**Say No**

**By: Asher M.**

She is extremely sweet, loving, beautiful, and fun. She is my grandma, who I call Jamma. I love her very dearly, but one terrifying Saturday morning, when I was at her house, she told me that when she was younger, she smoked cigarettes. At that time my heart crumbled like a rock getting drilled by a jackhammer.

She was telling me about how she felt like a prisoner inside her own mind, about how it was like her worst nightmare. How is she not smoking now, you ask?

She fought it. She didn’t let it control her. She stood up for herself. She said no.

Now I know that you shouldn’t let people think for you. You shouldn’t let people control you. You have to control yourself, you have to fight for yourself, you have to think for yourself, you have to overcome what others can’t. You have to be yourself. You have to say no. Don’t let others control you, control yourself.