



Youth 81

FEBRUARY

Would You Like to Be a
PRO ATHLETE?
By Herbert W. Armstrong

Youth 81

February

VOL. 1, NO. 2

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COVER: Young people in Pasadena gather in the Ambassador Auditorium to say "Hi" to the youths in God's Church around the world reading this issue of *Youth 81*. Dexphoto.

Letters

Soon to be a teen

My name is Hanlie Moolman and I live in South Africa. I will be 13 in March. Luckily, my brother is 15 and I will be able to read *Youth 81*. I wish I could meet you and your wife and Sir Hans.

Hanlie Moolman
South Africa

French Canadian subscriber

M. Apartian, je m'appelle Yvan Lauzon, j'assiste à l'église de Montréal Nord avec mon père, ma mère, mon frère et ma soeur.

Quand vous êtes venu à Montréal je vous ai serré la main et vous m'avez agacé. J'étais très content.

Je vais avoir bientôt 12 ans et j'aimerais recevoir le magazine *Jeunesse 81* pour me préparer à entrer dans IJU. Pouvez-vous me l'envoyer en français, s'il-vous-plait?

English translation:

Mr. Apartian, my name is Yvan Lauzon, I go to Montreal North church with my father, my mother, my brother and my sister.

When you came to Montreal, you shook my hand and teased me. I was very glad.

Soon I will be 12 and would like to receive the magazine *Youth 81* to help me join the YOU. Could you send it to me in French, please?

Yvan Lauzon
St-Francois Laval, Que.

Youth 81 is not available in French at the present time, but we are sending it to Yvan in English.

Heard about *Youth 81*

I am 15 years old and attend Church in Mannheim [West Germany]. I have heard about the new youth magazine you are planning, and I would very much like to receive it. Please put me on the subscriber list for *Youth 81*.

Eva-Maria Drosdek
West Germany

Good idea

I am writing about your new magazine. I think it is a good idea because we can learn about other teenagers by reading about them or seeing pictures of them. We may see some we know. It is good because we can learn about teenagers from other countries.

Robert Eriksson
Pittsburgh, Pa.

(Continued on page 13)

Would You Like to Be a PRO ATHLETE?

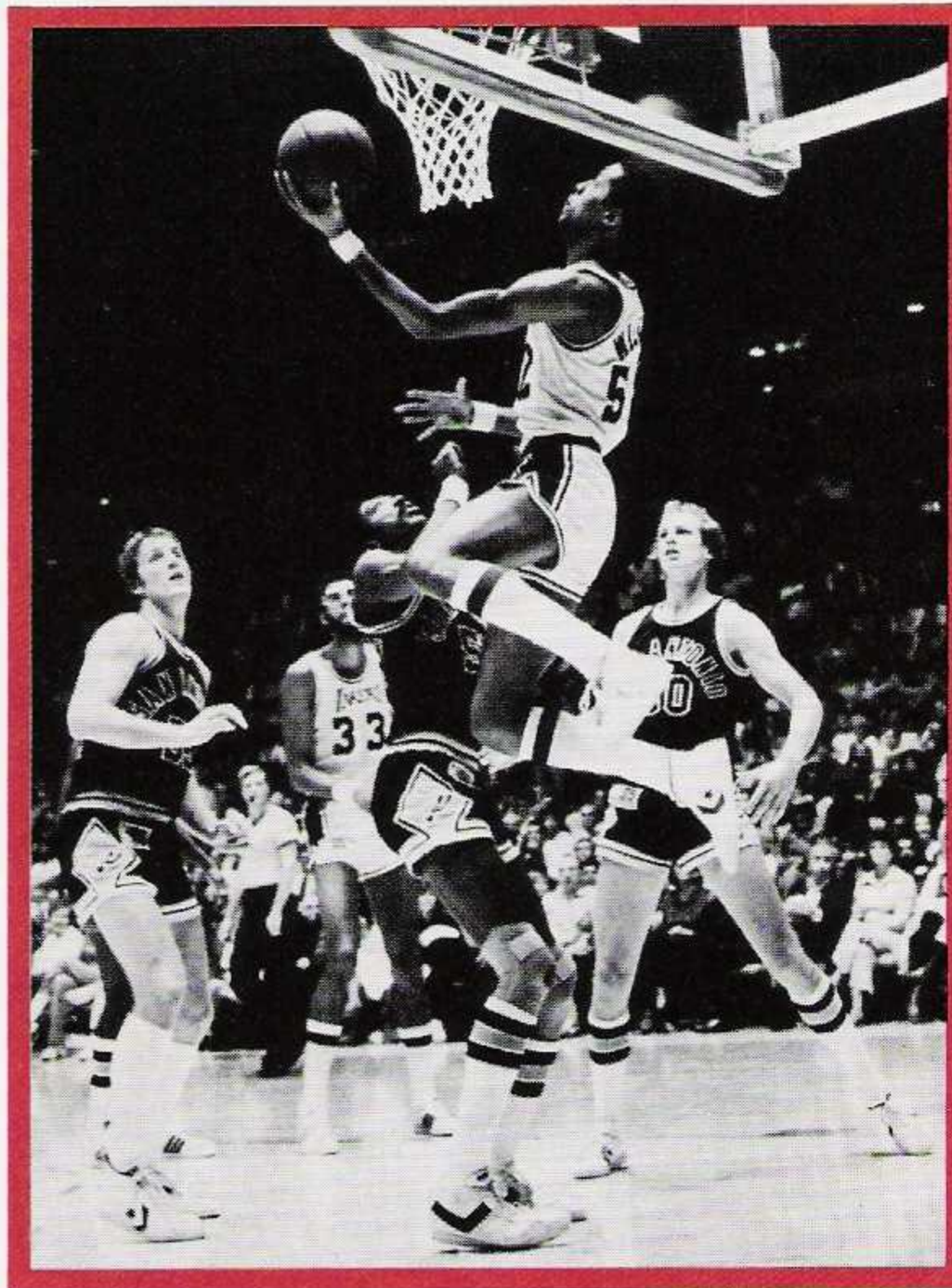
Many high school boys look at the glamour of becoming a pro athlete — some make a million dollars or two the first three years. But read here what happens after that three, five or seven years!

By Herbert W. Armstrong

MANY GUYS IN junior high and high school find they are real good in basketball, football or some other sport. They become excited over the glamour of being a pro. They hear of the million-dollar salaries some “big-name” pros get for their first one to three years’ playing on one of the big pro teams.

“Oh, boy! What big guys they are!” they think. The girls swarm around them for autographs. They are **BIG NAMES**, big shots.

Many big-name colleges and universities are taking advantage of kids who think that way. Even in the big universities, sports have become **BIG BUSINESS!** Now maybe you didn’t know much about that. But it costs lots of money to build huge stadiums seating 60,000 to 100,000 fans at a big football game. It costs big money to send basketball teams — a squad of at least 11 or more besides coaches, assistant coaches, trainers and managers — to other schools sometimes



clear across the country. The universities charge big admission prices to see games. In a season this may run into millions of dollars. Most people don’t think about it, but sports is **BIG BUSINESS** in big universities, and the university president and athletic director are good businessmen — and they are after that “almighty dollar.”

So what do they do? To make more money — draw bigger crowds — sell

more admission tickets — they must win more and more games.

So they employ at big salaries some guys the public doesn’t hear much about — trained scouts. These scouts visit high schools all over the country. They attend important high school games. They spy out the **BEST ATHLETES** — the guys who have natural physical ability to play better than others. Then they talk privately to these best athletes and to their parents. They tempt them with the idea of becoming a big-money pro if they make a big name for themselves in college.

Now the National Collegiate Athletic Association (NCAA), the association of the big athletic universities, has very strict rules about paying any money to college basketball, baseball or football players. But these scouts have been finding ways to offer fellows who are fine athletes with their bodies, but dim-brains with their minds, a way to go to college and take easy courses such as “basket weaving,” that will be easy for them, or even enroll for courses and then skip classes altogether, and still “graduate,” so they may become pros. Also

they manage an under-the-table way to pay these men money while in college without being caught — or, in many cases, they slip money regularly and secretly to the parents of the athlete, and try to keep it quiet. In the last year five of the “Pac 10” universities of the West Coast have been CAUGHT at this kind of cheating game against the NCAA rules, and were made ineligible for playing in bowl games at the end of the 1980-81 football season. But now what about the “big-name” PRO athlete?

John Johnston (that’s not his real name) had been a big-time defensive player on the New York Knicks basketball team. He had made big money, but he spent it as fast as he made it — sometimes faster. Now he is retired — an “OLD MAN” physically, as a pro. His life’s career is now behind him. He has his second wife and a family of five children to support. And his “fabulous salary” is all gone — spent on high living. John never learned to even read. He can’t read a newspaper. When he lived high and took girls to fancy restaurants, the girl always had to read the menu for him. In his athletic career he never had to learn even to think for himself. The coaches, the team management and, after marriage, his wife, did the thinking for him. In college and pro sports he had a lot of free time on his hands — although it was high-pressure work during practice and games. But John never learned to use his MIND!

And now, although he remained a pro longer than many, he is retired — an OLD MAN and only 32 years old!

One of the greatest names in sports was Joe Louis — the famous “Brown Bomber.” Many still think Joe Louis was the GREATEST fighter who ever fought in a prize ring! But with Joe it was “come easy, go easy.” He spent all his money. You can see Joe now any time. He is at the entrance inside of the famous “Caesar’s Palace” hotel in Las Vegas. They provide Joe with a room and board just for being there to shake hands and greet people who remember what a “GREAT” athlete he was.

Fellows and girls who read *Youth 81*, think about this! You are NOT living in GOD’S world! You are living in SATAN’S world. When you get to Ambassador College you will learn the TRUE VALUES. Satan has blinded

his world with FALSE VALUES of life. Satan wants youths to think that the greatest thing in life is COMPETITION and SPORTS. Satan is a great DECEIVER and he has deceived this whole world. Now WHAT does GOD say about sports? Not much. Just this little sentence: “Bodily exercise profiteth little” (I Tim. 4:8). Other translations word it “only a little.”

Our physical bodies do need some exercise, but not the overabundance many athletes give them.

To some young men of high school age, a pro athlete is looked upon as the greatest of men. Another prizefighter knew this, and got into many sports-page headlines, bragging, “I am the



Youth 81 Photo

GREATEST!” I mean Muhammad Ali. Many thought *he* was the greatest fighter of all time. But after his last fight at Las Vegas, Oct. 2, 1980, Ali was only 38. But he was *finished!* His brain had been a punching bag for quite a while. Next morning newspaper headlines on sports pages said, “Ali’s Last Hurrah Is Without Any Cheer.” Another, “The Ballad of Muhammad Ali: A Sad Song at the End.” Another, “Ali’s Last Hurrah Nothing to Cheer About.” Another, “Ali Grows Old, and It Hurts.” One newspaper story spoke of Ali as “the relic he is, a three-time champion now blasted with antiquity.” An OLD MAN, only 38.

May I give you a comparison? God raised me up to be His apostle, and to teach you His TRUTHS and give you wisdom. I am not 38 like Ali — I’m just a real YOUNG man compared to him — but I’m past 88! And I’m still running STRONG in what God called

me to do — and doing more work now than when I was 28 or 38!

God sent me to be an example for you who are growing into mature manhood and womanhood. Sure, I’ve had bodily exercise — A LITTLE! But not the over-amount of a professional athlete. I did play tennis occasionally, but never like a pro who plays all the time. In eighth grade and high school I skated up the river about three miles to school. I did some roller skating. In high school I ran the mile, but I only trained in my second year, and then my best time was 5 minutes flat on the Drake University track. At age 12 to 14 I played football part of the time, and my nose bone was bent over a little lopsided by being kicked in the face.

Yes, even though I didn’t really know God then, I think He kept me from going too far into sports. If Jesus were to be on earth today, as He was more than 1,950 years ago, you may be sure HE WOULD NOT GO INTO PRO SPORTS — AND PROBABLY NO SPORTS AT ALL. Especially where there is the kind of COMPETITION people seem FOOLISHLY to believe in today — where you “GET” the “ecstasy of winning” and the “AGONY of defeat.” In Christ’s world tomorrow, we won’t have the kind of sports COMPETITION where the other guy, the other girl or the other TEAM has to SUFFER the “AGONY OF DEFEAT.” God doesn’t want any of us to have to suffer “AGONY” or cause an opponent to suffer “AGONY”!

Competition that is HOSTILE competition, where you try to BEAT the opponent and try to cause the other to LOSE, is Satan the devil’s kind of competition. In God’s Church we just don’t have that kind of competition.

Jesus taught us to LOVE our neighbors — the other guys — as much as we love ourselves.

Satan has the whole world BLINDED! Turn to II Corinthians 4:4 and read that for yourself!

Fellows and girls, I am not an “old man” and never expect to be. When God gives us everlasting life, we shall never grow old. Pro athletes grow “old” because their bodies wear out, and they never use their MINDS! My mind is BETTER now, in my 89th year, than when I was 21 — and getting BETTER all the time. Follow my example and ENJOY LIFE — FOREVER! □

Give Yourself A Break

*Your body is more complex than today's supercomputers.
Be sure you're giving it the break it deserves!*

By Sandra Atkinson

Every day we have choices to make: what to wear, what to buy, what to do — the list goes on and on. Some of these decisions are trivial, but others are more important. What about food? Do you ever ask yourself, "What should I eat?" Does it really make any difference what foods we fill our bodies with?

Yes! It does make a difference. Food choices are important because what we eat affects what we look like, how much energy we have and how we react with others, not only now but in the years to come.

Our human bodies are complex and intricate creations of God, even more complex than the supercomputers of our age. Just as these computers must be handled with care and programmed with the right data to feed back the right answers, our bodies must receive the right foods to power us through the day.

Our eating patterns are developing into lifelong habits, so now is the time to learn the right way of eating. Later on, any bad habits we pick up will be that much harder to break.

By looking in a mirror you can see the results of your eating habits. Do you think they need changing?

Examine yourself! Are you often tired and irritable? Is your hair dull and lifeless? Do you have a skin problem? Are you overweight? Do you find it hard to concentrate in class? Do you have more than an occasional cold? Do you have to visit the dentist often? Are you accident-prone?

Something is respon-

sible for all these symptoms — the wrong kinds of foods. But, on the other hand, the right kinds of foods can add to your social life, supply the energy you need for your favorite sport, help you keep awake in your classes and, overall, help you become someone others will want to be around.

Maybe you think this sounds a little exaggerated. Surely *food* can't do all this for you? Well, you can prove it. If you've been eating too much of the wrong kinds of foods, like hamburgers, French fries, hot fudge sundaes, shakes, candy and soft drinks, try eating the right kinds of foods for just three weeks. See if you notice a difference.

What are these right foods that supposedly do all this? Over the years nutritionists have determined there are four basic food groups. The "Basic Four" are the building blocks of a good diet.

Group one. Meat, fish, poultry and eggs make up the first group. Also included are nuts, beans and cheese. These foods supply the protein we need for our daily growth,

body repair and energy. Although heredity plays a major role in determining how tall we will grow, protein also plays a part by enabling us to grow to the full height our genes and chromosomes have determined for us.

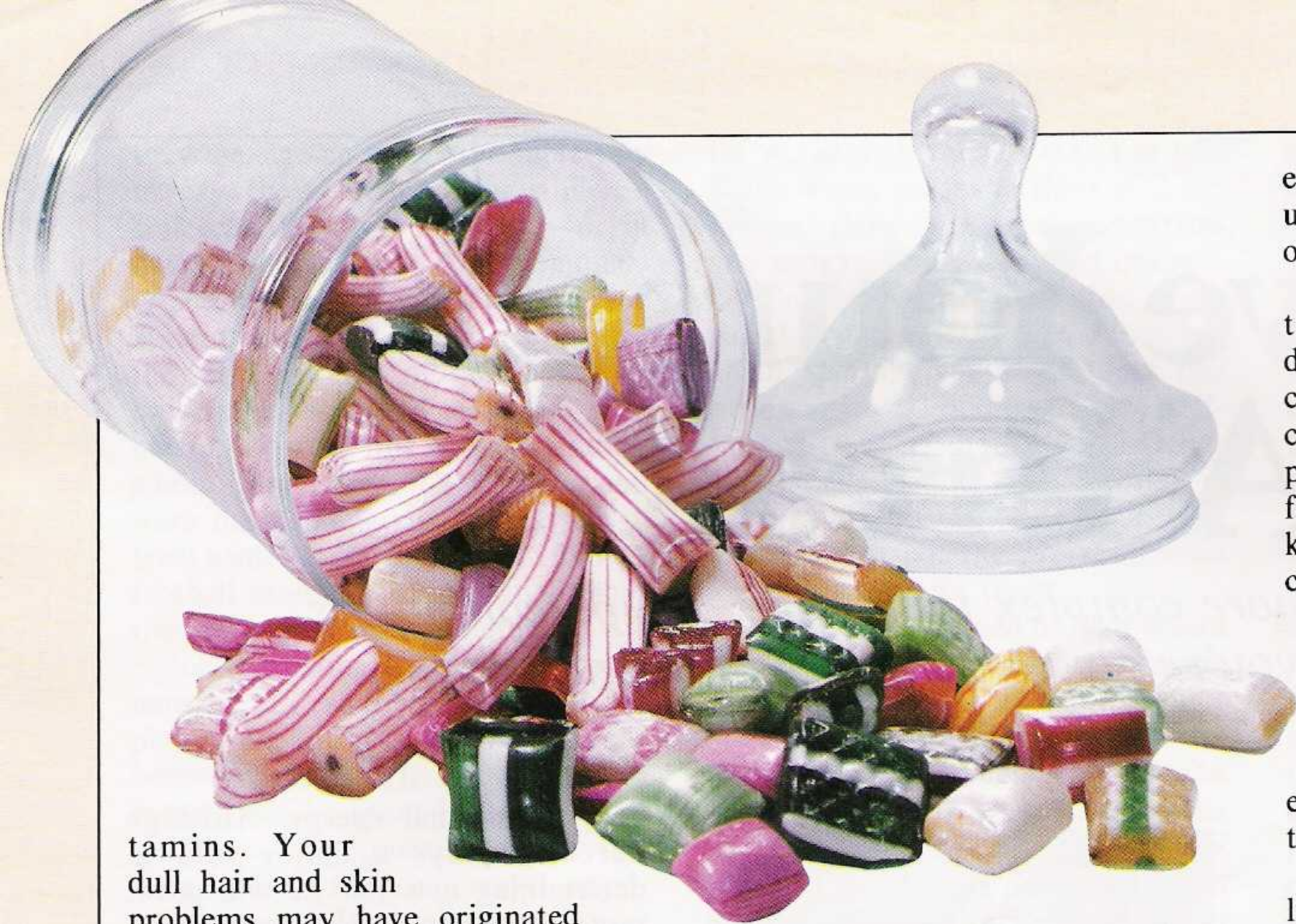
From this food group, especially the meats, we get our iron supplies, for stamina and strength. Also, strong muscles need daily amounts of protein (as well as regular exercise). We should have two servings from this group each day.

Group two. The second food group consists of milk and dairy products such as cheese, ice cream and yogurt. This group supplies calcium, a very important nutrient. During the growing years, calcium is important for strong, shining teeth and an appealing smile, as well as for proper bone structure that gives us our height and shapes our shoulders, arms and legs.

Four servings a day are recommended from this group.

Group three. In the third group are fruits and vegetables — "rabbit food," some call it. These are excellent sources of minerals and vi-





tamins. Your dull hair and skin problems may have originated here. Perhaps you're not eating the recommended four to five servings a day from this group.

Citrus fruits and tomatoes provide good sources of vitamin C, important in resisting minor infections such as colds. The dark green vegetables and deep yellow fruits and vegetables are the best sources of vitamin A, which helps you see well at night and aids in maintaining healthy skin. Studies have shown that most teens' diets are often low in these two vitamins as well as calcium and iron.

Group four. Breads and cereals make up the fourth group. Whole grains are the best because that's the way God created them for us to consume — not with all the goodness taken out by processing and then only a few nutrients added back. We need four daily servings of these.

Recently a fifth group of foods has been identified. This group, however, will do little toward building a good diet. These "foods" have hardly any real nutritional value; they are mainly fats, sugars and artificial additives. Soft drinks, greasy French fries, candy and products made almost exclusively of white flour are included in this group.

We should have *zero* servings a day from this group, but with most of us our sweet tooth wins and we indulge. Eaten occasionally, these foods don't do too much damage, but in substantial amounts they have been shown to be harmful to the

human body. When they enter our bodies they're treated like poisons, broken down and eliminated. In the process our bodies are weakened and our health suffers.

Basically, we should eat a balanced diet from a wide variety of foods and exercise moderation in eating any single food. Also, most nutrients aren't stored in the body and so we have to eat well each day. We can't just pick one day a week when we'll eat the right kinds of foods and on the other days splurge on junk foods.

If we're overweight, we tend to think that we have to cut out the starchy, fatty foods with lots of calories. This is true to a certain extent, but the best way to diet (that terrible four-letter word), is to cut down on the total amount of food that we consume. There are no "miracle" foods that cause you to lose weight.

Calories are neither good nor bad. It's how many we consume in proportion to how many we burn up in our daily activities that sways the balance. Calories are a measure of the amount of energy in foods. Fatty and sugary foods contain more calories and give us more energy when we

eat them. If we don't use this energy up in exercise or our daily activities, our body stores it as fat.

Snacks aren't wrong either, but the type we choose makes all the difference. Instead of candies, cakes, cookies and sodas, why not try carrots, celery, fruit or cheese, or perhaps a glass of milk with your favorite healthful flavoring. These kinds of snacks will cut down on calories, cavities and pimples.

Eating regularly is very important, especially if we're trying to lose weight. Skipped meals mean skipped nutrients nine times out of 10. And missed nutrients may eventually subtract from your vitality, alertness and good looks.

It's important to eat meals regularly, at set time periods each day, and with our families — believe it or not. More than just eating occurs at the meal table. It's a chance to talk over the day's events, discuss important topics and build the family bond, which our society is fast losing.

God created our bodies to need stimulation and exercise as well as rest and relaxation. Exercise must be regular to be of any real benefit. It stirs up the circulation, which helps our skin and dull hair problems, and for the guys it helps build muscles that impress the girls.

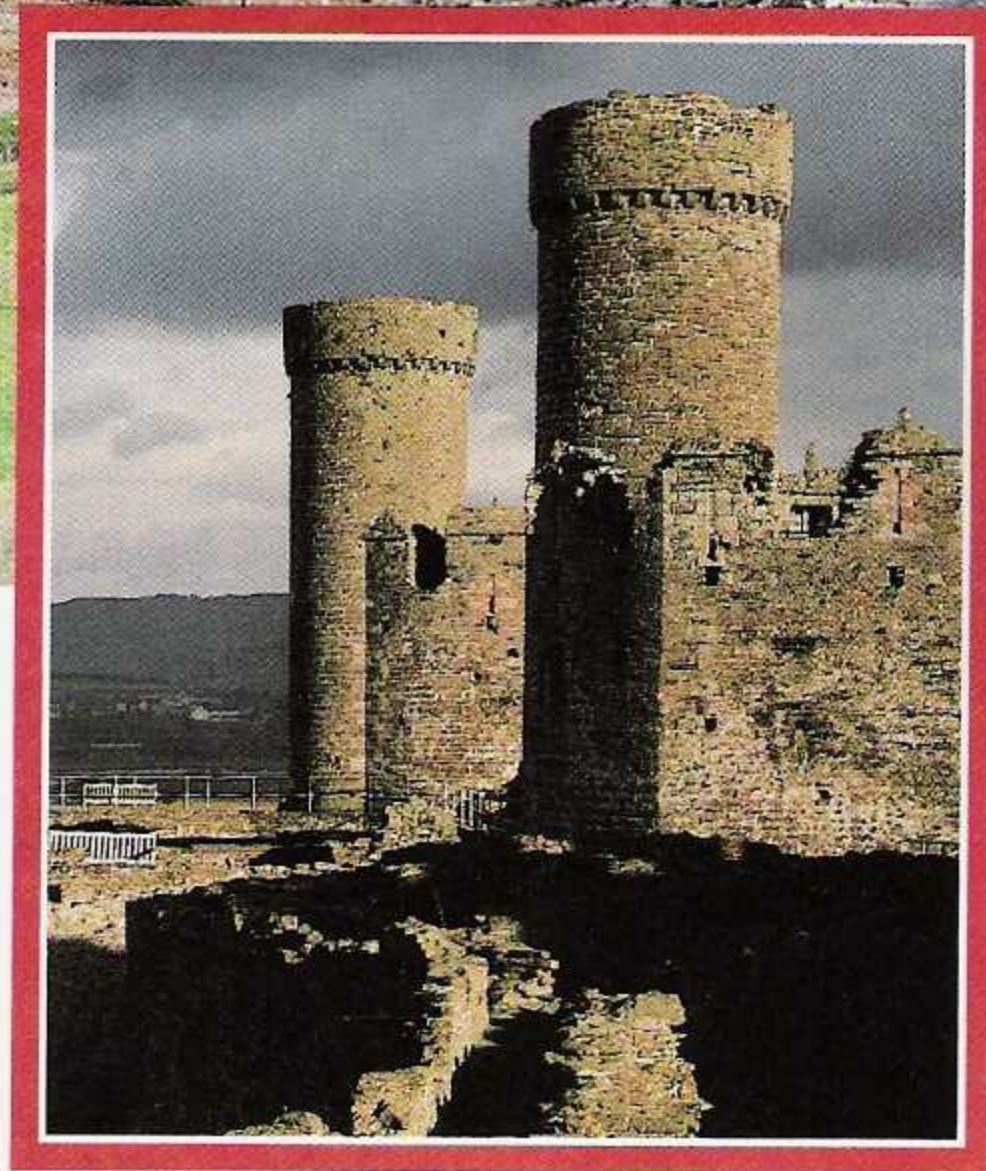
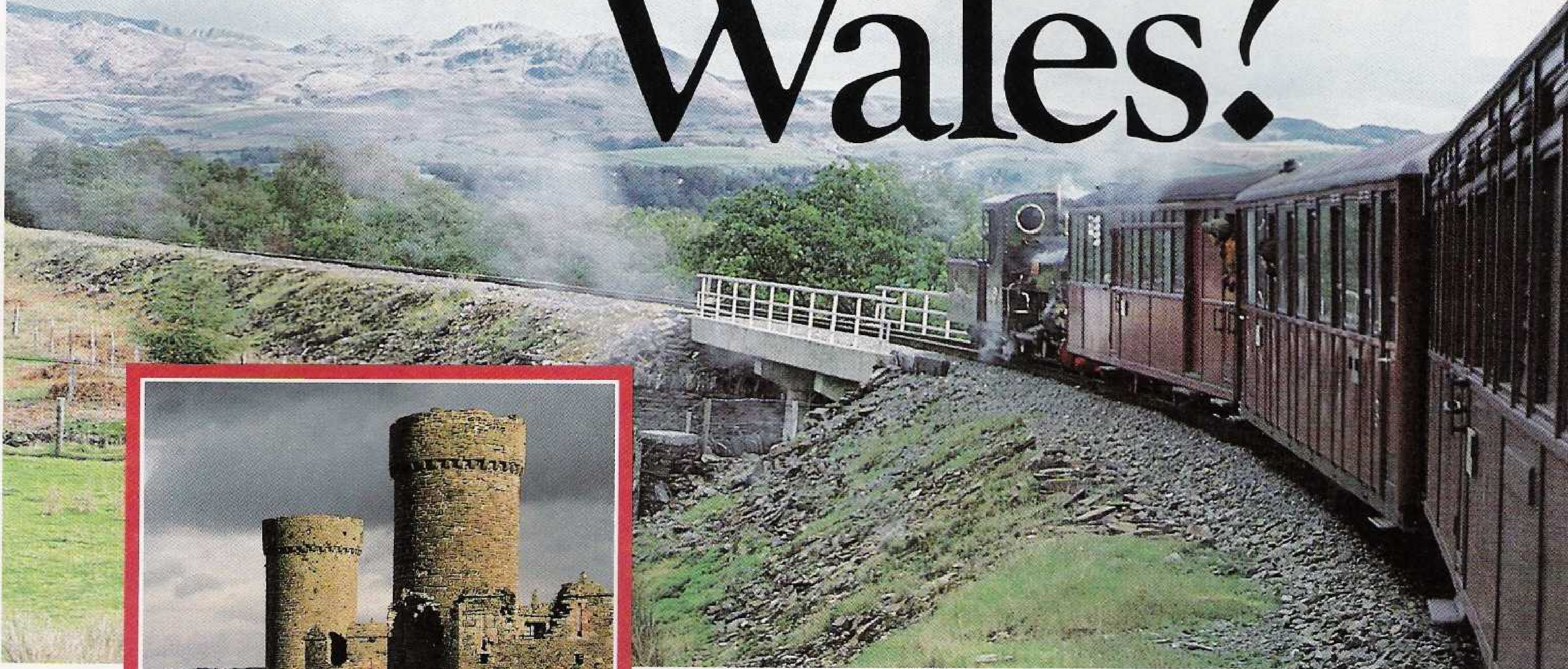
Getting adequate sleep each night is worthy of mention here. Perhaps devoting eight or nine of our precious hours to sleeping sounds like a terrible waste of time. But it's really an investment for the future. Your looks and energy will be depleted if you don't regularly get enough sleep.

Your health is very important and the subject is very broad, so if you would like additional information you can write in for the free booklet *Principles of Healthful Living*.

You're the one who has to live with your body, and you're the one who chooses the foods you'll eat. Give yourself a break and eat right. □



What's It Like to Be a Teen in Wales?



By John Halford

What's it like in Llanymddyfri? Or, if you can't pronounce that, try rolling Mynyddislwyn, Llanelly or Llchwyr around on your tongue.

No, these aren't tongue twisters. They're the names of towns in Wales, a little country in Europe.

Most people do not think of Wales as a separate country, since it is joined to England and is part of the United Kingdom. But although Wales has been politically united with England for hundreds of years, it is a country with its own unique customs, language and personality.

Look at a map of the British Isles and you'll find Wales easily. It juts from the western border of England into the Irish Sea.

Wales is about 130 miles long and 90 miles wide at its widest point. That makes its area only about 8,000

square miles, which is much smaller than most states in the United States. The population of Wales is just under three million.

Enough of the statistics — what's it like to live there? The Welsh people live in a beautiful country. Two thirds of Wales is covered with low but rugged mountains separated by deep, green valleys. Small towns are joined by narrow, winding roads. Farms dot the countryside; their small fields are surrounded by stone walls. These fields often seem to go straight up the hillsides, and you wonder how the sheep and cattle grazing there manage to keep from falling.

In southern Wales there are several big industrial and coal-mining towns. Most Welsh people live in these towns, which were built during the Industrial Revolution. At first glance these towns seem rather dreary. The small houses are built joined together in long rows and they all look the same. But if you walk down the street you will see that each house has its own personality, with bright curtains and a colorful front door with gleaming brasswork.

The most popular sport in Wales is rugby. This is a tough game, similar to American football, but played without most of the protective clothing. Cricket and soccer are other popular sports.

The Welsh have a great love for their traditional poetry and folk music. Some people consider the Welsh male voice choirs to be the best in the world.

What's it like to go to school in Wales? The school system is the same as England's. Children start when they are 5 years old. Until the age of 11 they go to a junior school, like the elementary schools in America and Australia.

Until a few years ago, all British schoolchildren had to take a series of examinations when they reached the age of 11. This was the dreaded "11 Plus." The results of this exam decided whether a student would continue his education at a grammar school, which prepared students for university or college; a technical school, which prepared them for a trade or the engineering profession; or a "secondary modern," which gave them a more general education. Today, most areas do not require the "11 Plus." Teenagers go to "compre-
(Continued on page 12)

Photos by John Halford



Roller Sk

By Eileen Dennis

Whether in the park, at the beach or in the rinks, roller skating is on the move as a sport. It's the latest craze, and participation is growing!

When did it all start? In 1760 Joseph Merlin, a native of Huy, Belgium, invented the first pair of roller skates. But we wouldn't consider his design — only two narrow wheels on each skate — very acceptable today. Over the following century, revisions were made and roller skating found its way to the United States. American James L. Plimpton designed, produced and patented the first four-wheeled skates.

Mr. Merlin and Mr. Plimpton would be amazed to see the popularity of skating today. People of almost all ages are enjoying this sport — almost as if it had just been invented. Today people are not only skating for fun but also to get in shape. Skating regularly is a great way to lose some unwanted pounds.

For the beginning skater, skating at a rink is suggested. Rinks are great fun for skating parties with your friends or an entire YOU group. It's an inexpensive way to have loads of enjoyment. If you have a large group, notify the rink — they may give you a special group rate.

The roller rink is a most enjoyable place to skate. The combination of the music, lights and people all moving together can give you an uplifting,

happy feeling, especially if you're with a group of friends.

Perhaps your parents would like to come along to the rink, too. Both you and they may be surprised at how much fun they have getting back on wheels — or trying it for the first time!

When looking for a rink, choose one with a good, clean atmosphere — one in which you will feel comfortable. You can start off by renting skates. If you decide skating is something you will be doing often, you can invest in your own pair. For rink skating especially, use the boot skate, not the jogger skate. Boot skates give the proper support to the ankles and legs for rink action.

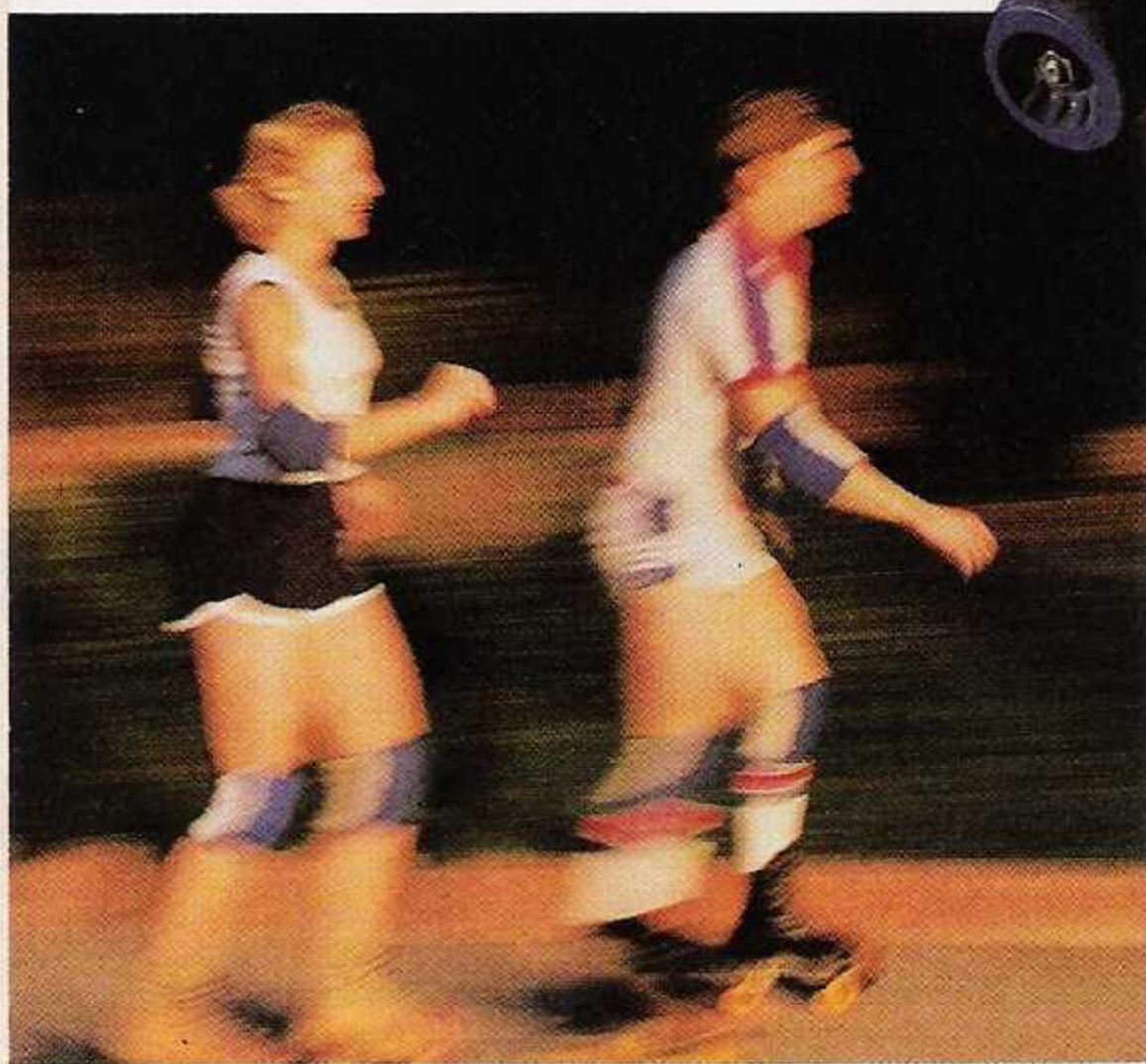
What type of clothes should you wear to a rink? Something comfortable! And don't forget to take along a pair or two of thick socks to prevent blisters. Most important, be neat, clean and modest. Remember, you are adding to the atmosphere of the roller rink.

Another thing: Remember to abide by the rules set down by the rink owners. Sometimes 200 or 300 people are on a rink at one time, and if proper rules and skating etiquette are not followed, injuries may occur.

If you prefer skating outside, knee pads are essential and elbow pads are strongly recommended. Also, remember to

watch for unexpected dips or bumps in the sidewalk.

Skating outside allows you to enjoy natural beauty in parks and other areas, and also provides a great opportunity to get together with your friends for an afternoon. But remember to use good judgment. Near a busy street is not the best



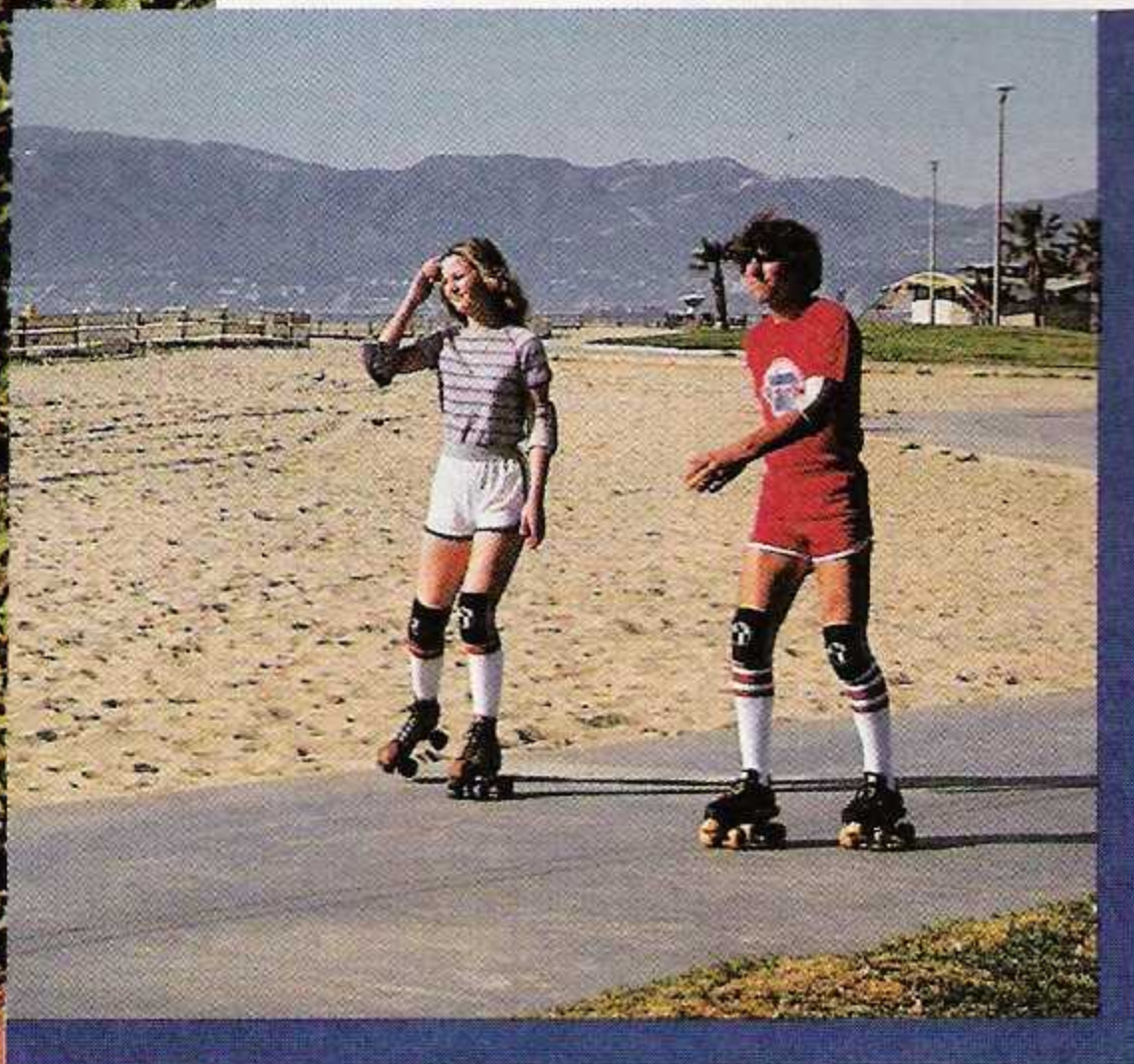
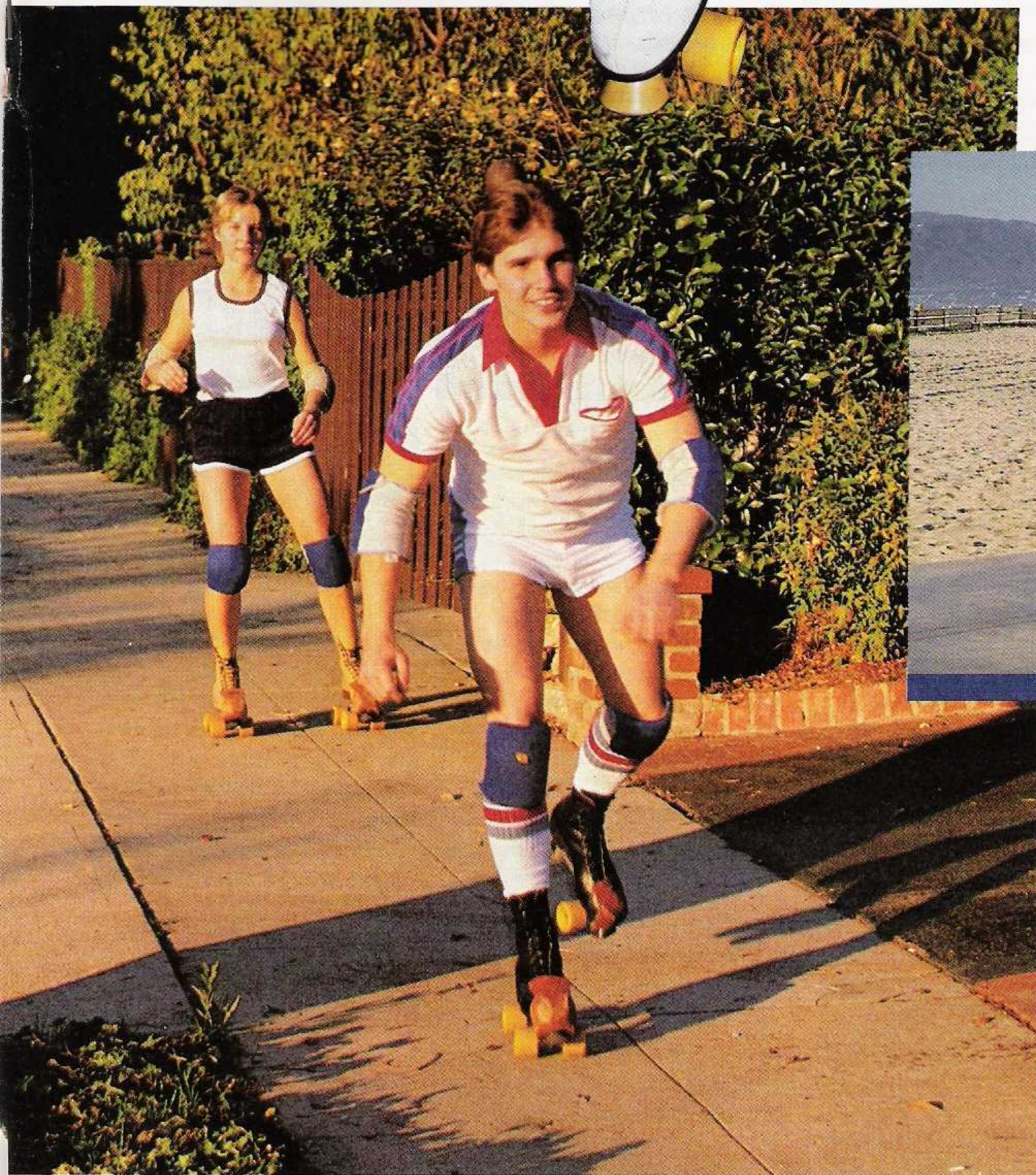
The enjoyment of the outdoors plus the thrill of roller skating add up to lots of fun as skaters take to the sidewalks. Pads are essential for safety, and they don't hinder the enjoyment of this increasingly popular sport. Photos by Nathan Faulkner.



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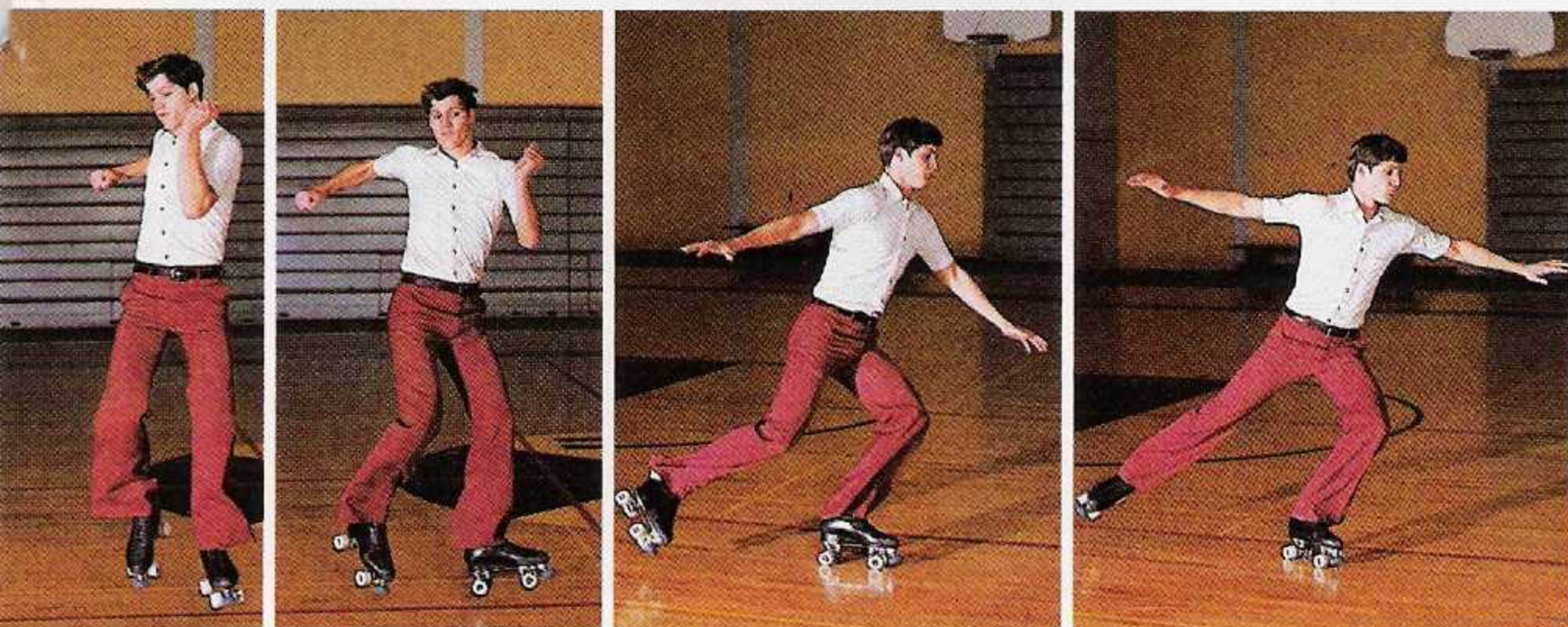
teen action
teen action
teen action



Roller skating is an exciting sport in all of its various forms, from practiced jumps and turns and graceful ballet style to just plain skating on the beach or in the gym. Try skating with a group of family and friends — you'll see why the sport is booming! Photos by Scott Smith and Nathan Faulkner.

place to try new tricks. Also, don't skate down a street that has traffic of any kind. When skating on the sidewalk, always show courtesy to pedestrians.

If you would like to learn more about roller skating in all its various forms, here are several recent books on the subject: *The Complete Book of Roller Skating* by the editors of *Consumer Guide*, published by Pocket Books; *Roller Skating From Start to Finish* by Jack Trap, published by Penguin; and *The Wonderful World of Roller Skating* by David Roggen-sack, published by Everest House. See the "News & Reviews" section of this issue for a review of *The Wonderful World of Roller Skating*. □



Radlett YOU Focuses on Apostle's Trips

Radlett, England, YOU members are taking a special interest in Pastor General Herbert W. Armstrong's international trips.

Just after Mr. Armstrong's trip to Egypt last November, the group put on an Egyptian evening to learn more about that country. The guest speaker, Egyptian press attache Zaki Ghazi, said he was impressed by the presentations the group

members gave about Egypt's young people, its educational system and the Work's participation there. His wife, a journalist for the Egyptian magazine *October*, expressed an interest in writing about their visit with the YOU group.

Mr. Ghazi presented the group with five miniatures of the 1978 Nobel Peace Prize shared by Egyptian President Anwar Sadat and Israel's

Prime Minister Menachem Begin.

Before Mr. Ghazi's speech, Geoff Sole, YOU coordinator, had given details of Mr. Armstrong's trip and meeting with President Sadat. Mr. Ghazi also discussed Mr. Armstrong's support of the World Peace Center that President Sadat is building at Mt. Sinai.

China, Israel and the Philippines have also been

featured by the Radlett YOU in special evenings commemorating Mr. Armstrong's trips over the past few years. Films, slides, posters and foods from the particular country, prepared by the YOU members, help to set the mood for these evenings. The group plans to continue these evenings supporting Mr. Armstrong as he preaches the Gospel around the world. □

News & Reviews

"The Wonderful World of Roller Skating"

By David Roggensack
Everest House, 1980
160 pages, \$8.95

"You want to take the turn without slowing. . . . You gauge it just before, computing as you go. Take the curve on the outside this time, roomier. Lean into it, right foot cross over, weight on left, cross, push, glide.

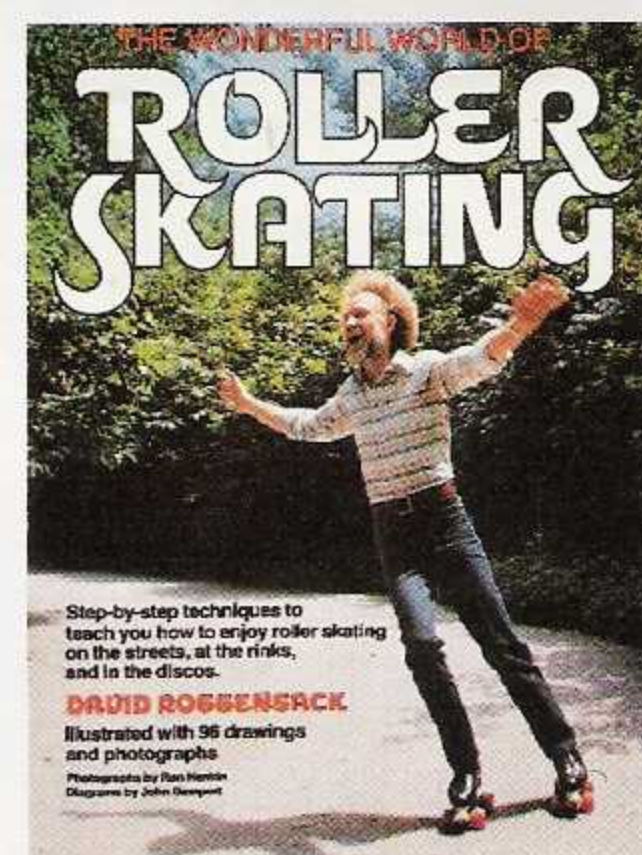
There's a space . . . made it!"

That's just a peek at this youth-oriented, energetic book on roller skating by a "passionate amateur" roller skater, David Roggensack. The book covers skating thoroughly from the beginner's first time on the floor through some methods of "getting good" (the title of one of the chapters), and

on into the fancy footwork — jumps, turns and helicopters.

The book also covers some of the benefits of skating, backed up by expert opinion. There's a chapter that explains the fitness and conditioning benefits of skating.

The Wonderful World of Roller Skating provides



helpful, practical tips for the beginner or the expert and also includes some of the mystique and history of this booming sport. □

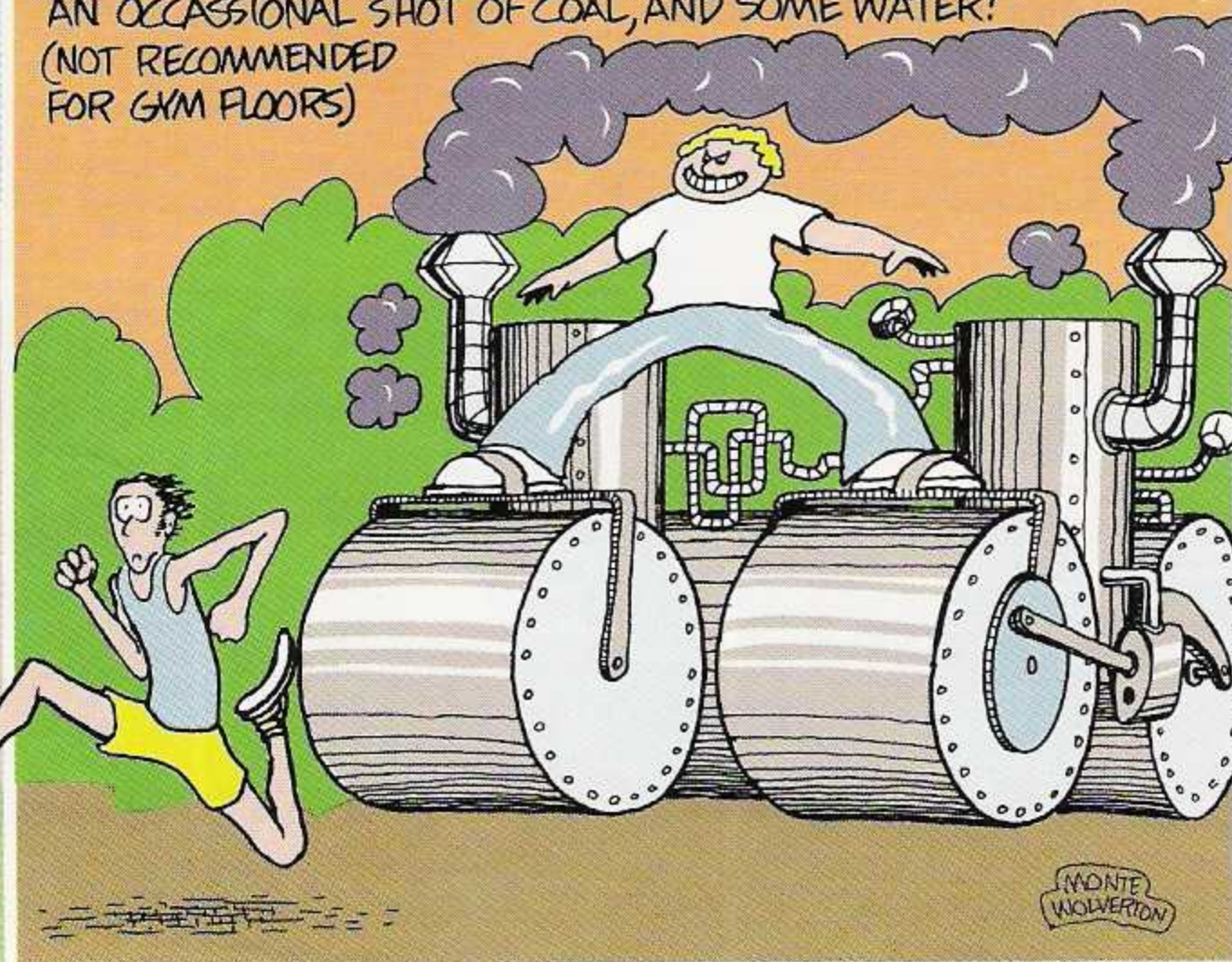
BY MONTE WOLVERTON

DROLLER SKATES

WHEN YOU SKATE, YOU MUST HAVE PROTECTION.. LOTS OF IT! NORMAN BOUNCEHAPPINESS OF Q-TIP, PENCILVAINYA, TAKES THIS SERIOUSLY! HE HAS PROVIDED HIMSELF WITH ENOUGH PROTECTION TO WITHSTAND A DIRECT NUCLEAR HIT! IN THAT EVENT, (OR IF HE HAPPENS TO FALL WHILE SKATING) THE CUSHIONS AROUND NORM'S BODY AUTOMATICALLY INFLATE WITH MASSIVE QUANTITIES OF LIME JELLO, SHIELDING NORM AGAINST SHOCK, AND GIVING HIM SUSTENANCE UNTIL THE FALLOUT GOES AWAY!



ARE THEY PAVING STREETS SOMEWHERE IN YOUR TOWN? THEN WHY NOT BE THE FIRST TO BREAK IN THE HOT ASPHALT WITH THESE STEAM-ROLLER SKATES?! ROAD CREWS WILL BE HAPPY TO SEE YOU COMING! UNQUESTIONABLE STABILITY! PEOPLE MOVE OUT OF THE WAY FOR YOU! STEAM ENGINES NEED ONLY AN OCCASSIONAL SHOT OF COAL, AND SOME WATER! (NOT RECOMMENDED FOR GYM FLOORS)



Movie Review: "The Elephant Man"

Few subjects force you to look at the really important things in life more than the story of someone who has labored under terrible handicaps. The life story of Joseph Merrick, portrayed in the movie *The Elephant Man*, is such a subject. It was one of the most unexpectedly popular movies released last year.

The movie is well done from a technical point of view. Filmed in black and white, it gives you an accurate feeling of the Victorian England in which Mr. Merrick lived. The acting captures both the ugliness — and the compassion — of the emotions Mr. Merrick aroused in people. It handles the subject of human deformity with a keen sensitivity. But it is the story — the true story — that gives the film its power. The movie, of course, isn't always accurate — it stretches some facts for the sake of melodrama. But the true part is powerful enough.

The story of the Elephant Man is so thought provoking because it tells us about human *character*.

The Elephant Man was perhaps one of the most ugly, deformed persons ever to walk on earth. His head was about twice normal size — about the same size around as his waist. Bony, fleshy masses of skin grew out from his forehead and upper jaw. His upper lip was turned almost inside out. The Elephant Man's face was like a block of gnarled wood. His skin resembled brownish cauliflower.

And yet this poor, wretched creature became the toast of London society, and the friend of the future king of England! Before he died, Mr. Merrick became renowned for intelligence, gentleness and humility.

Because of the kindness of a few special people who

gave him a room at London Hospital and who brought him visitors, Mr. Merrick was able to meet the most prominent people in London society. Mr. Merrick's visitors all seemed to remark about his gentle, humble, romantic spirit. Often his

attitude was described as "childlike" — constantly appreciative of every little kindness showed him.

What is the most important aspect of a human being? It is his character! If Mr. Merrick's life stands for anything, it is that character

and not appearance, is what counts. It is this basic idea that makes *The Elephant Man* more than just entertainment.

Although the movie presents the subject with sensitivity, parental discretion and guidance is advised. □

FRISBEE'S FRIENDS

BY CAROL SPRINGER



Leisure Time Fun: How to Choose a Hobby

Did you know that originally a *hobby* (short for *hobbyhorse*) was a favorite 16th-century toy? Now hobbies range far from that toy horse of antiquity to include everything from fishing to needlework, from philately (stamp collecting) to photography. As a matter of fact, a hobby can be anything constructive you enjoy doing in your spare time.

Many famous people have

What Is It?

Can you guess what this is? (answer on page 12).

Send in the creative "photo riddles" you have taken to *Youth 81*.



used hobbies for relaxation and self-improvement. British Prime Minister Winston Churchill enjoyed painting and writing, and U.S. President Franklin D. Roosevelt collected more than one million stamps as well as numerous model ships.

Do you have a hobby? *Youth 81* would like to share some of your outstanding and innovative hobbies with the other teens of God's Church. If you don't have a hobby but are interested in starting one, here are some tips.

Since your hobby will be an important aspect of your life, it should be constructive — something that improves you personally and that you can be proud you're doing. It's good to choose a hobby that will be able to grow with you — one that has a range of difficulty levels so you can achieve success at first but not become bored with it later. Think of the long run and pick a hobby you will physically be able to pursue all your life.

Pick a hobby that's challenging. Consider your interests —

if you are interested in nature then maybe bird-watching or rock collecting are for you; if you like working with your hands then maybe ceramics or wood working are down your alley.

Study the hobby you're interested in — read books about it and talk to people involved in that field.

Remember — a hobby is a leisure-time activity. Don't let it swallow up too much of your time. But if you've chosen the right hobby, you'll find it lots more exciting than other leisure-time activities that just kill time and don't accomplish much, such as watching TV.

Happy hobbying! □

SEP Applications

Summer Educational Program applications are available. Ask your minister about SEP in your area. In the United States and Canada write: YOU, 300 W. Green St., Pasadena, Calif., 91123.

Creative Group Dating Can MULTIPLY YOUR FUN

By Ben Faulkner



So you *haven't* got a date — now what?

Last month we covered some points of courtesy that will help improve the quality of your date.

But many of you haven't had to worry about dating courtesies yet — you consider yourself, or your parents consider you, too young to start dating. But you're never too young for group activities, and according to a group of college-age young people we interviewed, these "group dates" often multiply the fun and cause the least nervousness.

What's a group date? Many YOU outings are group dates, and so are picnics, parties, hikes and other activities where several guys and girls are invited, often not even in equal

numbers. According to the group of young people we interviewed, the more creative and better planned the outing is, the more successful and enjoyable it will be.

Group dates have a lot of advantages, especially for younger teens. You can be yourself and enjoy yourself if you're with a lot of people you know well, and often your parents will be more willing to approve of a group date, especially if you get them involved.

Some basic ideas for group dates are listed at the end of this article — expand on them and personalize them to fit your needs. Don't be afraid to try something new — it'll make the event more memorable — but consider what resources you have

available. And always try to do something that everyone will enjoy.

Now comes the work — planning and preparation. You'll want to get some adults involved here, either your parents, a friend's parents or perhaps the YOU coordinator. Although you provide most of the labor, they can help you with transportation, know-how and ingenuity to turn the idea into the event.

Making sure all the details are worked out before your big event is a big responsibility, but it pays off when everything comes off smoothly. Be sure the invitations are out in plenty of time for those invited to respond. Be sure the games or activities are interesting and well

If Only I'd Known

By Jeff Zhorne

Imagine meeting a congenial fellow you think would make the perfect partner for one of your friends for a double date one evening. You propose the idea to him, and he agrees to go, thus completing a foursome. The next day you are informed of the actual identity of your newfound friend. He is none other than Jesus Christ!

Would you shudder to think how you had conducted yourself the previous evening?

Had you only known, you would never have offered Christ a cigarette, much less considered lighting up yourself. Oh, and how ruthlessly you yelled at the driver

who had swerved into your lane without signaling.

Oh, what Jesus must have thought when you uttered those profanities after not being seated immediately at the restaurant. And your conversation while eating was anything but uplifting and wholesome.

What ran through His mind when you asked Him to drive the car home so you and your date could have the back seat? If only you could have known who He really was, you exclaim remorsefully. Then you wouldn't have taken Christ to meet your buddies after dropping off your dates. He was no doubt aghast at what you talked

about, you say in retrospect. You didn't really mean that Joe is a lousy so-and-so.

And no wonder He was the only one sober enough to drive you and your friends home as your throbbing head reminds you of having drunk too much the night before.

If only you had known the real identity of your divine Visitor! How drastically you would have changed the evening's activities.

Imagine having God's Son with you every night — because that's exactly how life is! Jesus Christ does go with us *all* the time and sees *everything* we do! □

N!



planned — this will make the atmosphere friendly and lively. And remember to send a note of thanks to everyone who helped out — that'll make it even more special.

Creative dating ideas

Visit a nearby park. Talk with the rangers or caretakers, view the points of interest and do some hiking.

Take pictures relating to a theme such as interesting buildings, mailboxes, kids playing, unusual cars or signs with odd messages.

Play simple sports like Ping-Pong, croquet or horseshoes.

Put on a dinner with a foreign-country theme.

Participate in recreational sports: golf, tennis, volleyball, skiing, bowling, roller skating or ice skating.

Build and fly kites.

Try tape-recording unusual sounds. Play board games; work puzzles.

Tour a factory and watch something being manufactured.

Get out your family photo albums and try captioning the pictures.

Plan a barbecue and sing-along.

Get involved in a service project to aid the elderly or disadvantaged.

Take some underprivileged children or the kids next door on an outing or picnic. Teach them a new game or handicraft.

Go horseback riding or square dancing.

Have a scavenger hunt where you look for hard-to-find objects.

Ride bicycles, play miniature golf. □

CONQUERING FRUSTRATION

By Mike Bennett

“I’m fed up! That’s the last straw — I can’t take this anymore!”

You might have said this when your parents were getting on your case again for playing your music too loud, or when that girl or guy walked right past you to talk to somebody else. Or maybe it was when you saw the poor grade you got on the paper you stayed up until 2 a.m. writing.

Sometimes nothing seems to go right. No one notices how hard you’re trying. It just doesn’t seem worth it. And so you get frustrated — and you’re not alone. It seems like everybody and his brother has not only suffered from frustration but has written a book about how to cope with it.

But do you just want to cope with your frustrations? Or do you want to face and *conquer* them?

Some of the problems we get frustrated about are beyond our personal control, but many others can be worked out. Let’s look at both kinds of problems and see that even if the problem can’t be conquered, the frustration can.

How can you decide if something is even worth worrying about? It’s a matter of perspective.

If you’re drawing a picture of a mountain, you have to decide whether to draw it looming large in the foreground or make it small and put it in the background. Artists call this relationship between size and distance *perspective*. The mountain is still the same size but if you back off from it, it won’t look as big.

You’ve probably noticed the same thing with little brothers and sisters. If you end up babysitting with them for a whole day it can seem like an endless trial, but when you were away at camp you kind of missed them.

You can look at other problems the

same way. If you back off a little and get the big picture, sometimes the problems don’t seem so bad.

This is what Herbert W. Armstrong always does. When he looks at the big picture, he’s looking billions of years into the past and into the future and all the way across the universe. It’s hard to frustrate a man who knows how it’s all eventually going to work out.

God says where there is no vision — ability to see the big picture — the people are going to be destroyed (Prov. 29:18). And that is what is happening in today’s world, with all of its problems. People can’t see the solution. But God tells us what is going to be done to solve, not just cope, with these problems. Ever think about what the world tomorrow is going to be like? Are there going to be cars? Will everyone get the chance to go skiing? Think back to some of the sermons at the Feast of Tabernacles, when the ministers talked about rebuilding the earth. It’s going to be quite a challenge.

And so we face smaller challenges now, like practicing your tennis before going out to play a real game.

In the game of life you run into frustrations, and you have to decide what to do about them. We’ve looked at the problems you can’t do anything about now. You have to see where these problems fit in the big picture, and leave the solutions up to God. What about the situations you do have some control over?

These really aren’t frustrations — they’re challenges. If you’re frustrated with somebody, God says to go to them and talk it out (Matt. 18:15). This usually requires calmness, tact and courage, so think the situation through and try to see the other person’s side before going to him. But

(Continued on page 13)

A Teen in Wales

(Continued from page 5)

hensive schools," which offer a wide range of educational opportunities.

Wales faces a high unemployment rate that particularly affects young people leaving school. Not being able to find a job is a major worry for teenagers in Wales today.

A long, colorful history

The Welsh people have a colorful history. For many years they fought against the British. But during the time of Edward I, 700 years ago, England established control of the country. King Edward, who, incidentally, is one of Herbert W. Armstrong's ancestors, made his eldest son the Prince of Wales, starting a tradition that has continued to this day. That is why Prince Charles, Queen Elizabeth's eldest son and heir to the throne, is called the Prince of Wales.

The Welsh did not give up their independence easily, and the English had to build castles throughout the country in which to garrison troops. Some of the castles have been ruined, but many are still standing. One of the finest is at Conway, and the Conway Church of God meets in a hall right beside it.

Also close by, and in total contrast to the huge castle, is one of the smallest houses in the world. Just two rooms, one upstairs and one down — it looks like it was built for a Barbie doll. But it is a real house, and somebody still lives in it.

Wales is a paradise for people who like trains. In the 19th century, many little narrow-gauge railroads were built to carry the world's finest slate down from the quarries in the mountains. This slate was used as a roofing material for many years, but as times changed, the little railways fell into disuse. Then about 30 years ago, enthusiasts began to restore

some of them. They have been put back into working order, and are a major tourist attraction. Some of the tiny steam engines are more than a hundred years old, and though they may look like toys, they are capable of pulling a full load of passengers up the steepest hills.

A teenager in Wales lives in a world that is both ancient and modern. He is proud of his country, but probably also a bit worried about

tion of Independence. Also, at least seven American presidents claimed Welsh descent. Perhaps you have some Welsh in your ancestry. Typical Welsh names are Evans, Griffiths, Jones, Lewis, Meredith, Morgan and Williams.

People are proud of their Welsh heritage, and there are Welsh societies all around the world. In Wales this pride is displayed in the struggle to keep the Welsh language alive.

Learning the language

English, of course, is the main language, but many people speak both English and Welsh, and there are a few places even today where no English is spoken.

To make sure the language does not die out, all schoolchildren are taught Welsh, and street signs are printed in both languages.

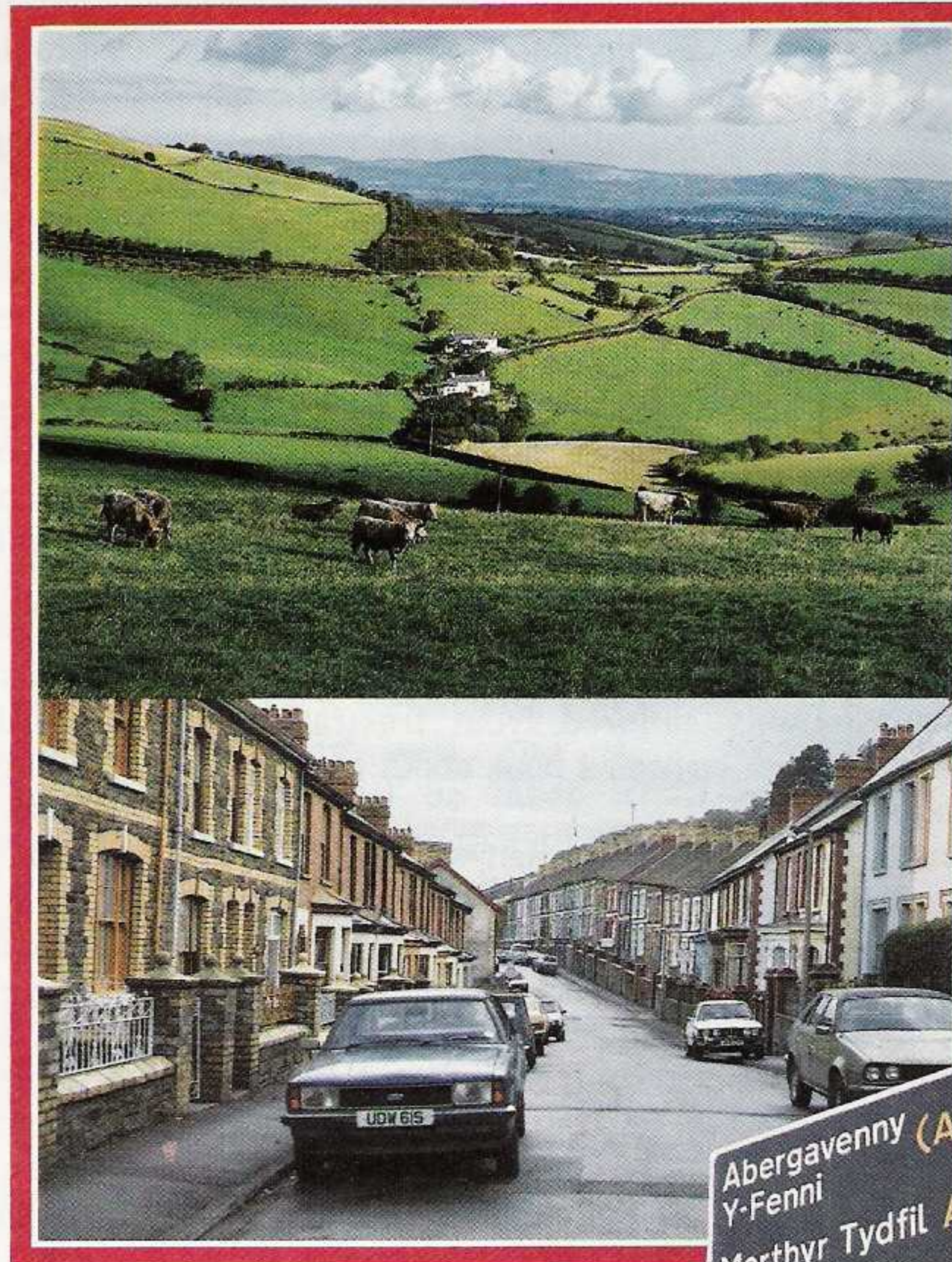
And of course, there are those place names. When you first see them, they seem unpronounceable — all double *ls* and double *ds*, with no vowels to make them easier to say. But it's quite simple, really. Just remember that in Welsh, *w* and *y* can be used as vowels, and the pronunciation of *ll* is somewhere between the *thl* of *athletic* and the *chl* of *chlorine*. *Dd* is simply pronounced *th*.

So now you should have no difficulty with those names at the beginning of the article. Let's look at them again. *Llanymddyfri* comes out like *Chlanymithfree*, while

Llanelly is *Chlanethlee*.

What about *Llanfairpwllgwyngyll*? Just say *Chlanfarepilligwee* . . . no, wait a minute . . . *Chlanfairpwiggle* . . . er . . . *Klanfwilgwip* . . . *Fwippclanpig* . . . oh, forget it!

See you next month. □



Small farms dot the Welsh countryside (upper photo). In the big towns, houses are joined in long rows, but each has its own personality (lower photo). Right, the street signs seem unpronounceable.



the future, especially the unemployment problem. The situation is causing some young people to leave Wales to find work in England and abroad.

In the past Welsh people have immigrated to America, Canada and Australia. Many have made their mark in their new homelands.

American readers might be interested to know that the captain of the *Mayflower* was Welsh, as were 17 of the people who signed the Declara-

What Is It?

ANSWER — It's a well at Beersheba. Abraham (Gen. 21:30-31) and Isaac (Gen. 26:32-33) found water near here.

FRUSTRATION

(Continued from page 11)

you probably won't solve the problem if you don't talk it out.

Talking usually helps with other types of challenges as well. Talking to somebody who has gone through the same kind of problem can help you come to a solution without being frustrated. Older brothers and sisters and your parents often have faced the same kinds of challenges as you are facing now. Asking for advice is a good way of making sure you'll succeed (Prov. 15:22).

Two major parts of your game plan should be drive and perseverance. Drive, a combination of desire and effort, is especially necessary to overcome anything that is frustrating you from achieving your goal. Perseverance — sticking to it — also helps a lot. With perseverance, you won't quit until you achieve your goal.

Conquering frustration isn't easy, but it's much easier than continually hitting your head against the wall by remaining frustrated. By getting an overview, talking it out and using drive and perseverance, you won't have to be constantly frustrated. □

Letters

(Continued from inside front cover)

Will aid growth

I just have to write and tell you how blessed I think we, the youth in God's Church, are to have the opportunity to have the new magazine, *Youth 81*. I know it will help us to grow spiritually.

Mr. Armstrong, I pray for you daily and those who assist you. May God continue to give you good health and guide you and everything you do.

Howard Louis Rutledge Jr.
Yazoo City, Miss.

Strengthening bonds

Thank you for this new magazine. YOU members will feel more a part of God's Church, because we are being specially fed and nurtured along with the baptized membership.

The strengthening of bonds between converted parents and their children is already evident here, and *Youth 81* magazine can only further reinforce it.

Heather Aikins
Delta, B.C.

BY THE WAY...

By Dexter Faulkner

I have made an interesting discovery about young people. Most of you have heard the words of Christ, "It is more blessed to give than to receive" (Acts 20:35), and I have discovered once you get the idea, you are often better givers than grown-ups.

Since most of you have limited spending money, you have to give of yourselves. As a result, you often come up with ways of giving that never occur to older people.

I've also noticed when you think of something nice to do for someone, you promptly do it. You've discovered the real secret of being a giver — to act on your generous impulses quickly, without hesitation.

These days all the members of every family need to meet the multiple problems of living together by giving to each other. For the giving cannot be all one-sided.

Always being asked or told to do things around the house is a bore. But it also provides some great ideas for giving yourself to your parents. If you voluntarily do many of the things you know you ought to do, you will give your parents some gifts that will really please them.

- For starters, you can *cheerfully* help with the housework, weed the garden, mow the lawn or take out the garbage without being asked to.

- You can keep your room picked up (if you don't already) and save your mother much time.

- Do your school homework or music practice without having to be nagged. This is a marvelous gift in many a home, for it wears moms and dads out to keep after their youngsters.

- How about keeping the car washed and polished, so it will be a credit to the family?

- Keep sensible night hours, and by so doing relieve your folks

of much anxiety. Parents will tell you anxiety makes them old fast!

- You can help with the care of the younger children, so your mother can rest or do things she never seems to have time for.

- Volunteer to cook a meal for the family, and then clean up.

It is not the doing of these things that is a gift, so much as it is the promptness and cheerfulness with which you do them.

You can give in dozens of ways to your brothers and sisters as well. Just think of the kinds of things you would appreciate having them do for you.

A friend of mine told me about a little girl in a Church family. She wanted to give her older sister a Feast gift but had no money. This didn't stop her — she gave her sister an envelope tied with a ribbon. Inside were four slips of paper, each with a gift printed on it:

"Good for two dish washings."

"Good for two bed makings."

"Good for two dustings."

"Good for two kitchen floor scrubbing."

Gifts like these can be very valuable and memorable.

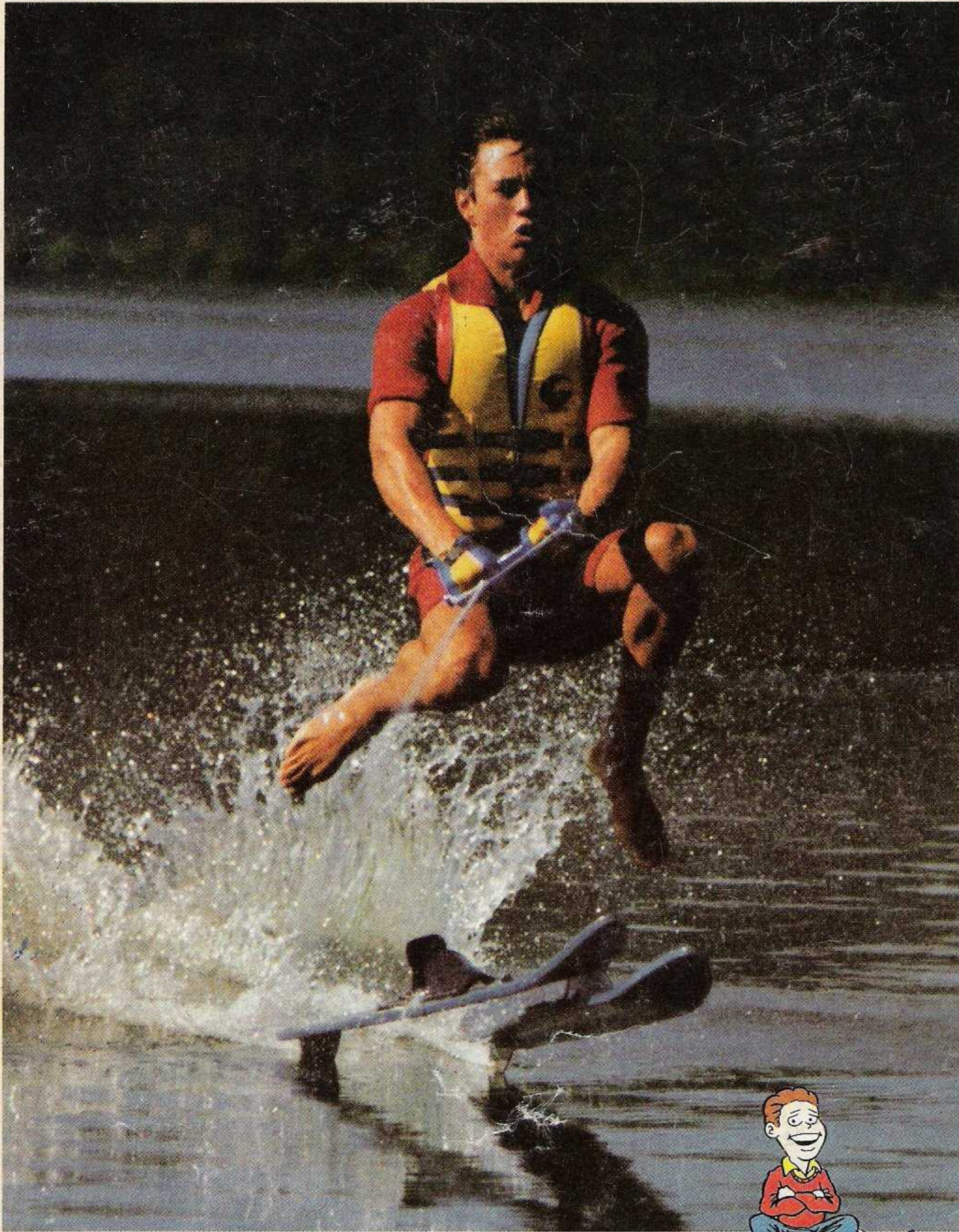
You don't need to limit your giving to your family. When you have spare time you can offer to do chores for your neighbors.

At school you can give yourself to your teachers by paying close attention during class and by having your homework ready on time.

You can give a smile or a kind word to a friend or teammate. It may be just what he or she needs to make his or her day.

Every time you give a bit of yourself you plant a seed of goodwill and happiness. The rest of your life these seeds will keep springing up unexpectedly.

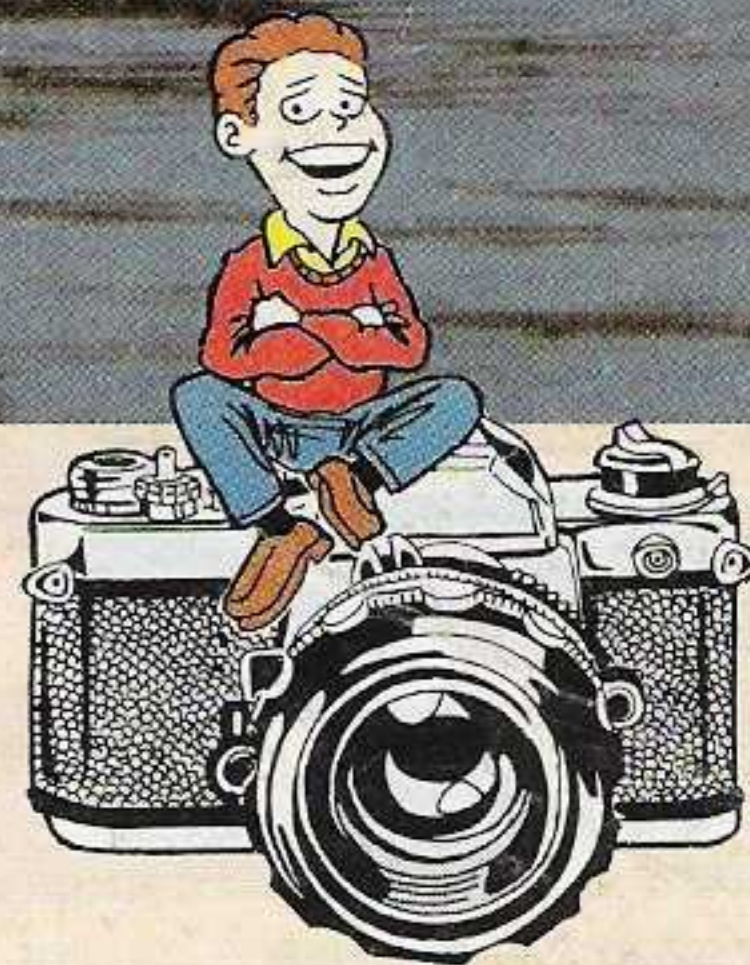
'Tis much better to give than to receive — and it pays dividends. Try it — you'll see. □



Ski expert skis barefoot at SEP.

**Photographer — Nathan Faulkner
Age 18
Sunland, Calif.**

“Youth on Camera” is a regular feature for your photographic talents. Send in your interesting, creative shots, especially of those that are possible publication.



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