

# MON THE MOVE

## Wayne America Fly In set for May 26-28

With a new name, look and spirit, the Wayne America Fly-in will take off this May 26-28 with aviation shows, music, food and family fun.

Formerly known as May Day STOL, the WAF23 will showcase the Wayne Community to pilots in both the fields of STOL Drag and National STOL, where they measure the distances of takeoff and landing to see who has the shortest length. These two contests rarely happen during the same event, but they came together and brought in more sponsorships for Wayne, Travis Meyer, chairman of the Wayne Airport Authority, explained.

Over 50 competitors signed up to compete in this year's events, with new participants adding their names to the list often.

Competitor check-in will start May 24 and 25 with a few different specialized sessions on STOL flight training.

Kevin Quinn, creator of STOL Drag, has headed the training for the last two years. Every pilot will need to sit through a certification class to receive the authorization to

compete. If deemed not ready, the pilot will be disqualified before the competition starts. Usually, Quinn charges a \$250 fee per pilot for the certification, however, he has decided to waive that fee for the WAF23 in hopes to foster safety over profit, Meyer said.

On Friday, May 26, the National STOL Opening Competition will kick off from 1 – 5 p.m. with a pilot meet and greet to follow.

At 6:30 p.m. the Paramotor Demo starts. In a paramotor demonstration, a person, strapped into a parachute-like wing with a motor attached to the back, will take off running before lifting off and soaring through the air. This paramotor group comes from Southeast Nebraska.

William, the son of Tom Defoe, the pilot who tragically died in a plane crash during the 2022 May Day STOL, will take part in this year's paramotors demonstration. This past year, he went on to also obtain his private pilot's license.

The day's events will conclude with a bonfire and music from



Hector Achondo.

Saturday, May 26 starts at 8 a.m. with an array of events. Breakfast will be offered from the UNO flying club and pilots will have STOL practice time until 11 a.m. The morning will also include a WAF23 classic car "Cruise-in," which will give dash plaques to participants, from 9 a.m. to 1 p.m. and a Redbird Simulator from 10 a.m. to 2 p.m.

The Wayne Airport Authority purchased the Redbird Simulator to bring people to the airport and give them the experience of flying without ever having to leave

the ground, Meyer said. The full motion simulator has around seven computer screens showing what the world would look like from high above.

From 11 a.m. to 12 p.m., there will also be a Careers in Aviation Panel, which Meyer said he feels especially passionate about. This will exhibit people from all different paths within aviation.

"There are so many careers in aviation outside of being a pilot," Meyer said. "I am hoping students or parents of students who are interested in aviation will come and have their questions answered. They will get to know the necessary steps, the time, the cost and whatever else they wish to ask."

Speakers include a pilot from Pierce who flew Air Force Two, which carries the Vice-President and other important dignitaries, an airline pilot from Spirit Airlines, two air traffic controllers from Sioux City and representatives from Duncan Aviation in Lincoln.

The National STOL Finals will occur from 11 a.m. to 5 p.m. with a Powered Paramotor Demo and pilot meet and greet.

After the race, McFarlane Aviation and WAT will present "Under the Lights" at 6:30 p.m. and

the National STOL and STOL Drag Awards Ceremonies will follow. A band known as ECKO will end the championship day.

Sunday, May 26, has a full schedule of events as well. The Redbird Simulator will be up and running again alongside cornhole tournaments, with over \$1,500 worth of prizes. The final night ends with a bonfire and music from a local band, the Wayne County Troubadours.

"I have two measures of success for this event," Meyer said. "One, that young people who have an interest in aviation can make connections and receive the support to pursue their careers. And two, that people come from across the country and see what an awesome community Wayne is. Many of them may end up coming back and bringing their factory or business with them."

The Wayne America Fly In has many organizations working together to make it safe, fun and special, Meyer said. This cannot be done without community support of volunteers. Volunteers are needed to take tickets, sell T-shirts, park planes (with experience) and more. If interested, call Meyer or use the contact page at <https://wayneamericaflyin.com/contact>.





# How to make summer travel more affordable

Summer is peak travel season. Whether vacationers plan to travel internationally or domestically, they can expect to pay top dollar as they head off for parts unknown. Much has been made of inflation over the last year-plus, as the cost of seemingly everything has risen considerably since early 2022. And the cost of travel has seemingly increased by an even greater percentage than the cost of groceries. Data from the U.S. Bureau of Labor Statistics' Consumer Price Index indicates the cost of airfare increased by more than 25 percent between Jan. 2022 to Jan. 2023. Though travel has never been inexpensive, the rising costs noted in the Consumer Price Index have scared many consumers into staying home. However, consumers who want to travel but do not want to break the bank can try various strategies as they seek to get out of the house this summer.

- Travel domestically. With airfare costs skyrocketing, now might not be the most budget-friendly time to travel overseas. Thankfully, would-be vacationers can still get away. Average gas prices in early spring 2023 hovered around \$3.43 per gallon, which is nearly \$1 less per gallon than the year prior. By driving to their destinations, vacationers can save substantial sums of money and also maintain greater control of their trips, something

that is not always so easy in an era marked by routine flight delays and cancellations.

- Change your timeline. If a far-away dream destination beckons, travelers might still be able to make it work if they have the flexibility to alter their timelines. Rather than taking a Monday through Friday off from work, consider starting and ending a vacation in mid-week. It is generally less expensive, and sometimes significantly so, to fly mid-week compared to flying Friday-

Monday.

- Cash in your credit card points. Another way to ensure summer travel does not put a big dent in your savings is to utilize cash back rewards or airline miles linked to your credit card account. If you have a lot of cash and/or miles saved up, the coming summer of expensive travel could be the ideal time to use them.
- Consider a homestay over a hotel. Homestays, which includes bookings through sites such as

Airbnb and VRBO, are typically much less expensive to book than hotel rooms. But homestays also save travelers money on food, as many listings feature fully operational kitchens that can help travelers avoid dining out three times per day over the duration of their trips. Travel is a significant expense as consumers continue to confront sharp increases in prices on various goods and services. However, it is still possible to vacation without breaking the bank.

## Older drivers' comfort can be comprised

It is not uncommon for aging individuals to feel less comfortable driving as they approach their golden years. Whether it is glare from LED lights, aches and pains that often accompany aging or age-related vision issues, older drivers' comfort behind the wheel can be compromised by a host of variables. Though older drivers cannot reverse the aging process, they can try various strategies to make themselves more comfortable behind the wheel.

- Share driving duties on long trips. The National Institute on Aging notes stiffening joints and weakened muscles are a common byproduct of aging. In addition, the Arthritis Foundation® notes more than one in two men and two in three women over age 65 have arthritis, which also can make driving less comfortable.
- Age-related aches and pains and arthritis can make it very uncomfortable to drive for lengthy periods of time when drivers are sitting in roughly the same position for the duration of their trip. In such instances, drivers can share driving duties to make long trips more

manageable.

- Upgrade to a vehicle with modern amenities. Various amenities in modern vehicles make driving more comfortable for everyone, especially individuals with age-related aches and pains. Heated seats and in-car climate control can help reduce the discomfort caused by aches and pains and ensure drivers and passengers can tailor the temperature in the vehicle to their own preferences.
- Protect your eyesight. Much of the discomfort older drivers experi-

ence behind the wheel has to do with eyesight. The NIA urges individuals 65 and older to see their eye doctor every year. Such visits can ensure prescriptions are current and that can make drivers more confident





Published  
by the

**The Wayne Herald**

P.O. Box 70  
Wayne, NE 68787  
402-375-2600

Volume 1 — Issue 3

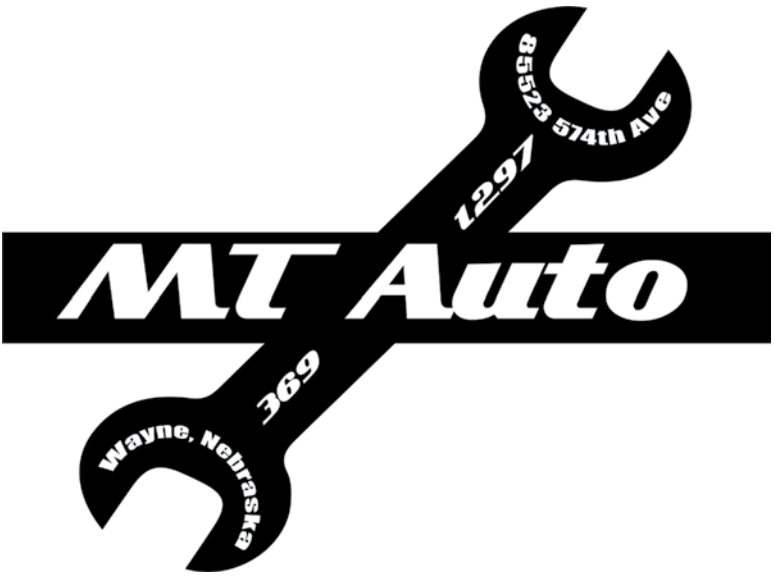
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# The effects of traffic on the environment

Vehicles keep the world in motion. According to CarsGuide, there are an estimated 1.4 billion cars on the road across the globe.

While cars and trucks are necessary to move people and products, all of those vehicles contribute to some less-than-desirable side effects, including congestion, noise and various chemicals being funneled into the atmosphere.

Since most people drive their vehicles on a daily basis, it is easy to overlook how cars and trucks affect the environment.

Despite ongoing best efforts to make vehicles more eco-friendly,

all those drivers and the inevitable traffic that comes from so many vehicles being on the road at once continues to have a significant effect on the environment.

- Wastes fuel: Getting caught in a traffic jam tests a person's patience and wastes fuel. According to Germany's technical inspection agency TÜV Süd, idling a car in traffic burns one liter of fuel (0.264 gallons) an hour. Higher fuel consumption puts more CO2 into the atmosphere.
- Affects lung health: Nitrogen oxides contribute to the reddish-brown color of smog. At high con-

centrations, these substances are highly toxic and can cause serious lung damage.

- Contributes to acid rain: Sulfur dioxide in car exhaust contributes to acid rain, which is any form of precipitation that contains nitric and sulfuric acids. The pollutants in car exhaust react with water, oxygen and other substances in the environment to produce acid rain. According to National Geographic, acid rain makes waters more acidic, which results in more aluminum absorption from soil. Acid rain runoff is carried into waterways, making waters more toxic to fish and

aquatic animals.

- Leads to noise pollution: Traffic congestion in busy areas creates high noise levels that can affect mental well-being for humans and other animals. Wild animals may have to roam further to find quiet spots for dens and nesting.
- Creates dangerous situations for animals: Animals typically lose the battle against vehicles. Animals are struck and killed by vehicles at alarming rates. An average of 65,000 deer are struck each year by vehicles in New York State alone, according to the New York Department of Transportation. Conservation groups in Finland report 4,000 reindeer deaths occur each year from vehicles. An estimated 1.3 million animals die each year after being struck by vehicles in Brazil, according to Centro

Brasileiro de Estudos em Ecologia de Estradas. Vehicular accidents are one of the largest causes of death for wildlife.

- Requires more oil production: Most cars still consume fuel, and the more vehicles on the road, the more fuel those cars consume. The production of oil has a number of side effects, not the least of which is the risk for oil spills or leaks from pipelines. The refineries that process crude oil also off-put various chemicals and contribute to air pollution.

Traffic adversely affects the environment in various ways. Recognition of those effects and efforts on the part of motorists to reduce the effects of their driving on the environment can make for a healthier planet.

## Tips for first-time boat buyers

Boating is a rewarding hobby that can be great for people from all walks of life. Many people buy a boat because they already have a passion for fishing and want their own vessel to take out on the water.

Others may buy a boat because they like the challenge posed by sailing, a demanding yet rewarding hobby.

According to Grow Boating, a marine industry organization that aims to generate awareness and interest in boating, retail sales of new boats, marine engines and marine accessories in the United States totaled \$20.1 billion in 2017.

That marked a 9.5 percent increase from the year prior, highlighting the growing popularity of boating. In fact, Grow Boating notes that 141.6 million Americans went boating in 2016.

The fun of boating compels many people to buy their own boats.

For first-timers, buying a boat can be both exciting and confusing. Prospective buyers must decide on everything from the type of vessel they want to the size of the boat to where to store it when they are not out on the water.

Such decisions can make the process of buying a boat somewhat intimidating. However, the following tips might facilitate the process of buying a boat for the first time.

- Assess your skills. An honest assessment of your skills will help you determine if the time is right to buy a boat. There is no shame in waiting to buy a boat until you become more comfortable navigating it. Boating schools can be great resources for novices, teaching them the ins and outs of boating. The United States Coast Guard notes boating safety courses are offered throughout the country for all types of recreational boaters.
- Ask around. Boaters tend to be passionate about boating, and



many are willing to offer advice to novices about boats that may suit their needs. Local marinas can be great resources for first-time boat buyers. Visit a local marina and seek advice from current boat owners. Some may share their own travails and triumphs from their first boat-buying experience, and those stories can serve as a guide as you begin your own journey to boat ownership.

- Be patient. Boats are significant investments, so it serves prospective owners well to be patient and exercise due diligence before making a purchase. Do your homework on the type of boat that best suits your needs, skill level and budget.
- Do your homework in regard to fees. The cost of owning a boat is more than just the sticker price

and the cost of fuel. Much like you would before buying an automobile, get a quote on boating insurance before making a purchase, being as specific as possible in regard to the boat's make, model and age when asking for an estimate.

In addition, get quotes on docking and mooring fees. When buying a boat, people envision taking their boats out as much as possible. That is only possible for boat owners who fully grasp the full cost of boat ownership and how to finance all of the ancillary expenses of owning a boat.


The decision to buy a boat requires careful consideration of a host of factors to ensure boaters find the right boat and get the most of their time on the water.

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# Practice safe boating at all times

Boating is a recreational activity enjoyed by thousands of people. Spring and summer are prime times of year for boating, though people who live in temperate climates may be able to enjoy boating all year



long. Everyone who takes to the water, novices and experienced boaters

included, should be familiar with boating safety guidelines. In fact, it is a good idea to take a boating safety course prior to boating for the first time or as a refresher if it has been a while since

reviewing the rules of the water. Boating safety goes beyond learning basic operation and navigation.

Safety guidelines also involve getting a vessel safety check. The U.S. Coast Guard Auxiliary offers complimentary boating examinations.

They can verify the presence and condition of safety equipment required by federal and state organizations.

Boaters also may be able to conduct virtual vessel exams. This means boat owners can perform a self-inspection of the boats based on digital prompts.

People who reside in Canada can contact the Office of Boating Safety to confirm whether vessel checks are required and how to get one. Licensure and registration of boats are part of responsible boat ownership both in the U.S. and Canada.

Along with boating inspections and water rules, some other ways to stay safe involve educating oneself of the larger dangers on the water.

These generally involve risky boater behavior, such as failing to wear a life jacket or having an inad-

equate number of life jackets for passengers.

Alcohol use while boating also can be problematic. Being under the influence can adversely affect boaters' reaction times and decision-making abilities.

According to the 2018 U.S. Coast Guard Recreational Boating Statistics Report, alcohol continued to be the leading known contributing factor in fatal boating accidents in 2018, accounting for 100 deaths (19 percent) of total fatalities.

Curbing alcohol use while boating can help avoid accidents and

deaths.

Excessive speeds also can derail nice days on the water. The Texas Parks and Wildlife Department says that, although there are no numerical speed limits on the water, excessive speed can cause accidents in crowded areas.

Speeding makes it difficult to react to obstacles - including underwater wildlife - and bring the boat to a stop within a safe distance of others.

Boating season is heating up, and that means making safety a big part of operating and enjoying a vessel.

## Finding time for movement as a new parent

Being a parent requires an ability to adapt to change. Newborns require around-the-clock care that often translates into little free time for their parents.

When parents get opportunities to step away, exercise may be the furthest thing from their minds. But it could be in new mothers' and fathers' best interests to consider exercise even when their schedules are hectic.

Health experts at the Mayo Clinic advise exercise helps to tame stress, keep the mind sharp and boost the immune system. Staying fit and healthy with a new baby in the house may be easier when parents embrace certain strategies.

· Flexibility is key. New parents strive to maintain schedules, but newborns and infants do not always comply. Therefore, committing to a workout at a specific time each day or even a specific duration can be foolish. It is better to take what you can get when you can get it. Do not get hung up on following a specific regimen right now.

· Exercise in bursts. Rather than devoting a set amount of time to a workout, fit in exercise when you have a minute. Run up and down the stairs while the baby is napping. Or do some bicep curls while preparing a bottle.

· Take a "baby-and-me" class. Gyms and fitness organizations often offer classes for new parents that build workouts around movements that can be done with baby

in hand or in tow. Another option is Stroller Strong Moms, a workout group that incorporates kids and strollers. Seek out these programs for innovative ways to get exercise and spend time with your child and other parents.

· Ask for time off. Spouses can divide baby duties so that each gets equal time away to devote to personal needs. Factor exercise into some of the plan, even if you can carve out only a few minutes. Another tip is to multitask. Consider buying a stationary bicycle to use while watching a favorite television show.

· Go swimming. Swimming works many muscles of the body, and the buoyancy of the water relieves pressure on joints and other areas of the body. When baby is old

enough, you can even enjoy time in the pool together.

· Prioritize sleep. Do not compromise sleep for exercise, which can adversely affect your overall health. Sleep is essential for human development, says The Sleep Foundation. During sleep, the brain experiences intense activity, building the foundations for how people learn and grow, including the development of our behavior, emotions and immune systems. Adequate sleep is vital for new parents to maintain their health and the health of their babies.

As infants grow, parents will find they have more time to devote to exercise. Until then, new parents can be flexible and make time for exercise when their schedule allows.



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# How to find the right bike helmet

Cycling is a great way to get necessary exercise in an environmentally friendly way, all while enjoying the great outdoors. Safety should be a priority when cycling, and helmets are an essential component of cycling safety.

The American Association of Neurological Surgeons says cycling is the single largest contributor to head injuries treated in American hospital emergency rooms.

The Bicycle Helmet Safety Institute advises that almost three-quarters of fatal crashes in 2018 involved a head injury. Nearly all cyclists who died were not wearing a helmet. The first step toward safety is selecting a helmet especially designed for cycling, as there also are helmets geared for kayaking, rock climbing, skiing and skateboarding.

Consumer Reports suggests evaluating helmets on key features: ventilation, fit adjustments, ease of use and of course, impact injury prevention. A helmet not properly



fitted or comfortable cannot do its job effectively, especially if it prompts a rider not to wear it.

Riders can research Consumer Reports ratings and look for helmets that meet Consumer Product Safety Commission standards. Helmets sold in the U.S. are typically CPSC-endorsed.

The following are some features cyclists should consider before buy-

ing bike helmets.

- Size: High-end helmets tend to come in multiple sizes that offer a secure and comfortable fit. Many other helmets have a universal sizing ring that fits a wide array of head sizes, according to Eastern Mountain Sports.

- Style: Helmets come in different shapes and styles. Experiment with helmet shapes to find a style that fits the shape of your own head well.

- Placement: The helmet should be worn horizontally on the head, and should not be tipped forward or backward. Experts say the front rim should end around an inch above the eyebrows. The helmet

should not be too tight, yet not loose enough to move around easily.

- Extra safety: Doctors now know something called rotational forces can contribute to brain injury. This means there is a violent stopping that causes the head to be interrupted out of synchrony with the movement of the neck, torso and other lower limbs. Multi-directional Impact Protection System, WaveCel and Shearing Pads Inside (SPIN) technology help address rotational forces.

Bike helmets are an important component of cycling safety and can prevent head injuries.

## Make your dog a better leash-walker

Walking a dog on a leash is required by law in many towns and cities. Leashing a dog prevents the animal from trespassing on neighbor's property and keeps it from jumping on people or other animals.

A leashed dog can be restrained from sniffing the waste of other animals, which may help curb the spread of diseases like distemper or parvo. Leashing also can reduce the propensity for the dog to run away from an owner and get lost.

Despite the benefits of walking dogs on a leash, some dogs are not too keen on the idea. Puppies may acclimate to it over time, but circumstances can make any dog want to escape a leash. The following are some issues that may arise and how to remedy them.

**Pulling-** The vast assortment of collars and harnesses billed as "no pull" suggests the issue of dogs pulling on the leash is common. Dogs on leashes that are too long may be distracted and pull more readily. Start out with a short leash and only allow a longer slack when the dog has exhibited an ability to

walk diligently on the shorter leash.

Rather than punish bad behavior like pulling, many dog trainers recommend rewarding the good behavior, such as walking without pulling at your side. This praise can be delivered verbally and with plenty of treats.

**Lunging and leash reactivity-** Dogs may behave differently on a leash than they do when off them. Most dogs who lunge at passersby or bark or snarl may actually crave the attention of other companions but not have the social skills to engage in a proper meet and greet, according to the American Kennel Club. Should the dog be off-leash, he or she may not behave in the same way.

Lunging and other behaviors may stem from aggression, but it's



more likely a cause of fear, says the AKC. It's a mentality marked by an "I'll get that thing before it gets me" outlook designed to make the feared person, dog or object go away. A leash also may cause frustration that the dog can't get to a desired pet or person, and the animal loses emotional control.

A trainer can help owners learn to distract the dog on the leash from others with high quality treats. Strategies to remove leash tension also can cut down on leash reactivity.

**Right equipment-** Dog owners can experiment with gear to make leash-walking go more smoothly. Traditional collars may put too much pressure on a dog's throat, particularly those who pull.

A harness can be a better option. Gentle leaders are a type of head gear that enables pet owners to redirect their dogs more readily. Because they resemble muzzles, some owners may hesitate to use them despite their efficacy. Front clip harnesses and correctional collars might help as well. Consult with a veterinarian or trainer for the best options.

It pays to invest some time teaching dogs to walk calmly on leashes.



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# Why the water matters to novice kayakers

Kayaking is a fun way to spend an afternoon, particularly in summertime. If smiles on the faces of kayakers are not enough to convince you just how fun this sport can be, perhaps statistics can convince you how enjoyable it is to paddle away in a kayak.

According to the Physical Activity Council, which each year conducts the largest single-source research study of sports, recreation and leisure activity participation in the United States, recreational kayaking is the most popular paddlesport in the United States, attracting more than 11 million participants each year.

People who have never before been in a kayak may be intrigued

by those statistics and tempted to follow the example set by millions of kayakers who take to the water every day when the weather permits.

Safety should be a top priority for all kayakers, and especially for novices.

A kayaking course can be a great way for novices to familiarize themselves with the basics of kayaking, including the best practices in regard to staying safe on the water.

Local watersports retailers and recreational organizations that take watersports enthusiasts out on the water may offer safety courses, and these courses can be great resources while also helping people get their feet wet before paddling



away.

When kayaking for the first time, it is important to choose the right type of water for their experience

level.

Rough, choppy waters can prove challenging to even the most skilled kayakers, and these same waters can be deadly for novices.

The following are some characteristics novice kayakers should look for in a body of water before pushing themselves and their kayakers into the current.

- Size: Novices should avoid vast bodies of water, such as oceans, rivers or large lakes, until they gain more experience. Large ponds and small lakes can be great places to gain some experience and familiarize oneself with the nuances of paddling.
- Demeanor: Demeanor might

not be a trait one normally associates with water, but looking at a body of water in this way can be a great way to determine if it's the right place for a novice. If a body of water is raging, with choppy waters and rapid waves, then steer clear. If the water is calm, then it is likely a safe spot for novices.

- Traffic: Novices may be intimidated by crowds, but other kayakers can serve as something of a safety net for novices. Kayaking is a fun group activity, and novice paddlers should never go it alone.
- Variety: Novices should steer clear of waters that allow power boats. Such vessels can alter paddling conditions quickly, and that can put novices in potentially precarious positions. Stick to waters that allow only canoes or other boats that won't affect water conditions.
- Access: Until they get more comfortable in their kayaks, novice kayakers should stay close to shorelines so they have quick and simple access to land should they struggle to get acclimate to the water and being in a kayak.

Kayaking is a popular activity that even novices can enjoy, especially when they take certain measures to ensure their safety.

# Swim the oceans safely

Swimming is one of the more enjoyable ways to cool off from the hot summer sun. People flock to pools and coastal areas teach year, and while it is great to have enjoy such breaks, safety should always



be foremost on swimmers' minds.

Swimming in water with currents differs in many ways from swimming in a pool or lake. While caution should be reign supreme regardless of where people do their swimming, there are extra steps to take when wading into the ocean.

The American Red Cross advises ocean swimmers to be cognizant of the hazards of ocean swimming. Swimming in the sea requires different skills than doing so in a pool. Fast-moving currents, changing tides, waves and drop-offs that unexpectedly change water depths are some concerns.

In addition, the ocean has vegetation, marine animals and fish. These elements are not present in swimming pools.

Ocean swimming also may come with limited visibility. Unless a person is swimming in the tropics where, ocean water tends to be a pristine blue and clear, it may be challenging to see rocks, debris and even dangerous marine life.

Ocean swimmers need to be keenly aware of rip currents. A sand

bar, which is an underwater formation of sediment, forms a trough of water between the sandbar and the beach.

The National Park Service notes when the sand bar breaks and the trapped water funnels out to the sea through the break, a rip current occurs.

Swimmers can be swept out with this current. The most important thing to remember is if you get caught in the current, do not swim against it.

Instead, swim across the current, parallel to the shore, slowly working back to the beach on an angle. Rip currents sometimes are visible from the beach, with an area of water that looks and moves differently from the rest of the ocean.

Storms and squalls can seemingly develop out of nowhere. Knowing the weather before heading to the beach, and staying apprised of changing conditions, is important. If dark clouds form, the wind picks up, waves get more rough, or thunder is heard, immediately get out of the water.

Dangerous currents also can occur in inlets and nearby fishing piers/pilings or other structures in the water. Stay away from these areas. Also be mindful of where rivers or other estuaries may meet the open ocean, as currents can be unpredictable there as well.

Swimming in the ocean requires sharing space with sea life. While it is not possible to avoid all interactions, certain precautions can keep you safer.

The NPS advises against wearing shiny objects while swimming, as these can attract sharks and other fish like barracuda.

Consider wearing water shoes to protect feet from sharp shells, rocks and even crabs on the ocean floor.

Watch out for jellyfish. If stung, seek first aid. Even beached jellyfish may sting if their tentacles remain wet.

These are only a handful of the considerations to be made when ocean swimming. Swimmers are also advise to swim only in lifeguard-patrolled waters and to avoid swimming alone.

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# How to travel safely during pregnancy

Years ago, the thought of traveling while pregnant might never have occurred to expecting mothers.

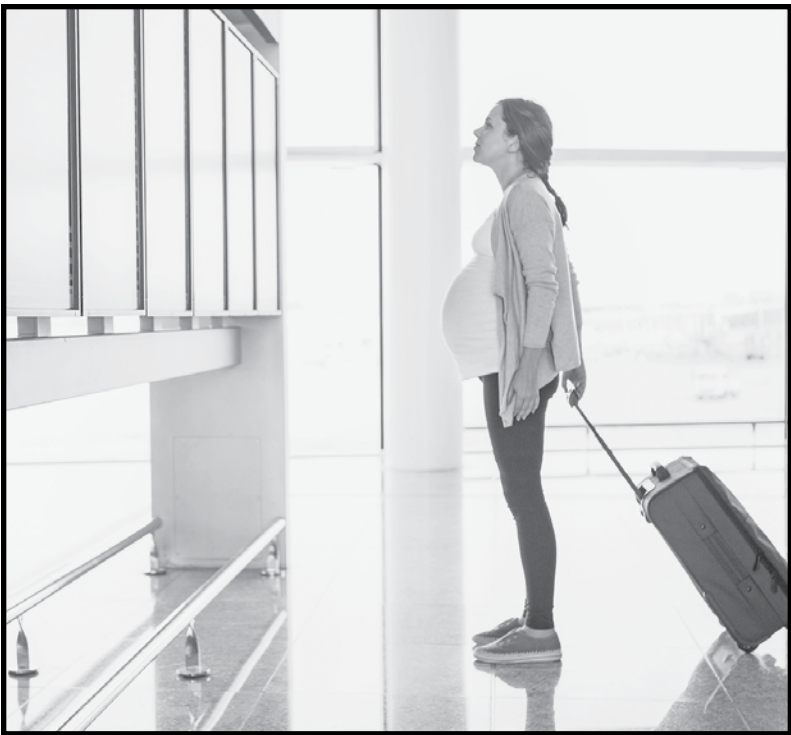
Uncertainty about the effects of travel on expecting mothers and their fetuses meant mothers-to-be stayed close to home when they realized they were pregnant.

While some expecting mothers are still advised to avoid travel while pregnant, many can travel freely and safely until their 36th week, as medical researchers determined travel does not put the health of women or their fetuses in jeopardy until that point.

The American Academy of Obstetricians and Gynecologists notes the most common problems that occur during pregnancy happen in the first and third trimesters, making weeks 14 through 28 during midpregnancy the best time for women to travel.

Each type of travel, be it by air, boat or car, poses its own unique challenges. The ACOG offers these tips to pregnant women as they prepare to travel.

**Traveling by air**



The ACOG advises pregnant women traveling by air to make sure their flights are completed by week 36 of their pregnancies.

That means avoiding trips that depart in week 36 and return in week 37 or later.

Before booking a trip, pregnant women are advised to familiarize themselves with airline travel policies. Each airline is different, but many may require pregnant women to produce medical certificates signed by their physicians indicat-

ing they are allowed to travel.

In addition, the ACOG notes each airline has its own cutoff dates regarding when they will allow pregnant women to travel.

For international flights, these cutoff dates may be as early as 28 weeks.

When choosing seats on a plane, pregnant women should book aisle seats so they can stand up and stretch once every two hours without having to ask fellow passengers to move each time.

In addition, the ACOG advises pregnant women to avoid gas-producing foods and carbonated beverages before flying. That is because gas expands in the low air pressure, which can contribute to discomfort.

**Traveling by boat**

Pregnant women should not travel by boat unless they have confirmed a doctor is on board.

Avoid taking boat trips to remote locales that might not provide access to modern medical facilities.

Pregnant women who typically suffer from seasickness may want to avoid traveling by boat, and

all women should consult their OB-GYNs about which medications, if any, they can take to address symptoms of seasickness.

Norovirus infections, which can cause severe nausea and vomiting, are a concern for cruise ship travelers.

Exposure to foods, beverages and surfaces contaminated with the virus can cause infection. If traveling by boat, wash your hands frequently while on board and contact medical personnel immediately if you develop diarrhea or vomit.

**Traveling by car**

Short car trips are best for pregnant women. When buckling seatbelts, which should be worn at all times, buckle them low on the hip bones below the belly.

The shoulder of the belt should be placed off to the side of the belly and across the center of the chest, between the breasts. Schedule frequent stops to stretch.

Many pregnant women can safely travel until they are 36 weeks pregnant. More information about traveling while pregnant can be found at [www.acog.org](http://www.acog.org).



## Power Drive

Although the weather did not always cooperate, the Wayne High School Power Drive Team had a successful season this spring. The team raced in Wayne on May 6 for the 2023 Power Drive Championships. Standard class Car 107 (above) competed in five events and earned points in each. As a result, the car was named the 2023 Standard Class Champion. (right) Team members pose with all three cars they raced this year. They include Assistant Coach Garret Reynolds, Coach Mr. Anthony Cantrell, Braden Adams, Andrea Bard, Nina Hammer, Matthew Kufner-Rodriguez, Allen Brenner, Skylor Belt, Brett Johnson, Josh Doring and Assistant Coach Brady Henderson.

