



Issue # 254  
April 16, 2013

### How much difference does it make?

If you ride your bicycle one mile - [does that really mean you saved a mile of vehicle use?](#)

### Another way of getting there

A look at Cincinnati's public staircases - [many of them abandoned or in disrepair.](#)

### "How to not get hit by cars"

[Essential techniques](#) for safe bike riding.

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The Metro Nashville-Davidson County Planning Department publishes this weekly digest to inform members of the Planning Commission, Metro Council, Board of Zoning Appeals, and other interested parties about planning and growth issues, local and in other communities, which could apply to our city and region, with particular emphasis on appropriate development, smart growth, multimodal transportation, and other information which will help us build a sustainable future and a more livable city.