

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?

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CLEAN AIR PARTNER

SPOTLIGHT

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- They serve 90 of the nation's 210 designated market areas.
- Named Outstanding Clean Air Partner for 2005-06
- Clean Air Partner Williamson County since 2004.

InMotion is a publication of The TMA Group.

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Our job is getting you to yours!
InMotion

A DOZEN WAYS TO FIGHT SOARING HEATING BILLS

Rising prices for heating oil and natural gas could mean big bills this winter. Here are a dozen ways to cut your costs. These steps could save approximately 20% on your home heating bill this winter.

- Turn down the thermostat. According to the American Council for Energy-Efficient Economy, for every degree you turn down the thermostat, you can save about 3% on your heating bill.
- Use fans wisely. In just one hour, a bathroom or kitchen fan can expel a household of warm air. Turn them off as soon as they've done their job.
- Keep the fireplace damper closed. Heat rises, and an open damper is like a hole in the roof. Also, close off seldom-used rooms, and shut the vents inside.
- Keep heating vents clear. Vents blocked by rugs and furniture prevent heated air from circulating efficiently.
- Use curtains. Opening curtains and shades on south-facing windows during the day allows solar radiation to warm a living space; closing curtains at night helps retard the escape of the heat.
- Block the leak. By plugging the small gaps around windows, doors and other areas, you can save up to 10% on the heating bill. Weather-stripping, door sweeps, and caulking are very affordable fixes. Also, outlet gaskets should be installed in a home's outer walls, where cold air often enters.
- Keep your ducts in a row. A home that uses ductwork to move heated air can lose up to 60% of that air before it reaches the vents if the ducts are poorly connected, not well insulated and travel through unheated spaces such as attics or crawlspaces. Don't use traditional duct tape when repairing. Instead use metal-backed tape or aerosol sealant. Where possible, wrap the ducts' exterior with special duct insulation.
- Swaddle water heater and pipes. Unless you have a newer water heater that already has built-in insulation, cover your water heat with an insulated "jacket" will keep costs down. Wrap pipes when possible.
- Winterize windows. If you can't afford storm windows, put plastic film on the windows where a clear view isn't crucial, which will curb drafts.
- Buy a low-flow showerhead. A water-efficient showerhead can use 25% to 50% less hot water, saving both on water and power bills.
- Keep your furnace in shape. Replace the air filters according to manufacturer's directions and the heating system will run more efficiently. Oil-fired boilers should be cleaned and tuned annually, and gas systems, every two years. By maintaining these units, you can save between 3% and 10% on heating bills.
- Look for the Energy Star label. When replacing heating and cooling units, look for the Energy Star label. Installed correctly, these high-efficiency heating and cooling units can save up to 20% on heating and cooling costs.

Five of these steps cost nothing to implement, and the remaining seven steps cost under \$100, with a yield of tremendous savings to your 2008 energy bill.



National Radon Action Month

January is National Radon Action Month. The EPA and the US Surgeon General urge all Americans to test their homes for radon, a cancer-causing radioactive gas that claims tens of thousands of lives each year. Radon is naturally occurring and comes from the breakdown of uranium in soil and rocks entering homes through cracks in basements, foundations and floor drains. Radon can build to unhealthy levels, especially during colder months when windows and doors are kept closed. When radon is trapped in buildings and concentrations of the gas build up indoors, exposure becomes a concern. Breathing indoor air with radon can damage lung tissue and lead to cancer. Radon is the leading cause of lung cancer among non-smokers; the second leading cause of lung cancer after cigarette smoking in the US and in the world.

Often homes are not tested because you can't see, smell or taste radon. Yet, it is the most potent carcinogen in your home. While testing for radon is encouraged when buying or selling a home, recent consumer research indicates that up to 80% of American homes still need to be tested. According to the EPA, radon-related deaths can be prevented. The National Academy of Sciences and the EPA estimate that in the US, radon in homes causes 21,100 lung cancer deaths each year and 2,900 of these deaths occur among people who never smoked.

The Good News: a simple home test, costing less than \$25 can detect radon in the home. For help in purchasing test kits and finding qualified professionals to fix a radon problem visit EPA's website at: www.epa.gov/radon or call the TN Radon Hotline at: 1-800-232-1139 with the TN Department of Environment and Conservation.



Generators—Play It Safe!

Winter conditions can create specific environmental problems. Deicing chemicals can damage local ecosystems and contaminate drinking water supplies. Ice can bring down power lines, so people run generators more often, which can release harmful air pollutants inside homes and buildings.

People get sick or die each year from carbon monoxide or "CO" poisoning. Carbon monoxide poisoning occurs after the inhalation of carbon monoxide. Carbon monoxide is colorless, odorless, tasteless, and non-irritating which makes it difficult for people to detect it. Always put generators outdoors and away from windows or carefully vent the exhaust outside. Generator exhaust contains dangerous, high levels of carbon monoxide. Also, never operate a gas-burning appliance in a poorly vented or closed room, or where you are sleeping. Never use "combustion appliances" like a gas stove, oven, barbecue grill, or dryer for heating.



Learn the warning signs of CO poisoning:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

If you suspect carbon monoxide poisoning, move to fresh air immediately. Call 911 for help!

Clean Air Partners of Williamson County 2007-08

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Thank You!