

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



WILLIAMSON COUNTY-FRANKLIN CHAMBER OF COMMERCE

- Your Information Source...Your Business Connection
- Business and community information; Economic and Demographic Data; Legislative Updates; Newcomer Relocation Services
- Numerous Networking opportunities for Chamber members
- 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

The TMA Group
108 Fourth Avenue, South Suite 209
Franklin, Tennessee 37064
www.tmagroup.org



InMotion

Our job is getting you to yours!

How can Ozone affect your health?

Ozone can irritate your respiratory system, causing you to start coughing, feeling throat irritation and/or experience an uncomfortable sensation in your chest.

Ozone can reduce lung function and make it more difficult for you to breathe as deeply as you normally would. Breathing starts to feel uncomfortable. If you are exercising or working outdoors, you may notice that you are taking more rapid and shallow breaths than normal.

Ozone can aggravate asthma. When ozone levels are high, more people with asthma have attacks that require a doctor's attention or the use of additional

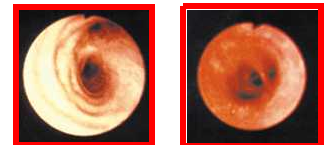
medication. One reason this happens is that ozone makes people more sensitive to allergens, which are the most common triggers for asthma attacks. Also, asthmatics are more severely affected by the reduced lung function and irritation that ozone causes in the respiratory system.

Ozone can inflame and damage cells that line your lungs. Within a few days, the damaged cells are replaced and the old cells are shed-much in the way your skin peels after a sunburn.

Ozone may aggravate chronic lung diseases such as emphysema and bronchitis and reduce the immune system's ability to fight off

bacterial infections in the respiratory system.

Ozone may cause permanent lung damage. Repeated short-term ozone damage to children's developing lungs may lead to reduced lung function in adulthood. In adults, ozone exposure may accelerate the natural decline in lung function that occurs as part of the normal aging process.



Ozone can inflame the lung's lining. These photos show a healthy lung air way (left) and an inflamed lung air way (right).

U.S. Environmental Protection Agency

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

Can you avoid unhealthy exposure to ozone?

Your chances of being affected by ozone increase the longer you are active outdoors and the more strenuous the activity you engage in. If you're involved in an activity that requires heavy exertion, you can reduce the time you spend on this activity or substitute another activity that requires more moderate exertion (e.g., go for a walk rather than a jog). In addition, you can plan outdoor activities

when ozone levels are lower, usually in the morning or evening.

Examples of activities that involve *moderate exertion* include climbing stairs, playing tennis or baseball, simple garden or construction work, and light jogging, cycling, or hiking. Activities that involve *heavy exertion* include playing basketball or soccer, chopping wood,

heavy manual labor, and vigorous running, cycling, or hiking. Because fitness levels vary widely among individuals, what is moderate exertion for one person may be heavy exertion for another. No matter how fit you are, cutting back on the level or duration of exertion when ozone levels are high will help protect you from ozone's harmful effects.

U.S. EPA

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 for info.

7 AIR ALERT DAYS & counting!
Watch for email alerts and listen to WAKM AM950 daily for the Environmental Report.

Fuming Over Gas Prices? Check out these tips!



With gasoline prices ranging from \$2.80 to \$3.20 this summer the Clean Air Partnership of Williamson County and The TMA Group offers tips on stretching gasoline dollars.

- Drive smart. Check traffic before leaving. Idling in traffic plays havoc on the car's engine, not to mention the driver is getting 0 mpg. Click on the City of Franklin's Traffic Operation site <http://www.franklin-gov.com/toc/> to check out the latest status of our roads. Check the Tennessee Department of Transportation's web site <http://www.cctv.tdot.state.tn.us/cctvnash/> to receive the latest statewide traffic status information.
- Share a ride. An easy way to double gas mileage is to carpool with someone willing to do half the driving! Or join a vanpool program, like the ones offered by The TMA Group. Every day that you don't drive alone saves you money. Check out The TMA Group's web site: <http://www.tmagroup.org> . Call 790-4005 to get a listing of all vans and routes in The TMA Group's vanpool program.
- Take the hometown trolley! Leave your car at home and ride the Franklin trolleys to historic downtown Franklin, CoolSprings Galleria, the grocery store, Williamson Medical Center, plus many more stops. Go to: <http://www.franklintrolleys.org> to find the routes and maps. Trolley fare is \$1.00 for a one-way trip, and \$0.50 for seniors (age+65)/ disabled passengers with ID card.
- Slow down. Each 5 mph over 60, the EPA says, is like adding a dime to the cost of a gallon of gas. Avoid quick starts or a lot of passing. Slow, steady and even driving is far more affordable.
- Plan ahead. Combine your errands into one trip, rather than taking multiple trips from home. Organize your stops so they are near each other and so you do not retrace your steps. You may even be able to park in one central spot and walk between some of your stops rather than driving and parking at each one. Plan your trips during less-congested times of day.



- Keep your car in shape. An out-of-tune engine, poor alignment or under inflated tires can cost you up to 2 mpg, the American Petroleum Institute says. Change oil and filters according to the manufacturer's service schedule.

Vanpools: the benefits

Vanpooling can help you reclaim the many hundreds of dollars and hours you lose each year by driving alone. Consider what these savings can bring you and your family.

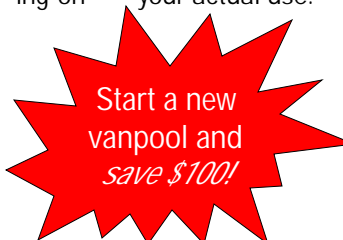


The benefits include:

- Annual Personal Savings*
- Reduced Wear and Tear on Vehicle
- Reduced Stress Levels
- Reduced Traffic Congestion
- Reduced Levels of Pollution
- HOV Lanes
- Park and Ride
- Guaranteed Ride Home

*Share a ride and save a minimum of \$3,000 per year. Leave your car home and gain 150 - 250 hours of relaxation time.

Overall operating expenses saved by vanpooling an average of 5 days per week. Numbers may vary depending on your actual use.



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.

