



# Energy And Me

## Lyrics Sheet

### It is the Energy, It is the Sun

*It's the light, It's the heat  
from the sun to the earth beneath your feet  
from the hot bright sun to the cool dark earth  
light and heat comes it's absorbed and dispersed  
everywhere there's snow up on the mountain  
so light and bright and beautiful to see  
it will melt and get the rivers raging  
turbines turn make electricity*

CHORUS

*It's the energy, it is the sun  
it is our star, it is our only one  
When the sun shines plants get busy  
They use photons to photosynthesize  
they make sugar for the food chain  
from water sun and carbon dioxide*

CHORUS

*a clump of dust develops mass  
the bigger it gets the more it attracts  
then the clump starts to collapse  
a new star starts burning  
gravity gets the job done  
with hydrogen atoms  
nuclei fuse into helium  
the fusion feeds the fire  
outward the energy pours  
from fusion in the core  
through space to our door  
everyday in our lives  
every minute of every hour  
the sun is the ultimate power  
for the avalanche and the flower  
for all life and cycles*

CHORUS

*land and water both get sunlight  
land will heat up faster than the sea  
air above the land starts rising  
this begins the wind's activity*

### The Rock and Roll of Photosynthesis

*Well, the sun comes streaming out of the sky  
making everything grow and keeping us alive  
and our main connection to the sun are green leaves,  
only they can make food with sunshine energy.*

*What keeps the leaves  
green and the sunlight stashed  
are those chlorophyll containers called chloroplast  
There are millions of them in every leaf  
they get excited when their leaf gets lighted  
and become the leaf's food factories*

*Oh, photosynthesis, yes, photosynthesis  
it's a process, let's us exist that photosynthesis.  
You know it's true, we'd all be through  
without the rock and roll of photosynthesis*

*Well, minerals and water coming up from the ground  
which is where the rain falls and the roots are found  
they travel just beneath the bark up into the leaves.  
Leaves use what they need to make food for the tree,  
the rest is vaporized as it's released.*

*Now, where the vapor slips out carbon dioxide slips in  
just as the leaf releases water's oxygen.*

*It makes it free for you and me.*

*It's a living example of harmony*

*So the next time you think everything's all wrong  
go breathe among the leaves,  
you're gonna know you belong*

CHORUS

*Now, when the leaves get sunshine and water, too.*

*And carbon dioxide from you and me.*

*They make sugar people called glucose*

*Becomes sugars in the bark*

*It's stored as starch*

*food flowing where and when the tree needs it most*

CHORUS



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## Lyrics Sheet

### Water Cycle

*The sun heats the water  
into steam, it starts to rise  
as water vapor it drifts up  
into the sky  
then it clumps together  
when it hits cold air  
rain droplets form  
and start falling everywhere*

*oh they hit the ocean  
oh they hit the land  
oh they hit each one of us  
and now we understand*

*As long as the sun shines  
the water cycle will never end  
the mist will rise and fill the skies  
and rain will fall again*

*Water Cycle, evaporation  
Water Cycle, condensation  
Water Cycle, precipitation  
Water water round and round*

*Each and every green leaf  
has microscopic holes  
where water evaporates  
into the air it goes  
this pulls more water  
up through the grounded roots  
under the bark  
to the leaves and to the fruit*

*the leaves release the water  
it rises with hot air  
and we chew the juicy fruit  
yes water's everywhere*

### Ecosystem

*Out in the desert the scorpion hides  
the sun's pounding down yes it's hot and dry  
when the sun sets he'll go looking for food  
he might get lucky but he might get chewed*

*Ecosystem, what is the temperature  
Ecosystem, how much sun does it get  
Ecosystem, what are the soils  
Ecosystem, is it dry or is it wet*

*Out in the forest lightning strikes  
knocks a big tree down that's what mushrooms like  
they're gonna sprout from that big ol' trunk  
they'll be feeding on the wood  
when they're eaten by a skunk*

CHORUS

*now if you're gonna go ahead and try to list 'em  
there's four basic kinds of ecosystem  
so much to learn, so much to understand  
about freshwater, brackish  
Marine and land*

CHORUS

*Deep in the ocean where light can't reach  
a whale is heading to the surface yeah,  
she's gonna breach  
she'll dive back down like she just did  
hoping to eat some more giant squid*

### Energy

*The atom's nucleus is charged positive  
it's where the positive proton and neutral neutron live  
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# Energy And Me

## Lyrics Sheet

### Cont. (Energy)

*the nucleus is orbited by the electron  
which is negatively charged  
and always moving on*

*If atoms collide and share electrons  
they can make molecules with covalent bonds  
bonds break releasing energy as heat  
or transferring it to muscles in your feet for*

*EN ER GY it can't be created  
EN ER GY it can't be destroyed  
EN ER GY only transferred  
EN ER GY That's how it's employed*

*Everybody's body is made up of cells  
this is where your mitochondria dwell  
they burn glucose making ATP  
ATP bonds break transferring energy*

*This is how your muscles move  
when you reach for the stars or  
dance to the groove  
the burning mitochondria use oxygen  
releasing CO2 sucking more oxygen in for  
energy out flow minus energy income  
must always be a zero sum  
large protein molecules do the work of life  
when they bond with others  
when the charge is right  
through the new bond the energy is preserved  
instead of being lost as heat, it is transferred  
there is a story about bonds you can tell  
with everything that happens in every living cell  
there are combinations of  
bonds that are breaking  
and bonds transferring and bond-making for*

CHORUS

### Energy And Me

*Potential and Kinetic are the forms of energy  
which is which is easy to see  
Kinetic is moving, Potential sitting still  
energy comes in these two forms, it always will*

*Energy and Me I use it every day  
Energy and Me when I work and when I play  
Energy and Me it comes in two forms, do you get it ?  
Energy and Me it's potential or it's kinetic*

*Potential energy means energy that's stored  
like the snow on the mountain sitting pretty just before  
it melts and makes a raging river  
that will make the turbines turn  
making electricity for lights that help you learn*

CHORUS

*from many different sources we get our energy  
we're burning oil, coal, gas , splitting atoms for electricity  
we capture light in solar panels windmills use the wind  
the sun is where most energy on earth begins  
Kinetic energy is the energy of motion  
like two colliding atoms or the currents of the ocean  
legs pumping pedals, it's hands pulling handles  
it's wind whipping flags, it's flame burning candles*

### Energia Y Yo

*Potencial y cinetica son las formas de energia  
cual es cual es facil a ver  
cinetica se mueve como los olas del mar  
Potencial dentro de si misma*

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# Energy And Me

## Lyrics Sheet

### Cont. (Energia Y Yo)

*Energia y yo La uso todos los dias  
Energia y yo cuando trabajo y me divierto  
Energia y yo Ella existe en dos formas,  
Energia y yo, es potencial o cinetica*

*Energia potencial espera descargar  
como la nieve sobre la montana  
que se vuelve rios y que mueve las turbinas  
y encienden las luces que te ayudan*

#### CHORUS

*Energia sale de muchos recursos  
quemamos la gasolina divivimos los atomos  
para electricidad  
colectamos el sol en panales que  
Dan luz y energia*

*Energia cinetica es la energia de movimiento  
Es atomo chocando or corriente del mar  
son piernas que mueden los pedales  
Es el fuego que consume la vela*

### Energy Now, Energy Then

*Energy now , energy then, people using energy  
again and again  
Energy for travel, entertainment,  
washing clothes , cold food containment  
Yes, energy now compared it to then  
sources change again and again and again!*

#### ENERGY NOW

*turn on the TV, CD stereo  
to be entertained and let the rhythm flow  
through the wires to your home electricity  
AC power from the power company*

### Cont. (Energy Now, Energy Then)

*oil, coal or gas incinerated  
turning water to steam that's how it's generated  
steam makes the turbines spin  
that's how the alternating current begins  
negative and positive to and fro  
energy from electron flow  
open the refrigerator microwave the french fried potata  
you flip the switch if you need to see  
because your wires carry electricity  
Energy Then*

*I've salted the meat so it won't spoil  
turn down the lamps, save the whale oil  
I'll hitch up the horses, you're looking pretty  
we'll ride our buggy into the city  
the big tent circus is in town  
with trapeze artists and big nose clowns  
we'll eat apples from a canning jar  
while I pluck a few notes on this guitar  
I'd stay at the circus forever if I could  
but tomorrow morning I'll be splitting wood  
wood for the fire , it's heat energy  
yes, heat for my home and my family  
In the garage where I work on my car  
I know exactly where all my tools are  
my horse is healthy and her name is Mabel  
I keep what she needs right in the stable  
my fuel injectors are calibrated  
and new oil keeps the engine lubricated  
Mabel pulls the plow around  
and then pulls the crop into town  
I put old oil in the recycling tank  
cause I wouldn't want it in something I drank  
when Mabel poops I don't criticize her  
because her manure is fertilizer  
I drive to work and across the nation  
I get my fuel at any gas station  
In my time horses moved the masses  
fueled by grains and a little molasses*



# Energy And Me

## Lyrics Sheet

### What, What Is

*What , What is, what is this stuff made of..*

*Paper it comes from trees, cut down, chopped up, minutely little chips are boiled and treated becoming pulp dried and heated on a screen, dried wood fiber rolled and given to the truck driver brought to the factory cut and specialized then shipped to the stores for you and I  
Used, when writing these words recycle, we all concur because paper comes from trees fueled by the sun, soil and breeze woody trunk, strong and straight renewable resource , plant and wait wildlife inducer, oxygen producer, carbon dioxide reducer*

#### CHORUS

*What , What is, what is this stuff made of, what, what , what,*

*Plastic it comes from oil pumped from rocks deep beneath the soil  
yes people must test, people must drill keep pushing pipe, until they hit oil under pressure with valves and pumps they capture and measure that oily ooze from between the rock guessed by tests of seismic shocks  
Yes, plastic comes from oil it's heated and treated and brought to boil  
it processed until the change occurs yes changed into different polymers  
chain like connections, structure of plastic strong stiff, soft or elastic  
recycling symbol on the bottom of plastic bottles  
yes each one's got 'em*

#### CHORUS

### Cont. (What, What Is)

*Iron, copper, silver, platinum  
dig 'em, smelt 'em, roll 'em, flatten 'em  
before you choose 'em, to use 'em,  
wait think, where do they originate  
in the earth's crust they are stored in the form of metal ore it looks like dirt but it contains bits of metal in tiny grains the ore is heated the metal melted  
people say the ore is smelted this makes metal, of course it's a nonrenewable resource  
but everywhere, every day, tons of metal are thrown away recycle aluminum, steel and tin if not before  
then now begin*

#### CHORUS

*To make glass on your own you need sand, soda and limestone you mix them up then get them hot until a melted mixture is what you've got  
yes molten glass can be formed of folded rolled out flat, blown or molded blown into bottles, rolled into windows stop the rain or when the wind blows all this but still you can see right through the glass, clearly molten glass cools on liquid metal pools this makes the surface smooth as the new window moves into the market to be bought and sold used, recycled then the story's retold*

#### CHORUS

### Resources

*In my hand I hold a pencil  
I write these words with this utensil  
It's made of wood grown by a tree  
and photosynthetic activity*

*(continued next page)*



# Energy And Me

## Lyrics Sheet

### Cont. (Resources)

*a tree's cut down, the shape's made right  
it's drilled and filled with the graphite  
the tree's cut down then a saplings sown  
a hundred years go round a big tree has grown  
this resource has been renewed  
this of course is what people can do*

#### CHORUS

*Where ever you go what ever you choose  
you have to know what you can use  
guess success for what your course is  
if you know your resources  
perpetual, renewable, nonrenewable  
what's it cost, can you get it, is it do-able?*

*in the crust the graphite's stored  
with other minerals and metal ore  
It took the earth millions of years  
to put those minerals and metals here  
once they're taken from the ground  
more can't be made, only found  
the ground's dug up the ore's extracted  
it's processed the product's packaged  
these resources are non-renewable  
replacing them is not do-able*

#### CHORUS

*on my face I feel the wind  
the sun is what makes it begin  
yes the sun does shine and the wind does blow  
and there's geothermal forces below  
perpetual means in perpetuity  
or a constant source of energy  
a windmill spins when the wind blows  
a solar cell collects the suns glow  
these resources almost forever  
to harness them we endeavor*

### On The Move

*People use bikes, scooters and cars  
to get to where their destinations are  
trucks haul food from the farm to the table  
or pull the race horse from the track to the stable  
planes carry people, trains haul coal  
the ocean cruiser cruises past the atoll  
all these motions use the energy  
from burning hydrocarbons, or muscularity*

*people use so many different  
modes of transportation  
in air, water on roads crisscrossing this nation  
energy's burning gears are in the grove  
energy's transferring to the wheels on the move*

*It's a rubber tire on an asphalt road  
it carries the car and the semi-load  
each tire wraps around the wheel  
which spins on an axle made of steel  
geared to the drive shaft transmissioned to spin  
driven by the flywheel and the crankshaft within  
Pistons moving up and down as gasoline explodes  
energy from plankton from the seas of long ago*

#### CHORUS

*Is there public transportation in your town?  
Are there buses above or subways below ground?  
Do you use them? Do you know where they go?  
The times that they run? Are they fast or slow?  
Are your highways congested?  
Are they poorly designed?  
Do you have a better plan in your mind?  
The future is coming with more  
people on the move,  
What changes should be made  
to the systems we use?*

#### CHORUS



# Energy And Me

## Lyrics Sheet

### Reduce, Reuse, Recycle Engine Oil

*Reduce, Reuse, Recycle, Engine Oil  
To reduce pollution of water and soil  
focus on old motor oil  
oil keeps engines lubricated to  
keep the car moving unabated  
as oil moves through car parts it  
get dirty and lubrication starts  
to decline, it must be replaced unscrew  
the oil plug and drain the crankcase  
that dirty old oil must be contained and  
never, ever, ever poured down the drain  
or in the ground or down a rain sewer  
because if you do the fish will be fewer  
take that oil and make it's delivered to the  
recycling center and not the river  
if it's in a drain or in the ground it will get in the  
water and start floating around*

*when you recycle your oil it will be reused but if  
you dump it in the wrong place it will abuse  
the natural world and many critters  
old motor oil is dangerous litter  
but recycle it and it's transformed  
into heat keeping our factories warm  
it helps make asphalt for driveways  
and the roads we use everyday  
it's reused in the power plants  
so you can see the mtv dancer dance  
electricity, heat and lubrication  
these are just some of the applications  
of recycled oil properly disposed  
better than what polluters impose  
on the water all life needs so,  
what results from your deeds ?*

*to recycle your oil where do you go?  
get on the internet if you don't know*

### Cont. (Reduce, Reuse, Recycle Engine Oil)

*recycleoil.org, to get the site geographically  
you'll be asked for your zip code  
you'll get the address then hit the road  
deliver that oil properly contained  
so if need be it could handle the rain  
you might have to pour it into a tank  
or just drop it off with a wave and a thanks  
so if you see a neighbor under the car  
you can let them know where the sites are  
to recycle oil properly and to  
handle your waste environmentally  
yes recycle, reuse and reduce  
don't let that ol oil get loose*

### Our Changing World

*It's our only home. It's our planet  
it has air to breath and liquid water all around  
but all us people have set in motion  
changes on this earth we're not sure  
what's going down*

*so we measure the world around us  
to see if we can tell what changes we've been  
making so we study all the patterns  
so we can know what actions should be taken*

*Our changing world what do we do about what we do  
Our changing world What should be done  
by me and you*

*each and every day people driving  
buses cars and trucks to places they have to go*

*(continued next page)*



# Energy And Me

## Lyrics Sheet

### Cont. (Our Changing World)

*all those engines get their energy  
burning fossil fuels the air is where the fumes  
flow*

*all those fumes in the atmosphere  
help trap the heat that flows from the shining sun  
does this help cause a global warming  
what does that mean? What will change? What  
can be done?*

*Our changing world  
what do we do about what we do  
Our changing world  
What should be done by me and you*

*There are systems on this planet  
interacting and effecting each other  
Sunshine changes ocean currents  
climates shift confusing agriculture  
So many people living longer  
generating waste and thriving industry  
great advances with great problems  
what's the balance of this new technology*

### We Can Save Energy

*We can save energy  
in any house  
we just walk right in and check it out  
check it out*

*It's a disgrace, a waste, right in your face  
hot faucets leaking all over the place  
fix it now, right now, not next week  
you're losing money and fuel if you live with that  
leak*

### Cont. (We Can Save Energy)

*now the shower, OOOO, you like it hot  
well, a low flow showerhead saves alot  
glasses, plates, make sure you wait  
'til the dishwasher's full then agitate  
and set your thermostat at 68  
turn it down to 60 when it gets late  
yes the heat in your house is meant for you  
don't let it escape through the chimney flue  
and if you feel a draft at your window sill  
there must be cracks that you can fill*

*caulk it, caulk, it , caulk, caulk, caulk it*

*Late at night it feels so right  
to flip the switch incandescent light  
but there's an energy saving new design  
it's the longer lasting florescent kind  
radio, TV, Nintendo  
you leave it all on when you go  
it's crazy, lazy, an energy loss  
you can cut the cost if you turn it off  
in your walls your house is wired  
electrical power coal fired  
we burn the coal the generator spins  
the light turns on but what's in the wind?*

### Yummy Yummy

*Oh, Yummy, Yummy, Yummy;  
It's awfully sunny.  
I can eat all that I want;  
I can eat all that I want.  
My leaves need the sun  
to make food for all of me.*

*(continued next page)*





# Energy And Me

## Lyrics Sheet

### Cont. (Yummy Yummy)

*They can only do it with  
Sunshine energy! Sunshine energy!  
Now, the water comes up  
from the roots into the leaves.  
They use what they need,  
and the rest they sweat  
from their underneath.  
With the sun and the water,  
the leaf makes food then lets it go  
down through the limb  
into the trunk;  
so the tree can grow!!*