

# VIA ROAD TRIP

The Quarterly Newsletter from 



## Spring 2021 - A Vacation Is What You Need to Cope with Pandemic Fatigue

These are unprecedented times for sure. It's been a tough year. The pandemic has, of course, impacted our ability to travel like we used to. Many of us are cooped up inside or working from home, which means we aren't getting a change in scenery as often. In addition, the uncertainty of the pandemic — and how long it's going to last — has made many of us more anxious or depressed. But that doesn't mean that taking a vacation is totally off the table. In fact, it may be even more important for us to take a break.

For some people, changes — including change of setting — feels good because the newness is rewarding. In addition, having the time to relax our minds and take a break from responsibility and daily pressures can help us sleep better, de-stress, and release some of our anxiety. Our bodies and our brains need to rest. This can help improve your physical health and minimize burnout, and it may also have beneficial impacts on your mental health and productivity.

The bottom line - isolation isn't a natural state for many people. We are, for the most part, social animals. Traveling is good for your mental and physical health, as well as improving your productivity and effectiveness at work. It's a win-win. As Spring approaches, it's time to think about traveling again. Take some time off, hop in a car or on a bus and start that road trip that's on your bucket list. You'll be thankful you did when you return and are more relaxed, healthier and happier.

*Travel* explore discover

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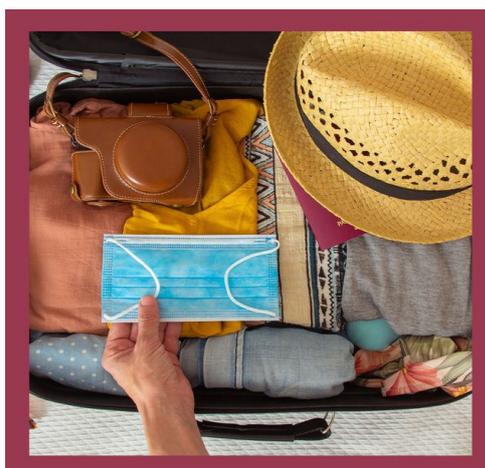
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## In This Issue

# SPRING TRAVEL

## Know Before You Go

### Our Advice for Booking Bus Trips

Book your trip at least 6 months in advance, when possible. You'll have better availability and prices, and you won't have to scramble for a bus closer to your trip's date. If you need a bus at the last minute, though, no worries! We've got you covered.

When you're ready to book your bus, have your headcount and itinerary on hand. Include pick-up and drop-off addresses, dates, and times for each stop.

Request a bus with the right amenities. If you're traveling a long distance, ask for on-board WiFi, TV monitors, DVD players, and restrooms. For your Arizona or California vacation your group will appreciate a bus with superb air conditioning.

Know how much storage you'll need. Whether you're bringing luggage, shopping bags or snacks, we can pair you with a bus with ample storage space. Mid-sized minibuses are best for groups with few personal belongings, while large buses with luggage bays and overhead bins have enough space for overnight trips.



## Traveling Without

### Hesitation (or Headache) in 2021

The COVID-19 pandemic halted travel for much of 2020, but as more vaccines are distributed, there's hope that Americans will regain a sense of normalcy in 2021 in terms of where and how they can travel.

Traveling safely and having an enjoyable time are top priorities for many, so here are our top 5 suggestions that offer travelers both protection and peace of mind.

#### #1 CHECK YOUR ACCOMMODATIONS OFTEN

If you have a hotel or attraction booked, call or email to check and make sure that the business is open and operating. Just because a property reopens, it doesn't guarantee that it won't shut down again. Some properties are only allowing "essential" travelers, so make sure your reservation is still valid or you'll be allowed to book a new one.

#### #2 KNOW THE DIFFERENT RULES IN DIFFERENT STATES

Before you leave, make sure to check the "official" government website for each state you visit or are traveling through. Until recently, many states had a mandatory 14-day quarantine policy. Make sure your activities aren't interrupted by stay-home mandates or restrictions ahead of time.

#### #3 BE FLEXIBLE

Realize that some places are simply not open, so make alternate plans. Instead of visiting high demand attractions, try lesser know places. State parks and monuments, as well as rural communities offer amazing outdoor experiences with less foot traffic. You'll be pleasantly surprised at the array of activities offered in smaller communities. You'll save \$\$\$ by choosing a "flexication" this Spring.

#### #4 WEAR A MASK, SANITIZE AND SOCIAL DISTANCE

No one claims that face masks are 100% effective in stopping COVID-19, but they can reduce the risk of spreading or catching the virus when worn correctly. While many businesses and attractions offer hand sanitizer, it's best to keep a small tube with you at all times to use. Practice social distancing when possible. The benefit of participating in outdoor activities is that your chances of having "room to breathe" are greater.

#### #5 TAKE IT NICE AND SLOW

Sometimes we forget that the journey is almost more exciting than the destination. Take your time and enjoy leisurely lunches and walks, and explore the communities you're traveling through. Most businesses are open (again, check state guidelines) and are happy to see and interact with customers. In a strange season like this Spring, many people are opting for road trips rather than short flights as the safest option for getting back into travel.

There's no "right" way to travel during this pandemic, but by minimizing the risk to exposure and taking a few extra steps to remain healthy and safe, you'll be able to experience the pleasure of travel again while remembering that vacations are about enriching your life, creating memories and feeding your soul.

Let VIA Trailways help with your trip planning!

We offer charter bus service to all popular Arizona destinations.

Contact us today at:  
[info@viatrailways.com](mailto:info@viatrailways.com)



From  
Skyline to  
Shoreline Explore  
With Us

## STAFF SPOTLIGHT

### Anne Obrey

VIA Trailways/  
Merced Transportation Company  
Driver Trainer

25 years  
California



Left, Anne Obrey, Trainer; right Curtis Riggs, President, VIA Trailways

Anne Obrey began her career with Merced Transportation Company in 1995 as a bus driver. Starting in 1997, Anne was MTC's behind-the-wheel trainer, and in 2003, she became a State of CA Certified Driving Instructor, a position she still holds to this day. When asked how many drivers she has trained throughout her career, Anne says A LOT! She'll often see buses passing her on the road and think, "I trained her and him, and them, and them and them".

Over the years, Anne has worked in the Accounting Department, driven buses for MTC, VIA, CatTracks and YARTS, and has pretty much assisted in whatever department she's been needed in, with the exception of Fleet and Sales. She currently provides classroom training, behind-the-wheel training, and assists drivers with their testing requirements. Anne says that the people she works with and diversity of the job keep her motivated. "It's ALWAYS something different--- most of the times it's a good thing, but sometimes I can feel pulled in a million directions".

Anne said one of her most memorable experiences over the past 25 years was when her children were small, they would run errands, and her daughter would point to a passing bus and say, "Mama's Bus". Anne says "I think of that every once in a while and realize that I have driven most, if not all of VIA's buses and even though they are not mine, I take pride in how they represent what I do."

Anne has been married to husband Larry for over 24 years and they share two adult children, of whom "she couldn't be prouder". In her spare time, she loves to read and spending time with her family.

We congratulate Anne on her silver anniversary as a VIA Trailways employee and thank her for her continued dedication to her job and unwavering support of VIA Trailways and Merced Transportation Company.

HAPPY  
ANNIVERSARY  
ANNE