



North Natomas

Transportation Management Association

Regency Park Two Feet Tuesdays NEWS



Regency Park January 2011

New Punch Card Kick Off - January 4

Happy New Year! Come get your *brand new* 2011 Two Feet Tuesdays punch card. Make sure you walk or bike every week because we have really cool charms for the new year. Treasure box prizes will now be random, so make sure you don't miss any Two Feet Tuesdays. 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

Meet Wendy Kennedy



Wendy Kennedy

Wendy has been a great addition to the Two Feet Tuesdays team since September 2010. She has two sons, one in pre-school and the other, a first grader at Regency. Her family enjoys riding their bikes as often as they can, and her son Sawyer, looks forward to getting his card punched every Tuesday.

Wendy started volunteering because she thought it would be a great opportunity to be part of a program where both her sons could help out. Her favorite part about volunteering is greeting the children in the morning as they arrive at school. She has seen a positive biking and walking

to school change at Regency Park, especially with her two boys. They look forward to Two Feet Tuesdays so much that they often convince their mom to ride their bikes, even in the rain, which makes it fun to splash through puddles!

Since their involvement, the Kennedy family has realized how much they like riding to school every day. Wendy thinks it's a great way to get some fresh air, exercise, and spend time with her sons.



UPCOMING EVENTS:

Jan 4 - Two Feet Tuesdays new punch card distribution

Jan 17 - No school - Martin Luther King Jr. Birthday

All Tuesdays - Two Feet Tuesdays!

IN PARTNERSHIP WITH
TWIN RIVERS SCHOOL DISTRICT



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 - 419-9955



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.

The North Natomas TMA is a 501(c)(6) non-profit organization. Contributions to section 501(c)(6) organizations are not deductible as charitable contributions on the donor's federal income tax return. Questions? Call 916.419.9955.

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.



Alyssa & Julian Villa Segura

Meet Alyssa Villa Segura

Alyssa, in Mrs. Smith's 3rd grade class, likes riding her bike to school on Two Feet Tuesdays. She enjoys the exercise and spending time with her cousin and brother, Julian. She says, "I like walking and biking on Tuesdays because it's healthy and fun for everyone."

Her favorite color is purple and she enjoys writing about animals on her spare time. Most importantly, she likes dancing with her friends.

Thank you Alyssa for all your hard work! Keep it up!

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

WNE RYAE

16 6 10

GINIDMTH

15 1 18

NNTUODOCW

14 5

BECLEETAR

19 9

RAJNYUA

17 11 4

WORFERSIK

12 13 7

P **P**

1 10 4

5 6 7

4 6 10 11

12 13 14 15

16 16 18 15 10

