



**Make the Pittsburgh Region  
Even Cooler in May 2010:  
The Water Savers Competition is here!**  
Join the contest by registering your  
organization at [gogreensavewater.com](http://gogreensavewater.com)



- **Take a shorter shower**

This month, take a shorter shower. The average American spends eight minutes showering so one of the easiest ways to lower your water heating bill is to reduce the amount of hot water that you use.

A short shower has long term benefits - cut your daily shower time down by 25 percent and save 27 pounds of heat trapping gases this month. That's equivalent to planting four trees in your backyard. Make it fun, put an egg timer on the sink and get the kids to beat the timer.

You're also saving plenty of water. Depending on the shower head you use you could be saving as much as 2.5 gallons of water per minute.

- **Turn off the water while you wash your hair and while you shave.**

Most people have never thought about the fact that you don't need to have your shower running the whole time that you're in it. Try a shower where you run the water only when you need it. Get wet; turn the water off; soap up; turn water back on; rinse off. It's that easy. (It's up to you as to whether you want to share your shower with a friend – we won't tell.)

There are great benefits from getting into this habit - use this technique to shower every day and you can save 907 pounds of global warming pollution this year.

You are also only using about six gallons of water versus your old shower habit that used 20 gallons.

- **Install a low-flow showerhead.**

Installing a low flow shower head is very easy action you can take at home, which will save anywhere from 25 to 60 percent on your water bills. A good low-flow shower head will only cost you \$10 to \$20 – a cost that you'll quickly make up in savings. What you save in water and heating can also help prevent up to 1,796 pounds of global warming pollution each year.

- **Track Your Progress**

Go to our website ([www.theblackandgoldcitygoesgreen.com](http://www.theblackandgoldcitygoesgreen.com)) and fill in the tracking form so we can measure how much we're all cutting our heat-trapping gases.

No computer? No problem. Call us at 412-258-6680 or fill in one of the postcards available throughout the city.