

ComEd



Full of Energy



by Carter Sanders (Easterseals)

6/24/21

“Energy cannot be created or destroyed, it can only be changed from one form to another.”

-Albert Einstein

Intro

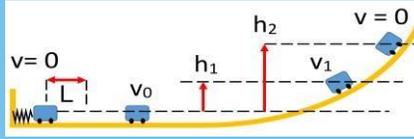
Hello. My name is Carter Sanders, and I am the new ComEd Energy Force ambassador for Easterseals. I have been affiliated with Easterseals since September of 1997. I have been a part of the ComEd Energy Force family since March of 2021. I look forward to informing the community about the importance of clean energy.

So, what is energy?



Energy is defined as “usable heat or power” (American Heritage Dictionary). The sun is the main source of energy that is used every day by producing heat and light. It is “stored up in coal, wood, and oil which man burns to do work for him” (World Book Encyclopedia). Electricity is another source of energy that uses light. This type of energy “is a current that flows through a wire” (World Book Inc.). It uses energy to control many devices (e.g. refrigerator, TV, computer, etc.).

Some of my favorite energy saving tips



- turning off the lights when leaving a room to save money on your utility bill
- unplugging electronics when not in use as it continues to draw power when turned off
- turning off your computer at night (or even plugging your computer and its other peripherals into one power strip so you can just turn it off altogether before going to bed)
- setting your computer to sleep mode greatly reduces its energy usage when turned on
- setting the temperature of the refrigerator to 38 degrees Fahrenheit (or 3 degrees Celsius) so it is not too cold

In following those tips, you are least likely to waste unneeded energy and jack up your energy bill.

What some of the people at Easterseals had to say about clean energy



The Easterseals Office Manager Julissa Morales says her favorite energy tip is to turn off appliances when not in use. She also recommends that people use energy saving light bulbs to save energy. Also, on numerous occasions, I've noticed that Julissa turns off her computer screen whenever she is going to be away from the front desk for a while. In addition to doing that for security purposes, I think she is saving energy when she turns off her screen.



Easterseals' President and CEO Sara Ray Stoelinga says that she installs energy saving light bulbs throughout her house and turns off the lights when leaving the room. She also says that in doing so, she teaches her children how to save energy and remains committed to energy efficiency.



Taylor Williamson, the paraprofessional from Room 130, says that not leaving your lights on saves electricity. He also doesn't believe that littering is a good idea.

Cool for the Summer

Set Your Thermostat to 78

As it gets hot outside, it is crucial to save energy when it comes to using the air conditioner. The Department of Energy recommends that your thermostat should be set at 78 degrees Fahrenheit (or 26 degrees Celsius). A smart thermostat makes it easy to control the temperature as "many of them can be operated remotely" (Wells). Examples of such are Ecobee and Nest.

Take Good Care of Your Air Conditioning Unit

It is also important to make sure your air conditioner goes through periodic maintenance since dust and debris causes it to use more energy to cool your house. According to The Department of Energy, the filters of your air conditioner should be cleaned out or replaced at least once a month to "lower your energy consumption by 5% to 15%" (My Trusted Contractor). So please make sure your air conditioner isn't clogged with particles.

Minimize Stove and Oven Usage

Too much usage of the stove and oven when it is hot outside gives off too much energy. Barbecuing outside and making sandwiches decreases excessive energy consumption.

Use a Fan

Using a fan (especially a ceiling fan) “can make a room feel cooler, enough to increase the thermostat temperature by four degrees with no reduction in comfort” (Bradford and Wollerton).

Go Downstairs

If you have a basement, feel free to go down there on extremely hot days. Cooler air tends to be found in lower levels than in upper levels, so be sure to take advantage of the perks of having a basement.

Some important links from our ComEd website

- [For Teachers & Students | ComEd - An Exelon Company](#) -educational resources
- [Imposters & Scams | ComEd - An Exelon Company](#) -ComEd hoaxes
- [Energy Doctor | ComEd - An Exelon Company](#) -ask an energy expert
- [Energy Usage Guide | ComEd - An Exelon Company](#) -data of energy usage
- [Energy Basics | ComEd - An Exelon Company](#)-energy terminology

Final Thoughts

In the next page is a fun Bingo activity from the El Dorado County Office of Education on clean energy. Hope you all enjoy your summer, and please remember to keep Edison out of your pocket.

Works Cited

World Book Encyclopedia. n.d. 224.

American Heritage Dictionary. n.d. 590.

Bradford, Alina and Megan Wollerton. *7 rules to save money on air conditioning this summer*. 13 May 2021. <<https://www.cnet.com/home/energy-and-utilities/7-rules-to-save-money-on-air-conditioning-this-summer/>>.

My Trusted Contractor. *7 Ways to Save Money on Your Air Conditioning Bill This Summer*. n.d. <<https://www.mytrustedcontractor.com/save-money-air-conditioning/>>.

Wells, Libby. *10 Ways To Save On Air Conditioning Costs*. 3 August 2020. <<https://www.bankrate.com/banking/save-on-air-conditioning-costs/>>.

World Book Inc. "How Things Work." *Childcraft*. n.d.

ENERGY BINGO

Adapted from the El Dorado County Office of Education

Overview: This is an introductory lesson designed to familiarize students with common energy saving practices. For more in-depth information about energy saving activities, please see other lessons in the binder.

Objective: Students will identify and communicate several common energy-saving practices that students in their class already employ.

Time: 10 – 25 minutes

Suggested Grade Level: 3 – 5

Materials: Energy Bingo sheets, pencil/per student

PROCEDURE

1. Give each student a copy of Energy Bingo sheet. Students will walk around the room and find a classmate who can answer “yes” to questions on the bingo sheet and write their name in the box of the question they answered. Students can only write their name in one box for each bingo card. The first student to fill in a line all the way across with names yells “BINGO”. The students who have written their names in on the winning bingo card will have to confirm that they really do save energy as described in the question.
2. After a student yells “Bingo,” have everyone sit back down.
3. Ask the student with the bingo to tell the class the number of the square and the name of the student who answered each question. If students confirm that they do these energy saving actions then you have a winner. If there is a problem, then play the game until there is another bingo.

*This activity could also be done as a large group activity, asking students to volunteer if they practice the various methods for saving energy listed below. Students could mark their own bingo card, or there could be a bingo card on the board or on the overhead.

ENERGY BINGO

Go around the room and find someone who saves energy by doing these things. You may only use each person ONCE. Put their name in the box of the action they do.

1. Turns off lights when they are not being used.	5. Recycles aluminum cans, glass bottles, and newspapers.	9. Uses a clothesline instead of a dryer to dry clothes on dry days.	13. Never opens the refrigerator just to see what there is to eat.
2. Always uses a hand operated can opener instead of an electric one.	6. Grows food in a garden and/or tries to buy food grown nearby.	10. Takes a shower instead of a bath.	14. Closes all windows, doors, and curtains when the air conditioner or heater is on.
3. Turns the water off when they brush their teeth.	7. Does not always use the air conditioner in their home.	11. Walks, bikes, or rides in a bus instead of a car to get to school.	15. Uses food wastes from the kitchen to make compost for the garden.
4. Has a fluorescent light or CFL in their home.	8. Plugs electronics into power strips and turns them off at night.	12. Keeps the thermostat a few degrees lower in winter and higher in summer than normal.	16. Reminds members of their family to turn off lights to save energy.