

The Green Wire

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Energy Myths—

Myth: Energy saving light bulbs cannot be used with older appliances.

Actually: energy saving light bulbs are designed to fit most fixtures. Adapters can also be used for older appliances.

Myth: Fluorescent lamps flicker, cause stress, concentration difficulties, and depression.

Actually: Newer fluorescent lamps do not flicker. We have installed the modern fittings to eliminate flicker and produce good color. One or two older lamps may remain. Please let your custodian know if you want to have yours checked. There are no unequivocal research results documenting that fluorescent lamps cause stress, concentration difficulties or other problems. However, we know that it is always important to ensure adequate, good quality lighting where people work.

Light bulb exchange

Start the school year off by letting go of your inefficient light bulbs and replacing them with cool new compact fluorescents. Just unscrew your lights and take them to the one day light exchange at your school. You'll receive a comparable new light that will help us save money all year. Better yet, see if you can get along without extra light. By removing personal lamps in the District we can save even more energy.

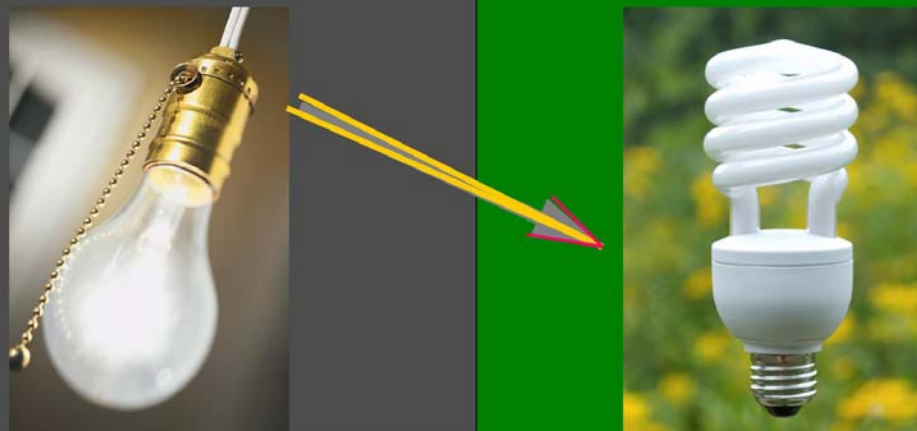
Your Resource Conservation Manager,

Bonnie Meyer
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Light Bulb Exchange

Bring in your incandescent lamps receive free compact fluorescents



Save energy money and jobs

Help Us Conserve Water



This year the District has set a goal to reduce our water use. Three good reasons to do your part:

1. When we use water at school we pay for it twice. Once when we turn on the faucet at the sink (to buy the water) and again when it goes down the drain for sewage treatment cost. The sewage treatment costs are at least 50% higher than the water purchasing costs.
2. Every gallon of water we save benefits fish and other living creatures that use stored water.
3. When we save hot water we also save energy because it takes energy to heat the water.



Announcing the Conservation Challenge Winners!

Please join me in congratulating the winners of this year's Conservation Challenge. **The Grand Prize winner is Olympia High School. Boston Harbor Elementary School, Garfield Elementary School and Reeves Middle School** also were

honored for their efforts. This year we recognize exceptional effort by Head Custodian **Arne Ranta** from **Jefferson Middle School** for his diligent focus on saving energy. The award for Most Energy Efficient School went to **McKenny Elementary School**, thanks in part to the efforts of Head Custodian **George Stajduhar**. We also recognize the Outstanding Water Conservation Team from **Hansen Elementary School, Penny Henry, Cheryl Cregar and Corey Greene**.

The contest ran from October 2008 through March 2009. Winners demonstrated leadership in environmental education and outreach and by using less energy and water, generating less garbage and supporting food composting and recycling programs. Prize levels were determined by a review of utility bills during the period. The following individuals are recognized for their support; each will choose how to spend award funds to sustain resource conservation efforts:

General

OHS - Ed Bassett, and student members of **Earth Corps**; submitted by students **Kaytlyn Ly** and **Leah Rick** - Outstanding Resource Conservation (RC)
OHS - Jeff Waddington - Outstanding RC- Visual Arts
OHS - Bill Maguire - Outstanding RCM - Administrative Support
Reeves - Carmen Kardokus - Outstanding RC
Boston Harbor - Keitlyn Watson - Outstanding RC
Garfield - Michael Stine - Outstanding RC
CHS - Ryan Hook - Recycling

Child Nutrition Services

Paul Flock - Outstanding RC
Penny Henry - Water Conservation
Michelle Hall - Waste Reduction and Recycling
Summer Kleinhans - Waste Reduction and Recycling

Support Services

Arne Ranta - Jefferson - Exceptional Effort in Energy Conservation
Sandy Scott - OHS - Outstanding RC
Cheryl Cregar - Hansen - Water Conservation
Corey Greene - Hansen - Water Conservation
George Stajduhar - McKenny - Most Energy Efficient School
Alan Benner - Pioneer - Waste Reduction and Recycling
Katherine Lynam - OHS - Waste Reduction and Recycling



Flashes of Insight into Light

What is the light bulb exchange?

This fall we offer FREE compact florescent lamps in exchange for any incandescent lamps that you use in your classroom or office. Check for a schedule coming soon. We will visit each school for a day. Write your name on a label for each bulb you use at school so that you receive the correct bulb in exchange. Please come to the exchange or if you cannot, leave labeled bulbs at your main office.

CFL Use limitations.

You can't just screw any CFL bulb into the device you want to use it in and be guaranteed that it will work. Lights with dimmer switches require the use of dimmable CFLs. We cannot offer these lamps yet, but will in the future.

The mercury in a CFL bulb also means that you should not toss burned-out bulbs in the trash. CFLs can last for many years. If one burns out, please give it to your custodian who will properly dispose of it and provide a replacement.

Precautions to Take if You Break a CFL Bulb

The good news is that CFL bulbs are relatively difficult to break. Still, you may want to put down a drop cloth when you change one. If one breaks, open your windows and let the area air out for 15 minutes to 30 minutes. Call your custodian to take care of the broken materials. Custodians are trained in proper disposal methods.

Are desk lamps from home okay at the OSD?

When staff provide their own task lamps these lamps must meet District safety and energy efficiency standards. Make sure to replace all incandescent bulbs with comparable compact florescent bulbs. New bulbs produce the same amount and color of light as the old inefficient bulbs. A lamp using incandescent bulbs uses six times more energy than the same lamp with a compact florescent bulb.

Are standing lamps okay at the OSD?

Every person working for the Olympia School District is entitled to a fully lighted workspace. We strive to provide state mandated lighting levels appropriate to every space. If you are not getting enough light please contact your Head Custodian or Building Administrator. If you feel you have a specific need for a standing lamp please discuss this with your Head Custodian. While extra lighting may be desirable in certain circumstances, in most cases the District cannot provide special lighting that increases our electric bills.



One incandescent bulb uses as much energy as 5-6 compact florescent bulbs (CFL) and the CFLs last **ten** times as long.



OSD Makes a Dent in Unwanted Mail

This summer, Michelle Coffey from Support Services tackled a huge stack of material from every District employee who submitted unwanted mail. She contacted each sender and asked that the employee name be taken off the mailing lists. Contacts were made by phone emails and letters requesting relief from the over 1000 pieces of unwanted mail.

If you receive unwanted mail, send in the portion described below:

1. Your address & name
2. Company name and contact information
3. Account number

Send to: Junk Mail, RCM Knox.

Paper is NOT Garbage

After the enormous effort to halt junk mail we hope to save money by reducing our paper recycling needs. We save trees if we sort out our paper and cardboard and place them into the correct recycling containers, plus recycle rates are lower than garbage rates. Paper can be made back into paper again, or at some schools paper is including in composting programs. Please make the effort to put paper into the right container.

New 2009-2010 Conservation Challenge

Next year schools and individuals can win program funds when they save resources and educate students. This year participants will find a stream-lined application process. You can work directly with your Resource Conservation Manager to design and implement programs that will save money and resources.

Every school should consider appointing a Resource Conservation Coordinator to coordinate program and record achievements.

You can start saving by participating in the Light Bulb and Space Heater Exchange Programs this autumn.

Costs of Personal Appliances Add Up

Any appliance that uses energy should be reviewed to see whether it meets our conservation policy. Appliances that use too much energy, are unsafe, or are duplicates of others conveniently located should be removed. Every little bit adds up so the District wants staff to use only a reasonable amount of energy. One person with a space heater, mini-fridge, microwave and desk lamp costs the District an extra \$67.40 more than a person without these appliances.



You can save energy by sharing refrigerator and freezer space. All schools have centrally located appliances for staff use.

Individual appliances use power whenever they are plugged in, so please be kind to the earth and unplug unused appliances and share whenever possible. The chart below estimates the minimum annual of appliance costs to the school District.

Appliance	Approximate Annual Cost
One space heater	\$24
One incandescent light 150 wt (6 hours/day)	\$15
One compact fluorescent light desk lamp (6 hours/day)	\$ 2
Standing lamp with four 100 wt bulbs (3 hours/day)	\$19
One mini-fridge	\$19
One medium older refrigerator	\$42
One large older refrigerator	\$78
One microwave (15 minutes/day)	\$ 9
One 30 inch TV (1 hour/day)	\$11

* Note that we often pay another 30% surcharge on top of these amounts. The surcharge, or Demand Charge, is a fee added to each watt used. It is calculated based on the most energy used in any year, which varies between schools.



Olympia School District

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