

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



Comdata Corporation

- For almost four decades a leader in payment innovations.
- Industries they serve: transportation, retail, government, aviation, construction, restaurant & hospitality, and service businesses.
- Their solutions include: controlled spending; payroll & electronic funds distribution; government services; merchant services; private commerce; regulatory compliance; and receivables financing.
- 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

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Our job is getting you to yours!
InMotion

FEBRUARY IS AMERICAN HEART MONTH

According to the American Heart Association, exposure to air pollution contributes to the development of cardiovascular diseases (heart disease and stroke).

In the last decade, studies have shown a consistent, increased risk for cardiovascular events, including heart and stroke deaths, in relation to short- and long-term exposure to present-day concentrations of pollution, especially particulate matter.

Senior citizens, people with underlying heart or lung disease, lower socioeconomic populations and diabetics may be at particularly increased risk.

Air pollution is composed of many environmental factors, including: carbon monoxide, nitrates, sulfur dioxide, ozone, lead, secondhand tobacco smoke, and particulate matter.

Particulate matter, also known as particle pollution, is composed of solid and liquid particles within the air. It can be generated from vehicle emissions, tire fragmentation and road dust, industrial combustion, construction and demolition activities, residential wood burning, windblown soil, pollens, molds, and forest fires.

The EPA has declared that “tens of thousands of people die each year from breathing tiny particles in the environment.” It is estimated that approximately 60,000 deaths each year are caused by particulate matter. The EPA states that this staggering statistic can be eliminated by stricter emissions standards as proposed by the EPA.

Secondhand Tobacco Smoke is the single largest contributor to indoor air pollution when a smoker is present. The heart and circulatory system are usually affected by this pollutant. Previous research has established that exposure to the secondhand smoke of just one cigarette per day accelerates the progression of atherosclerosis – a disease affecting arterial blood vessels.

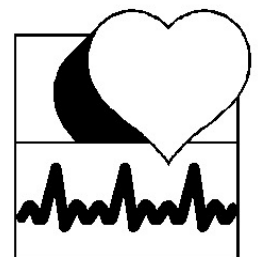
Carbon Monoxide is a colorless, odorless and highly poisonous gas. It is a common air pollutant associated with combustion reactions in cars and other vehicles. It is also in cigarette smoke. When the level of CO in blood increases, the level of oxygen that blood can carry decreases. This is why CO in any level is harmful to your body – and high levels can prove deadly.

Nitrogen dioxide is a precursor to ozone formation.

In contrast to ozone, nitrogen dioxide is often found at higher levels indoors compared with outdoors. Interior settings are where gas stoves and kerosene heaters are being used. In outdoor air, the main sources are emissions from vehicles and from power plants and other fossil fuel-burning industries. People with respiratory or heart problems should avoid prolonged exposure to high-traffic areas and unventilated heating elements in their homes.

According to the American Cancer Society, long-term exposure to fine particulate air pollution at levels that occur in North America is associated with increased risk for cardiovascular mortality by 12 percent for every 10 micrometers of particulate matter within 1 cubic meter of air.

The CAPWC wants you to: Love Your Heart...Take Care of the Air...and We Will All Breathe A Little Easier!



Save BIG by switching to e-billing in '08

The holiday bills just keep filling your mailbox. The reality of how much money you spent this past holiday season has set in. So while you've made the resolution to cut back on spending money this year, you can also resolve to switch to E-billing.

More and more companies are offering paperless billing options, and the savings are significant! In the United States alone, paper products make up the largest percentage of municipal waste with hard copy bills generating almost 700,000 tons of waste and almost two million tons of carbon dioxide.



So contact the companies that send you a bill each month and ask them what options are in place to keep paper out of your mailbox.

DID YOU KNOW?

400 million gallons of gasoline are burned in the United States every day. To visualize this, imagine a football field including both end zones. If you placed 1-gallon gas cans side by side and covered the entire field, you could fit approximately 200,000 cans. Now, stack them 2,000 cans high (this is taller than the World Trade Towers were).

**Welcome to
our newest
Partners!**

2008 promises to be an exciting year for the Clean Air Partnership of Williamson County. To celebrate a great ahead, CAPWC is happy to announce the addition of these Partners:

- ◆ **American Lung Association of TN**
- ◆ **CoolPeopleCare, Inc.**
- ◆ **Franklin Special School District**
- ◆ **Greater Nashville Regional Council**
- ◆ **Williamson Herald**

**We appreciate your
commitment!**

Green Your Coffee & Tea

Coffee is the world's most commonly traded commodity after crude oil, and tea is the world's most consumed beverage after water. Here's a quick spin through some of the finer points of green coffee and tea connoisseurship:

- 1. The Local Brew.** Seek out the coffee and tea that have traveled the least distance to reach you and also aim at supporting local, independent farms, cafés, and roasters.
- 2. Mug Shots.** Go ahead, find that perfect mug and make the investment. Not only is a reusable mug more pleasurable to sip out of than a paper cup, but it will replace an untold number of disposable cups, plastic sippy tops, "java jackets," and other disposable paraphernalia.
- 3. Organic.** Coffee and tea that bear organic certification are more eco-friendly because they are grown and processed without toxic chemicals, are cultivated and harvested in ways that protect sensitive ecosystems, and spare workers from exposure to harmful pesticides and herbicides.
- 4. Fair Trade.** Not only does certified fair trade coffee and tea help ensure living wages and safe working conditions for farmers, but TransFair and Rainforest Alliance both include rigorous environmental standards in their certification criteria.
- 5. Home Brew.** When you do it at home you know where the beans and leaves are coming from and also where they go when they're spent. Plus, you can't forget your mug, you can choose organic milk, and never toss out another paper sugar packet.

treehugger.com

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 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, 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, Land Rover Nashville, Manchester Tank, Microsoft, Middle TN Electric Membership, Moody's Tire & Auto, Morningside of Franklin, NuKote International, Passport Health Communications, PRIMUS Financial Services, 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. **Thank You!**