Dear Dr. Science, my friend Bernie and I have an ongoing argument that maybe you can settle for us. I believe that kinetic energy is energy that is stored in an object, like a battery, and that potential energy is energy from outerspace. Bernie believes that kinetic energy is the sort of energy that one creates by rubbing a balloon against your head, and potential energy is what you have before waking up and getting on with your day. Which one of us is right, because I have five dollars riding on this?