



# Clean Commute Chronicle

May 2010

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## Ozone Season Returns with Possible Unhealthy Air

May is here, and we can now enjoy longer days, warmer temperatures, and sunny days! But with those warmer days, unfortunately comes Peak Ozone Season when we also face a potential increased chance of poor air quality. Ozone Season begins this month and lasts until the end of September. The Greater Lansing Region may face the threat of increased concentrations of ground-level ozone on Ozone Action Days. Those most affected by the unhealthy air days include children, those with asthma or other lung and breathing problems, as well as those who are active outdoors all day.

To make sure you are aware of when we may face an Ozone Action Day, listen to local media weather broadcasts for announcements of Orange Alerts or higher - and take action! You may find announcements on the CATA Clean Commute website, Facebook, Twitter, via Clean Commute email announcements, or visit [www.deqmiar.org](http://www.deqmiar.org).

To help improve our air quality during these months, and all year long, try incorporating these simple steps to cleaner air into your regular activities! Simple Steps include:

- Choosing an alternative commute option including riding the bus, carpooling, vanpooling, biking, or walking.
- Wait to fuel your vehicle until after the workday so harmful emissions from fuel don't have all day to build into unhealthy concentrations.
- Don't top off your gas tank!
- Reduce vehicle engine idling & combine errands. Idling = 0 miles/gallon and increased pollution levels
- Do not mow your lawn on Ozone Action Days. When we aren't having an Ozone Action Day, you can still help by waiting to mow your lawn until the early evening hours when it is cooler.

**Thank you for all that you do this summer and all year long, because *it all adds up to cleaner air!***

Air Quality Index (AQI) Values	Levels of Health Concern	Colors
<i>When the AQI is in this range:</i>	<i>...air quality conditions are:</i>	<i>Meaning</i>
0 to 50	Good	Air quality is considered satisfactory, and air pollution poses little or no risk
51 to 100	Moderate	Air quality is acceptable, however there may be a very small number of people affected who are usually sensitive to air pollution.
101 to 150	Unhealthy for Sensitive Groups	Members of sensitive groups (children, those with asthma or other lung problems, and active adults) may experience health effects.
151 to 200	Unhealthy	Everyone may begin to experience health effects. Members of sensitive groups may experience more serious effects.
201 to 300	Very Unhealthy	Health alert: Everyone may experience serious health effects.

## Springtime Vehicle Maintenance Tips



Now that winter is truly over, it's important to get your vehicle back in tip-top shape. Here are some car care tips to help you out.

### Exterior:

1. A good hand wash of your vehicle is very important in the spring. Take the time to check out the condition of your paint while you're washing, and make a note of any chips or scratches.
2. Spray the salt and dirt out of your wheel wells ( a favorite hiding spot for rust)
3. Check the windshield for stone chips or cracks. It often isn't necessary to replace the entire windshield, if the chips are repaired while still relatively small.
4. This is a good time to look for worn out wiper blades.
5. Perform a walk around inspection of your vehicle's lights. While the engine is not running, turn the parking lights on and engage the emergency signal flasher (this will allow inspection of running and turn signal lighting.) You can also check the headlights' high and low beam operation by yourself. Now have someone apply the brakes to verify brake light function.

### Interior:

1. If the carpet in your vehicle is subjected to a lot of salty water over the winter, rust could be forming where you can't even see it, underneath the carpet! A good rug shampoo will help remove the salt from the carpet fibers and the upholstery too!
2. Clean the vinyl with a vinyl treatment product to help protect against drying and cracking.
3. Clean your windows inside and out, to increase visibility.

### Under the Hood:

1. Have your oil and filter changed when needed. Ask the technician to inspect the cooling system hoses for leaks, and drive belts for cracks.
2. Cycle your air conditioning to make sure you are ready for the hot summer months ahead.
3. Service the battery. The terminal lugs, both positive and negative, need to be cleaned annually to prevent corrosion build up. Batteries also develop a thin layer of almost invisible oxidation that can prevent the movement of current, and result in a non-charging state of battery.

### Check Your Tires:

1. Check your tire pressure. Temperature changes often cause a significant loss of tire pressure. Having the proper tire pressure will maximize your gas mileage and save wear and tear on your tires! You can find the proper tire pressures listed on the vehicle certification label located on the B pillar viewable by opening your drivers door.
2. Check the condition of your tires. Did they sustain any damage? Is there anything visibly wrong, like cuts or bulges in the side walls? If so, have them inspected immediately at your local shop.
3. Be sure to check your spare tire, to prevent any out of sight, out of mind problems.





## Share-A-Bike Program

East Lansing is proud to be able to offer a Share-A-Bike Program to members of their Community. The Share-A-Bike Program is a community bike project, operating behind the East Lansing Fire Station No. 1, 1700 Abbott Road. If you are interested, the program operates from the red trailers parked behind the fire station.

This important program began operation in 1994, with the purpose of helping community members in need, who are unable to afford their own bicycle. The Program has given away thousands of bikes over the years (both children's and adults), as well as helmets, to those in need. Each person who is interested in obtaining a bike, must present a letter of reference from a human services agency, religious organization, or employer, stating that they are unable to afford a bicycle. All bikes given away, are licensed with the East Lansing Police Department. If the only thing holding you back from bicycling is the expense of a new bike, then this program may be able to help you!

Hours: April thru October  
Saturday 9:00am-11:00am.  
(Not open July 4th and Labor Day weekends  
Winter hours are every 2nd Saturday

If you would like to help donate to the program you can drop off your bikes anytime and place them near, just contact the program officers so they will be on the look-out for new bikes! If you would like a tax form for your donations, please stop by during their Saturday hours.

Donations can include any and all bikes. The Program receives large amounts of used bicycles every year. They repair what they can, and salvage parts from those bikes which are unable to be repaired. You can also help by donating some parts including brake pads, cables, rear wheels, tools and other supplies. Cash donations are also appreciated. Thank you in advance for your donations!

For more information, visit [www.lmb.org/share-a-bike](http://www.lmb.org/share-a-bike) or contact Ron Sprinkel at (517) 351-4848, June Moss at (517) 372-6895, or Dick Janson at (517) 675-7340.



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### 1st Trivia Tuesday!!

Trivia Tuesdays have begun and we already had our first winner! Congrats to Julie V, a local bicycling commuter. She won a \$10.00 gift card to Spin Street Cycles. If you haven't already, you can participate in Trivia Tuesdays by following us on Facebook at [bit.ly/FBCleanCommute](http://bit.ly/FBCleanCommute) or Twitter at [www.twitter.com/cleancommute](http://www.twitter.com/cleancommute).

If you are uncomfortable leaving your answers on our Facebook or Twitter pages, you can find the question, and then feel free to email me with your answers. Thank you!

## Contact Us

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**Visit us on Facebook  
& Twitter!**

## Other Alternative Transportation Providers

**CATA:** 517-394-1000

**MichiVan:** 800-VAN-RIDE

**EATRAN:** 517-543-3040

**Clinton Transit:** 800-800-5938

**TCBA:** [www.biketcba.org](http://www.biketcba.org)

**MSU Bikes:** [www.bikes.msu.edu](http://www.bikes.msu.edu)

## Featured Commuter of the Month

Carpooling daily in the Greater Lansing Region from her home in Portland, to downtown Lansing, this month's featured commuter experiences a variety of benefits by sharing the ride.

Sherry carpools with two other people and has been choosing a clean commute for the past 30 years! Not only is she able to reduce the mileage and wear on her vehicle, but she also saves money on gas, can rely on another set of eyes, and on days when the weather is not looking so good, she is not driving alone. Plus, sharing the ride gives her, and many other clean commuters, the opportunity to meet others and form friendships with people she may not have met otherwise.

With an average one-way commute of 21 miles, Sherry feels very strongly that carpooling is the way to go!

"I wish more people would consider carpooling! We'd have less gas consumption nationwide, it's better for the ozone, and less vehicles on the road can equate to less accidents." states an enthusiastic Sherry.

This month's featured commuter would also like to let others commuting from the Portland area to downtown Lansing know, that they are in need of another carpooler. Contact the Clean Commute Options Office for more details at [cleancommute@cata.org](mailto:cleancommute@cata.org) or call 393-RIDE.



### Carpools Looking for More Riders

- Ann Arbor-Lansing
- Brighton-MSU
- Canton-State Secondary Complex
- Charlotte-Lansing
- Corunna/Durand-Lansing
- Dimondale-Holt
- Durand/Perry-MSU
- Eaton Rapids-Lansing
- Eaton Rapids-East Lansing/MSU
- Fowlerville-Lansing
- Grand Rapids-E. Lansing
- Ionia/Portland/Eagle-Lansing
- Jackson-East Lansing
- Jackson-Lansing
- Kalamazoo/Battle Creek-Lansing
- Leslie-Lansing
- Lowell/Ada-Lansing
- Lyons/Portland-Lansing
- Novi-Lansing
- Owosso-East Lansing/MSU
- Owosso-Lansing
- Portland-Downtown Lansing
- Portland/Eagle-West Lansing
- Portland/Ionia/Eagle-MSU
- Spring Arbor/Jackson-Lansing
- Ypsilanti-State Sec. Complex

### Vanpools Looking for More Riders

- Brighton-Lansing
- Canton-Lansing
- Grand Rapids-Lansing
- Grand Rapids-MSU/East Lansing
- Grand Rapids/Portland-Lansing
- Howell-Lansing
- Jackson-Lansing
- Lapeer-Flint-Lansing
- Lennon/Flint-Lansing
- Milford-Lansing/Secondary Complex
- Novi-East Lansing & Lansing
- Southfield-Lansing

Contact Clean Commute Options by calling (517) 393-7433 or email [cleancommute@cata.org](mailto:cleancommute@cata.org) for more information on how to join.