

Beat The Heat: Tips to Avoid Heat Exhaustion



1. Dress for the heat. Wear light-weight, light-colored clothing. Light colors will reflect away some of the sun's energy.

It is also a good idea to wear hats or to use an umbrella.

2. Drink water. Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body. Avoid using salt tablets unless directed to do so by a physician.

3. Eat small meals and eat more often. Avoid high-protein foods, which increase metabolic heat. Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 and 7 a.m.

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Current Fares

For current fares, including round-trips, one-ways and commuter booklets, please visit www.transbridgelines.com.

Please note there will be a small yearly increase for all fares effective August 1, 2010.

Trans-Bridge Goes 'Green' with New Low-Emissions Motorcoaches

In a move to improve both the environment and local transportation options, Trans-Bridge Lines unveiled 16 new, low-emissions motorcoaches to its fleet during a press conference held at their Industrial Drive headquarters recently. The coaches, manufactured by Motor Coach Industries (MCI), feature new engine technology that reduces particulate matter.

On hand for the event were U.S. Congressman Charlie Dent; State Senator Pat Browne; Northampton County Executive John Stoffa and representatives from both state Senator Lisa Boscola's and state Rep. Douglas Reichley's offices, among others.

Dent spoke about the way in which these new motorcoaches would benefit the environment and commended Trans-Bridge for using mostly private funding to spur their green initiative.

Trans-Bridge Lines has invested in excess of \$7,000,000 in new eco-friendly coaches, replacing older less efficient models.

"Trans-Bridge has been a friend to the community," Dent said. "I applaud Trans-Bridge for coming up with these ideas."

Northampton County Executive John Stoffa also congratulated Trans-Bridge on their new motorcoaches.

Trans-Bridge Lines' new motorcoaches obtain the best passenger miles per gallons out of all forms of transportation including private automobiles, airlines and passenger rail. Motorcoaches achieve 206.6 passenger miles per gallon while a personal auto averages 27.2 passenger miles per gallon and a hybrid car 46 passenger miles per gallon. Another way to look at this is that a coach uses 14 gallons of fuel to travel 100 miles while carrying up to 55 passengers. It would take 70 gallons of gas to carry the same number of people the same distance by auto.



Steve Marion of Motor Coach Industries discusses engine technology that reduces particulate matters



U.S. Congressman Charlie Dent discusses the benefit of Trans-Bridge Lines' new 'Green' Motorcoaches.

The coaches have Detroit Diesel engines and Allison transmissions. Key to the clean-air technology is the Diesel Particulate Filter, or DPF, that replaces a traditional exhaust system, and the use of Ultra Low Sulfur Fuel, to meet rigorous new EPA standards.

Trans-Bridge Lines Executive Vice-President, Jim JeBran, demonstrated this new technology by placing his white-gloved hand under the exhaust pipe of one of the new buses as the engine was revved. The glove showed no traces of residue of any kind.

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4. Stay indoors when possible. If air-conditioning is not available, stay on the lowest floor out of the sunshine. Remember that electric fans do not cool, they simply circulate the air.

5. Be a good neighbor. During heat waves, check in on elderly residents in your neighborhood and those who do not have air conditioning.

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Passengers will find that environmental aspect comes with a pretty wide comfort zone: the coach features attractive styling along with a host of amenities, including seats made out of recycled material and seat belts ahead of federal mandates. Trans-Bridge Lines has also equipped its entire New York City run fleet with free Wi-Fi service, allowing passengers to enjoy connectivity as they travel.

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