

## Gearing Up For Snow!

Accumulations of snow and ice can interrupt your natural gas supply and create an unsafe operating condition. Here are just a few precautions from MidAmerican Energy:

Avoid plowing snow against your meters or gas regulators and use a broom rather than a shovel to clear any snow away from the meter. If your meter is covered in ice, call MidAmerican for service, 888-427-5632.

Clear a path for meter readers to stay safe.

For additional information, visit their website:

[www.midamericanenergy.com](http://www.midamericanenergy.com).

We tend to use more energy in the winter than any other time of year. This doesn't have to mean out-of-control energy bills. Check out Mid-American's EnergyAdvantage® programs and our energy-saving tips to find ways to manage your energy bills all year round.



LEARN MORE AT  
[energystar.gov](http://energystar.gov)

## WINTER BREAK ENERGY CONSERVATION

Winter Break provides the District with many opportunities to reduce energy consumption. Please review the following guidelines and thank you for helping to conserve our energy resources.

- \* All buildings will operate at a lower temperature (night set back).
- \* Turn off and unplug electronics - computers, radios, TV, VCR/DVD players ) when not in use. Using power strips can make it as easy as the flip of a switch.
- \* Turn off & unplug copiers, coffee machines, desk calculators, microwaves, etc.
- \* Unplug all refrigerators (leave door open)
- \* Turn off all lights in your areas, including any display or task lighting.
- \* Make sure to shut and latch all windows including storm windows, close window blinds in an upward di-



## IESA's Chicago Trip by Riley

In early November our class along with two other classes took a field trip to Chicago, Illinois to see the Smart House at the Museum of Science and Industry. After our six hour commute there, we finally arrived at the museum!

The Smart House was very cool and we learned about all of the technology and ideas that go into it. The house had a lot of ways which made it energy efficient and 'green' but the big contributors to this is they had their own wind generator, solar panels on the roofs, and the house also had a lot of large windows, sliding doors, and sun shades to help light, heat and cool the house. One of the things I thought was pretty neat was that they planted plants on top of the flat roofs of the house to keep in the heat in the winter and keep the house cool in the summer, basically being used as a form of insulation. Most of the furniture and even some of the decorations were made out of reused materials, yet still looked cool and had a sense of retro-ness in them. They also had some neat technology in the house. When you first walk in to the house it talks to you and starts playing music. They have I-pads in every room and they have touchscreen mirrors that are connected to the internet. The overall design and cleverness of the house was brilliant.

Although the main purpose for the trip was to tour the Smart House, we experienced a lot of other cool things in the museum. We saw the Apollo 8 spacecraft which was the first manned spacecraft to fly to the moon, real muscles and veins from the human body, and an actual submarine from World War II. After a long fun day at the museum and a very nice dinner it was time to head home. We left that day at 3 o'clock in the morning and didn't get home till a little past midnight so it was definitely a long day, but with all the things we were able to experience, it made the day well worth it!

## Check it out...Mmm..Mmm Good!!

### Winter Energy Cookies

#### Ingredients

1 cup unsalted butter  
1 1/2 cups packed brown sugar  
1/3 cup molasses  
1/3 cup smooth peanut butter  
2 eggs  
1 1/2 teaspoons vanilla extract  
1 1/2 cups whole wheat flour  
1 cup all-purpose flour  
1 cup toasted wheat germ  
1 1/2 teaspoons baking soda  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon  
2 cups rolled oats  
1 cup raisins  
1 cup semisweet chocolate chips  
1 cup chopped walnuts

#### Directions

Cream the butter, sugar, molasses, and peanut butter in a large bowl. Blend in the eggs and vanilla. Mix the flour, wheat germ, baking soda, salt, and cinnamon in a separate bowl. Stir the dry ingredients into the creamed mixture, until evenly blended.  
Stir in the oats, raisins, choc chips, and nuts. Cover and refrigerate for 1 hour.  
Preheat oven to 350 degrees F (180 degrees C).  
Shape dough into large balls using 1/4 cup of dough per cookie. Place on greased cookie sheets, leaving 3 inches between them.  
Flatten slightly with a fork. Bake for 15 to 18 minutes. When done, the tops will still be soft to the touch. Cool on the sheets for 5 minutes, then transfer to a rack to cool.

Nutritional Information:

**Amount Per Serving** Calories: 300 | Total Fat: 13.2g | Cholesterol: 38mg Powered by ESHA

Nutrient Database



# ENERGY REPORT CARD

## Saving Money, Staying Warm: Winter Energy Efficiency Tips from Energy Star

**WASHINGTON** – The average family spends \$2,200 a year on energy bills, nearly half of which goes to heating and cooling. With winter approaching and Americans heading indoors, the U.S. Environmental Protection Agency's (EPA) Energy Star program is offering easy energy saving tips that increase household efficiency while helping Americans save money and stay warm.

EPA recommends taking the following steps this winter:

**Maintain your heating equipment.** Dirt and neglect are the top causes of heating system failure. If your heating equipment is more than 10 years old, now is a good time to schedule a pre-season checkup with a licensed contractor to make sure your system is operating at peak performance. Check your system's air filter every month and when it is dirty, change it. At a minimum, change it every three months.

**Use a programmable thermostat.** Control your home's temperature while you're away or asleep by using one of the pre-programmed settings. When used properly, programmable thermostats can save up to \$180 every year in energy costs.

**Seal air leaks in your home.** If rooms are too hot/cold or you have noticed humidity or excessive dust problems you should consider taking action to seal air leaks. Sealing air leaks with caulk, spray foam, or weather stripping will have a significant impact on improving your comfort and reducing energy bills. If you are adding insulation to your home, be sure to seal air leaks first, to ensure you get the best performance from your insulation.

**Utilize the Energy Star website.** Use Energy Star's Home Energy Yardstick to compare your home's energy use to similar homes across the country and see how your home measures up. Energy Star's Home Energy Advisor can give recommendations for energy-saving home improvements for typical homes in your area.

**Look for Energy Star qualified products.** Whether you are replacing light bulbs or appliances in your home, Energy Star qualified products can help you save energy and reduce energy bills. The label can be found on more than 60 types of products ranging from heating and cooling equipment to compact fluorescent light bulbs (CFLs).

Energy Star was introduced by EPA in 1992 as a market-based partnership to reduce greenhouse gas emissions through energy-efficiency. Energy Star offers businesses and consumers energy-efficient solutions to decrease energy consumption, save money, and help protect the environment. More than 20,000 organizations are Energy Star partners, committed to improving energy-efficiency in homes, products, and businesses.

Information on cutting energy costs this winter:

<http://www.energystar.gov/heatingtips>

Information on other ways to save energy year round:

<http://www.energystar.gov/changetheworld>

Visit [www.dmps.k12.ia.us](http://www.dmps.k12.ia.us) for more details of the district's energy mission and building performance. **Tell us about it!** Do you want to share your ideas for saving energy or helping our environment? Or want to let us know about your projects?

E-mail [stephanie.burkhalld@dmps.k12.ia.us](mailto:stephanie.burkhalld@dmps.k12.ia.us).

## Check it out...

What's new from our students....

By Chris E.

Our Learning of Hydro Power

We've been learning about Hydro Power. Mr. Beall has had us all get into groups of one, two, or three and pick a part of a Power Plant. I chose to work by myself and I picked the hydro electric generator. A hydro electric generator is a motor that produces energy. In the daytime, water flows downhill through large turbines and producing electricity. During the night, water is pumped uphill to a reservoir for tomorrows use. When we were all done with our research, we had to tell the class what we learned. And I did so . . . **SUCCESSFULLY!**



## YEAR-TO-DATE SITE ENERGY USAGE REPORT

Year To Date thru August 2011

Site	Total Energy (mBtu)	% Chg	Site	Total Energy (mBtu)	% Chg
Smouse	76	-76%	CNC	1,688	6%
Jackson	53	-69%	Central Campus	2,210	6%
Van Meter	155	-67%	Carver	336	7%
Brody	321	-62%	Greenwood	212	7%
Harding	97	-59%	Hubbell	222	8%
Merrill	205	-55%	Jefferson	226	9%
Walker Street	189	-52%	Windsor	161	10%
Studebaker	187	-49%	Casady	97	12%
Moore (Scavo)	34	-37%	Phillips	207	12%
Welcome Center	25	-36%	Perkins	164	13%
Hoyt	312	-33%	South Union	236	14%
Weeks	364	-22%	McCombs	637	14%
Samuelson	103	-19%	Cattell	156	15%
King	146	-16%	McKee	47	15%
Lincoln South	216	-12%	River Woods	487	16%
McCombs			Prospect	644	18%
Greenhouse	22	-12%	Hiatt	367	18%
Willard	203	-10%	Stowe	155	19%
Callanan	438	-8%	Moulton	796	19%
Operations Center	188	-6%	Morris	214	20%
Edmunds	273	-6%	Hillis	138	21%
Aviation Lab	29	-4%	McKinley	315	25%
Hoover/Meredith	1,613	-4%	North	853	26%
Roosevelt	1,243	-3%	Pleasant Hill	177	27%
Walnut Street	1,124	0%	Park Avenue	252	28%
Goodrell Middle	372	1%	Findley	174	28%
Oak Park	251	2%	Lovejoy	218	35%
Garton	283	3%	Monroe	524	59%
Brubaker	308	4%	Capitol View	458	60%
Lincoln	1,829	4%	Madison	208	68%
Hanawalt	155	4%	Howe	125	71%
East	1,799	4%	Cowles	136	79%
Central Academy	551	5%	Mitchell	132	116%
			Wright	90	282%
			Woodlawn	99	

■ Building under construction comparison year 2009-10

● Building occupied during renovations

◇ Building unoccupied part of comparison year

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Key  
● Increase in energy use  
● Maintaining energy