

MON THE MOVE

Tenth annual Cars-N-Carroll rolling in soon

The 10th annual Cars-N-Carroll Show & Shine is Sunday, Sept. 24, held on main street in Carroll, rain or shine. Since 2014, this show has grown and brought together hundreds of classic vehicles and

thousands of car enthusiasts. Last year, 2022 was our biggest year yet with over 300 entries from five different states.

The mission of starting CNC was to bring people and car clubs who share an appreciation for cars and their history together, to show off their rides, share their stories about them and have an afternoon of family fun.

Thanks to the many, many generous businesses, sponsors and volunteers in the surrounding communities, we can bring this show to participants for FREE, which means there is no vehicle entry fee and no fee for the public to attend.

The first 150 entries at the show will receive a dash plaque, swag bag, chance at door prizes and 50/50 split the pot. The winners are picked by the People's Choice vote, with trophies for first, second and third place.

Specialty trophies are presented for Oldest Entry, Traveled the Farthest, Hottest Ride, Largest Registered Car Club, Best License Plate, Best 4 Door and Kid Picked Favorite. Our most popular trophy is our CNC five-foot Colossal Sponsored trophy, at this time there are 35 sponsored trophies which will be presented Sept. 24.

The kids have their own Kids Show and Shine, which was started in 2018, where kids aged two to

10 years old can bring their favorite bicycle, pedal car, pedal tractor or battery-operated ride on toy to show.

Kids with registered entries will receive a goody bag with a chance to go home with a first or second place trophy, voted on by the public choice. Free face painting and balloon creations designs for the kids.

This show has much more to offer than awesome classic vehicles. Back by popular demand is Dave Merkel, who will perform live in front of the auditorium starting at noon.

You can shop with our 50+ commercial, home based or crafts vendors which will be set up inside the Carroll City Auditorium and outside in the park.

There will also be the Cars-N-Carroll 10th anniversary t-shirt and other CNC merchandise available for purchase. Come hungry, as there will be six different food trucks set up inside the white fence on main street.

Local businesses will offer their services on Sunday. Be sure to come to Carroll Sunday, Sept. 24. "You'll get the BEST parking place in town".

Check out our website <https://carsncarroll.wixsite.com/cars-n-carroll> and find us on Facebook at Cars N Carroll.

At left are scenes from last year's Car-N-Carroll Show & Shine held on the streets of Carroll.



10th Annual Sunday, September 24, 2023

Cars-N-Carroll
Show & Shine

Terms to know when buying a car

Buying a new car is no small task. When shopping for a new car, it is easy to let details like the color of the vehicle and creature comforts like connectivity take control of the transaction, but buyers also know how important the bottom line can be.

Next to a home, a car might be the most expensive item many consumers ever purchase. In fact, according to Cox Automotive, the average transaction price of a new vehicle in the United States in early 2023 was just over \$48,000.

A lot of money changes hands at car dealerships every day, so buyers can undoubtedly benefit from learning or relearning the lingo that surrounds such transactions.

·Annual percentage rate (APR):

The Consumer Financial Protection Bureau notes APR is the cost consumers pay each year to borrow money. This includes fees and buyers should know that APR is different from the interest rate. Drivers can negotiate a lower APR, and the CFPB notes it can benefit buyers to compare the APR on competing auto loans.

·Balloon payment: The balloon payment is a large sum that is due at the end of some auto loans. Many drivers will pay a predetermined amount each month during the terms of the loan. Once that loan reaches maturity, they then own the car outright. With a balloon loan, buyers still make monthly payments, but when the loan reaches maturity they must



make a balloon payment in order to take full ownership of the vehicle.

·Capitalized cost reduction: The online financial resource Investopedia says a capitalized cost reduction is any upfront payment that reduces the cost of financing. This can include a cash down payment and a trade-in vehicle.

·Closed-end lease: Individuals considering leasing their next vehicle will likely come across this term. Car and Driver explains a closed-end lease is one that gives the driver leasing the vehicle the option to buy it at a set price at the end of the term or walk away without any financial liability (damage or modifications to the vehicle upon return-

ing it may result in charges). Leases typically are closed-end, but it is still best that drivers confirm that prior to signing on the dotted line.

·Dealer preparation fees: The lending experts at Capital One note dealer preparation fees are the charges a dealership issues to prepare a car for transfer to the buyer. These fees might cover the cost of washing the vehicle and additional services before buyers take it off the lot. Capital One says these fees average between \$100 and \$500, and buyers should know they are negotiable.

·Extended warranty: Car and Driver warns most extended warranties offered by dealerships cover very little, so buyers should read the terms carefully before purchasing an extended warranty. Extended warranties offered by manufacturers tend to be more useful to buyers.

·MSRP: This familiar acronym stands for "Manufacturer's

Suggested Retail Price." The MSRP is the total of the base price plus all of the options listed on the window sticker of the vehicle.

·Prepayment penalties: Prepayment penalties penalize drivers for paying off a loan before it reaches maturity. Though the vast majority of drivers who finance the purchase of a vehicle will not have prepayment penalties in their agreements, buyers with lower credit scores might. Anyone with such a penalty in the terms of their agreement should try to negotiate it out of the deal.

·Term: The term refers to the length of the purchase or lease agreement. Many leases feature terms between 12 and 36 months, while purchase agreements can feature terms as long as 72 months (six years).

Knowing the lingo before buying a new car can increase the chances drivers get a good deal on their next vehicle.



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Notable roads to drive in North America

With so much land and a wide variety of terrain, North America is an ideal place to take to the open road. Indeed, car enthusiasts have answered the call of the open road since automobiles became a vital part of people's lives decades and decades ago.

Road trips remain a fun and popular way to travel. With so many miles of highway ahead of them, drivers can consider this list of notable roads in North America as they plan to see some sights from behind the wheel.

· Highway 12 (Utah): The unique landscapes of the American south-

west are on display along Highway 12 in southern Utah. Along Highway 12, road trippers can motor their way through national parks while taking in breathtaking natural views and the region's distinct slickrock.

· Lake Shore Drive (Chicago): Though this 15-mile stretch of road will not make for a long journey, it is definitely one to take in when visiting the Windy City. Drive along the shore of Lake Michigan, looking out one side of the vehicle to take in its sandy shores and the other to see the stunning Chicago skyline.

· Pacific Rim Highway (Vancouver): A truly engaging experiences awaits visitors to Vancouver's Pacific Rim Highway, which features the stunning natural beauty Canada is known for. Ancient rainforests, awe-inspiring mountain ranges and sandy, secluded beaches are just a handful of the sights to see along this breathtaking stretch of road.

· Great River Road (United States): Drivers with plenty of time on their hands can traverse the Great River Road, which is a collection of state and local roads that follow the course of the Mississippi River. There is plenty to take in on this stretch of scenic roadway that snakes its way through 10 states.

· Highway 60 Corridor (Ontario): The Highway 60 Corridor passes through the southern portion of Algonquin Park. Geological formations, pristine rivers and expansive

forests are just some of the stunning natural features and idyllic settings that await drivers who take to the corridor.

· Highway 50 (Nevada): Though it might seem impossible in a nation with more than 330 million residents, there are still places in the United States where drivers can feel alone and isolated. Perhaps nowhere provides that feeling of solitude better than the stretch of Highway 50 in Nevada. Pony Express stations and other abandoned relics of a bygone era are just a few of the sights to see on this lonely stretch of highway that provides stunning views of the southwest's signature expansive skies.

· Highland Scenic Highway (West Virginia): Drivers who take to the Western Scenic Highway in West Virginia will gain a greater appreciation for the late John Denver's hit song, "Take Me Home, Country Roads." The Highland Scenic Highway snakes through the Monongahela National Forest, which boasts more than its share of breathtaking views. Road trippers should know that the U.S. Department of Agriculture strongly discourages traveling the road between November and April, as conditions can be especially treacherous in winter.

Millions of miles of highways with breathtaking views await road trippers throughout North America.



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Get the most out of traveling in an RV

Traveling in an RV is a popular pastime that reached new heights during the pandemic. Though some of that enthusiasm has waned since the world reopened to travel, RV trips remain a very popular prospect across the United States and Canada.

According to the RV Industry Association's April 2023 survey of manufacturers, total RV shipments ended the month with 31,216 units and 109,616 total shipments as of April 2023. Travel Trailers - 5th wheel and Mini (Type C) campers topped the list of consumer preferences for towable and motorhome

categories.

"RV ownership remains one of the most economical ways for consumers to travel while also maintaining control over their costs, which is more important than ever for consumers right now," indicated RV Industry Association President and CEO Craig Kirby.

Some people may be new to the RV lifestyle and are interested in learning how to maximize the time spent on RV trips across the nation. Following these guidelines can make for exciting adventures.

Plan the route

Many scenic roadways traverse



the open road. Driving the RV too fast also may put you in danger of a tire blowout, and making turns too abruptly can potentially flip the RV over.

Plan for stops

One of the benefits of RV travel is that you can take time with your trip. Make as many stops as you like along the way, taking advantage of opportunities to refuel and rest. When traveling in an RV, it is not just the destination, but also the journey that makes for the most memorable trip.

RV trips are still very popular, and this affordable way of travel is attracting new converts to the RV lifestyle every year.

Five tips for buying a teen's first vehicle

Adolescence is an exciting time in a young person's life, but one specific development may eclipse all others in the level of excitement it generates: getting a driver's license. The ability to legally drive affords teenagers, long dependent on family or friends to get around, much more freedom.

While most teenagers hone their driving skills by borrowing the family car, over time teens may need a car of their own. Buying a car is an important financial decision. Whether a teen is purchasing a new or preowned vehicle, there are some tips to consider to secure a vehicle that is safe, affordable and reliable.

· Is the time right? Everyone in the household may be anxious to add an extra car to the mix because it may alleviate trying to juggle use of one of the other family cars. However, do not rush into the transaction. In recent years, a lack of inventory related to the pandemic drove up the prices of both new and pre-owned vehicles. Families may need to wait until inventory increases and prices drop.

· Establish expectations. Parents and teens should have frank conversations about responsibilities regarding buying cars. Talk about who will be paying for the vehicle as well as insurance, maintenance and all of the other expenses that go into vehicle ownership.

· Financing may not be an option. Teenagers typically have no credit history, so it is unlikely they will secure automotive loans without a co-signer. Furthermore, teens under the age of 18 may find they are not legally able to sign contracts or have a vehicle title in their name. In such instances, an adult will have

to hold the title and ownership until the teen turns 18.

· Prioritize safety. According to Honda, motor vehicles are the leading cause of teenage death, so it is vital to find a reliable and safe car or truck. Vehicle size, crash test performance and safety features are the most important factors to consider when looking at cars for teens. A car with a high safety rating also may translate to discounted auto insurance, which can be a big help considering teens typically pay more out of pocket for insurance.

· Opt for a used vehicle. While a shiny new car parked in the driveway is appealing, preowned vehicles are more affordable. The insurance premiums on new cars are higher, and teens do not have as much driving experience, so dings and dents may be par for the course. It can be more costly to repair a new vehicle than an older one.

Families must consider a host of factors when looking for a teenager's first car.

the country, and all of them may seem like great places to embark on RV adventures. However, according to Crossroads Trailers, not all roads, bridges and tunnels are RV-friendly. You must pay attention to overhead clearance or narrow lanes that may limit large motorhomes and RVs. It is important to know the height of the RV so you can determine which roadways feature low-clearance bridges that should be avoided.

Level your RV

Before filling your freshwater tank, it is important to have your RV on a level surface to ensure you are getting a full tank of water to use for all of your trip needs. Similarly, consider replacing the showerhead in the RV with a water-saving model to help conserve water.


Make reservations

Even if there are scores of campsites and RV parks along a route, that does not necessarily mean there will be available space. It can be challenging to find an open lot during peak season. Don't leave it to chance; make reservations to safeguard your stay.

Adjust driving habits

Driving an RV is not like driving other vehicles. An RV is heavier, larger and has a different stopping distance and turning radius

than other vehicles. Practice driving your RV before heading out on



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Last Cluck Car Show

This year's Wayne Chicken Show included a car show with a number of different types of vehicles. Attendees at the show were encouraged to vote for their favorite entry in several categories. Car enthusiasts were able to visit with the owners of the vehicles and "talk shop."

How to conserve fuel without giving up driving

Gas prices have been historically high lately. According to the fuel price comparison site GasBuddy.com, as of June 2022, the least expensive state for regular gas was Georgia, at \$4.43 a gallon. The most expensive was California, where drivers could expect to pay

about \$6.34 per gallon. During June, which marks the beginning of the summer travel season in many areas, fuel costs in most part of the United States averaged around \$5 per gallon.

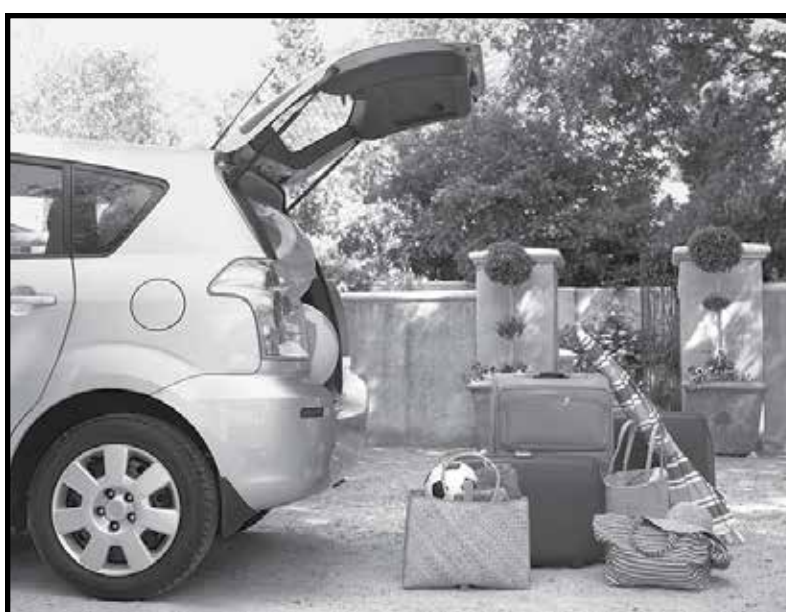
With prices so high, many drivers have been looking for any way

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to save money at the pump. Some may have cut back on driving habits while others might have organized community carpools. Others may have taken to other modes of transportation. For those who have no option but to drive their vehicles, there are ways to reduce fuel consumption without resorting to walking or cycling.

Lighten your load

How much weight is being carted around in a vehicle can directly

affect the amount of gas it consumes. Remove any unnecessary items from the trunk or cargo area of a truck or SUV. Consider removing extra accessories, like roof racks or hitches.

Slowly accelerate

Resist the urge to "gun it" when coming off a stop light or stop sign, as rapid acceleration wastes gas. Press the accelerator pedal gently to increase speeds gradually and conserve fuel. Similarly, coast to a

stop, rather than slamming on the brakes.

Do not idle

Turn off the engine if you will be idling for more than a minute. Idling for longer than that is merely wasting fuel. Modern engines do not need to be warmed up for more than 30 to 60 seconds, even when the weather is cold. Driving will warm up the car faster than idling while parked, provided you drive moderately until the temperature gauge shows the car has reached the right temperature.

AC or windows open?

While it is true that the air conditioning will drain fuel when in use, driving with the windows open makes the vehicle less aerodynamic by causing drag. Some experts recommended leaving the windows down during slower, city driving and using the AC for higher speeds on the highway.

Keep tires properly inflated

Poorly inflated tires can make a vehicle less efficient by causing more friction between tire and roadway. Check the PSI rating for the tires and inflate accordingly. Many modern vehicles automatically alert drivers when tires are low on air.

Drive a consistent speed

When driving on the highway, switch to cruise control to maintain a consistent speed. Driving steady reduces drag, which in turn reduces fuel consumption.

Stick to a maintenance schedule

Maintaining your vehicle by getting routine oil changes, fluid checks and other simple maintenance helps a car or truck run properly, and that can help conserve fuel.

These are just a few strategies drivers can employ to conserve fuel in the face of historically high gas prices.



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Standard vehicle maintenance intervals you may want to follow

No two automobiles are the same. So it makes sense vehicles have different maintenance guidelines. Such guidelines, which include recommendations regarding how frequently oil should be changed and how often tires should

be rotated, are typically included in vehicle owner's manuals. Drivers are urged to familiarize themselves with these guidelines, which can protect vehicles as well as the people inside them.

According to CarGurus®, a

free internet-based automotive resource, many manufacturers adhere to the 30-60-90 schedule. That schedule recommends everything from inspections to part replacements when vehicles reach 30,000, 60,000 and 90,000 miles.

These recommendations are meant to serve as guidelines, and drivers should know certain factors can affect how often routine maintenance should occur and when parts must be replaced.

For example, harsh driving conditions can lead to excessive wear and tear that causes parts to erode long before owner's manuals suggest they should. As a result, drivers should always speak with their mechanics during service appointments to determine if their vehicles are aging gracefully or if they need a little extra TLC.

Drivers should always read their manuals for recommended service intervals. The following are some general maintenance guidelines, courtesy of CarGurus®, drivers can keep in mind as the miles pile up on their vehicles' odometers.

· Oil and oil filter: Many new cars now run on synthetic oil, which tends to last between 5,000 and 10,000 miles. Older vehicles using traditional oil may need to adhere to the once-standard oil change interval of 3,000 miles. Mechanics will typically replace oil filters with the same frequency as they replace oil.

· Air filter: Air filters generally need to be replaced every 15,000 to 30,000 miles. However, CarGurus® notes drivers who park in dusty environments should err on the side

of caution and have their air filters replaced every 15,000 miles.

· Fuel filter: Clogged fuel filters can affect engine performance and even prevent engines from running. Fuel filters may need to be changed at 30,000-mile intervals.

· Battery: A typical car battery tends to last around four or five years.

· Brake pads: Worn out brake pads will make a screeching sound. Brake pads should last around 50,000 miles, though they should be inspected at regular intervals regardless of mileage.

· Brake rotors: Brake rotors can be resurfaced or replaced, and this should be done around 60,000 miles. Resurfacing can only be done once and is less expensive than a full replacement.

· Hoses: Hoses crack over time, but generally do not need to be replaced until they reach the 90,000-mile mark. However, hoses should be inspected routinely, as busted hoses can cause very significant damage.

Recommended maintenance intervals are only intended to serve as guidelines. If drivers notice any changes in vehicle performance, they should consult a mechanic immediately, regardless of how many miles are on their cars or trucks.

Modifications can make driving safer for seniors

Driving provides an almost unrivaled level of independence. The ability to travel beyond a neighborhood or even one's hometown without a chaperone is probably what excites new drivers so much and makes them eager to get their licenses and cars. Senior drivers

over the dashboard. Swivel pads can make it easier to enter and exit the car as well.

· Adaptive cruise control: This feature can adjust speed automatically to maintain a consistent space between vehicles.

· Adaptive headlights: These

airbag deployment.

· Hand controls: Whether one has sensory changes in the feet from surgery or a medical condition, adaptive hand controls can move the "pedals" up to the steering column.

· Blind spot warning and other sensors: Today's cars can be equipped with any number of sensors that can detect oncoming traffic, cars to the left or right of the vehicle, items or cars behind the vehicle when reversing and even if the vehicle has drifted out of the lane. These are all great safety features for any driver, but may be especially helpful to seniors.

· Parking assist: Parking assist technology can steer the vehicle into a space with little input from the driver.

· Voice control: Avoiding distractions and keeping hands on the wheel is enhanced by voice controls, which can be set up to do things like turn on the radio or adjust climate control.

· Convex mirrors: Special mirrors increase the field of vision.

Seniors have many tools available to make driving safer and more comfortable, which can prolong their years behind the wheel.

headlights, also known as steerable headlights, can improve visibility by changing the direction of the light beam with the movement of the steering wheel.

· Pedal extenders: Extenders help short drivers reach the pedals while maintaining a safe distance from the steering wheel and potential

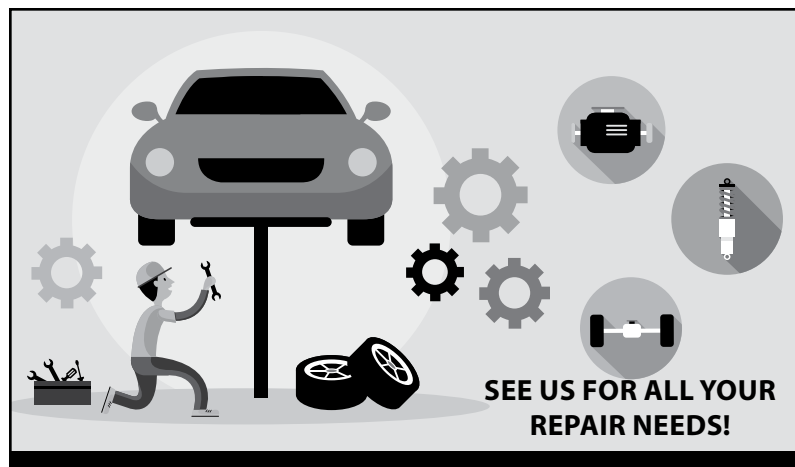


also may define their independence by their ability to drive. Few things diminish senior dignity and independence faster than losing the ability to drive.

Despite popular misconceptions, seniors are some of the safest drivers around. The experts at Hartford Auto Insurance indicate the number of accidents involving older drivers actually decreases as age increases. It is the risk factors like medical conditions, medication usage and reduced physical function that increase the risk for accidents and injuries involving older drivers. Thanks to technology and some other well-designed devices, seniors may be able to continue driving longer than the aging drivers of years past.

The AAA Foundation for Traffic Safety, a nonprofit research and education association, says roughly 90 percent of seniors do not take advantage of simple, often inexpensive features that can greatly improve safety and extend their time behind the wheel. Here are some considerations.

· Cushions and seat pads: Cushions do more than just alleviate hip and back pain while sitting. Cushions and pads can raise drivers up and improve their line of sight



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Tips and tricks for traveling with dogs

Many people have a strong desire to head off for parts unknown. As individuals and families ponder business trips or vacations, they may think about bringing a beloved pet along.

According to a AAA/Best Western survey, 85% of dog owners travel with their dogs. The most popular vacations to let pooches tag along include going to the beach, camping and hiking. As a greater number of people are engaging in more activities with their pets, businesses in the travel and hospitality sector are taking notice and have become more accommodating to four-legged guests. However, there is still plenty to learn when taking a dog along as a travel companion. Explore these dog travel tips.

· Invest in a crate. Even if the dog

does not need a crate at home, it is best to have one for travel. Crates often are required for airline travel and can keep dogs safer in cars. Many hotels also require dogs be crated in the rooms to keep them out of trouble and prevent damage. A crate should be large enough that the dog can stand, turn and lie down, according to the American Kennel Club.

· Carry copies of pet-related documents. It is important to prove that the dog is healthy and current on vaccinations. Officials may ask to see documentation when traveling abroad. Some travelers also may want to investigate pet passports. The USA does not require a pet passport, but the European Union pioneered pet passports to enable animals to move more free-

ly throughout its member nations.

· Plan a short excursion first. If you have never traveled with a dog before, make the first trip a short one, such as an overnight or two-day stay. This way, if the trip turns into a fiasco, checkout is not a week away. Shorter trips also help people figure out what works and what will need to change the next time.

· Expect some fees. Most hotels charge a fee for doggy clients. A fee of \$25 to \$50 is pretty standard. There also may be a designated pet floor to minimize the chances that guests without pets will be forced to interact with animals.

· Normal behavior may go out

the window. A dog who is calm at home may be out of sorts while traveling. It is not uncommon for a dog unphased by people at home to suddenly be anxious and bark at sounds in a hotel hallway.

· Look into pet-friendly restaurants. Smarter Travel says some hotels will not allow a guest to keep the dog alone in the room. That means meal time can be tricky. Find restaurants nearby that allow pets. Many that have outdoor seating may enable a leashed pet to stay near the seating perimeter.

· Bring water from home. When packing food, pack a few gallons of water as well, even though it can

be cumbersome. Some dogs with delicate digestive systems may be upset by drinking the local water. A case of diarrhea is compounded further by having to make it into an elevator and outside the hotel in time.

· Tire the dog out. Exercised dogs tend to be well-behaved dogs. Make time to go on long walks, visit a dog park or engage in other activities that will make the pup tired so it is less likely to cause problems at the hotel.

Learn the ropes of traveling with a dog to increase the opportunities for having lots of fun with Fido in tow.

Enjoy safe bike rides to help reduce vehicle emissions

Riding a bicycle is not only a great way to help the planet by reducing vehicle emissions, but it is also an ideal physical activity. According to Harvard University, biking at a moderate speed of 12 to 13.9 miles per hour will cause a 155-pound person to burn 298 calories in 30 minutes. At a faster rate of 14 to 15.9 miles per hour, a person of the same weight will burn 372 calories.

People can ride bikes at any time of year, but cycling is most popular when temperatures are moderate and precipitation is low. Bike riding has always been in fashion, but it experienced a boost in popularity when people were asked to remain socially distant for COVID-19. Walks and bike rides at a safe distance from others became popular and accessible ways to get fresh air and exercise.

Anyone who rides a bike needs to take certain precautions. Cyclists often share the roads with large and powerful cars and trucks. The National Highway Traffic Safety Administration warns there were 857 cyclists killed in traffic crashes in the United States in 2018. Safety is a two-way street, requiring diligence by drivers and bike riders.

· Bike riders should be dressed in bright clothing so they can be seen. A well-fitting bicycle helmet is a must, and should be worn every time a bike is ridden.

· Equip your bike with a horn, bell and bright headlight.

· Cyclists should ride in the same direction as traffic on the far right-hand side.

· Ride a bike that fits you well. If the bike is too big, it can be difficult to control.

· Carry items in a backpack or

strapped to the back of the bike so belongings do not become obstacles.

· Drivers should remain alert of cyclists sharing the road and give wide clearance when possible.

· Vehicle drivers should look in their side mirrors and around them before opening car doors so they do not accidentally knock a cyclist passing by off the bike.

· Safe Kids suggest using hand signals to alert others to your plans. Cyclists can extend the left arm out for a left turn; make a 90-degree angle with the left arm to indicate a right turn. Putting the left arm down with the palm facing backward indicates stopping or slowing.

Cycling safety is important as temperatures rise and more cyclists are on the road.



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Trip down Memory Lane

Among the activities at this year's Wayne County Fair was an Antique Tractor Drive. Participants drove their tractors in front of the Grandstand just prior to this year's Tractor Pull. Vintage tractors representing a number of brands were part of the parade.

Drowsy Driving Facts & Tips are shared from Nebraska

Provided by the Nebraska Department of Transportation

Facts

Drowsy driving crashes are obviously under reported. In Nebraska from 2015 to 2019, a total of 1,577 fatigued/asleep crashes were reported of which 11 were fatal and 669 involved injuries.

The National Highway Traffic Safety Administration (NHTSA) estimates that in 2017, over 91,000 police-reported crashes involved drowsy drivers. These crashes led to over 41,000 injuries and 795 deaths.

Signs of Driver Fatigue

- Inability to focus eyes and keeping head up, eyelids feel heavy;
- Yawning and rubbing eyes;
- Wandering and disconnected thoughts;
- Drifting within the driving lane,

missing signs or exits;

- Turning up radio and/or rolling window down;
- Slower reaction time.

Drowsy Drivers at Risk

- Business travelers who frequently cross time zones;
- Commercial drivers who drive many miles and drive at night;
- Young drivers, especially males 16-25 of age
- Shift workers, working nights

or rotating shifts or working more than one job;

- Individuals with untreated sleep disorders.

Recommendations to Help Prevent Driver Fatigue

- Get regular exercise and healthy balanced diet;
- Aim for seven or eight hours of sleep;
- Avoid driving alone when possible;
- Take breaks every two hours or 100 miles;
- Avoid alcohol and medication that may impair;
- Keep driver's area cool and ven-

tilated;

- If necessary, pull over and take a power nap no longer than 15 – 20 minutes.

Crash Characteristics

- They often occur late at night, in the early morning and mid-afternoon.
- They are likely to result in serious injury or death.
- Crashes usually involve a single vehicle leaving the roadway.
- Crashes occur on high speed roadways.
- Crashes often involve a driver traveling alone.
- There is no evidence of braking.



Cruise Main in Wayne

The August Cruise Main in Wayne attracted vehicles of all types and spectators from throughout the area. The final cruise for this year will be held Friday, Sept. 15.

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NSP urges safe travel as summer driving season winds down

The summer driving season is winding down and the Nebraska State Patrol is joining numerous law enforcement agencies across the country in this year's Drive Sober or Get Pulled Over campaign. The effort runs through Labor Day weekend.

"This has been a busy summer on Nebraska roads," said Colonel John Bolduc, Superintendent of the Nebraska State Patrol. "As we close out the summer travel season, let's make any final summer road trips safe by following the speed limit, wearing a seat belt, avoiding distractions, and always driving sober."

Troopers and dispatchers will be working overtime during the next two weeks as part of the campaign, which marks the end of the summer driving season. Troopers will perform high-visibility patrols in all parts of the state as part of this operation.

So far in 2023, troopers have arrested more than 670 drivers for driving under the influence. 290 of those arrests have occurred since Memorial Day.

Drive Sober or Get Pulled Over is made possible thanks in part to a grant for \$25,000 from the Nebraska Department of Transportation —

Highway Safety Office.

NSP also urges all motorists to be prepared for several high-volume traffic events in the next few weeks, including the Nebraska State Fair

in Grand Island, the Guardians of Freedom Airshow in Lincoln, and Volleyball Day in Nebraska at Memorial Stadium in Lincoln. Plan ahead for travel to any of those

events and be prepared for slow traffic around the venues.

"Our state is set to play host to several incredible events in the next couple weeks," said Colonel

Bolduc. "Plan ahead, be patient with the increased traffic volume, and enjoy these experiences that show off our great state."

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 inadequate 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 means making safety a big part of operating and enjoying a vessel.



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