



# 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



#### WILD OATS NATURAL MARKETPLACE

- Committed to providing the highest quality, organic and natural food, health and wellness products in vibrant stores with people who are friendly, eager to serve and ready to educate.
- Better Food. Pure and Simple.
- Now shop on line: [www.wildoats.com](http://www.wildoats.com)
- Outstanding 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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## Reduce your fuel cost - drive 55 MPH or less!

With gasoline prices exceeding \$3.00 per gallon the Clean Air Partnership of Williamson County wants you to know that each 5 mph you drive over 55 mph is like paying an additional \$0.15 per gallon for gas. Over 50 percent of the energy required to move a vehicle down the road is spent overcoming aerodynamic drag. When driving faster, the aerodynamic draft and rolling resistance increase. Therefore, the fuel economy decreases rapidly. According to EPA (Environmental Protection Agency) in normal traffic conditions, most cars operate most efficiently between 35 and 45 miles per hour; lower or higher speeds are less efficient. Therefore, if you drive 55 miles per

hour on the highway, you can increase your gas mileage by as much as 15 percent.

AAA Auto Club South notes that automobile manufacturers have made major advances toward improving the overall energy efficiency of most passenger vehicles; however, Americans continue to purchase larger, less fuel-efficient vehicles. Because of this trend, the average fuel efficiency of new vehicles has changed little over the past 20 years.

In addition to driving 55 mph or less, these tips can stretch gasoline dollars:

- Drive sensibly. Aggressive driving wastes gas and can lower your gas mileage by 33 percent at highway speeds and by 5 percent

around town.

- Remove excess weight. An extra 100 pounds in your vehicle could reduce your miles per gallon by up to 2 percent.
- Use an energy conserving grade of motor oil. EPA states that EC multi-grade oil can improve your mileage by as much as 1.5 percent. EC II-rate oil can provide a 2.7 percent mileage boost over single grades.
- Share a ride. An easy way to double gas mileage is to join a vanpool, like the ones offered by The TMA Group.
- Use public transportation. Ride the Franklin Trolleys or MTA buses in Nashville.

*S-T-R-E-T-C-H* your gas dollars!

**NOTICE: On Air Alert Days, all rides on the Franklin Trolleys are free!**

## Road rage now a medical diagnosis

Road rage is violent incidents bought about by stress-caused by accidents or incidents on roadways. Now it has a medical name: intermittent explosive disorder (IED). A new study, funded by the National Institute of Mental Health, suggest that IED affects up to 16 million Americans. By definition, IED involves multiple outbursts that often include threats, aggressive actions and/or property

damage. The disorder typically first appears in adolescence. The average number of lifetime attacks per person was 43, resulting in \$1,359 in property damage per person. IED involves inadequate production or functioning of serotonin, a mood-regulating and behavior-inhibiting brain chemical. Treatment includes antidepressants and behavior therapy. When another driver is being

aggressive follow these safety tips: **1)** Get out of the way. Pull over or move into another lane. Let the driver go by; **2)** Avoid eye contact. The driver may take your look as a challenge; **3)** Report aggressive drivers to the authorities; **4)** Don't take it personally. Chances are the driver isn't trying to annoy you; **5)** Go to a safe public place if you are followed. Do not go home.

-MSNBC.COM

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](mailto:info@tmagroup.org) for info.

### 11 AIR ALERT DAYS & counting!

Watch for email alerts and listen to WAKM AM950 daily for the Environmental Report.

## Save with Energy Star Products!

ENERGY STAR is a government-backed program helping businesses and individuals protect the environment through superior energy efficiency.



In 1992 the EPA introduced ENERGY STAR as a voluntary labeling program designed to identify and promote energy-efficient products to reduce greenhouse gas emissions. The ENERGY STAR label is now on major appliances, office equipment, lighting, home electronics, and more. EPA has extended the label to cover new homes and commercial and industrial buildings.

In 2004, Americans with the help of ENERGY STAR, saved enough energy to power 24 million homes and avoid greenhouse gas emissions equivalent to those from 20 million cars - all while saving \$10 billion.

Energy management is an vital aspect of environmental management which will show positive dividends for businesses. ENERGY STAR has the strategies to set any organizations apart. By measuring goals, tracking savings and rewarding improvements businesses can reap benefits with the ENERGY STAR business program. Companies can improve their energy efficiency by joining ENERGY STAR. The EPA program gives businesses and institutions the ability to reduce the pollution that causes global warming while enhancing their financial value. By partnering with ENERGY STAR, an organization demonstrates environmental leadership, improves its efficiency and saves money. For more information about ENERGY STAR, visit: [www.energystar.gov](http://www.energystar.gov)



## 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.



## Vanpools – Up close and personal

The TMA Group has vanpools serving nine area Middle Tennessee counties. We want to spotlight participants who year after year play a key role in the success of The TMA Group's Vanpool Program.

### Phil Page

*Director, Tennessee Dept. of General Services Postal Services Division*



"I have been driving or riding vanpools for 18 of the 21 years that I have been working in Nashville. The last (6) years I have been driving a TMA van. Vanpools have proven to be for me a way of saving wear and tear on my vehicles and also saves me gas. Without the vanpool it would have been too costly to drive back and forth to Nashville to work. As a rider I enjoyed being able to relax and maybe sleep a little bit or read a newspaper on the way in to work. As a driver it is still the most convenient and economical way to go.

For anyone looking to find an affordable and convenient means of getting to and from work on a daily basis a vanpool is the way to go. On a vanpool someone else does the driving. All you have to do is sit back and relax. You don't have to worry about the cost of using your personal vehicle. In bad weather you don't have to worry about how you are going to get to work. The vanpool driver takes care of that. There is no better way to get to and from work. It is simple it is very affordable. Just like the old Greyhound Bus slogan of "Leave the driving to us", It is the same for vanpools. Well run vanpools are always full and have minimal turnover. TMA to me has the best of all that I have driven; and I have driven several."

## AIR CARE TV

Join *Air Care* hosts Williamson County Mayor Rogers Anderson, Debbie Henry, and Clean Air Spokesperson, Taylor Ware on Williamson County Channel 3 on Wednesdays at 8 a.m., 1 p.m., and 6 p.m. *Air Care* is a family oriented half-hour educational television program. Guests discuss environmental issues that affect everyone living in Williamson County and Middle Tennessee.

