

## Officer Jeff

Written by: Makhalea P

Have you had a person teach you something you will never forget? Well, I have and that special person is Officer Jeff Sterba the most caring officer in the world. He has taught me all about drugs, cigarettes, and how to lead a drug free life.

A drug free life consists of saying no. Eight ways of saying no are saying no thanks , giving a reason or excuse, repeated refusal, or keep saying no, walk away, avoid the subject, cold shoulder , and strength in numbers. A lot of people think if they mess up their lives by doing drugs they will get another chance, but they won't and they don't know that because nobody ever taught them that that is why I'm thankful and grateful for Officer Jeff.