

St. Louis Blues

January 2nd— @ Maple Leafs **6:00pm**
January 4th—vs. Senators **7:00pm**
January 6th—@ Avalanche **9:00pm**
January 8th—@ Ducks **9:00pm**
January 9th—@ Kings **9:30pm**
January 12th—vs. Devils **7:00pm**
January 14th—vs. Hurricanes **7:00pm**
January 16th—vs. Canadiens **6:00pm**
January 18th—vs. Penguins **7:00pm**
January 20th—@ Red Wings **7:00pm**
January 22nd—@ Avalanche **8:00pm**
January 24th—@ Blackhawks **6:00pm**

<http://blues.nhl.com>

St. Louis Rams

January 3rd—@ San Francisco **3:25pm**

Thanks for a good season!

<http://www.stlouisrams.com/>

St. Louis Cardinals

Season Opener
04/03/16
93 Days*

Home Opener
04/11/16
101 Days*

*Countdown is from January 1st

<http://stlouis.cardinals.mlb.com/>

"The happiest people are those who are too busy to notice whether they are or not."
-William Feather

Around St. Louis

America's Center Convention Complex

It's time again for shows at the America's Center!

STL MOTORCYCLE SHOW

When: January 9-10, 2016

www.stlmotorcycleshow.com

ST. LOUIS RV VACATION & TRAVEL SHOW

When: January 14-17, 2016

www.stlrv.com

THE ST. LOUIS AUTO SHOW

When: January 28 – 31, 2016

www.saintlouisautoshow.com

Where:

701 Convention Plaza
St. Louis, MO 63101
(314) 342-5036

Marvel Universe LIVE!

When: Friday, January 8, 2016 @ 7:00pm

Where: Scottrade Center

25+ Marvel characters, 1 epic quest. Marvel Universe LIVE! captivates audiences with an authentic and original story. The story is framed around the battle over the Cosmic Cube, the source of ultimate power and one of the most feared and coveted treasures in the Marvel Universe. The Cosmic Cube has been shattered into pieces by the Mighty Thor in order to prevent it from falling into the wrong hands.

<http://www.marveluniverselive.com/>

Hot Country Nights @ Ballpark Village

When: Friday Nights

Where: Ballpark Village

See several country artists performing live on the FOX Sports Midwest Live! Stage. Tickets are \$11 in advance and \$15 the day of. Shows Include:

- Friday, January 8, 2016 @ 6:00pm—Dan + Shay
- Friday, January 15, 2016 @ 6:00pm—Eric Paslay
- Friday, January 22, 2016 @ 6:00pm—Parmalee
- Friday, January 29, 2016 @ 6:00pm—Clare Dunn

<http://www.stlballparkvillage.com/>

Thinking Green

Sustainability in the Workplace: Plug Load

For More Information, visit [WattStopper](#) , [SF Tool](#) , or [Advanced Buildings](#).

Whether you're an employer or an employee, you can work to implement sustainable best practices into your workplace.

Plug Load

Plug load is the energy used by products that are powered by means of an ordinary AC plug (e.g., 100, 115, or 230 V). This term generally excludes building energy that is attributed to major end uses (HVAC, lighting, water heating, etc.) Plug loads are one of the fastest growing sources of energy use in commercial buildings today.

- In offices, plug loads account for 15-20% of office electricity use.
- In offices that have already improved the efficiency of their lighting and HVAC systems, that number can be as much as 50%.
- Office equipment can reach as high as 40-60% of all electricity consumed in office buildings.

Did You Know?

A single workspace can consume 1,500 kWh each year with an average cost of \$175 (and growing)! Add up the cost of every workspace and the amount is staggering.

What You Can Do

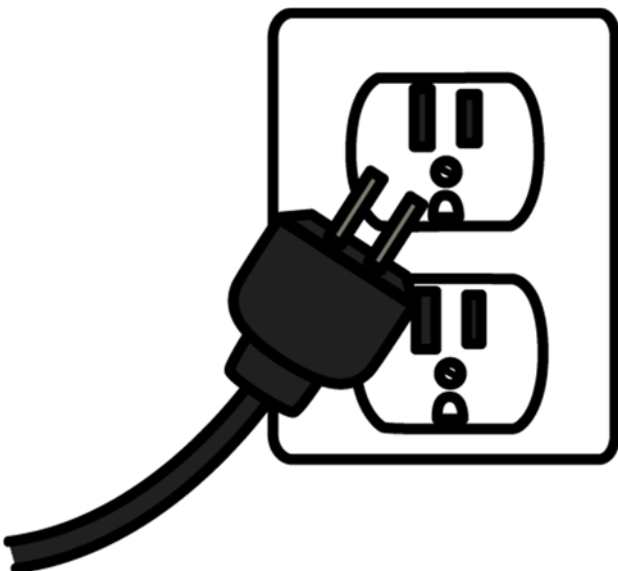
Fortunately, it's easy to eliminate almost half of this energy use by turning off unneeded outlets when spaces are unoccupied. This strategy not only turns off unused equipment, it also addresses the problem of "phantom loads."

- Turn equipment off when not in use
- Unplug unnecessary extras when not in use (such as phone chargers, toasters, etc.)
- Use power management settings on your computer

Advanced Power Strip

Advanced power strips (APS) save energy by controlling the power supplied to plug-in devices during unoccupied periods. A variety of APS technologies exist on the market that vary in complexity, control strategies, data collection abilities, and costs.

Potential barriers for APSs include: occupant acceptance, communications, lack of personnel time for analysis, and complex controls in some instances. These devices may require operations and maintenance to update controls, manage data, and troubleshoot incorrect operations and communication failures on a regular basis.





MARDI GRAS

Soulard in St. Louis - January Events

<http://stlmardigras.org/>

January 9 - FAMILY WINTER CARNIVAL

Where: Bud Light Party Centre in Soulard Market Park

Price: FREE!

Bring your little ones along to the Family Winter Carnival and Children's Parade through Soulard.

January 16-17 - SNOWMAN SOFTBALL TOURNAMENT

Where: Central Fields in Forest Park

Price: FREE!

The region's premier winter softball tournament returns for its sixth year at Central Fields in Forest Park. This year, over 90 teams will compete for the title in their respective division.

January 22 - WINE, BEER AND WHISKEY TASTE

Where: Bud Light Party Centre in Soulard Market Park

Price: \$40 in advance; \$50 at the door

Sample and learn about beverages from around the world at the Wine, Beer & Whiskey Taste.

January 23 - CAJUN COOK-OFF

Where: Bud Light Party Centre in Soulard Market Park

Price: \$35 in advance; \$45 at the door

Learn the art of Cajun cooking from the best chefs in St. Louis! Watch as chefs compete for the Cajun cooking crown or stop by the demo kitchen for tips. Enjoy complimentary lunch, open bar, and live music.

January 30 - 5K RUN FOR YOUR BEADS

Where: Soulard

Get your exercise, St. Louis Mardi Gras style! Show up in your best purple, gold, and green costume and race your way through the historic Soulard neighborhood.

January 30-31 - SOUTHERN COMFORT TASTE OF SOULARD

Where: Participating establishments throughout Soulard

Price: \$25

Try a little bit of everything Cajun at this self-guided tasting and pub crawl through the historic Soulard neighborhood.

January 31 - BEGGIN' PET PARADE

Where: 12th & Allen in Soulard

Price: FREE!

Grab your furry friends and join us for the world's largest costumed pet parade!

January 31 - WIENER DOG DERBY

Where: Soulard Market Plaza

Price: Registration fee is \$10 and must be paid at the Park the morning of the races.

The longest-running dachshund derby in America is back! On January 31, hundreds of dachshunds descend upon Wiener Stadium in Soulard Market Park to determine the fastest dachshund in all the land. A portion of the proceeds benefits the Dachshund Rescue Foundation.