

# TOWER DIAGRAM

SUBTOPIC SEQUENCE	P.O.V.	TENSE
Linking	3	Present

Name: \_\_\_\_\_  
Date: \_\_\_\_\_

**CLAIM:**

Coal burning should not be used as an energy source

**INTRODUCTORY OPTION:**

Definition of coal [3]

**INTRODUCTORY DETAILS:**

- History of coal in US [1]
- Importance of coal [3]
- Declining industry [10]

**SUBTOPICS**

1 Environmental Effects  
Reason: Linking

2 Health effects  
Reason: Linking

3 Necessity for coal  
Reason: Linking

**UNEA:**

- Major human cause to <sup>EPA</sup> ~~the~~ coal remain in ground [6]
- Exemptions to laws present enforcement [7]
- Coal plants emit 2000 lbs of CO<sub>2</sub> [2]

- Ravaged towns in Appal [1]
- Black lung disease [8]
- Hi rates of COPD [8]
- Hi rates of cancer [8]
- Kidney disease a birth defects [8]

- Too early for full transition [4]
- Science isn't sure [7]
- Strong Republican resistance [5]
- Appal. economy will fail [6]
- Provides most of American electricity [5]

**CONCLUDING OPTION:**

- Humanity should move to renewables
- Coal harming env. & health
- Economic transition will be good
- Save the planet for posterity

**CONCLUDING DETAILS:**

**THESIS STATEMENT:**

Because of its negative effects on our environment & public health and despite overwhelming arguments in favor of expanding coal production, coal mining should not be part of American energy production.

## Coal: A Thing of the Past

Is it time to phase out coal mining as an integral part of the American energy renaissance? Indeed, some people think so; others do not agree. The majority of Americans don't know how closely intertwined American history is with coal production. In fact, a recent study found that only two in ten Americans identified coal as a major energy source for the country's needs. Coal is a combustible black or brownish sedimentary rock that has been used in the production of electricity and heat. Moreover, it is currently the largest source of energy for the generation of electricity worldwide. The coal industry is in rapid decline. Indeed, this decline threatens not only the American coal company and worker but also the world's energy supply. Because of its deleterious effects on the environment and public health, and despite overwhelming arguments in favor of expanding coal production, coal mining should not be part of American energy production as a whole.

Most importantly, coal mining and production wreaks havoc on America's environment. Take its correlation to climate change. For example; the United Nations Environmental Agency (UNEA) rated coal as the single largest human-caused contributor to global climate change. Exemptions to laws like those in the Clean Air Act and the Surface Mining Control Act of 1977 (SMRCA) that regulate companies' emissions quotas often facilitate this worrying acceleration of climate change. Furthermore, coal-fired power plants emit nearly two thousand pounds of CO<sub>2</sub> per megawatt produced. CO<sub>2</sub> is the biggest chemical contributor to climate change. As a result, the Environmental Protection Agency has argued that America's remaining coal reserves should remain in the ground. The agency has argued that this is the only way it will stem the expansion of climate change and save endangered species living in coal-heavy areas.

Also importantly, coal production and its associated health effects have ravaged many rural, poor, Appalachian communities in the United States. One example of this can be found in northern West Virginia. In the decrepit, coal-dominated town of Wheeling, nearly half of former coal miners over the age of fifty five have some form of advanced cancer. Moreover, a study of international evidence showed increased rates of cancer, heart, lung, and kidney disease in communities within a thirty mile radius of a coal mine or a coal-fired power station. Nearly twelve percent of children born in Knox County, Kentucky between 1992 and 1994 had a birth defect of some kind. In fact, doctors at the Mayo Clinic and Harvard Medical School attributed most of the birth defects to the health of the mother. High rates of chronic obstructive pulmonary disease (COPD) have also plagued many babies and even elderly residents of coal-heavy states like West Virginia, Kentucky, and Tennessee. Certainly, coal has destroyed lives and will only continue to do so if its use is continued or amplified.

Of course, some people vigorously object to the abandonment of the coal industry. Not surprisingly, they cite America's self-sufficiency in coal as a major argument in favor of not just retaining the industry but expanding it even more. Policy makers that tout "clean coal" as the future of American energy do so in an attempt to wean the United States of an increasingly unstable supply of oil and gas coming from the Middle East and Russia. Furthermore, naysayers of a concerted shift to a renewable energy based economy point out that the United States cannot phase out coal in one fell swoop. Strong political opposition from business-oriented Republicans and the coal lobby would make this move politically impractical and nearly impossible to enforce. After all, some Appalachian states rely so heavily on coal for their economic base that twenty percent of jobs in Kentucky, West Virginia, and Ohio are linked to coal production.

In conclusion, there are a range of reasons as to why America should phase-out coal as an energy source. Obviously heavy re-allocation of investments from the coal industry to the renewables industry will need to be completed. This will a horribly difficult undertaking. Presently, due to its catastrophic effects on America's once pristine environment, coal

## Coal: A Thing of the Past

should be relegated as a fuel source of the past. The link between coal production and climate change is well understood. Furthermore, coal production has spawned a major health crisis in certain parts of the country. The only way to reverse or mitigate the effects of this is to move away from the industry that indirectly created the problems. Yes, shifting away from coal may seem politically infeasible, but it is important to engage in a cost-benefit analysis. Either Americans can look forward to a cleaner, more eco-friendly future with more jobs and fewer health risks associated with energy extraction, or it can continue on a dangerous road. Humanity must deal with the environmental and health challenges of coal with the first step to rid a figment of the twentieth century: coal.

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# TOWER DIAGRAM

SUBTOPIC SEQUENCE P.O.V. TENSE  
 Linking 3 Present

Name: \_\_\_\_\_  
 Date: \_\_\_\_\_

CLAIM:

Eating disorders are life threatening

INTRODUCTORY OPTION:

INTRODUCTORY DETAILS:

- 4 Bulimia [2]
- 3 Anorexia [17]
- 2 EDNOS [3]
- 1 Definition [14]

SUBTOPICS

Symptoms of Common Disorders  
 Bulimia & Anor.

Mental & Emotional Effects

Not a Physical Illness

- 1 Boer. Syndrome [4]
- ~~2~~
- 2 Malnutrition [5]
- 3 Dehydration [6]
- 4 Electrolyte Imbalance [15]

- 1 Depression [7]
- 2 Anxiety [8]
- 4 OCD [10]
- 3 Mood Disorders [9]
- 5 OCPD [11]

- 1 Cancer [12]
- ~~2~~
- 2 Malaria
- ~~3~~
- ~~4~~

CONCLUDING OPTION:

Warnings

CONCLUDING DETAILS:

- 1 They can have deadly symptoms/signs/outcomes
- 2 They can ruin you mentally & emotionally
- ~~3~~
- ~~4~~

THIS STATEMENT:

Many types of eating disorders exist, but the three most common are anorexia, bulimia, & EDNOS.

## Are Eating Disorders Life-Threatening Conditions?

Eating disorders are most definitely life-threatening conditions. First off, eating disorders have a serious effect on those with them mentally, physically, and even emotionally. The definition of eating disorder is *conditions defined by abnormal eating habits that may involve either insufficient or excessive food intake to the detriment of an individual's mental health*. Second, anorexics don't eat. They limit their intake of food. Third, bulimics vomit their food up. They binge and purge. Many types of eating disorders exist, but the three most common are anorexia, bulimia and EDNOS.

On one hand, anorexia is an eating disorder characterized by immoderate food restriction, inappropriate eating habits or rituals, obsessions with having a thin figure, an irrational fear of weight gain, and distorted self-body perception. First, anorexia is thought to be a genetic disorder, and therefore can be passed on through generations/family. It's commonly treated with Olanzapine. Second, some conditions that tend to co-insight with anorexia are depression, substance abuse, anxiety disorders, obsessive compulsive disorder, attention deficit hyperactive disorder, obsessive compulsive personality disorder, and borderline personality disorder. These disorders can build in intensity. Third, anorexia promotes malnutrition. This accounts for 50% of all deaths in 2006, with every 1 in 12 people worldwide being malnourished.

On the other hand, some also alternate between anorexia and bulimia. Firstly, bulimia is known by binge eating, purging (vomiting, laxative, diuretic, stimulants), and/or excessive exercising. Second, bulimia also can be accompanied with fasting periods and other disorders such as mood disorders, anxiety disorders, impulse control and substance misuse. Bulimia is also thought to be genetic and is treated with antidepressants. Third is Boerhaave Syndrome. This is a esophageal rupture due to vomiting. If left untreated, the most likely outcome is death; there have been very few reported cases of living without surgery. However, even with surgery, there's still a 25% chance of death, also known as one in every four.

Additionally, EDNOS is also known as Eating Disorder Not Otherwise Specified. First, this is when someone's disorder doesn't meet the criteria for anorexia or bulimia. Second, EDNOS, symptoms of anorexia and bulimia are shared. There are mixed features of both. There's extremely atypical eating behaviors characterized by neither. EDNOS is considered the default category for eating disorders and is the most common in clinical settings. Third, EDNOS is rising in numbers. It is becoming more of a problem issue.

On the other side of the argument, many do not think that having an eating disorder is that serious. Most with anorexia, bulimia, and EDNOS do not believe they will die. They can be in extreme denial. Others feel that they look awful when they view themselves in the mirror. In fact, many times they look physically fine until their illness is far advanced. Additionally, many believe that therapy is not helpful, and they will be fine on their own. Eating Disorder research does not support this.

Finally, eating disorders present serious problems. One, anorexics restrict food intake. This can lead to death. Two, bulimics purge continuously. Death may become the result if bulimics are left on their own. Three, mixing bulimia and anorexia results in EDNOS. EDNOS is an atypical but extremely deadly disorder. In conclusion, while some believe Eating Disorders are not life-threatening, most research supports that anorexia, bulimia and EDNOS are fatal if left untreated.

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