

# MON THE MOVE

## How to travel even if you have limited mobility

Many people dream of traveling the world in retirement. Such dreams come true every day. But many more retirees or people nearing retirement fear that their dreams of seeing the world would not be possible due to mobility issues beyond their control. Thankfully, such fears are largely unwarranted.

Various conditions can affect men and women's mobility. Many such

issues tend to arise after age 50, prompting many people to believe their post-retirement travel plans will never come to fruition.

Conditions such as rheumatoid arthritis; chronic obstructive pulmonary disease, or COPD; and heart disease may make it hard for people to travel.

But that difficulty does not mean aging men and women should resign themselves to a sedentary

lifestyle.

Though they might require a little extra effort before boarding a plane for parts unknown, the following are a handful of ways that aging men and women with limited mobility can reap the rewards of traveling.

First, contact airlines or other transportation companies if you require special accommodations. The U.S. Department of

## Be a good rider, Ride Right

Snowmobiling is an exhilarating way to appreciate a beautiful winter day, so be sure to always "Ride Right" so as not to experience any issues during your snowmobiling rides, suggests the American Council of Snowmobile Associations (ACSA).

According to ACSA, a leading cause of lost snowmobile access, as well as the number one complaint lodged against snowmobilers, is trespassing.

"Most land adjacent to snowmobile trails is closed to snowmobiling, particularly when adjacent to private property. Just because

there are snowmobile tracks off-trail doesn't mean it's open or legal," said ACSA President Scott Herzog. "No trespassing means no snowmobiling."

ACSA recommends if in doubt about a trail, ask first and know the off-trail rules before you ride.

If new to the area, check with local clubs to get the lay of the land. Check with [www.snowmobilers.org](http://www.snowmobilers.org) for a listing of snowmobile clubs, associations and trail information.

Another common complaint against snowmobilers deals with modified exhaust systems.

"Loud snowmobiles with modified exhausts and trespassing off trail are why some snowmobile trails no longer exist," said Herzog.

It is a myth that modifying the original exhaust system on snowmobiles makes them go faster, and while there may be a slight weight reduction, it is generally inconsequential to overall snowmobile performance and maneuverability.

Excessive sound levels caused by modified or aftermarket racing exhausts are illegal in most states and a nuisance to landowners, wildlife, the general public and other snowmobilers.

According to [snowmobilers.org](http://snowmobilers.org), current snowmobiles can emit no more than 78 decibels at full throttle.

For comparison, normal conversation is approximately 70 decibels, a vacuum is 80, a blow-dryer 100, and a full orchestra is 130 decibels.

ACSA urges all riders to help keep the trails open to everyone and "Ride Right" by staying on the trail and keeping the manufacturer's original exhaust system.

Visit [www.saferiderssafety-awareness.org](http://www.saferiderssafety-awareness.org) for more snowmobile safety information.



Transportation notes that passengers are generally not required to provide advanced notice for disability-related accommodations.

However, it makes sense to provide such notice anyway. By doing so, men and women with limited mobility can ensure they will have adequate assistance during their trips.

When made aware of passengers' mobility issues, airlines or other travel companies may arrange for wheelchairs to be available at the gates or train platforms so passengers can easily make connecting flights and trains. In addition, advance notice gives companies a chance to provide seating accommodations that can make for a more enjoyable trip.

Next, contact security agencies. Security is part of modern travel, so travelers, especially those traveling by air, should expect to go through security checkpoints during their trips.

Travelers with limited mobility

should contact the security agencies in their home country as well as those in any country they plan to visit to get an idea of what they can expect.

Knowing these guidelines in advance can help people with limited mobility determine if they should arrive extra early so they can make it through security checkpoints in time to make their flights or trains.

Finally, contact hotels directly. Each country has its own laws regarding how to accommodate people with physical disabilities or mobility issues, so don't leave things to chance. Before booking a hotel room abroad, travelers with limited mobility should contact the hotel directly to confirm that it can accommodate their needs.

Men and women with limited mobility can still enjoy the wonders of travel, even if it requires some extra effort before embarking on their trips.





# Try biking to work to benefit your overall health

Commuting is a fact of life for millions of professionals. The U.S. Census Bureau reports that the average person in the United States spends 26.1 minutes getting to work, while Statistics Canada notes the average Canadian spends 26.2 minutes getting to the office. Few people enjoy commuting. In fact, a 2004 study published in the Journal Science, found female commuters cited commuting as their least satisfying daily activity, ranking it below housework. Perhaps that is because commut-




ing, whether commuters recognize it or not, tends to have adverse effects on their overall health. A 2012 study published in the Journal of Urban Health found that longer commutes are associated with behavioral patterns which may contribute to obesity and other negative health conditions. Commuters who live close to work can counter some of the negative effects of commuting by cycling to work. Cycling is a healthy activity that the Harvard Medical School notes can help people build muscle and increase bone density, which naturally decreases with age. And there are additional benefits to cycling to work that might compel some commuters to pedal their way to the office. Biking can help you meet minimum exercise guidelines. The latest Physical Activity Guidelines from the U.S. Department of Health and Human Services recommend that adults get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity each week. Biking to work can help people meet and exceed those weekly guidelines, providing a strong foundation for a long, healthy life. It also may lower your risk of chronic disease. Regular physical activity like cycling can lower your risk of chronic diseases like cardiovascular disease, type 2 diabetes and certain cancers. Adults who cannot find the time to exercise outside of work may find that exercising during their commutes by biking to work is their best and most effective means to lowering their risk for chronic disease. The American Heart Association notes that regular physical activity like cycling has been linked to improved cognition, which can positively affect memory, attention and processing speed. Finally, biking to work may help reduce stress. A 2017 study from researchers at Montreal's Concordia University attempted to investigate the impact of various commuting modes on workers' stress levels upon arrival to their workplace. The study found that such levels were lower among cyclists than they were among people who drove or took public transportation to the office. Biking to work may not help people reduce their commute times, but it might make those commutes less taxing on their overall health.

## Warning signs that brakes are faltering

Automotive problems are often best left to professionals. Though seasoned car enthusiasts may be capable of diagnosing and fixing car troubles without the assistance of a trusted mechanic, most drivers are better off letting the pros address issues under the hood. But drivers can still play a vital role in vehicle maintenance. Learning to recognize warning signs of various problems that can affect cars can prevent breakdowns and potentially costly repairs. And in certain instances, such as when the brake system is not working properly, knowing how to spot problems before they escalate into something larger can make drivers and their passengers safer and potentially prevent accidents. Television shows and movies have lent credence to the notion that brake problems are marked by the sudden cessation of a vehicle's ability to stop. Though that can happen, warning signs of fading brake systems tend to be more subtle.



· Increase in stopping distance: An increase in the distance a vehicle travels before it stops after the brakes are applied indicates that there's an issue with the brakes. This issue may or may not require a brake replacement. In fact, it is sometimes indicative that brake fluid levels are low, which can be remedied quickly and easily. However, an increase in stopping distance is significant enough that it should be brought to the attention of a brake specialist immediately. · Pulling upon stopping: Another warning sign of brake problems is when the vehicle noticeably pulls to one side as it comes to a stop. This indicates that one side of the brakes is malfunctioning while the other is working properly. Like other issues with brakes, this one requires immediate attention from an automotive professional. Brake systems should be inspected during routine maintenance visits. But issues with brakes can arise even after such inspections, which underscores how important it is that drivers learn to recognize the warning signs of brake problems.



**Volume 1 — Number 2**

Published  
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# How motorcyclists can stay safe while riding

Many people are drawn to motorcycles because of the intensity and excitement riding provides. Motorcycles are fun and routinely draw attention from other motorists.

What motorcycles add in terms of speed and excitement, they may lose in safety, especially when compared to cars and trucks. The National Transportation Safety Board says motorcycle riders and their passengers have the highest risk of fatal injury among all motor vehicle users. Per mile traveled, motorcyclist fatalities occur nearly 28 times as often as passenger vehicle occupant fatalities in traffic crashes.

Thankfully, the risks associated with riding motorcycles can be reduced with some simple safety precautions.

First, motorcycle riders can improve the barrier between themselves and the road with the proper gear. Quality leather jackets and pants, helmets, gloves and nonskid boots can protect the body from severe injuries.

Reflective tape can also be added to clothing can help motorcyclists become more visible to other drivers; otherwise, wear bright clothing colors. Also, riding with others as a group increases visibility.

Next, familiarize yourself with the bike. Motorcycle riders are

not advised to take an unfamiliar bike into busy traffic. If the bike has never been ridden before, become familiar with its handling and responsiveness in a controlled area that is not full of traffic before taking it on the open road.

Also, make sure to stay out of blind spots. Consumer Reports says roughly two-thirds of all motorcycle accidents are caused by a car driver violating a motorcycle rider's right of way. Motorcycle riders should never assume a driver sees them. Staying out of blind spots and steering clear of turning vehicles can help.

Next, Riding in the rain or in other difficult conditions is more

risky since the roads are slippery. Slow down or keep the bike at home in inclement weather.

Do not ride while under the influence of alcohol or drugs (including over-the-counter if they cause

very careful about road obstacles, more so than other drivers. This includes uneven road surfaces, fallen branches, oil slicks and/or wet spots. ConsumerSafety.org says a motorcycle has less contact with



## Tips to make good use of your commute

Commuting is a part of life for people across the globe. Commutes may not be too difficult, but even the most affable person can periodically be affected by the monotony of commuting day in and day out.

According to data from the United States Census Bureau, the

being behind the wheel in traffic can be stressful. Taking a bus or a train leaves that stress to someone else, which may make commuting more tolerable. Even though it may take longer, letting someone else do the driving enables you to sleep, catch up on emails, talk on

or podcasts. Topics like leadership, advancement, personal finance or even another language can expand skills and serve as a great way to use your commute wisely.

· Vary the route. Taking the same roads each day can be boring. Commuters tend to take the shortest routes, but those roads also may be the busiest. Driving a more circuitous route could take a little longer, but it may offer better scenery and less traffic.

drowsiness). Also, do not drive while drowsy, as it is just as dangerous as driving while intoxicated.

Stow cell phones away so your attention is not drawn away from the road.

Finally, motorcyclists need to be

the road than a car, making it more likely to skid out of control or throw a rider from the bike.

Motorcycle riders need to be more cautious on the road because they are at increased risk for injury.



average person's commute is just over 27 minutes in each direction while driving solo.

For those relying on public transportation to get to work, that number doubles to around 60 minutes each way.

In the U.S., the locales with the longest commutes include New York City, Long Island, N.Y., Washington, D.C. and Newark.

At a duration of 54 minutes per day, times five days a week, commuters are spending 4.5 hours getting to and from work each week. That adds up to about 234 hours a year, not excluding for vacations or other time away from work.

Commuters may aspire to make their commutes easier and more tolerable, and the following are some ways to do just that.

· Change your method of travel. Driving solo may be faster, but

the phone, read or just enjoy some time for meditation and reflection.

· Listen to audio books. Whether you're driving or a passenger, learn something new through audiobooks

· Establish a carpool. If you are a people person, you may enjoy sharing your commute with another individual or two. When carpooling, commutes can feature engaging conversation and everyone can take turns driving, which can make the trip less stressful.

· Consider a flex schedule. Some employers may enable you to change your hours so you do not need to commute during traditional rush hours. A 7 a.m. to 3 p.m. shift or an 11 a.m. to 7 p.m. schedule may help you avoid rush hour.

Commuters may never be the best part of a professional's day, but there are various ways to improve a trip to and from the office.

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# A step-by-step guide to changing a flat tire

Any number of issues can affect drivers while on the road. Few issues may prove more disruptive than a flat tire.

Flat tires can delay road trips and adversely affect commutes, all the while posing a significant safety hazard. Changing a flat tire is a valuable skill that all drivers should have in their repertoire, and this simple guide can help motorists hone their tire-changing skills.

- Take stock of your tire-changing tools. Vehicles typically come with the tools drivers need to change

extra illumination when changing a flat at night.

- Turn on your hazard lights and find a safe place to pull over. The moment drivers recognize a tire is flat, they should turn on their hazard lights and find a safe place to pull over. Avoid changing tires on narrow shoulders, as that leaves you and your passengers vulnerable to oncoming traffic. If you must, drive on the rim until you can find a safe place to pull over and change the tire. If possible, pull into an empty parking lot. Flat ground

when changing a front tire.

- Remove the hubcap. Some vehicles are equipped with hubcaps that cover the lug nuts. If that is the case, then remove the hubcap before lifting the vehicle with the jack. If that is not the case, simply loosen the lug nuts, which may require a little extra effort since lug nuts tend to be on very tight. At this point, it is easier to loosen the lug nuts than remove them entirely, which can be done once you're ready to remove the tire.
- Put the jack to work. Now it is time to place the jack and ultimately lift the vehicle. The experts at Bridgestone Tire note that many modern vehicles now have areas of exposed metal on the bottom designed specifically for jack placement. Consult your owner's manual to find this spot, and then raise the vehicle until the tire is about six inches from the ground.

- Remove the lug nuts. Once the tire is off the ground, remove the already loosened lug nuts, ideally placing them in a small receptacle or bag so they won't roll away.
- Remove the flat tire. Using both hands, grip the tire by the treads and gently pull it off. Bridgestone recommends placing the tire on its side so it does not roll away.
- Mount the spare. When mounting the spare, gently push the tire on until the lug bolts can be seen through the rim.
- Tighten the lug nuts. One by one, place the lug nuts back on the bolts and tighten then by hand. Tighten them as much as possible so they are able to hold the spare on as effectively as they held the original tire in place.
- Lower the vehicle. Patiently lower the vehicle using the jack until the spare tire is resting on the ground but not with the full weight

of the vehicle on it. At this point, Bridgestone recommends drivers use their full body weight to tighten the lug nuts once more before fully lowering the vehicle. Once the vehicle has been lowered, some drivers may notice the hubcap does not fit over their spare. That's alright, as it is safe to drive without a hubcap covering the spare. In such instances, place the hubcap in the trunk when you're putting back the jack, wrench and flat tire. But if the hubcap does fit over the spare, put it back on.

- Check the pressure on the spare tire. A portable inflator can indicate the tire pressure in the spare and inflate it if need be. Drivers who cannot determine the pressure in the spare should drive slowly to the nearest service station and have the pressure checked or even the spare changed to a new tire, if possible.



a flat tire, especially if the car or truck was purchased from a dealership. In addition to a spare tire, the tools drivers will need include a jack and a lug wrench. Tire wedges are not absolutely necessary, but when placed in front of or behind the tires, they can prevent rolling while changing the tire. A small flashlight kept in the glove compartment or center console storage also can be helpful, but drivers also can download a flashlight app on their smartphones to provide some

is ideal, as it can prevent the car from rolling while the tire is being changed.

- Apply the parking brake upon stopping. The parking brake can reduce the risk of the vehicle rolling while the tire is being changed, so always apply it before getting out of the car.
- Place the wheel wedges in the appropriate place. If you have wheel wedges, place them in front of the front tires when changing a rear tire and behind the rear tires

## How to road trip on a budget

The opportunities for adventure are endless when the car is fueled up with a full tank of gas and the open road awaits.

Road trips can be cost-conscious ways to travel, as they save travelers from having to contend with potentially expensive flights. However, there is even more road trippers can do to save on their next excursions. Explore these money-saving tips before hitting the open road.

- Improve fuel economy. There is no avoiding the gas station on road trips, but there may be ways to stretch gas mileage. Make sure tires are properly inflated; have the vehicle serviced before leaving to change oil and check that everything is running efficiently; do not overpack with lots of heavy cargo and bring bikes along to explore certain areas without having to use

the vehicle.

- Establish a daily budget. You cannot anticipate every expense, but you can make a plan and estimate what it will cost for the trip. Determine your priorities so you know if you want luxury accommodations or if campgrounds will suffice, and then build a budget around anticipated costs. Keep track of all costs so you will know when to cut back, if necessary.
- Consider a rental. If you're leasing a car or truck and are dangerously close to going over miles, a rental vehicle may save you money in the long run. Also, if you will be traveling with a crowd, renting a van - and splitting the costs - can save everyone money.
- Pack food and drinks. Visiting sit-down restaurants and even fast-food establishments can cause

expenditures to add up. The financial resource Money Crashers says a typical fast-food meal costs just under \$6, but fast casual places, like Chipotle and Panera, can run around \$12 per person. Multiply those prices by three meals a day over the course of the trip, and that is expensive. Instead, save dining out for a treat and pack non-perishable items or even sandwiches in a cooler to satisfy you while on the road.

- Book a suite or Airbnb. When traveling with the family, a suite or Airbnb might provide cheaper alternatives to a standard hotel room, since they likely have fully furnished kitchen facilities, laundry services and other extended-stay perks. The up-front cost may be more, but you will save in the long run on all the extras.
- Utilize any and all coupons. Retail coupon providers like Honey.com and RetailMeNot.com can help you find discounts on a variety of items. There also may be coupons for parking garages and area attractions.
- Find free entertainment. With a little research you can find attractions that do not require high admission fees or may have no fees at all. Public parks, certain museums and area landmarks may offer free admission.

Road trips can be even more affordable when vacationers embrace the many ways to save money.

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# Tips for first-time electric car buyers

Electric vehicles are widely touted as the vehicles of the future. Despite the growing availability of such cars in the present day, for many drivers EVs remain a novelty. That means buying an EV for the first time is a wholly new and unique experience.

Tesla EVs might be the most visible electric cars on the road today, but most major auto manufacturers, including Nissan and Chevrolet, produce EVs as well.

That means auto buyers have more EV options now than ever before, which can make the process of buying such a car more exciting, but also more difficult.

Narrowing down a growing number of options may not come easy to first-time EV buyers, who can keep these tips in mind as they begin this exciting journey.

First, get an idea of the accessibility of charging stations around your home. The number of public



and are worth exploring as drivers decide which electric car or truck to buy.

Finally, consider your parking situation. Homeowners who own single-family homes with a garage that can accommodate at least one vehicle can easily charge their EVs so long as they clear space in the garage where the car can be parked.

Auto Trader notes some garages may need to be upgraded with a level two charger, and that can be expensive.

Drivers who must park their EVs outdoors overnight should know that this, too, may require some additional funds for electric vehicle service equipment (EVSE).

Local building codes may govern the installation of such equipment, which is best performed by an electrician. These are some additional costs of EV ownership first-time buyers must consider and research before they switch to an electric car or truck.

EVs may become the new normal over the next several decades. But before that day arrives, first-time EV buyers must consider a host of factors as they shop around for an electric car or truck.

## Apps that can make driving safer and easier

It is hard to go anywhere without using or coming into contact with technology. For drivers, that includes their vehicles, which have come a long way since the Ford Motor Company's Model T was first introduced more than a century ago.

Devices and driving are now undeniably intertwined. Preoccupation with technology when behind the wheel can pose a threat to motorists, as the National Highway Traffic Safety Administration reports that more than 3,100 people were killed in motor vehicle crashes involving distracted driving in 2020.

But technology also can be utilized to great and positive effect. Various apps can help make driving safer, potentially reducing the number of accidents and fatalities on the nation's roadways.

- OneTap: OneTap was designed to put an end to distracted driving. Once enabled, the OneTap app blocks incoming alerts on drivers'

phones and automatically replies to let individuals calling or sending messages that drivers will get in touch when they reach their destination. Drivers can manually activate the app each time they get in their vehicles, or set it up so it automatically activates when the car begins moving. The latter approach can be especially useful for drivers who may forget to activate it when getting in their cars.

- DriveMode: DriveMode was designed for drivers who want a hands-free messaging and calling option while behind the wheel. The app utilizes voice-enabled commands so drivers reply to messages or texts using only their voice, and it also can be integrated with navigation, music and voice assistant apps. Drivers can choose to have the app launch automatically when they start driving.
- OtoZen: OtoZen can appeal to

charging stations is on the rise, but there is still a lot of work to be done in this area.

In fact, research from McKinsey & Company indicates that nearly half of consumers in the United States indicate that battery or charging issues are their foremost concerns about buying EVs.

The automotive resource Auto Trader notes that most EVs have enough battery range to cover more than the average daily commute in America. But drivers who hope to use their EVs as their everyday cars that take them to work and help them run errands and get around town should confirm there are enough public charging stations to make that possible.

Next, look into subsidies. The Office of Energy Efficiency &

Renewable Energy notes that all-electric and plug-in hybrid cars purchased new in or after 2010 may be eligible for a federal income tax credit that could be as high as \$7,500.

State and/or local incentives also may apply. These subsidies can help bring the cost of EV ownership down by a significant amount

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# Have kids; will travel: Master vacationing with young children

Prior to having children, few adults would bat an eye at spontaneous weekend excursions or discounted red-eye travel deals that required little more than a hastily packed carry-on bag and passport in hand. Once adults make the decisions to expand their families, traveling even short distances often requires precise and detailed planning.

Children add the element of surprise and the unexpected - not to mention extra gear - and parents must adapt accordingly when they travel with their little ones. These pointers can keep parents properly prepared.

· Pack for the journey. Anticipate what your child may need, but remember, unless you are traveling to a remote location, there is

a good chance you can buy many items at your destination. Direct much of your focus on packing items you will need for the journey, and less on what you will need once you arrive. Food and entertainment are two key components to keep in mind.

· Factor in "stretch your legs" opportunities. Children have limited attention spans and abilities to stay put. According to Brain Balance, a program for improving concentration, children between the ages of two and six have attention spans from four to 18 minutes. Since kids may not be able to sit still the entire time, build breaks into trips so they can get up, run around and expend some of their boundless energy.

· Travel early morning or late at night. Morning flights tend to be less crowded and are less likely to have takeoff delays that can push kids into meltdown mode. Kids are apt to be tired in the wee hours of

the morning or later in the evening, so traveling, whether by road or sky, when they are likely to sleep can be advantageous.

· Plan accommodations wisely. Choose lodging that fits your needs. Some people prefer a rental home because it affords more space and the ability to save money by preparing some meals at "home." However, certain hotels may have babysitting services or recreational activities for children, enabling Mom or Dad to have a little time off.

· Bring a light stroller and baby sling/carrier. A full-sized stroller may be cumbersome, especially on sand or cobblestone. A sling or carrier enables you to navigate crowded places with ease. A lightweight, folding stroller can be used as a temporary bed for naps or when your toddler has tired out from walking.

· Know security rules. Check with the airline for confirmation, but



the TSA generally allows formula, breast milk and juice in quantities greater than 3.4 ounces or 100 milliliters in carry-on baggage. It does not need to fit within a quart-sized bag. Remove these items from your carry-on bag to be screened separately from the rest of your belongings.

· Explain the itinerary. For young children who are able to understand, spell out what will be happening along the journey so they know what to expect. This can help calm nerves and prevent tantrums.

Traveling with young children requires a little extra planning and patience.

## Driving

(Continued from page 5)

any drivers looking to be more safe, but it can be especially useful for parents of young drivers. Users can track family and friends with the app's GPS tracker that can share location information in real time. Incoming messages are delivered through users' car speakers, and speed alerts notify drivers when they exceed safe speed limits.

· OnMyWay: The OnMyWay app automatically disables apps when vehicles are moving faster than 10 miles per hour. That functionality eliminates phone-related distractions like incoming text messages. But the hands-free component of the OnMyWay app allows users to make phone calls, use navigation apps and even play music.

Modern vehicles are testaments to technological innovation. Drivers can use that to their advantage by utilizing various apps designed specifically to reduce distracted driving.

# Does roller skating benefit overall health?

A little recreation never hurt anyone. In fact, the activities people choose to engage in during their free time can promote and safeguard their long-term health.

Roller skating is a recreational activity often associated with children, but it can be enjoyed by people of all ages. And though roller skating devotees may already know how beneficial it is for their bodies, novices might be surprised to learn just how much lacing up their skates can do for their overall health.

### Roller skating and balance

Roller skating requires pushing off and forces individuals to rely on their gluteus maximus. The online medical resource Healthline notes that the function of the gluteus maximus is to extend and laterally rotate the hip. When glute mus-

cles collaborate as a person roller skates, that improves body stability, helping people to maintain better balance, even when they are not skating.

### Roller skating and your core

The Mayo Clinic notes core exercises train the muscles in this area of your body to work in harmony, ultimately leading to improved stability.

When roller skating, individuals rely on their core muscles, making this a core-friendly exercise. If improved stability is not enough to get people to lace up their skates, it is worth noting that the Harvard Medical School indicates that a strong, flexible core can benefit the body in numerous ways.

For example, low back pain sufferers may be interested to know exercises that promote well-bal-



anced, resilient core muscles can help to prevent low back pain.

### Roller skating and weight loss

Anyone who has ever been roller skating likely knows that it is easy to break a sweat once those skates are laced up.

In fact, Healthline notes a 160-pound individual who skates at a consistent intensity for 30 minutes can expect to burn around 267 calories.

Burning calories can help people lose weight, making roller skating a worthy activity for individuals who want to add some fun physical activity to their weight loss routines.

It may have been a while since adults last laced up a pair of skates. But roller skating can be a great activity for anyone looking to get healthy and have a little fun along the way



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# Why is tire rotation so important?

Vehicle owners need to keep maintenance on the mind to ensure their cars and trucks are operating at peak capacity. Various components should be checked and serviced at key intervals. Oil changes and fluid top-offs are part of routine maintenance, but it can be easy to forget about other important parts of the vehicle, including tires. Rotating tires is vital to their upkeep. Bridgestone Tires advises that tire rotation involves routinely

repositioning a vehicle's tires in specific patterns from front to back and side to side. According to Big O Tires, the front tires tend to wear on the outside edges because the tire leans over when a driver turns a corner. The rear tires just follow the front ones, so they usually wear more evenly. By leaving tires in place, the outside edges on the front tires will wear down much faster than the rest and those tires will need to be

replaced sooner. Rotation may be required by tire warranties. Rotation also keeps the tires working properly. Experts generally advise tire rotation every 6,000 to 8,000 miles, even if they do not show any signs of wear. It is challenging to determine if weather treads are uneven or how much wear has been sustained just by looking at them. Rotating tires can prolong the life of tires and decrease how fre-



## Factors to consider when shopping for limo service

Many families pull out all of the stops to make prom an especially memorable occasion for teenagers. Renting a limousine to transport promgoers to and from the big event can add a touch of class to this milestone moment. Proms, graduations and weddings compete for the same space on the social calendar, making mid-spring a peak season for limousine

Limousine Association, riders should make sure a limousine company is licensed and insured and should request and be granted the opportunity to inspect the vehicle they book in advance of the big night. Get it in writing that the vehicle you inspected will be the same one you get for your rental. Many limo services charge by the car and not by the person, and the

Riding in a limo is a big deal regardless if you super-size your ride or go with a more conservative option. Keep in mind that many limo companies also will charge for gasoline and parking or road tolls. You also will need to factor in gratuity. Reputable providers will be very clear about all of their fees in advance. Many limousine companies will charge a similar hourly rate, but you can negotiate for other perks and options. Some cars can come "iced," which is lingo for stocked with beverages or coolers. Others may provide disposable cameras or other extras. Consider these extras before making a final decision.

Since mid- to late-spring is a busy time of year for limo companies, research your options early on and make your deposit to secure the vehicle as soon as possible. Book with a limo company that requests a deposit that is 50% of the total cost or less. The USA Limo Guide says a deposit between 20 and 50% is standard. Limo rides can be exciting and practical ways to get to and from proms and graduation parties if you do your homework.

quently they need to be replaced. Rotating tires keeps the tread depth uniform and helps maintain traction and consistent handling across all four tires. Bridgestone says the tire rotation pattern that is best for a particular vehicle depends on the type of tire being used. Patterns are recommended by the standardizing body of the tire industry, called The Tire and Rim Association, Inc. Individuals can consult with professional mechanics about the proper way to rotate tires. Many tire manufacturers or automotive stores that have sold customers tires also will do tire rotations - some free of charge.

In addition to proper traction, minimizing uneven tire treads causes the vehicle to be more balanced, advises Wrench, a mobile auto repair and maintenance company. This enables the driver to have more control even when roads are slippery. Many auto service centers will then align and balance tires after they have been rotated. At this time, the mechanic will likely check brakes as well, since it is easy to see and reach them when the tires are off. Tire rotation is an important component of vehicle maintenance. Check with a qualified automotive professional to see if it is time to have your vehicle's tires rotated.



companies and private drivers. According to Thumbtack, a service which pairs professionals with the people who need them, evening limo service and party bus rentals generally have higher hourly rates than daytime rentals. Promgoers should try to split the cost and pack the maximum number of riders into the limousine to keep the prices manageable for all involved. Limousine rides are fun, but safety must remain a consideration on prom night. According to the Maryland

larger the vehicle, the greater the cost. So do not rent a larger vehicle than you will ultimately need.

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# Hair-raising information about roller coasters

A trip to the amusement park would not be complete without a ride or two or three on a roller coaster.

Roller coasters are designed to give a person a seemingly close brush with danger through speed and hair-raising drops and flips.

The Roller Coaster database indicates there are currently more than

Motorists know that 2022 was a record-breaking year for fuel prices.

The pinch at the pump is being felt by commuters, casual drivers and weekend warriors alike. People across North America are taking whatever steps necessary to conserve fuel. One of the considerations they may have overlooked is vehicle maintenance. Poor vehicle performance adversely affects fuel economy, so here's how to maintain a vehicle with an eye toward conserving fuel.

Proper tire inflation

The U.S. Department of Energy says each decrease in tire pressure by 1 pound per square inch for four tires can decrease fuel economy by

2,500 roller coasters in the world.

The first roller coasters were not the thrill-inducers found today at parks. The Switchback Gravity Railway, for example, which was a patented coaster that visitors to Brooklyn's Coney Island could ride in 1884, faced riders outward. This was so they could enjoy a fabricated landscape scene while coasting

at less than six miles per hour.

Many of the thrills associated with roller coasters are due to drops and dips from various heights. According to How it Works, changes in gravitational forces explain why the body, particularly the stomach, feels weird when riding a coaster.

"When in freefall, every part of you is accelerating at the same rate, which

gives you a similar feeling to weightlessness," Damien Arness-Dalton, from Science Museum, said. "There is no upwards force from the ground to cause your organs to be compressed, so they are floating inside of you, even though you are falling."

This is new territory for the human body, so mixed signals are sent to the brain, indicating some-

thing is awry.

Gravitational forces affect how roller coasters are designed, too. Many extreme coasters have vertical loops.

Roller coasters are teardrop-shaped instead of circular because, if they were circular, riders would be subjected to a force of 6-g on the body. That could cause black-outs, according to Gizmodo. The inverted teardrop shape helps to counter these high forces on the body.

Of course, speed and spins are not the only things that draw thrill seekers to roller coasters. Those who like the feeling of being in the clouds also enjoy reaching new heights.

While many coasters inch riders up a steep incline gradually, "Kingda Ka" at Six Flags amusement park in New Jersey goes from zero to 128 miles per hour in only 3.5 seconds to speed riders up the rails 45 stories high at a 90-degree angle. At 456 feet in height, it is the tallest coaster in the world.

Roller coasters are here to stay. When amusement parks reopen, chances are the lines to enjoy some hair-raising fun will be long.

## Conserve fuel with vehicle maintenance and other tips

0.2 percent. By keeping tires properly inflated, the average driver can improve gas mileage by as much as 3 percent. Drivers can consult their tire manufacturer's specifications for proper tire pressure.

Use recommended motor oil

Engines require the right blend of products to work efficiently. The DOE says drivers can improve gas mileage by 1 to 2 percent simply by using the recommended grade of motor oil. In addition, look for motor oils that list "Energy Conserving" on the label.

Change the air filter

According to Auto Zone, an engine's ability to produce power is directly related to its ability to draw air in. A clean air filter assists

with that function, whereas a dirty filter will reduce engine power and fuel efficiency.

Get a tune-up

Additional mechanical issues may affect vehicle performance and lead to excessive fuel consumption. A mechanic can run diagnostics on the vehicle and make recommendations on things to repair or replace, such as spark plugs, ignition coils or faulty oxygen sensors.

Treat fuel occasionally

Debris and moisture in the fuel tank can compromise combustion and impact performance. A fuel treatment product can clean out debris and dry up moisture to restore function and improve miles

per gallon.

Use the air conditioning sparingly

The air conditioning unit in a vehicle uses power directly from the motor of the car. This means the vehicle consumes extra gas to keep the AC unit running, thereby reducing fuel efficiency.

Remove excess cargo

Clear the trunk or cargo area of extra items that can weigh down the vehicle, requiring more power to move it. Any heavy load will negatively affect mileage.

Keeping a vehicle in top form can improve fuel economy, which can be especially beneficial in a time marked by soaring fuel costs.



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