



# 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



### FORGANIC

- **Organic Pest Solutions: 100% safe for people, pets and the planet!**
- **Healthy Homes cleaning services.**
- **A full service home pest control provider—users of EcoSMART Commercial Products**
- **Clean Air Partner Williamson County since 2007.**

*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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## AIR ALERT SEASON 2008 ARRIVES!

The Middle Tennessee region periodically has high ozone and particulate matter levels during the months of May—September. Saving energy reduces pollution; and it saves money. Everyone can use the following guidelines to help keep air cleaner in our community. These recommendations are especially important when ozone and/or particulate matter levels are expected to be unhealthy:

- Conserve electricity; set the air conditioner at a higher temperature.
- Choose a cleaner commute! Try van-pooling, carpooling, use public transportation such as Franklin's transit system or ride the Music City Star! Combine errands and reduce trips. Bike or walk to errands when possible.
- Defer use of gasoline-powered lawn and garden equipment for later in the day, or for days when the air quality is better.
- Refuel cars and trucks after dusk. Limit engine idling.
- Get regular engine tune ups and car maintenance checks (especially for the spark plugs).
- Avoid spilling gas and don't "top off" the tank. Replace gas tank cap tightly.
- Properly dispose of household paints, solvents and pesticides. Store these materials in airtight containers.
- Paint with a brush, not a sprayer. Buy low volatile organic compound (VOC) paints for indoor and outdoor painting jobs.
- Avoid burning leaves, trash and other materials.

-EPA

## DID YOU KNOW?

The EPA developed the Air Quality Index (AQI) to report levels of ozone, particulate matter, and other pollutants. The AQI is divided into color-coded categories, and each category is identified by a simple informative descriptive. The five levels of health concern are as follows:

**Good** — air quality is acceptable; some pollution poses little or no risk.

**Moderate** — air quality is acceptable; some pollutants may be of moderate health concern for a small number of people.

**Unhealthy for Sensitive Groups** — members of sensitive groups may experience health effects; for example children and individuals with lung disease, asthma, and cardiac problems. The general public is likely to not be affected. Senior citizens, as well should take precautions.

**Unhealthy** — everyone may begin to experience health effects. Members of sensitive groups need to stay indoors.

**Very unhealthy** — **this level triggers a serious alert; everyone may experience serious health effects.**



Visit: [www.tmagroup.org](http://www.tmagroup.org)  
for Daily Air Quality  
information

# Care for the Air!

## 1 Plastic Bottle + 1 Toilet = Savings!



Saving water is important to the environmental health of Mother Earth. In order to save water each day, put a 1-liter plastic bottle full of water (smaller sizes can float) inside your toilet's water tank. Then, each time you flush, instead of using 6 liters you will use only 5 liters. This such a simple, yet effective "green" tip for your household!

When replacing a toilet fixture consider getting a dual flush toilet, which can use even less water when the time calls for it.

*-thedailygreen*



## Dump the Pump

**JUNE 19, 2008 SAVE YOUR MONEY. SAVE YOUR PLANET.**

### Third Annual National Dump the Pump Day is June 19

Join in celebrating the Third Annual National Dump the Pump Day on Thursday, June 19, 2008. The day is dedicated to raising awareness that riding public transportation helps improve the environment and conserves fuel. It also offers the opportunity for people to beat the high price of gasoline and support public transportation as an important travel option that helps reduce our dependence on foreign oil as well as reducing the amount of harmful greenhouse gases that are emitted into our environment.

On June 19, public transportation agencies from coast to coast will join together to ask you to park your cars and ride public transportation instead. Public transportation provides greater freedom, access, opportunity and choice for Americans. Access to transit and commuter rail lines reduces driving by 4,400 miles per household, saves 4.2 billion gallons for gasoline and 37 million metric tons of carbon, according to a new study by the American Public Transportation Association (APTA).

*-APTA*

**SAVE YOUR MONEY. SAVE YOUR PLANET. DUMP THE PUMP!**

## MEDICINE DISPOSAL!!

When discarding expired medicines use extreme caution! Do not throw them in the trash, in the toilet or down the drain! Check with your pharmacist or see if they can make sure your old tablets are properly disposed; or take them to a hazardous waste center, which will also make sure they don't fall into the wrong hands or enter our waterways, harming wildlife and the environment.



### 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, 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 Metals.