

# DENALI DREAMS



Written by Logan Brown



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**Written by Logan Brown**  
Illustrated by Chris House



Denali dreamed of taking the final step and reaching the peak of Mount Denali - the mountain she was named after. Denali's mom and dad named her after a mountain to remind her to always work hard, to chase her dreams, and to not give up until she got to the top.





Denali lived up to her name. She loved to dream. Sometimes she even daydreamed in class. She dreamed about scoring the winning goal in soccer, where she wanted to travel, and what job she would do when she grew up.





Denali worked hard in school, learned everything she could from her teachers, and listened to her parents.





Denali knew that she needed to stay healthy. She needed to get enough sleep, eat foods that were good for her, and stay away from things that would hurt her – like tobacco!





Denali and her friend Kai were playing soccer after school one day. Just as they were getting ready to walk home, Kai pulled out a cigarette. He asked Denali if she wanted to try it.





Denali was very scared. But she stopped and thought about how her choice could affect her dreams. Smoking would hurt Denali's brain! She knew that she would need her brain to be as smart as she could to achieve her goals!





Kai said, "Come on Denali! It's just for fun!"

Denali knew that tobacco was never used for fun!

Denali knew it could be addicting and expensive. She liked to read, play outside, and draw for fun. So Denali was courageous and told her friend...

**NO!**







**Denali's lungs  
when she smokes.**



**Denali's lungs,  
when she doesn't  
smoke.**

Smoking would hurt Denali's lungs! She knew that she couldn't Climb Mount Denali if her lungs were hurt. Smoking would hurt Denali's teeth, hair, and skin! Denali wanted to protect her body so she could keep playing sports.



**Kai was still not happy, “It can’t be bad for you!  
The packaging looks happy and appealing!”**



**Except Denali knew that it was not good for you.  
“Kai, it doesn’t matter who or what is on the package!  
Tobacco can make you sick and can make you addicted. It is  
also bad for the environment. The cigarettes pollute the earth.  
No, I won’t try it, not even one time!”**



“Denali, I have seen older people use it before. It’s what cool grown ups do.” Denali shook her head. “Just because others do it, doesn’t mean that we need to. I think being an astronaut, or a doctor or a teacher is cool! I don’t want to do those things so...



**NO!**



When Denali got home, she told her family what had happened. Her parents were very proud of her. Denali told Kai, "No" and gave Kai facts. Even though it was hard at the time, Denali continued to work hard in school and achieve her dreams.

### If Denali Smoked



- **Bad Teeth**
- **Bad Skin**

### If Denali Doesn't Smoke



- **Healthier**
- **Can Play Sports**









When Denali made it to the top of her Mountain, she thought back at all of the choices and people who helped her make her dreams come true.



**DREAM ON!**





**Illustrations inspired by students at  
San Ildefonso Day School**



# **THE FACTS!**

**American Indian/Alaska Natives youth smoke more than any racial/ethnic groups.**

**(source:[www.tobaccofreekids.org](http://www.tobaccofreekids.org))**

**Cigarettes are the most littered item on earth.**

**(source:[www.thetruth.com](http://www.thetruth.com))**

**One tree is killed for just 15 packs of cigarettes.**

**(source:[www.thetruth.com](http://www.thetruth.com))**

## **Sacred Tobacco Use**

**The author recognizes and honors the fact that tobacco has a sacred cultural place in American Indian life in parts of North America. Many Native American tribes use tobacco for spiritual, ceremonial, and traditional healing purposes. The author, therefore, distinguishes traditional, ceremonial, and spiritual use of tobacco from its commercial use. The author promotes tobacco control efforts that are not geared toward targeting traditional tobacco.**







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