

## 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



#### FIRST TENNESSEE

- **Comprehensive banking and financial services. Headquartered in Memphis, with locations throughout Tennessee and in Mississippi and Arkansas.**
- **Founded in 1864.**
- **A full service provider of financial products and services for businesses and consumers.**
- **Clean Air Partner Williamson County since 2004.**

**InMotion** is a publication of The TMA Group.

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

The TMA Group  
708 Columbia Avenue  
Post Office Box 266  
Franklin, Tennessee 37065  
[www.tmagroup.org](http://www.tmagroup.org)



# InMotion

Our job is getting you to yours!

## AIR QUALITY AWARENESS WEEK: APRIL 28 — MAY 2

The EPA and the National Oceanic and Atmospheric Administration's (NOAA) National Weather Service urge Americans to "Be Air Aware" during Air Quality Awareness Week, April 28 — May 2, 2008. During the week, consider this calendar in order to learn more:

**Monday, April 28.** Learn more about ozone and particulate matter. The EPA calculates the AQI (Air Quality Index) for five major air pollutants regulated by the Clean Air Act. Ozone and particulate matter are two common pollutants found in many parts of the country. Ozone is a colorless odorless gas. At ground level ozone is unhealthy to breathe. It forms when pollutants from cars, trucks, power plants, and industries mix with intense sunlight. Particulate matter consists of microscopic particles in the air. It can be a problem year round. Particulate matter causes haze in the air. And like ozone, it is not healthy to breathe.

**Tuesday, April 29.** Explore what affects the local air quality. Air quality varies depending on the amount of air pollution emitted; how much pollution is carried into the community by wind, and by weather conditions. Nitrogen oxides and volatile organic compounds are precursors to ozone formation. Particulate matter can be directly emitted but a lot of particles form when gases react in the air. Sources in addition to the man-made ones, also include natural sources as wildfires, volcanic eruptions, and some vegetation. Weather plays a big role. Sunlight and heat promote ozone formation; and depending upon its direction wind can bring in pollution, sometimes from hundreds of miles away. Geography also is a part of the equation.

**Wednesday, April 30.** Keep your heart and lungs safe. You are exposed to air contamination any time you breathe polluted air. When you exercise, work in the yard, or do strenuous activities that make you breathe harder and faster, you take more polluted air into your lungs. Exposure to ozone and particulate matter is linked to a number of significant health problems. Use the AQI and daily air quality forecasts to help you determine when you need to make changes to your routine to protect your health.

**Thursday, May 1.** How to get current air quality information. Today, about 300 cities nationwide, including Davidson and Williamson Counties are issuing air quality alerts based on forecast concentrations of known pollutants such as ozone and particulate matter. The AQI index, previously mentioned, focuses on health effects a person may experience within a few hours or days after breathing polluted air. EnviroFlash give instant air quality information. The service is especially helpful for people who are at greater risk from pollution, including children, older adults, and people with heart or lung diseases. NOAA Forecasting Guidance is a new tool developed to assist state, local, and private sector organizations disseminate hour-by-hour air quality forecast information.

**Friday, May 2.** Discover what you can do to help clean the air. Saving energy reduces pollution and can save you money. A few actions you can take include: share a ride to work or ride public transportation, conserve energy and set your air conditioner at a higher temperature, limit engine idling, refuel vehicles after dusk, avoid burning leaves, trash and other materials, get regular engine tune ups and car maintenance checks (especially for the spark plugs), and use household, workshop, and garden chemicals in ways that keep evaporation to a minimum.

# Light the Night with the Sun

Capture the sun to illuminate your driveway, paths, steps and decks with easy-to-install solar lights that recharge (for free) during the day. Light your nights with daylight. Powered by a built-in photocell, solar night-lights require no wiring and no electricity, and they turn on automatically at night. Designed to look great whether you like traditional or modern, these energy-savers are available both in-store and online. They are becoming very popular, particularly since they are so easy to install than traditional wired systems. If you decide you don't like where you put them, or simply want to expand or mix things up, they are also much easier to move than wired units.



## THIS SUMMER VACATION LOCALLY

When making your summer vacation plans consider rediscovering the joys of "your own backyard" while you save gas, cut down on carbon emissions and possibly save a few green backs as well.



Many towns and cities in the region are chock full of things to do: local flea markets, craft fairs, kid expos and other community events that are close to home. Museums, theaters and exhibits offer a deeper look at what makes the local area special. Time off is also a great time to get outside. Connecting with the natural world can be inspirational and restorative. Visit a local park. Go horseback riding. Enjoy the area's many natural water features.

Don't forget to include the kids in your outdoor plans. The next generation of environmental stewards will care more about doing its part if it's a generation of hikers, growers and explorers, especially if they see the wonder that surrounds them daily.

Welcome to our newest Partner!

Welcome to the City of Fairview, our newest Clean Air Partner of Williamson County!

73 Partners & Growing!

## MOW YOUR GRASS LONG

It's that time of the year. Grass cutting time. Don't try to make your lawn look like a putting green, and keep your grass longer.

Longer blades discourage weeds and pest insects, which means you use less pesticides and herbicides. Longer grass also shades the roots more, and helps prevent the soil from drying out. It tends to lead to healthier roots, so your green carpet will be hardier, and should require less water in the long run.

Experts agree that it's better to mow regularly, and to remove no more than one-third of the blade length at a time. That way, stress on the grass will be minimized. Evaporation can be reduced by 70-80% by cutting grass to 3 or 4 inches tall. Don't forget to keep cutting blades sharp, as that prevents the tearing that is hard on plant tissue. *-thedailygreen*



## Clean Air Partners of Williamson County 2008-09

AIM Healthcare Services, Inc., APCOM, Allergycare of Cool Springs, American Constructors, American Lung Association of TN, Andrews Cadillac Company, BGA, Boys and Girls Club of Franklin-Williamson Co., Brentwood Family YMCA, CTEH, Cingular Wireless, City of Brentwood, City of Fairview, City of Franklin, Civil Constructors, Inc., Clean Cities of Middle TN, Comcast Advertising, Comdata Corporation, CoolPeopleCare, Inc. Crescent Resources, LLC, Embassy Suites-Nashville South Cool Springs, First Tennessee, Forganic, Ford Motor Credit Co., Franklin Family YMCA, Franklin Special School District, Franklin Tomorrow, Greater Nashville Regional Council, Green Bank, Healthways, J.E. Butler Design Assoc., J.L. Clay Senior Center, K-Mart, Keep Williamson Beautiful, Land Rover Nashville, Manchester Tank, Microsoft, Middle TN Electric Membership, Moody's Tire & Auto, Morning-side of Franklin, NuKote International, Passport Health Communications, Publix, RPM Transportation Consultants, LLC, Regional Transportation Authority, Reliant Bank, Southern Exposure Magazine, Stites & Harbison, PLLC, Telco Solutions III, LLC, The Factory at Franklin, The Tennessee Credit Union, Tennessee Bank and Trust, Tennessee Primary Care Association, Toyota Financial Services, Tri Star Energy, LLC, WAVES, 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 Herald, Williamson Medical Center, Williamson Memorial Funeral Home, WAKM-AM 950, and Worthington Precision Metals.