



## **April Fuels on April Fools**

**Join us on April 1, 2011 in carpooling, walking, biking, telecommuting or, just staying at home!**

**It will be fun and useful to see how we can reduce our community's carbon footprint, save ourselves money, and be better prepared for the next oil price spike.**

**Let's devote this special Friday to learning how to improve the way we get to work or organize our shopping and other expeditions. Let's explore our transportation options.**

### **Carpooling**

**The benefits are many. For those of us who drive every day, we will save money in gas and in the wear and tear of our vehicle. By sharing a ride, we will endure less stress and keep Henderson County's air cleaner.**

**We can email or call our co-workers or neighbors or school associates to say that we want to carpool. We can also organize a carpool through our employer, neighborhood association, local food shop or coffee shop.**

### **Walking**

**If possible, let's walk. We will improve our blood pressure, reduce joint pressure and the risk of stroke, and keep excess weight at bay. We will also get a better night's sleep, feel more relaxed, and have a better memory.**

**Walking will keep us strong and fit and give us an opportunity to meditate, enjoy our surroundings and connect with our bodies. On April 1, let's leave our cars at home and walk.**

## **Bicycling**

**Riding our bikes to work or to run errands will produce NO air pollution – it is the most energy efficient form of transportation. It will save us money, improve our health, and it is fun. Possibly we may even get to our destination faster than if we drive but certainly we will be able to park more easily and cheaply.**

**Let's select a route, consider a bike buddy, wear a helmet, and tell our supervisor that we will be biking to work on April 1. Employers, please note: people who cycle to work regularly are more productive and take less sick-leave.**

## **Telecommuting**

**Working from home saves energy. We won't be using a gas-burning vehicle to get to work or following a dress code. Our schedule will be flexible enough to make and keep personal appointments. As parents we'll feel good about being available for our kids if there's a medical or other emergency.**

## **Driving Less**

**For things like errands, shopping, buying groceries, or getting together with friends, let's plan ahead. We can telephone a store to make sure it stocks what we need. We can ride with friends, combining and consolidating our errands. April 1 will be a good day to try out our local bus system - the Apple Valley Transit.**

**Sign up to do your part on April Fuels Day!**