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My Name is Anya



Based on “No Smoking”



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My Name is Anya



My name is Anya.

I am from Russia.

I live in Brooklyn.

I live in Brooklyn with my husband, Sasha.



**This is my husband, Sasha.
In his free time, he likes to go swimming.
He likes to swim in the winter!
This is a tradition in our country.**



**I am proud of Sasha.
Sasha is a member of
the Coney Island Winter Swim Club.
Sasha is the champion swimmer.**





Today is the first day of winter.

And, it is the first day of swimming.

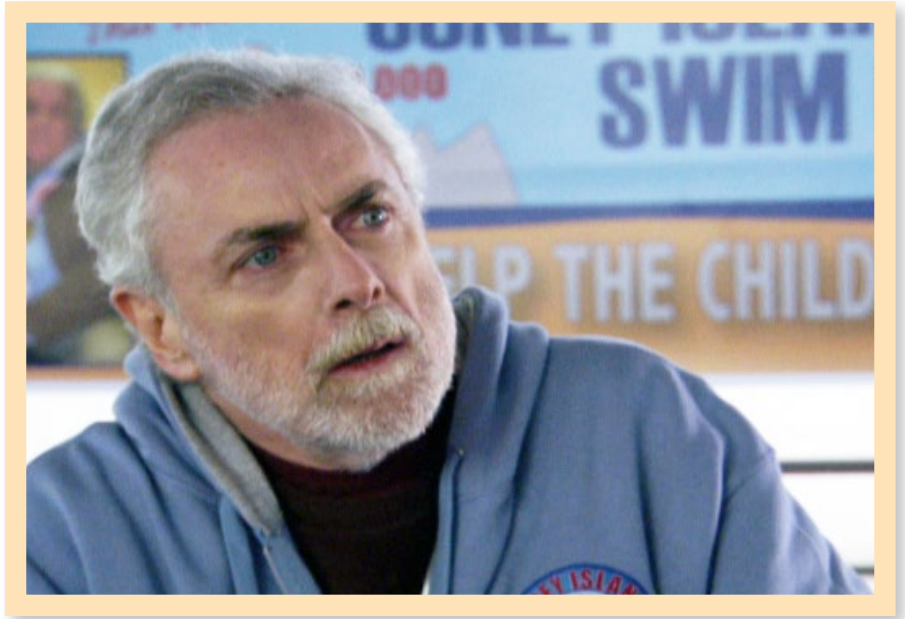
Our friend, Rishi, comes to see Sasha swim.

“It’s freezing!” he says.

“In my country, we swim in the summer.”



**Sasha is a smoker.
Suddenly, Sasha starts to cough.
He can't stop coughing.
We are worried about Sasha.**



**The swim coach tells Sasha,
“You can’t swim today.
You need to see a doctor.
You can’t swim if you are not healthy.”**



**Sasha is not happy.
He doesn't want to see a doctor.
He wants to swim.
He wants to help the children!**



The next day, I go with Sasha to see the doctor.

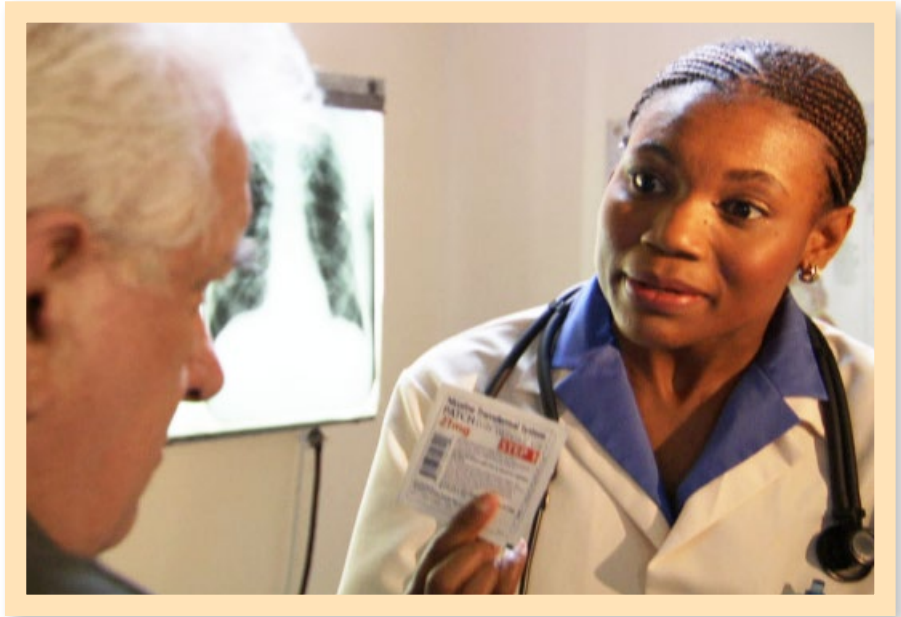
The doctor speaks very fast.

I ask the doctor,

“Could you please speak more slowly?”



**The doctor tells Sasha,
“Your cough is serious.
I am concerned.
You must stop smoking.
I will give you some things to help.”**



The doctor gives Sasha the nicotine patch.

She says,

“You can get the nicotine patch for free.

Call 311.”

She also gives Sasha some nicotine gum.



**Sasha is not happy.
He doesn't want to quit smoking.
But, he wants to swim.
So, Sasha tries to quit.**



**At first, Sasha is in a bad mood.
He doesn't like the nicotine gum.
He wants a cigarette.**



Rishi talks to Sasha.

**He finds some information on how to quit
from the Internet.**

He shows the information to Sasha:

“To quit smoking, you need a friend to help you.”



Rishi tries to help Sasha.

They go for a walk together.

Sasha asks a neighbor for a cigarette.

Rishi says, “No!”



**One day, Rishi tells Sasha about his father.
Rishi's father died of lung cancer.
Now, Sasha understands why Rishi is worried.**



Rishi's story makes Sasha sad.

Sasha is worried, too.

He knows smoking causes lung cancer.



That night, Sasha has a bad dream.

He can't sleep.

He calls 311 for help.

He decides to quit.



Sasha starts to exercise more.

Now, his walks with Rishi are faster and longer.

He is not in a bad mood anymore.

Exercise puts him in a good mood.



I am happy, too.

Now, Sasha can taste my cooking.

He doesn't smoke after dinner anymore.

He doesn't have a serious cough.

And, his kisses taste better, too!



One day, Sasha surprises me.

He has extra money.

Three hundred dollars!

Sasha doesn't buy cigarettes anymore.

He saves \$300 in one month.

**He wants to give the money
to the children in the hospital.**



**Now, my husband is a real champion.
He is a “No Smoking” champion.
I make a special medal for him
because I am very proud.**



This year, we have a lot to celebrate.

We are healthy.

We are happy.

We have each other.

**Now, we can help the children
in the hospital!**

Words used in this story

- ask
- be
- buy
- call
- cause
- celebrate
- champion
- children
- cigarette
- club
- coach
- come
- cough
- country
- day
- decide
- die
- doctor
- dream
- exercise
- father
- find
- free time
- friend
- get
- give
- go, go swimming
- have
- help
- hospital
- husband
- information
- Internet
- kiss
- know
- like
- live
- lung cancer
- make
- medal
- member
- money
- month
- mood
- name
- need
- neighbor
- nicotine gum
- nicotine patch
- put
- quit
- save
- say
- see
- show
- sleep
- smoke
- smoker
- speak
- start
- stop
- summer
- surprise
- swim
- swimmer
- talk
- taste
- tell
- today
- tradition
- try
- understand
- walks
- want
- winter
- year

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