



December 2006  
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The TMA Group—Our Job is Getting You to Yours



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## Winter Driving Tips

The weather can be frightful this time of the year. Keep in mind these winter driving safety tips.

**1. Make sure you can see.** When was the last time you replaced your windshield wipers? They usually work effectively for about one year. Also, fill up your windshield washer reservoir with windshield washer fluid.

**2. Make sure your rear-window defroster works.** Many states require that all windows be clear before driving. Clear visibility is imperative!

**3. Give your battery a little TLC.** This is the perfect time of the year to make sure your battery's posts and connections are corrosion-free and that the battery has all the water it needs. If your battery is more than three years old, have a certified repair shop test its ability to hold a charge.

**4. Examine belts and hoses.** Cold weather can really affect belts and hoses, so have your mechanic check these items for wear and tear.

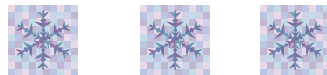
**5. Check tire pressure.** Your tires must be properly inflated to ensure you'll have the best possible traction as you drive along—and traction is often severely jeopardized in wet, snowy or icy conditions.

**6. Do you have four-wheel drive?** If so, it's important to check the status of your four-wheel-drive system and be sure it's working correctly. Be sure that the system engages and disengages easily, and that all drivers of the vehicle know how and when to activate the system.

**8. Prepare an emergency kit.** Store the following in your trunk during the winter months, especially if taking a road trip: a blanket, extra boots and gloves, extra set of clothes, extra water and food including hard candy,

ice scraper, small shovel, flashlight, windshield washer fluid, windshield wipers, flares, jumper cables, a tool kit, a tire gauge, tire chains, a spare tire with air in it, tire changing kit, first-aid kit, paper towels, a bag of sand, salt or non-clumping kitty litter which can provide additional traction if a tire gets stuck in snow, and keep the gas tank as full as you can to prevent the gas lines from freezing.

**9. If stranded—what to do.** Don't wander away from your car unless you are completely sure about where you are and how far away help is. Light two flares and situate them at each end of your vehicle to call attention to your plight. Put on the extra clothes and use to blanket to stay warm. If you have enough gas in the tank, run the engine and heater for about 10 minutes for each hour you are waiting for help. Leave at least one window open a little bit so that snow and ice don't seal the car shut.



**IMPORTANT REMINDER!**  
Under no circumstances are children allowed to ride in The TMA vans at any time. This violation will result in immediate action.

*Van Voices* is a publication of The TMA Group.

For more information about our services and programs, contact us: (615) 790-4005

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# Bulletin Board Items

**NEW VANPOOLS** forming from Clarksville/pleasant View to



Downtown Nashville and Vanderbilt...Drivers needed! Call Today!

**ANNUAL VANPOOL DRIVER APPRECIATION LUNCHEON**

On Monday, Dec. 11, 2006, a good time was had by all who attended the luncheon. Delicious food, fellowship and an informative speaker kicked the holiday season off! We are looking forward to seeing more of you next year!

Visit: [www.rta-ride.org](http://www.rta-ride.org) to register in the Rideshare Data Base!

**AVAILABLE VAN SEATS**

Let us know if you have van seats available. Our latest information shows seats available on vans:

+Franklin to Nashville (7:30– 4:30) Call Rory Rowan (615) 862-8782

+Clarksville to Nashville (7:30—4:30) Call Thomas Carr (615)736-8950

**CALL FOR DETAILS**



## Myth and Fiction: The Flu and Colds

**Myth:** You can catch the flu from a flu shot

**Fact:** The flu vaccine is made from an inactivated virus, so you cannot get the flu from a flu shot.

**Myth:** One kind of flu is the "stomach flu."

**Fact:** About one out of three people with the flu may have

an upset stomach, but this is rarely the main symptom of the flu.

**Myth:** There is nothing you can do once you get sick with the flu except stay home in bed.

**Fact:** Antivirals, when started within 2 days after symptoms appear, can reduce the dura-

tion of the illness and severity of symptoms.

**Myth:** Large doses of Vitamin C can keep you from catching the flu or a cold, or will quickly cure them.

**Fact:** These claims have not been proven.

**Myth:** Feed a cold and starve a fever (flu).

**Fact:** This is not a good idea in either case. You need more fluids than usual when you are ill. Drink plenty of water and juice, eat enough food to satisfy your appetite and drink hot fluids to ease your cough and sore throat.

**Myth:** Herbal remedies are an effective treatment for colds.

**Fact:** Echinacea, other herbs and zinc lozenges are said to cure colds. To date, none of these claims are solidly supported by scientific studies.

*-American Lung Assoc.*

## Vancentives—have you received your reward?

Just a reminder about The TMA Group's new Vancentives Program that rewards and recognizes vanpool drivers and their riders for their efforts in implementing and maintaining The TMA Group's vanpool program. The program consists of three easy ways to reap rewards:

- ◆ New Vanpooler Reward
- ◆ Recruiter Reward
- ◆ Driver Reward

Call MiMi Lee at 790.4005 to find out more information about this program! Rewards include gift cards and/or fare vouchers!



**REPORT CLAIMS IMMEDIATELY TO:**

Synaxis Polk & Sullivan  
615-385-8341 (Kay Biggs)

-and-

MiMi Lee 615-790-4005 or  
After Hours: 615-517-6321