



**12-MONTH EMPLOYEES -  
HOPE YOU'RE ENJOYING  
YOUR 3-DAY WEEKENDS!**

**Some energy saving tips for work and home...take control of your energy use...  
You're paying for it!**

- If your air conditioner does not have a thermostat, adjust it to a lower setting and/or combine using it with a window or ceiling fan to cool things down.
- If you have a pool, turn off your filter overnight when the pool is not in use
- Skip the oven and stove. Use your grill and microwave for summer cooking to avoid adding more heat to your home on a hot summer day and evening.

Get more tips form NSTAR...NSTAR is the largest Massachusetts-based, investor-owned electric and gas utility. Go to: [http://www.nstaronline.com/residential/energy\\_efficiency/spring\\_summer.asp](http://www.nstaronline.com/residential/energy_efficiency/spring_summer.asp) and: [http://www.nstaronline.com/residential/energy\\_efficiency/facts.asp](http://www.nstaronline.com/residential/energy_efficiency/facts.asp)

**We can all help with paper towel waste!**

You will be seeing a green leaf sticker on paper towel holders in the District. The little sticker came from: [www.theseComeFromTrees.com](http://www.theseComeFromTrees.com) (More have been ordered to continue this awareness campaign.

This is the sticker we're hoping can save a couple hundred thousand trees a year. Amazing how the right message at the right time can make the difference.

**Quick Facts about "These Come From Trees"**

- [Check out our "welcome post" to learn about what inspired this project.](#)
- [Eco-minded Citizens: See what you can do with These Come From Trees!](#)
- [K-12 Schools, check out our Education Challenge](#)
- [Hundreds of Businesses Using These Come From Trees Stickers](#)
- [Proven up to 29% paper use reduction](#)
- A single "These Come From Trees" sticker can save around a tree's worth of paper, every year
- More than 50,000 stickers distributed since 3/07
- Laminated stickers hold up to washing.
- A typical fast food restaurant with two bathrooms can use up to 2000 pounds of paper towels a year
- The average coffee shop uses 1000 pounds of paper towels a year
- A single tree produces around 100 pounds of paper
- Roughly 50,000 fast food restaurants in the US
- 200,000 gas stations in the US
- 14,000 McDonalds' in the US
- 10,000 Starbucks in the US



**34 months Electric/Gas/Oil Savings / most bills in:**

**Electric – 28.9% Cost Savings  
Gas – 13.5% Cost Savings  
Oil – 12.4% Cost Savings**

**Total Cost Savings: 24.2% or \$1,265.852  
Special Taxes Returned Savings: \$17,137**

**Overall Program Savings: \$1,282,989**



**KEEP UP THE  
GREAT JOB IN OUR  
BUILDINGS!**