



# North Natomas

Transportation Management Association

H. Allen Hight

## Walking Wednesdays NEWS



H. Allen Hight January 2011

### New Punch Card Kick Off - January 12

Happy New Year! Come get your *brand new* 2011 Walking Wednesdays punch card. Make sure you walk or bike every week because we have really cool charms for the new year. Participating 4th & 5th grade students will receive a Cheetah Buck when they stop by the table. Treasure box prizes will now be random, so make sure you don't miss any Walking Wednesdays. You'll never know when it will show up.



### Drive Smart - Don't Idle While Parked and Waiting

Rule of thumb: If you're waiting for your child to be dismissed and you'll be sitting in your car for more than 10 seconds, then please turn off your car's engine.

Before idling in your car again, consider this:

- Children's lungs are still developing and are more vulnerable to air pollution
- Children's asthma symptoms increase because of car exhaust
- Asthma is the most common chronic illness in children and the cause of most school absences
- Car exhaust contains benzene known to cause cancer
- Pollution levels inside the idling car are higher than at roadside
- Most notable effects of air pollution are difficulty breathing and increasing susceptibility to lung and respiratory diseases, like asthma and bronchitis

For more information about asthma, visit Breathe California - [www.sacbreathe.org](http://www.sacbreathe.org)

### Meet Deborah Morales



Deborah Morales

Deborah Morales is one of the original Walking Wednesday program volunteers, helping to get the program started in 2009. Since then, she has contributed significantly by recruiting other parent volunteers and being at the gate every week to punch student's walking cards. Walking Wednesdays would not be possible without volunteers like her to help.

Deborah has a second grader in Mrs. Mohannodi's class and another at Natomas Middle

School. She thinks the program is a great way to involve students in the Hight community. Her older daughter often helps out too. Deborah values that the program promotes healthy lifestyles and reduces traffic around the school. Her favorite part is how excited the kids are to participate, collect charms, and choose treasure box prizes.

Thank you Deborah for all you do for students!



### UPCOMING EVENTS:

**Jan 12** - NUSD Board Meeting  
6:30 p.m.

**Jan 12** - Walking Wednesdays  
new punch card distribution

**Jan 17** - No School - Martin Luther  
King Jr. Birthday

IN PARTNERSHIP WITH  
NUSD SAFE ROUTES TO SCHOOL

**Natomas**  
Unified School District  
Connecting students to their future

Walk and Bike To School program sponsored by the North Natomas TMA, a nonprofit organization with the mission to foster transportation behaviors that benefit the community through advocacy, programs, education, and services. Contact [mellissa@nntma.org](mailto:mellissa@nntma.org) - 419-9955



### December Prize Distribution

Thank you to all the students who came out on Wednesday, December 15th, to receive their last punch card prize of 2010. Thank you to all the volunteers who came out to help distribute prizes. Walking Wednesdays would not exist without you.



### Bike Donation Drive

Trying to figure out what to do with all the gift cards you received over the holidays? How about a bike? It is time for a healthy new year filled with adventure. The next question is - What do you do with the old bike that's hanging in the garage?



**DONATE IT!** The NNTMA is organizing a used kid's and adult bike drive. We will be repairing the bikes and donating them back to students in our local North Natomas schools. Bikes can be dropped off at the NNTMA office, (1960 Del Paso Road) M-F 8:30 a.m. - 5:00 p.m. We close each day for lunch between 12:00 p.m. and 1:00 p.m. Please contact us prior to dropping off any bikes.

NUSD is not partnering, sponsoring, or associating with the NNTMA Bike Drive and is in no way endorsing this project.

The NNTMA is a 501(c)(6) non-profit organization and contributions are not deductible on the donor's federal income tax return.

### Remember to Slow Down!

Speeding is a problem across the United States. Each year, more than 15,000 people die in speed related crashes, and 80,000 people are seriously injured. Reducing automobile speeds is a key ingredient to reducing injuries and increasing walking and bicycling as transportation. This will greatly impact those that most need to walk - children, aging adults, disabled adults, and those residing in low-income communities. Leaders in some European countries have implemented slower speed limits, which has resulted in fewer traffic injuries and fatalities.

In the U.S., 48% percent of fatalities are from people driving too fast. There's a stark difference between injuries that occur in a crash at 20 mph and a crash at 30 mph. In response, U.S. cities including Columbia, New York City, and Portland have started to reduce speed limits. We hope to see the data from these cities reduce the number of collision injuries and fatalities - a trend we'd like to follow in Sacramento.

Let's lead the way locally in North Natomas. Slow down and think next time when you're driving in the school's neighborhood. Don't become a statistic.

Unscramble each of the clue words. Then solve the mystery phrase by copying the letters with the same numbers into the empty boxes.

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