

TRAVEL GREEN.

LIVE GREEN.

July 2010 Tribune

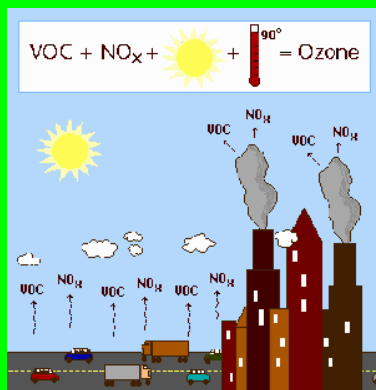
Summer Air Quality

Summer is here—the smell of barbecues fills the air, children have found an oasis outdoors and ground-level ozone is on the rise. Known as the summertime air pollutant, ground-level ozone forms best on hot, sunny days. Elevated ozone creates a potential health risk to children, elderly and those with existing health conditions.

Ozone is an odorless gas can be either “good” or “bad” depending on where it is found.

Bad Ozone—In the Earth’s lower atmosphere, ground level ozone is formed when pollutants emitted by cars, commercial and industrial operations, gasoline refueling, and other sources react photo-chemically in the presence of sunlight. Ozone at ground level is a harmful pollutant and is highest during the summer month, when the weather conditions needed to form it—lots of sun and hot temperatures—normally occurs.

Good Ozone—Occurs naturally in the Earth’s upper atmosphere, creating a protective layer that shields us from the sun’s harmful ultraviolet rays. This layer is being gradually depleted by man-made chemicals, sometimes referred to as the “hole in the ozone.”



For more information, visit
www.spokanecleanair.org

Travel Green & Win!

How can you save money and enter to win VISA cash cards? It’s easy. Leave your car at home and walk, bike, ride the bus or share a ride. The more you use a commute alternative to and from work, the more chances you have to win.

- Participate at least 2x in July to be eligible for one of five \$25 Visa gift cards
- Participate at least 3x in July to be eligible for one of three \$50 Visa gift cards
- Participate at least 5x in July to be eligible for one of two \$100 Visa gift cards
- Participate at least 7x in July to be eligible for one of two \$150 Visa gift cards
- Participate at least 10x in July to be eligible for the \$200 Grand Prize Visa gift card

To be eligible for the prize drawings, employees must:

- Use commute alternatives, and
- Complete their online calendar on MyCommute.org.

Yard Care for Clean Air

Helping to reduce ground-level ozone can be simple. Start by taking these minor measures and you, too, can help combat our hazy summer days.

- Hold off using gas-powered lawn and garden equipment until the evening or on a cooler day.
- Switch to manual or electric-powered equipment where feasible.
- Eliminate or cut unnecessary car trips, especially during the heat of the day.
- Turn off your car if idling for more than 30-seconds.
- Bike, walk, ride the bus or share a ride.

For more information on commute alternatives, please talk to me, your Employee Transportation Coordinator:

Green up your commute this summer!

Want to save some money this summer? Leave your car at home one day a week and rideshare or ride the bus to work.

Just one day out of a five day work week, reduces your vehicle emissions by 20%. You'll also save 20% a week on gas. If you must drive every day, proper car care will keep your car in tip top shape.

Here are some clean air tips:

- Carpool, ride the bus, walk, bike or work from home. You'll save money on gas, reduce traffic congestion and help keep our air clean.
- Combine errands into fewer car trips. You'll save time, money and the air.
- Turn your car off if idling for more than 30-seconds at drive thru's, railroad crossings, etc. An idling car consumes up to one gallon of gas/hour.
- Refueling your car after 5p.m. keeps ozone forming vapors out of the air during the day, when ozone is formed.
- Care for your car, change your car's oil every three months or 3,000 miles and keep it tuned-up.



Mow This Over

Exhaust is not just a product of driving a motor-vehicle. Gas-powered yard and garden equipment is a growing culprit. Did you know?

- One gas-powered lawnmower emits 11 times the air pollution of a new car for each hour of operation.
- Forty million lawnmowers consume 200 million gallons of gasoline per year.
- Gas-powered garden tools emit 5 percent of the nation's air pollution (that's a lot considering how very little we use these tools throughout the year).



This summer, consider switching to either electric or manual-powered lawn and garden equipment. Manual and electric yard equipment works just as well as gas—but without the exhaust, maintenance and repairs. With the soaring gas prices, doesn't an electric mower sound nice?

One Hamburger – Hold the Pollution...

Has summer got you in the mood for a barbecue? Many outdoor grills can contribute to air pollution. This year, follow these simple barbecue tips:

- Barbecue using propane or natural gas.
- If you use charcoal, avoid using lighter fluid to start your barbecue. Instead, use an electric probe to start your fire.
- Clean your grill frequently to avoid burning grease.



Knowing that you have done your part to create cleaner air will make your hamburger taste even better!

Live Green

Green up your summer and help clear the air:

By Clean Products! Is your home in need of a new coat of paint? Does the entire house need a good cleaning? Consider buying paint and other household products containing zero or low VOC (Volatile Organic Compound) content. VOCs are a key contributor to the formation of ground-level ozone, a harmful air pollutant.

Beware of Asbestos! Contrary to popular belief, asbestos is still found in many homes, such as “popcorn” ceilings, vinyl flooring, stucco, some insulations and much more. So, before you begin your home remodeling project, find out what precautions to take by contacting Spokane Regional Clean Air Agency at 477-4727 or visit www.spokanecleanair.org.

Conserve Energy! Turn off light when you leave the room. If you have air conditioning, set the thermostat to 78 degrees or higher. To help keep your home cool, close curtains during the day. Reduce, reuse and recycle. Buy local produce.

Outdoors! Plant native trees and shrubs. Be sure that gasoline and solvents are stored in a tightly-closed containers, in a cool, dark place. Also, handle gasoline carefully to ensure there are no spills..