



# 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



Join us as we Blow the Whistle on Asthma on May 3, 2008 at the Nashville Zoo.

Call the American Lung Association of TN for more information: 329-1151.

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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## FIVE EASY STEPS TO A GREENER HOME

The U.S. generates about 208 million tons of municipal solid waste a year, according to the National Institutes of Health. That's more than 4 pounds per person per day. Every little bit helps; recycling just one glass bottle saves enough electricity to light a 100-watt bulb for four hours.

Here are 5 easy ways to green your home:

**1. Green up your appliances.** Getting rid of that old refrigerator in the garage could save you as much as \$150 a year, according to the Environmental Protection Agency. Appliance use comprises about 18% of a typical home's total energy bill, with the fridge being one of the biggest energy hogs. If any of your appliances is more than 10 years old, the EPA suggests replacing them with energy-efficient models that bear their "Energy Star" logo. Energy Star-qualified appliances use 10%-50% less energy and water than standard models.

**2. Watch the temp.** Almost half a home's energy consumption is due to heating and cooling.

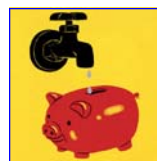
- Turn down the thermostat in cold weather and keep it higher in warm weather. Each degree

below 68°F (20°C) during colder weather saves 3%-5% more heating energy, while keeping your thermostat at 78°F in warmer weather will save you energy and money. A programmable thermostat will make these temperature changes for you automatically.

- Clean your furnace's air filter monthly during heavy usage.
- Consider a new furnace. Today's furnaces are about 25% more efficient than they were in the 1980s. (And don't forget to check out furnaces carrying the Energy Star label.)
- To keep your cool in warmer weather, shade your east and west windows and delay heat-generating activities such as dishwashing until evening.

**3. Save water.** The Web site "[Water -- Use it Wisely](#)," created by a group of Arizona cities, lists 100 simple ways to save water. We'll share just a few here:

- Put an aerator on all household faucets and cut your annual water consumption by 50%.



- Install a low-flow toilet. They use only 1.6 gallons per flush, compared to 3.5 gallons per flush for pre-1994 models. If you have an older model, adjust your float valve to admit less water into the toilet's tank.

**4. Clean green.** Stop buying household cleaners that are potentially toxic to both you and the environment. In his book, "[The Safe Shopper's Bible](#)," David Steinman suggests reading labels for specific, eco-friendly ingredients that also perform effectively. These include grain alcohol instead of toxic butyl cellosolve, commonly found in carpet cleaner and some window cleaners as a solvent; coconut or other plant oils rather than petroleum in detergents; and plant-oil disinfectants such as eucalyptus, rosemary or sage rather than triclosan, an antifungal agent found in soaps and deodorant.

**5. Let there be energy-efficient light.** Compact Fluorescent Light bulbs use 66% less energy than a standard incandescent bulb and last up to 10 times longer. Replacing a 100-watt incandescent bulb with a 32-watt CFL can save \$30 in energy costs.

# EPA Revises Air Quality Index

On March 12, 2008, the Environmental Protection Agency (EPA) revised its Air Quality Index (AQI) for ozone to reflect changes to the national ambient air quality standards for ground-level ozone. The AQI is EPA's color-coded table for communicating daily air quality to the public.

The AQI revisions address the ranges of ozone that are represented by the AQI categories, such as "good," "moderate," "unhealthy for sensitive groups," and "unhealthy." EPA has adjusted the upper end of the "moderate" range to be equal to the new primary 8-hour ozone standard, which is 0.075 parts per million (ppm), and has made proportional changes to the other categories. This action is part of the rule EPA issued to significantly strengthen the ozone standards.

Under the revised AQI, ozone levels above 0.075 ppm would be considered "unhealthy for sensitive groups" category—known to many people as a "code orange" air quality day. When ozone is on this category, the EPA recommends certain groups adjust their activity levels to reduce their ozone exposure. These groups include children and adults who are active outdoors, people with asthma or other lung diseases and older adults.

## Background Facts:

- ◆ EPA calculates the AQI for five major air pollutants regulated by the Clean Air Act: ground-level ozone, particle pollution (also known as particulate matter), carbon monoxide, sulfur dioxide, and nitrogen dioxide. An AQI value of 100 generally corresponds to the "primary" national air quality standard for the pollutant, which is the standard EPA sets to protect public health.
- ◆ AQI values below 100 are generally thought of as satisfactory. When AQI values are above 100, air quality is considered to be unhealthy—at first for certain groups of people then for everyone as AQI levels increase.
- ◆ People can reduce their exposure to ozone by changing the time of their activity or simply taking it easier on days when ozone levels are expected to be higher. For example, a runner could run in the morning, when ozone levels are lower, instead of in the afternoon, when conditions tend to be more favorable for ozone formation. A runner also could reduce exposure by taking a walk instead of going for a run.

-EPA

REVISED TABLE WITH BREAKPOINTS

| Category                       | AQI Value | 1997 8-hour (ppm) | 2008 8-hour (ppm) |
|--------------------------------|-----------|-------------------|-------------------|
| Good                           | 0-50      | 0.000-0.064       | 0.000-0.059       |
| Moderate                       | 51-100    | 0.065-0.084       | 0.060-0.075       |
| Unhealthy for Sensitive Groups | 101-150   | 0.085-0.104       | 0.076-0.095       |
| Unhealthy                      | 151-200   | 0.105-0.124       | 0.096-0.115       |
| Very Unhealthy                 | 201-300   | 0.125-0.374       | 0.116-0.374       |
| Hazardous                      | 301-400   | No Change         | No Change         |
|                                | 401-500   | No Change         | No Change         |

## 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, Keep Williamson Beautiful, 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

**Thank you!**