



Appendices

Budget

Sample meeting agendas

Press release

move it! booklet

move it! newspaper articles:

- Beaver Lake PTSA newsletter: “Youth Transportation Action Council”
- Issaquah Press: “Metro offers Sammamish kids a ticket to fun and freedom”
- Issaquah Press: “Metro gets teens involved in **move it!** program”
- Issaquah Press: “Erickson encourages kids to **move it!**”
- Seattle Times: “The Zone”

Printout of **move it!** website home page

Photo of Northwest Cable News feature

Student survey results





move it! program

Budget Breakdown

1/31/2003	January Facilitation	Institute for Cultural Affairs	\$ 410.20
2/28/2003	February Facilitation	Institute for Cultural Affairs	\$ 1,818.10
3/03/2003	table tents, modes of transportation	King CountyGraphics	\$ 970.00
3/31/2003	March Facilitation	Institute for Cultural Affairs	\$ 1,805.60
4/1/2003	pencils	Adventures in Advertising	\$ 429.76
4/8/2003	clip magnet	Adventures in Advertising	\$ 1,513.58
4/10/2003	carabiner	Adventures in Advertising	\$ 1,094.23
4/10/2003	freight	Adventures in Advertising	\$ 24.60
4/10/2003	April Facilitation	Institute for Cultural Affairs	\$ 1,120.40
4/15/2003	move it brochures	Printing Control Graphics	\$ 2,464.19
4/17/2003	book covers	Printing Control Graphics	\$ 2,464.19
4/21/2003	funky head pen	Adventures in Advertising	\$ 1,833.16
4/23/2003	equipment teen dance	AA Party rentals	\$ 115.43
4/28/2003	move it poster	Swiftly Printing	\$ 969.41
5/7/2003	plastic bags	Adventures in Advertising	\$ 73.98
5/31/2003	May Facilitation	Institute for Cultural Affairs	\$ 770.40
6/6/2003	Post it	Issaquah poster posting	\$ 25.00
Jan-May 2003	refreshments		\$ 365.31
Jan-May 2003	supplies		\$ 18.62

Total **\$ 18,286.16**



**Youth Transportation Action Council
Meeting 5
Wednesday, March 5, 2003**

Issaquah Middle School

5:00 p.m.	Welcome
5:10	The Big Picture
5:30	Event locations/ task assignment
6:00	Break – Video w/Gerald
6:10	Graphics, promo item decisions
6:55	What's coming up next week/To-do's review
7:00	Adjourn





**Youth Transportation Action Council
Meeting 8
Wednesday, March 26, 2003**

Issaquah Middle School

- | | |
|------|--|
| 5:00 | Welcome
(We may need to review tabling events if IMS doesn't allow TAC at their school lunches) |
| 5:05 | Bicycle Information – Cascade Bicycle Club |
| 5:30 | Game Show |
| 6:20 | Break – ice breaker
Sign-up for Information Tables |
| 6:30 | Design banner
Review graphics for promotional items |
| 6:55 | Wrap-up |





News Release

Date: April 9, 2003

Contact: Linda Thielke, (206) 684-1414

Teens take transit ideas to the public

Teens from Sammamish and Issaquah are helping the community explore new ways to “move it,” as the students embark on a public education campaign to get people out of their cars.

King County Metro Transit’s Youth Transportation Action Council (YTAC) has been meeting for the past two months to discuss transportation issues in the local community, and design a project that could solve some of the problems. The YTAC members are participating in the move it! pilot program, which is aimed at educating middle and high school students to consider transportation alternatives and reduce single-occupancy vehicle trips.

The local group decided to launch a transportation options awareness campaign. The students are visiting various schools and special events to promote taking the bus, bicycling and walking as alternate ways of getting around Sammamish and Issaquah. They will be at the following locations in the coming weeks:

- April 25, dance at the Issaquah Youth Center
- April 26, Pickering Barn Public Market
- May 4, Teen Auto Show - Issaquah Youth Center
- And, visits to Maywood and Beaver Lake Middle Schools

YTAC members from the Sammamish area attend Skyline High School and Beaver Lake Middle School, and the entire group received special support from Sammamish City Councilmember Michele Petitti.

More information is available on Metro Online at , then by visiting the move it! project page at <http://transit.metrokc.gov/>, then by visiting the move it! project page at <http://transit.metrokc.gov/prog/mi/moveit.html>.

– End –

Ron Sims
King County Executive

Department of Transportation

move it! booklet



Freedom!

of Movement

Explore new ways to

move it!



**King County
METRO**

<h1>Beaver Lake</h1>	
MIDDLE SCHOOL	ISSAQUAH, WA
Volume 9 Number 9	April 2003

**YOUTH TRANSPORTATION
ACTION COUNCIL (YTAC)**

Dear Parents,

This year King County Metro Transit, with the help of the Issaquah Parks & Recreation, put together a project for teenagers to voice their opinions on the transportation system in Issaquah and Sammamish. This program is called *Move It!* or the Youth Transportation Action Council (YTAC). There are 14 students total representing IMS, IHS, Beaver Lake, Skyline, and Maywood. The goal of this program is to talk about personal mobility in our area and to encourage people to drive less and use other forms of transportation. We meet almost every Wednesday to discuss a project to help our community. The Youth Transportation Action Council is leading an awareness campaign to let other students know about transportation options in the Issaquah/Sammamish area. Also, we would like to make parents aware that safety issues are being addressed around alternative modes of transportation. We plan to set-up tables at local events, storefronts, and possibly in schools during lunch. We are asking for your support of the *Move It!* Project by passing the word along about Move it!, the awareness campaign and to stop by our information booths and participate in this new outreach program.

-Maggie Harlow
Beaver Lake Middle School, 8th grade



Metro offers Sammamish kids a ticket to fun and freedom

Pilot program hopes to encourage teens to use bus service

By Catherine Hawley
Journal Reporter

SAMMAMISH — Here's a cure for restless youth: a bus pass.

Students at Beaver Lake Middle School, for whom a driver's license is as far as five years in the future, were offered tips Tuesday on how to get to Krispy Kreme in Issaquah or downtown Seattle without relying on a ride from a grownup.

The tips, as well as brochures, bike-route maps and bus timetables, came from peers who spent the past three months developing ways to encourage biking, walking and bus-riding in a new suburb not exactly synonymous with mass transit.

The goal of King County Metro's Move It is to get kids thinking about buses and bikes before they become hooked on cars.

"If you can plant that seed early, they're more apt to use transportation alternatives as adults," said Kelly Lindsey, a Metro marketing specialist

who worked with a dozen Issaquah middle and high school students in the pilot project. Funding comes from a multistate government grant.

Kids created brochures and T-shirts and came up with a marketing strategy targeting popular events such as an all-district dance and a teen auto show in May.

Independence is a key selling point, as are environmental benefits. And cool freebies never hurt as a way to get attention. During second lunch period, eighth-graders Kelsey Mark, Meredith Matches and Maggie Harlow handed out neon-colored pencils, clips and keychains to kids who looked up the closest bus route to their home on a map.

"Get a prize if you find where you live," said Maggie, wearing a T-shirt with an orange Move It logo. "Do you like to bike?" she asked sixth-grader Kaitlin Tiroux. "Here's some biking things."

The teen-oriented brochure includes how much it costs to ride the bus (50 cents for kids under 18), how to stay safe and how to use Metro's Internet trip planner to get bus times and transfer points to

travel anywhere in the system.

Early on, adult organizers learned that no detail was too small. For instance, students accustomed to school buses needed to get acquainted with fare boxes. "Kids were asking, where does the money go?" said Gerald Freeman, a Metro driver assigned to work in marketing.

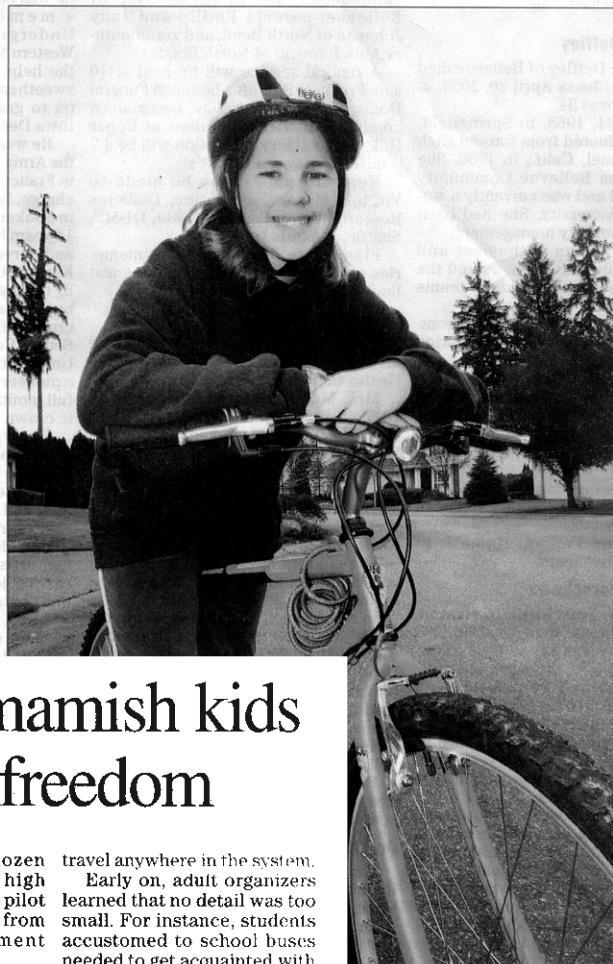
Through the program, sixth-grader Michelle Erickson learned to load her bike on a bus-mounted rack. By herself she has taken the 927 — a flexible-route van that will pick her up at her house if she calls ahead — to a friend's house, to the movies and to transit group meetings at Issaquah Middle School.

"The drivers are really friendly," she said.

Some students were more interested in giveaways — a duck-head pen was a big draw — than in transportation. But Metro officials hoped accompanying brochures would also catch the eye of the students, or perhaps their parents.

After all, a bus schedule can be a ticket to freedom not just for kids but for their chauffeurs.

As Maggie noted, "Your parents don't always want to take you everywhere."



Maxwell Balmain/Journal

Michelle Erickson is one of several kids from Beaver Lake Middle School who are actively promoting riding the bus, bicycling and walking as alternative means of getting around Sammamish and Issaquah without a car.

Metro gets teens involved in Move It! program

BY DAVID HAYES

King County Metro officials have recruited local teens in an effort to get the word out about the county's Move It! program.

In the first phase of Move It!, Metro enlisted teen volunteers to form a Youth Transportation Action Council (YTAC) in January to discuss transportation issues in the community, and then to design a project that might solve some of the problems.

Kelly Lindsey of King County Metro, said the 14 student volunteers decided on their own the best way to get the message out about alternatives to motor vehicle transportation.

"The students decided they didn't think their peers would show up to something like a transportation fair," Lindsey said. "So they chose to hit other

events."

The council has attended a circuit of community events including dances at the Youth Center and a booth at the Public Market at Pickering barn.

They will make their next appearance May 5 at the first-ever teen Auto Show, sponsored by Issaquah Park and Recreation Department, at the Pickering barn.

Lindsey said the 11 middle school and three high school students created their own brochures, staff their own booths and give their own sales pitch to other teens on how to solve the area's transportation problems at the grassroots level.

"The response has been excellent so far," Lindsey said.

For more information about the Move It! program, go to www.transit.metrokc.gov/prog/mi/moveit.html.



PURELY PERSONAL

Erickson encourages students to 'Move It'

Beaver Lake Middle School student Michelle Erickson is only 12 years old, but she already has some insight into the art of hedging her bets during a political speech.

Michelle is a member of a group of local students called "Move It," which tries to encourage other students to use transportation alternatives to automobiles.

One of those alternatives is the bus system, and Michelle definitely hedged a bit when she spoke to the Issaquah City Council last week about the program.

"The bus drivers are really nice," she told the council. "Most of the time."



MOVING RIGHT ALONG: Into the Future



Photos by THE ZONE TEAM

All aboard: Washington Middle School seventh grader Roseanne McAleese thinks the Amtrak Cascades "Bistro Car" is the perfect place for trainspotting at Seattle's King Street Station. Tracks at the Station serve both Amtrak and Sounder commuter trains (seen outside the window).

Traffic snarls are already a major bummer and, by the time you're driving, gridlock's going to get you big time. Are you looking forward to a future stuck in your car, crammed onto highways watching slugs pass you by?

Some really great things are happening as Puget Sound transit agencies work together on solutions that not only get us out of our cars, but keep us happier and less stressed as we travel around the region! They're expanding and improving existing transit service — and they've got some cool new ideas for the future.

A "round" Freighthouse Square

Nowhere in our region is the future of transportation more visible than at Sound Transit's new Tacoma Dome Station. Sitting smack dab next to Freighthouse Square, it's a place where Sounder commuter trains; Tacoma Link light rail trains; Amtrak trains; and Sound Transit, Pierce Transit and Greyhound buses all come together. And it's a first glimpse of the kind of station that Sound Transit is bringing to Seattle at King Street Station.

Think "transit cafeteria." Riders arriving at Tacoma Dome Station have a whole "menu" of choices to get to where they're going. And, instead of standing there tapping their toes, they can kick back at real restaurants, get a cuppa java, or cruise art galleries and shops in Freighthouse Square. Very highbrow, indeed!

Turned on light rail

Electric light rail is another Sound Transit idea that will give you a better option than sitting in traffic. Operating in tunnels, special lanes on the street, or up in the air, it makes regular stops along its route — but its stops are fewer and further apart than bus stops, and its schedule is more reliable. The plan is to use light rail kind of like a "spine" for our transit system — with buses moving commuters along "ribs" from their neighborhoods to stations all along the light rail route.

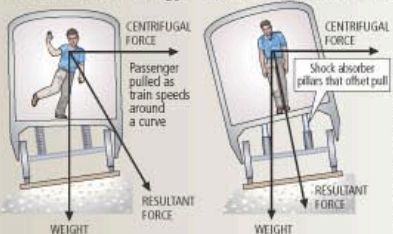
This summer, Sound Transit will start building Central Link Light Rail — a 14-mile track between downtown Seattle and Sea-Tac International Airport. It'll be ready before you know it — by 2009. Also in the works are plans for light rail to the "U Dub" — a system that could eventually be expanded all the way to Everett, Tacoma and the Eastside.

Can't wait to try out light rail? You don't have to! In September, trot on down to Tacoma and catch the 1.6-mile Link light rail line. You can get on and off at five stations between the Tacoma Dome and downtown Tacoma — it's FREE!

Full tilt ahead!

Amtrak Cascades trains are looking less and less like your familiar ol' choo-choo, and more 'n' more like sleek, modern race cars. And, they not only look faster, they ARE faster! "Tilt" technology — that allows trains to take the curves without slowing down — has already cut 20 minutes off travel time between Seattle and Portland. But Amtrak's not stopping there. In just 15 years, track and other improvements are going to shave another hour off the 3-1/2 hour trip. Now that's flyin'!

Without tilt technology: Traincar with new tilt technology:



Physics and gravity "tilt" Amtrak Cascades trains as they speed around curves — keeping you and your soda right side up. The car is actually a box hanging from the roof — suspended from giant shock absorber pillars that are joined to the axle — so it can swing freely a few inches one way or the other when the train rounds a curve. Gravity keeps the car level — and your dry-cleaning bill down.

Smart cards are not dumb

By 2006, you'll be able to use a "smart" card that has a microchip "loaded" with a pass or cash value — and works like the gift cards you get at coffee shops and other stores — to travel around the Puget Sound region. You'll whip it out when you catch a bus, transfer to a train, or even when you ride a ferry. Talk about seamless connections — it'll work on Metro, Community Transit in Snohomish County, Kitsap Transit, Pierce Transit, Sound Transit and Washington State Ferries — and you may be able to use it for other services like parking. Simply wave the card near a cardreader and your fare will be automatically deducted from the card. When the card gets low on dollars, you just pay to "reload" it.

Back to the future

A hundred years ago, if you wanted to travel around downtown Seattle, the popular choice was by streetcar. Over 22 routes served the city but, once cars appeared on the scene, they quickly became history!

But good ideas never die. In 2005, we might be "back to the future," Mayor Nickels has proposed building a modern streetcar line that would run between South Lake Union and Westlake Station downtown, connecting riders with light rail, bus and monorail service at a Westlake Center transit hub — and with a new South Lake Union waterfront park and thousands of new biotech jobs planned in that neighborhood.



Streetcar from 100 years ago



A modern streetcar

Monorail looks UP!

Visualize yourself whisking along above the streets — to work or school, or to the Pike Place Market, Pioneer Square, EMP or SAFEPO Field — with NO chance of getting stuck in traffic!

Seattle voters visualized it last year, and the Seattle Popular Monorail Authority is already going gangbusters on a citywide monorail system. In 2009, the "Green Line" — between Ballard, downtown, and West Seattle — will let tens of thousands of people zoom their way through the city each day, waving at all the folks stuck in their cars below. Now that's a concept!

And that's just the first step. Monorail fans want to eventually build a 58-mile, five-line monorail system that crisscrosses the city.



Betty Williams and Roseanne McAleese share railroad stories. Betty has been an Amtrak conductor for XX years, and Roseanne comes from a long line of railroad workers — from her great-great grandfather on down!

Thinking out of the box

Some middle school kids in Issaquah and Sammamish are thinking out of the transit box. As participants in "Move it!" — their own campaign to come up with solutions for transportation and environmental messes — they've hit on some unique, to say the least, ideas:



1. Rocket shoes
2. Backpack jets
3. Personal helicopters
4. Swimming lanes next to roads

That ought to give our traffic control experts something to think about!

Illustrations by TINA NORTON

When it's HOV, it's hot!

Ever notice how HOV lanes sometimes have room in them to fit more cars? (After all, at least every other person in the carpool lane left their car at home, right?) That's got some people at Washington State

Department of Transportation (WSDOT) scratching their craniums... What if we turned some of those HOV lanes into HOT (high occupancy transit) lanes — where some "solo" drivers could PAY to use the lane with

carpools, vaarpools, and transit? Converting HOV lanes to HOT lanes would reduce some of the crowding on regular lanes and raise money to buy more buses, or to improve roads, without clogging up the HOV lanes.

Zone Manager: John Joly
Editor: Regan Dennis
Writer: Cindy Duryee
Art Director: Ben Garrison
Consultant: Use the News, Inc.

What do you think of The Zone?
Would you like to be involved in a future page? Send your brilliant ideas and wacky comments to The Zone, P4 Public Affairs, PO Box 1909, Seattle, 98111-1909, or thezone@seattlepi.com.



This month, The Zone is sponsored by a partnership of six Puget Sound area transportation agencies. Community service grants from each of them pay for classroom distribution of the P-1 so it can be used as a teaching tool. The "Smart Moves" curriculum on this page was developed by the Seattle P-1 Public Affairs Department, Sound Transit, Washington State Department of Transportation and Seattle Department of Transportation.





King County

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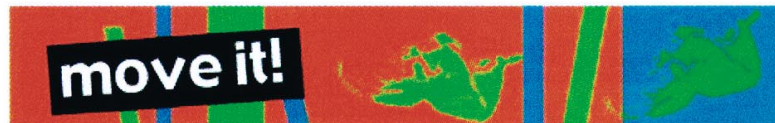
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Metro Programs



Teens from Sammamish and Issaquah are helping the community explore new ways to "move it," as the students embark on a public education campaign to get people out of their cars.

King County Metro Transit's Youth Transportation Action Council (YTAC) been meeting for the past two months to discuss transportation issues in local community, and design a project that could solve some of the problems. The YTAC members are participating in the *move it!* pilot program, which is aimed at educating middle and high school students to consider transportation alternatives and reduce single-occupancy vehicle trips.

The local group decided to carry out a transportation options awareness campaign. The students are visiting various schools and special events to promote taking the bus, bicycling and walking as alternate ways of getting around Sammamish and Issaquah.

Find out more about the program by following the links below or to the left

- [Bus](#): Metro is a groovy, fun and safe way to get around town!
- [Bike](#): Boogie with your bike
- [Share the ride](#): Share the fun!
- [DART](#): Looking for Transit that goes where you go?
- [People Power](#): Put your feet to work!
- [Youth Project](#): Pilot program



Northwest Cable News spot



Michelle Erickson, Age 11



Filled out by 7 of the 14 Youth Transportation Action Councilmembers for King County Metro Transit (6 middle school students and 1 high school)

To: *move it!* Youth Transportation Action Council Members

We want to thank all of you, once again, for the tremendous energy and efforts you have contributed to the *move it!* transportation information project.

May we request you to fill out the following survey questions? We consider your thoughts and opinions very valuable in the possibility of bringing the *move it!* program to other peers in Washington.

1. What was the best part of participating in the *move it!* project?
 - Planning the table and working at it.
 - I enjoyed having a major say in what the project was, and also just learning about the bus system around here.
 - I enjoyed working at the booths the best.
 - I enjoyed working with other people and promoting something I support.
 - The best part was knowing that we made a difference.
 - Learning about the bus.
 - Learning about buses (i.e. my route)

2. What part of the *move it!* project has made a difference in your life?
 - The fact that I am much more aware of problems, and other transportation.
 - Learning the different transportation.
 - The part that has made a difference in my life is learning about the buses and the costs etc.
 - I will walk to school more instead of having my Mom drive me.
 - I did not used to know how to ride a Metro bus.
 - Learning about the bus & routes.
 - The people I have met, and learning how to ride the bus.

3. In looking back over project choices, what other projects would you liked to have done?
 - I think it would have been fun to do the biking to Marymoor Park.
 - The assembly would have been fun.
 - It would have been nice if the middle schools had cooperated and let us hold an assembly.
 - I would also like to have a teen-bus that would take kids in our area to the mall, movies, pool etc.
 - I would have enjoyed making, creating the fun bus.
 - I can't really remember any other project.
 - Maybe the assembly idea, then a lot more people would have heard about other forms of transit.

Survey

4. What is your opinion about doing information tables at your schools/public events?
 - The table reached a lot of people at the schools, but not so many at the teen Auto Show.
 - I think that it is a very good way to get the word out.
 - I thought doing information tables at my school and public events was a good idea because I thought the kids learned a little more about transportation.
 - I think it was a great way to promote other ways to get around.
 - I think it was good way to spread information.
 - I think they are really easy to work with.
 - It was a great way to inform the public of what we know.

5. Would you like to continue to go to other events with a *move it!* information table in Issaquah and Sammamish over the next year?
 - Possibly???
 - Yes, but it may be difficult with a work schedule, but I would love to do it still.
 - I would like to continue to go to other events, but I'm not sure I would be available, so maybe.
 - Yes, although it takes time it's something good.
 - Maybe, depending on my schedule.
 - I would love to.
 - Maybe.

6. Was anything confusing?
 - Not really
 - Nope
 - I don't think anything was confusing for me.
 - No, not really.
 - Not really.
 - No, not really.
 - Reading the bus maps.

7. Did learning about DART (Dial-A-Ride Transit) service help in any way?
 - Not really, because there is absolutely no service around my house.
 - Yes, because now I know how to use it and I can get to the Issaquah Park & Ride without having to get a ride down there.
 - I thought learning about DART service helped me because in the future I would know what to do, if I wanted to go on one.
 - Yes, I know that I can take it, and where it takes me.
 - Yes, I did not know it was available on the plateau.
 - It helped me learn different places to go.
 - Yes.

Survey

8. Would you like to write articles or contribute in any way to the *move it!* website?

- Reports on what we have to do.
- I'm not very good with computers, but I could write a "blurb" on the program.
- I would like to contribute to a website.
- Maybe if I had more time.
- No, I'm not a very good writer.
- If it is needed I would love to.
- If I could find time to.

9. What were the top three transportation ideas you learned?

- Car-Pool vans, more information on Metro buses, and biking.
- +Buses, +bikes and +costs of the buses/DART services.
- Biking, buses and walking.
- How to put a bike on a bus, the edible landscape (walking), and how easy it is to get to Seattle on a bus.
- Bus, bike and walking.
- DART, buses and bicycles.

10. What is the most valuable thing you learned about transportation?

- That buses really cut down on pollution.
- I think the most important thing I learned about transportation is how to use the buses.
- There are many ways to get around besides cars.
- How easy and cheap it is to ride public transportation.
- Public transportation helps the environment.
- How to ride a bus.

11. What part of the *move it!* project do you wish you had more input on?

- I felt I was involved in it all.
- I wish my schedule didn't conflict with all the dates.
- I wish I had more input in nothing.
- Nothing, I feel everything was good.
- Yes, same reason as above. (it helps to make a difference)
- The website.
- None.
- I thought I had enough input.

12. What do you think would improve the program to make it more interesting to teens?

- Well now there's a better idea of what we do, you will be able to explain it more and people will know what they are joining.
- I think the program would make teens more interested if we also passed out Frisbees and mini footballs (Like 107.7 The End did at the teen auto show.)
- Nothing.
- I think it was interesting how it is.
- Talk more about what teens want.
- Nothing I think it is appealing to teens.

Survey

13. Do you think the meetings were: too long _____ too many _____?

- Too often.
- They were fine.
- Too long, not. Too many, yes.
- Perfect, except they weren't the best day for me.
- Just right.
- Not enough.
- Too long, yes. Too many, no.

14. . Do you think we could have had the same outcome if we had fewer meetings?

- Most likely not.
- No, it takes a lot of planning, and we had a short amount of time. I just wish that it would have gotten to the point a little faster.
- Yes, I think we would have the same outcome if we had fewer meetings.
- Maybe.
- Maybe, if every meeting started at exactly 5:00 PM.
- No.
- No.