



InMotion

Our job is getting you to yours!

We Want to Hear from You

Are your employees:

- Arriving to work at the last minute or late?
- Fighting traffic?
- Starting their work day stressed?
- Tired of paying high gas prices?

There is a better way to work! Call us to learn about our money saving alternative modes of transportation for your employees!

CLEAN AIR PARTNER

SPOTLIGHT



AIM Healthcare Services, Inc.

- Offering: Coordination of Benefits; Contract Compliance Benefits; Overpayment Resolution; Credit Balance Resolution; Reconciliation Services; Subrogation Services; Medical Bill Review; Prepayment Services
- "AIM Award Winner" in Winter Corp. 2005
- Clean Air Partner of Williamson County 2005-06

InMotion is a publication of The TMA Group.

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

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Commuting in America - Baby Boomers and More

Commuting trends are changing as baby boomers near retirement at the same time that a large immigrant population has joined the U.S. labor force, according to *Commuting in America III*, the latest decadal review of the nation's commuting. While the personal vehicle is still the most common way to go to work, transit and van and carpooling are increasing and more commuters are traveling from suburb to suburb rather than from suburbs to the cities.

During the next decades, baby boomers -- who will start turning 65 in 2010 -- will leave the workplace and stop commuting. At the same time, the latest projections from the Census Bureau show the number of

younger people entering the work force will increase; but these new workers will not outnumber those who will retire.

Immigration in the past decade has increased far more than expected. The percentage is high among Hispanic immigrants, who are largely responsible for the recent growth in car and vanpooling after 30 years of decline. Recent immigrants also are more likely to walk or bike to work, or use public transportation.

Another trend that could affect commuting in the future is the increasing number of people who work at home. The latest census data shows that 4 million Americans now work from home -- more than those who walk to work -- and

that a growing number of those over age 55 are doing so.

The general direction of commutes also has shifted, the report points out. From 1990 to 2000, about 64 percent of the growth in commuting in metropolitan areas was from suburb to suburb, while the traditional commute from suburbs to the city grew by only 14 percent. Other findings in the report include: (1) The number of new solo drivers grew by almost 13 million in the 1990s; (2) While the population over age 65 grew by only 12 percent from 1990 to 2000, workers over 65 increased by 21 percent; (3) 30 million vehicles were added to households from 1990 to 2000.

-TDM Review

SAVE THE AIR: Park the car at least one day a week and ride public transportation!

2006 Air Alert Season Update

With cooler temperatures and shorter daylight hours, October marks the end of Air Alert season for many areas of the country. However in Middle Tennessee the Air Alert season continues. In addition to ozone, PM2.5 is monitored and during the fall season can cause Air Alert Days, if certain conditions exist. Compared with last year, prelimi-

nary 2006 data show widespread decreases in the number of Air Alert Days that reached Unhealthy for Sensitive Groups or above on the Air Quality Index. To date, the Middle Tennessee region has experienced 11 Air Alert Days during the 2006 season, compared with 16 days in 2005. However, 12 of the 35 major metropolitan areas experi-

enced more high ozone days in 2006 than last year. Atlanta, Georgia, showed the greatest jump in the number of Air Alert days (from 17 in 2005 to 30 days in 2006); however, this number was still below the 10-year average. Thank you Clean Air Partners of Williamson County, for your support--you are making a big difference!

Employers! For information and assistance in encouraging your employees to vanpool, contact The TMA Group. The experienced transportation professionals will help you help your employees. Call us at(615) 790-4005 or email info@tmagroup.org for info.

A Better Way

According to the Texas Transportation Institute's 2005 Urban Mobility Study:

- Congestion costs \$63.1 billion per year
- The annual delay per rush hour (peak period) traveler, has grown from 16 hours to 47 hours since 1982
- Commuters waste 2.3 billion gallons of fuel simply from idling in traffic jams
- The number of urban areas with more than 20 hours of annual delay per peak traveler has grown from 5 in 1982 to 51 in 2003.



This information doesn't sound good—there is a better way to go! Take a decongestant for traffic congestion by:

- Joining a TMA vanpool. Save gas, money, time and stress starting today. Seats are available! Vanpools are groups of five to fourteen commuters who share the ride! The TMA offers comprehensive services and resources to commuters.
- Riding public transportation. Talk about saving money—not having to pay for gas and parking. In Franklin and Cool Springs, the Franklin Trolleys provide affordable service six days a week. In Nashville, ride the Nashville MTA bus service.
- Carpooling to work; or walk and/or ride your bike. Every vehicle that is removed from the road improves traffic congestion, reduces pollution and saves you a lot of money!

For more information, call The TMA Group at 615-790-4005 or visit: www.tmagroup.org

Change a Light, Change the World



"Change A Light, Change The World," which began on October 4, is an annual campaign by EPA and DOE (Department of Energy) that encourages Americans to replace a conventional bulb in the home or workplace with an Energy Star bulb. This year HUD (Department of Housing and Urban Development) is joining the campaign to extend the reach. Energy Star qualified bulbs use one-third the energy of traditional bulbs and lasts up to 10 times longer. In fact, consumers can save more than \$30 in utility costs over the lifetime of one bulb. Replacing the most frequently used lights will yield the most savings.

Individuals who pledged during last year's "Change a Light, Change the World" Campaign will prevent greenhouse gas emissions equivalent to nearly 3,000 vehicles and save \$2 million in energy costs. The less energy that is used, the less energy electric utilities must generate, and less demand means fewer greenhouse gas emissions. If just one bulb is replaced with an Energy Star bulb, the prevention of more than 450 pounds of greenhouse gas emissions will take place.

Americans are invited to visit the Energy Star Web site to join the more than 110,000 who have pledged to replace at least one light, and see the positive difference even small energy-saving actions can make. Take the pledge: <http://www.energystar.gov/index.cfm?fuseaction=cal.showPledge>

-EPA



FACTOID

Adjust the thermostat dial and turn up the energy savings!

Setting the thermostat on your heating system to 68 degrees Fahrenheit when it is cold can help save up to 20% in heating costs.



Clean Air Partners of Williamson County 2006-07

AIM Healthcare Services, Inc., APCOM, American Constructors, Andrews Cadillac Company, Battle Ground Academy, Brentwood Family YMCA, Cingular Wireless, City of Brentwood, City of Franklin, Civil Constructors, Inc., Clean Cities of Middle Tennessee, Comcast Advertising, Comdata Corporation, Crescent Resources, LLC, Cumberland Bank, Embassy Suites-Nashville South Cool Springs, First Tennessee, Franklin Family YMCA, Franklin Tomorrow, Healthways, J.L. Clay Senior Center, K-Mart, Land Rover Nashville, Manchester Tank, Microsoft, Middle Tennessee Electric Membership, Moody's Tire & Auto, Morningside of Franklin, NuKote International, Passport Health Communications, Plus Mark, Inc., PRIMUS Financial Services, RHR Mortgage of America LLC, RPM Transportation Consultants, LLC, Southern Exposure Magazine, Stites & Harbison, PLLC, Telco Solutions III, LLC, The Tennessee Credit Union, Tennessee Primary Care Association, Toyota Financial Services, Tri Star Energy, LLC, Wild Oats Market, Inc., Williamson County Association of Realtors, Williamson County-Franklin Chamber of Commerce, Williamson County Government, Williamson County Parks and Recreation, Williamson County Public Library, Williamson County Public Schools, Williamson Medical Center, Williamson Memorial Funeral Home, WAKM-AM 950, and Worthington Precision Metals.