

Maria Galarza

Speech and Debate

Period: 1

December 3, 2013

Life

“Ride or die.” Paul Walker is most known for his role as Brian O’ Conner in the Fast and the Furious movies. As stated by the New York Times, Paul Walker and Roger Rodas died last Saturday in Valencia, Calif., when the Porsche Roger was driving, with Paul as passenger, crashed in a single-car accident and burst into flames. Paul Walker was 40. Earlier in the day, Mr. Walker had attended a charity event for the nonprofit organization “Reach out Worldwide”. Paul Walker left his 15-year-old daughter, Meadow, and his wife Rebecca Soteros. His life was shortened.

People take their life for granted, without knowing they can lose it any second. Everyone has their unique life style; however, most life are pretty similar. Socially, the things you will do in your life time are very predictable: you are born, you go to school, you work, you retire, and you die. Sadly, some people do not have a full life span and cannot live their life to the fullest. People should be aware of how valuable life is, take care of it and spend their time wisely. What in particular should one value? It is quite simple. What people should value the most in life should be their health, personality, and their family.

Health should be very important in your life because it plays a major role in determining your life span. There are several substances which, when put into your body, will severely damage your health. One of those substances is tobacco. Tobacco will most likely be inhaled by smoking or second hand smoke. According to Glencoe Health book, smoking is the number one cause for preventable death. It is preventable because people can choose to stop whenever they want; however, it becomes an addiction. Addiction which is caused by the nicotine. Nicotine which is an addictive substance to the body. Body which will ask for more tobacco because it will have an increase in smoking urge. Urge which will continue increasing until it is too late. Smoking brings many diseases such as: strokes, lung cancer, coronary heart disease, kidney cancer, and several other severe diseases. Those will most like lead to death. Lifespan is important, but there are other reasons to value your life.

According to Dr. Chris Grams, owner of the Family Chiropractic Center on Bainbridge Island, hugs release endorphins and serotonin into the blood stream which will cause pleasure, negate pain and sadness, lower blood pressure, decrease the chances of having heart problems, helps fight excess weight, and prolong life. In other words, hugs will make you healthier, thinner, more relaxed, live longer, fight depression, and make you age slower. Who knew hugs did so much? Hugs, laughs, jokes, and so many

other friendly gestures give amazing results. In the other hand, if you live a sad, lonely, angry, annoying, arrogant, or depressing personality, it will give you negative results. You will most likely have heart problems, bad habits, quick aging, and a short life span. The personality you express and hold everyday affect your future.

Family is part of your life and you should cherish every positive moment you spend with them. Any time you spend with your family should be valued, including having dinner with them. As stated by The National Center on Addiction and Substance Abuse at Columbia University, teens who frequently have dinner with their families are at a lower risk for substance abuse. Those who eat dinner with their family less frequently are 2.5 times as likely to smoke cigarettes, more than 1.5 times as likely to drink alcohol, and 3 times more likely to try marijuana. Simple things like having dinner with your family will affect your life. It is not always possible to spend every single moment with your family because of school, work, plans, etc. but you should try to arrange to just have a simple together with your family. It might not seem as much but it is a big difference.

There are so many good times in life but there are also the bad times. Life is just full of ups and downs. Yet some people have an ignorant view of life and only acknowledge the flaws that they have and the issues they face. Some assume that there is no solution for their life and fall into depression. Many people choose to suicide themselves in order to avoid the negative obstacles that life puts in front of them. However, everyone has had bad times and finds a way to overcome them. They should see the positive things in life. There are several people who have it tougher and still find a way to keep a smile on their face. You should appreciate everything life gives you. If you receive obstacles it is so you can learn from them. That is just how life is.

Health, personality, family, that is what gives meaning to life. You must live life to the fullest because it can easily be taken away from you. In a wink of an eye it can all be gone. Will you leave anything to be remembered by? Will it be good or bad? Will people miss you? Will your friends and family mourn you? Will your death be unbelievable and leave fans shocked? Cherish every moment you have and make the best out of it. Just remember that what you do today may change tomorrow. How you live your life is your choice. Live every day to the fullest. Don't look back and keep moving forward.

Work Cited

"America's Health Responders." www.usphs.gov. FOIA, 23 Jan 2012. Web. 22 Nov 2013.

<<http://www.usphs.gov/aboutus/uniforms.asp&xgt;>;

Bronson, Mary. Glencoe Health. New York: Glencoe/McGraw-Hill School Pub Co, 2006. Print.

Califano, Joseph. "The National Center on Addiction and Substance Abuse at Columbia University."

www.casacolumbia.org. Nick at Nite's Family Table, 30 Oct 2005. Web. 22 Nov 2013.

<<http://www.casacolumbia.org/download.aspx?path=/UploadedFiles/evq5rn5t.pdf.>>.

Fitzsimmons, Emma. "Paul Walker, 40, Star of 'Fast and Furious' Movies, Dies in Crash."

www.nytimes.com. The New York Times, 12-01-2013. Web. 4 Dec 2013.

<http://www.nytimes.com/2013/12/02/movies/paul-walker-screen-actor-is-dead-at-40.html?_r=0>.

Zabriskie, Ramon, and Bryan McCormick. "The Heritage Foundation Leadership for America."

www.familyfacts.org. The Heritage Foundation, 5 Nov 2003. Web. 22 Nov 2013.

<<http://www.familyfacts.org/briefs/15/a-wise-investment-benefits-from-families-spending-time-together>>.