

MOVING ON THE

How to reduce your risk of being in an auto accident

Driving a car or truck is part of daily life for most people. Commutes to work or school, leisure trips or time spent behind the wheel as part of a profession compel people to drive each and every day. Although most trips to the office or the store are uneventful, the risk that something may go awry is present any time a person gets behind the wheel, and drivers need to plan accordingly.

limits significantly increases the risk of getting into an accident, and many accidents are directly related to speeding. Slowing down can make roadways safer.

Eliminate distractions

Smartphones, GPS devices, passengers, pets in the car, or anything that causes a person to take his or her eyes off of the road, even for mere seconds, can increase the risk of being in an auto accident. Accident Care and Treatment

adequate distance between vehicles can compound the problem of accidents. Travelers insurance company urges drivers to stay at least three seconds behind the vehicle ahead of them, and longer for those driving heavier vehicles. The timing also should be extended when weather conditions are bad. A significant cushion enables drivers to stop safely or maneuver around to avoid an accident.

Improve visibility

A cracked or dirty windshield or dim headlights can diminish visibility. Being able to see and be seen when on the road is a major contributor to accident risk reduction.

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Brush up on skills

Newly minted licensed drivers and older drivers may need a driving skills refresher course. Oftentimes learning how to avoid accidents comes down to experience and defensive driving techniques. Those who feel they may need a little extra practice can enroll in a course. An additional upside is that such a course also can help reduce insurance premiums.

Know your limitations

Geico notes the risk of a fatal crash is three times higher at night than in the day for every mile driven.

Although it may not be possible to avoid nighttime driving entirely, limiting it, particularly for those who have challenges seeing at night or in dim conditions, can help reduce accident risk. The same can be said for staying off of roads in inclement weather.

Don't drive impaired

Driving while under the influence of drugs (both illegal and prescription), alcohol and/or other substances greatly increases accident risk.

Various strategies can help drivers reduce their risk of being involved in auto accidents.



and Analysis says there were approximately 16,200 automotive accidents per day in the United States in 2022, the most recent year for data. This number has steadily risen over the last decade and may be attributable to a number of factors, including increased vehicle usage. Diamond and Diamond Lawyers in Canada says approximately four Canadians die and 175 are injured in impairment-related crashes every day. Though accidents occur every day, drivers can take steps to reduce their risk of being involved in one.

Stick to the speed limit

Speed limits are posted on roadways for a reason. Exceeding speed

Center, Inc. says distracted driving is the primary cause of car accidents each year. Smartphones are a modern distraction, and keeping phones turned off and out of reach can keep drivers safer.

Change your perception

It is important to think of a car or truck as what it truly is: 3,000 pounds or more of fast-moving metal that can cause a lot of damage. Those who do not drive responsibly, or feel they are invincible behind the wheel, could be on a crash course for an auto accident. Treating a vehicle with respect is a must.

Leave a space cushion

Tailgating and aggressive driving maneuvers that do not leave an

adequate distance between vehicles can compound the problem of accidents. Travelers insurance company urges drivers to stay at least three seconds behind the vehicle ahead of them, and longer for those driving heavier vehicles. The timing also should be extended when weather conditions are bad. A significant cushion enables drivers to stop safely or maneuver around to avoid an accident.

Wintertime activities are numerous and include everything from ice hockey to snowshoeing. However, nothing beats an afternoon of sledding for active families. Believe it or not, the first sleds traveled on sand instead of snow. Historians say the earliest evidence of sledding dates back to ancient Egypt, where carved rock sleds were used for convenience and labor needs. But it was Russian aristocrats who created the first recreational sledding events in the 1650s. Youth would carve large blocks out of ice and traverse hills on wooden tracks. Eventually more modern sleds were used on snow directly, and children from all social classes and around the globe got their thrills from downhill adventures.

Guidelines for safe sledding

On snowy days, scores of children and their parents often take to neighborhood hills to test their sledding skills and feel the breeze blowing by. While sledding can be exciting, it also has the potential to be dangerous. People can follow these sledding safety tips to reduce the risk of sledding injury.

- Pick a safe sled that has brakes and can be steered. Make sure that all sledding equipment is in good condition.
- Choose gently sloping hills with a level run-off at the end so the sled can safely come to a stop.
- Avoid hills with obstacles, such as rocks and trees.
- Sledding participants should always wear helmets.
- Always sled feet-first. Going down a hill head-first is a recipe for serious injury.
- Do not sled around ponds, streams or lakes that appear frozen. They may not be solid and drowning or hypothermia can occur if sledders enter the water.

• Dress warmly and wear thick gloves or mittens and heavy boots. This clothing can protect against frostbite and injury.

• Avoid hills that end near a street or parking lot.

• Everyone should go down the hill one at a time with only one person riding on the sled. The only exception is for adults with young children.

• Don't ever pull a sled with a moving vehicle like a snowmobile or all-terrain vehicle.

• Sled only during the day or in well-lit areas at night.

Sledding is an entertaining activity this time of year. All sledders should keep safety in mind before hitting the hills.



Physical activities for kids who are not into competitive sports

Competitive sports provide a wonderful opportunity for children to be physically active. That's a notable benefit and one that could help to confront a growing problem of overweight and obesity among modern youths.

Data from the World Health Organization indicates 37 million children under the age of five were overweight in 2022, while more than 390 million youngsters between the ages of five and 19 were overweight or obese in that



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same year. In addition, the percentage of children and adolescents across the globe who qualified as obese in 2022 had grown considerably since 1990, increasing from 2 to 5 percent during that span.

Sports can definitely help to remedy the overweight and obesity epidemic among youths across the globe, but what about children who are not into competitive athletics? The Centers for Disease Control and Prevention recommends all children and adolescents, including non-athletes, get at least 60 minutes of moderate-to-vigorous physical activity each day. That might sound difficult for parents of non-athletes, but there are a number of physical activities beyond organized athletics that can ensure kids get all the exercise they need.

Dancing

The National Institutes of Health notes that dancing is both an exciting and effective workout that benefits the body in myriad ways. Dancing is a versatile form of exercise that encompasses everything

from ballroom dancing to salsa. The NIH notes that dancing is a great cardiovascular exercise that also helps to build strong bones and muscles and improve balance. Dancing also is a social activity, which means it can provide many of the same benefits related to social interactions that are often attributed to team sports.

Hiking

Hiking is another physical activity that can provide great exercise for youngsters who are not into competitive sports. According to Piedmont Health, hiking is a whole-body exercise that gets the heart pumping, making it a wonderful cardiovascular activity. Cardiovascular exercise has been linked to a number of benefits, including a lower risk for conditions such as heart disease, stroke and high cholesterol. Hiking also is considered a weight-bearing exercise that helps to build muscle mass.

Skateboarding

Skateboarding has come a long way since modern parents were children. Though skateboarding might once have been frowned upon due to skateboarders' penchant for practicing in places that were off limits, the perception of skateboarding has now changed dramatically and the activity is touted as great exercise. A 2018 study published in the journal Gait & Posture found that skateboarding helps participants develop a strong sense of balance. The motions required to ride a skateboard also help to increase heart rate, which can provide a boost to cardiovascular health.

Cycling

Many young children love riding their bikes, and it's worth noting that an afternoon of cycling provides an incredible full-body workout. The Harvard T.H. Chan School of Public Health notes that the health benefits associated with cycling include improved cardiovascular fitness, stronger muscles,

greater coordination and general mobility, and reduced body fat. Cycling also has been linked to improved mental health, as riding a bike releases feel-good endorphins that can reduce stress.

Children and adolescents who are not into competitive sports can choose from an array of physical activities that provide a host of health benefits.

Defensive driving benefits your vehicle

Defensive driving is a technique and set of skills that is designed to make roadways as safe as possible. Defensive driving teaches drivers how to anticipate potential hazards and respond to them accordingly. By maintaining awareness of one's surroundings, directing focus to the road and preparing to act quickly, drivers can greatly reduce their risk of being involved in accidents.

Although defensive driving is important from a personal safety perspective, it also can be good for vehicles. Here's a look at some of the advantages to driving defensively.

- Decrease the number of vehicle repairs. Driving defensively could help keep a vehicle out of the repair shop. When a person stays focused on the road, he or she can steer clear of debris, potholes and other vehicles that might normally cause damage. If there are no bumps and bruises to a vehicle, a driver will make less frequent trips to a mechanic or auto body shop.

- Reduce the frequency of maintenance. Defensive driving can mean driving more smoothly. This can help drivers extend the life expectancy of brakes and tires, saving them money along the way.

- Reduce fuel consumption. Driving steadily and smoothly also can translate into greater fuel economy. This means a driver may not have to fill up at the gas pump as often.

- Lower auto insurance premiums. People who drive defensively and get into fewer accidents could be rewarded with lower insurance premiums. Money saved on car insurance could be used to finance vehicle upgrades. Savings also can be repurposed for exterior and interior detailing, helping to retain the value of the vehicle for longer.

Defensive driving offers many benefits to the person behind the wheel and the vehicle itself.

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What to know about Age related macular degeneration

Physical changes are a normal byproduct of aging. Gray hairs and less elastic skin that contributes to wrinkles may be among the more notable physical signs of aging, but older individuals also may note their vision is not what it once was.

Diminished vision can be a byproduct of various conditions. Aging individuals who have noticed a loss of vision may be dealing with age-related macular degeneration, or AMD. Seniors concerned by AMD can learn about the condition so they're well-positioned to manage it if and when they need to.

What is AMD?

The National Eye Institute notes that AMD is an eye disease that is the leading cause of vision loss for older adults. In fact, Johns Hopkins Medicine notes age is the most common cause of severe loss of eyesight among people 50 and older. The NEI notes that aging causes damage to the macula, which is the part of the eye that controls sharp, straight-ahead vision. When a person has AMD, his or her central vision is blurred.

What happens when a person has AMD?

Because AMD blurs the central vision, people who develop the disease may struggle to recognize faces, read, drive, or engage in activities that require close-up work, including cooking or fixing

things around the house.

Are all cases of AMD the same?

The NEI notes that AMD happens very slowly in some people and faster in others. Some people may not recognize they have vision loss even when they already have early AMD. In addition, there are two types of AMD:

- Dry AMD: Dry AMD is the most common type of the disease and occurs as the macula gets thinner with age. Dry AMD progresses slowly over several years, and occurs in three stages: early, intermediate and late.

- Wet AMD: Wet AMD is a less common form of late AMD that the NEI notes typically causes faster vision loss. Wet AMD occurs when abnormal blood vessels grow in the back of the eye and damage the macula. Wet AMD is treatable.

Does AMD produce symptoms?

AMD produces different symptoms depending on the stage of the disease. Early dry AMD does not cause any symptoms, and the NEI notes some people with intermediate dry AMD may not experience symptoms. Those who do may notice symptoms such as mild blurriness in their central vision or difficulty seeing in low lighting. Late wet or dry AMD patients may notice that straight lines are beginning to look wavy

or crooked and there may be a blurry area near the center of their vision. That blurriness can grow larger over time and people may begin to see blank spots. Colors also may seem less bright and people may have difficulty seeing in low lighting.

tory of AMD, Caucasians and smokers also have a higher risk of developing AMD. Quitting smoking, getting regular physical activity, maintaining healthy blood pressure and cholesterol levels, and eating a healthy diet that includes leafy greens and fish are some ways



Who is at risk for AMD?

The NEI notes that adults over 55 are more likely to have AMD than any other group. People with a family his-

people can lower their AMD risk.

AMD is most common among individuals over 50. More information is available at nei.nih.gov.

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How seniors can diversify their workouts

Adults often lament a lack of time to incorporate exercise into their daily routines. Such difficulties are not exaggerated, as the demands of work and family, particularly for parents of young children with busy schedules of their own, can leave little time for daily workouts. Hectic

individuals with ample time to exercise, such as empty nesters and seniors, may find it increasingly difficult to go to the gym or work out at home. In such situations, the more diverse a workout routine is, the less monotonous it can feel, and that lack of monotony



schedules typically do not prevent older adults and seniors from exercising, but aging men and women may still confront some challenges as they aspire to be as physically active as possible.

Boredom with an exercise routine can adversely affect individuals' motivation to be physically active. When that happens, even

can be enough to keep individuals up and moving. With that in mind, the following suggestions can help individuals diversify their workout routines so they remain engaged with physical activity.

- **Make use of the seasons.** Exercise boredom can develop at any time of year, but disinterest in a workout routine might be espe-

cially likely when diversifying a regimen becomes more difficult. For example, the colder temperatures of winter can force individuals to do most if not all of their exercising indoors, which can grow monotonous over time. If exercising outdoors in winter is a nonstarter, then individuals can emphasize outdoor workouts throughout the rest of the year when the weather is more amenable. Incorporate hiking into your weekly routine in spring, summer and fall, and replace typical cardiovascular workouts on a treadmill or elliptical with bike rides when the weather allows. Individuals also can invest in gear to keep them warm so they can get outside to exercise after the mercury drops.

- **Skip the circuit workouts for**

more specialized regimens. Circuit workouts can be great for busy individuals without much time to exercise each week. Such workouts target various muscle groups in quick succession, which allows individuals to work out every muscle group even during weeks when time is limited. However, circuit workouts can be monotonous for people who have the time to exercise each day. In such situations, individuals can specialize their workouts so they target a different muscle group during each session. Doing so can diversify a workout to reduce boredom and may even decrease the risk of repetitive use injuries.

- **Embrace new ways to exercise.** A gym with all the familiar weights, machines and cardiovas-

cular equipment might be the first thing people think of when pondering exercise. And while gym memberships can motivate people to exercise, traditional fitness facilities are not the only places to break a sweat and be physically active. If a diverse workout regimen is your goal, consider incorporating yoga, Pilates and other less traditional forms of exercise into your routine. Many fitness facilities even offer such classes, and local communities also may feature standalone yoga studios or other establishments offering specific exercises.

Diverse workout routines can help people overcome the boredom and lack of motivation that can develop when regimens feature little variety.

Tips to get children excited about exercise

Human beings need to engage in physical activity to stay healthy. But too many children are not getting the exercise they need. Only 50 percent of boys and less than 34 percent of girls between the ages of 12 and 15 are adequately fit, according to the Centers for Disease Control and Prevention. Children who are not physically fit are at greater risk for chronic diseases. In addition, children who are overweight or obese are at a higher risk of retaining that extra weight into adulthood.

Getting children to exercise regularly can be an uphill battle with so many distractions, such as electronic devices, vying for their attention. But parents can explore the following ways to get children more excited about physical activity.

Choose interactive toys

Select toys for kids that require movement. These can include sporting activities, scooters, bicycles, and even video games that involve physical activity. Kids will be moving while they play, which is a



first step.

Set an example

Children may be more likely to embrace physical activity if they see their parents exercising regularly. Adults can share their passions for activities that encourage movement, whether it is hiking, heading to the gym, swimming, or rock scrambling.

Make it a contest

People can be very competitive, especially young children. If kids know there is a prize or reward attached to doing something, they may have more motivation to

engage with it. Offer a prize to the person who can log the most minutes of physical activity each week.

Make things social

The more people involved in an activity, the greater the chance kids will want to be involved. Therefore, invite their friends, cousins, classmates, and other relatives to participate.

Look for new ways to exercise

Plan vacations and day trips around an activity. Perhaps the family can learn how to surf or snorkel on a trip; otherwise, a trip to the zoo or a museum can involve a lot of walking.

Find reasons to walk

Kids and parents can walk to or from school each day to get exercise. Parking further away from stores ensures some extra steps as well. Take the stairs in malls instead of elevators or escalators.

Encourage participation in team sports

Afterschool athletics often involve multiple days of practices and games or meets, which can be all the exercise a kid needs to be healthy. Athletics also present a fun way to exercise with friends.

Kids need physical activity to stay healthy, and there are various ways to make them more inclined to be active.



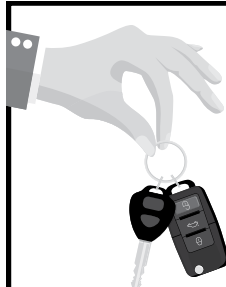
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How to avoid overdoing it with youth sports participation

Youth sports are wildly popular. According to the Sports & Fitness Industry Association, approximately 61 percent of children between the ages of six and 17 participated in a total team sport at least once per week in 2023.

Participation in sports can pay a number of dividends for children. Youngsters who play sports are physically active, which the Centers for Disease Control and Prevention has noted can lower risk for disease and decrease the likelihood children are overweight or obese. Sports participation also encourages social interaction, which can help children develop their interpersonal skills and provide opportunities to build lifelong friendships.

With so much to gain from participating in sports, it's no wonder

that parents often encourage their children to get involved in local athletic leagues. But it's important that parents recognize how easy it can be to overdo it when it comes to youth sports. Some youth sports leagues now offer travel teams for children as young as six, and such leagues may require kids and their parents to commit several days per week to practice and games. That might be too much for some young athletes, and the following are some strategies parents can employ to ensure their kids are not overdoing it when it comes to sports participation.

Delay starting children in organized sports

The American Academy of Pediatrics recommends waiting until children are fully ready before



starting them in organized sports. That time may be different for all kids, even siblings. But the AAP recommends parents wait to enroll children in organized sports until

around age six. Free play, which is not governed by rules the ways organized sports are, can be just as effective as team sports at helping children develop their muscles,

bones and balance.

Allow youngsters' ages to guide training time

The AAP suggests a good rule of thumb is that kids should not train more hours each week than their age. Under that guideline, an eight-year-old should not be spending more than eight hours per week practicing and playing a sport.

Avoid focusing on a single sport

Sports specialization is a term now used to describe intensive training or competition in a single organized sport for more than eight months per year by children who are 12 years old and younger. The AAP advises against sports specialization. According to the sports medicine experts at Children's Healthcare of Atlanta, children who specialize in playing one sport early on have an increased risk of overuse injuries, which can develop due to intensive training. Such youngsters also are more likely to experience burnout and stress from playing the sport. Mixing up sports throughout the year reduces the risk for burnout and overuse injuries, as children likely won't grow bored and will be exercising in unique ways for each sport they play.

Take time off

Time off is another way to avoid overdoing it with young athletes. The AAP advises young athletes to take at least two to three months off from organized sports participation each year. Time off can be divided into one-month increments.

Sports are fun, and young athletes may want to keep playing all year long. But parents must take steps to protect young athletes' bodies and avoid overdoing it with sports throughout the year.

The dangers of smartphone usage while driving

Few likely imagined that a day would come when a person could communicate, browse the internet, take photos and videos, play music, and much more all from a device small enough to store in a pants pocket. But that's just what one gets with a smartphone. These amazing devices have transformed how people engage in everyday life. Although smartphones have their upside, there are disadvantages to the connectivity they provide — including the threat phones pose when used while behind the wheel.

Anything that causes a driver to take his or her eyes off of the road, even if only for a few seconds, can prove disastrous. And smartphones have proven particularly distracting for drivers. In fact, according to Franciscan Health, one in four accidents occur because a driver was using a cell phone, hands-free or not. Distracted driving contributed to 3,522 deaths and 362,415 injuries in the United States in 2021, the most recent year for the National Highway Traffic Safety Administration's published estimates. More than 20 percent of respondents in a 2022 NHTSA survey admitted to using at least one smartphone-based distraction, such as social media, texting or video calls, while driving.

Each time a driver gets away with using a phone without incident while behind the wheel, he or she may feel like it is no big deal. However, there is very real danger in doing so. Here are some facts that highlight how dangerous using a smartphone while driving can be.

• The National Safety Council has found drivers using hands-free and handheld cell phones fail to see up to 50 percent of the information in

their driving environment. This is known as "inattention blindness."

ly linked texting or manipulating a cell phone to increased risk. When

and crashes.

- Using driving simulators or instrumented vehicles, various analyses have found typing or reading text messages significantly slowed reaction time and increased lane deviations. It also increased the length of time drivers looked away from the roadway. The NSC says drivers using cell phones had reaction times slower than drivers impaired by alcohol at .08 blood alcohol concentration.

- When a person sends a text message or reads a message, it takes his or her eyes off the road for five seconds. Going 55 miles per hour while texting is like driving the length of a football field with one's eyes closed.

Although smartphones are convenient, they should be stored out of reach while driving to limit the temptation of use.



- The Insurance Institute for Highway Safety says using a cell phone while driving increases crash risk, as researchers have consistent-

the IIHS monitored drivers who frequently use cell phones while driving for one year, those drivers had the highest rates of near crashes

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Spring planting pointers for your gardens

Many people view spring as a season of rejuvenation. That renewal may be somewhat metaphorical for human beings, but it's literal for lawns and gardens that begin to grow anew as temperatures rise and hours of daylight increase in

As the temperatures rise, homeowners can consider these spring planning pointers to ensure their landscapes look lush and full in the months ahead.

Start with the soil

Soil can serve as the starting



other debris from the area before loosening the soil. The Farmer's Almanac recommends loosening soil to a depth of at least eight inches if planting a new garden. An existing garden may only need to be loosened to a depth of around six inches, after which homeowners can mix compost into the soil in early spring. Compost is organic matter that provides nutrients and helps to build strong plant roots.

Consider a raised garden in colder climates

The Farmer's Almanac notes raised gardens can help homeowners in colder climates dry out and warm up wet, cold soils more quickly. Homeowners in such regions also can cover their beds with black plastic or cardboard prior to planting. Doing so can protect the beds from late-season snow and spring rains and also helps to overcome

erosion.

Take soil temperatures

Unpredictable weather is among the noticeable effects of climate change in recent years. That lack of predictability can make spring planting a little more tricky than it once was. Experts note that soil temperatures around 50 F are best for cool-season crops, while soil should be 60 F or warmer when planting warm-weather plants such as tomatoes.

Work with a garden center to identify what to plant

The right plants for one region may not be ideal for another, so homeowners are urged to work with a local landscaper or garden center before planting. Such a consultation can be especially useful for homeowners planting a new garden. Landscapers and garden center professionals will know

which plants work in the local climate.

Consider planting vegetables in the spring

Various garden experts note that spring is an ideal time to plant a vegetable garden. If planted at the right time, a vegetable garden can save homeowners money on their grocery bills and provide a season's worth of fresh veggies. Lettuce and spinach are sun- and shade-friendly vegetables, which can make them good options for a spring garden. Cool-season root vegetables, which include beets, carrots and swiss chard, are some other notable veggies that can thrive in early spring.

Spring is a season of rejuvenation for gardens. That's even more true when homeowners consider some conventional planting wisdom in early spring.

spring. Each spring presents an opportunity for homeowners to get back outside and tend to their gardens. point each spring. Winter can take its toll on a garden and even overwhelm the area with debris over the colder months. Clear rocks and

Get skilled in self-defense

A perfect society would have no need for self-defense disciplines, but in an imperfect world, having some skills to protect oneself against various dangers is advantageous. Self-defense disciplines employ various techniques that enable people to defend their health and well-being.

There are many different ways people can defend themselves from potential aggressors. The disciplines of martial arts, boxing and even wrestling/grappling are some examples of such defense strategies. De-escalation and firearm training also may fall under the umbrella of self-defense preparation. The following are some self-defense disciplines that can help people gain confidence and skills, all the while protecting themselves.

Krav Maga

Developed for the Israeli Defense Forces in the 1940s, Krav Maga uses techniques derived from various martial arts, including judo and

karate. It is known for a focus on real-world situations. Striking, grappling and ground fighting are hallmarks of this technique designed to quickly neutralize threats.

Judo

Judo is a Japanese discipline that is known to be one of the more gentle martial arts. It focuses on grappling and other close-range self-defense tactics that can derail attackers' efforts to grab another person or subdue them, according to Defender Ring, a manufacturer of self-defense products.

Karate

Many people are familiar with karate, which means "empty hand" in Japanese. Traditionally, the practice of karate teaches self-control

and discipline. Spiritual development and self-mastery are parts of karate, which focuses on defense rather than offense.

Boxing

Boxing employs punches and footwork as means to self-defense. Boxing focuses on defensive skills, intense conditioning and powerful striking techniques. Boxing teaches a person to block the blow of an attacker and to actively defend oneself.



Aikido

Another form of martial arts, aikido practitioners employ various skills to immobilize joints and fend off their opponents. Aikido limits the amount of violence doled out, so a person stops an attack rather than fighting back. Aikido relies on timing and technique instead of strength and size.

Muay Thai

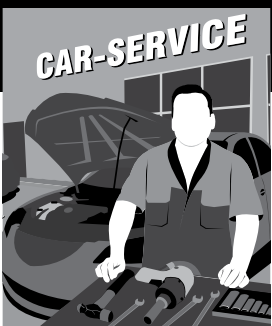
This is a Thai boxing technique, and some also refer to it as kickboxing. This form of martial arts uses close-combat actions that involve strikes, sweeps and various clinching techniques. Tiger Muay Thai says the discipline uses the entire body as a weapon.

Individuals interested in developing self-defense skills can enroll in any number of training classes that can teach maneuvers to keep them safer on the streets.

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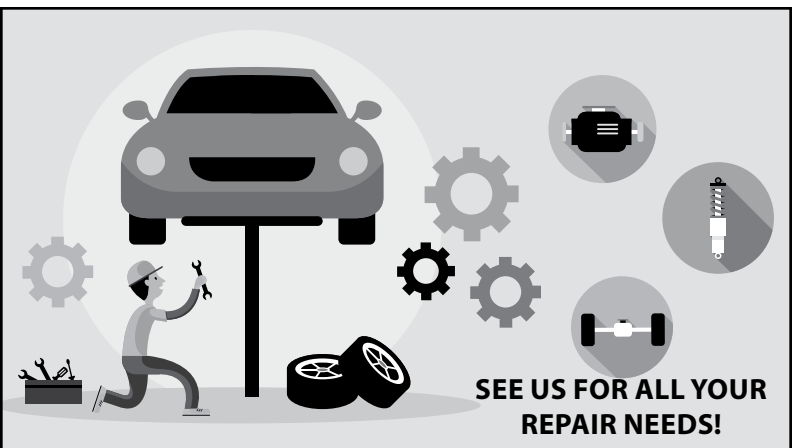
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What distinguishes Pilates from yoga?

People look to a variety of activities to help them achieve their health and wellness goals. Exercise can help people build strength and improve endurance, flexibility, and mindfulness. Some exercises

even incorporate a combination of these elements, including yoga and Pilates.

While yoga and Pilates are similar low-impact exercises, they are not exactly the same. One of the ways

they differ is that yoga involves achieving a position or pose and holding it. With Pilates, once the pose is reached, the person pushes further to engage the core and challenge the body by moving the arms or legs, advises WebMD. Individuals can explore the differences between Pilates and yoga to figure out which discipline aligns best with their fitness goals.

Pilates

At the end of World War I, Joseph Pilates, who grew up in Dusseldorf, Germany, developed a series of exercises that would ultimately bear his name. As a sickly child suffering from rickets, asthma and rheumatic fever, Pilates aspired to overcome these ailments and devoted his energy to bodybuilding, gymnastics and other physical pursuits. While interned at a camp during the war, Pilates developed

and taught a physical fitness program influenced by yoga and the movement of animals. He also built apparatuses to aid in the rehabilitation of soldiers and prisoners of war. According to Pilates Anytime, some believe the iron bed frames and coiled mattress springs in these camps became the inspiration for the Pilates Reformer, which is a device used in Pilates studios.

Pilates is a low-impact exercise that focuses on building core strength, which is achieved through different movements on a reformer machine or a mat. These moves require stabilizing the back and core before going through various range-of-motion exercises. The exercises rely on a person's own body weight to provide resistance.

Yoga

The origins of yoga can be traced to thousands of years ago in India. Yoga is first mentioned in ancient Hindu scriptures, says Healthline. Although it is an exercise, yoga also is an ancient spiritual practice that

blends physical poses with breathing techniques. WebMD says yoga is sometimes called "meditative movement," because it features elements of mindfulness. Yoga can have a slow pace suited for beginners, but some variations are faster and more complex. Yoga may help to improve balance, enhance calm and ease stress-related illnesses, and it also promotes flexibility.

Both yoga and Pilates can lead to improved stamina, strength and flexibility, and these exercises do not necessarily require any special equipment. However, yoga may stand alone from Pilates in that it also incorporates meditation and spirituality. Pilates may be more active than yoga, but both exercises are difficult in their own right. However, some people find it is easier for beginners to start with yoga and then branch out to Pilates. Regardless of the approach an individual ultimately takes, both exercises can be excellent ways for people to improve physical health.



Electric vehicles must pay their fair share

By U.S. Senator Deb Fischer
Feb. 14, 2025

As part of its relentless climate agenda, the Biden administration imposed rules and regulations that would force Americans to adopt electric vehicles (EVs) at a breakneck pace. Today, we're left with more electric cars on the roads, and more problems we must address.

Our current transportation infrastructure was not designed for the challenges electric vehicles (EVs) pose. And EVs aren't paying their fair share into the program that funds road and highway repairs. The Highway Trust Fund (HTF) supplies 90 percent of federal highway assistance, financing the vast majority of our nation's highway system. The fund exists to repair exactly the type of damage heavy EVs inflict on our roads. In order to finance these repairs, the HTF receives funding through the federal gas tax: 18.3 cents per gallon for gas and 24.3 cents per gallon for diesel goes to the federal HTF.

The rise of fuel-efficient vehicles has decreased gas consumption across the country, reducing the amount of gas tax paid and the amount of revenue going into the HTF. Today, this critical fund faces insolvency—and that's catastrophic news for our road and highway maintenance. The insolvency problem is made worse by the thousands of heavy EVs that aren't paying into the HTF at all.

This week, I introduced the Fair Sharing of Highways and Roads

for Electric Vehicles (SHARE) Act to address this problem. Because of the weight of the large batteries that power electric cars, they can be up to three times as heavy as gas-powered cars—the vehicles that our infrastructure was built to carry. The excessive weight of EVs pounds the roadbed, making more maintenance necessary more often, costing more money, time, and resources. But the fund that pays for this maintenance is running low.

As electric cars continue to flood our roads, causing an outsized amount of damage, they must begin paying their fair share to save the HTF from collapse. That's where my bill comes in. The Fair SHARE Act will require EVs to invest in the HTF just like gas-powered

vehicles do. It will implement a fee at the manufacturer level at the point of sale of each electric car that is equal to the amount paid by the average gas-powered car owner over a 10-year period. It will implement an additional fee on electric cars with batteries that weigh over 1,000 pounds to compensate for the additional damage we know these heavy cars cause to our roads.

It's a simple issue of fairness. Far from discriminating against EV owners, my bill levels the playing field for the good of America's infrastructure. It's a commonsense solution to a road maintenance problem that has crept up on us for years. After decades of increased electric car usage, it's time for these vehicles to pay their fair share.



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Archery paddlefish applications to be accepted March 1-14

The Nebraska Game and Parks Commission will accept archery paddlefish permit applications March 1-14.

The application period begins at 1 p.m. Central Time on March 1. Postal mail applications must be received in Game and Parks' Lincoln office by 5 p.m. CST and online applications by 11:59 p.m. March 14.

A nonrefundable \$7 application fee is due at the time of application. Applicants supplying valid email addresses will be notified when the draw is complete. Those not providing valid email addresses will be responsible for monitoring their status online.

The draw results will be made available by March 20. Payment for awarded permits is due by 11:59 p.m. April 5.

Permits will be issued in a random drawing based on preference points earned; applicants with the most preference points will receive the highest priority. Permits awarded but unpaid will result in the applicant losing preference points

and forfeiting the permit. Unpaid or unawarded permits remaining after the drawing will be made available to the next resident applicant.

An applicant will receive a preference point if he or she is not awarded a permit in the drawing. An additional preference point will be added each year he or she is unsuccessful in the drawing. Any person who is issued a paddlefish permit and any person who does not apply at least once during five consecutive years will lose all accumulated preference points. In lieu of participating in the draw, anglers may purchase one preference point per season during the application period. The cost is \$10 for residents and \$20 for nonresidents, plus a \$7 application fee for each.

Also:

Two people – both residents or both nonresidents – may submit a joint application. That application will be assigned to the applicant with the fewest preference points.

A person may have no more than two archery paddlefish permits per year: one earned via application

and one bought over the counter, if unsold permits remain.

Permits and their accompanying tags are not transferable.

Anyone fishing with an archery

paddlefish permit also must have a valid Nebraska fish permit.

For more information, refer to the 2025 Nebraska Fishing Guide.

The 2025 archery paddlefish sea-

son is June 1-30. To apply for a permit, visit a Game and Parks office, OutdoorNebraska.gov, or use the form in the 2025 Nebraska Fishing Guide

Game and Parks offers top eight ice safety tips

By Shawna Richter-Ryerson

With the arrival of frigid temperatures across the state, Nebraska Game and Parks encourages people to be cautious and use the following safety tips while ice fishing:

1. Tell someone your plan. Whether you are fishing alone or in a group, tell someone where you will be fishing in case trouble arises.
2. Test the ice. The minimum thickness to support one person is 4 inches of clear ice; 7.5 inches will support a group weighing up to two tons or an all-terrain vehicle. Use an ice chisel or spud bar to strike the ice and evaluate conditions as you venture out.

As winter progresses, ice changes. Cloudy ice or frozen slush is about half as strong as clear lake ice, so people should double the minimum thickness when encountering such conditions.

Ice near shore may be weakened by heat from the ground, or thinner because of rising water levels. If temperatures are below freezing, but warm during the day, fish early and leave before ice melts near the shore.

Be especially careful on any ice that has moving water below it. Water movement hinders freezing causing hard-to-detect thin spots.

Materials embedded in ice, such as weeds or logs, also weaken ice. Large objects on the ice, such as duck blinds or ice shacks, can absorb the sun's heat and melt ice.

3. Wear ice picks. If the ice breaks, picks help grip the ice to pull yourself out of the water.

4. Wear ice cleats. Avoid falls by wearing ice cleats to maintain traction.

5. Layer your clothing. Begin with a synthetic layer, such as thermal underwear or fleece, followed by a layer of wool. Wool provides excellent insulation and warmth even when damp. Outer layers may include sweatshirts and jackets covered by heavy parkas, bibs or coveralls. Carry at least a couple of pairs of gloves or mittens. Remove layers during periods of activity, such as manually drilling ice holes, to avoid sweating, and add layers during periods of inactivity.

6. Bring extra clothing. Keep a set of dry clothes in your vehicle in case you get wet.

7. Bring a long throw rope. A rope can be thrown from a safe location to retrieve a person who has fallen through the ice. A big loop on the end with a float attached will help the imperiled person grab it with their arms instead of cold fingers.

8. Avoid alcoholic beverages. Alcohol can affect judgment and increase chances of hypothermia.

Purchase a 2025 fishing permit,



find a water body near you, or discover additional fishing resources at OutdoorNebraska.gov/Fish.



Did you know?

Consumers increasingly are turning to electric vehicles (EVs) because of their perceived benefits to the environment and additional perks. The United States Environmental Protection Agency says EVs typically have smaller carbon footprints than gasoline cars, even when accounting for the electricity used for charging. In addition, EVs can be more efficient in regard to energy use. However, it is important to note that mining the materials that are used in the batteries required for EVs can make the EV manufacturing process more energy-intensive than making internal combustion energy vehicles (ICE), according to Earth.org. The Internetwork for Sustainability says EVs and hybrid cars emit more carbon dioxide than traditional cars during production. The additional environmental cost of transporting these batteries also results in a higher carbon footprint than ICE vehicles. However, the EPA points out that the greenhouse gas emissions associated with an EV over its lifetime are typically lower than those from an ICE vehicle, even when accounting for manufacturing.



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