to identify issues and solutions. We have already started having representatives from Product Engineering attending several production huddle meetings. If you have something you would like product engineering to address or information from us, please let that representative know. If you don't have a product engineering representative and think it would be useful, let me know.

We have been making the best of working without Amanda's assistance for several weeks. We are looking forward to her return. We are thankful that Kelcie Wood has been taking care of some of the tasks that Amanda typically does.

As we move forward this year, we are preparing for the role-out of the new Intelli-Grip system.

New Product Development is the lead in developing the new vacuum control system, with a lot of assistance from the one-man department of Steve Strobel. Product Managers are working with them now and we are preparing to take it forward. Initial versions of the MTCL and the MRTALP8 have been built for the lease fleet. The next step is a few MRTA8's will be built to be taken to trade shows this fall. Then designs for the MRTA8, MRTALP8 and the MRT4 will be updated. Sales will begin to take orders for the new versions. We will be building components late this year and start shipping the new designs in January.

Trying to learn from the past, with this role-out, we are assigning new stock numbers for the new designs. That will allow sales to take orders for the current design and the future design and we will be able to build the various items and track what goes where. It also allows us to keep better records for supporting and repairing existing lifters while supplying new designs. With the new designs there will be new parts, new processes and new quality concerns.

GLASS EXPO SOUTH AMERICA

SUBMITTED BY BARRY WOOD, VICE PRESIDENT

This year was the semi-annual tradeshow in Sao Paulo Brazil. It took place June 8-11. As sort of a bummer in terms of timing, this was the week after the show in Seattle. So it made for a tough week of travel. The show is pretty big. It rivals the U.S. Glass Build America show in terms of size, which is a fairly impressive feat

since the Brazilian economy is having a very hard time. They are suffering the results of having elected a corrupt person as president. She has recently been impeached, and the beginnings of economic improvements are being felt under her replacement's policies.

Unfortunately, Brazil is a difficult market to get into. We are working very hard to get our foot in the door, and gain some acceptance/demand for our product. We think that once people see the value of the product, they will be more accepting of the high price of our "imported vacuum cups."

COMMUNITY EVENTS

(see Billings365.com for more information)

01 AUGUST

- Back-The-Blue Rally and Prayer Circle- Yellowstone County Courthouse
- J.B. Beverley- Railyard

02 AUGUST

- "Explorations and Discoveries of George Bird Grinnell, Father of Glacier National Park" with Hugh Grinnell- Yellowstone County Museum
- Sundays at the Audubon Center
- Jon Pardi, Corb Lund- ZooMT

03 AUGUST

- Hump Night Open Mic-The Garage at Yellowstone Valley Brewing Co.
- Yellowstone Rim Runners Club Run
- Summerland Tour 2016 featuring Sugar Ray, Everclear, Lit, Sponge- ZooMontana
- Open Mic Night-Yellowstone Cellars & Winery

04 AUGUST

- Alive After 5- Downtown Billings
- Richard Dreyfest 2016- Railyard
- St. John's Summer Concert Series featuring Guthrie Brown and the Family Tree
- Summer Jazz Jam- The Garage at Yellowstone Valley Brewing
- Open Mic hosted by Troy Owens- The Vig Alehouse
- Billings Mustangs vs Ogden Raptors- Dehler Park

05 AUGUST

- Drag Racing- Yellowstone Drag Strip
- Norm's Island Nature Tours- Montana Audubon Center
- Magic City Blues: Kenny Wayne Shepherd, Elle King and More- Montana Avenue
- Jam at the YAM
- ArtWalk Downtown Billings
- Richard Dreyfest 2016- Railyard
- Mustic Night with Mister Afternoon- Yellowstone Cellars & Winery
- Billings Mustangs vs Ogden Raptors- Dehler Park
- The WarmUp® Flat Track Weekend #3 & #4 Under the Lights @ BMC Grounds

06 AUGUST

- Drag Racing- Yellowstone Drag Strip
- Yellowstone Valley Farmers Market- Skypoint
- Kennedy's Bluegrass Breakfast
- Dollar Day at YAM
- Beat the Heat 5K- ZooMT
- LemonZooade Day- ZooMT
- Magic City Blues: Ziggy Marley and More- Montana Avenue
- Billings Mustangs vs Ogden Raptors- Dehler Park
- \$5 Wine and Song with Cedar Ridge- Kennedy's
- Belly Dance Festival- ABT
- Music Night with Nate North- Yellowstone Cellars & Winery
- The WarmUp® Flat Track Weekend #3 & #4 Under the Lights @ BMC Grounds
- Jake Ryan & The Baked Bean Society- Railyard

07 AUGUST

- Drag Racing- Yellowstone Drag Strip
- Music and Brunch @ the Moss- with Live Music by JD Echo
- International Friendship Day- YAM
- Sundays at the Audubon Center
- Billings Mustangs vs Ogden Raptors- Dehler Park
- Acoustic Sunday Sessions- The Garage at Yellowstone Valley Brewing Co.

08 AUGUST

- Salsa Dance Lessons- The Garage at Yellowstone Valley Brewing Co.
- Billings Mustangs vs Idaho Falls Chukars- Dehler Park
- Reverend Horton Heat with the Whale- The Pub Station

09 AUGUST

- Sundays at the Audubon Center
- Billings Mustangs vs Idaho Falls Chukars- Dehler Park
- WRVTH, All Hail The Yeti, Final Drive and More- Railyard
- Mike Love- The Pub Station

10 AUGUST

- Hump Night Open Mic- The Garage at Yellowstone Valley Brewing Co.
- Yellowstone Rim Runners Club Run
- Turnpike Troubadours, Jason Boland and The Stragglers, American Aquarium- ZooMT
- Sista Otis and Papa Duke- Railyard
- Open Mic Night- Yellowstone Cellars & Winery
- Billings Mustangs vs Idaho Falls Chukars- Dehler Park
- Scott Stapp: The Voice of Creed - The Pub Station

OFFICE UPDATES

SUBMITTED BY BARRY WOOD, VICE PRESIDENT

There hasn't been a lot of changes in the front office since the last article. We didn't add 17,500 square feet. So we aren't moving things around. We haven't gone to Lean yet. And we haven't been overwhelmed with orders for the last several weeks. Although, several people from the office have been able to volunteer to help with some of the more simple work orders. And Mike L has been back assembling machines. The one thing that has come up is that it was requested that I re-publish part of an article that was in a previous newsletter. It was a long article, and I imagine that most people didn't get to the final section. So here it is:

"We'll never get a virus." In the time I have taken to type the last couple of paragraphs, I have received four junk e-mails. I deleted 69 junk e-mails this morning when I got to work.

These included: One claiming that I need to click on a link so I could fix a failed package delivery from Abdul Halim. (Yeah, I am expecting a package from you, Abdul.) And another that was wire payment from Ranger Jay (yes, from Ranger Jay) that I can view by clicking a link. Other junk came from Saudi Arabia, Russia, India, and Panama from people who claim that they wanted to buy from us. Besides the red flag from the location, when someone sends and e-mail that says "send me a quote for everything." You know it is not legitimate. However, when filtering out 70 e-mails, all it takes is a click "Hey, Abdul looks like someone I want to do business with." And you can infect our entire network.

Keep in mind that this is just what I got in a 24 hour period, and today was a light day for



junk e-mail. How many work stations do we have? And I am not counting the e-mails filtered before they get to my desk. On January 28th, Mike supplied me with the stats of what had been blocked before coming to our e-mail. Year to date, the number is 1,342,668 blocked. That is in January 2015. Ranger Jay and his friends are out there, they are beating the filter on a daily basis, and they want your picnic basket. Please be careful.

(from http://www.wpg.com/catalog/intranet/woodys_world/SpringQuarter15.pdf)

DEALER VISIT

SUBMITTED BY AMY JEFFERY, TECHNICAL SALES

On July 26 & 27 we had the privilege of hosting one of our dealers in the insulated metal panel industry. Gary Link of Automatic Panel Lifting Systems in California joined us for a hands on training of the new Intelli-Grip power system on the MTCL8FS10TDC3 lifter along a few other items.

The training days started with a quick tour of the building with the main focus on the new addition. Mr. Link was impressed with the new space. The tour was then followed by various training over the two day period that included the following:

- Troubleshooting vacuum leaks on the MTCL and the low profile lifters
- Operation and safety features of the DC3/ Intelli-Grip power system
- Discussion on the pros and cons of various lifter models for installing insulated metal panels
- Use of the dealer website (including the online dealer binder)

We were able to gather some feedback from Gary and most of it was positive. He liked the look of the new system and the new location of various parts (vacuum tanks, charger, etc) so that was

a big win! Field performance is still his biggest concern and he stated that he really wants to see it in use and get feedback from the end users before he can confidently market the Intelli-Grip system.

Overall, we had a productive visit and I would like to extend a huge thank you to Marty Peterson, Steve Strobel, and Kelly Koontz for the solid training and the time invested with Gary. Thank you also to Holly Anderson, Lisa Hagel, Carl Ritterpusch, and everyone else who stepped in as needed to ensure we met all of our goals!

THE #1 TIP FOR PLAYING BETTER POOL

SUBMITTED BY JAKE KNAUB, MARKETING STAFF WRITER

Most of us have played a game of pool at some point in our lives. Perhaps it was a simple game at the local pub. Maybe it was on a friend's rig, down in a basement in his man cave. With hundreds of varieties of pool, it can be hard to break into as a full-on hobby.

Tom DeBree, the Quality Assurance Director here at Wood's Powr-Grip, has been playing league pool for 15 years now, but he's been playing the game recreationally for as long as he can remember. Despite his considerable experience with the game, Tom insists that, "It's an excuse to hang out with your buddies on Wednesday nights — drink, eat, have a fun time. It's just an excuse to go do something." That's the core attraction of it for Tom.

The #1 Tip on How to Get Better at Pool. Tom started out playing pool casually. I asked how he got involved with league play, to which he simply said, "It was my brother's team; they lost a player, I got in." League play isn't just an excuse to get out of the house in the middle of the week, it's also an excuse to go to Vegas once a year for the pool National Championships, something that Tom plans to do around the release of this article.

There are two main ways to break into league play. One way is to visit their website, find a local Billiards Congress of America (BCA) Pool League, and use the contact information to try and sign up as a "sub," or substitute player (filling in when a regular can't make it to a match or practice). However, "If you are a sub, you're going to want to be ready," he says. "Most of the time they're going to be happy to get a player... but you're not going to be in demand if you're not good enough."

The other route to League play is to sign up with a group of friends. You'll need a bar to sponsor you though, which can be difficult depending

on where you live. Tom says you can sometimes find a sponsor bar simply by talking with your local league president. They can usually find a willing sponsor bar with their connections.

That's the mechanics of it — the basic low-down on making your way into the billiards scene — but what really makes the experience is the people. "Find the right chemistry," Tom says, "The season starts in October and goes to the end of March. That's a long time. You want to get along with them."

Are you competitive, or laid back? Do you like "pomp and circumstance" at your bar, or do you like cheap refreshments? Or maybe you prefer something in between? Find a league that fits you. Find a sponsor bar that fits you. Do that, and you'll have a lot more fun. "Have a good time, you're not a professional player so don't worry about it," Tom recommends.

Why does he recommend this? What are professional players and what makes them so rare? "Most people don't have the drive for it," he said. In addition to the time commitment, pros and aspiring pro players generally perform repetitive drills. "Repetitive" is the key word here — check out this link (<http://billiards.colostate.edu/resources/progpract.pdf>) for a few examples. If that doesn't bother you, you might be on your



way to fame in Vegas. Just find a team with similar ambitions.

As for the most important tip in getting better at the game, it's simple...

#1 tip - Hit The Ball Right!

"The majority of pool is hitting the ball right," Tom remarks. "The cue should be level, and the ball hit as squarely as possible. Don't rock the stick. It's surprisingly easy to hit the ball wrong." Tom motions in a swinging motion with his arm, where the hand starts up high, swings low halfway through the stroke, and comes back up again at the end of the shot. It's a very natural looking motion. The kind of thing a person could be doing without even realizing it.

He continues, "Hit the ball straight with a follow through, or it will go off on an angle. The lack of follow through is surprisingly common." Some people stop the cue as soon as it hits the ball. Following through with the stroke makes for a smoother, more controlled shot: "Very similar to golf."

Following this tip will get you a long way, Toms assures; the rest is just practice and experience. So have fun, find your dream team, your dream bar, and get out this Wednesday night.

11 AUGUST

- Alive After 5- Downtown Billings
- Summer Jazz Jam- The Garage at Yellowstone Valley Brewing
- Open Mic hosted by Troy Owens- The Vig Alehouse

12 AUGUST

- Montana Fair- MetraPark
- Norm's Island Nature Tours- Montana Audubon Center
- Jason Derulo at Montana Fair
- Rich & Joe Show- Yellowstone Cellars & Winery
- Canaan Smith- The Pub Station
- Bobaflex, At Home in Hell, Locus- Railyard

13 AUGUST

- Drag Racing- Yellowstone Drag Strip
- Rise and Shine Bird Walks- Montana Audubon Center
- Quality of Life Run- Billings Rimrocks
- Yellowstone Valley Farmers Market- Skypoint
- Summer Classic Motocross: Part of the Wyoming HPM Series @ BMC Grounds
- Trunks & Treasures Tour - Moss Mansion
- Riversage Billings Inn Free Day -YAM
- Montana Fair- MetraPark
- Ryan Riley- The Garage at Yellowstone Brewing Co.
- \$5 Wine and Song with Danielle Egnew- Kennedy's
- Music Night with Sal & Kathy Garibay- Yellowstone Cellars & Winery
- Gabriel Iglesias at Montana Fair
- Rappin' Up- Railyard

14 AUGUST

- Summer Classic Motocross: Part of Whyoming HPM Series @ BMC Grounds
- Sundays at the Audubon Center
- Montana Fair- MetraPark
- Acoustic Sunday Sessions- The Garage at Yellowstone Valley Brewing Co.
- 3 Doors Down with Theory of a Deadman- Metra Park
- Left Lane Cruiser with SS WEB - Railyard
- William Clark Creen, Jonathan Tyler & Northern Lights- The Pub Station

15 AUGUST

- Montana Fair- MetraPark
- The Color Morale - The Pub Station
- Relicseed, Sin Circus, Resurgence, Iron Swarm -Railyard

16 AUGUST

- Montana Fair- MetraPark
- Sundays at the Audubon Center



Julie Patterson



Gary Bond



Curtis Hartman



Sharon Krug

GLASS EXPO NORTHWEST

SUBMITTED BY BARRY WOOD, VICE PRESIDENT

There was a new regional show this year in Seattle Washington. It took place on June 2nd and 3rd. It was pretty typical show in terms of regional shows. It followed a similar pattern and took place in a hotel,

rather than a large convention center.

The glass industry is booming in the Washington area. So it was good exposure. Hopefully some of the leads will turn out as future sales.



2016 WPG PHOTO CONTEST

SUBMITTED BY STACY LAWVER, MARKETING

I'd like to thank everyone who took the time and effort to submit their photos again this year. I always panic that we aren't going to get anyone to participate and then they all seem to come in at the last minute. I'd like to send a big thank you to David and Don for helping push this. A few folks commented that they don't like to participate because the same people win every year. I'd like to encourage everyone to participate by going through a few statistics from our last 7 photo contests.

30 employees participated

Winners:

- 1st place Betty Ronan
- 2nd place Marty Peterson
- 3rd place Sharon Krug

2014 First year to try 3 different categories:

106 photos submitted
19 employees participated

Winners:

- Sharon Krug, Landscapes
- Lee Ann Wood, Animals
- David Peters, People

2015:

111 photos submitted
25 employees participated

Winners:

- Julie Patterson, Landscape
- David Peters, Animals
- Lacey Thompson, People

2016 First year to try 4 different categories:

144 photos submitted
27 employees participated

Winners: keep reading

So up to this year-with the exception of David and Sharon-and I believe they are both self-taught photographers--no one has won more than once. That is 14 different winners! Why not you? As we have said before you can't win if you don't participate so get those cameras out and start shooting for next year's contest. I will take photos all year long up to **Monday, July 10th, 2017** (and I'll try not to lose the ones that come in early - sorry Josh)!

I cannot go without thanking the management of Wood's Powr-Grip for their support of the photo contest and for supplying the generous cash prizes. \$50 is a pretty great motivator to participate!

So without further delay let's get down to our winners. This is our 1st year running the four categories. The photos were posted in the downstairs break room. Each Powr-Grip employee had the opportunity to vote for their favorite three photos in each category- Animal, Landscape, People and Creative. The winners were determined by tallying the ballots. Those photos that received the largest number of votes won. Here are our winners and honorable mentions!

OUR \$ WINNERS ARE!

Curtis Hartman- Landscape \$50
Gary Bond- Animals \$50
Julie Patterson- People \$50
Sharon Krug- Creative \$50

HONORABLE MENTION:

- Landscape
Daniel Meuchel
- Animals
Ross King
- People
Justin Smith
- Creative
David Peters

All our entries are shown on pages 9-15. As always I welcome any feedback on the photo contest. Tell me what you think works or what doesn't work.

2010 First Annual WPG Photo Contest:

18 photos submitted
18 employees participated

Winners:

- 1st place Brenda Lawver
- 2nd place Valerie Seymour
- 3rd place Drake Riddle

2011:

37 photos submitted
22 employees participated

Winners:

- 1st place David Peters
- 2nd place Mike Longbottom
- 3rd place Corey Longbottom

2012:

35 photos submitted
19 employees participated

Winners:

- 1st place Stacy Lawver
- 2nd place Bryan Strobel
- 3rd place David Peters

2013:

54 photos submitted

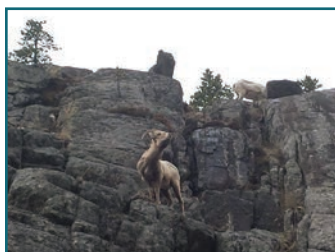
CONGRATULATIONS
to our WINNERS!



Keith Bevan



Jake Knaub



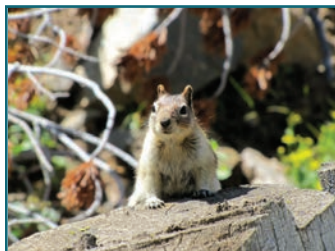
Josh Eickhoff



Daniel Meuchel



Amy Jeffery



Amy Jeffery



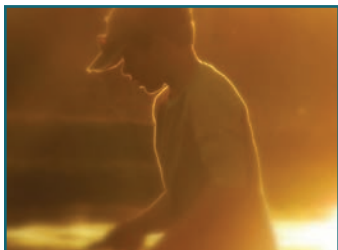
Sharon Krug



Daniel Meuchel



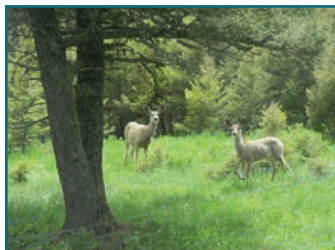
Betty Ronan



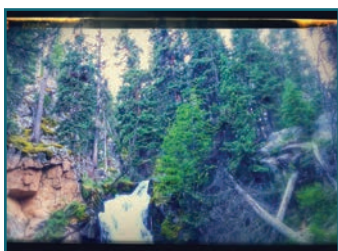
Amy Jeffery



Brenda Lawver



Brenda Lawver



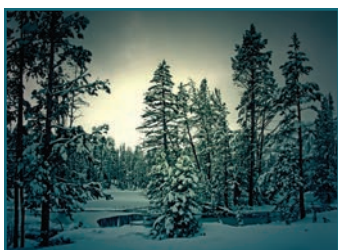
Mike Longbottom



Chad McNeese



David Peters



David Peters



David Peters



Julie Patterson



Gary Bond



Lee Ann Wood



Brenda Lawver

16 AUGUST

- Josephine Crossing Summer Concert Series- John Roberts Y Pan Blanco
- Supercross at Montana Fair
- Texas Hippie Coalition, Scott H Biram- The Pub Station
- Welcome To Burlesque Tour - Railyard

17 AUGUST

- Montana Fair- MetraPark
- Hump Night Open Mic- The Garage at Yellowstone Valley Brewing Co.
- Yellowstone Rim Runners Club Run
- The Danger Zone Tour - Repaid in Blood, Casket Robbery - Railyard
- Cold Hard Cash - A Tribute to Johnny Cash- ZooMT
- Open Mic Night- Yellowstone Cellars & Winery
- The Olate Dogs - Babcock Theater

18 AUGUST

- Grant Writing That Gets Funded- Northern Plains Resource Council
- High Noon Speaker Series- Western Heritage Center
- Montana Fair- MetraPark
- Alive After 5 - Downtown Billings
- Summer Jazz Jam- The Garage at Yellowstone Valley Brewing
- Open Mic hosted by Troy Owens- The Vig Alehouse
- Yellowstone River Roundup PRCA Rodeo at Montana Fair

19 AUGUST

- Drag Racing- Yellowstone Drag Strip
- Grant Writing That Gets Funded- Northern Plains Resource Council
- Montana Fair- MetraPark
- Norm's Island Nature Tours - Montana Audubon Center
- ZooFari- ZooMT
- Reckless Kelly- The Pub Station
- Yellowstone River Roundup PRCA Rodeo at Montana Fair
- Music Night with Plots & Rocks - Yellowstone Cellars & Winery
- Billings Mustangs vs Missoula Osprey- Dehler Park

20 AUGUST

- Drag Racing- Yellowstone Drag Strip
- Yellowstone Valley Farmers Market- Skypoint
- Tails & Trails - Lake Elmo State Park
- All Euro Car Show - Veterans Park
- Montana Fair - MetraPark
- Satsang- The Garage at Yellowstone Valley Brewing
- ATV Sand Drags #2 Under the Lights @ BMC Grounds

20 AUGUST

- Billings Mustangs vs Missoula Osprey- Dehler Park
- Yellowstone River Roundup
- PRCA Rodeo at Montana Fair
- \$5 Wine and Song with Spur Of The Moment- Kennedy's
- Music Night with Dylan Petit- Yellowstone Cellars & Winery
- The Bunny The Bear, Roots Like Mountains and More- Railyard
- Otherwise- The Pub Station

21 AUGUST

- Sundays at the Audubon Center
- Billings Mustangs vs Missoula Osprey- Dehler Park
- Acoustic Sunday Sessions- The Garage at Yellowstone Valley Brewing Co.

22 AUGUST

- Salsa Dance Lessons- The Garage at Yellowstone Valley Brewing Co.
- Billings Mustangs vs Missoula Osprey- Dehler Park
- Faster Pussycat, Don Jamieson, END ever- Railyard

23 AUGUST

- Sundays at the Audubon Center
- Origin- The Pub Station
- Dreadnought, Ford Theatre Reunion, Pi+Fire- Railyard

24 AUGUST

- Hump Night Open Mic- The Garage at Yellowstone Valley Brewing Co.
- Yellowstone Rim Runners Club Run
- Big Daddy Weave- ABT
- Open Mic Night- Yellowstone Cellars & Winery
- Jeff Austin- The Pub Station

25 AUGUST

- Alive After 5
 - Downtown Billings
- Summer Jazz Jam- The Garage at Yellowstone Valley Brewing
- Open Mic hosted by Troy Owens- The Vig Alehouse
- Woodblind, Wade Driftwood
 - Railyard

26 AUGUST

- Rock 2 Raise- Billings Depot
- Norm's Island Nature Tour
 - Montana Audubon Center
- Magic City Fantasy Con III
 - North Park
- Music Night with Mister Afternoon
 - Yellowstone Cellars & Winery
- Fruit Bats- The Pub Station
- Movies in the Park- "Finding Nemo"- Rose Park

27 AUGUST

- Drag Racing
 - Yellowstone Drag Strip



Keith Bevan



Mike Longbottom



Amy Jeffery



Daniel Meuchel



Julie Patterson



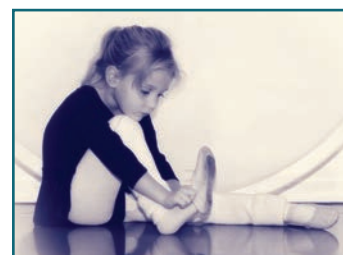
Chad McNeese



Barry Wood



Chad McNeese



David Peters



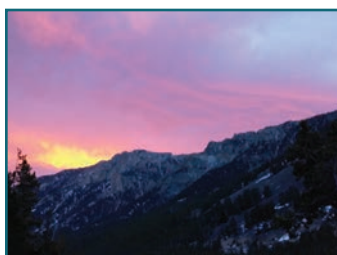
Amy Jeffery



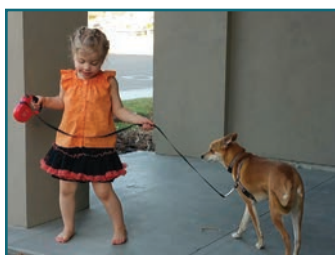
David Peters



Gary Bond



Mike Longbottom



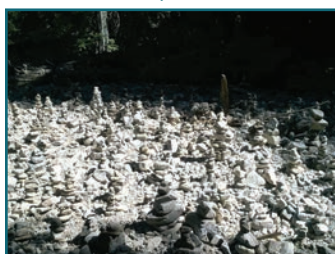
Gary Bond



Julie Patterson



Chad McNeese



Lisa Hagel



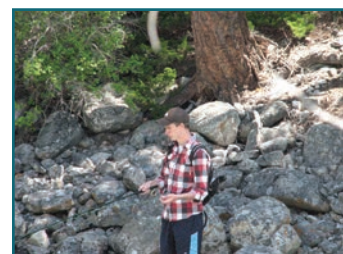
Lacey Thompson



David Peters



Stacy Lawver



Mike Longbottom PAGE 10



Daniel Meuchel



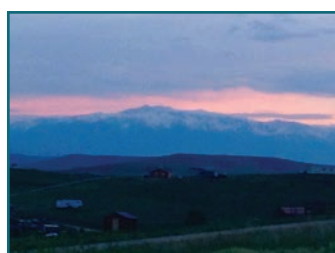
David Peters



Lee Ann Wood



David Peters



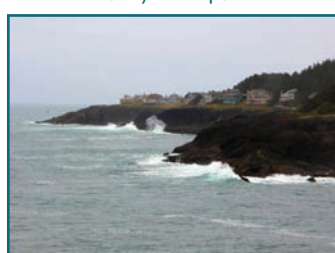
Lacey Thompson



Lisa Hagel



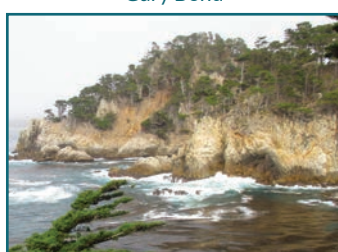
Gary Bond



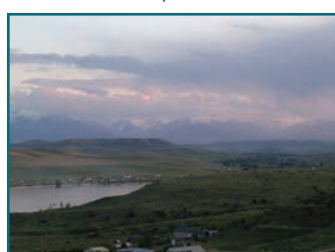
Gary Bond



Joe Landsverk



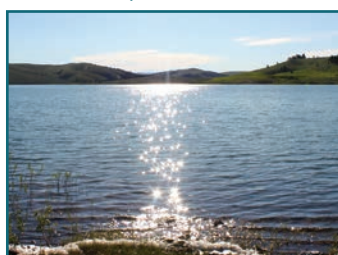
Byron LaRue



Lacey Thompson



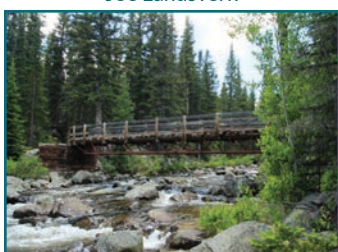
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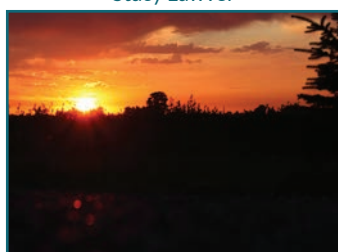
Stacy Lawver



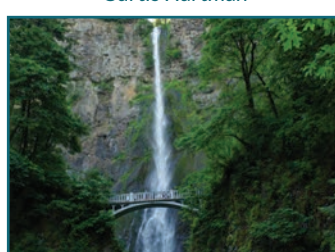
Curtis Hartman



Valerie Seymour



Stacy Lawver



Patti Fyfe



Patti Fyfe



Sharon Krug



Mike Longbottom

27 AUGUST

- Yellowstone Valley Farmers Market- Skypoint
- Sled Hockey Clinic - Eagle Mount
- Magic City Fantasy Con III - North Park
- Nighttime Hill Climb @ BMC Grounds
- \$5 Wine and Song with Nathan North- Kennedy's
- Music Night with Cedar Ridge - Yellowstone Cellars & Winery
- Enterprise Earth - The Pub Station
- Colvin & Earle - Babcock Theater

28 AUGUST

- Drag Racing - Yellowstone Drag Strip
- Magic City Fantasy Con III - North Park
- Sundays at the Audubon Center
- Acoustic Sunday Sessions - The Garage at Yellowstone Valley Brewing Co.
- An Evening with Kansas- ABT

30 AUGUST

- Sundays at the Audubon Center
- Junior League of Billings Fall new Member Social
- Crobot- The Pub Station

31 AUGUST

- Wing Ding- MetraPark
- Shops at Shiloh Crossing Block Party
- Hump Night Open Mic - The Garage at Yellowstone Valley Brewing Co.
- Open Mic Night - Yellowstone Cellars & Winery

01 SEPTEMBER

- Wing Ding - MetraPark
- Billings Mustangs vs Great Falls Voyagers- Dehler Park
- Black Wizard- The Pub Station

02 SEPTEMBER

- Wing Ding- MetraPark
- Burn the Point Classic Car Parade- Downtown Billings
- Billings Mustangs vs Great Falls Voyagers- Dehler Park
- Cody Canada and The Departed- The Pub Station

03 SEPTEMBER

- Drag Racing - Yellowstone Drag Strip
- Wing Ding- Metra Park
- Yellowstone Valley Farmers Market- Skypoint
- Burn the Point Classic Car Show and Auction - Rocky Mountain College
- Billings Mustangs vs Helena Brewers- Dehler Park
- KillerKeyz Dueling Pianos Show- The Pub Station

04 SEPTEMBER

- Drag Racing
- Yellowstone Drag Strip
- Billings Mustangs vs Helena Brewers- Dehler Park

05 SEPTEMBER

- Billings Mustangs vs Helena Brewers- Dehler Park

06 SEPTEMBER

- Josephine Crossing Summer Concert Series- The Midlife Chryslers
- Smile Empty Soul, Romantic Rebel- The Pub Station

07 SEPTEMBER

- Women Stepping Forward for Agriculture Annual Conference- Bighorn Resort
- Yellowstone Rim Runners Club Run

08 SEPTEMBER

- Women Stepping Forward for Agriculture Annual Conference- Bighorn Resort
- 5th Annual Part for Preservation - Moss Mansion
- Will Hoge- The Pub Station

09 SEPTEMBER

- Women Stepping Forward for Agriculture Annual Conference- Bighorn Resort
- Fall Home Improvement Show - MetraPark
- Billings Gun Show- MetraPark
- Movies in the Park - "Ant Man"
- Castle Rock Park
- The Cold Hard Cash Show
- The Pub Station

10 SEPTEMBER

- Drag Racing
- Yellowstone Drag Strip
- Yellowstone Valley Farmers Market- Skypoint
- Fall Classic Motocross @ BMC Grounds
- Billings Gun Show- MetraPark
- Trunks & Treasures Tour - Moss Mansion
- Fall Home Improvement Show - MetraPark
- Flat Track #4 Under the Lights @ BMC Grounds

11 SEPTEMBER

- Billings Gun Show- Metra Park
- Fall Classic Motocross & BMC Grounds
- Trombone Shorty & Orleans Avenue- ABT
- Fall Home Improvement Show - MetraPark

12 SEPTEMBER

- 12-Week Intensive Web Development Boot Camp

13 SEPTEMBER

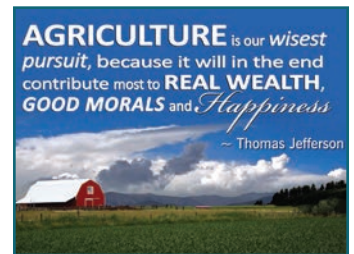
- Wednesday 13- The Pub Station



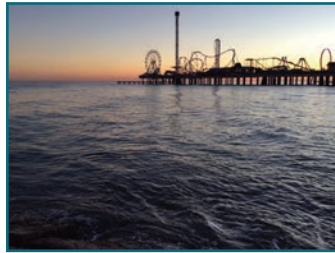
David Peters



Lee Ann Wood



Stacy Lawver



Joe Landsverk



Stacy Lawver



Jake Knaub



Gary Bond



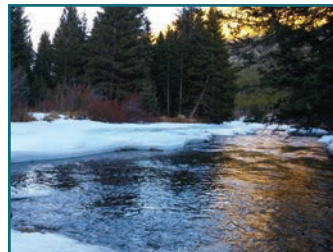
Jake Knaub



Barry Wood



Julie Patterson



Mike Longbottom



Mike Longbottom



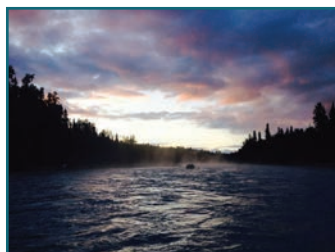
Chad McNeese



Amy Jeffery



Sharon Krug



Julie Patterson



Betty Ronan



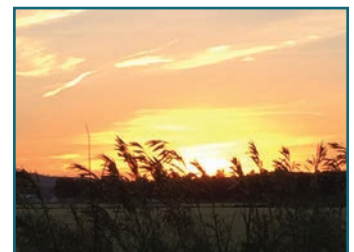
Betty Ronan



Keith Bevan



Chad McNeese



Brenda Lawver



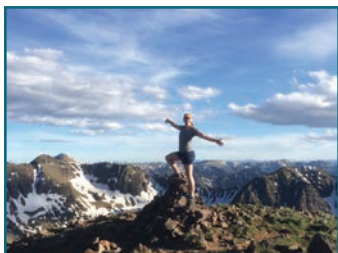
Lee Ann Wood



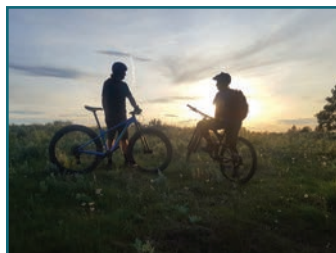
Amy Jeffery



Barry Wood



Daniel Meuchel



Chad McNeese



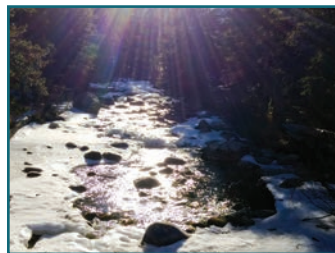
Jake Knaub



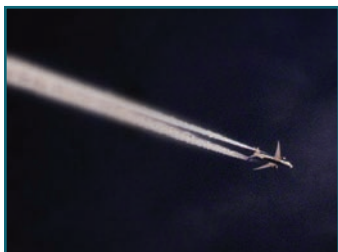
Kelcie Wood



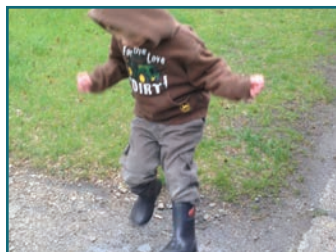
David Peters



Mike Longbottom



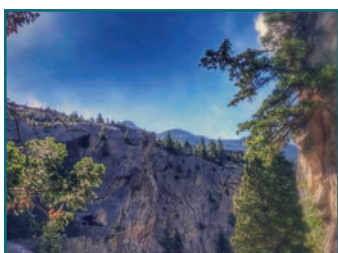
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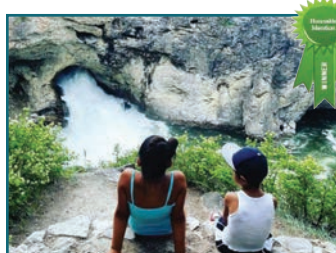
Lacey Thompson



Amy Jeffery



Mike Longbottom



Justin Smith



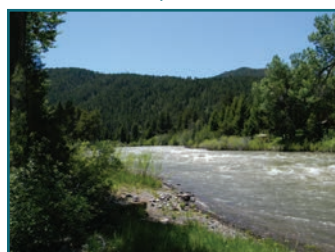
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David Peters



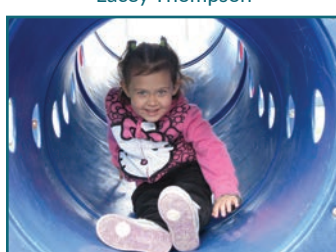
Lacey Thompson



Brenda Lawver



Gary Bond



Keith Bevan



Valerie Seymour

14 SEPTEMBER

- Yellowstone Rim Runners Club Run
- Def Leppard, REO Speedwagon & Tesla- MetraPark

15 SEPTEMBER

- High Noon Speaker Series - Western Heritage Center

16 SEPTEMBER

- Happy Caddy Cup Golf Tournament - Lake Hills
- Bart Crow- The Pub Station
- Moves in the Park - "Wizard of Oz"- Optimist Park

17 SEPTEMBER

- Drag Racing - Yellowstone Drag Strip
- Coyote Cross Country Montana XC Series @ BMC Grounds
- Yellowstone Valley Farmers Market- Skypoint

18 SEPTEMBER

- Drag Racing - Yellowstone Drag Strip
- Montana Marathon - Molt Community Center
- Coyote Cross Country Montana XC Series at BMC Grounds

20 SEPTEMBER

- El Ten Eleven, Mylets - The Pub Station

21 SEPTEMBER

- Yellowstone Rim Runners Club Run
- Sol Seed & Yellowstoned: David & Michelle's Anniversary Party- The Pub Station

22 SEPTEMBER

- All Nations Indian Relay Championship- MetraPark
- Jaden Carlson Band - The Pub Station

23 SEPTEMBER

- Ales for Trails- Dehler Park
- All Nations Indian Relay Championship- MetraPark
- Upscale Kids Sale- Shrine
- Glass Spiders/Tribute David Bowie- The Pub Station

24 SEPTEMBER

- Yellowstone Valley Farmers Market- Skypoint
- Fall Hill Climb @ BMC Grounds
- Saturday Live
- Upscale Kids Sale- Shrine
- World Class Doll Sale - Radisson Hotel
- All Nations Indian Relay Championship- MetraPark
- Billings Symphony presents Just Dance- ABT

25 SEPTEMBER

- Fall Hill Climb @BMC Grounds
- Upscale Kids Sale- Shrine
- All Nations Indian Relay Championship- MetraPark
- Walk to End Alzheimers- ZooMT

27 SEPTEMBER

- Ted Ness and the Rusty Nails
- The Pub Station

28 SEPTEMBER

- Yellowstone Rim Runners Club Run

29 SEPTEMBER

- Magic Sword- The Pub Station

30 SEPTEMBER

- Wesley and the Revolving
- The Pub Station

01 OCTOBER

- Yellowstone Valley Farmers Marketing- Skypoint
- Boy's & Girl's Club Vintage Sale & Flea Market
- "Unite For The Night" Glow Run- Pioneer Park
- Suicide Silence, Whitechapel and More- The Pub Station
- Flat Track #5 Under the Lights @BMC Grounds

02 OCTOBER

- Boy's & Girl's Club Vintage Sale & Flea Market

03 OCTOBER

- Atmosphere with Special Guests- Babcock Theater



Production Technician
— Night Production
Technician – 1 opening,
Full Time, Night Shift

Production Technician —
Night Molder – 1 opening,
Full Time, Night Shift

Material Control Clerk
— Inventory Clerk – 1
opening, Full Time, Day
Shift



Joe Landsverk



Keith Bevan



Lee Ann Wood



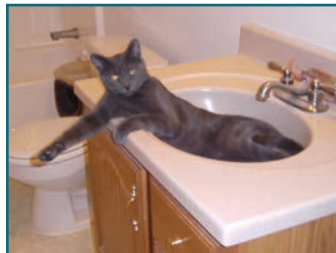
Joe Landsverk



Lee Ann Wood



Lee Ann Wood



Keith Bevan



Patti Fyfe



Patti Fyfe



Julie Patterson



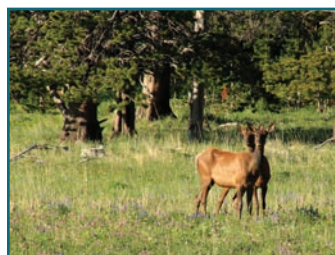
Gary Bond



Sharon Krug



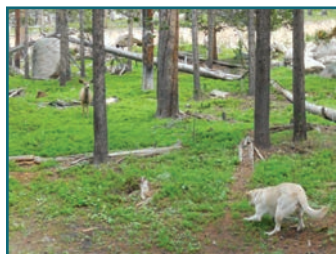
Stacy Lawver



Valerie Seymour



Valerie Seymour



Valerie Seymour



Ross King



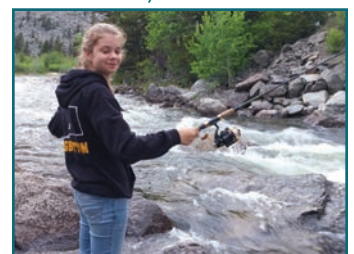
Conway Hendrickson



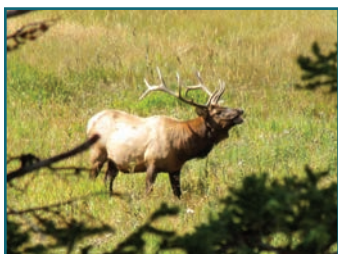
Conway Hendrickson



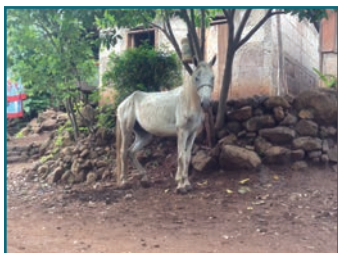
Conway Hendrickson



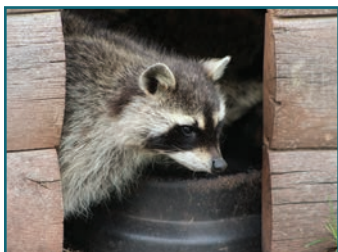
Mike Longbottom



Amy Jeffery



Daniel Meuchel



Betty Ronan



Chad McNeese



David Peters



Julie Patterson



Daniel Meuchel



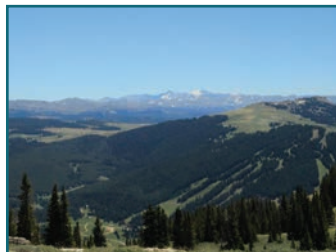
Lee Ann Wood



Daniel Meuchel



Joe Landsverk



Valerie Seymour



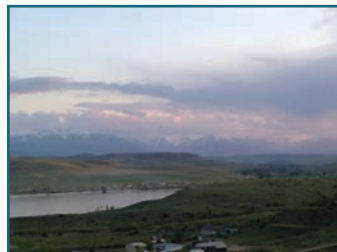
Julie Patterson



Keith Bevan



Keith Bevan



Lacey Thompson



401k

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S

TTG FINANCIAL COMPANY

Financial Services, Inc.
3012 4th Avenue North
Billings, MT 59101

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Office Hours: 7:00 AM to 4:00 PM
Contact Tarra Grazley
Telephone: 406 256 6112
E-mail: tarra@ttgfinancial.com

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- View your Account History
- View your Online Statement
- Manage your Account -
Exchange (Sell and Buy),
Rebalance, Contributions,
Loans, Withdrawals
- View Prospectus
- Consult Financial Planning
Tools and Education
- And much much more

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www.netbenefits.com

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Limit
Contributi
Re
Plans

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\$8.00 VIP TICKETS

The \$8.00 VIP pass is good for any movie - even for opening day. Tickets are available at reception. (Note: prices have gone up)

Discount tickets can not be used for any 3-D or special engagements.

MOVIE
TICKETS
DO NOT
EXPIRE IN
MONTANA!!

CARMIKE THEATERS

Movie Listings are available
at www.CARMIKE.COM

PLANNING A TRIP

SUBMITTED BY LEE ANN WOOD, FINANCE ASSISTANT

There are now so many ways to plan trips and many logistics and questions that go into planning one. Jumping in the car and driving down the road can be fun, but it can also lead to sleeping in your car and many other headaches.

Making reservations at hotels can be far more complicated than who has the best price per room. Often time, especially in places like Las Vegas, the price of the room is just the beginning of the cost of your stay. Watch for hidden fees attached to the room. The fees are typically for the cost of Wi-Fi, use of the pool, or use of the gym. If you negotiate at the beginning of your stay, sometimes you can get away from those costs assuming you do not want to use those options. Another big consideration is if the hotel provides a free breakfast. If a room is \$20 more, but has a free breakfast, you could be better off financially taking the room that costs more. Then you need to consider location. What good is it if you are saving \$15 a night but your event is 20 miles away? You will spend far more getting to and from the event as well as the time wasted you could have used playing.

When it comes to flying it is a whole new ballgame. There are some free websites to get tickets as well as the ability to use the Wood's Powr-Grip site. If you use some of these free sites and there is a problem, you are going to wait on hold for a long time to get someone to help you. If you know how to use them, you probably will be all right, but if you do not know the ins and outs of flights, I do not suggest using them.

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When choosing a flight, there are some things to consider along with the cost of the flight. Sometimes the options they show you will send you all over the country before you get to your location. Flying to Seattle to get

to New York might not be your best option. Also be careful about layovers. Some of the options will only give you a 30 minute layover between flights. This means your next flight is boarding before you get off the plane. If your plane is a little late or your flight is on the other side of the airport, you might not make it. This could result in a really long layover to get to your destination. In most airports I will not pick a flight that has any less than 45 minute layover, longer in some of the airports depending upon its size.

Now here is one that is often overlooked. I am at my destination and need to get around. Some places have great public transportation and some, like where we are, do not have much of anything. Other options are to check to see if there is a free shuttle running from your hotel. Taxis, Uber and lift are another option. Or a rental car may be a choice. With a rental, be sure you are up to driving in the traffic of the city. I have driven all over but would not elect to drive in New York City, they have some funky local driving rules about running yellows that would get me in trouble.

Have a good time this summer on your vacation.



Tip To Be a Savvy Health Care Consumer – LIFESTYLE CHANGE

First and foremost, take care of yourself. The best way to keep your healthcare cost down is to stay as healthy as possible. You can't control heredity, but healthy living is one area YOU CAN CONTROL.

- **Eating healthy** – There are various things you can do to eat healthy, but focus on these two things will make a huge impact.

- Sugar – First let's define the kinds of sugar. There are natural sugars that occur in fruit and vegetable and these are absolutely fine. Added sugars are those added to foods – most commonly table sugar (sucrose) and high fructose corn syrup. Eating more than the recommended daily allowance of added sugar is linked not only to weight gain, but Type II diabetes and heart disease. According to the American Heart Association, recommended daily allowance of added sugars for men is 37.5 grams (9 teaspoons) and for women 25 grams (6 teaspoons).

Is your granola bar and yogurt really healthy? Maybe/Maybe not. Check the added sugar

Quaker Oats Granola Bar – 7 grams of sugar

Yoplait Regular – 18 grams of sugar

Cliff Bar – 22 grams of sugar

Yoplait Greek 100 – 9 grams of sugar

Costco Premier Protein Bar – 8-9 grams of sugar

Chobani -18 grams of sugar

- Salt – Sodium. The American Heart Association daily recommended allowance of sodium intake is 1,500 milligrams – the average body only needs 500 milligrams to properly function. The average person consumes 3,500mg+. Over consumption of salt is proven to cause high blood pressure and heart disease.

How do I measure how much salt? Check labels for sodium content.

¼ teaspoon = 575 milligrams

½ teaspoon = 1,150 milligrams

¾ teaspoon = 1,725 milligrams

1 teaspoon – 2,300 milligrams

To make serious dietary lifestyle changes, consult a licensed nutritionist - contact Jessica Martin at 406-237-3516

- **Exercise**
 - Getting as little as 30 minutes of physical activity a day can reduce your risk of heart disease and stroke.
 - Check to see if your health plan sponsors memberships to the gym
- **Manage Stress**
 - Yoga, exercise, deep breathing and a good night sleep
 - Utilize your company Employee Assistance Program –24 hr. Crisis Hotline 1-888-662-5461
- **Stop Smoking/Chewing**
 - Freedom From Smoking Classes are proven to work – Contact Angela Kulhanek 406-237-8150
- **Be SAFE**
 - Wear seat belts, helmets and safety gear when appropriate – think first
 - Don't TEXT while driving!!!!
 - Don't drive under the influence!!!!

“People Healing People”