

# A TRUE Friend



By Sarah Chow

Based on a true story

*"Thy friends do stand by thee"*  
(D&C 121:9).

**T**he note was written on blue paper with zigzags drawn around the corners, so even though Jeremy handed it to her, Melanie knew the note was from Rachel. Melanie glanced around. Reading time was over, and her classmates were putting away their books.

Melanie knew how the note would start: "Dear Best Friend." She smiled to herself. She and Rachel had been friends since second grade. "We're still best friends, even though we're very different,"

Melanie thought as she unfolded the note.

**Dear Best Friend,  
Do you smoke?**  
—Rachel

Melanie was surprised. "Rachel and I are together all the time," she thought. "Doesn't she know I don't smoke?"

She wrote on the bottom of the paper:

**No. I think it's gross. Why do you want to know?**  
—Melanie

Melanie handed the note back to Jeremy. Soon he passed it back again. Melanie read:

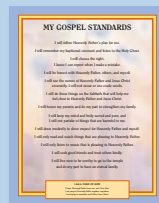
**I snuck a pack of cigarettes from my aunt's house. Do you want to try some with me after school?**  
—Rachel

Melanie stared at the note. Then she wrote:

**Rachel! Why do you want to smoke? It's bad for you! I know you like to try new things, but I don't want to see you get hurt.**  
—Melanie



One day I was at my friend's house, and there was beer in their refrigerator. My friend drank some and then offered me some. I told her that I don't drink beer. She asked me why, and I told her that my Church said we shouldn't drink it because it was bad for our bodies. I'm glad I didn't drink the beer. I'm also glad we have the Word of Wisdom to keep us healthy and safe.  
**Sarah C., age 8, Nevada, USA**



"I will not partake of things that are harmful to me."

**My Gospel Standards**

Rachel wrote back:  
**A few cigarettes aren't going to hurt me. I might not even finish the whole pack.**  
**—Rachel**

Melanie felt like she was going to cry. She wrote:  
**You're my friend and I love you. Don't smoke.**  
**—Melanie**

Melanie watched Rachel as she read the note. Now Rachel looked like she was going to cry. She held onto the note for a long time. Then

she wrote back. When Melanie got the note, she read:  
**Thanks. I love you too. I won't smoke the cigarettes.**

Melanie was grateful she had chosen to be an example. She felt relieved that Rachel had made the right choice. ■