

Save water and money by stopping by to pick up your new low-flow showerhead!

The Highlands Soil and Water Conservation District (HSWCD) is the recipient of a Community Education Grant from the Southwest Florida Water Management District. The funds that have been awarded are being used to purchase low-flow shower heads to give away to those who wish to help in the battle to conserve our precious water. In addition to the shower head give aways, the District will hold at least four demonstrations of these low-flow devices and all are invited to attend. Here is your chance to help the environment and save yourself lots of money on water and electric bills.

Each demonstration will include an educational presentation on water saving techniques and literature will be provided on the many ways you can be a good steward of our natural resources. It is HSWCD's goal to educate people and promote water resources protection. If you would like to attend one of these demonstrations, please watch your local papers for announcements of dates and locations. One of the demonstrations will be held on Earth Day in Lake Placid where we will be giving away shower heads and demonstrating these water saving devices. If you want to get one of these low-flow shower heads before the event, just bring your old shower head in to our office at 4505 George Blvd. in Sebring (located in the Agri-Civic Center) and we'll give you a new low-flow free of charge.

According to Don Vandervort's *Home Tip's on Saving Water*, "Three billion gallons of water flow through showerheads every day in this country--half of it unnecessarily. Most showerheads use twice the water needed for a thorough, enjoyable shower. This drain on one of our most precious resources, clean water, exacts an unnecessary toll on both the environment and your pocketbook. To get clean water, we tap lakes, build dams and reservoirs and construct processing plants. By using more than we need, we overload sewer and septic systems and leach fields. Both the water itself and the energy needed to heat it cost you money."

But you can do something about it! There are many ways to conserve water whether you are a landowner or a homeowner. One way is to convert your old water guzzling shower head into a new low-flow efficient one. It will only take a small amount of your time to install and in addition to saving water, it will save you money. You can save as much as \$50.00 - \$75.00 per year on water bills and as much as \$20.00 - \$50.00 on your energy bill. And the best part is that you don't even have to pay for the shower head! You can't lose.

Your shower uses about 22 percent of the total water used in your home. A large portion of that water goes through your hot water heater, which, in turn, makes your electric bill higher. Generally, an old standard shower head with a five minute shower would use approximately 30 gallons of water. With these low-flow devices you can cut your shower water use by two-thirds. And if you go a step further and keep your shower under five minutes, you'll save even more water. New low-flow shower heads deliver about two and a half gallons of water per minute; older fixtures can deliver as high as eight gallons per minute.

You may be concerned that the new low-flow device won't give you the water pressure you are accustomed to. Not so, these new designs are engineered so that the water is sent through special orifices that control drop size, focus the stream and mix in air, which creates turbulence and a pulsating action. So you really shouldn't notice much difference. Installation is simple and the shower head is free – so what are you waiting for?

Stop by our office or come to one of our demonstrations to pick up your free low-flow shower head. We would appreciate it if you brought in your old shower head as a trade in. You can be conserving water in no time while still enjoying a soothing shower! Be a part of the solution, not part of the problem in conserving water. And remember, every drop counts.

For additional information please call our office at (863) 402-6545.