

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



City of Brentwood

- Incorporated in 1969; population 35,262 (2007); 42 square miles
- City government consisting of City Manager, Commissioners & staff
- **ZONING (acreage)**
Residential - 90%
Commercial - 5%
Service Institutional - 5%
- www.brentwood-tn.org
- Clean Air Partner Williamson County 2004-2007
- Outstanding Clean Air Partner 2006-07

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

CFL BULBS – A BRIGHT IDEA

Visited the light bulb aisle lately? It is an exercise in chemistry, patience and choice. A futuristic light bulb is very much in the present these days — CFL bulbs.

A compact fluorescent lamp (CFL), also known as a compact fluorescent light bulb or an energy saving light bulb, is a type of lamp designed to fit into roughly the same space as an incandescent bulb but with the advantages of a fluorescent bulb. Compared to incandescent bulbs, CFLs have a longer rated life and use less energy. When purchasing CFL lamps look for the ENERGY STAR label.

DID YOU KNOW?

If every American home replaced just one light bulb with an ENERGY STAR qualified bulb, we would save **enough energy to light more than 3 million homes for a year**, more than **\$600 million in annual energy costs**, prevent greenhouse gases equivalent to the emissions of more than **800,000 cars**.



ENERGY STAR CFLs:

- ENERGY STAR bulbs use about **75 percent less energy** than standard incandescent bulbs and last up to **10 times longer**.
- **Save about \$30 or more** in electricity costs over each bulb's lifetime.

- Produce about **75 percent less heat**, so they're safer to operate and can cut energy costs associated with home cooling.

USING CFLs:

ENERGY STAR qualified CFLs provide the greatest savings in fixtures that are on for a substantial amount of time each day. At a minimum, ENERGY STAR recommends installing qualified CFLs in fixtures that are used at least 15 minutes at a time or several hours per day. The best fixtures to use CFLs in are usually found in the following areas of your home:

- family and living rooms
- kitchen
- dining room
- bedrooms

CHOOSING THE RIGHT BULB

Matching the right CFL to the right kind of fixture helps ensure that it will perform properly and last a long time. For example:

- CFLs perform best in open fixtures that allow air-flow, such as table and floor lamps, wall sconces, pendants, and outdoor fixtures.
- For recessed fixtures, it is better to use a reflector CFL than a spiral CFL since

the design of the reflector evenly distributes the light down to your task area.

- If a light fixture is connected to a dimmer or three-way switch, you'll need to use a special ENERGY STAR CFL designed to work in these applications.

- Choose a qualified CFL that offers a shade of white light that works best for you. For example, while most CFLs provide warm or soft white light for your home, you could choose a cooler color for task lighting.

To choose the ENERGY STAR qualified CFL with the right amount of light, find a qualified CFL that is labeled as equivalent to the incandescent bulb you are replacing. Light bulb manufacturers include this information right on the product packaging to make it easy for consumers to choose the equivalent bulb. Common terms include "Soft White 60" or "60 Watt Replacement." You should also check the lumen rating to find the right CFL. The higher the lumen rating, the greater the light output.



-ENERGY STAR; Wikipedia

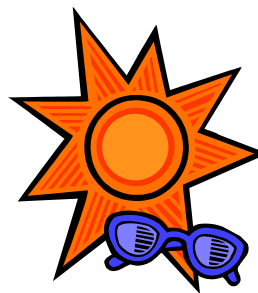
July is UVA Safety Month

July is UV Safety Month. Hats, sunglasses, sunscreen and protective clothing are all recommended as protection against excessive ultraviolet radiation (UV). Do you know why you need this protection? The answer is that while small amounts of UV are essential for the production of Vitamin D, excessive UV may result in acute and chronic health effects on the skin, eye and immune system.

But there are other UV-related issues that you should be aware of. For example, in addition to causing cancer, cataracts, and other potentially threatening health problems, the photochemical effects of UV radiation can be "exacerbated by chemical agents including birth control pills, tetracycline, cyclamates, antidepressants, coal tar distillates found in antidandruff shampoos, lime oil, and some cosmetics."

By giving yourself a short refresher course in the dangers of UV and taking a few simple precautions, you can greatly reduce your risk of sun-related illnesses. The following steps are recommended by the U.S. Centers for Disease Control and the Environmental Protection Agency:

- Limit your time in the sun between 10 a.m. and 4 p.m.
- Whenever possible, seek shade.
- Use a broad spectrum sunscreen with an SPF of at least 15.
- Wear a wide-brimmed hat and if possible, tightly woven, full-length clothing.
- Wear UV-protective sunglasses.
- Avoid sunlamps and tanning salons.
- Watch for the UV Index daily. UV Index reports can be found in local newspapers, on television, or on the Web at the [U.S. National Weather Service](#), the [World Health Organization](#) and other weather services.



-CDC

Clean Air Partners of Williamson County 2007-08

AIM Healthcare Services, Inc., APCOM, Allergycare of Cool Springs, American Constructors, 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, Crescent Resources, LLC, Embassy Suites-Nashville South Cool Springs, First Tennessee, Forganic, Franklin Family YMCA, Franklin Tomorrow, 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, Reliant Bank, Southern Exposure Magazine, Stites & Harbison, PLLC, Telco Solutions III, LLC, The Cocoa Tree, The Factory at Franklin, The Tennessee Credit Union, 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 Medical Center, Williamson Memorial Funeral Home, WAKM-AM 950, and Worthington Precision Metals.



Congratulations!

Diane Thome has been named Executive Director of the RTA (Regional Transportation Authority), effective August 1.

Under her outstanding leadership The TMA Group has grown expediently. We wish Diane tremendous success on her new journey!

Daily Air Quality Reports

WAKM AM950 broadcasts the Environmental Report™ each day featuring the Air Quality Index, the Air Quality forecast, the UV index, and Heat/Cold index. In case of an Air Alert Day, WAKM AM950 broadcasts the information hourly until the situation eases.



WELCOME TO OUR NEWEST 2007 PARTNER

Reliant Bank



WE WANT TO KNOW!

With Air Alert Days beginning in May of this year, it is proving to be a hot and hazy season. We want to know what actions you and your company are taking to improve the air. Drop us an email at: dhenry@tmagroup.org

New informational materials are in design. Watch Air Care every Wednesday on CH 3 at 8 am, 1 pm and 6 pm to find out the latest environmental news!

