



The Critical Thinker's Guide to Personal Eco-Footprinting

Thursday, September 29, 2011

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To Analyze Thinking We Must Identify and Question its Elemental Structures

Use the elements with sensitivity
to Intellectual Standards »

Clarity

Accuracy

Precision

Relevance

Depth

Breadth

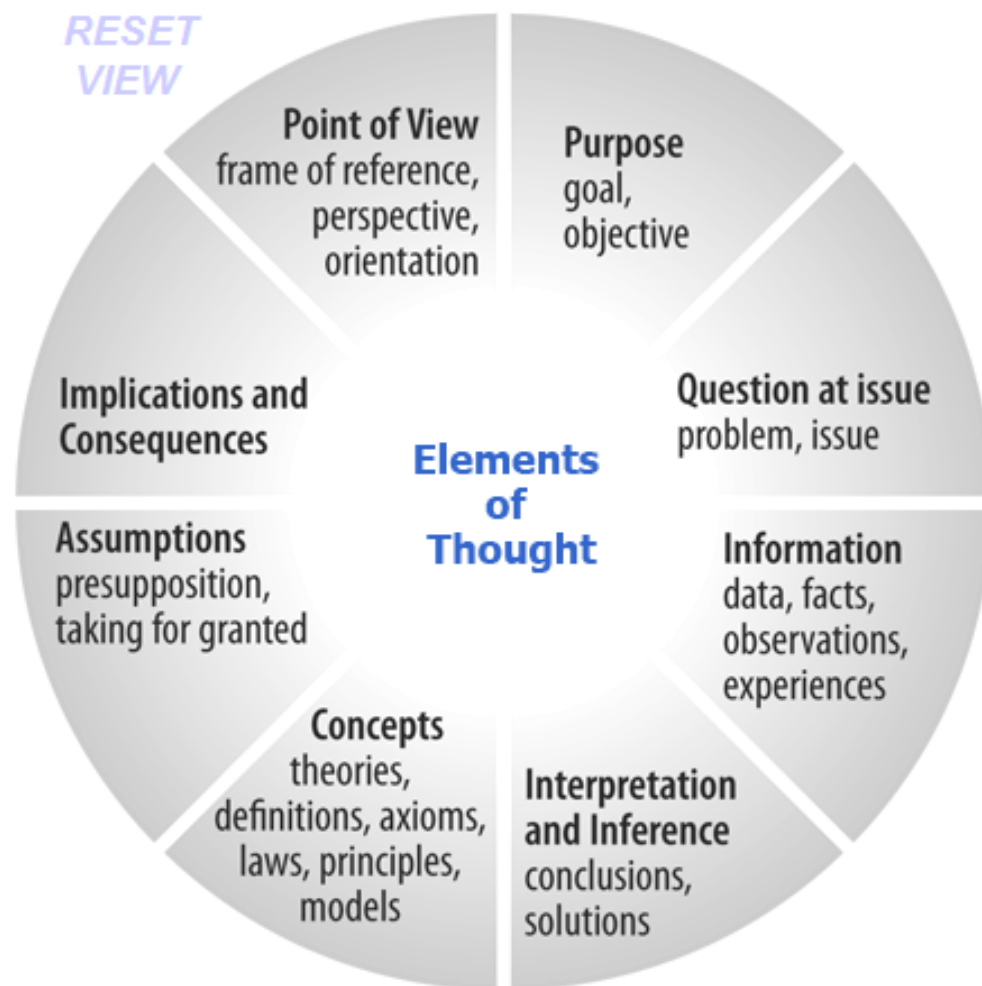
Logic

Significance

Fairness

more...

RESET
VIEW



Why the Analysis of Thinking is Important

Everyone thinks; it is our nature to do so. But much of our thinking, left to itself, is biased, distorted, partial, uninformed, or downright prejudiced. If we want to think well, we must understand at least the rudiments of thought, the most basic structures out of which all thinking is made. We must learn how to take thinking apart.

All Thinking Is Defined by the Eight Elements That Make It Up. Eight basic structures are present in all thinking:

Whenever we think, we think for a purpose within a point of view based on assumptions leading to implications and consequences. We use concepts, ideas and theories to interpret data, facts, and experiences in order to answer questions, solve problems, and resolve issues.

Thinking, then:

- generates purposes
- raises questions
- uses information
- utilizes concepts
- makes inferences
- makes assumptions
- generates implications
- embodies a point of view

Simply "Mouse Over" any object on the page to learn more about it.

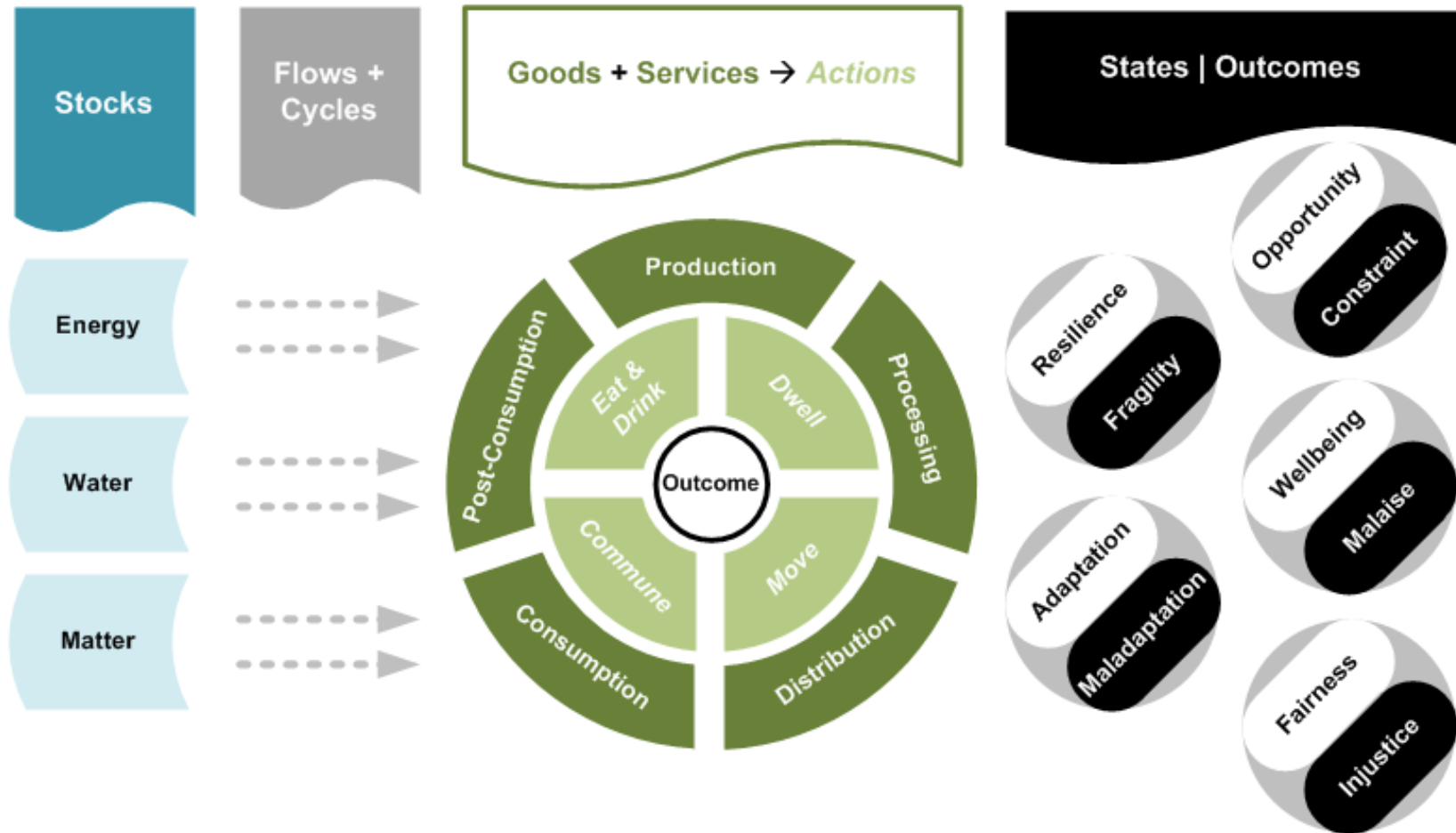


Foundation for Critical Thinking

Online Model for learning the Elements and Standards of Critical Thinking

©2007 Foundation For Critical Thinking. - *reference material from [The Thinker's Guide to Analytic Thinking](#)

<http://www.criticalthinking.org/ctmodel/logic-model1.htm#>

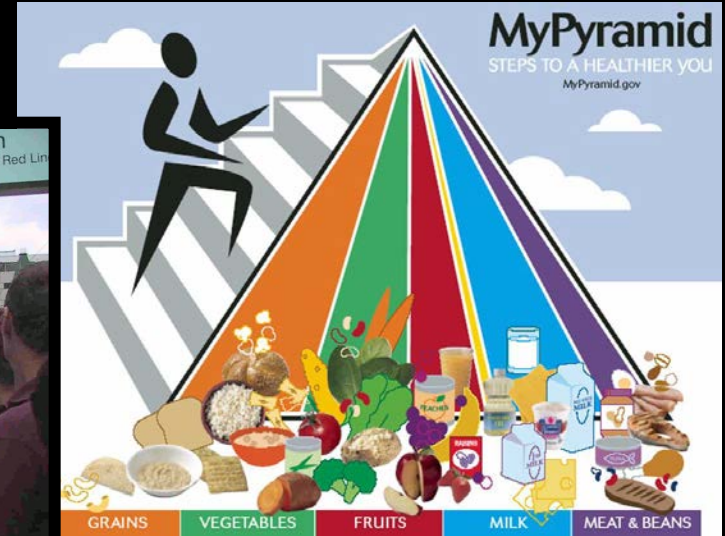


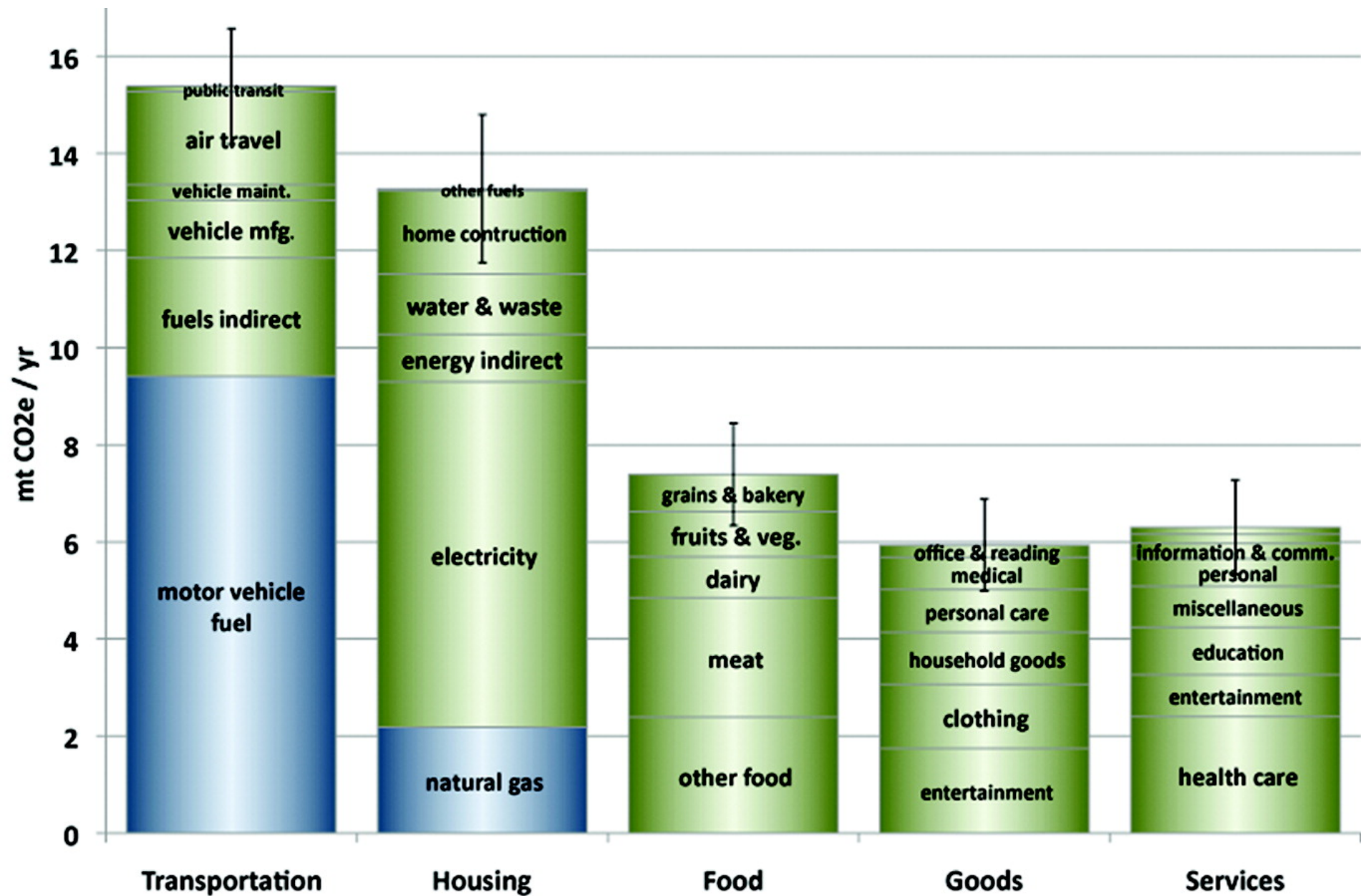
Change | Exchange





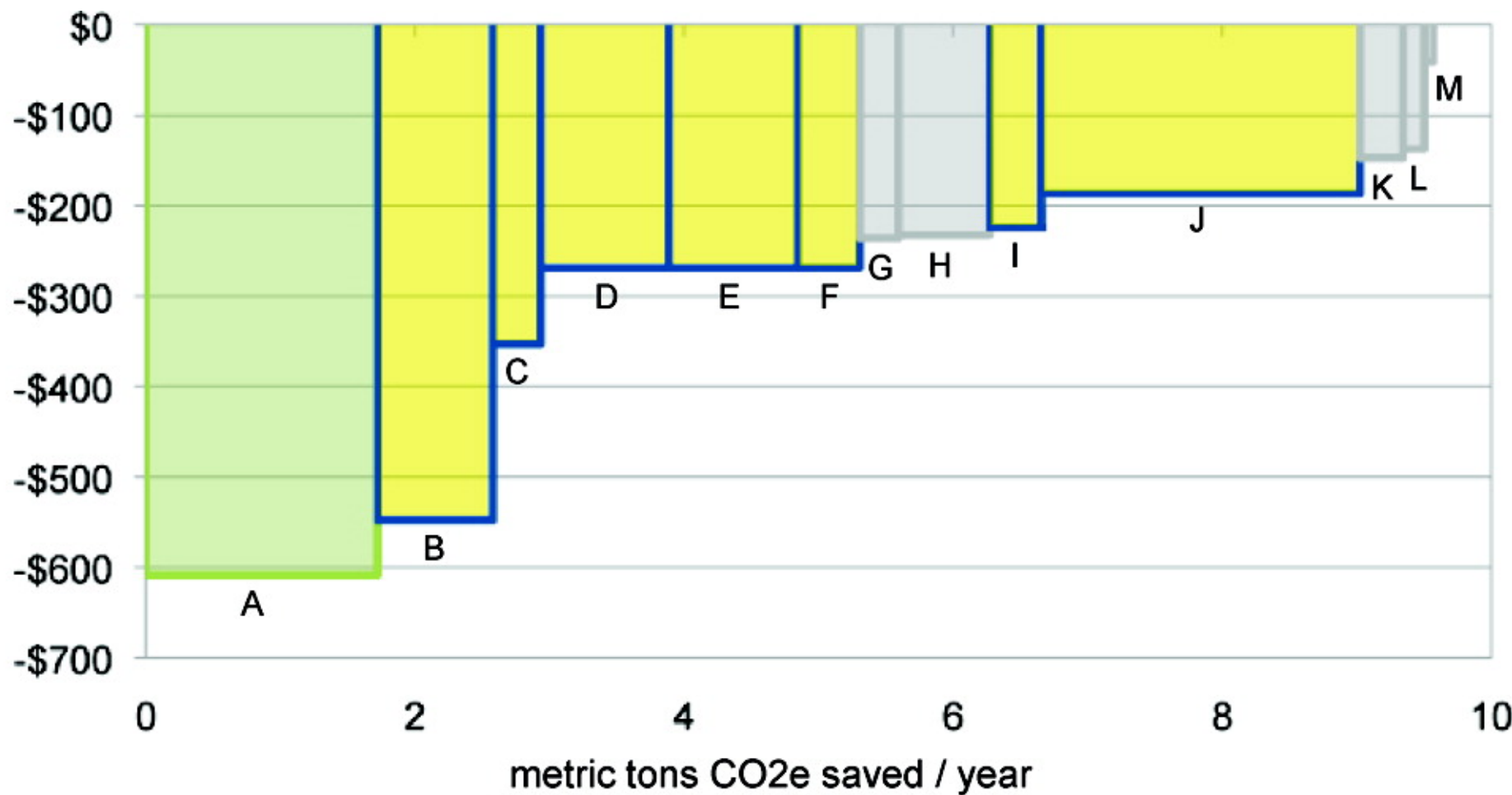
7 Most Harmful Consumer Activities







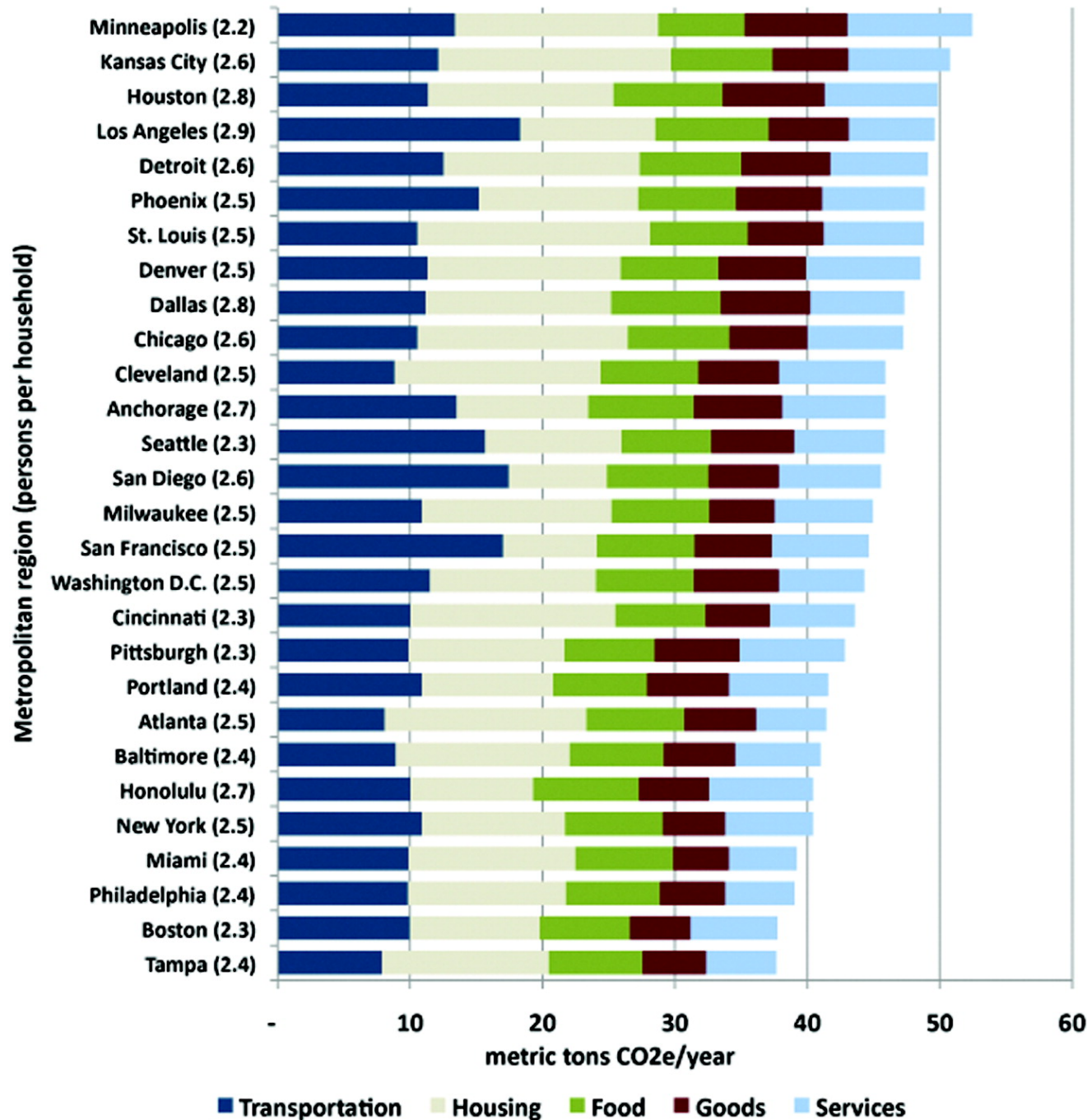
\$ per tCO₂e



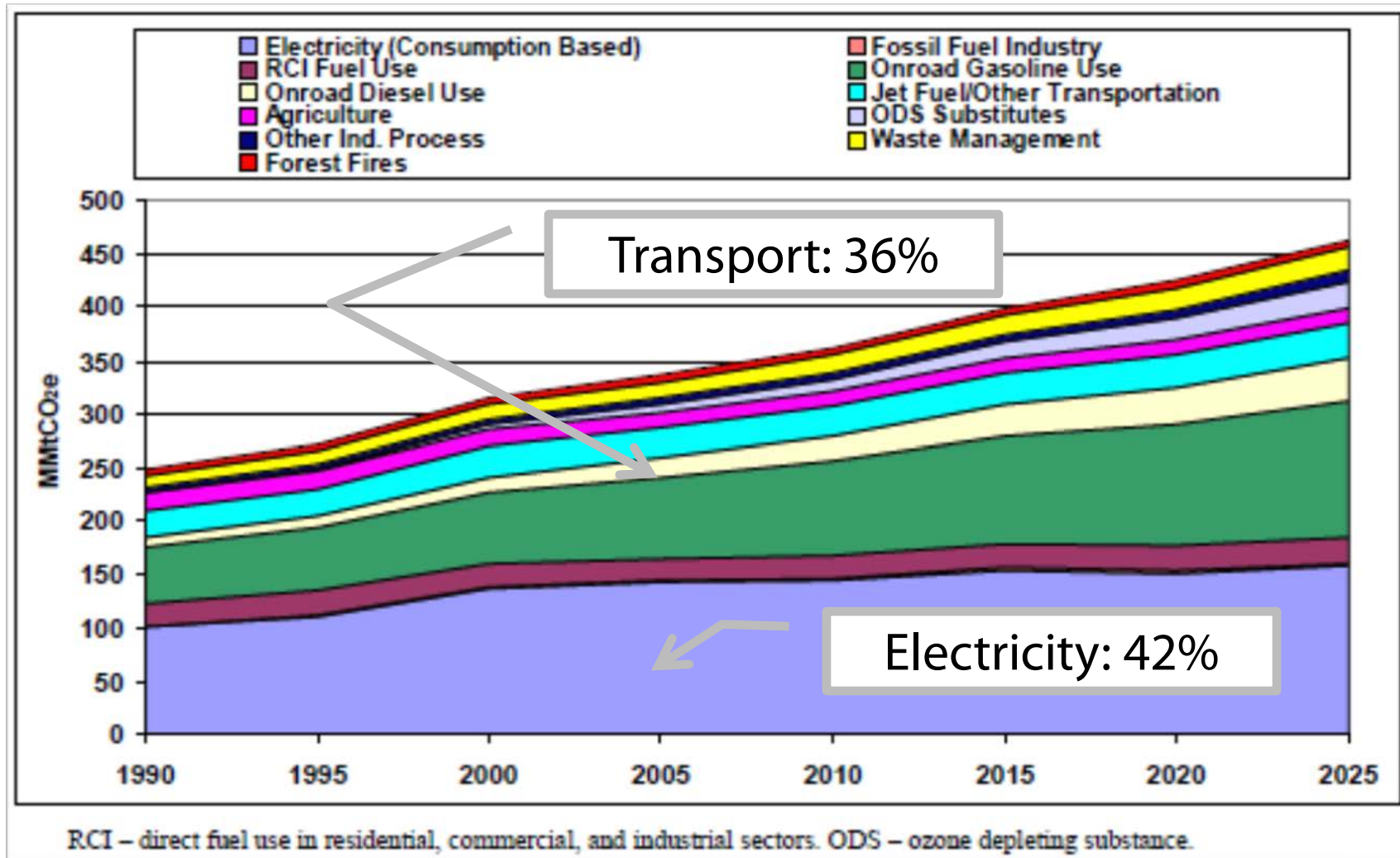
- A - Change diet
- B - Telecommute
- C - Take transit
- D - Eco-driving
- E - Maintain vehicles

- F - Ride bike
- G - Turn up thermostat
- H - Turn down thermostat
- I - Reduce flying

- J - Trade in vehicles
- K - Buy CFLs
- L - Line-dry clothes
- M - Energy Star fridge



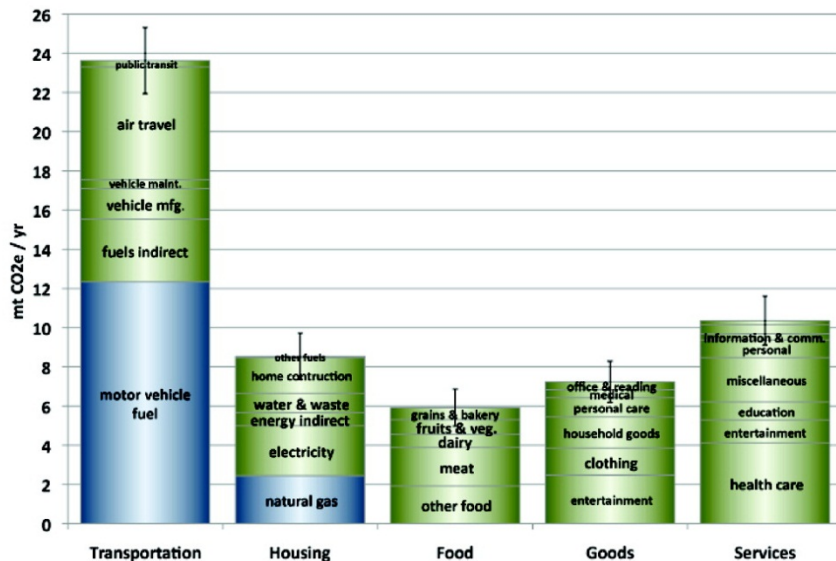
GHGs in Florida





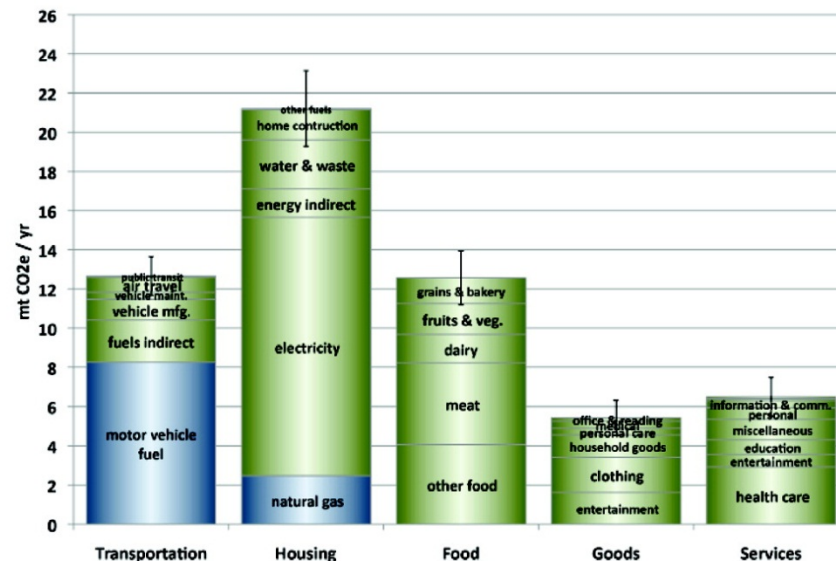
Household A Carbon Footprint

2-person \$90k household in San Francisco

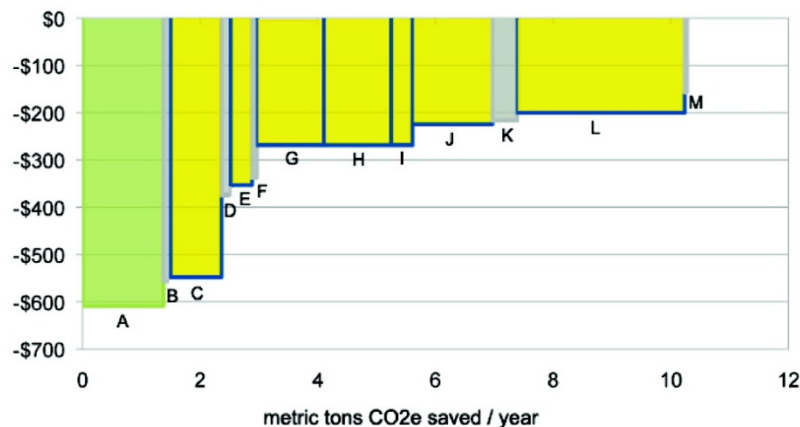


Household B Carbon Footprint

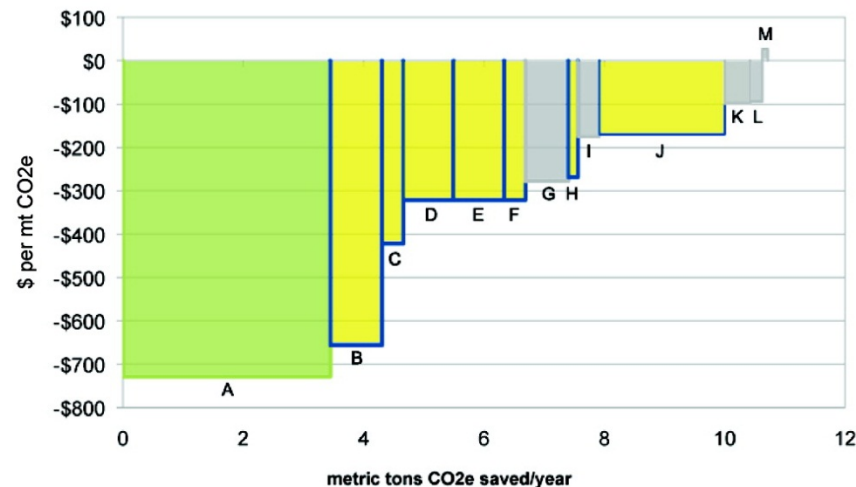
5-person \$45k household in St. Louis



Household A GHG Abatement Cost Curve



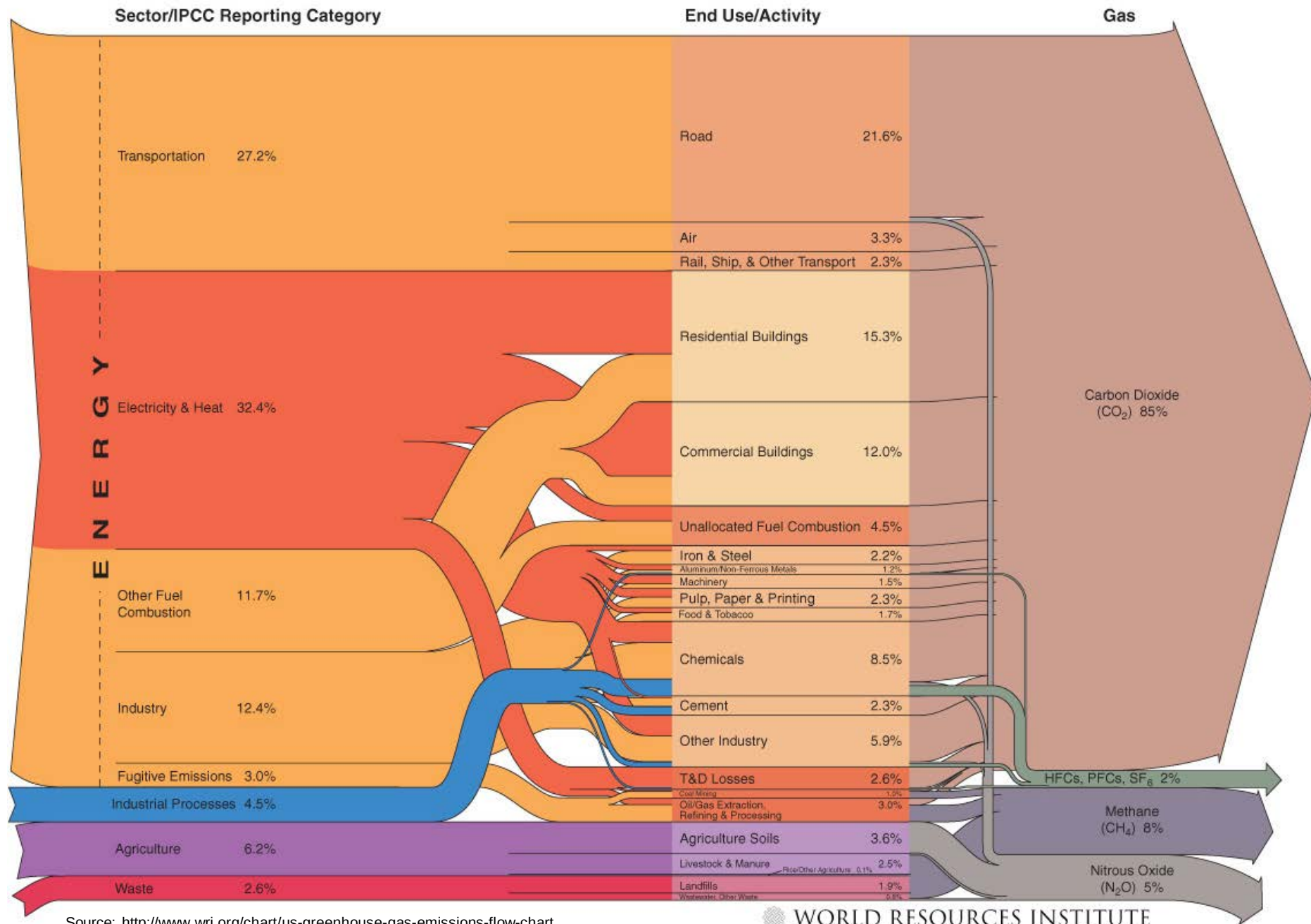
Household B GHG Abatement Cost Curve



- | | | |
|------------------------|-----------------------|--------------------------|
| A - Change diet | F - Line-dry clothes | J - Reduce flying |
| B - Turn up thermostat | G - Eco-driving | K - Turn down thermostat |
| C - Telecommute | H - Maintain vehicles | L - Trade in vehicles |
| D - Buy CFLs | I - Ride bike | M - Energy Star fridge |
| E - Take transit | | |

- | | | |
|-----------------------|--------------------------|------------------------|
| A - Change diet | F - Ride bike | J - Trade in vehicles |
| B - Telecommute | G - Turn down thermostat | K - Buy CFLs |
| C - Take transit | H - Reduce flying | L - Line-dry clothes |
| D - Eco-driving | I - Turn up thermostat | M - Energy star fridge |
| E - Maintain vehicles | | |

U.S. GHG Emissions Flow Chart



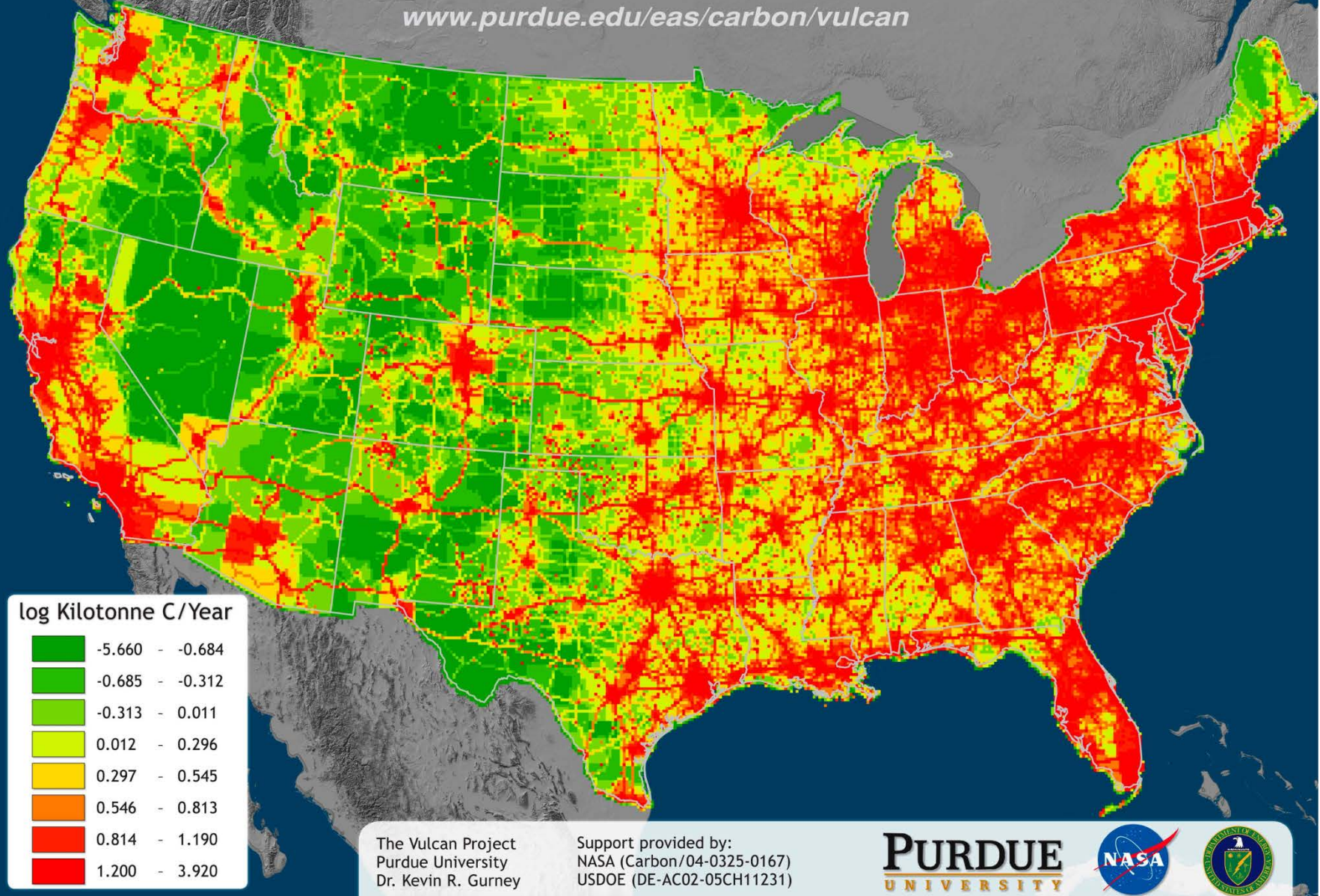
Source: <http://www.wri.org/chart/us-greenhouse-gas-emissions-flow-chart>



The Vulcan Project

Total Emissions of Fossil Fuel Carbon Dioxide, 2002

www.purdue.edu/eas/carbon/vulcan







To get 80 calories of food energy...



...takes more than 4,600 calories of fossil fuel energy for growing, chilling, washing, packaging, and transporting a 1-lb box of organic salad to a plate on the East Coast (i.e., 57 calories of fossil fuel energy for every calorie of food)







MOFGA Fairgrounds,
Unity, ME

Alley Cropping:

Fruit trees & annuals

Source: <http://appleseedpermaculture.com/permaculture-for-farmers-crops-patterns-polycultures/>



Figure: Clint Lightsey moves cattle to the cowpen. Lightsey Cattle Company received the 2006 Environmental Stewardship Award from the National Cattlemen's Association. [Photo by Carlton Ward, Jr.] <http://www.tampabay.com/blogs/alleyes/content/book-feature-florida-cowboys-carlton-ward-jr>



Figure: "The Watering Hole" is one of the paintings featured in the SFCC MOFAC exhibit, Keith Martin Johns: The Florida Cracker Trail. The exhibit is on display at MOFAC through March 27. <http://www.southflorida.edu/news/default.aspx?sid=155>

Table. EIOLCA Estimates of Greenhouse Gas Emissions From the US Health Care Sector Based on National Expenditures, 2007a.

Table. EIOLCA Estimates of Greenhouse Gas Emissions From the US Health Care Sector Based on National Expenditures, 2007^a

Spending Category	Expenditures, Millions of 1997 Dollars ^a	Carbon Dioxide, MMTCO ₂ Eq ^b	Methane, MMTCO ₂ Eq ^c	Nitrous Oxide, MMTCO ₂ Eq ^c	Chlorofluorocarbons, MMTCO ₂ Eq ^c	Global Warming Potential, MMTCO ₂ Eq ^c
Direct effects^d						
Hospital	536 300	80.47	2.29	1.41	10.83	99.68
Physician/dental services	441 980	28.49	0.12	0.27	1.86	35.55
Other professional	98 714	15.92	0.83	0.25	1.92	37.36
Home health care	45 430	3.56	0.16	0.05	0.43	8.88
Nursing home care	101 101	20.58	2.29	0.20	0.31	23.38
Prescription drugs	175 175	32.95	2.16	0.89	1.69	37.69
Nondurable and durable equipment	47 663	5.37	0.29	0.02	0.08	5.76
Administrative/insurance	119 889	1.33	0.29	0.01	0.00	1.63
Scientific research	32 648	4.06	0.21	0.06	0.18	4.51
Structures/equipment	77 539	24.80	0.59	0.21	0.03	25.63
Total	1 676 444	217.52	16.63	3.37	16.13	253.65
Total effects^e						
Hospital	536 300	160.41	29.02	10.83	12.26	214.65
Physician/dental services	441 980	61.02	8.57	1.86	3.33	74.78
Other professional	98 714	30.61	1.79	1.04	1.92	37.36
Home health care	45 430	7.37	0.85	0.22	0.43	8.88
Nursing home care	101 101	34.32	6.90	3.00	0.60	44.82
Prescription drugs	175 175	64.56	8.11	3.14	2.79	78.60
Nondurable and durable equipment	47 663	16.31	2.49	1.38	0.48	20.66
Administrative/insurance	119 889	8.30	1.50	0.20	0.11	10.10
Scientific research	32 648	7.79	0.93	0.26	0.29	9.28
Structures/equipment	77 539	41.73	3.20	0.74	0.77	46.41
Total	1 676 444	430.55	65.37	22.63	22.25	545.54

Abbreviations: EIOLCA, Environmental Input-Output Life Cycle Assessment; MMTCO₂Eq, million metric tons of carbon dioxide equivalent.

^aExpenditure data from the National Health Expenditure Accounts Team,¹ converted to 1997 real dollars using the consumer price index (CPI) of \$0.77 (1997). Spending on government public health activities was excluded because no corresponding expenditure sector in the 1997 Industry Benchmark EIOLCA model was available. Numbers may not sum to totals due to rounding.

^bHealth care expenditures by services and corresponding American Industrial Classification System sectors are in the appendix available upon request from the authors.

^cEmissions of greenhouse gases expressed in terms of global warming potentials, defined as the effect of 1-kg emission of a gas on the balance of incoming radiant energy absorbed by the earth system and outgoing radiant energy reflected back out into space, relative to 1 kg of carbon dioxide over a 100-year period. Emissions of greenhouse gases other than carbon dioxide are expressed in terms of the amount of carbon dioxide that would produce an equivalent radiative potential effect over a 100-year period.³

^dAccounting for emissions from purchases by the corresponding health care subsector alone.

^eAccounting for direct effects plus emissions from all upstream purchases among suppliers to create the inputs purchased by the health care sector to produce its final output.



Global Cost of NCDs

✧ Non-Communicable Diseases (NCDs)

- ◆ Cardiovascular diseases (CVD)
- ◆ Cancers
- ◆ Chronic respiratory diseases
- ◆ Diabetes
- ◆ Mental health diseases

✧ 63% of worldwide deaths in 2010

✧ Cumulative output loss US \$47 trillion (2010-2030)

- ◆ 75% of global GDP in 2010 (US \$63 trillion)

Source: World Economic Forum – The Global Economic Burden of Non-Communicable Diseases. <http://www.weforum.org/reports/global-economic-burden-non-communicable-diseases>



Human History in Generations

Milestone	Generations	% Total
<i>Homo habilis</i>	76,667	100.0
<i>Homo erectus</i>	60,000	78.2
Modern <i>Homo sapiens</i>	6,666	8.7
Neolithic revolution	366	0.48
Industrial revolution	7	0.009
Food industry (junk) & inactivity (sedentarism)	4	0.005



Foods Consumed in Paleolithic Era

Foods Available

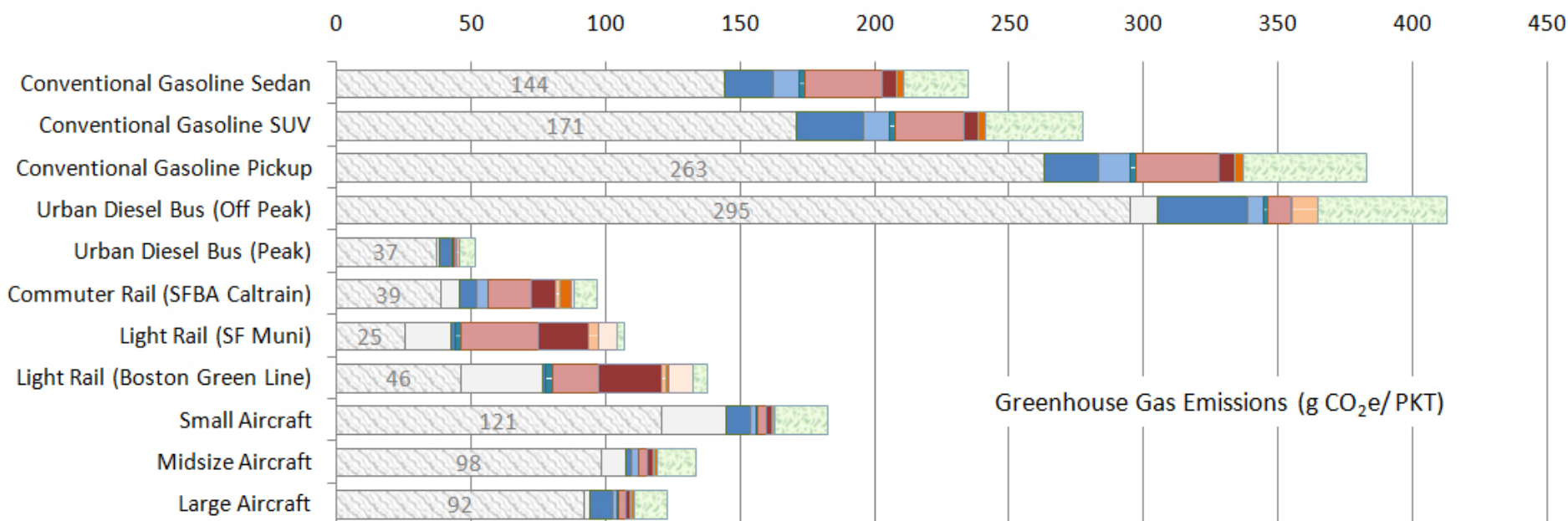
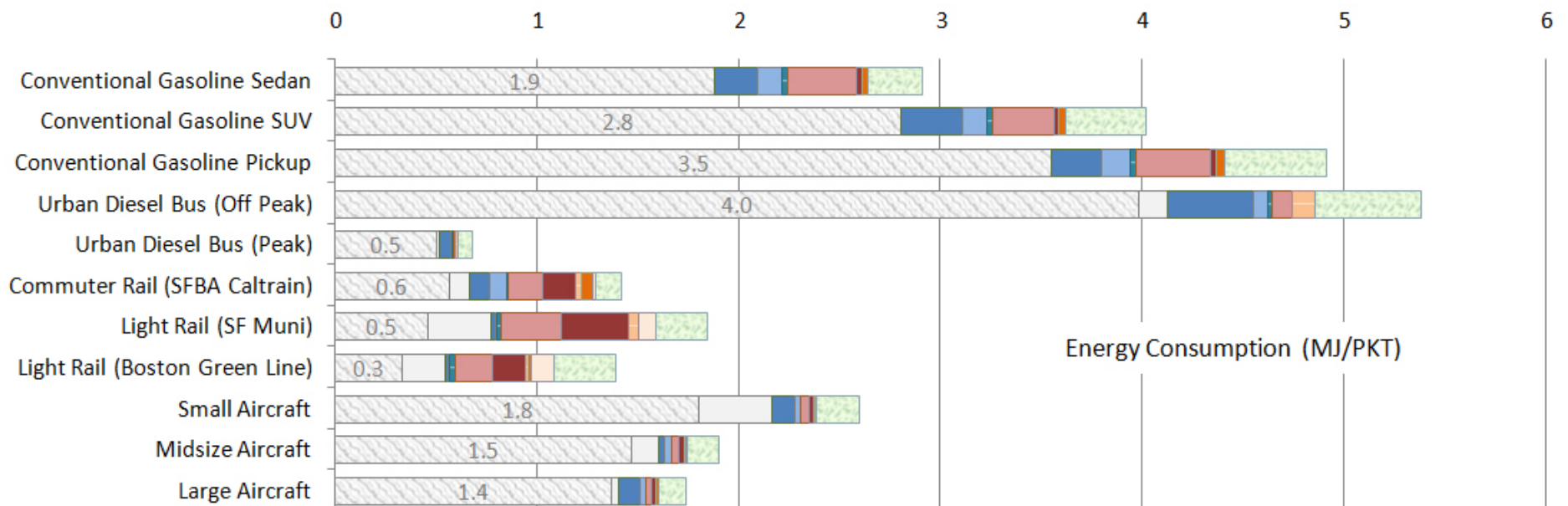
- ✧ Insects, fish, shellfish & other marine animals, reptiles, birds, wild terrestrial mammals & eggs
- ✧ Plant leaves, seaweed, sea grasses, & algae
- ✧ Roots & tubers
- ✧ Berries & wild fruits
- ✧ Nuts & seeds
- ✧ Honey (occasional intake)

Foods Not Available

- ✧ Dairy (except during human milk weaning)
- ✧ Cereal grains
- ✧ Legumes (except certain seasonal varieties)
- ✧ Isolated sugar
- ✧ Isolated oils
- ✧ Alcohol
- ✧ Refined salt



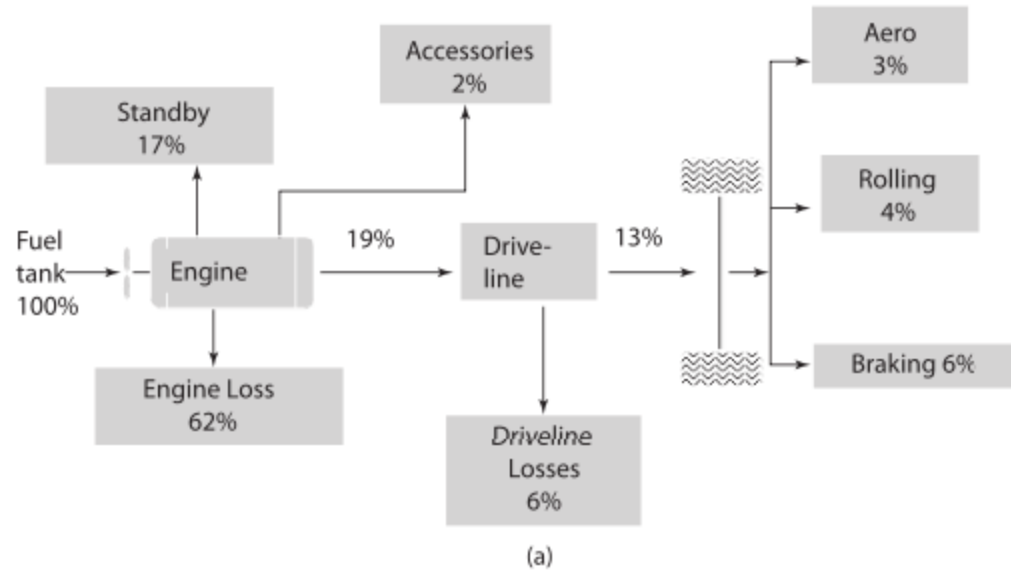




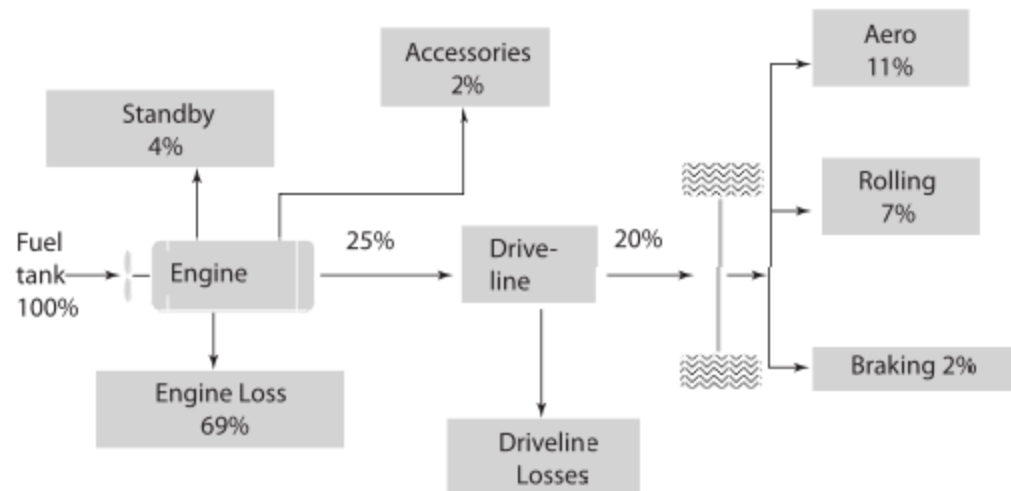


Hypermiling: Beyond EPA

Urban Driving



Highway Driving





Hydrocarbon Human

Source: http://www.sarahleen.com/Sarah_Leen/Work/Pages/Beyond_Oil.html#2









Energy is the ability to do work,



& with a big enough hammer...



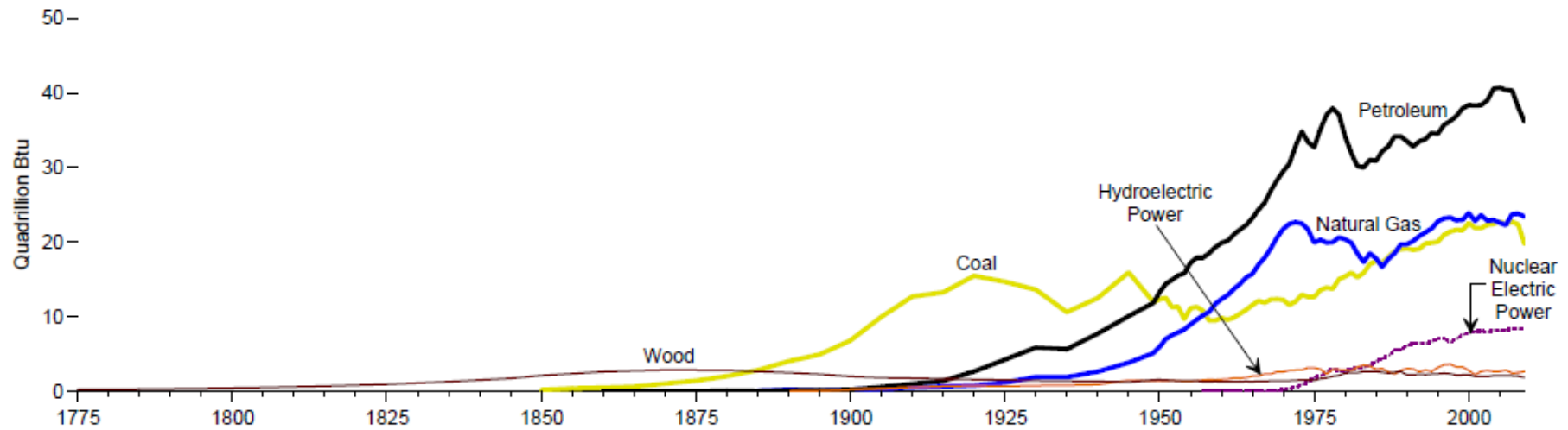
22,658 human hours
(or)
one human for 10.9 years
(or)
330 miles in a VW bus



Energy Eras in Human history



Figure 5. Primary Energy Consumption by Source, 1775-2009



Source: http://www.eia.doe.gov/emeu/aer/pdf/perspectives_2009.pdf



Thank You!

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