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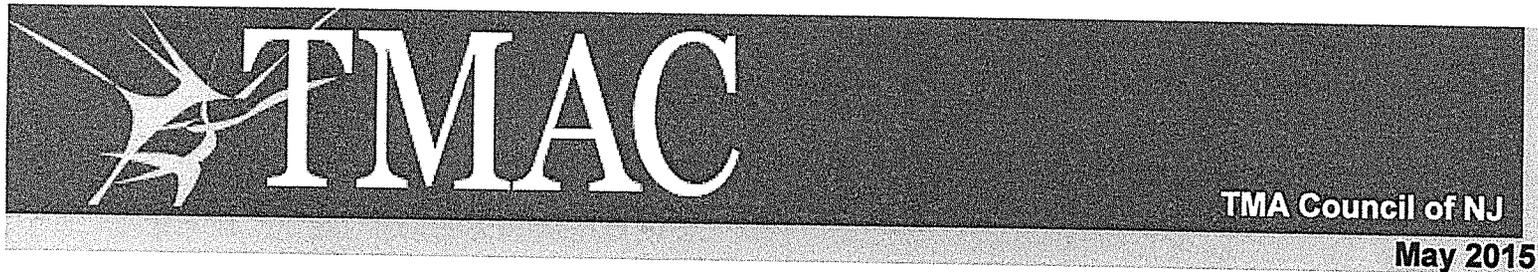
Gouveia, Susan

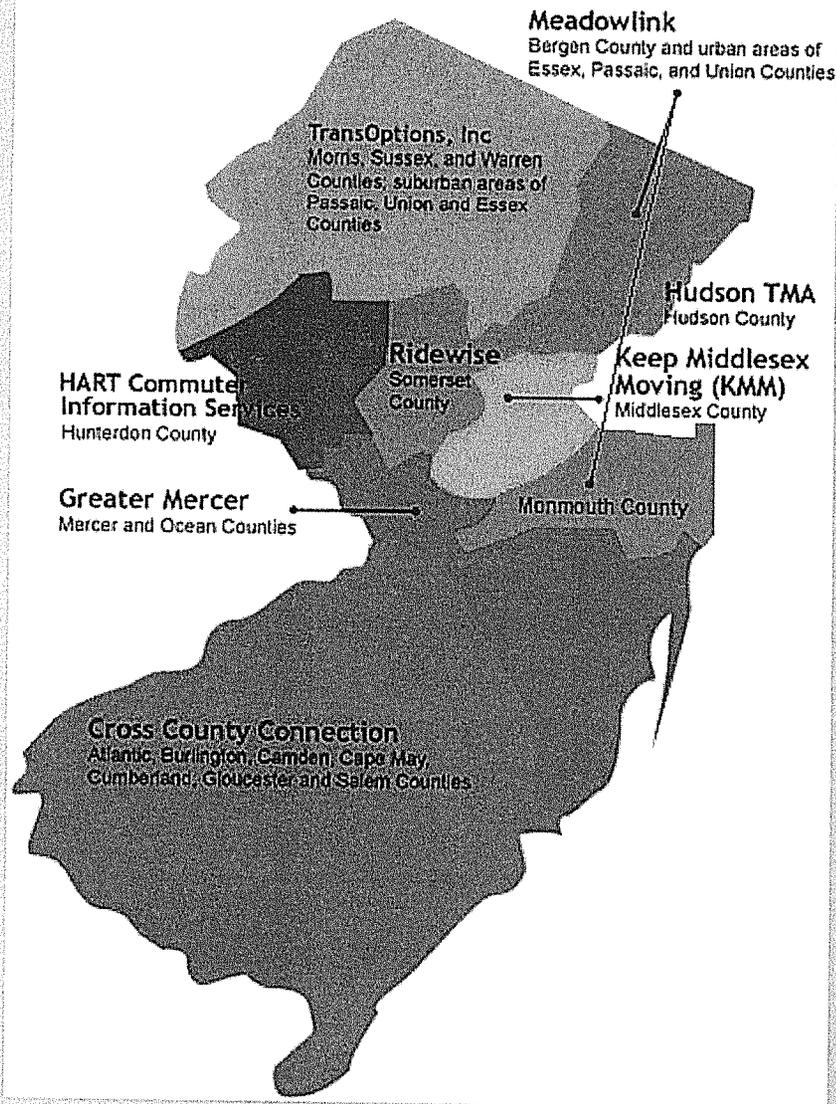
From: Lashway, Lisa
Sent: Wednesday, May 27, 2015 11:21 AM
To: Canning, Sean; Gouveia, Susan
Subject: FW: TMAC May 2015 Newsletter

Lisa Lashway
Mt. Olive Twp. Clerk
973-691-0900 Ext. 7291
FAX 973-691-2080
PO Box 450
Budd Lake, NJ 07828

From: info@tmacouncilnj.org [mailto:info@tmacouncilnj.org]
Sent: Wednesday, May 27, 2015 11:19 AM
To: Lashway, Lisa
Subject: TMAC May 2015 Newsletter

To view this email as a Web page click [here](#).
To visit the website, click [here](#).





TMA Council of NJ (TMAC NJ) is comprised of the Executive Directors of New Jersey's eight Transportation Management Associations. TMAs are non-profit organizations that work with businesses, commuters, county and local governments, and state agencies to implement programs that reduce traffic congestion and improve air quality. Funding for the TMAs is provided, in part, by the Federal Highway Administration through North Jersey Transportation Planning NJDOT and also by NJ TRANSIT.

**Senior Pedestrian Fatalities a Growing Concern:
Walking Safety Article by TransOptions in N.J. Foundation for Aging Publication**



Alarminglly the number of pedestrian fatalities in New Jersey spiked in 2014 according to a New Jersey State Police report, up 28% from 2013. Roughly half of those victims were older than fifty.

Helping seniors walk safely by being aware, alert and visible is the focus of an article from TransOptions that appears in the spring 2015 Renaissance Magazine published by the New Jersey Foundation for Aging at www.njfoundationforaging.org/wpcontent/uploads/2013/12/Ren_Spring_Final_B.compressed.pdf (See page 14.).

Thanks to distracted drivers and inattentive pedestrians walking safety has become a topic of concern, especially for senior citizens as 8,000 people in the U.S. turn 65 every day from now through 2030.

Help the seniors in your community learn how to walk safely. TransOptions offers a free pedestrian safety program to communities, libraries and senior groups in northwest New Jersey. For more information or to schedule a program, contact jbortman@transoptions.org or call (973) 267-7600.

Keep Middlesex Moving (KMM)

serving Middlesex County

www.kmm.org

KMM hosts #BikeToWorkNJ event in New Brunswick - May 20, 2015



Bike to Work Month is an international event that encourages commuters to ride their bike to work at least once during the two weeks. The event ultimately raises awareness about the ease of using a bicycle for everyday transportation needs and the environmental and health benefits of doing so.

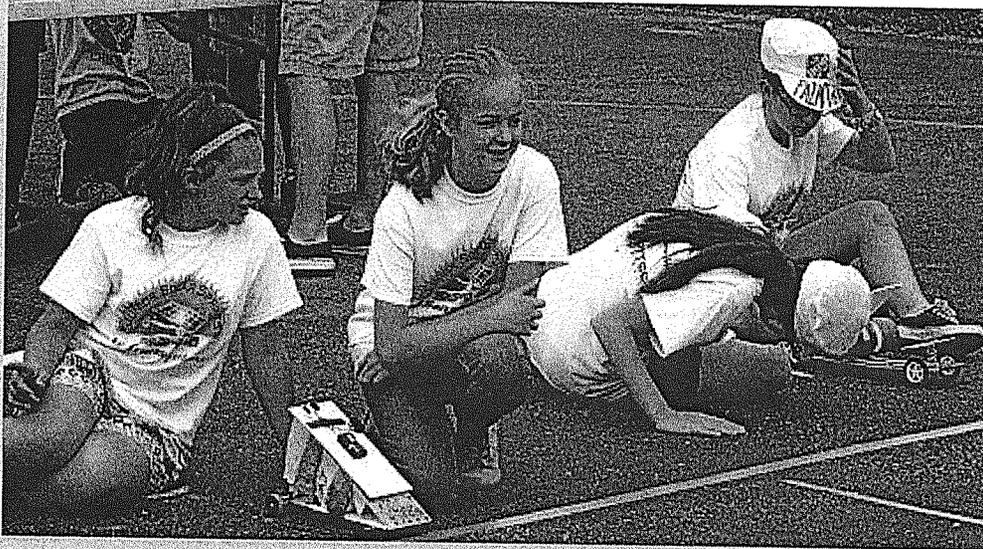
This year, KMM hosted an event that brought together biking and community with a free afternoon fair in downtown New Brunswick. For a complete look at the day's event, please visit the [KMM Storify](#) page.

TransOptions, Inc.

serving Morris, Sussex, and Warren Counties; suburban areas of Passaic, Union and Essex Counties

www.transoptions.org

Local STEM Program has Roots TransOptions Hosts 14th Junior Solar Sprints Competition



For the 14th year, TransOptions helped middle school students experience the wonders of science by hosting Junior Solar Sprints (JSS). The environmental education event fostered STEM (Science, Technology, Engineering and Mathematics) learning by challenging students to think, dream, design and collaborate as they built solar powered model racing cars in an activity correlated to Next Generation Science Standards (NGSS).

The students' model cars competed in the categories of Speed, Engineering, Craftsmanship and Best Use of Recycled Materials. Each team was also required to submit a Progress Journal that documented the history of their car from concept through design, development and testing.

The evolution of JSS paralleled the growing focus on STEM. What began in 2002 with 8 schools, 158 teams and 451 students from Morris, Sussex and Warren counties has grown in size and scope to 54 schools, 1,012 teams and 3,485 students from an expanding geography that includes Bergen, Essex, Hunterdon, Morris, Somerset, Sussex, Union and Warren counties. Five divisional races were held during the week of May 18, 2015. Winners advanced to the Inter-County Final Race held on May 28, 2015.

To see more photos and videos from the races, visit TransOptions on Instagram and Facebook. For more information or to learn how to compete next year, contact Cindy Reuther at TransOptions (973) 267-7600 or creuther@TransOptions.org.

Cross County Connection

serving Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester and Salem

Counties

www.driveless.com

A new way to travel through Gloucester County is arriving this summer!

A new shuttle system called the Pureland East-West Community Shuttle is set to begin this summer as a way to help working families make their way through the county at a very low cost.

The shuttle, which for now has 10 stops, will travel through Monroe Township, Glassboro, Mullica Hill, Swedesboro and end at the Pureland Industrial Complex.

"It's going to travel in a much-needed east-to-west direction across the county," said Ronda Urkowitz, program director at Cross County Connection.

Fares:

- \$1 each way. Exact fare required. FREE during June 2015.
- Free for children under 6 accompanied by adult.

Connecting Services:

- NJ TRANSIT 313, 316, 400, 401, 402, 408, 410, 412, 459, 463, 551

Partners:

The Pureland-East-West Community Shuttle is a partnership between The County of Gloucester, The Pascale Sykes Foundation, the South Jersey Transportation Authority, United Way of Gloucester County, Heart of Gloucester County, NJ TRANSIT and Cross County Connection Transportation Management Association.

For more information, please see: www.driveless.com/PurelandEastWestShuttle.html.

HART Commuter Information Services

serving Hunterdon County

www.hart-tma.com

Milford Public School Students Walk to School; Earn Hunterdon "Golden Sneaker"

Award"

The "Golden Sneaker" Award, presented annually to the school with the highest percentage of students who walked to school during April's Hunterdon County Walk to School Week, has been awarded to Milford Public School. Sixty seven (67%) of Milford student walked to school during the week of April 20, 2015.

Milford Public School was presented with the perpetual trophy and students each received a "golden sneaker" backpack tag, at an assembly held on May 13, 2015. The school has the honor of displaying the "Golden Sneaker" trophy for the coming year. They will be invited to defend that title next year during Hunterdon County Walk to School Week 2016.

Hunterdon County Walk to School Week, sponsored by the Hunterdon County Safe Routes to School Program, reinforces the simple goals, "Where it is safe, get kids walking and bicycling; where it is not safe, make it safe".

The week serves as the official start of the spring "walk to school season" at twelve (12) Hunterdon County elementary and middle schools, with students arriving to school via "walking school buses" designated, chaperoned walking routes to school. Parents, faculty members and students will walk along the route, "picking up" additional students along the way.

Participating schools include: Barley Sheaf Elementary School (Raritan Twp), Bloomsbury Elementary School, Califon Public School, Clinton Public School, Frenchtown Elementary School, Hampton Public School, High Bridge Elementary School, Lambertville Public School, Lebanon Borough School, Milford Public School, Reading-Fleming Intermediate School, and Stockton Borough School.

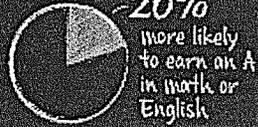
"Walking to school has so many benefits for students," says Shepherd. In addition to providing a healthy way to start the day, spend quality time with friends or parents/caregivers, there are cognitive benefits. "Recent data from the Robert Wood Johnson Foundation 'Active Living Research' initiative demonstrated that after 20 minutes of physical activity, about the time that it takes a child to walk to school, students tested better in reading, spelling and math and were more likely to read above their grade level," she notes.

active kids learn better

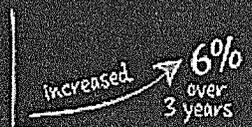


physical activity at school is a win-win for students and teachers

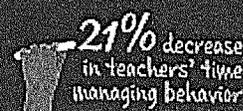
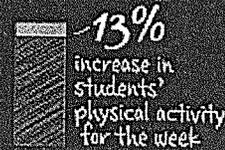
GRADES:



STANDARDIZED TEST SCORES:

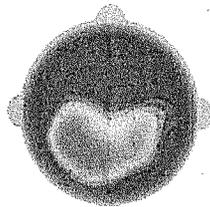


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:

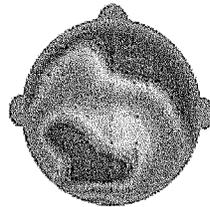


physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



after 20 minutes of sitting quietly



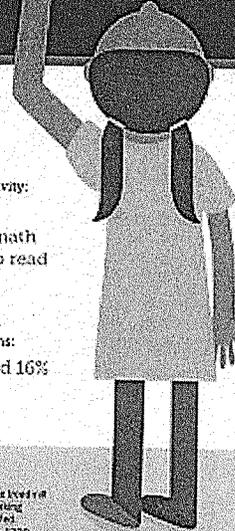
after 20 minutes of walking

Red areas are very active; blue areas are least active

MORE RESULTS:

after 20 minutes of physical activity:
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:
memory tasks improved 16%



SOURCES: Donnelly J.L. and LeBlanc K. (2013). Children's physical activity, cognition, and academic achievement. *Phys Med Rehabil* 31: 539-542. Huhman C.H. et al. (2007). The effects of acute levels of activity on cognitive control and academic achievement in middle-aged children. *Neuroscience* 150(3):1044-1054. Kuzma K. et al. (2011). The effects of an after-school physical activity program on reading memory in preadolescents of diverse. *Dev Sci* 14(7):1045-1056. Hilde D.L. et al. (2013). Benefits of DIME 100: Integrating physical activity with academic concepts in elementary school. *Advances in Health Behavior* 1(1):93-100. Wilson W.G. and Cohen-Lencer P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics* 117(4): 1231-1236.

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.

For more information on the Hunterdon County Safe Routes to School Program, contact Ryan Fisher, Safe Routes to School Coordinator, ryan@harttma.com or call 908-788-5553 x 15.

Greater Mercer TMA

serving Mercer and Ocean Counties

www.gmtma.org

Greater Mercer TMA recognizes local students in Safe Routes to School Bookmark

Design Contest

Greater Mercer TMA (GMTMA) sponsored a Safe Routes to School Bookmark Design Contest with the theme "My favorite place to walk/bike is..." The contest was open to all 3rd through 5th graders in Ocean County, NJ. This year we had more than twenty schools participate in the contest and received 300 bookmark contest entries.

Creativity was abundant making it very difficult to pick the winners. Just look at some of their artwork on our Pinterest page! We would like to thank the schools, teachers, parents, libraries, and superintendents for such a great collaboration. Also, we would like to thank all the students that submitted artwork, the response was amazing.



Winning designs Mercer and Ocean counties

The winning bookmarks will be printed and distributed at local libraries and schools. Congratulations to the winners!

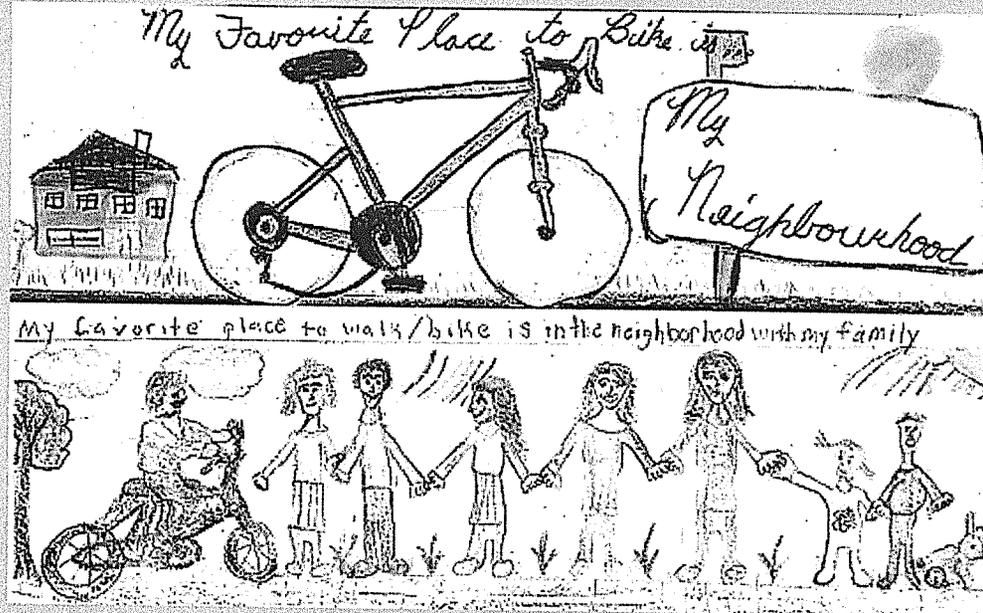
MERCER COUNTY

- 3 rd and 4 th grade category Angelika Gorecka, Slackwood Elementary School, Lawrenceville NJ
- 5 th grade category Evenly Vasquez, Woodrow Wilson Elementary, Trenton NJ

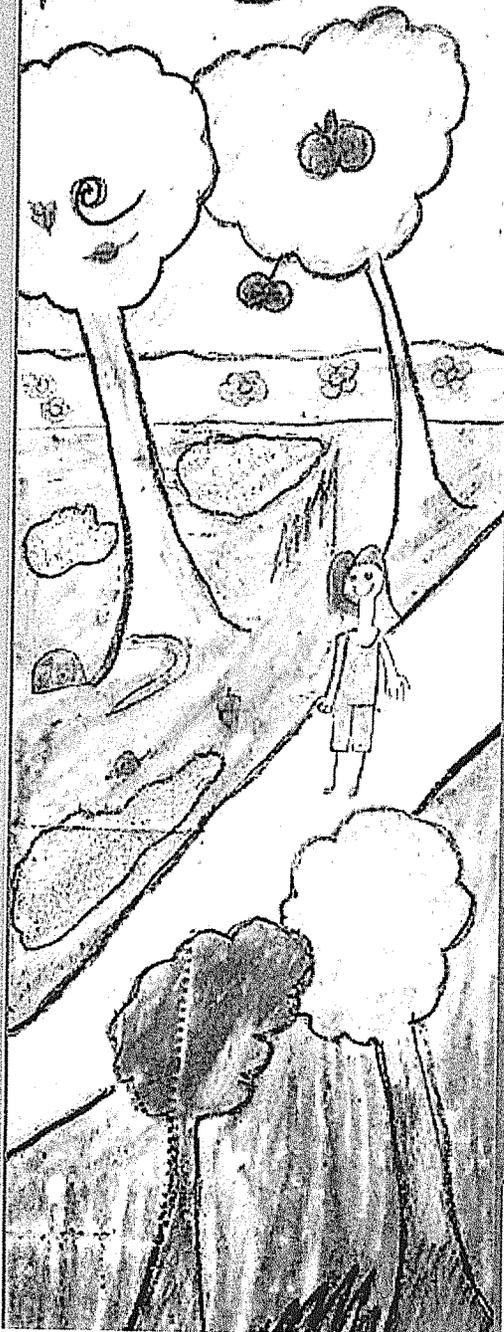
Honorable mention, Shaila Sachder, 5th grade student at Littlebrook School, Princeton, NJ and Samantha Gunton, 4th grade student at Lawrenceville Intermediate School, Lawrenceville.

OCEAN COUNTY

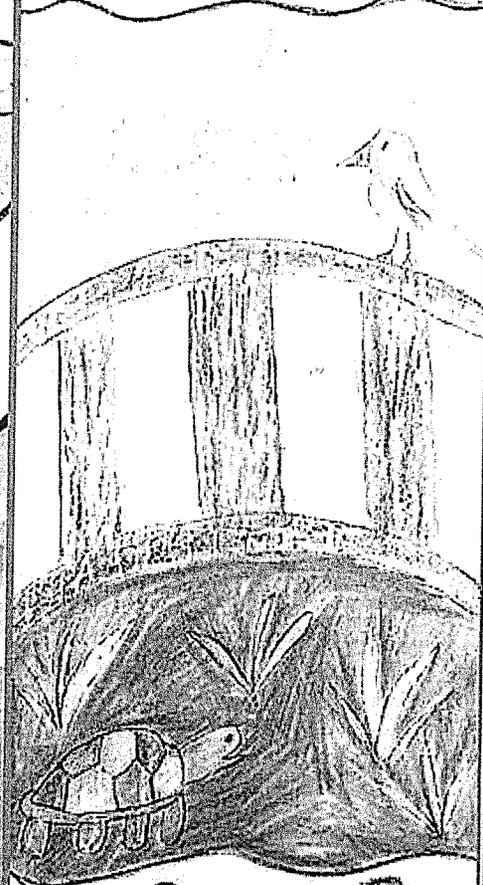
- 3 rd and 4 th grade category Anna Claire Willmot, Ocean Road School, Point Pleasant, NJ
- 5 th grade category Isabella Wade, East Dover Elementary, Toms River, NJ



My favorite place to be is
in the
Woods.



My Favorite
Place to
Walk is...



MERCER
COUNCIL

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