

Drawing by Alison, child of Kristine Yaw, Corrections

Want to spend less at the pump?

Here are some simple driving tips that will help you save money:

- Easy does it. Letting your car coast to a stop is a good way to improve your mileage.
- No junk in the trunk! A heavier vehicle uses more gasoline.
- Take care of your vehicle. A simple measure such as keeping tires properly inflated can increase gasoline mileage
- Combine trips. You can save on fuel and cut down on the wear and tear on your car by choosing the shortest route to your destination and combining short trips whenever possible.

And the best advice of all? Carpool, ride transit, bike or walk whenever you can. Remember, carpooling just one day a week could reduce your gasoline consumption by as much as 20%.



January 2012

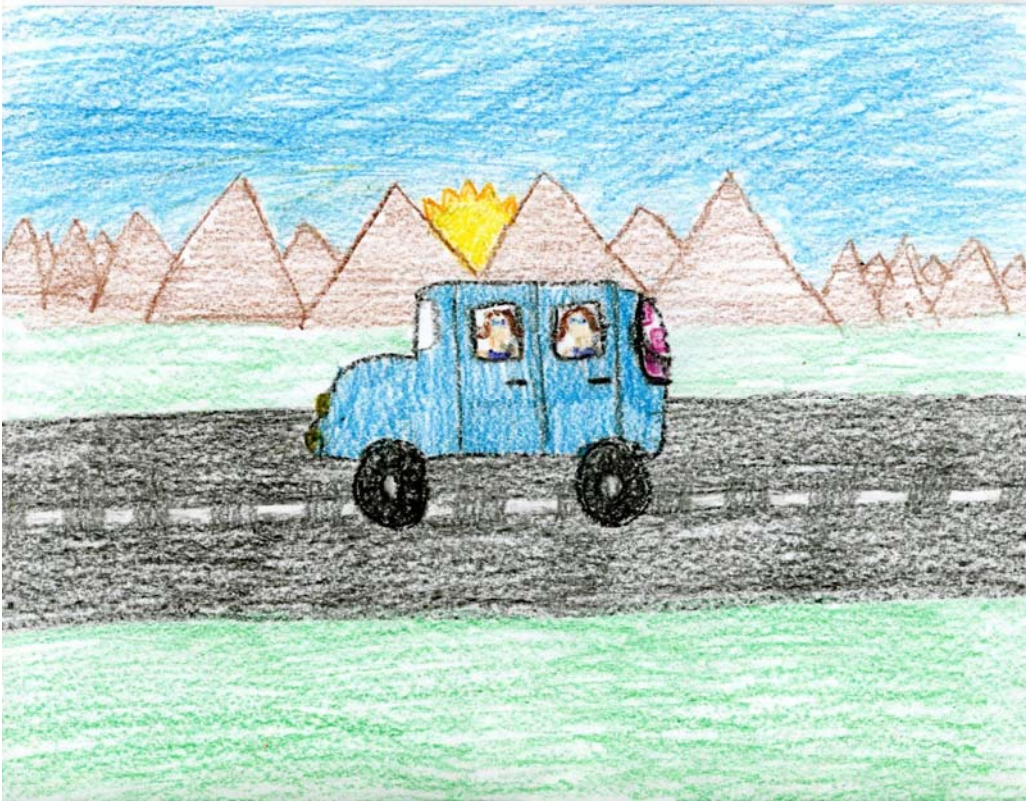
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

Looking for that perfect match?

www.capitolrideshare.com/files/matchlist.htm

Find someone who lives and works near you. It's great to share the commute! Save money and time!

Capitol Rideshare can help you find someone who shares a similar commute. And thanks to our online matching system, you can find someone instantly. It's fast, free, confidential, and very easy! Even if you only want to share the ride on an occasional basis, check it out! Whatever your reason, you may just see that ridesharing is a great way to work! You may discover co-workers right around the corner!



Drawing by Lynn Marie, grandchild of Deborah Branch, Economic Security



February 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | | | |

CapitolRideshare.com

If you are a State employee, please call Capitol Rideshare at 602.542.7433 for additional information.

Ride Transit!

Riding transit can save you time and money. Each day, hundreds of State employees climb aboard a Valley Metro bus or train and enjoy a quiet and relaxing commute. Even if you have never ridden transit, now is the time to give it a try. Valley Metro local, Express, and RAPID buses and light rail can get you to work, often, in the same time it takes to drive. But during your commute, instead of dealing with gridlock and the high cost of driving, you can relax and read a book, do paperwork, or chat with other passengers. If you are not sure what route to take, or if you need an updated transit schedule, call 602.542.RIDE or go to Valley Metro's website www.valleymetro.org. You can also contact a Valley Metro route specialist directly at 602.253.5000.



Drawing by Wyatt, grandchild of Deborah Branch, Economic Security



Drawing by Zachary, grandchild of Deborah Branch, Economic Security



March 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

Bike to work!

If you live within a reasonable distance from your work site, cycling may be an excellent option for you! Cycling is free and a great way to stay in shape. If you live too far from work, why not consider the bike-on-transit program. You can ride to the transit stop, put your bike on board, and commute to work. If you bike to work at least twice a week, you are eligible for a free membership in the Commuter Club! It offers great incentives including a free taxi ride home in case you are stranded at work. It also features a terrific discount card that can be used at a variety of merchants throughout the Valley.



Drawing by Jacqueline, grandchild of Penny Summers, Library and Archives



April 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |



Drawing by Gabriela, child of Jennifer Solis, Revenue

CapitolRideshare.com
 If you are a State employee, please call Capitol Rideshare at 602.542.7433 for additional information.

Commuter Club Discount Card & Emergency Ride Home Benefits

If you use an alternate mode at least twice a week (transit, carpool, telework, bike, walk, vanpool, compressed work week day off), you are eligible for our great incentive program! We appreciate our employees who are doing their share for clean air!

Your Free Benefits Include:

- Free taxi emergency ride home from work*
- Discount card for local restaurants and entertainment
- Quarterly newsletter & contests

There is no cost to join. Capitol Rideshare wants to reward State employees who are doing their part to help improve the air quality in our Valley! Our discount cards offer specials on dining and entertainment. Membership is available to State of Arizona employees in Maricopa County (non-university).

*Certain Restrictions apply.



Drawing by Damien, grandchild of Deborah Branch, Economic Security

| May 2012 | | | | | | | |
|----------|--------|---------|-----------|----------|--------|----------|---|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
| | | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | |
| 27 | 28 | 29 | 30 | 31 | | | |



Drawing by Bailey, child of Brenda Nichols, Health Services

ONE DAY CAN MAKE A WORLD OF DIFFERENCE!

Let's face it. We only have one world. And when it comes to caring about the air we breathe, we all have one goal. And now, in one week, you can make a world of difference!

Change the way you commute to work. Pick at least one day during the Challenge Week. There will be two Challenge Weeks this summer. Share the ride with your spouse or friend, check out transit, or telework. You may even bike or walk to work. Whatever method - use it!



June 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

Clean Air Campaign

Every year during the high pollution season (winter and summer), we sponsor the Clean Air Campaign. This contest is designed exclusively for State employees in Maricopa County. The purpose of the Clean Air Campaign is to educate and motivate employees regarding their commute options. The campaign does this by encouraging employees to just "give it a try." Every year, hundreds of employees discover the ease of carpooling or riding transit.



Drawing by Cheyenne, child of Greg Steinmetz, Public Safety



July 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | 8 | 9 | 10 | 11 | 12 | 13 |
| | 15 | 16 | 17 | 18 | 19 | 20 |
| | 22 | 23 | 24 | 25 | 26 | 27 |
| | 29 | 30 | 31 | | | |

Would vanpooling be an option for you?

Do you live at least 15 miles from your office? Do you want to ride to work in a comfortable van and relax? Would you like to be the driver of a vanpool and have free use of the van on weekends? Would you like to receive a \$20 per month subsidy for your vanpool ride? If a vanpool sounds appealing to you, then you are not alone. If you and a group of your co-workers are interested in having a vanpool presentation at your work site or would like to receive vanpool information, please call 602.542.RIDE.

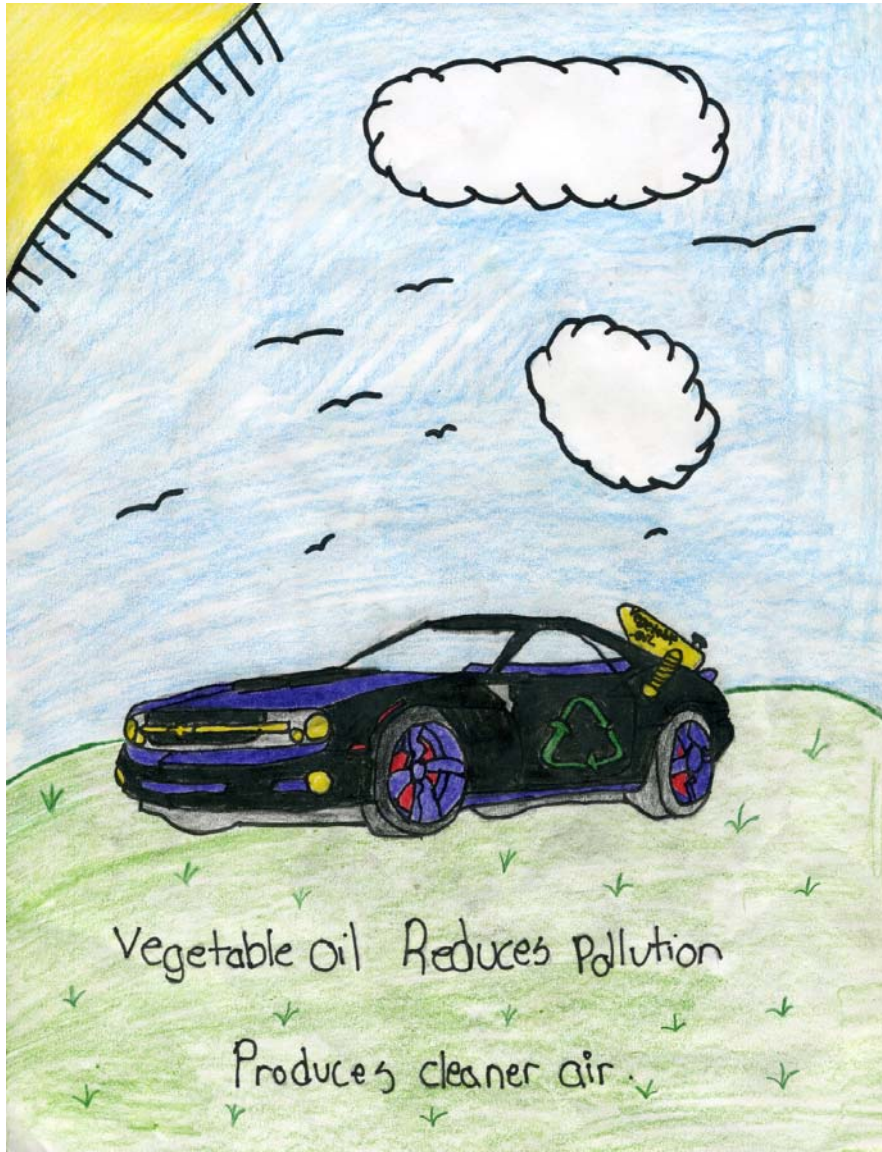


Drawing by Shaloni, child of Steevan Pinto, Transportation



August 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--------|--------|---------|-----------|----------|--------|----------|---|
| | | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | |
| 26 | 27 | 28 | 29 | 30 | 31 | | |



Drawing by Alex, child of Tanja James, Health Services

Telework

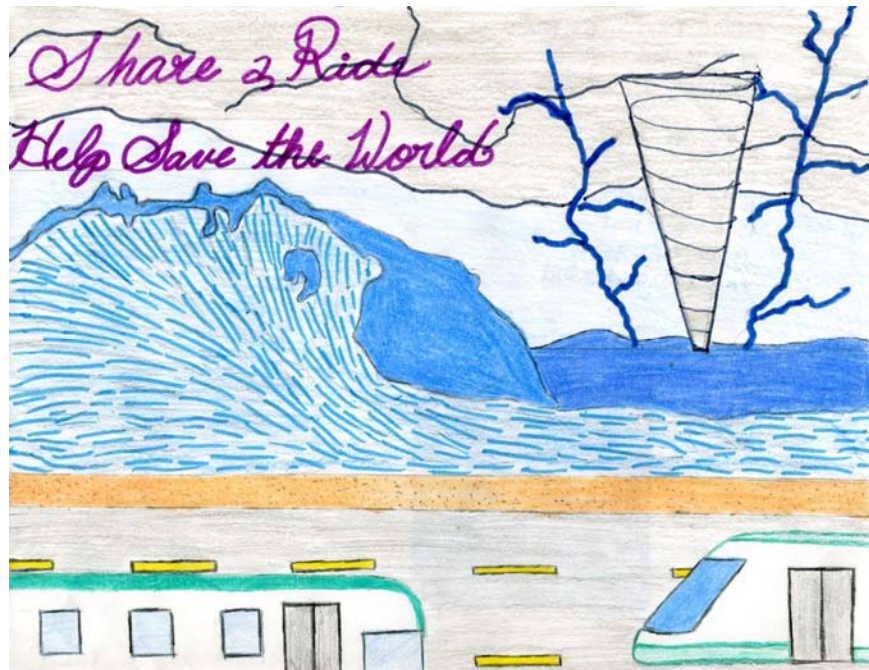
Telecommuting or telework is a powerful management option that allows selected employees to work from home or a State office location closer to home on one or more days a week. Teleworking offers a more productive working environment with fewer distractions that result in better job performance, improved employee morale and job satisfaction, reduced absenteeism and sick leave usage. Teleworking can also help retain valued employees and help recruit top quality new people while improving the quality of life in our communities.

If you are a State employee and want to know if you would be a candidate for teleworking you can take a self assessment survey online at: <http://teleworkarizona.com/mainfiles/employee/eselfassessment.asp>.



September 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |



Drawing by Savio, child of Steevan Pinto, Transportation



Drawing by Ryan, child of James Brown, Corrections

CapitolRideshare.com
 If you are a State employee, please call Capitol Rideshare at 602.542.7433 for additional information.

Rideshare to the State Fair!

Each year Capitol Rideshare holds a Rideshare to the Fair contest! State employees can send Capitol Rideshare a short story on the person they would most like to rideshare with to the State Fair. The person can be a personal hero, historical figure, superstar, sports star, family member, or whoever you wish! Winners receive tickets for the State Fair. If you go to the State Fair and do not want to pay for parking, you may want to take advantage of the free park and ride shuttle service. Parking is located on the west side of the Capitol and in the Wesley Bolin parking area. You can go to www.azstatefair.com for more information.



October 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |



Sharing rides saves money and the community!

Drawing by Tommy, child of James Brown, Corrections



Drawing by Alexander, child of Janet Crook, Health Services

CapitolRideshare.com

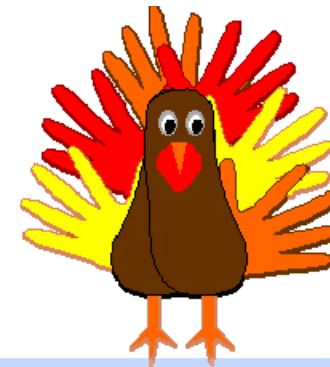
If you are a State employee, please call Capitol Rideshare at 602.542.7433 for additional information.

Particulate Matter

Air quality is an important issue to all of us. Particulate matter can be dust, dirt, smoke or soot that gets released or kicked up into the air. Levels of these pollutants are highest in the winter months. When particulates get stuck in the lungs, they can cause serious health problems to those most at risk, including children, seniors and people with heart or lung diseases.

Here are some tips to cut down on particulate matter this winter:

- Drive less, particularly on high pollution advisory days.
- Don't drive in the dirt.
- Drive slowly on unpaved roads.
- Don't use leaf blowers or other equipment that raises a lot of dust.
- Maintain your landscape by covering loose dirt with vegetation or gravel.
- Avoid using a fireplace on days with poor air quality.



November 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |



Drawing by Kali, child of Renee Fugiel, Transportation

DASH

Do you work downtown and need to do holiday shopping? Why not hop on the DASH Shuttle? It's fast, free, and runs every twelve minutes or so! Check out the schedule online at www.valleymetro.org and note the stops near you. It's a great way to get around downtown at lunchtime without using your car.



Season's
Greetings

| December 2012 | | | | | | |
|---------------|--------|---------|-----------|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |