



# 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



#### GREENBANK

- **Founded 1890 in Greene County, TN**
- **A Tennessee charter bank with over 60 branches in Middle and East Tennessee, and a branch in Virginia and one in North Carolina.**
- **Providers of full service personal and corporate banking with customer convenience as an important priority.**
- **Clean Air Partner Williamson County since 2005.**

**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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## INSULATE, VENTILATE AND MAINTAIN

The most expensive appliance in any home is the heating and cooling system. The cost of this system typically comprises 45% of our utility bill. Not only are these systems expensive to your wallet, they are expensive to the environment as well. In the U.S., heating and cooling systems (HVAC) emit 150 million tons of carbon dioxide into the atmosphere each year.

Yet, the encouraging news is there are three key factors, which can cut our energy use for heating and cooling while reducing environmental emissions from 20-50%. The three factors are: insulation, attic ventilation and proper maintenance of the HVAC systems.

**Insulation.** More than half of the energy used for heating is lost through un-insulated walls, floors, ceilings, and attics. To get the biggest savings, the easiest place to add insulation is usually in the attic. The recommended insulation level for most attics is R-38 (12-15 inches), depending on the insulation type.

**Attic Ventilation.** It is very important to make sure that attics are well ventilated by using passive vents and natural air flow. Traditional static air vents

in a roof do not provide air movement, as the air in the attic heats up, it tries to flow through the static vents and does not move quickly. The best intake ventilation is soffit ventilation. The more air moving in from the lower part of the roof, the better. Makes sure the air space on top of your exterior walls is not blocked with insulation. Consider installing rafter vents which ensure that the soffit vents are clear and there is a channel for outside air to move into the attic at the soffits and out through the gable or ridge vents.

**Maintenance.** Proper maintenance of the HVAC system helps ensure the longevity of the system, and saves energy and lower the cost of our utility bills. Take advantage of a Spring or Fall check-up special offered by many companies or a yearly maintenance agreement, as these usually include cleaning the condenser coil, checking to see if the air conditioner is fully charged so it works efficiently, and checking the duct system for leaks and proper insulation. Remember: your energy losses cost you money!

Additional energy saving tips that will green your wallet and the environment

include:

1. Change your furnace filter monthly.
2. Consider a programmable thermostat; adjust the thermostat in small degree increments.
3. Keep furniture and drapes away from the HVAC air supply and return air ducts.
4. Choose Energy Star products when installing a new furnace and/or air conditioner.
5. Install the air conditioner compressor in a shady spot so that it will work more efficiently.

The benefits of proper insulation, efficient ventilation and regular maintenance include cleaner air to breathe, savings on energy costs, and prolonging the life span of your HVAC equipment.



The Clean Air Partnership of Williamson County welcomes:  
Transit Solutions Group  
and  
TOM A Promotions  
as our newest partners!

75 Partners making a difference!

# Save \$\$ on Gas

With high gas prices affecting everyone's bank account, saving money on gas is more important than ever. Here are some relatively simple and inexpensive tips you can do to ease the pain at the pump:

1. **Replace a dirty air filter.** According to the Federal Trade Commission, replacing a clogged air filter can increase gas mileage up to 10%.
2. **Keep your car's engine tuned.** Having the engine tuned according to the owner's manual can improve gas mileage by 4%.
3. **Get regular oil changes.** Clean oil improves gas mileage by reducing friction. Be sure and look for oil that states "energy conserving" with the performance symbol of the American Petroleum Institute, as it contains additives that can improve fuel efficiency.
4. **Keep tires properly inflated.** Properly inflated tires can increase your miles per gallon by up to 3%.
5. **Use the right motor oil.** Make sure you use the proper grade of oil, which can save you 1 to 2% at the pump.
6. **Rotate tires and check alignment.** Rotating the tires for even wear will improve your car's performance and gas mileage, as well as keeping the car properly aligned.
7. **Buy the recommended fuel for your car.** Most cars run on regular octane gas. According

to the Federal Trade Commission, there is not reason to buy a higher grade of gas than what is recommended in the owner's manual.

8. **Find the cheapest gas.** Check out [www.GasNearU.com](http://www.GasNearU.com) or [www.GasBuddy.com](http://www.GasBuddy.com) to find the least expensive fuel in your area.
9. **Use gas-rebate credit cards.** Some credit cards save you up to 5% on gas. Look into the different options.
10. **Keep it under 60.** At speeds above 60 mph, miles per gallon starts to decrease significantly.
11. **Avoid jackrabbit starts.** Peeling out when the light turn green is like throwing money out the window. Gentle driving can save you up to 5%.
12. **Unload.** Remove unnecessary weight from your car; lightening the load by 100 pounds can improve your gas mileage by 2%.
13. **Just cruise.** Using the cruise control is a great way to improve fuel economy.
14. **Work four 10-hour days.** If telecommuting won't work in your job, consider working staggered hours or an alternating schedule.
15. **Consider alternatives.** Join a TMA or RTA - this action will cut your daily commute costs tremendously. Use mass transit, walk or bike when possible.
16. **Trip chain.** Plan and combine errands which means fewer trips.

## Recycle Your Cell Phone — It's an Easy Call!

The nation's leading cell phone manufacturers, service providers, and retailers have teamed up with the EPA in PLUG-IN TO e-CYCLING with the US EPA. A national campaign that encourages Americans to recycle or donate their unwanted cell phones. Recycling a cell phone offers an opportunity for everyone to reduce greenhouse gas emissions, save energy, and conserve natural resources. Cell phones are made from precious metals, copper and plastics, all which require energy to mine and/or produce.

An estimated 100 to 130 million cell phones are no longer being used. Currently less than 20% of unwanted phones are recycled each year! If Americans recycled 100 million phones, we could save enough energy to power more than 194,000 US households annually. If consumers were able to reuse those 100 million cell phones, the environmental savings would be greater, saving enough energy to power more than 370,000 US homes each year!

Visit [www.epa.gov](http://www.epa.gov) to find out more...it is your call!



## 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, TOM A Promotions, Toyota Financial Services, Transit Solutions Group, Tri Star Energy, LLC, WAVES, Wild Oats Market, Inc., Williamson County Association of Realtors, Williamson County-Franklin Chamber of Commerce, Williamson County Government, Williamson Co. Parks & Recreation, Williamson Co. Public Library, Williamson Co. Public Schools, Williamson Herald, Williamson Medical Center, Williamson Memorial Funeral Home, WAKM-AM 950, & Worthington Precision Metals.