



Make the Pittsburgh Region Even Cooler in February 2010:

This month, reduce global warming pollution by applying ENERGY STAR® computer settings and by buying ENERGY STAR® appliances or green energy.

- **Apply ENERGY STAR® settings to your computer**

ENERGY STAR® recommends that you set your computer to automatically stand-by or hibernate after 30 to 60 minutes of inactivity. You can save even more energy and money by lowering this time to 5 to 20 minutes. Each year, these settings can save you over \$75 and will prevent 923 pounds of heat-trapping gases from going into the air. ENERGY STAR® settings can be applied on all Windows and Macintosh operating systems. It's easy to do – just visit this link for detailed instructions:

- <http://www.climatesaverscomputing.org/learn/saving-energy-at-home/> - Under “Power Management Instructions” select your version of Windows or Macintosh.

- **Buy ENERGY STAR® appliances**

If you're looking to save more energy and money in your home, choose ENERGY STAR® qualified products. They're recommended by the U.S. Department of Energy and the EPA; use 10 to 50 percent less energy and water than regular appliances; and can save you an average of \$75 a year! Using ENERGY STAR® qualified appliances will prevent about 4,040 pounds of heat-trapping gases every year. Check out the ENERGY STAR® website for products – everything from televisions to dishwashers, refrigerators and ceiling fans – make sure to look for the ENERGY STAR® logo in stores:

- http://www.energystar.gov/index.cfm?fuseaction=find_a_product.

- **Buy green energy (and reduce peak energy use)**

What is green energy and how can I get it?

Green energy uses materials that produce little or no global warming pollution, unlike coal and fuel oil. Wind and solar power are classic examples of green energy. The U.S. Department of Energy says that for every unit (one kilowatt-hour) of green energy that is made, one pound of carbon pollution is saved from going into the air.

Duquesne Light customers can purchase green energy by adding one of these to their regular electricity bill:

1. Community Energy, Inc. – provides green power through 100 percent wind power. Call 866-WIND-123 or visit www.NewWind.Energy.com for more information. This green energy costs an additional \$5 per month for each 200kWh of power.

2. PPL EnergyPlus – Call 1-877-PPL-RECS or visit www.pplrenewables.com to find out more. Prices start at an additional \$4 per month. Three program options are available to support the development of renewable resources at the local, regional, and national level.
3. NativeEnergy – provides clean wind power through its *CoolWatts*sm 100% New Wind program. Visit <http://www.nativeenergy.com/pages/coolwatts/32.php> for more information. You can buy enough wind energy to cover all your electricity use or just part, starting at \$2 per month for 200 kWh of power.

If you are interested in information on installing your own wind, solar or other green power system for a home or small business, head to my.pennfuture.org/buygreenpower for information about all the existing programs, grants, and tax rebates at the state and federal level.

What is peak energy and why does it matter?

Peak demand is defined as hours when there is the greatest need for electricity during a given period. In the summer, peak occurs during a hot afternoon when everyone has an air conditioner running. In the winter, peak can occur when homes and businesses crank up the heat to beat the winter chill. Our electric system is required to maintain very expensive and little-used peaking power plants to meet this demand. In fact, almost 20 percent of the cost to serve a residential customer annually is due to the cost of insuring adequate supply during times of peak demand.

Peak energy prices can be almost five times as expensive as non-peak prices due to a shortage of supply and increased demand. In addition, peaking power plants tend to be less efficient than those plants that run continuously. This process of bringing more power plants on to meet peak demand drives up the cost of electricity, produces additional global warming pollution, and increases prices for you.

Most electricity customers are unaware of how expensive peak power is, since electricity bills are an average of prices. However, you can still save money and help reduce global warming by reducing your energy use during peak hours. Each unit of energy (one kilowatt-hour) you save prevents 1.4 pounds of heat-trapping gases from going into the air. Here are a few ways to start reducing your energy use, especially at peak times:

- Turn off your lights in unused rooms.
 - Limit your heating and cooling use, especially during peak hours.
 - Unplug appliances when they're not in use – especially ones that keep using electricity even when you're not using them, like microwaves and battery chargers.
 - Schedule your electricity use for the cheaper, not more expensive, times. You can start doing your laundry early in the morning, running your dishwasher late at night, and charging your electronics at night.
- **Track Your Progress**
Go to our website (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.



Make the Pittsburgh Region Even Cooler in March 2010:

Great ways to save energy and save
money on your home heating bill!

Every year, people across the U.S. waste huge amounts of energy heating things up unnecessarily, and that wasted energy translates directly into a loss of our hard-earned cash and more global warming.

- **Turn Your Furnace Thermostat Down Two Degrees**

According to the EPA, you can save up to 6 percent on your energy bills when you turn your furnace thermostat down by two degrees. This action is easy – anyone can do it. Add to your savings by turning your thermostat down while you're asleep or away from home! Taking this simple action will prevent up to 400 pounds of heat-trapping gases per year. This would be equivalent to planting 17 trees in your neighborhood.

- **Install a Programmable Thermostat**

Instead of manually adjusting your thermostat every day, you can install a programmable thermostat to help you. This device will automatically adjust temperatures according to a pre-set schedule, which allows you the freedom to save energy and money without thinking about it. Programmable thermostats are available at most home improvement stores sell, for \$40- \$100. That investment is easily returned by lower heating bills, and Duquesne Light has a rebate program that may defer \$65 of that cost. Check the rebate section at www.wattochoices.com. By using a programmable thermostat to reduce temperatures by 10°F for at least eight hours a day, one household in Pittsburgh can avoid creating about 15,000 pounds of heat-trapping gases over the lifetime of the thermostat. That's equivalent to taking 1 ½ cars off the road.

- **Get Your Furnace Professionally Serviced**

Furnaces that are not properly maintained can operate up to 50 percent less well than they should, which costs much more than necessary. You can improve the efficiency, and extend the lifespan of your system, save money, and reduce your impact on global warming by getting your furnace professionally serviced by your local home heating contractor. Service costs \$70-\$100 and should include:

- ✓ Tests for carbon monoxide;
- ✓ Cleaning of the air filter, motor, fan, and pilot safety system; and
- ✓ Checks of all major components, and any necessary adjustments.

More info at: http://www.energystar.gov/index.cfm?c=heat_cool.pr_maintenance

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Make the Pittsburgh Region Even Cooler in April 2010:

The Water Savers Competition is here!

Join the contest by registering your organization at

gogreensavewater.com



- **Drink more water – just not bottled water.**

Bottled water costs up to 2000 times more than tap water. And blind taste tests have shown that most people prefer tap water. Tap water is also often cleaner (and has to meet stricter standards) than bottled water. So replace your bottled water habit with a reusable container filled with tap water. At events and at home, offer pitchers of water.

Bottles are bad for the environment. Making the plastic bottle, filtering the water, and transporting the bottled water to the store releases about 2.1 pounds of heat-trapping gases *per bottle*. Think of what you can save this year in global warming pollution and in money.

Drinking tap water also means you will save water. According to bottledwaterblues.com, it takes three times as much water to make one bottle of water than is actually contained in the bottle.

- **Set your water heater to 120° F**

Most people have never adjusted the temperature settings on their water heater which often come from the factory set to 140° F. This not only wastes energy and money, it is also dangerous, especially for children and the elderly.

If each household in Pittsburgh turned its water heater down from 140° F to 120° F, the energy saved would prevent nearly 20,000 tons of heat-trapping gases per year from being released into the atmosphere. That would be equivalent to not burning 95 railcars full of coal. Turning your water heater down by 20 degrees also saves 6 - 10 percent in water heating energy costs.

Turning the water heater down can also save water when you shower because you will have to add less cold water to get a comfortable water temperature.

- **Plant one or more drought-resistant native trees**

Trees can improve your property value, increase the beauty of your home, and keep your home cool in the summer yet let more light and warmth inside in the winter. By letting a tree seedling grow for 10 years you will have reduced about 86 pounds of global warming pollution. And the benefits don't stop there – according to Friends of the Pittsburgh Urban Forest, trees with developed canopies have the ability to absorb the first half-inch of rainfall from a storm. Having stormwater absorbed into the ground, means a lower risk of flooding, and less pollution running into our rivers and streams.

So go plant a tree – these *Black and Gold* partners can help.

- ✓ Take a Tree Tender course from Friends of the Pittsburgh Urban Forest: <http://www.pittsburghforest.org/TreeTenderCourse>
- ✓ Learn all about tree care from Tree Vitalize: <http://www.treevitalize.net/TreeCare.aspx>.

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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



- ...making Pittsburgh even cooler

This month, take a shorter shower. The average American spends 8 minutes in the shower. Heating water for a shower takes a lot of energy and all that heat goes right down the drain.

A short shower has long term benefits- cut your daily shower time down by 25% and save 27lbs of heat trapping gases this month. That's equivalent to planting 4 trees in your back yard. 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.

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

You are also only using about 6 gallons of water versus your old shower habit that used 20 gallons.

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

One of the easiest ways to lower your water heating bills is to reduce the amount of hot water that you use in the shower. You can also 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.

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Make the Pittsburgh Region Even Cooler in June 2010:

Full loads mean full pockets!



- **Always run full loads in the washer and dishwasher.**

This month, stop making more work for yourself- and your appliances. Run your dishwasher and washing machine with full loads. About 80 percent of the energy used in running your dishwasher comes from heating the water; 90 percent for the laundry washer. This means that the simplest way to cut your energy use is to reduce your hot water use. Wait until these appliances are full to run them. Doing this will not only save you up to \$60 a year, but will also prevent 864 pounds of heat-trapping gases from going into the air.

- **Insulate your hot water pipes**

Insulating your hot water pipes is a very simple and inexpensive way to save money, energy, and some global warming pollution. Pipe insulation is available at home improvement stores and only costs 3-5 dollars a stip. Insulate wherever hot water pipes are exposed and the first three feet of pipe exiting your water heater. Hot water transported from your water heater to its appliance will stay warmer, allowing you to turn down your thermostat (See April's action). Insulation also helps bring hot water to your taps and showers faster so less is wasted while you wait for your water flow to heat up.

Insulating your hot water pipes reduces the average household's carbon dioxide emissions by 52 pounds per year. You can also save 3-5 percent on the water heating portion of your energy bill.

- **Install a tankless water heater or Install a rain barrel**

By installing one **tankless water heater**, you will prevent 397 pounds of heat-trapping gases from going into the air each year – that's a total of 7,937 pounds over the lifetime of the water heater.

Using a **rain barrel** is an excellent way to take action against one of Pittsburgh's worst environmental problems – sewer overload during rainstorms, from our Combined Sewer Overflow (CSO) system, which dumps raw sewage into our rivers. Because the water doesn't have to be treated rain barrels help prevent 337 pounds of heat-trapping gases each year.

- **Buy a Rain Barrel-** Pittsburghers can buy a rain barrel as a part of the Nine Mile Run Watershed Association's Rain Barrel Initiative. Prices and conditions for getting a rain

barrel vary depending on where you live; visit the website (<http://www.ninemilerun.org/programs/rainbarrel/index.htm>) or call them at 412-371-8779 ext. 16.

- **Sign up for a PRC (Pennsylvania Resources Council) Rain Barrel Workshop**
Attend a rain barrel workshop and return home equipped with the knowledge and hardware needed (not the 55-gal. drum) to assemble and install a rain barrel. Visit the website (www.prc.org/community_watershed.html) for a schedule of classes and other details.



Make the Pittsburgh Region Even Cooler in July 2010: Reuse or Recycle Everything

Recycling not only saves materials from a lifetime in a landfill, but it also saves the energy and water required to create brand new products.

- **Recycle everything you can**

The three R's- reducing, reusing, and recycling- are ways that we can all live in "zero waste" households. Reduce the number of things you use, reuse what you can, and recycle everything; if it cannot be recycled, don't buy it. Buying in bulk and choosing products with minimal packaging are ways to cut down on excess materials. According to the Environmental Protection Agency, recycling half of your trash can save up to 509 pounds of heat-trapping gases from being released into the air each year.

The City of Pittsburgh has made curbside recycling available to every resident. Paper (newspapers, phone books, etc.), plastic bottles (numbers 1 to 5), and glass and metal containers (aluminum, tin, steel) can all be gathered in the same blue bag for curbside recycling.

Take hard-to-recycle objects to the Pennsylvania Resource Council's (PRC) event on July 17th, visit http://www.prc.org/community_collections.html#schedule for details. While you're there stop and chat with the Black and Gold City Goes Green representatives about recycling issues.

- **Compost at home**

Yard waste and kitchen scraps can be transformed into rich organic fertilizer that makes our gardens grow, not our landfills. Composting all your food and yard waste prevents about 660 pounds of heat-trapping gases from going into the air each year. This month, the PRC will teach a class on July 13th; visit http://www.prc.org/community_adultedu.html for future dates.

- **Choose cloth over disposable napkins and hand towels**

According to the American Forest and Paper Association, the average American uses one 100-foot-tall Douglas fir tree's worth of paper and wood products per year. Paper towels and napkins that are subjected to environmentally-harmful bleaching and are made from virgin fibers (non-recycled, raw materials) can be replaced with cloth towels and napkins.

Making your own napkins and towels can cut down on your environmental impact, save you money, and showcase your personal style. Countless websites provide easy how-to guides:

- More tips and a napkin-making video for sewing homemade napkins is here:
<http://www.rodale.com/cloth-table-napkins>.

- **Track your progress**

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Make the Pittsburgh Region Even Cooler in August 2010:

Eat Less Meat

Shop Local

Buy Organic

- **Have one meatless day per week**

Growing animals for food produces nearly 1/5 (about 18 percent) of the world's global warming pollution, according to a report from the UN's Food and Agriculture Organization. This pollution comes from the energy used to grow corn feed for livestock as well as from the gases produced by the digestive systems of cattle. By limiting meat, especially beef, you can help slow global climate change – Having just one meatless day per week can save over 718 pounds of heat-trapping gasses in a single year. That's the same savings as not using 38 gallons of gasoline. More meatless days = greater pollution savings.

- **Shop local**

A typical carrot has to travel 1,838 miles to reach your dinner table (and boy, are its arms tired, ba dum). Food in the average meal in the United States travels 1,200 miles from the farm to your plate. But buying locally makes a big difference - the average local meal travels only 200 miles. Shop at our region's farmers market or go right to the farm. One day a week of local eating can save an astounding 6,000 pounds of global warming pollution per year.

Here are some great websites for buying local:

- Buy Local Pennsylvania - <http://www.buylocalpa.org/>
- Pennsylvania Association for Sustainable Agriculture- <http://www.pasafarming.org/>
- Citiparks Farmers' Markets- http://www.city.pittsburgh.pa.us/parks/farmers_market.htm

- **Buy Organic**

The National Resources Defense Council says that by “eliminating massive quantities of toxic pesticides and synthetic fertilizers used in conventional farming, organic methods help protect the health of our air, water and soil. Another benefit of organic food is that it does not add to the problem of antibiotic resistance – which makes antibiotics ineffective for treating illness – because antibiotic use in organically-raised animals is not allowed.” Combine your organic shopping habit with the local farm stand and you have a recipe for greater impact.

And organic food has become price competitive, so if you were worried about sticker shock then it's time to give organic a second chance. There are many places to buy organic food in Pittsburgh, and one, the East End Food Co-op - <http://www.eastendfoodcoop.com/>, is a *Black and Gold City Goes Green* community partner.

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Make the Pittsburgh Region Even Cooler in September 2010:

Give Old Junk a New Life
Keep New Junk Out

This month, the Black and Gold City Goes Green Campaign is all about not acting trashy – or managing your waste, if you prefer. Keep an eye on what comes in and what goes out of your home, and save money and cut the waste you send to our landfills. Remember the mantra – Reduce, Reuse, Recycle; do all three!

- **Don't need it? Don't buy it!**

It's not true that whoever dies with the most stuff, wins. So think before you buy. And if you really need something, consider buying used instead of new.

- **Join The Freecycle Network™ or donate things you don't want to a resale shop**

As with most of the monthly initiatives, this action not only benefits the environment, but your wallet, too. Giving old stuff a second chance keeps something from being produced from raw materials. Finding a resale shop or joining The Freecycle Network™ (online at http://groups.freecycle.org/pittsburgh_freecycle/description) could mean the difference between paying for an expensive new couch or picking up a free funky seventies loveseat.

- **Cancel unwanted mail, sign up for paperless e-billing**

Unwanted advertisements in the mail are a big waste –for you, for that company, and for wherever that mail ultimately finds itself. Experts estimate that 44 percent of America's bulk mail is tossed unopened; but according to Oberlin College, we each spend about eight months of our lives opening unwanted mail. By visiting www.dmachoice.org, you can still get the mail you want, while keeping out what you don't.

It's also financially safer. You can stop unwanted credit card offers and switch to paperless bank statements and utility billing. You'll reduce your risk of identity theft, and save about 257pounds of global warming pollution per year.

- **Bring reusable bags when shopping**

The Environmental Protection Agency estimated in 2008 that 3,960,000 tons of plastic bags, sacks, and wraps were produced; about 90 percent of those were discarded. A large number of those bags find their way to the ocean, where the U.N. estimates that there are 46,000 pieces of plastic for every square mile of ocean.

Your own multi-use bags will work just as well as single-use plastic bags, and they look cooler, too. Keep them in your car or another convenient place where you'll remember to take them shopping. Getting take-out or only have a few items? Think twice about taking a bag. Dumping plastic bags will help you reduce your global warming pollution by 52.3 pounds per year.

- **Track your progress**

These actions reduce the amount of heat trapping gases in the atmosphere. Visit www.theBlackandGoldCityGoesGreen.com to see just how much. Report your actions to see how you and the Pittsburgh region are doing to reduce pollution. No computer? No problem. Call us at 412-258-6680 or fill in one of the postcards available throughout the city.



Make the Pittsburgh Region Even Cooler in October 2010: Make the Bike Lane the New Fast Lane

This October, consider how you get where you need to go. Transportation has a significant impact on the environment; changing the way you get around could take some pressure off the atmosphere and your bank account.

- **Don't use your car one day a week- carpool, walk, bike, rideshare, or take the bus**
 - **Carpooling or Ridesharing:** The Southwestern Pennsylvania Commission's CommuteInfo program offers free ride-matching services that can link you to a carpool or vanpool in your area. Last year, this program prevented about 362 tons of heat-trapping gases from being released into the environment.
 - **Public Transportation:** The Port Authority of Allegheny County reports that the national use of public transportation decreases the output of heat-trapping gases by more than 7.4 million tons per year. Choosing public transportation will not only reduce your contribution to global warming, but it will also help you avoid the costs and inconveniences of parking, traffic, and gas.
 - **Walking or Biking:** These options are free of cost, beneficial for your health, and release no heat-trapping gases into the environment. Pittsburgh has bike routes that travel throughout downtown and even reach into the Greater Pittsburgh area. An inexpensive way to purchase, recycle, and maintain your bicycle is through the Free Ride Recycled Bike Shop. This do-it-yourself program developed by Bike Pittsburgh provides the tools, parts, and education necessary for you to fix and maintain your own bicycle. You can also purchase quality, recycled bicycles for both children and adults at Free Ride.
- **Avoid short trips and plan trips well**

If you know that there is room for improvement in the way you get yourself around, challenge yourself to raise the bar. Reset your trip odometer at the beginning of each week and work to cut

back your mileage the following week. Or, maybe only fill your tank up so much each week- when you're on empty you have to find another way to get around.

- **Make the change permanent- dump your gas guzzler and buy a bus pass, a hybrid fuel vehicle, a bike, or use ZipCar**

- **Buy a Yearly Bus Pass:** According to the Port Authority of Allegheny County, owning a yearly bus pass can save you as much as \$1,500 and up to 200 gallons of gas per year.
- **Purchase a Hybrid:** According to the Union of Concerned Scientists, hybrids can cut global warming emissions by a third to a half compared to the cleanest vehicles on the road today. They also offer similar or even better gas mileage. To learn more about hybrids and to compare different hybrid models, explore http://www.fueleconomy.gov/feg/hybrid_sbs.shtml. The government also offers income tax credits for purchasing a hybrid. For more information, visit <http://www.fueleconomy.gov/feg/taxcenter.shtml>.
- **Use ZipCar (Black and Gold City Goes Green participants get a great deal!):** This car-sharing program offers people the convenience of a car without the environmental or economic drains of car ownership. With cars at locations throughout the city, each ZipCar takes 15-20 personally owned vehicles off the road; this can save up to 110 tons of heat-trapping gases from being released each year. In addition, those who use ZipCar report an average monthly savings of more than \$500 compared to car ownership. If you are participating in the Black and Gold City Goes Green campaign, your first year's membership is only \$35 (that's a 30% discount!), and that money gets applied directly to your driving credit - it's like getting your first year's membership free! Head to <http://www.zipcar.com/blackandgoldgoesgreen> to sign up.

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Make the Pittsburgh Region Even Cooler in November 2010:

Go Green and Get More Miles to the Gallon

This month, the Black and Gold City Goes Green Campaign wants to tune up the way you drive. Make your car and your driving more fuel-efficient with these three easy actions and pump the brakes on your spending and your greenhouse gas emissions.

- **Drive at the Speed Limit**

Speed limits oftentimes seem like such a drag. We have places to go and open road to cruise, and putting a limit on how fast we drive slows us down. But really, posted speed limits help preserve your vehicle as well as your safety and the environment. The U.S. Department of Energy has shown that gas mileage rapidly decreases after 60 m.p.h. By driving 70 m.p.h instead of 60, you may be spending \$0.48 more per gallon.

- **Check Your Tire Pressure**

According to the U.S. Department of Transportation, about 25 percent of passenger vehicles operate with under-inflated tires. Not only does this put your personal safety at risk, it lowers your fuel efficiency, and means you'll need new tires sooner. Proper inflation saves you money because your car uses 2% more fuel for every 4 pounds/in² (psi) of under-inflation. The proper pressure for your car's tires can usually be found in the owner's manual or on the doorpost. You should check the pressure once a month and before long trips. For more information on properly maintaining your tire pressure, visit this link:

http://www.rma.org/tire_safety/tire_maintenance_and_safety/.

- **Don't Idle Your Car for More Than 20 Seconds**

When your vehicle idles, you are getting 0 miles per gallon; reducing idling means instant fuel savings. Many reasons for idling are outdated- modern engines do not need to warm up before driving, turning engines off and on does not waste more gas than idling, and there is little strain on the battery when engines are turned off and on. Every day, Americans waste around 3.8 million gallons of gasoline because of idling. In one year, you can reduce your heat-trapping gas emissions by 220 pounds by eliminating just 5 minutes of idling.

- **Track your progress**

These three actions reduce the amount of heat-trapping gases in the atmosphere. Visit www.theBlackandGoldCityGoesGreen.com to see just how much. Report your actions to see how much you and the Pittsburgh region are doing to reduce pollution. No computer? No problem. Call us at 412-258-6680 or fill in one of the postcards available throughout the city.



Make the Pittsburgh Region Even Cooler in December 2010:

Knock off the weight, use the right stuff,
and stay in shape – with your car

This month, the Black and Gold City Goes Green Campaign has three ways to make your cars as fuel-efficient as possible – and as usual, these actions will save you money and protect the environment. (They also have an extra bonus. By reducing the need to rely on foreign oil, often from countries that are hostile to our values, you help make the world a safer place.)

- **Knock off that extra weight**

Hauling around unnecessary weight only holds you back. Clear out your trunk and your car will thank you by saving gas. The U.S. Department of Energy says that an extra 100 pounds of weight reduces fuel-efficiency by up to 2 percent, which costs you money and increases pollution.

- **Use the right stuff**

Getting your car in shape takes using the right juice. Using the grade of motor oil recommended by your car's manufacturer could make your ride 1 to 2 percent more fuel-efficient. Your owner's manual or maker's website will steer you towards the right grade for your car. Look for oil marked "Energy Conserving" to be sure it contains friction-reducing additives and gets even better mileage.

- **Stay in shape**

Your car's body and everything under the hood needs regular maintenance to keep it in shape. The National Institute for Automotive Service Excellence says that a misfiring spark plug could reduce efficiency by 30 percent. According to *Consumer Reports*, properly maintaining your car can save up to 580 pounds of greenhouse gases in a year. Take the time to find out when your particular car needs serviced by checking the manufacturer's website to help your car last longer and more efficiently.

- **Track your progress**

These three actions cut the pollution you make. Go to www.theBlackandGoldCityGoesGreen.com to see just how much. Report your actions to help us prove how the Pittsburgh region is doing to reduce pollution. No computer? No problem. Call us at 412-258-6680 or fill in one of the postcards available throughout the city.

Special Holiday Bonus Actions - Don't make your celebration trashy! (Some tips from the EPA)

- Wrap gifts in recycled or reused wrapping paper or funny papers. Also remember to save or recycle used wrapping paper. Give gifts that don't require much packaging, such as concert tickets or gift certificates.
- About 40 percent of all battery sales occur during the holiday season. Buy rechargeable batteries to accompany your electronic gifts.
- Turn off holiday lights during the day. You'll save energy, money and your lights will last longer.

New to the Black and Gold City Goes Green Campaign? We're happy you are here! We're working together to reduce heat-trapping gases that cause global warming, making a significant measurable decrease in pollution. Each month, the Campaign details a new set of actions (green, greener, greenest), which you can do at little or no cost.