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* Continuing chapter 15
	+ Energy flows from producers to consumers
		- Energy flows
			* Losses at every “step” in a food chain
			* Inefficiency of energy transfers
				+ Most available energy disappears
		- Biomass
			* 10% rule
				+ That’s how much it takes to make a mass
				+ The other 90% get lost as fuel to run
			* More efficient to be a vegetarian as a human?
				+ Technically speaking, yes
				+ Less loss of energy via plants
		- Essential chemicals cycle through ecosystems
			* Most important chemical cycles
				+ C, N & P
			* Carbon cycle
				+ Plants use the carbon in the air for photosynthesis
				+ Primary, secondary and tertiary consumers eat the plants and each other and produce carbon
				+ Everything that dies en mass and not exposed to oxygen eventually turn to coal, oil and natural gasses
				+ Those get burned by humans, producing a majority of the atmospheric carbon
			* Nitrogen Cycle
				+ Atmospheric nitrogen (N2) is “fixed” by soil-dwelling bacteria and electricity (lightning)
				+ Fixed N converted to plain N
				+ Taken in by plants and animals
				+ Dead animals and plants, and waste decompose, recycling nitrogen back into the atmosphere.