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use it. 169-110
DEAR ANNIE: Every 60 seconds of every hour, another kid in America becomes a regular smoker. Even scarier, one in three of them will die prematurely as a result. That's why for the past year, I have been working with the Campaign for Tobacco-Free Kids as a youth advocate.

I am fighting to protect my friends and peers from the dangers of tobacco through education efforts, student-to-student programs and outreach to policymakers. This year I am encouraged that Congress has introduced legislation that would allow the Food and Drug Administration to regulate tobacco. It is shocking that the FDA can regulate what we eat and use on our skin, but not what is put in a cigarette -- which includes some pretty scary ingredients like arsenic and lead. The bill would also regulate and curb Big Tobacco's advertising and sales to children.

Tobacco use is the lead-

ing cause of preventable death in this country. Your readers can learn how they can raise awareness and get involved by visiting www.tobaccofreekids.org. Thanks for helping me spread the word. -- **EMILY MARTUSCELLO, AGE 16, DOVER, N.H.**

DEAR EMILY: Thanks for taking on this worthwhile cause. Young people who are involved in this effort can influence their peers more deeply than the rest of us. We hope all of our readers will check out this website today and find out what they can do to help prevent this deadly addiction.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please e-mail your questions to anniesmailbox@comcast.net, or write to: Annie's Mailbox, P.O. Box 118190, Chicago, IL 60611.