

The Coordinator Update

Jan Feb Mar 2010

Quarterly Communication from the office of Travel Reduction Programs

Oh No - It's Ozone!

Things are heating up! With the warm weather comes the inevitable ozone pollution problems and High Pollution Advisories (HPA). To communicate this, each week there will be an Air Quality Forecast issued by the Department of Environmental Quality and reported by Capitol Rideshare to State employees in Maricopa County by way of you, our Travel Reduction Coordinator. Every Monday you will receive your Air Quality Forecast (starting in April). Additionally, on days when ozone levels are in danger of reaching or exceeding the health standard, a High Pollution Advisory (HPA) will be issued. If this occurs, you will be notified and asked to display your HPA signs for the duration of the HPA (usually one day) at your agency on near the entrance/exits. Need more signs? Call us.

On HPA days, employees are urged to carpool, try transit, or telework. And if they do, they can log on to www.capitolrideshare.com and enter the HPA Day Contest! At the end of the month, we will be drawing winners from the pool of names! The more times an employee uses an alternate mode on HPA days, the more chances they have to win!

What Causes "Bad" Ozone?

Motor vehicle exhaust, industrial emissions, gasoline vapors, and chemical solvents are some of the major sources of NOx and VOC, also known as ozone precursors. Strong sunlight and hot weather cause ground-level ozone to form in harmful concentrations in the air. Many urban areas tend to have high levels of "bad" ozone, but other areas are also subject to high ozone levels as winds carry NOx emissions hundreds of miles away from their original sources.

How Does "Bad" Ozone Affect Human Health and the Environment?

Repeated exposure to ozone pollution may cause permanent damage to the lungs. Even when ozone is present in low levels, inhaling it triggers a variety of health problems including chest pains, coughing, nausea, throat irritation, and congestion. It also can worsen bronchitis, heart disease, emphysema, asthma, and reduce lung capacity. Healthy people also experience difficulty in breathing when exposed to ozone pollution. Because ozone pollution usually forms in hot weather, anyone who spends time outdoors in the summer may be affected, particularly children, the elderly, outdoor workers and people exercising. Ground-level ozone damages plant life and is responsible for 500 million dollars in reduced crop production in the United States each year. It interferes with the ability of plants to produce and store food, making them more susceptible to disease, insects, other pollutants, and harsh weather. "Bad" ozone damages the foliage of trees and other plants, ruining the landscape of cities, national parks and forests, and recreation areas. For more information, visit www.capitolrideshare.com or www.epa.gov.

REMEMBER TO COMMUNICATE THE AIR QUALITY FORECASTS TO YOUR EMPLOYEES EVERY MONDAY AND ACTIVIAATE YOUR HPA SIGN COMMUNICATION WHEN NECESSARY.



April - September 2010

Please share with your employees - Need an email? Let us know!

Clean Air Campaign Poster & Essay Contest

In an effort to involve all employees and their families in the Clean Air Campaign, we are proud to announce the 14th Annual Clean Air Essay & Kid's Poster Contest. Employees and their children are eligible to participate in the appropriate categories. Details are listed below. Get those pens and crayons going and have fun with it!



The artwork may also be featured in the online Capitol Rideshare Clean Air 2011 Calendar (available online and completely downloadable)! The winning essay will be featured in the Rideshare Review!

EMPLOYEE CATEGORY

Essay Contest (500 words or less)

THEME: Sharing the Ride - The Savings Add Up!

Name, agency, agency mailing address, and phone number must be listed on the back of all entries.

EMPLOYEE'S FAMILY (children or grandchildren) CATEGORY

Poster Contest (Pens, crayons, paints, markers, or pencil)

THEME: Sharing the Ride - The Savings Add Up!

Grades: K-1st; 2nd - 4th; 5th - 7th

Child's name & GRADE, child's HOME mailing address, employee's name, agency, agency mailing address, and phone number must be listed on the back of all entries. Any entries submitted without this information will not be eligible. This information will not be released to the public - only the winner's first name and the employee name. All posters must be submitted on one piece of paper - 8 1/2" x 11" size paper.

All entries will be judged on creativity and content. **DEADLINE: May 21; no exceptions.** The poster contest is for the children OR grandchildren of employees only. The essay contest is for employees (adults) only. Capitol Rideshare reserves the right to make all judging decisions final. Children's full names WILL NOT be used. If you have any questions, contact Capitol Rideshare at 602.542.7433.



**Prizes for the children are donated by
Gardner's Book Service**

**Winning essay will receive a commuter lunch tote
and will be featured in the
Rideshare Review
newsletter!**



**Entries can be sent by inter-agency mail to:
Capitol Rideshare/ADOA
100 N. 15th Avenue, Suite 431 - Phoenix
Essays can be emailed to adrives@azdoa.gov**

**The Coordinator Update is published
quarterly.**

Capitol Rideshare is operated by the Arizona Department of Administration and is funded by the Federal Highway Administration through the Maricopa Association of Governments and by the Arizona Department of Environmental Quality. This document is available in alternate formats by calling 602.542.RIDE.

Editor: Abigail Cooksey-Williams

online issue

Our Website

Please encourage your employees via email or other communication to utilize our website for information and applications. Our web address is www.capitolridesshare.com.