



Sweeten *YOUR* Commute

You can make a difference!

This winter, our organization along with 100 others throughout Spokane County will be participating in the **Travel Green Live Green** campaign. It is a year-round community education initiative designed to reinforce the message that individual actions, when taken collectively, can improve air quality in our community. This winter's theme, *Sweeten YOUR Commute* communicates the idea that even sweet and easy every day choices can help improve air quality.

Throughout the month, you'll be hearing more about choices you can make to improve air quality, while saving time and money. By making clean air choices, we'll help keep the air in our community clean and healthful. Remember - *it took decades to clean our air, let's work together to keep it clean!*

Burn Clean, Burn Safe

If you heat with wood, follow these clean burning tips. You'll improve the efficiency of your wood heating device and reduce the amount of smoke in your neighborhood.

- Before starting a fire, check to see if a burn ban is in effect, call 477-4710 or visit www.spokanecleanair.org.
- Burn only dry firewood. Wood should be seasoned (dried) at least 6-8 months before use.
- Burn small, hot fires to help the wood burn completely.
- Never overload the firebox.
- Do not damper too far. Always allow enough air into the stove to fully burn the wood. Fires that smolder are the worst polluters.
- Watch your chimney. If you can see smoke, your wood is not burning efficiently. Smoke opacity (density) is limited to 20% -barely visible smoke.
- Consider upgrading to a natural gas device. Visit www.spokanecleanair.org for information about incentives to upgrade old woodstove (launch mid-Jan.).



For more information about *Sweeten YOUR Commute* and clean air tips, contact your ETC:

Name:

Department:

Phone:

Email:

Winter Weather & Air Quality

The winter season presents itself with special air quality challenges due to a unique combination of topography and weather patterns.

Spokane is nestled in a broad river valley surrounded by mountains. This "bowl-shaped" feature along with temperature inversions that are common during winter, trap air pollution near the Earth's surface where we live and breathe. On cold and calm days, pollutants can build to unhealthy levels.

Air pollution affects us all, especially the young and elderly, and those suffering from respiratory and heart ailments.

With every breath you take, your lungs are exposed to the world around you, filtering over 2,000 gallons of air a day. Breathing dirty air hurts the body by inflaming and destroying lung tissue and weakens the lungs' defenses against contaminants and infection. Air pollution also irritates the circulatory system aggravating existing cardio-vascular conditions.

You can make a difference. Help reduce pollution in various aspects of your day or week. Clean air tips are listed throughout the newsletter.



(Spokane's bowl-shaped topographic features tend to trap pollution.)

Idling = Zero Miles per Gallon

Vehicle exhaust is the leading source of hazardous air pollution in Washington state. Idling isn't necessary to warm up your vehicle in cold weather - modern engines need not be warmed up before driving.

Decreasing vehicle idling can save you gas, reduce wear and tear on your car's engine, and help keep our air clean.

- Avoid drive-thru's.
- When waiting in your vehicle, turn it off.

An idling vehicle gets zero miles per gallon.



Prizes

If you use a commute alternative just twice during January's *Sweeten YOUR Commute* campaign, you will get instant gratification – knowing that you are helping keep our air clean and having more money in your wallet from the gas you saved! Fill out your commute calendar and your name will be entered for a chance to win some sweet prizes from Hallett's Chocolates!

# of times commute alternatives used	Enter to win great prizes
Participate 2 times	\$20 gift cards (7 winners)
Participate 4 times	\$25 Hallett's Chocolates gift cards (20 winners)
Participate 8 times	\$50 Anthony's gift cards (6 winners)
Participate 12 times	Overnight Stay & Spa Package at The Davenport Hotel

So, *Sweeten YOUR Commute* this January.

Show you care, Rideshare!

Do you like the fresh, crisp winter air? Leave your car at home one day a week and rideshare



or ride the bus to work. *Sweeten YOUR Commute*, 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 options:

- 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.
- Care for your car, change your car's oil per manufacturer maintenance schedule (usually every 3,000 – 5,000 miles) and keep it tuned-up.

Did you know?

According to the U.S. Dept. of Energy, you can save up to 11 cents a gallon on gas by keeping your vehicles tires properly inflated. With gas prices sky-high, every little bit helps. And, you are not only saving money; you are reducing tailpipe emissions, which helps keep Spokane's air clean.

PM - What is it?

Particulate matter (PM) is composed of solid or liquid particles from smoke, dust and condensing vapors. PM is suspended and carried in the air for long periods of time and over long distances. When inhaled, these microscopic particles travel deep into the lungs, damaging lung tissue and affecting breathing.

- Motor vehicles cause over 50% of the PM pollution.
- Other sources include wood burning, outdoor burning, construction activities, and commercial operations.