

*'Watts Up'***Some 'Energy Month' Suggestions for Employees**

"Watts up?" Energy Awareness Month. "Watts up" is the more than 30 million kilowatt-hours of electricity used last month at NIH. That comes to a bill of over \$4.5 million.

Despite this consumption, NIH is a leader in energy management. NIH purchases over 3 percent of its energy from renewable sources, which are non-fossil fuel sources. In the D.C. area, most energy is generated from burning fossil fuels, which releases contaminants into the air. These airborne contaminants lead to elevated rates of asthma and other respiratory diseases. Purchase of renewable energy reduces contaminant load and encourages increased availability of renewable energy sources.

NIH is also continually auditing existing facilities to identify opportunities to add sustainable features that use less energy. New facilities are also being designed to be "green" or to use less energy. For example, the new Visitor Center on Rockville Pike will have a "green roof" that will not only save energy, but also filter pollutants from stormwater runoff. Green roofs are made of a lightweight soil media, underlain by a drainage layer and an impermeable membrane that protects the building structure. The soil is dotted with a special mix of plants that, together with the soil, provides insulation to the building.

But everyone has a responsibility when it comes to energy conservation. Did you know that turning off two computers at night and on weekends is the equivalent of removing one car from the road for one year? So, look at your actions this month and challenge yourself to find ways to conserve energy in your job and at home. Turning off lights when you leave the room, shutting off equipment when you're not using it—these should come as naturally to you as putting on your seatbelt when you get in your car.

Even screen savers are energy hogs, so turn off your monitor instead. You can also switch computer settings to sleep mode and unplug equipment such as phone chargers that use energy even when not in use. Nationally, these energy "vampires" use 5 percent of our domestic energy. In the laboratory, close fume hood sashes to minimize airflow when not in use. Close or tilt window blinds to block direct sunlight in the warmer months and consider use of Metro, bikes or carpools. While your actions may seem insignificant, the combined efforts of all NIH employees have substantial, meaningful results.

NIH's Environmental Management System (NEMS) is a strategy that aims at minimizing our impact on the environment by challenging employees to use healthier alternatives in getting their jobs done. NEMS is sponsoring a lunch-time brown bag series on environmental topics. The film *Kilowatt Ours* will be shown to kick off the series at noon on Wednesday, Oct. 18 in Bldg. 50, Rm. 1328/1334.

In this film, you'll take a journey from the coal mines of West Virginia to the solar panels of Florida to discover solutions to America's energy problems. The 30-minute documentary provides a hopeful look at how energy conservation and renewable power can help improve the quality of life in the U.S. *Kilowatt Ours* also provides practical ideas for you to lower your energy bills at home, showcasing successful examples of homes that are saving hundreds—even thousands—of dollars annually on their energy bills. 🌱

*March Madness in October?***IC Directors To Compete in CFC Free-Throw Competition**

A brand-new laptop computer will be on the line when the IC directors match shots at a Combined Federal Campaign basketball free-throw contest. The winning director will receive the laptop to distribute to a deserving CFC campaign worker or contributor at his/her IC. Fresh from their biweekly meeting, the IC directors will take the court at 10:15 a.m. on Thursday, Oct. 12, in front of Bldg. 1.

The upcoming event is a result of NIDCR director Dr. Lawrence Tabak challenging his fellow IC directors to a contest to raise awareness of this year's CFC campaign, which NIDCR is spearheading. The NIH CFC campaign kicked off on Oct. 3.

The object of the contest is to make as many free throws as possible within 30 seconds. Tabak will be first up, followed by the other directors who will each take a turn. The director who completes the most free throws wins the competition (and the laptop). NIH director Dr. Elias Zerhouni will referee the event.

Among the directors who have already accepted the challenge are: NIAID's Dr. Anthony Fauci, NIBIB's Dr. Roderic Pettigrew, NEI's Dr. Paul Sieving, NICHD's Dr. Duane Alexander, NIDDK's Dr. Griffin Rodgers, NIGMS's Dr. Jeremy Berg and NIAMS's Dr. Stephen Katz. CIT Deputy Director Al Whitley will also participate. Two "ringers" will come off the bench to shoot on behalf of their directors—Charles "Stretch" Sabatos will play for NINR's Dr. Patricia Grady and Fred "All World" Walker will play for NHGRI's Dr. Francis Collins.

So come out and cheer on the players and help support the CFC!



*The CFC "Divas and Dudes" cheering squad will be on hand to boost the players' morale during the IC Directors' Free-Throw Competition.*