



CONSCIOUS SUSTAINABILITY

SAIV instead of SAVE

Adopting a proven concept to become more Sustainable

By Samone Myers

Not another acronym! Yes, SAIV is something designed to be catchy and make a point. It stands for Sustainability as An Independent Variable. The phrase “as an independent variable” comes from another acronym, CAIV (Cost as An Independent Variable), which is one of many passed around the U.S. Aerospace & Military Community over the last two decades. In particular, CAIV was created in an attempt to get engineers and analysts to consider cost in their design. Although it may sound odd in view of all you ever hear about tight budgets, it is a phenomenon that still exists in U.S. Research & Development Programs.



Simply put, many people on R&D Programs put meeting technical requirements above all else. This has resulted in sometimes forsaking meeting cost and schedule requirements, convincing those who hold the purse strings that the end product with all its bells and whistles is what matters. It has not gone unnoticed, however. Fortunately, this prevailing problem has given birth to numerous requirements and standards designed to counter act the de-emphasis of meeting cost requirements on a project.

A few of these concepts have been successful at convincing responsible parties that all factors should be taken into consideration when designing the end product. Two of these in my opinion were DTLCC (Design to Life Cycle Cost) and CAIV because they demonstrated that cost should be treated with the respect it deserves. Numerous software models have been designed around the idea of being able to perform “what ifs” and instantly receive what a change will do to the overall cost, among other impacts.

Due to this, and the need for most industries to become more sustainable, a way to ensure designers will give consideration to sustainability is to implement Sustainability as An

Independent Variable. This can be accomplished by writing a SAIV clause into contracts, and defining minimum requirements that should be met. It can also stimulate every industry to begin capturing data to eventually plug into a design engineered software program. Along side of indicators, which some businesses are using to determine how sustainable they are, implementing SAIV requirements has the potential of making even the least “green” industries to begin making improvements in be more sustainable.

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About the Author: For more information on Samone Myers’ background, see her resume by [clicking here](#).

UNIFIED COMMUNITY

A Labyrinth a Day May Keep the Doctor Away

By Samone Myers

Labyrinths are one of the most ancient forms where humans could feel connected with Earth. The original labyrinths were created using rocks to form the winding pathways. Not to be mistaken with mazes, labyrinths have a defined and clear path in and out. Derivatives of labyrinths over the years have resulted in wide variety of shapes, sizes and construction to include being made of tile, like in the famous Chartres Cathedral in France or modern-day portable ones painted on canvas.

Regardless of how they are constructed or their size, over the last 20-30 years labyrinths have proven to be beneficial in helping to reduce stress and provide relaxation. The American Cancer Society even recommends labyrinth walking as a way to gain inner peace. [1] Labyrinths have also been recognized by the medical community as benefiting patients and visitors alike. So much so, labyrinths are now located on over 85 known hospital



grounds in the United States alone. [2] Mark Scott, CEO of Mid-Columbia Medical Center in Oregon, says their hospital is one of a growing number of hospitals that have labyrinths being used in a healing aspect. “Our cancer patients can center themselves before treatment by walking the labyrinth, or even use it as a tool to relax after they've had chemotherapy or after they've had radiation treatment.”

Treating people with brain related injuries and disorders is growing concern when you take into account the drastic increase in the numbers of people, especially children who have been diagnosed with autism. Latest numbers report as many as 1 in 150 children in the United States are showing signs of autism. [3] In addition, with no end to the occupation in Afghanistan and Iraq, and with the threat of war looming in Iran, U.S. soldiers are returning with Post Traumatic Stress Disorder (PTSD), brain injuries and mental disorders at an increasing rate with very few seeking medical attention. [4]

For the above reasons, the EarthCURE Organization in conjunction with others in the Labyrinth Community is interested in conducting medical research proving that labyrinths have beneficial effects in helping brain related disorders, mental illness, and autism. [5] Our intention is to begin with a group of randomly selected people to walk a labyrinth wearing a mobile EEG. After these results are studied, we would follow with groups of people diagnosed with various brain related afflictions.

In the interim, we encourage any community to consider building a labyrinth in their local parks, courtyards, hospital grounds, or other public areas. They are inexpensive to build and maintain, as well as aesthetically pleasing. For more information on labyrinths, and their locations, visit the Labyrinth Society at <http://labyrinthociety.org>.

Would you like to sponsor our Labyrinth Research Project? [Click here](#) for sponsor categories. Thank you!

Sources

1. As reported by Veriditas, a 501 c3 not-for-profit organization responsible for the World wide Labyrinth locator at <http://www.veriditas.labyrinthociety.org>. See www.cancer.org for the American Cancer Society.
2. As reported by Labyrinth Enterprises in 2004. [See listing](#) of hospitals and medical centers with labyrinths.
3. Article, "Autism estimates increase sharply" dated 2/9/2007 by Anita Manning, USA TODAY
4. In May 2006 the [Government Accountability Office \(GAO\) Report](#) found 4 of 5 returning U.S. soldiers at risk for Post Traumatic Stress Disorder (PTSD), aside from brain injuries, were not referred for further mental health evaluation. For other staggering statistics, see www.healingthewarrior.com.
5. An undocumented case was done in California during the 1990s where an avid Labyrinth builder observed that his thirteen year old Autistic niece would be noticeably more lucid after walking the labyrinth in his backyard. He then built a labyrinth large enough for children to ride through with horses. His findings were that his niece showed marked improvements each time she rode a horse through the labyrinth.

RESEARCH FROM THE HEART

Where Have All the Aesthetics Gone?

By Susan Denniston

All too often I have gazed upon telephone or utility poles and wires and wondered, "Where have all the aesthetics gone?" As an artist, I have an appreciation of looking at all I do as an overall canvas. Because of this, it is foreign to me to think of those who designed power

poles and utility boxes with no regard for aesthetics or the impact on the environment.

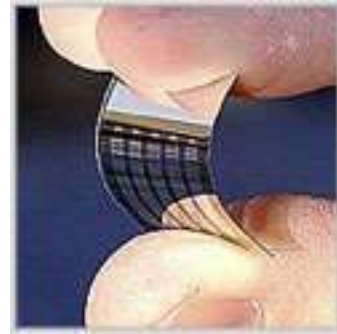
I feel a real opportunity is being missed. Why not incorporate art and aesthetics into everything we do? Not only I am convinced we need to change our thinking about our sources of energy and how it is distributed but how it is 'presented' in our living spaces. My idea is to develop what I call Art/Energy Sculptures. It came to me while I was living in a neighborhood outside of Santa Fe, New Mexico. The community association banned alternative energy windmills, gray water systems and greenhouses yet art in that community was very accepted. So I found myself developing alternatives or ways to 'disguise' much needed environmental systems.

Knowing that we need to make changes regarding the use of energy, it has motivated me to consider the bigger picture. Possible solutions came from my background as an artist and a temperature control engineer concerned with alternative energy. The first thing I did was to look at what is available for alternative energy commercially. A quick search on the Internet revealed that although there have been great improvements to alternative energy systems over the past 10-20 years. Unfortunately these new systems still did not solve my dilemma with the anti-green neighborhood association; "the aesthetics of the neighborhood."



This is when I had an "Ah ha" moment. I figured I could design sculptures or functional home objects that were really based on solar and/or wind power. This sent me off on a more detailed search to see if I could find anyone already doing this. I was disappointed in one sense to only find one source that came close to this idea. I discovered an artist who was designing wind harp sculptures. [1] Although beautiful and a wonderful idea as shown in the left image titled "Isis," it was not going to satisfy the needs I had to have an art sculpture that generated energy.

I then searched on what advances have been made in alternative energy to understand the materials available in which I would have to work. Wind turbines have become more streamlined, and the units to convert wind to energy can easily be attached to a moving art structure such as one titled, "Windvane" shown below left.[2] And even more exciting was to find that solar panels are now being manufactured in flexible, diverse sizes and shapes (Below right image).[3] This added to the ingredients for what will be needed to create Art/Energy Sculptures.



It was at that time that I decided to join with the EarthCURE Organization to pursue funding what I call the Art/Energy Project. Funding is what is required to begin creating aesthetically pleasing alternative energy sculptures. The first sculptures will be created for residential use, and will be suitable for outdoor lighting, electrical outlets and security gates. The follow on projects will involve outdoor lighting of commercial buildings, fountains and indoor lighting panels.

Due to the nature of EarthCURE's mission and belief that companies and individuals deserve to retain rights and patents, funded research for design and development will allow the sculptures to be available for purchase. Therefore, anyone desiring an Art/Energy Sculpture and funds the research and development of the first units, will receive theirs free of charge. [4]

The Art/Energy Project is a wonderful blend of my background in engineering and art. I look forward to helping others as well as a to revitalize an interest in engineering with aesthetics or "art with environment function". So the next time you look out at power lines obstructing a view or see ugly utility box attached to a wall, consider supporting our research to develop Art/Energy Sculptures. It is excellent way to bring aesthetics back into our lives while doing something for the environment.

About the Author: Artist and Web Programmer, and Officer of EarthCURE, Susan Denniston's resume can be viewed by [clicking here](#).

Sources

1. Wind Harps by Canadian born Artist & Harpist, Ross Barrable. Ross is willing to work with EarthCURE about combining the idea of wind harp and wind powered art/energy sculpture. See www.soundscapesinternational.com for more details.
 2. "Windvane" inspired by the paintings of Wassily Kandinsky by Artist, Paul Margetts.
 3. Flexible solar from www.siliconsolar.com
 4. As stated, investors who fund the research and development of the Art/Energy Project through the EarthCURE Organization will be provided a sculpture free of charge. However, investors will be responsible for paying for delivery and installation.
- Ross Barrable email is contact form at <http://www.soundscapesinternational.com/contact.php>

EDUCATING WITH HUMOR

Humor first...

"According to a survey in this week's Time magazine, 85% of Americans think global warming is happening. The other 15% work for the White House."

— Jay Leno

Education second...

Invest Green and Make Green

It is a misnomer to think that helping the environment and humanity is not profitable. In a world driven by money, a highlight of Social Responsible Investing (SRI) is that you can invest green and make money. Or in other words, reports that have studied SRIs over the last ten years show that investors can yield just as much money as non SRIs. [1] In part this is due to more companies recognizing consumers' demand for products and services that care about the environment and humanity. [2]

"Data from Lipper, a fund tracking and research firm, show that returns from SRI funds are now competitive with—and, in some cases, have even outperformed—the overall stock market." [3]

The EarthCURE Organization realizes that investors need more than just a write off before investing large amounts of money into a nonprofit, regardless of how worthy the cause. In keeping with this, a new way of doing business to promote research was devised. Because the nature of our research is cutting edge, often funding is what is standing in the way of getting research converted into a product or service for the consumer.

"Socially responsible investing (SRI) is about the economics of sustainability. It speaks to us of our responsibility to do more than just invest; it speaks to our responsibility to educate ourselves and others; to know how our money is working; to know what our money is buying. It challenges us *to put our money where our mouth is...* in popular vernacular, *to walk our talk.*" [4]

Therefore, we establish agreements with research companies and individuals that give preferred stock and other benefits for being an initial investor. Also, since the research company maintains all patents and rights to the data, this ensures a partnership of this nature can be established. Hence, by supporting needed research through EarthCURE, the investor,

a research company or individual, and ultimately the consumer and environment all win.

Due to this, we encourage you to consider **investing green** and to invest in research that is going to change our world for the better. In the end, you will still make a lot of money, and you leave a legacy in which you can proud.

Become a sponsor today. [Click here](#) for categories of sponsorships. Thank you for your support!

Sources:

1. [SRI Trend Report](#) for 2005 by the Social Investment Forum
 2. Expectations of businesses are at an all-time high, with more than two-thirds of Americans saying they take a company's business practices into account when they consider their purchases according to a July 2007 Cause Evolution Survey from marketing and public relationships company Cone
 3. Dec 2005 Report posted on the [Union of Concerned Scientists](#) web site
 4. The Case for Socially Responsible Investing by Anna Anderson and James E. Horne, President & CEO, The Kerr Center for Sustainable Agriculture, Inc.
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