

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



Clean Cities of Middle Tennessee

- Sponsored by the U.S. Dept. of Energy and was created to advance the use of cars and trucks powered by alternative fuels, thus reducing our nation's dependence on imported petroleum.
- Instrumental in the installation in Nashville of the first Ethanol (E85) refueling station in the state of Tennessee for both private and public use.
- Clean Air Partner Williamson County 2006-2007

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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InMotion

Our job is getting you to yours!

IDLING — Going Nowhere Fast

Idling — at some point in time, we've all done it. Idling a car may seem quite innocuous; however, it is detrimental to an automotive engine, wastes gas, costs money, dirties the air, and contributes to significant adverse health issues.

What is idling? It is the running of the vehicle engine in any location while the vehicle is stationary.

Consider these facts:

- Modern automobile engines do not need more than a few seconds of idling time before they can be driven safely. Contrary to popular belief, the best way to warm up your vehicle is to drive it.
- Today's engines do not operate efficiently when they idle. If you idle longer than 10 seconds, it is best to turn off the engine and restart it.
- Excessive idling wastes an enormous amount of fuel and money and generates needless greenhouse gas emissions.
- The health effects of pollutants in the air, emitted from idling vehicles can cause eye and respiratory irritation; enhance respiratory allergic reaction; cause asthma exacerbation; and cancer.
- The catalytic converter - the device that cleans pollutants from the vehicle's exhaust doesn't function at its peak until it reaches between 400—800 degrees Celsius; again, the best way to warm the converter is to drive the car.
- Excessive idling can be hard on your engine. Since the engine isn't working at peak operating temperature, fuel doesn't undergo complete combustion. This leaves fuel residues that contaminate engine oil and make the spark plugs dirty.
- Restarting a car many times has little impact on engine components such as the battery and the starter motor. The wear on these parts adds about \$10 a year to the cost of driving—money that can be recovered several times over in fuel savings.
- Maintain your vehicle. A poorly tuned engine uses up to 15 percent more energy when idling than a well-tuned vehicle.
- Idling your vehicle with the air conditioner on can increase emissions by 13 percent.
- For every gallon of gasoline used, the average car produces 20 lbs

of carbon dioxide.

- It is estimated that over \$3.5 billion worth of fuel is wasted annually by idling vehicles.

The truth of the matter is, idling gets zero miles per gallon. The recommendation is: if you are going to be parked for more than 30 seconds, turn off the engine. As stated, ten seconds of idling can use more fuel than turning off the engine and restarting it. And when you start your engine, don't step down on the accelerator, just simply turn the key to start.

Food for thought, an alternative to idling is to park your car, walk inside, do your business and then go back to your car.

www.epa.gov, www.mass.gov,
www.arb.ca



"In the end, our society will be defined not only by what we create, but by what we refuse to destroy." - John C. Sawhill

Get Your Money's Worth at the Pump

The following information is from a peer who has been in the petroleum pipeline business for 30+ years, and currently works for a company in San Jose, CA. The company delivers about 4 million gallons in a 24-hour period from the pipeline. Here are his tips to help you get your money's worth at the pump:

1. Fill your vehicle in the morning when the temperature is still cool. All service stations have their storage tanks buried below the ground; and the colder the ground, the denser the gasoline. When it gets warmer gasoline expands, so if you are filling up in the heat of the day or the late afternoon, what should be a gallon is not exactly a gallon.
2. If a tanker truck is filling the station's tank at the time you want to buy gas, do not fill up; most likely dirt and sludge in the tank is being stirred up when gas is being delivered, and you might be transferring that dirt from the bottom of their tank into your car's tank.
3. Fill up when your gas tank is half-full (or half-empty), because the more gas you have in your tank the less air there is and gasoline evaporates rapidly, especially when it is warm.
4. If you look at the gas pump trigger, you will see that it has three delivery settings: slow, medium and high. When you are filling up do not squeeze the trigger of the nozzle to the high setting. You should be pumping at the slow setting, thereby minimizing vapors created while you are pumping. Hoses at the pump are corrugated; the corrugations act as a return path for vapor recovery from gas that already has been metered. If you are pumping at the high setting, the agitated gasoline contains more vapor, which is being sucked back into the underground tank, so you are getting less gas for your money.



Know the Good Dirt

With the official start of Autumn, folks began thinking about raking leaves and seasonal lawn care. It is the perfect time to start a compost pile and it can be done without spending lots of money. Compost is the end product of a complex feeding pattern involving different organisms. The result is a brown, earthy, nutrient-rich substance that is found in every forest, jungle, grassland and garden on earth. Build your own compost pile, and reap the rewards—your lawn will thank you. Just follow these easy steps:

- **Step 1: Build Your Compost Bin.** To begin your compost pile, you need an outdoor area to store organic waste. For the typical residential compost pile, a single cubic meter of space will suffice. A shady location is generally best since maintaining a constant level of light moisture in the pile is essential for microbial activity. The bin can be constructed of used pallets, scrap lumber, old fence boards or even chicken wire. Make sure the bin has one side that allows for easy access for turning the pile with a shovel or pitchfork.
- **Step 2: Begin Adding Organic Matter.** Begin by adding this week's grass clippings, or the raked leaves; in addition you can add, straw/hay, fruit and vegetable peels/rinds, coffee grounds, egg shells, tea leaves/bags, shredded paper, weeds and dead plants. Do Not Add: meat scraps, sawdust, pet waste, diseased plants, chemically-treated wood products, harmful weeds.
- **Step 3: Toss and Turn!** Since the organisms that decompose the material are aerobic, meaning they need lots of oxygen, it is important to toss and turn your compost pile at least once every other week. Using a standard pitchfork or shovel, you want to mix the pile so that the material that is on the inside of the pile is brought to the outside and the material on the outside is moved to the inside.

Once the compost looks dark brown, is crumbly in texture, and smells earthy, it is ready to use in your flower, herb and/or vegetable garden. Spread a layer of compost up to one inch thick in garden beds. The compost will aid in air and water absorption, water drainage, and nutrient enrichment.

-CoolPeopleCare

Clean Air Partners of Williamson County 2007-08

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