



### How to Navigate In a Traffic Circle or Roundabout

Don't be a Clark Griswold and drive in continual circles for hours on end as in the famous European Vacation movie. While we don't have many of these in the Roanoke area, there are more being built throughout our driving area. Often called traffic circles, roundabouts are designed to make intersections safer and more efficient for drivers while avoiding long waits at a standard traffic light. It's important to know the rules of the road with roundabouts.

There are a few key rules to know when driving in a roundabout:

1. The vehicle already in the circle has the right of way
2. Do not Stop in the roundabout
3. Avoid driving next to an oversized vehicle
4. Always watch for pedestrians and pedestrian signal lights.
5. Stay in your lane and give your turn signal when you are ready to exit

Prior to entering the roundabout, choose a lane. Once you see a gap in traffic, enter the circle and proceed to your exit. If there is no traffic in the roundabout, you may enter without yielding. To go straight or right, get into the right lane; and, to go straight or left, enter the left lane.



Because large vehicles may need extra room to complete their turn in a roundabout, drivers should remember never to drive next to large vehicles in a roundabout. Roundabouts are designed to accommodate vehicles of all sizes, including emergency vehicles, buses, farm equipment and semitrucks with trailers. Oversize vehicles and vehicles with trailers may straddle both lanes while driving through a roundabout or block your view.

Driving and knowing the rules for driving in roundabouts may sound daunting, but it's must easier than you might expect. For more information visit the [National Transportation Safety Board](#) or other websites readily available on search engines.

### Why Walk? Why Not!

The *Physical Activity Guidelines for Americans* recommend that adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week. The guidelines also recommend that children and adolescents be active for at least 60 minutes every day. Following these guidelines can contribute to overall health, and decrease the risk of chronic diseases such as heart disease, cancer or diabetes.

Walking is a great way to get the physical activity needed to obtain health benefits. Walking does not require any special skills. It also does not require a gym membership or expensive equipment.

**Why not!** Add walking as part of your daily routine.

Source:



And Check out PARK Roanoke's walking resources at [www.PARKRoanoke.com](http://www.PARKRoanoke.com)

## APRIL IS DISTRACTED DRIVING AWARENESS MONTH

**“It Was Just...”**

It was just a quick call  
 It was just a short trip  
 It was just one drink  
 It was just a picture  
 It was just an email  
 It was just a glance  
 It was just a text  
 It was just a bite

**'Just' is all it takes**

*Thank you for parking with us. We appreciate your business!*



Payments for Monthly Parking and for Citations may be paid on-line or over a toll free telephone line.  
[www.PARKRoanoke.com/payments](http://www.PARKRoanoke.com/payments) or dial  
 1-888-272-9829 Use Jurisdiction Code 6246  
 A nominal processing fee of \$1.95 to \$2.45 applies to credit/debit card payments.

PARK Roanoke  
 P. O. Box 83  
 Roanoke, VA 24002  
 117 Church Avenue, SW

Phone: 540-343-0585  
 Fax: 540-342-6447  
 E-mail: [parking@PARKRoanoke.com](mailto:parking@PARKRoanoke.com)

## 2019 Night Rider's Ball

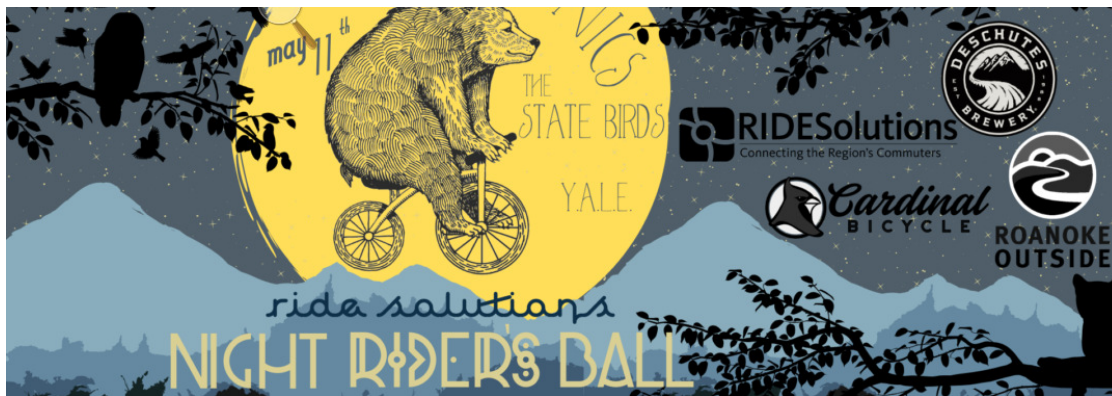
Join RIDE Solutions and 5 Points Music Sanctuary for the 8th Annual Night Rider's Ball on May 11th at 5 Points Music Sanctuary at 1217 Maple Ave SW, Roanoke. Riding your bike gets you in FREE to the biggest party of bike month! Starbomb your way to this incredible event featuring music from Headtronics, The State Birds, and Y.A.L.E. RIDE Solutions will be offering a bike valet free of charge. Mezzanine VIP access courtesy of Cardinal Bicycles will go to the first 40 cyclists to arrive! The Courtyard Bar will be open featuring a selection of Deschutes finest beverages and Hanu Food Truck with Korean inspired eats.

**HEADTRONICS:** Headtronics are a brand-spankin' new funk trio featuring Freekbass, DJ Logic, and keyboardist Steve Molitz of Particle. Spawned at the Universal Church of Love and Music Funk Festival and named by legendary funk bassist Bootsie Collins, Headtronics is one of the most exciting new projects to hit the Funk and Electronica scene in years.

**THE STATE BIRDS:** The State Birds are Mike Seal (Jerry Douglas Band, Sierra Hull), Neal Fountain (Jimmy Herring Band, Randall Bramlet), Bryan Lopes (Atlanta Symphony), and Jeff Sipes (Col. Bruce Hampton & the Aquarium Rescue Unit, Phil Lesh, Trey Anastasio, Warren Haynes, Susan Tedeschi, Leftover Salmon, Jimmy Herring). Their band name is a nod to Bruce Hampton. Each of the band members played with Hampton for a spell and share a unique musical bond. The bands' roots go back to 1983 in Atlanta, but this is a brand new project.

**Y.A.L.E.:** Another new collaboration, TJ Young, Stuart Angel, Matt Leonard, and Chris Eanes makeup Y.A.L.E. – a high energy musical adventure combining expansive jamming with succinct song writing to delight and excite the listener.

For details visit [www.ridesolutions.org](http://www.ridesolutions.org)



### There are a myriad of observances for the Month of April. Did you know these?

Adopt a Ferret Month  
 Adopt a Greyhound Month  
 Autism Awareness Month  
 Black Women's History Month  
 Celebrate Diversity Month  
 Child Abuse Prevention Month  
 Frog Month  
 Holy Humor Month  
 National Grilled Cheese Sandwich Month  
 National Pecan Month  
 Prevent Lyme in Dogs Month  
 Prevention of Animal Cruelty Month  
 Straw Hat Month

April 17 Blah, Blah, Blah Day  
 April 18 National High Five Day  
 April 19 National Garlic Day  
 April 22 Earth Day  
 April 23 National Zucchini Bread Day  
 April 24 Pig in a Blanket Day  
 April 25 World Penguin Day  
 April 26 National Pretzel Day  
 April 27 National Prime Rib Day  
 April 29 National Shrimp Scampi Day

