

**Student Name:** Annalise Faith Robbins

**School Name:** Collegeville Elementary School

**Grade:** 2-3

**City, State:** Bryant, AR

**Teacher's Name:** Mrs. DeDe Gillespie

**Essay:**

**Smoking Versus Smoothies**

Abby and Sarah were BFF's and always played together. One day at the park, while Abby and Sarah were just hanging out, Sarah asked Abby if she wanted to smoke a cigarette with her. Abby didn't know what to do, and told Sarah she would think about it. She knew she didn't want to smoke, but she was afraid Sarah wouldn't be her friend anymore if she said "no". After Sarah left, Abby started to cry. Then she remembered what her mom told her. There was somebody she could call for help. It was Smoke-Out Sam! Sam is short for Samantha, you know. Now, if she could just remember what the secret way to call for Smoke-Out Sam. Oh, yeah! That's right! Just close your eyes and say "Stamp Out Smoking!" 3 times really fast, so she did, and -POOF- there she was! Abby told Sam all about how Sarah wanted her to smoke a cigarette with her. Sam told her, "It will be alright. Together, we can help Sarah see how nasty and unhealthy smoking is for our bodies." After that, Abby felt a lot better. Abby told Sam how she had learned at school that smoking cigarettes is a bad habit. She told Sam that they were bad for your heart and lungs and even turn your lungs BLACK! Sam said she would use her special powers to help Sarah stop smoking, but it would only work if Abby would be brave and talk to Sarah about not smoking! The next day when Sarah and Abby were playing, Sarah lit a cigarette and asked Abby again, "Do you want to smoke with me? Just a few cigarettes won't hurt you!" All of a sudden, out of no where, popped Smoke-Out Sam! Using her magic powers, Sam made the cigarette disappear and turn into a nice, big, juicy, red apple! Sam told Sarah, "Smoking and drugs are dangerous to our bodies and we should only put healthy things into them." Then Abby said, "That's what I've been wanting to tell you. I don't want to smoke with you and yes, even, a few will hurt you!" Then Abby put her arm around Sarah and told her, "I love you and Best Friends don't let Best Friends smoke—not even a little." Smiling at what she heard, Sam said, "Hey girls, why don't we go get a Fruit Smoothie instead? They taste good and are good for us!" At the Smoothie Shack, all three girls held hands and promised never to smoke or do drugs—EVER again. Then, when Abby and Sarah were having the best time, they realized that Smoke-Out Sam had disappeared. "Well", said Sarah, "I guess she moved on to help someone else stop smoking. Thank you, Abby, for caring enough about me to tell me to stop". And Abby and Sarah were even more BFF than ever before!