



The Wakefield Municipal Gas & Light Department (WMGLD) and General Manager Pete Dion (back row) recently recognized the winners of the 7th annual WMGLD Energy Conservation Essay Contest at an award ceremony held at the Wakefield Cable Access Television (WCAT) studios. The seven winning essays were selected from among more than 300 essays submitted by fifth graders at the Galvin Middle School and St. Joseph's School. Each winner read his or her essay during the ceremony that was recorded at the WCAT studios for airing at a later date.

Accepting their awards are (from left to right) Galvin Middle School students Steven Woods and Madalyn LoCoco, St. Joseph's School student Stephanie Curran, and Galvin Middle School students Brendan Jaena and (back row, left to right) Jonathan Guida, Riley Suntken, and Kymani Fleurme. The winning students received a Barnes & Noble gift card and a certificate.

All of the winning essays are just below!

Name: Brendan Jaena

Energy Conservation: What does it mean and how can I contribute?

Did you know that the amount of energy people use changes by double every 20 years? To me, energy conservation means saving money and energy in your home by doing something so simple like pressing a button. I think that people can easily save energy in their home by limiting the use of their appliances, using less water, and controlling the heating. If you follow these steps then you will be surprised at how much less money your bills will be.

Something that uses the most energy in a lot of houses is appliances. It is so effortless to conserve energy on appliances. One really simple way is just to know what you want in the fridge so all of the cold air doesn't get out. If the cold air gets out then the fridge has to use even more energy to get the cold air back. Another way to stop spending so much money on appliances is only use the dishwasher when it is full. Also if you want to save a tremendous amount of energy and money then don't even buy a dishwasher. All you have to do is wash the dishes in the sink by yourself. A good way to save even more energy is to have your dryer run on gas instead of electric because it uses a lot less energy and it is better for the environment.

A problem that most people have is they use way too much water. To get water in your house it uses a great amount of energy. When people think of saving water they think they need to take shorter showers and don't let the water run while you're brushing your teeth. Those examples help but there are much more effective ways that you can save water or control the amount of water you want and tap

water uses less energy to make than bottled does. The toilet uses the most water out of anything else in the home. To reduce the amount of water it uses you can buy a Watersense labeled toilet. It could save an average family about two thousand dollars in a lifetime. A really easy way to save energy is to use your hose only when needed and if you need it use a nozzle to adjust how much water you use.

The last uncomplicated way to save energy is to adjust your heating and cooling. All you really have to do is press a button. One way that really helps is to adjust your thermostat to as hot as comfortable in the summer and as cold as comfortable in winter. Doing this strategy can make you save much more on your heating bill. Another way is to make sure is when you when you have your air conditioner in make sure it is shaded by something like a tree or fence. If you do that then the hot air won't get in your house. One way that most people don't do is caulk the holes in your home. It helps by not letting any air in from the outside. It is great because it improves how well your heating and cooling system works.

Saving energy is so easy and everybody can do it. It doesn't just benefit yourself it can benefit the whole world. If everybody chipped in then the world would be a much better place. People don't even realize how much energy conservation does. From now on I am going to try to make everybody I know use less energy. Energy conservation is key for the future because we might not have access to energy and the near future. I wish everyone knew the importances of energy conservation.

Name: Jonathan Guida

Energy Conservation

Energy conservation is when people try to save as much energy as possible and not waste the resources they come from. There are two kinds of energy resources: non-renewable energy [oil, gas and coal] and renewable energy [water, wind and sunlight]. Non-renewable energy can run out and that is why people try to conserve and renewable energy does not. There are many ways we can conserve energy, here are a few ideas.

One way to conserve energy is to use less artificial light when you're inside. For example, when its a sunny day turn off the lights inside and open your shades to let in natural light. Doing this won't only be saving energy, that room will look bright as well. Lights uses up a lot of energy so using less can save energy and money.

Do you watch a lot of TV or play your Xbox 24/7? Those are just two of some of the biggest energy hogs. They waste a lot of energy when used often. A way to not use these things and still be occupied is to take out a board game or go outside instead of sitting on the couch all day. Electronics are some of the biggest energy wasters so using them less can help save energy. A fact that many people do not know but should know is: when your phone runs out of battery and you charge it, then you take the phone from the charger and think electricity is no longer being used, but electricity is still going through the charger and wasting

energy. So if you have the chance, turn off your TV and Xbox and do something else and always unplug your charger when it is not charging your phone.

The last idea I have for ways to save energy is to walk and ride your bike as much as possible instead of taking a car. Taking a car is probably the biggest everyday energy user for everybody. Most of the time people need to use cars but if there were times that you could walk or ride a bike over taking a car, would you? If you live close to your school, wouldn't it be easy to just walk instead? Or if you asked some friends to come and grab some lunch at a restaurant less than a mile from your house couldn't you just take your bike? Doing those things can help save money on buying gas and not pollute our world.

We can all help with energy conservation. If everybody does their part in saving energy we can help make our world a better place. Thinking of other ideas and letting people know can help spread knowledge about energy conservation.

Name: Kymani Fleurme

Energy Conservation

Energy conservation means to save energy. There are two sources of energy. One is renewable energy, and the other one is non renewable energy. The renewable sources are light, water, and wind power. The non renewable sources are oil, coal, and gas.

My first way we can save energy is put a timer on a refrigerator. You put a certain amount of time for the refrigerator to remain open. If the refrigerator is open for that amount of time it closes automatically.

My second way we can save energy is a beeping charger. You put your phone in the charger and when it hits 100% you are suppose hear a beep from your charger so you know to take the charger out of the outlet.

My last way we can save energy is pit a timer on a heater. You set it for a certain amount of time. That helps us not leave the heater on all day.

Those are my way of saving energy what are yours. And I hope you are saving energy like I am.

Name: Steven Woods

Energy Conservation Essay

Energy is a huge part of our lives but, it's not endless, there are many ways you can conserve energy and here are 3. The biggest usage of energy might be transportation, cars are everywhere so, lots of gas is used. Another way is by using natural weather to help us with our energy crisis because weather is going to get worse so, we should use it for some good. The last way is by using things that are solar powered like calculators and watches. All these topics have details to back them up and here they are.

Since transportation is getting bigger and bigger, we have to find ways to make it more eco-friendly. For starters, electric cars would be better because oil is used for gas but oil is not renewable energy so electric cars would not use gas so less oil would be used. Next, This is something you can do when you're trying to get to the other side of town, using the bus would conserve a lot of energy because less cars would be used so then less gas is used so less oil is mined and that makes the world a better place. A huge way the whole world could conserve energy is by making a place where you can rent bikes for a limited time. That is how we could conserve energy while using transportation.

Exercising is a great way to get in shape but, all the machines we use are taking to much energy from our world. Treadmills are probably the most popular way to work out but, if you just chose to run outside in the fresh air instead of on the treadmill, you could save a lot of energy. You can still use it but, only use it when it's cold and snowy. If you use videos to help you work out, don't! The best

way to work out is to make up your own system, it might not change that a lot at the time but, every little bit helps and if everyone does this, it actually make a difference. Another way people exercise is by going to gyms, if you're one of those people, here is a tip on how to conserve energy while at gyms. Don't only use machines that use energy from electricity, use machines that you power yourself like steppers. Those are some ways to save energy while working out.

Weather is getting worse, that's just a fact but, we can get ways to make the world a better place by using these resources that the weather gives us. Rain could be used for everything from drinking water to washing water, when it rains, we could put filters in drains so we could use the rain for important things. Wind is everywhere so we could make more windmills in places all over the world to increase the level of energy in our world. Extreme heat is common in the U.S. so if houses were built with more windows and less A.C. systems we could save lots of energy by using the air from outside to cool us down by just a little because it would be hotter inside than it would be outside. That is how we could use natural weather to our advantage.

This concludes my essay on energy conservation, let's review what was talked about in this. Transportation had many ways it could be more eco-friendly in this time period. Next, we talked about how we could keep the environment clean and healthy while exercising. Lastly, we found out how the weather that tortures us could actually help us. These are just a few ways we could conserve energy, there are many, many more.

Name: Riley Suntken

Conserving Energy

Energy conservation. It seems like a complicated thing but it's not. Energy conservation is simple. Anyone can do it. You can do it no matter how young or old you are. I'm only in 5th grade and I can do it too. Let me tell you some ways you can conserve energy at home and no matter where you are.

You can conserve energy in many different ways. I'm just going to tell you some. Keep your fridge and freezer closed. When you open the fridge or freezer it has to work harder to keep the food inside cold (or frozen). Don't leave the doors swinging open. It's not like you need all the food. Just grab what you need and go. Another way to conserve energy is to unplug chargers. You don't need to charge your phone all night, do you? Just charge it for an hour or two. If you put your phone on airplane mode while charging it, it charges faster. It will save you time and energy. You can recycle to save energy too. Instead of throwing away paper towel rolls and bottle caps, you can make things with them. You can recycle old clothes too. You can give them to younger siblings or cousins. Or you can be like me and make things with your old clothes. I made a purse and wallet of out jeans that were too small. The last way I'm going to tell you how to conserve energy is to just unplug and go outside. Why play apps about going outside when you can do it in real life. Why watch a soccer movie when you can get some friends and play yourselves. There are a lot more things to do outside than apps in the appstore. Now I'm going to tell you how we waste energy.

We use energy in our daily lives. Here is what you do so you don't use too much. Don't leave the t.v on when you're not watching it. My sister does this all the time and I have to turn it off. Another way we waste energy is leaving the lights on when you don't need them. You don't need lights on in a room you're not in so why leave them on? The next way we waste energy is overusing washing machines. Don't use it if you only need to wash one or two things. Just wait until other things need to be cleaned too. Clothes like sweatshirts and jeans don't need to be washed every time you wear them. You only need to wash them every few times you wear them, or when you get a stain on them. Don't do these things and your energy bill will thank you. That is what I'm going to about next. How energy conservation effects us.

Energy conservation effects the earth, animals, and us, humans. It effects all of nature. When you play on your iPad instead of taking your dog for a walk, it effects animals (or an animal). When you leave things on or plugged in this effects your energy bill which effects us. Lastly, how energy conservation effects the earth. To make energy they burn things. The smoke gets released into the air and that is not good. Thesome kills plants, animals and makes people cough. Energy effects almost everything on this planet and can easily kill everything if we overuse it.

Energy conservation. I hope it doesn't seem to complicated any more. Now you know how to conserve energy, what not to do to save energy, and how it effects us. Some ways were simple, some ways but some were more complicated.

They had one thing in common, they all conserve energy. I hope you learned a lot.

Thanks for listening to my essay!

Name: Madalyn LoCoco

Light Department Essay

SO much energy is being wasted. Some non-reusable fossil fuels are being wasted. Non-reusable fossil fuels are what we use to make energy. So many people are using so much electricity every day, that someday, we may run out and the world would have no electricity. I have come up with inventions to save non-reusable fossil fuels. I like to call my inventions Bright Phones, Time On The Water, and, the Green Car. All of these inventions have their own unique ways of saving non-reusable fossil fuels. The fossil fuels include oil, coal, and gas.

My first invention is called Bright Phones. Although phones run on battery, it still takes lots of energy to make batteries. So I have come up with an invention that doesn't run on battery, but runs on the sun, moon, or any light source. Bright Phones have solar panels rigged on the back of them so to charge them, just stick them underneath the light. Bright Phones have different color clear protective cases. The phones help save energy by not using the fossil fuels to make the battery and wires inside the phones

My next idea is called Time On The Water. This invention has a timer on the sink, which when started and set on a time, the water turns off when the time runs out. Moving water has energy in it, like how it spins water wheels. Water wheels turn on some electricity, so saving water will save electricity in the future. Time On The Sink can be used in the kitchen and in the sink as well.

My last big idea is called the Green Car. The car doesn't have your average wheels. This car also doesn't run on gasoline. The car runs on water, and the

wheels have a clear outer covering, with wooden water wheels inside the wheels. When you start the car, water comes rushing through the base of the car and into the wheels, turning the water wheels. The water speed can be adjusted by pressing down on the “gas” and the water will run faster or slower. Or you can reverse the direction of the water also. This saves energy by using less gasoline, which is a fossil fuel.

Throughout my essay, you probably learned that if you think big, you can achieve a whole lot. There are many ways to save energy. Inventions like the Bright Phones, Time On The Water, and the Green Car have their special ways to help the environment and save energy for when we may need it the most.

Name: Stephanie Curran

Wakefield Learns a New Way to Buzz

Wakefield is buzzing with energy! All the people in Wakefield are too lazy to conserve energy. Lazy Len's Television Store has its lights and T.V.'s on all night! Albert's Appliance Shop leaves the refrigerators' doors open all the time. He also plugs in all the appliances even though they are examples and no one uses them. These aren't the only people who waste energy in Wakefield. All the households had never even heard of conserving water by shutting it off when they weren't using it, or unplugging chargers when they aren't charging anything. They never knew they could conserve energy!

Now, you might think Wakefield is a pretty hopeless town that will never change its ways, but there was one little girl who brought the tiniest bit of hope that could help them change. The little girl's name was Stephanie. Stephanie was a smart little girl who loved to learn about conserving energy in science class. She always believed her town could change in an instant if they knew what they were doing was wrong and if they weren't lazy. Stephanie decided to tell her principal what she was thinking. She hoped to organize a club that focused on conserving energy in the community. Stephanie also wanted to stress the importance of recycling glass, plastic, and paper in Wakefield, but the principal did not care. Would Wakefield ever conserve their energy? Stephanie wondered.

You might be thinking, "Well how does Wakefield's power never go out?" The answer is: Superhero Steve! Superhero Steve is Wakefield's life saver. If it weren't for him Wakefield would be living in darkness. He comes to the town each

night to turn the water, lights, and T.V.'s off. One night Stephanie couldn't sleep so she went to get a drink of water, and she bumped into Superhero Steve turning the water off. Stephanie said, "Who are you and what are you doing?" Superhero Steve said, "I'm Superhero Steve and I have come to conserve your town's energy!" Stephanie was excited to know that someone else cared about conserving energy, and she asked him how they could convince the town conserving energy. After lots of thinking, they came to the conclusion that they must talk to the mayor about having a town meeting to talk about their energy wasting ways.

The next day Stephanie introduced Superhero Steve to the Mayor, a short, plump, lazy, but happy man. Stephanie and Steve explained that in addition to conserving energy the town recycle. Steve explained recycling glass bottles can be melted and made into new bottles. Plastic bottles can be made into new carpets and clothing. Lastly, old paper can be recycled into new paper. This activity would get Wakefield's citizens off their couches. The mayor said "I love the idea! We should hold a town meeting TONIGHT!" That night everyone from Wakefield came to the town hall on their T.V. scooters from Lazy Len's Television Store. T.V. scooters are regular scooters, but they are different because the lazy people of Wakefield always needed to watch T.V., and they could with T.V. scooters. At the meeting everyone was introduced to Superhero Steve who explained ways to conserve energy and recycle. Steve also told them about composting. "To compost all you have to do is take a circle of wire fencing and layer dry yard waste inside. On the top you must put a layer of soil. The soil will promote bugs to eat the waste. As they move around check the temperature to make sure the bugs are making the

waste warm. In a few weeks it should be dark, damp, and crumbly soil. Stir and check the temperature for a few more weeks to make sure it is still warm. Then you have new soil!” Everyone loved Superhero Steve’s ideas and Stephanie took down the names of everyone willing to help. She had three sheets full by the time she was finished.

Today, Wakefield is still buzzing but in a different way! Residents are shutting off the water and lights when they are not using them. Lazy Len’s Television Store turns the T.V.’s off at night, and Albert’s Appliance Shop no longer plugs in the example appliances unless people ask. Instead of using T.V. scooters, people walk and bike places. Wakefield is once again buzzing with energy, but now it’s people energy. Lastly, the people of Wakefield are less lazy, and now more energized and are happy!!!