Why I Don’t Smoke

Did you know that 3 million people die each year from smoking? Or that tobacco use is the cause of almost one in every three cancer deaths in the United States? I learned these facts in Mr. Beasley’s science class.

But you don’t have to know all about cancer to know that SMOKING STINKS! Anybody who’s walked out the back door of the cafeteria while the smokers were on their break knows that. Also, you can ride with me sometime in my uncle’s car.

But like I said, smoking will kill you. To prove that, Mr. Beasley got out a little jar of liquid called nicotine. He caught a bug and placed a small drop of nicotine on it, and it stopped wiggling right away. It was dead! The nicotine in tobacco is what makes you addicted, so that you have to keep buying and smoking cigarettes. So don’t start smoking or you won’t be able to stop.

Smoking is also very bad for your breathing. If you smoke, you will have more colds and bronchitis. Who wants to be sick all the time?

Do you want to hear something really disgusting? According to the American Cancer Society, tobacco and cigarette smoke contain at least 4,000 chemicals, including several that are toxic (poisonous) and carcinogenic (cancer-causing). These same chemicals can be found in nail polish remover, batteries, and automobile exhaust! So you might as well eat a battery.

Besides hurting your lungs, smoking is also bad for your heart. It can clog your arteries, give you high blood pressure, stroke, and heart attack. On top of that, smoking makes it hard for you to compete in sports. If a smoker and a non-smoker ran a race, who do you think would win? And who would end up at the finish line panting, coughing, and trying to catch their breath?
Alcatraz Island

There is a small island located in the middle of San Francisco Bay in California referred to as Alcatraz Island, or simply, The Rock. This has been a popular little island. At first it was a lighthouse, and then it became a military fortification, or fort. After that it became a military prison, and then finally, what it is best known for today, a federal prison. It remained a federal prison until 1963, after which it became a national recreation area in 1972. It is a part of the Golden Gate National Recreational Area operated by the National Park Service.

During the late 1920s and 1930s, The Great Depression and Prohibition contributed greatly to a drastic increase in the crime rate. There was a new era of organized crime and gangsters. The law enforcement agencies and law enforcement employees were not able to handle the new wave of crime. Many times they lost in shootouts.

A solution to this horrifying situation was to put the captured criminals in the prison on Alcatraz Island. It kept them away from the general public while also warning the other criminals what would happen to them if they were to get caught. The prison was said to be escape-proof. The bars of the cells were made of iron. The tunnels, which had previously held the utility wires, were cemented closed so no one could use them for an escape route. The electricity was routed directly into the cells. Tool proof iron window coverings were in all the windows. Special areas were built for the guards who were protecting the cellblock perimeters. They could walk around with their weapons while being completely protected by iron barriers.

In addition, gas canisters were installed in the roof of the dining room. These could be opened from other control areas in the prison if needed. Metal detectors were installed as well.

The rules were very strict at Alcatraz. For the first three months, the inmates were not allowed to have any visitors. After that, they could only have visitors if they earned them. Even then, only one visit per month was allowed.