



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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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
(continued next page)*



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*

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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*

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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.*

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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!!*