

Anthrax 101

I. Introduction

- A. With the war in Iraq quickly nearing Baghdad, America prepares itself for a number of different bioterrorism attacks.
- B. According to C. J. Peters, one of the biggest threats for a bioterrorism attack is the use of Anthrax (69).
- C. The three largest areas of study concerning Anthrax are how it is contracted, how it attacks the body, and how it can be treated.
- D. Today I hope to show you how to be on the lookout for Anthrax, as well as the do's and do not's of Anthrax prevention and treatment.

II. Body

- A. The three principal means of contracting Anthrax are through cuts in the skin, ingestion, and inhalation (Cowley 37).
 - 1. Infection through the skin is least deadly—only around 20% fatality rate when untreated (Park 44).
 - 2. Contraction through ingestion not large problem due to vaccinated animals and inspections (Cowley 37).
 - 3. Inhalation Anthrax is the most deadly when untreated—90% fatality rate (Park 44).
- B. Anthrax attacks the body using a two-step punch—a protective coating coupled with a deadly toxin (Young and Collier).
 - 1. The toxin attaches to cells and causes them to swell and shut down.
 - 2. Symptoms of Anthrax are much like the flu.

- C. Several ways to treat Anthrax have been discovered.
 - 1. According to Geoffrey Cowley, antibiotics such as Cipro and penicillin can treat most cases of Anthrax if caught in time (37).
 - 2. New therapies to stop the toxin under research (Young Collier).

III. Conclusion

- A. In conclusion, I hope you have gained a greater knowledge of the causes, symptoms, and treatments of Anthrax.
- B. There are a few ideas I would like to leave you with today.
 - 1. Remember, taking antibiotics without actually having the disease can help bacteria build immunity to it (Cowley 37).
 - 2. Don't panic over it, or else you only let the terrorist win—they have you terrified.

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An Ailment on the Rise

I. Introduction

- A. A recent study reveals that 70 million people suffer from arthritis or chronic joint pain (Prevention Magazine).
- B. Time magazine says by 2020, 40 million people will suffer from arthritis.
- C. The three areas of arthritis most people are concerned with are the development, symptoms, and methods of treatment.

II. Body

- A. Many people believe the main reason from development of Arthritis is from jogging, high-impact aerobics, and sports (such as basketball and football).
 - 1. Generation X is predicted to show signs of arthritis in their thumbs from the effects of videogames (Time Magazine).
 - 2. The rise in arthritis is also credited to the obesity of many Americans (Time Magazine).
 - 3. Health magazine says divorcees are 30 percent more likely to suffer from arthritis (109).
- B. Arthritis attacks the joints and cartilage making some or all movements very painful.
 - 1. A twinge in your knee or back or some stiffness at the at the base of your thumb is often the first sign.
 - 2. A sharp pain shooting down your calf when your getting out of bed is another sign.
 - 3. Arthritis breaks down the cartilage which cushions the insides of the joints.
 - 4. Pain is often encountered when moving or in more

*These subpoints
should be
aligned with
"A's" subpoints*

severe cases the pain is constant.

- C. There are many different beliefs on the proper treatment of arthritis.
 - 1. Using LEDs (light-emitting diodes) is one of the most recent methods of manipulating the pain (Newsweek Magazine).
 - a. the light penetrates deep into tissues and boost the body's own natural healing process
 - b. for several hundred dollars you can own one of these machines.
 - 2. Surgeries, exercises, and many alternative therapies are also commonly used.
 - 3. Staying slim can contribute to healthier cartilage and keeps arthritis to a minimum.

III. Conclusion

- A. In closing, I hope you all have learned more about a disease that one in three Americans suffer from (Prevention Magazine).
- B. Remember, if you are diagnosed with arthritis, keep active as possible and do not let it stop you from any activities.

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I. Introduction

- A. "The United States is becoming an impotent society whose justice system cries out for change at every stage."
- B. In a Yankelovich, Skelly and White poll taken of the general public, it found that confidence in the state and local courts ranked below many other major institutions.
- C. There needs to be reform in our court system.
 - 1. Trials should be held within weeks of an arrest instead of months and years as it is in most cases today.
 - 2. And endless opportunities for appeals should be cut off.

II. Body

- A. Former Attorney General Griffin Bell says that the court structure is no longer adequate.
 - 1. Statistics compiled by state and federal courts support this claim.
 - 2. National average - 21 month.
- B. A lot of the reason for court delay is the excessive use of the courts.
 - 1. Speed up process by bringing technology into the courtroom.
 - 2. The use of the computer and videotape system would speed up lengthy delays.
 - 3. Most experts say this is as good as a live testimony.
- C. Although the fact the courts are so busy is partly to blame for delay of courts, many judges are to blame, which is uncalled for.
 - 1. Some judges push cases along.
 - 2. Other judges let the lawyers set the pace by handing our postponements freely.
- D. Delaying a trial is cruel to a victim who has gone through enough pain without having to wait for months and years for a trial to come up.
- E. I have an uncle who is part owner of a gold and silver exchange.
 - 1. On Dec. 12, 1980, two men attacked him in his office.
 - 2. He hollared as much as he could, until they taped his mouth, nose, and eyes - and kept beating.

3. He put his hands over his head.

F. The men were caught in the act.

1. Bloody coke bottle and pipe.

2. Blood on clothes.

3. Ernest lived through this, but the memories torment him.

III. Conclusion

A. This incident happened last Dec. 12, 1980, almost exactly one year ago.

B. Now, if a jury had seen Ernest a week after this beating took place with his head swollen twice its size with 250 stitches in it and his hands bandaged where he could not use them for months maybe they would realize the suffering he went through.

C. The County Attorney in Stratford says a jury should not feel sorry for a victim.

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OUTLINE

I. Introduction

- A. Everyday, of every week, of every month, , somewhere, a person dies because he or she lost too much blood in an accident.
- B. Often these lives could be saved if someone on the scene knew first-aid.
- C. There are three methods of controlling blood loss: direct pressure, arterial pressure, and the tourniquet.

II. Body

- A. Direct pressure with elevation may be used to halt minor blood losses.
- B. Direct pressure to supplying vessels, known as arterial pressure, can control greater blood flows.
 - 1. brachial
 - 2. femoral
- C. Tourniquets should be applied **ONLY** in extreme emergency situations when all else has failed.
 - 1. don't release once it has been applied
 - 2. note when tourniquet was applied (write on it or on forehead)

III. Conclusion

- A. In closing, let me again emphasize, there is no reason for so many people to die each year.
- B. Common first-aid procedures can be effective in control of blood loss.
- C. Be a lifesaver; know first-aid.

THE CREDIT CARD SQUEEZE

I. Introduction

- A. In 1970, John L. Spillane, a 27 year-old engineer, married and considered a respectable citizen with no criminal record, began making fraudulent loan applications to banks for credit cards.
 1. He amassed over \$600,000 of illegal credit before he was apprehended.
 2. He was convicted of mail fraud and sentenced to a jail term.
 3. Saturday Evening Post's interview with Spillane stated that his spending spree was begun by abuse of his own credit cards.
- B. Our growing dependence on credit buying may have to come to a stop.
 1. Credit cards once seemed a relatively inexpensive way to avoid carrying cash, but they are no longer.
 2. Issuers are becoming more selective in acceptance of creditors.
- C. I feel that most consumers are too dependent on credit buying and I am going to inform you of the expenses involved in these purchases so that you may see the necessity of reducing credit buying.

II. Body

- A. In general, credit cards are more expensive than other loans, with the Annual Percentage Rate on the unpaid balance averaging 18% a year or 1.5% a month.
 1. It is not up to individual banks to set the APR's, these are governed by state laws.
 2. The restraints on credit ordered last spring by the Federal Reserve Board in an effort to slow down inflation, has caused cost increases.
- B. Until recently, bank cards were issued free, but not they are coming with an annual service fee for the convenience of their use.
- C. In addition to knowing the interest rate, you need to know how the finance charges are calculated.
 1. In the past, there was a 30 day grace period on new purchases, today there is no free period if there is any outstanding balance the month before.
 2. It is important to know the method used to calculate the unpaid balance. (Chart)

III. Conclusion

- A. You may never serve a prison term for the abuse of credit cards, but if you are buying extensively with credit cards you are abusing your income.
 1. Interest Rates
 2. Annual Service Fees
 3. Method of Calculating Charges

- B. A review of the purchases you have made with credit cards will show whether the items were necessities or luxuries.
- C. Sensible credit buying can contribute to a good credit rating when obtaining other loans, but a wise consumer considers all costs, especially the high credit card costs that will increase the purchase price of the item.