

CCSU RideShare – “The Fast Lane”

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Financial Aid's star carpoolers. Michelle Craig, Pat Barton, and Sherry Barwick (l-r) started carpooling together this year.



Carpooling can be fun!

1-87-RIDEFIND

CCSU University RideShare

Department of Public Safety

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For more information:
<http://adminserves.clayton.edu/ps/> or
E-mail:
Rideshare@mail.clayton.edu

Clayton College & State University, University RideShare Program
Department of Public Safety, Student Center, Room D-209, (770) 961-3540

Three Carpoolers Who Met In Financial Aid

By Esther Bushay and Jeannette Newman

In this day and age, e-mail has done much to link persons and spread important and useful information. It has even wielded its powerful influence in the world of carpooling, as evidenced by the case of the three Financial Aid carpoolers: Sherry Barwick, Michelle Craig, and Patricia Barton.

The three CCSU employees, who work in the Financial Aid Department, learned about the Clean Air Campaign's Cash for Commuters Program through an e-mail sent out by Joan Murphy, University RideShare Coordinator.

After reading the e-mail, Barwick presented her associates with the idea of trying out the program. The others, also motivated by the incentive of receiving payment for carpooling, agreed to the idea.

So far, they have found the experience to be thoroughly enjoyable, having only to make slight changes in their routines in order to accommodate one another. However, they all appreciate having time to chat together during their commute.

"I get to talk with Pat and Sherry each morning and afternoon about things we don't have time to discuss during our

busy day in the office," says Craig.

Barton cites additional personal benefits, saying, "It makes me leave work on time. I am one of those who will work straight through 5:00 and never even know it came. My husband is happy because I don't live at work as much."

In the long run, all three agree that it has been a wonderful experience without regrets, and they will definitely try it again.

As Barton put it, "What better way to make \$3 a day?"

Healthy Biking

By Ted Walkup, Professor of English, School of Arts & Sciences

Clayton State depends on the automobile. To get here, most students, faculty, and staff members drive and usually do so alone. All these subcompacts, trucks, minivans, and SUVs profoundly disrupt the serenity of our campus. Before morning classes, at midday when many students leave for home and work, and before 6 p.m. classes, the roads in and around campus often look like those at Southlake Mall during holiday shopping season. But it is unrealistic, given Clayton State's suburban setting and the area's insufficient mass transit system, to expect this dependency on the automobile to disappear soon.

However, those members of the campus community who live within a 5- or a 10-mile radius do have an alternative—commuting by bicycle.

The advantages of riding a bicycle to campus are numerous: commuters can get good exercise, save money, and help reduce pollution and traffic congestion. Several approaches to campus—including Lee Street and the roads in adjacent neighborhoods—afford scenic alternatives to unsightly, busy thoroughfares such as Highway 54. Indeed, one of the joys of bicycle commuting is discovering new routes through quiet streets and past small lakes and wooded areas that drivers, preoccupied with radios and cell phones, never see.

Even if bike riders must travel on Jonesboro Road or Mt. Zion Road, they should not hesitate to commute to campus. The traffic on these routes can be intimidating, but riders should courteously assert their right to be there. Although Georgia law confirms that bicycles can share the surface streets with cars and trucks and SUVs, many riders lack confidence in their skills. Those who want to learn how to ride safely on the roads should consider taking an Effective Cycling class sponsored by the Atlanta Bicycle Campaign (ABC), this area's leading advocacy group for bicycling. Information is available on the ABC Web Page at <http://www.atlantabike.org/home.htm>.

Continued on page 3

Bikes on Buses

Bringing your bicycle with you on a bus or train throughout metropolitan Atlanta is even easier than riding it to your bus stop. C-TRAN, MARTA, and CCT buses are equipped with bike racks on the front of the bus. On MARTA trains, you can roll your bike right in the door and store it in the luggage area during your trip. There is no extra charge for bringing your bike with you.

Bringing your bike with you on the bus is almost as easy. While you can't bring your bike inside the bus, there are racks on the front of the buses that will safely carry your bike while you ride. When the bus stops for you, tell the driver you will be using the bike rack. Then, from the curb side only, walk with your bicycle to the front of the bus. Be careful – it is sometimes difficult for the driver to see you when you are standing

close to the front of the bus and its bike rack.

If the bike rack has not already been lowered, squeeze the release handle on top of the rack and lower the rack into position. It will fold out and down, toward you. The rack can hold two bicycles. Each space has slots that hold the wheels of your bicycle.

Load your bike into one of the spaces. If yours is the only bike in the rack, use the space furthest away from the bus. This makes it easier for the driver to see how far out the rack extends from the front of the bus.

Once your bike is in the rack, make sure that each wheel is sitting securely in its proper slot. Then raise the support arm to the top of the front tire of your bike. This holds the bike in place. Make sure that the support arm is in contact with the tire on your bike and not a fender. When you are finished, board the bus.

When it is time to get off the bus, **DON'T FORGET YOUR BIKE!** (It happens sometimes. If you do forget your bike, call C-TRAN customer service at 770-472-8800. We'll help you get your bike back.) Let the driver know you will be retrieving your bicycle. Walk to the rack from the curb side of the bus, lower the support arm, and lift your bike out of the rack. If no one else is using or is waiting to use the bike rack, fold the rack back up. It will latch into place by itself.

Don't hesitate to ride your bike to the bus anymore. Your bike is welcome on the bus.

For more information:

<http://web.co.clayton.ga.us/ctran/>
(C-Tran)
<http://www.itsmarta.com/index.asp>
(MARTA)

If you are interested in finding a ride or giving a ride, call Public Safety at 770-961-3540 or 1-87-RideFind.

Let's help reduce air pollution

By Callie Rumph, student

Let's help reduce air pollution. You can do that by carpooling, walking, cycling, or riding public transportation.

Carpooling can be fun and a great way to meet people who live near you and possibly share your same interests.

Walking or cycling can provide beneficial exercise. Exercise is good for everyone!

Public transportation is often received in a negative light, but it is a positive experience for many.

At Clayton State, Clayton County Transit (C-TRAN) is the only form of public transportation. C-TRAN still is relatively new, so the routes are limited at this time. The biggest advantage to C-TRAN is that it connects to MARTA via Hartsfield Airport.

Also, the bus enables the rider to read, do homework, talk to a friend, relax or even take a nap. It costs \$1.50 one way to ride the C-TRAN, but you must have exact change.

Audrey Faustima, student, has been riding public transportation to Clayton State for two years from Lithonia. It took her more than two hours to get to school and she took

two buses and two trains to get to school. Audrey said she used her time to "do her home work, prepare for exams, and to sometimes sleep."

Audrey now has her own transportation, but she is an example of accomplishing your goals no matter what.

Did you know that the Department of Public Safety (located in the Student Center, Room 209) sells C-TRAN one-way passes? You can purchase them one at a time for \$1.50 and not worry about having the exact change. The one-way passes do not expire so you can use them at any time.

Weekly and monthly passes can be purchased at Kroger in Lake City, Riverdale, and Jonesboro, and at Southlake Mall.

Stop by the Public Safety's University Rideshare office (also in Student Center, Room 209) and sign up to be a potential carpooler, or pick up a C-TRAN schedule and begin utilizing public transportation. It is always a good time to start exercising—especially walking.

Remember, air pollution is something that affects us all—You can make a difference.



Student Audrey Faustima waits for the C-TRAN at the Clayton State bus stop.

Remember all of these things make a difference, so let us try to breathe cleaner air!

For more information:
<http://web.co.clayton.ga.us/ctran/> (C-Tran)
<http://adminsivices.clayton.edu/ps/> (CCSU Public Safety)

If you are still looking for a carpool partner, call Public Safety, 770-961-3540, or 1-87-RideFind.

Healthy Biking (continued from page 1)

Once on campus, commuters can lock their bicycles in racks at several locations—between the Arts & Sciences and Technology Buildings, between the Student Center and the Business & Health Sciences Building, and in front of the Athletics & Fitness Center. Demand for these facilities is not great at this time. But if commuting by bicycle becomes more popular, we can expect the University to provide more racks and take other measures to accommodate cyclists.

Clayton State can depend less on the automobile if more students, faculty, and staff begin commuting by bicycle.

Those who do commute by bicycle, they not only benefit themselves but also lead the way in making our campus safer, cleaner, and more beautiful.

For more information on alternate transportation or carpooling, call Public Safety, 770-961-3540.



One of the bike racks on campus

October Carpool Winners!

Good deeds deserve great rewards, and carpooling is no exception. That's exactly why, every month, the CCSU University Rideshare program works hard to find excellent ways of rewarding students and employees who have signed up and carpool together **at least once a week**. Keep reading to find out the prizes awarded to October's carpool drawing winners.

October 2003	
Employee or Student	Prize Won
Erlinda McCain, Dining Services	\$10 Gas Card Amoco/BP
Crystal Wade, Student	\$10 Gas Card Amoco/BP
Lesley Kilchriss, Student	SmartBodies Massage Therapy by Integrated Wellness—1/2 hour therapeutic massage by Michael Clark, Certified Massage Therapist-located in the A&F Center (678-984-2943).
Carol Leavell, School of Business	Chick-fil-A Dinner for Two at Forest Park Dwarf House, Jonesboro Rd., Forest Park.
Kathleen Coleman, Plant Operations	Two free passes to Zoo Atlanta
Justin Swann, Student	Free Dinner at SouthSide Seafood (Forest Parkway, Lake City)
Autumn Shealy, Student	Free meal, CCSU Dining Services (Value up to \$5)
Mariel Jiminez, The Bookstore	Leather pocket note pad and pen (Carla Cook, Tasco)
James Strobel, Student	Travel Mug from the Clean Air Campaign
Rebecca Snyder, Student	CD Visor Organizer from Georgia Power, A Southern Company
Dolores Cox, University Image & Communications	Lake City Subway (Free Reg. 6" Sandwich)
Linda Campbell, The Bookstore	Tote Bag from University RideShare, 1-87-RIDEFIND

Remember, if you'd like to be eligible for the University Rideshare program's monthly drawings, all you have to do is sign up and participate in carpooling to CCSU **at least once a week!** . For more information see our website at <http://adminservices.clayton.edu/ps/> or contact Joan Murphy in the Department of Public Safety at 770-961-3540.

How Much Does It Cost You to Drive?

Size	Cost to Operate per Mile (In Cents)	Cylinders	Average MPG
Subcompact	32.2	4	32
Compact Car	42.3	4	23
Intermediate Car	46.9	6	20
Full-Size Car	51.1	6	19
Compact Pickup	40.2	4	18
Full-Size Pickup	47.7	8	13
Compact SUV	45.6	4	15
Intermediate SUV	51.4	6	15
Full-Size SUV	52.9	8	13
Mini-Van	50.7	6	17
Full-Size Van	52.0	6	13

Source: Federal Highway Administration estimates, U.S. Department of Transportation, based on the 2001 editions of *The Complete Car Cost Guide* and *Complete Small Truck Guide* and *Automotive News* and <http://www.gms.state.ga.us/employee/includes/telework042003.doc>.

URS Students Available at Orientations

If you have not signed up with University RideShare yet, URS students will be in the Student Cafeteria area during the following orientation sessions. Stop by and get information, sign up for RideShare, and pick up a free gift when you register. This is not a commitment to carpool. Even if you can carpool 1-2 times a month, you can help the environment and save money.

Orientation Session	Day	Date	URS Students Available
Spring 2004 New Student	Friday	Dec. 12, 2003	1:30p.m.-4:00p.m..
Spring 2004 Non-trad.	Saturday	Dec. 13, 2003	10:00a.m.-1:00p.m.
Spring 2004 Non-trad.	Tuesday	Dec. 16, 2003	6:00p.m.-9p.m.
Spring 2004 Non-trad.	Monday	Jan. 5, 2004	6:00p.m.-9p.m.

For more information see our website at <http://adminserves.clayton.edu/ps/ehsnewprogram.htm>.



Sign up gifts