

Ladies and gentlemen, thank you for gathering here today. My name is Jenna, and I want to share a story that changed my life forever. It was my father's story. Growing up, I admired him deeply. He was a kind man, always ready with a smile or a helping hand. But he had a habit--he smoked. I remember how it started just like any other day, sitting on the porch with him, asking him why he smoked. He said it was just to relieve stress, that it was only a small part of his life. But as the years went on, the cigarettes piled up, and I saw less of his smile. Then came the coughing fits, each one more brutal than the last. It was painful to watch someone I love so much become trapped in a cycle they couldn't break. The day we found out about the lung cancer felt like a heavy weight dropped down onto our lives. Through treatments and hospital visits, my father held onto hope. But I remember him telling me, "Jenna, if I could go back, I'd choose to never light that first cigarette." It wasn't just his battle--it was a battle for everyone who loved him. It's been five years since we lost him, but his story continues to inspire me to speak out. I'm here today because I want you all to understand: smoking is not just a personal choice--it's a path that winds its way through families, through friendships, touching the lives of everyone around you. Quitting, or better yet, not starting, isn't just a choice for yourself; it's a choice for everyone who loves you. Learn from my father's story--choose life, choose health, for yourself and for those who matter most to you. Thank you.