

Youth & 6



**Defuse Your
Stress Bomb!**

**Be What You
Want to Be!**
By Joseph W. Tkach

Youth 86

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COVER: When you're being pulled in all directions, stress can make you feel like things are about to explode. See "Defuse Your Stress Bomb!" starting on page 11. Photo by G.A. Belluche Jr.

Letters

Stopping before it's too late

I just finished reading the article called "Signed: 'Learning From My Mistakes'" in the August issue. I was very impressed and inspired by this article. I have been going with my boyfriend for seven months now and we always told each other that we would never engage in any kind of sexual activity. But as months went on *we did*.

Having grown up in the Church all my life, I knew it was *very wrong*. But I reasoned with myself instead and said "We're going to be married anyway so it doesn't really matter." I was only fooling myself! It's so wrong and I see that now. And so does my boyfriend. He read the same article I did and we both agree not to ever engage in this kind of activity again. I want to stop *now* before I have a lot of problems to deal with. I want to enjoy my teenage years while I can because I won't be a teenager all my life.

Next time I decide to be sexually involved, I will be married, whether it's with the guy I'm going with now or some other guy. I made a mistake, but what's the sense of making the mistake over again and again.

Name withheld

Importance of values

My heart was lifted after reading the article: "Are You Sure Everybody's Doing It?" by Dexter Faulkner. It made me think how important [it is] to set certain values and standards concerning... premarital sex.

I finally found out that God has a wonderful plan for me — a gift from God. And I'm very grateful to Mr. Faulkner for this inspiring and educational article.

Johanna Co
San Miguel, Philippines

Family talks

When I read the article "I Can't Never Will" in the May issue I thought about... my family and what we are trying to change. Today my whole family had a great talk about the things that were bothering us. A lot came out in this conversation and I am glad we had that talk. Thanks to your article I believe I can do *anything* I set my mind to do!

Heather White
Springfield, Missouri

Teens on the Emerald Isle

While my wife is writing to you about our love of *Youth 86*, I must tell you
(Continued on page 27)

By the Way...

When the Going Gets Tough

By Dexter H. Faulkner

You can be tough enough to get going — to reach your goals and dreams!

Next time you smear some honey on your toast or mix some into a recipe, think about the trouble some persistent bees had to go to to bring that honey to you:

To produce one pound (.45 kilogram) of honey, bees must visit an average of 56,000 clover heads. Now, each clover head has about 60 flower tubes. That means visiting 3,360,000 flower tubes to produce that pound of honey.

One estimate put that as the equivalent of three trips around the world!

Look at it another way. Sometimes one flower will give a bee all the raw materials it can carry (which, after all, is a tiny amount). But sometimes the bee will have to visit not just one or 10 or 100, but up to 1,000 flowers just to get one load! And, if the bee cannot find a nectar flower nearby, it will fly as far as eight miles to find one!

When you're facing a difficult task, think about the bee. It has an important strength we all need. This strength is stick-to-itiveness (no pun intended).

Stick-to-itiveness is the quality

of seeing things through to the end.

It's an important quality to have, whether for a job, a homework assignment, a chore or a personal goal such as becoming an accomplished athlete. A well-known synonym to stick-to-itiveness is perseverance.

Times of stress and crisis

Sometimes, it's part of our nature to give up, to quit, to throw it all away in a time of stress or crisis. But that doesn't mean that's what's best for us or for others. As the old saying goes, when the going gets tough, the tough get going!

You know how it goes. You are studying for an exam

and the chapters seem to get longer and the notes you have taken in class get harder to read. Before you know it, you feel like saying: "Forget it! There is just too much material. I think I'll just go out and get some French fries and a shake!"

But, where would we be if everyone gave up when the going got tough?

Well, for one thing, your new bike or skateboard would be poorly made and dangerous. The wheels might fall off while you're on it because the person putting them on didn't do his or her job completely.

All your new clothes would fall apart the first time you washed them because the seamster didn't bother to finish all the seams.

You would get a 50 on your

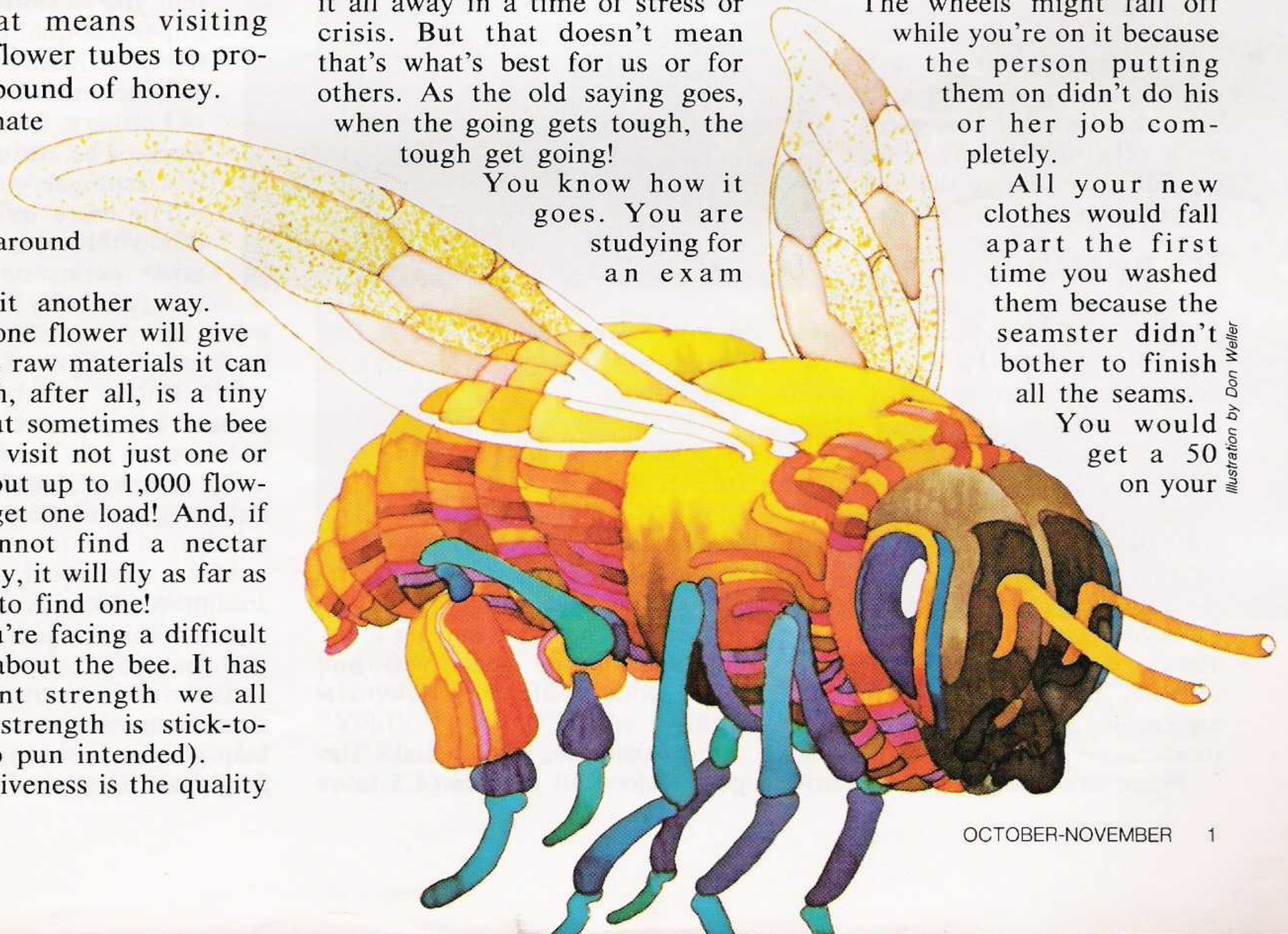


Illustration by Don Weller

You are worth the hard work. The ultimate reward of perseverance is a stronger you!

science project because your friend did not come through with his or her part. Also, you may have lost a friend — after all, who wants to have a friend that can't be trusted?

If your dad or mom gave up when things at work weren't going smoothly, he or she couldn't buy you that promised portable stereo. Perhaps Dad or Mom couldn't even keep a roof over your head if

Putting together a classic model car kit, like any hobby or job worth doing, requires stick-to-itiveness in order to finish well.
(Photo by Nathan Faulkner)

this lack of perseverance became a pattern in his or her life.

So, you see, stick-to-itiveness is pretty important stuff.

Anything worthwhile takes work. And work involves sticking with a task until it is properly finished. You and I expect this quality in others, yet many times we fail to recognize that we ourselves need more of it.

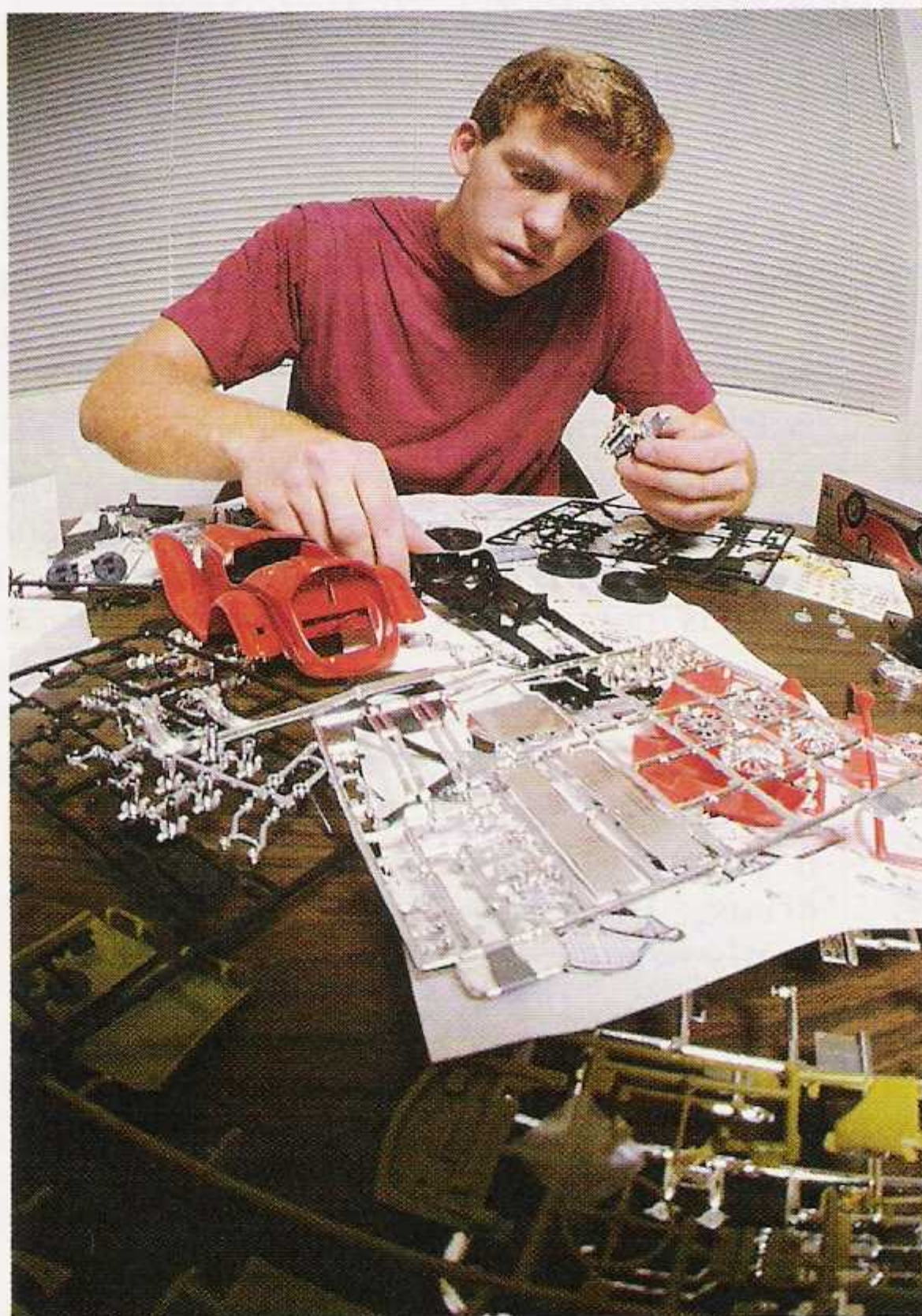
Try, try again

Not only do we need to finish things we start, but we need to patiently persevere. Sometimes projects won't work out the first time you try. You need to build the habit of patiently beginning again — staying calm and keeping at it. Notice I said "patiently beginning again," not sitting and doing nothing. That's not perseverance. Perseverance takes personal ACTION.

What if the bee decided its enormous task was too enormous?

There are lots of good exam-

ples of people who have this most important quality. Look around at those you view as successful. What one quality do they all have in common? They all stick with a task until it's finished! They don't give up when things aren't going their way. They realize that there are worse jobs and they try to see



the positive side of their task. They use the obstacles as growth experiences.

Also in persevering, they tell themselves, "This job won't last forever." When the end is in sight, it's amazing what difficulties we can go through. That's why goals are important. A goal shows us the end.

You will find that setting long- and short-range goals will improve your ability to stick to a task.

For example, if you make the goal to lose 10 pounds (4.5 kilo-

grams) in 10 weeks, you will have more success than merely deciding to lose 10 pounds. As the temptation to eat something you know you shouldn't eat comes up, you'll be better able to resist and stick to your schedule — provided you have a schedule — because success is in sight!

When the going gets rough, remember these two points: *set your mind* to finish well (so that no wheels fall off!) and then *concentrate on the desired end result*.

You may even want to promise yourself a reward for your success. When you lose that 10 pounds, buy yourself a new article of clothing. In time the habit of stick-to-itiveness should bring gratification enough without the added stimulation of a reward. Become dependent on the feeling of accomplishment, not the material reward you've promised yourself.

Stick-to-itiveness is a strength that can only be developed through resistance. Therefore, when obstacles come your way, stick with your task and realize that you're learning a vitally important quality — a quality that doesn't come naturally to most of us.

You are worth the hard work. The ultimate reward is a stronger you!

For more information on this vital topic, as well as other points on being successful, why not call or

write for your free copy of our booklet, *The Seven Laws of Success*? Phone numbers and addresses are on the inside front cover.

By the way, stick-to-itiveness also applies to developing your mind!

Make sure you read Publisher Joseph W. Tkach's important article on this subject, starting on the next page. Out of his deep concern for you, Mr. Tkach shares some information that will help you in achieving all of your goals and dreams. □

Prepare Now to Be What You Want to Be!

By Joseph W. Tkach

Don't limit yourself! You can achieve the things you want out of life — if you prepare now.

As publisher of *Youth 86*, I am gravely concerned about the growing number of tragically wasted lives among today's youth. I want to talk to you about one major contributing cause — that of neglecting your education.

Have you fully realized that your future *depends* greatly upon your education?

Think for a moment about what kind of life you want to have.

Do you want a car? Do you want a nice place to live? Would you like to wear nice clothes? Would you like to travel? Do you want a good job and income?

You can have those things — and more! All you have to do is *prepare* for them.

Losing sight of the purpose

Too many young people today have lost sight of the purpose for education. They can see no value in going to school, studying for classes, taking tests, improving their grades. Hopefully you are not one of these young people.

In the United States, about one ninth grader in four does not finish high school. Without realizing it, these young men and women limit their true potential to achieve all those dreams and

hopes of their teenage years.

High school dropouts are twice as likely as graduates to be poor. Graduates have at least a 60 percent better chance of employment than those who leave school early. Dropouts often find themselves overwhelmed by the harsh realities of just surviving, let alone fulfilling life's dreams.

Have you ever wondered why adults, particularly parents and

smart"? Adults can look back on their youth and see what you will also see in just a few years — that your whole future is largely based on how well you prepare for it *right now!*

What you do *now*, especially in regard to education, will greatly affect the way you live for the *rest of your life.*

Hard work and study *now* will help ensure a better quality of



teachers, always seem to admonish you with statements like, "Youth is wasted on the young" or "You're only young once" or even "Too soon old, too late

Youth 86 Publisher Joseph W. Tkach meets young people at a summer camp in Big Sandy, Texas. Mr. Tkach oversees educational activities including summer camps, Imperial Schools and Ambassador Colleges.

life for your entire adulthood. Fun is a good thing. But *too much* fun — let's call it frivolity — in these educationally important years will mean having far less fun in your future.

Your parents and teachers realize that you have no way of knowing all these things unless they point

Do you want an interesting and challenging career? You need to prepare now by taking full advantage of your education! (Photos by Nathan Faulkner)



them out to you. They are *concerned*. They want to see you have a happy and successful future.

They may even get quite emotional about it at times, because they realize that *your* time to prepare for your future is limited. They may fear that you are wasting that precious time with frivolous activities. And in some cases, your parents may be deeply concerned that you do not make the same mistake they did by throwing away the precious gift of education simply because they didn't understand how valuable it really was.

You see, once you are on your own, having to make enough money to pay for rent, food, clothing — maybe even a baby

— it's *too late* to go back for an education.

Oh, some few, and they are to be congratulated, have found a way to do it, at far greater personal sacrifice than it would have been only a few years earlier.

But for most teens, once they leave home, their opportunity for preparation is gone. They have locked themselves into a future that is less than what *could* have been theirs, if only they'd



had the maturity to understand and take advantage of it.

If you are thinking about dropping out of school — *don't!* Finish your education. It may seem

hard now, but you'll *always* be glad you did. Don't limit yourself or your future.

Listen to the counsel of your parents and teachers. If you need help to improve your grades or study habits, *ask* for it. Don't stop till you get it. Hang on to study and school as if both are gold. Because in reality, your education is one of the most valuable possessions you will ever have. It will open up the doors to your dreams.

Don't stop!

Don't let *anything* stop you from finishing your education. If peer pressure is a problem, find a way to make new friends. True friends don't ruin their friends' lives. If your friends are causing you to miss out on your education, they are *not your friends!*

Avoid those things that can interfere with your future happiness. These include premarital sex, with its built-in hazards of health-destroying STDs and unwanted pregnancy. They include mentally destructive drugs that your "friends" may insist you join them in using, but which can ruin your chances for education and a normal life.

You *can* do it! The future is yours. You can be whatever you prepare to be. Parents, teachers and counselors are there to help you. Make your dreams, your hopes, become reality. It's true, you know. You're only young once! □

Thinking of Quitting School? READ THIS FIRST

By Kim Wenzel

Are you thinking of quitting school? Well, you're not alone. I thought about it when I was in high school. I thought about it so much that I did quit — twice!

School was boring. The teachers were demanding. All

the other guys seemed to have money, but I didn't. I wanted a car, and I wanted excitement out of life. So I quit school.

Ah, yes, boredom, pressure and frustration would be replaced by an exciting job, money, a car and loads of fun!

My first full-time job, working in the stockroom of a department store, looked like the road to happiness. I would have money, fun, a car and even more fun!

Sure, I had lots of fun, when the truck drivers weren't hounding me to unload the trucks faster. When three different department managers weren't demanding I find their merchandise first and deliver it to their department with a smile. When

(Continued on page 29)

Are You Getting A BUSY SIGNAL?

By Neville Fraser

A reader asks, "Do we really have to wait in line for God to help us?"

When you face a time of crisis, what do you do? What can you do?

A girl wrote to *Youth 86* about the problem she was having:

"I'm only 12 years old, but I have been going through a lot of stress during these past few months. I find life so hard to enjoy when I cry myself to sleep every night and break down in tears for no reason at all.

"Believe me, I've prayed to God — prayed long and hard. I've always had faith that He'd surely help me in this time of great crisis in my life, but nothing seems to be happening. Do we really have to wait in line for God to help us?"

Are you in a similar situation? Do you have a lot of problems in your life?

At a time in your life when the world should look really good and be enjoyable, sadness is the last thing you want.

The early teen years can be pretty tough ones. So many changes take place, both emotionally and physically.

Your world's spinning faster

Some of these changes you don't always understand. It's as if the world has suddenly started to spin a lot faster, and you feel like you will be unable to hold on, but you want to so much.

You are not able at times to explain how you feel or why you feel the way you do and no one seems to understand you.

No one seems to care or maybe you feel too frightened to tell anyone about your problems. Then

you begin to feel alone and that there's no one to help.

Well, don't give up. There are probably more people than you realize who would be only too willing to help, like your parents, grandparents, uncles and aunts or close friends.

One close friend who does know what you are going through, even though you may not have told Him, is God. He understands exactly how you feel and knows your needs (Matthew 6:8).

Unfortunately, God does not seem real to many people today, so they don't even bother to think about Him, let alone to ask Him for His help.

This was not the case for the young girl who wrote the letter, but as far as she could tell, He was not answering. Was He too busy to answer?

God is never too busy to answer (Isaiah 59:1). But we could be listening in the wrong way or looking in the wrong direction to understand His reply.

Or maybe we're doing the wrong things or going about talking to Him in the wrong way.

Telephone comparisons

Let's compare it to a telephone conversation. Sometimes when you call a friend you get a busy signal or even no reply. It's a good thing to try again, because on occasion you do get through to find your friend had not been using the phone. That means the first time you must have had a wrong number. This makes it quite important to know and

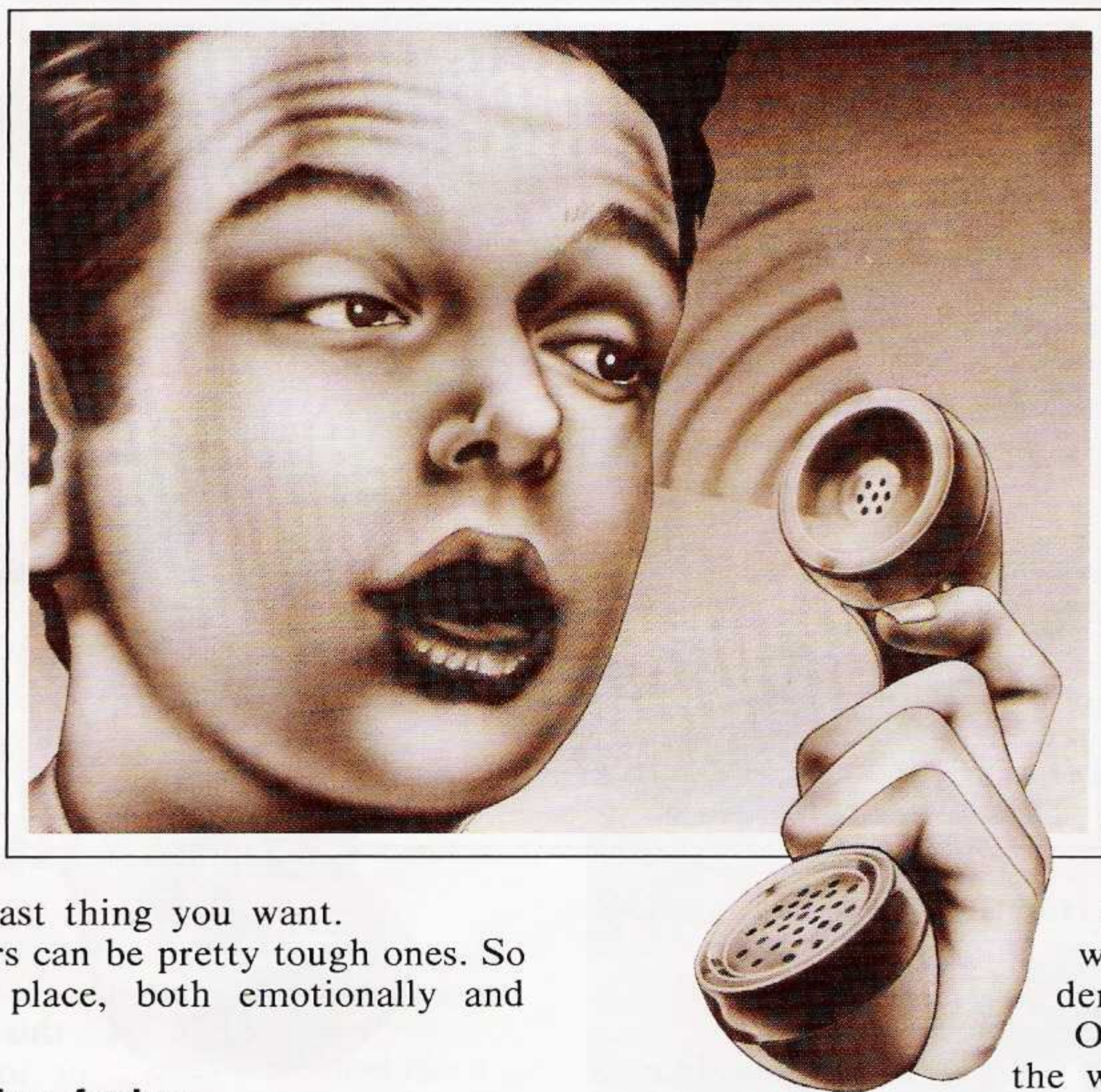


Illustration by Michael W. Cressy

double-check the number you want and to dial it correctly.

God wants you to carry out certain procedures when you want to contact Him, too — in the same way that we should dial carefully.

You need to have firmly fixed in your mind to whom you are praying (Jeremiah 32:17). As the Creator and Sustainer of all things, with nothing outside of His control, it is a pretty awesome presence you are coming into when you pray.

Is your approach truly submissive to God? Will you seek to please Him and do His will? This is what He asks (I John 3:22). Studying the Bible enables you to know God's will and, therefore, know how to make contact every time.

Other problems can also come up in a telephone conversation. You can have a bad connection or a lot of interference on the line, making it quite difficult for both parties to hear each other properly.

Talking on the telephone with the radio blaring, the television on full volume or a room full of people doesn't make for a good conversation.

In the same way, where we pray is important. It should be in a quiet place where we are least likely to be disturbed, as Jesus Christ tells us in Matthew 6:6.

Praying to God is a private conversation in which you talk to Him about all your hopes and dreams and your needs, so make your connection with Him free from all interference or interruptions.

Calling friends often

Friends are the ones you call often. You like to speak to them and they like to hear from you. God can be a tremendous friend, so regular, daily prayer is what He enjoys from you.

Like a true friend, God wants to hear from you at the good times as well as the bad times. It is really great to know that not only can you share all your plans with Him, but He has the power to help bring many of those plans to pass if you do it His way.

The approach you have to a person you are speak-

ing to on the telephone can make it either a happy, satisfying conversation, or a not so happy one. The other person cannot see your face, so it is the way you speak that counts.

God can see the look on our faces, but the principle is the same. Do you make demands of God? You may feel desperate about your problem, but a selfish approach is not the answer (James 4:3). Trying to rush someone into hasty action is not the ideal way to get help.

Doing our part

Perhaps sometimes God delays His answer because He wants us to do our part. So often when we feel no one understands us, it is because we have not made an effort to understand others.

Just as we come face-to-face with God when we pray to Him, He may want us to make the effort to go and talk to someone who could help us solve our problem. It is generally the thing we feel least inclined to do, but it shows God our intention to do our part to solve the problem.

In spite of what society today says, your parents are the first source of help in time of trouble. God says in the fifth of His great instructions that we should honor our father and mother. Your parents were given to you for your formative years for a good reason, so go to them for help before you seek outside advice.

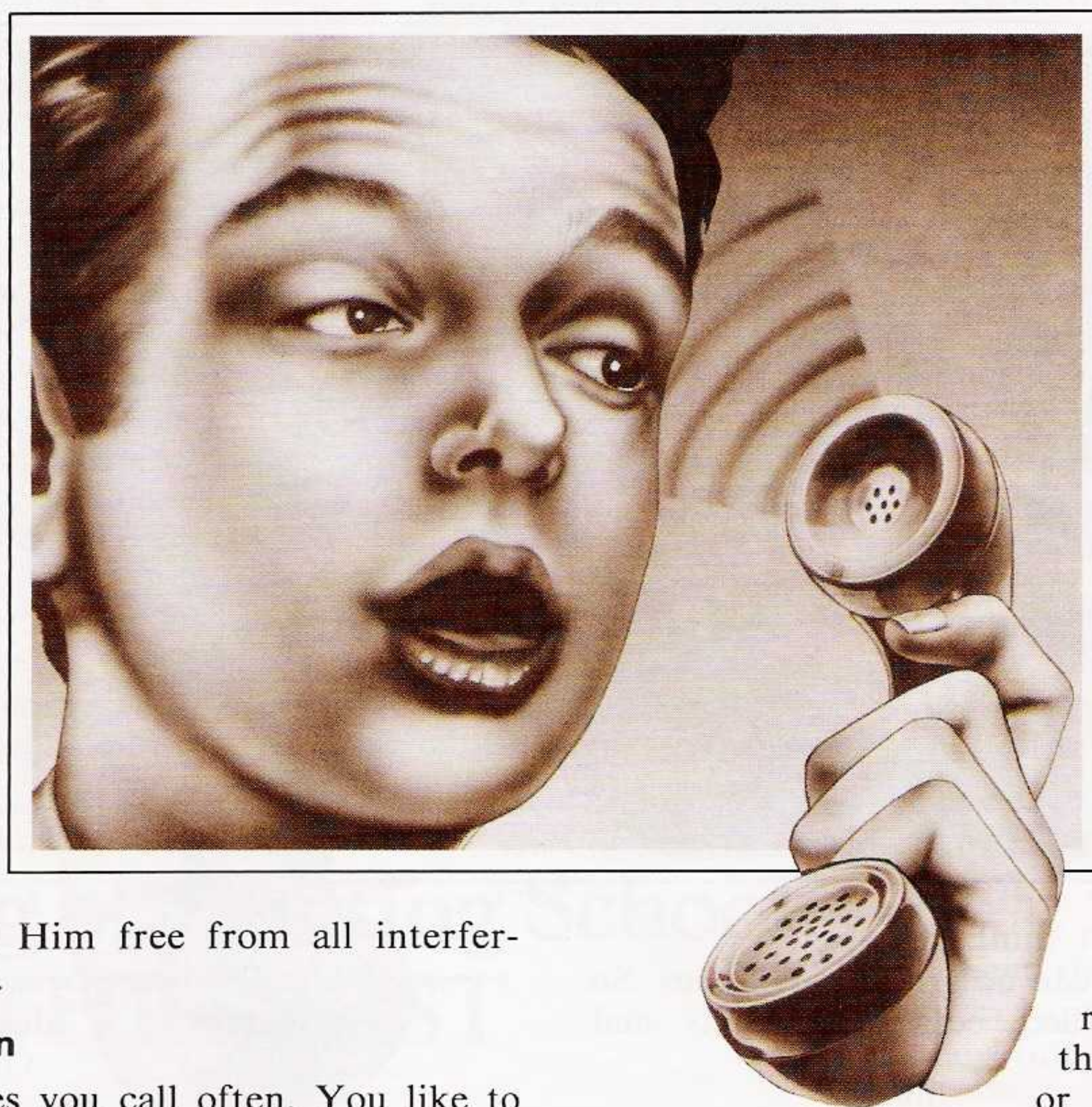
Maybe for some reason you cannot do this. Then grandparents or uncles or aunts make first-rate alternatives.

All this time, stay in touch with God and study the Bible. Ask Him for a better relationship by helping you to see where you can change.

Jesus Christ had this approach of wanting to do His Father's will and not His own. It worked well, enabling Him to overcome this world's problems.

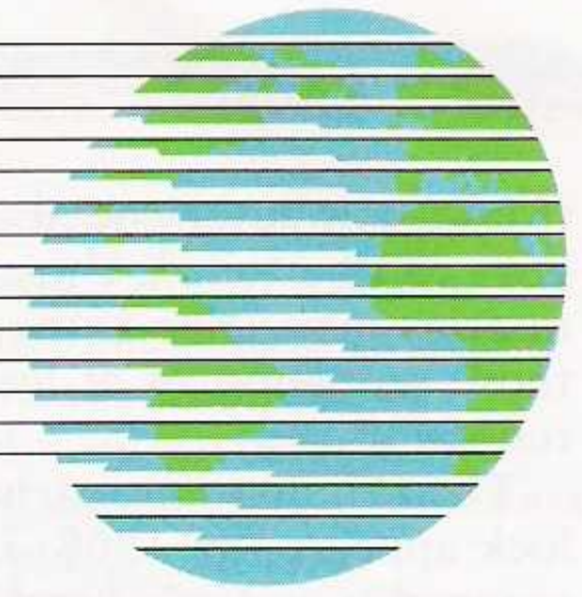
If everyone had this approach today, the world would be a much better place. Why not try it and see? □

If you're getting a busy signal, check to make sure you've dialed the right number.



NEWS

THAT
AFFECTS
YOU

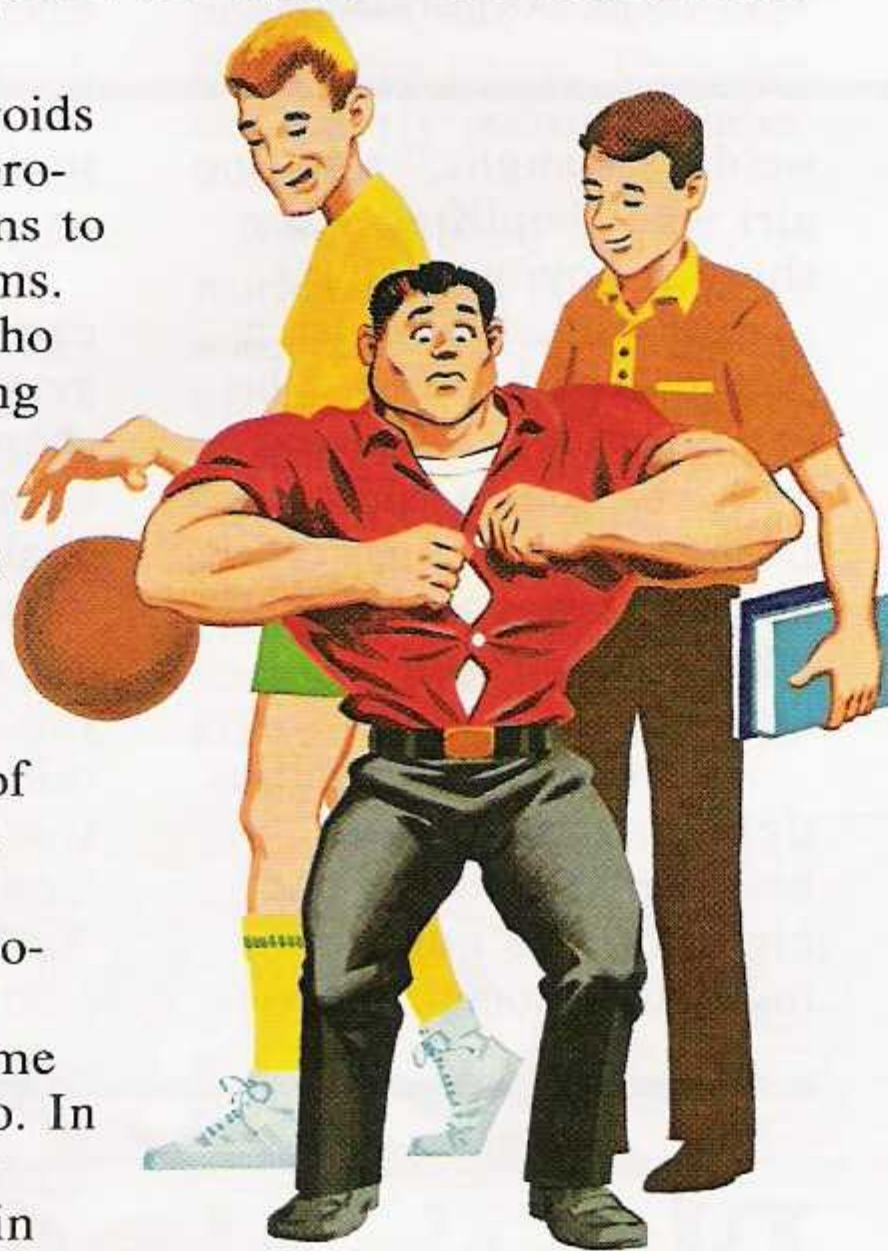


Teens and Steroids: A Dangerous Game

Use of anabolic steroids has spread from professional sports stadiums to high school locker rooms. But teenage athletes who use them may be setting themselves up for a lifetime of problems.

Doctors and coaches report more and more requests for steroids from teenage athletes. Although few studies of the problem have been done, professionals in sports medicine have noticed the trend.

"Steroids have become the thing for kids to do. In the last few years they have become very big in



high schools," Kim Wood, a strength coach for the Cincinnati (Ohio) Bengals football team, told *Sports Illustrated*.

Mr. Wood feels that the hope of future glory in athletics — often coupled with doubts about their masculinity — causes many young athletes to turn to steroids.

Just what are steroids? Technically called anabolic steroids, they are synthetically produced versions of the male hormone testosterone. They were originally used to encourage muscle growth after major surgery.

Some athletes use them in an attempt to build size and strength. In most places, it is illegal to use steroids without a doctor's prescription.

Steroid use in young people is especially dangerous because it can cause bones to be shortened, ac-

ording to Dr. Joseph Coroso, a member of the sports medicine clinic at St. Margaret Memorial Hospital in Pittsburgh, Pennsylvania. "Their growth plates will close prematurely, and they'll stop growing," he told the *Pittsburgh Post Gazette*.

Prolonged use and abuse of steroids can lead to sterility, heart disease, cancer of the liver and many other harmful physical and psychological effects. It can also cause deepening of the voice and growth of facial hair in girls.

Steroids are clearly not harmless. Greg Nescott, Allegheny County, Pennsylvania, assistant district attorney, commented in *Sports Illustrated*: "Nobody has taken steroids seriously because it's not heroin and it's not cocaine. It's clear now that these things [steroids] can be dangerous drugs." ■

Looking Into the Future of Locks

A tall man in military uniform reaches a huge stainless steel door. A sign on the door reads, "Top Secret: Entry Restricted." He leans forward and looks into an electronic scanner on the wall.

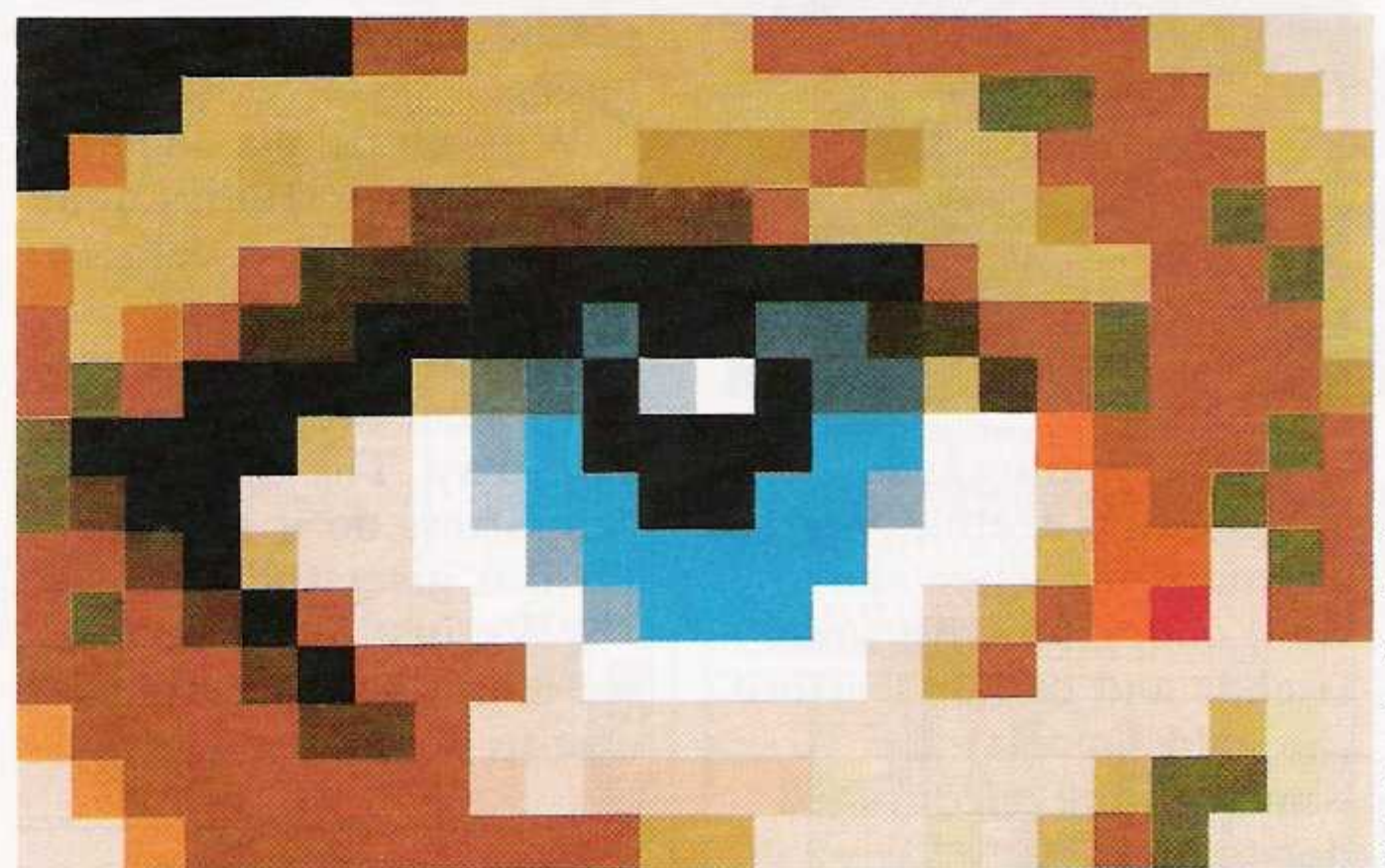
The scanner instantly compares the blood vessel pattern on his retina with records in a computer. Positive identification. A

metallic "thud" resounds through the corridor and the door opens.

Does this sound like a scene from a science fiction movie? It's not. Some experts think that in a few years people will even be using these kinds of locks to get into their apartment buildings. They're called biometrics (from the Latin words for

life and measure). They use the uniqueness of the hand, thumb, eye or voice to identify a person and allow entry.

Maintaining security is a big challenge. Regular keys can be copied or stolen and used by the wrong person. Even elec-



Illustrations by Ken Tunell

tronic, computer-coded keys can be foiled. Biometrics may solve many of those problems, or at least reduce them.

The original biometric lock appeared in 1968. It scanned a person's hand for such individual traits as fingerprints, bone structure, webbing and size. Some of these machines are so secure that the odds against an impostor getting through are about 40,000 to one.

Another lock on the drawing boards is activated

by the unique character of a person's voice. Each person who is designated to use the lock has 20 words in his or her voice stored in the computer. Then, to gain entry, the person must say four random words that the machine selects. This system still has a few bugs: It cannot yet handle the wide range of a person's voice. Even a hint of laughter will throw the machine off.

Systems that analyze a person's signature are also

beginning to be used. A computer tests the pressure, curve and directional force of a person's signature, not its appearance. Forgery is nearly impossible.

But the most secure system developed so far measures the blood vessel pattern on a person's retina (part of the eye). Only one in a million tries will fool the lock. By far the most expensive biometric locks, these eye scanners are, however, becoming popular with large corporations

and the military.

The main reason these locks aren't yet in general use is the cost. A retinal scanner, for instance, even without the necessary computer equipment, costs US\$12,000. The makers of the eye-scanning systems say that the price should eventually come down once the technology advances. Greg Gurican, a security consultant for Cygna Energy Services, says that in 10 years the systems may be in everyday use. ■

The High Price of Shoplifting



Photo by Nathan Faulkner

Rachel's allowance doesn't stretch very far anymore. So when she went shopping with some friends and couldn't afford the gold bracelet she wanted, they encouraged her to steal it.

After all, they reasoned, if things weren't so expensive, she'd be able to pay for it. But what Rachel and her friends didn't consider was that shoplifting raises prices for everyone.

Shoplifting losses reached more than US\$62 million in 1984 in the United States alone, according to the U.S. Federal Bureau of Investigation. Costs of store security and prosecution of those caught raise that total into the billions* of dollars. And these costs are passed on to you, the buyer.

Why do people shoplift? According to studies done by the National Coalition for the Prevention of Shoplifting, less than one-third steal because they can't pay. The majority of shoplifters do it for the thrill it gives them.

"We just did it because we didn't have anything else to do, and to see if

we'd get caught," said one girl who shoplifted when she was younger.

Peer pressure is also a factor. Another girl, who shoplifted when she was with her cousin and some friends, said, "I just did it because I was afraid of what they'd say if I didn't."

As shoplifting penalties tighten, and the link between shoplifting and high prices is noticed, more and more irate con-

sumers see shoplifting as an expensive way to play.

And aside from the expense and the problems getting caught creates, shoplifting is just plain wrong. It violates the Eighth Commandment, "Thou shalt not steal."

For more information on this commandment and the other nine, write for the free booklet, *The Ten Commandments*. Addresses are on the inside front cover. ■

Plastics in Ocean Threaten Wildlife

The U.S. Marine Mammal Commission now believes that discarded plastic causes as many sea animal deaths as oil spills.

The sight of sea birds strangled by packaging materials and sea lions caught in plastic netting disturbs scientists, who fear these instances are becoming all too common.

About 15 percent of the world's 280 species of sea birds actually eat plastic when it resembles their normal diet. Also, the

number of leatherback turtles is declining and the cause, some scientists say, is the plastic bag. Plastic bags in the ocean resemble jellyfish, the main diet of leatherback turtles. The plastic bags can form lethal plugs in the turtles' digestive systems.

"Almost without exception, surveys show plastic to account for over one-half the man-made products on the ocean surface," Al Pruter, a fishery biologist and

*Thousand million, British usage.

California sea lion with a deadly necklace of plastic fishnet. (Photo by Lanting — Photo Researchers)



natural resources consultant, told *Time* magazine. According to a study by the U.S. National Academy of Sciences, about 639,000 plastic bags and containers are dumped into the ocean each day — from ships alone. Each one of them is a potential threat to marine animals.

In the Pribilof Islands of Alaska, as many as 50,000 northern fur seals die each year after being caught and strangled by discarded netting. With the invention of synthetic fibers after World War II, fishermen stopped using nets made from natural fibers. The natural nets sank if not buoyed up and deteriorated quickly if lost.

But when the new synthetic nets are discarded or

lost, as more than 100,000 tons are each year, they don't sink and won't deteriorate for years. They are also nearly invisible under water.

The problem is worldwide, as is evident when plastic trash washing up on the Florida coast can be traced to the Caribbean. Even on the remote island of Laysan, 1,000 miles (1,600 kilometers) northwest of Honolulu, Hawaii, *Time* reports, the

beaches are strewn with plastic trash.

Aside from the cost in terms of the deaths it causes, plastic garbage is an ugly sight. In New Zealand, plastic pellets used in manufacturing wash up on some beaches in such amounts that the beaches appear to be covered in plastic sand.

What are the nations doing to stop the pollution? In 1972, 60 countries agreed to outlaw

the dumping of durable plastics into the ocean. But this treaty failed to deal with the dumping of ordinary garbage, which still contains large amounts of plastic waste.

The responsibility to keep the oceans clean and safe for marine life is shared by individuals as well as industries, according to scientists at Cornell University's Shoals Marine Laboratory.

Beachgoers, boaters and fishermen add to the problem. Everyone who shares the ocean should take care to protect it.

Jacques Cousteau, a leading authority on the sea, has said that constructive alternatives to dumping in the ocean must be found. "It requires a lot of imagination," he said, "but it contributes to the protection and improvement of life in a constructive manner." ■

TRENDS

TO TALK ABOUT

No More Lockers.

There's no mad dash to the lockers between classes at Sequoia Junior High School in Redding, California. Mainly because they don't have lockers there anymore.

The school, faced with spending US\$10,000 to refurbish the lockers, decided instead to spend US\$4,000 to buy two textbooks for each student — one to keep at school, and one to use at home. The books last longer, since they aren't being carried back and forth to school all the time.

House in a Box? Yes. For US\$25,000 (plus shipping charges), a Canadian company will send you a house in a box.

The "box" is really a 20-foot- (6-meter-) long metal cargo container usually used in transoceanic shipping. The cargo

container serves as the frame of the house. Walls, floors and ceilings all fold out from the container to form a two-bedroom, two-floor house.

Keeping Count of Robots.

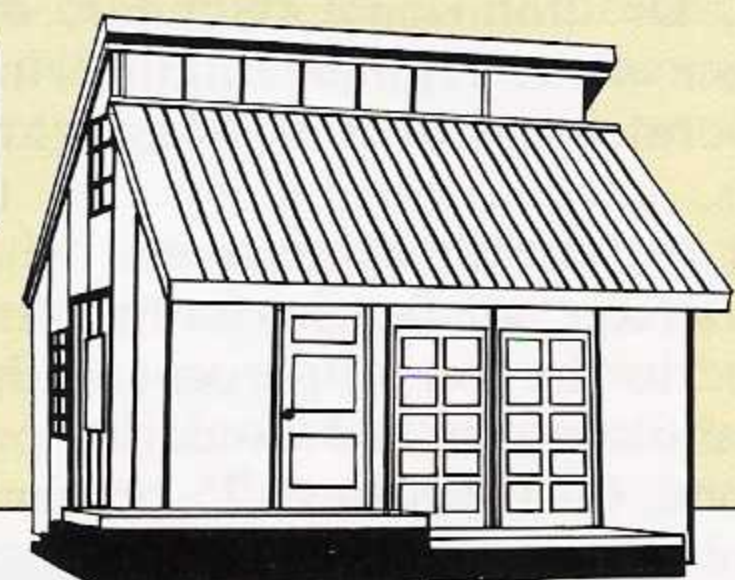
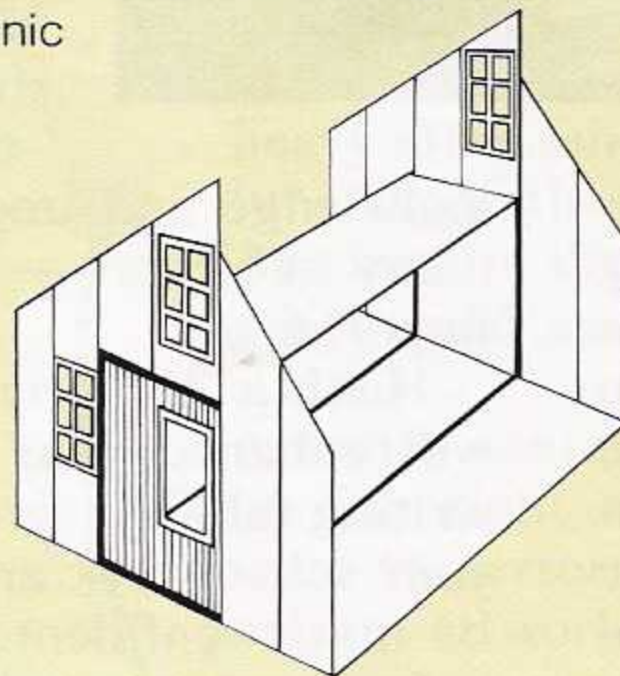
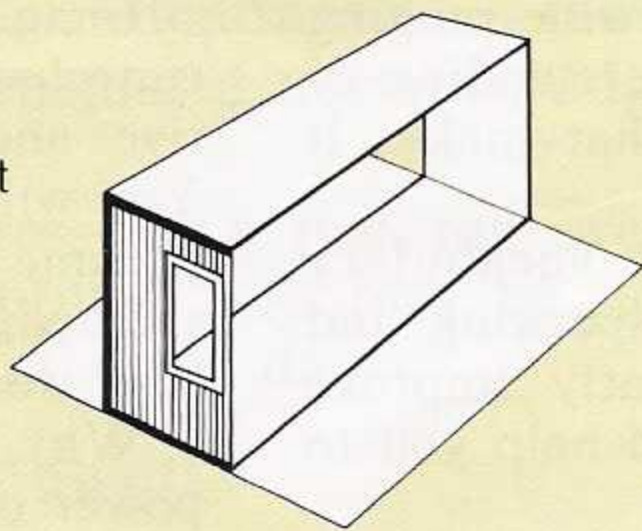
The main job of the U.S. Census Bureau has always been to count people. Now, they're also counting robots. In 1984, there were 5,535 robots completed by 75 companies in the United States. Their main occupations? Welding, soldering, brazing and/or cutting.

Surefire Weight Loss.

Researchers at Washington University in St. Louis, Missouri, have found that the force of gravity varies depending on the thickness and density of the earth's crust where you live.

So if you happened to live in a place with high gravity like Thunder Bay, Ontario, moving to a low gravity place like Rock Springs, Wyoming, would help you lose weight.

How much weight? For a 100-pound person (45 kilograms), the loss would be a whopping one ounce (28 grams).



Illustrations by Liane Wagner

Words Are POWER!

By Peter Moore

Studies of executives show that a command of words means not only power, but money!

Your boss gives you an important assignment and he uses an unfamiliar word. You have no idea what it means!

You're sure he wasn't swearing, but you're totally confused about what he asked you to do.

It can be embarrassing not to understand what someone is talking about! Having a limited vocabulary can also hold you back from promotion on your job.

On the other hand, if you do develop a command of the language, studies show you can gain command of a good salary as well. An active, useful vocabulary makes a difference.

Some years ago, Dr. Johnson O'Connor, director of the Human Engineering Laboratory of Boston, Massachusetts, gave a vocabulary test to 100 potential executives. Five years later, all those who had finished in the top 10 percent in the vocabulary test had executive positions. Of the lowest 25 percent, none had become executives.

In another test, two groups of

high school students of the same age and environment were chosen. One class took the regular courses; the other was given special vocabulary training. At the end of the test period, the grades of the group with vocabulary training surpassed those of the other — and not just in English, but in every subject, including mathematics and science!

Dr. O'Connor concluded that a large vocabulary was highly important in achieving business or professional success.

Words are the keys to our thoughts. They are spoken symbols, triggering pictures or ideas in other people's minds — a means of communication. But it is what is *behind* an extensive vocabulary — wide-ranging

knowledge and understanding of many subjects — that makes it important.

Having a varied vocabulary will enhance your speaking and writing ability, greatly improve your schoolwork and help you to be more confident.

In your personal life, you will gain more respect and have more chances to lead, which will open

up further areas of adding to your vocabulary.

So how can you start on the way to success that is offered by having a good vocabulary? Actively seek to build your knowledge of words!

No, we're not talking about looking for 20-syllable tongue twisters that you could only use to impress (and confuse!) people. The kind of words we're talking about add variety and communicate clearly. Knowing the right word to get your point across will energize your speaking and writing.

Here are some tips:

Become receptive to new words. When you see or hear a word you don't know, don't just let it pass by. Write it down and check its meaning and etymology (there's one you can look up) in a dictionary. By giving words this extra thought, plus introducing them where practical into your speaking and writing, they will become part of your own vocabulary.

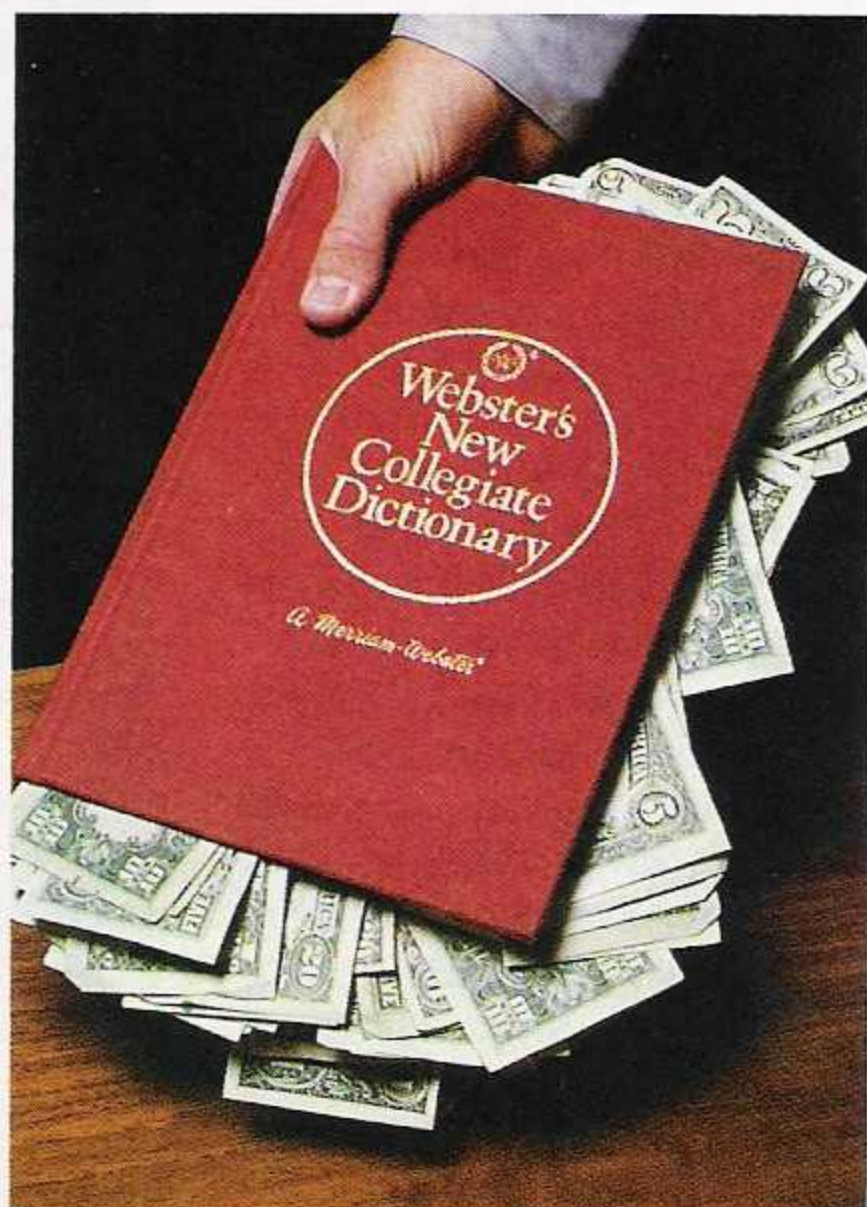
Read widely. A large vocabulary comes mainly from exposure to a wide variety and quantity of reading matter. Don't get in a reading rut. Try those areas of knowledge with which you aren't familiar, perhaps science, music or history.

Many books are written to quickly give a basic understanding of such subjects, and so they'll probably add to your word knowledge. Don't neglect vocabulary-building books, either!

Play word games. Anagrams (look it up!) and crossword puzzles, plus commercial word games like Scrabble are a quick, fun way toward your word building.

Imagine how much your life can change, because of an effective and increasing vocabulary. You will feel more confident and become more successful and respected, in school and in the career world.

Why not use the key of the power of an effective vocabulary to open up a more productive and exciting life? Let *vocabulary* be your word for success! □





Defuse Your STRESS BOMB!

By Maria Stahl

What you can do about the problems teens rank most stressful.

Upset stomach... headache... tense muscles... even just a nervous, edgy feeling.

Sound familiar? Stress isn't just for over-worked corporate executives. You may be suffering from it — lots of teens do.

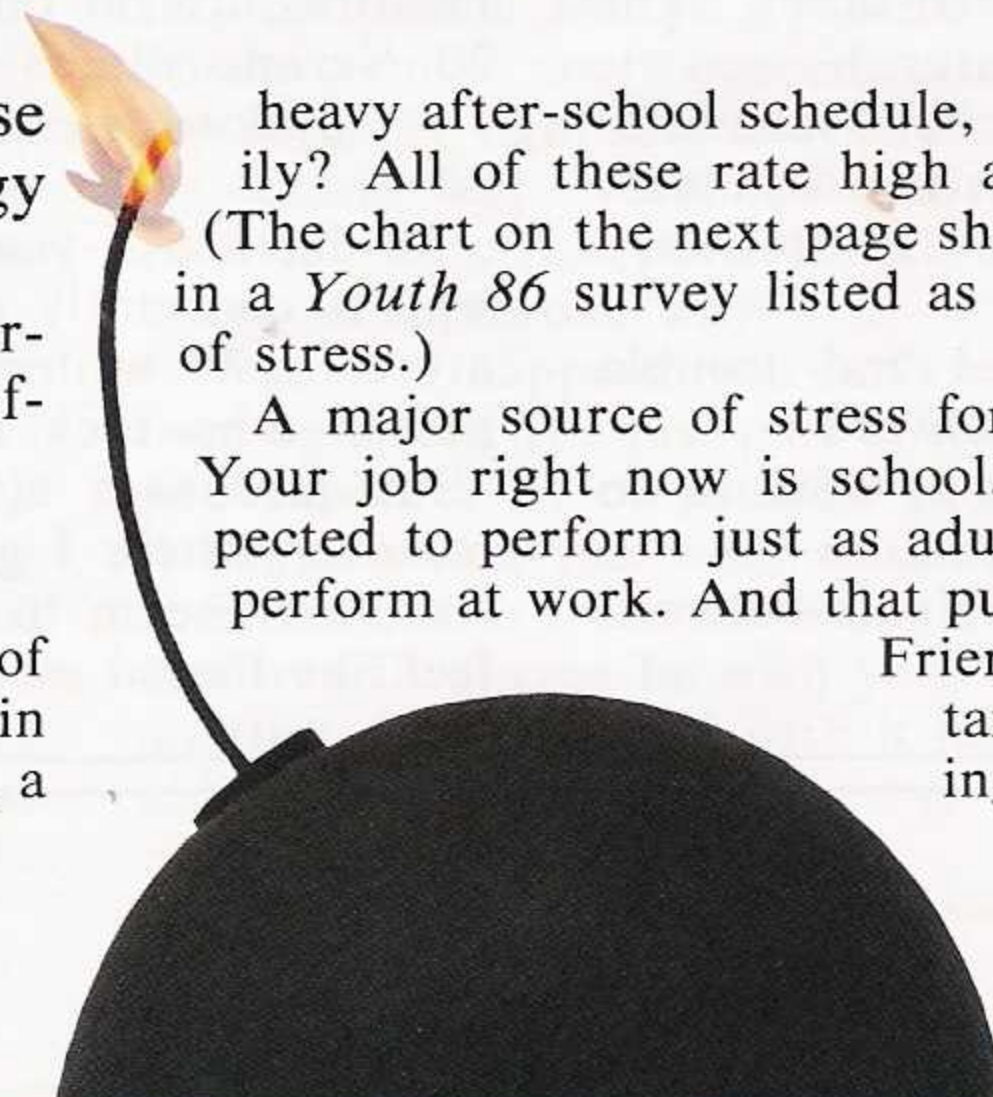
Where are your stress points?

Stress comes from many directions. Do any of these situations apply to you: a failing grade in school, a breakup with a boyfriend or girl friend, a

heavy after-school schedule, a death in the family? All of these rate high as stress-producers. (The chart on the next page shows what teenagers in a *Youth 86* survey listed as their main sources of stress.)

A major source of stress for adults is the job. Your job right now is school, where you're expected to perform just as adults are expected to perform at work. And that puts the pressure on.

Friendships are important to teens, and losing a close friend —



When schoolwork, chores and what friends want you to do all gang up to pressure you at once, you're feeling stress. How can you defuse your stress bomb?

whether because of a death, a move to another town or an argument — can bring a lot of stress. And when divorce shatters the special friendship between your parents, it can be quite devastating.

Not all stress is from something negative. Even something wonderful in your life can cause you to feel stress.

Getting accepted to the college you've been wanting to go to is great, but suddenly you may start worrying whether you'll be able to stand the pressure. Or maybe you get an after-school job to try to save up some tuition money and it takes up most of your study and leisure time.

In a similar way, being chosen to be on a sports team is a great accomplishment, but to stay on the team, you are pressured to succeed. Once again, there is stress.

Stress can lead to other problems, especially if it gets out of control. Did you know that stress can



even lower your IQ?

A 1983 study showed that family stress actually lowered the IQ of children involved by an average of 13 percent.

Defusing your stress bomb

There are many things you can do to help keep the pressure from becoming too great.

If the stress comes from a full schedule, as it does for many students, maybe you need to reevaluate what's really most important to you and cut out a few of the less important things.

Lots of people don't realize that relaxation is an important activity!

You may find that you have to cut out half your after-school activities to get things under control.

Remember that *people* are more important than *things*. Spending time with the people you love, like brothers, sisters, parents and grandparents, can help you relax and appreciate the good parts of your life. Sharing and caring defuse stress.

If your source of stress is a family tragedy, such as death or divorce, you can't do anything about the source itself.

Instead you'll have to work to make yourself strong enough to handle it. An important help at

What's Stressful to Teens?

What is stressful to you? In a survey, more than 100 teenagers were asked what situations on the following list cause them the most stress. Let's take a look at their answers, with No. 1 being the situations picked as stressful by the most young people (most common, not necessarily most severe).

1. Increased arguments with parents
2. Concern about doing right (peer pressure)
3. Too-busy school schedule
4. Problems with classmates
5. Problems with brothers/sisters
6. Poor grades and trouble with schoolwork
7. Concern about what to do after graduation
8. Marital problems between parents

9. Loss of close friend
10. Parent losing a job or other financial downturn
11. Change to a new school
12. Problems with teachers
13. Breakup with girl friend/boyfriend
14. Personal illness or injury
15. Serious illness in family
16. Death in the family
17. Brother or sister leaving home
18. Moving to a new home
19. Pressure on the job
20. Serious illness or death of a close friend

"I have a 5-year-old sister who is constantly getting into my things," writes one young person who took our survey. "She also tags along behind me everywhere I go. My parents don't seem to care, and I feel like I need more privacy."

Stress comes from different sources for different people. Several respondents to our survey added their own comments — showing that *age* makes a big difference in what causes stress.

The major cause of stress for our older participants was what they were going to do with their lives after graduation. And problems within their families caused increasing stress as they reached their later teen years.

Younger participants mentioned problems with poor grades and classmates as major problems. "Another stress is trying hard as you can and getting a C-," wrote one. "It's hard when you give 100 percent and get a C to give 100 percent the next time."

What causes you stress? How have you learned to deal with it? We at *Youth 86* welcome your comments.

Stress can be turned to your advantage. You couldn't accomplish as much without it. Some stress contributes toward excellence!

this time is someone to talk to — someone close enough to understand what hurts you and mature enough to help.

A good listener who cares about you can help you defuse your stress. And even if you feel like you have no close friends at the moment, God Himself is an excellent listener.

Your physical condition and stress

There are also many little things that you can change to lower your stress quotient. Diet is a big factor in stress, according to Antoinette Saunders, a psychologist who runs a stress clinic for children and teenagers. She names five principal diet villains in stress: sugar, caffeine, salt, chemical additives and junk food.

Often when someone encounters a major change of some kind in life, the first reaction is to change eating and sleeping habits. Are you eating at least one *hot*, balanced meal a day? With a hectic junior high or high school schedule, you may just be snacking.

You need real food — especially breakfast — to keep your body strong, says Dr. Robert S. Eliot, an international expert on stress. And don't cheat yourself of needed sleep and relaxation.

Caffeine can make you even more shaky. Don't fall into the trap of keeping yourself going with shots of coffee or high-caffeine soft drinks. The burst of energy you feel is nervous energy and will just add to your feeling of stress. Besides that, eventually you will use up that artificial energy and be left with less than ever, your natural energy reserves used up.

Exercise is probably more important to reducing stress than you realize. Much of the stress you feel is mental exhaustion, from tension, and surprisingly the answer to releasing the tension is in getting *physically* tired. Often when you exercise you'll find that your mind is clearer.

Dr. Hans Selye, a leading expert on stress, says that just being in good physical condition helps you

to deal with the physical effects of stress. The exercise can be going for a run, playing a strenuous game of tennis (as long as the competition doesn't increase your stress level) or doing some physically demanding work around your home. It's especially invigorating to do some job that shows quick results you can be proud of. Your feeling of accomplishment can also help defuse your stress.

Many stresses can be better handled just by realizing that they aren't permanent. You *will* graduate from high school someday and then you won't have

those classes to worry about. You will make other friends eventually; everybody loses friendships and although that hurts terribly, the hurt doesn't last forever. And although it may sound callous, families heal too, or at least learn to live with things the way they are.

Turning it to your advantage

You may find that stress can be turned to your advantage. You couldn't accomplish as much as you do without it, according to Dr. Selye. Some stress, he says, contributes toward excellence.

"Don't try to avoid stress — it's the very salt and spice of life . . . but do learn to master and to use it!"

Imagine yourself as Fernando Valenzuela, star pitcher for the Los Angeles, California, *Dodgers* baseball team. There he is on the mound, coolly concentrating, and then he lets fly with his lightning-fast screwball. Do you think he doesn't feel stress? Of course he does. He just focuses it into that powerful left arm of his. He uses stress in a positive way.

Whatever happens, you can't let your life be taken over by stress. It's just part of living. It comes when you expect a lot of yourself and other people, and it comes when you want to achieve.

Stress comes from successes *and* disappointments. And it will always be with you, from one source or another. Learn to deal with it now, and you will be able to handle it later, too. □





Something to Get Fired Up About!

By Zenda Cloninger

After trying ceramics, you may make it your lifelong hobby!

Ceramics has been called "the world's most fascinating hobby," and even if you take exception to that statement, you must agree that it is certainly one of the world's oldest!

We know it dates from ancient times, along with its sister craft of pottery.

Ceramics to most people means clay objects, but actually anything that is fired belongs within the realm of ceramics — even porcelain and glass, in the broadest sense of the word. In this article, however, we'll stick to clay.

Few hobbies can offer the beginner a greater range of artistic expression and enjoyment. Ceramic pieces are not only beautiful, but can also be quite useful

(in the form of lamps, bookends, cookie jars and so on) and they make cherished gifts that will last for generations.

One of the best ways you can get started in ceramics is by buying a piece of greenware (an unfired clay object) at a ceramics shop and then decorating it.

Greenware is made by filling plaster molds with slip (clay in liquid form). When taken from the plaster molds and allowed to

dry, the objects are essentially raw clay and are extremely fragile. Ceramics shops have a large and varied supply of greenware, or you can buy molds and slip and produce your own.

After making or buying your greenware, your first task will be to clean it. This means to remove seam lines that are created where the pieces of the mold join together, and to remove any visible imperfections before the object is decorated and fired.

Getting that glazed look

Some types of glazes (called underglazes) can be applied to greenware after it is cleaned. Then the object is fired (heated) to a high temperature in a ceramic kiln (oven). This initial firing is referred to as bisque firing, and transforms the raw clay into a strong, durable piece of porous ceramic ware that is ready for decorating.

Clay can be decorated with a wide variety of glazes and stains. The color of the clay usually affects the color of the finished piece. Underglazes, overglazes and ceramic stains are sold in ceramic shops.

As each new decorative glaze is added, another firing is required to further mature the object. Most ceramic shops have kilns and do the firings for you for a small fee.

Centuries ago, ceramics were fired in outdoor, beehive-shaped kilns that had to be rebuilt each time because they were literally cracked open after each firing. Until the last century, the heat for the kiln was provided by burning wood and straw. The kiln man had to know exactly what type of wood to use to achieve the correct temperature. Things are a lot easier today.

Few hobbies can offer the beginner a greater range of artistic expression. Your imagination's the limit!

Teens who are looking for a fun and profitable hobby should consider trying ceramics. Aaron White, 14, of Fresno, California, took an interest in ceramics a year ago, and already he has created some outstanding ceramic art. His favorite piece is a brown dog, made to look like a stuffed animal (you have to touch it to believe it isn't really stuffed!).

Aaron likes making ceramics for his own enjoyment and as gifts for friends. But teens looking for a little pocket money could even sell their art through a local consignment shop.

To get started, you will need to make a small investment in molds, greenware and some art supplies. Though there are many how-to books available at libraries and hobby shops, the best way to learn is by taking classes at a local ceramic shop. The cost

will be minimal — some offer classes for free!

You will also need to set up a work area in your home — preferably some place that can get a little messy (though your bedroom may qualify, the garage would be better).

Playing with clay

Besides using molds, there are several other ways to form clay into the shapes you want. Forming by hand is good for the beginning potter because it doesn't require special equipment. It is also easy to make relatively nice looking objects right away. Clay is shaped by hand, dried for a few hours at room temperature and finished by scraping and smoothing with a damp sponge.

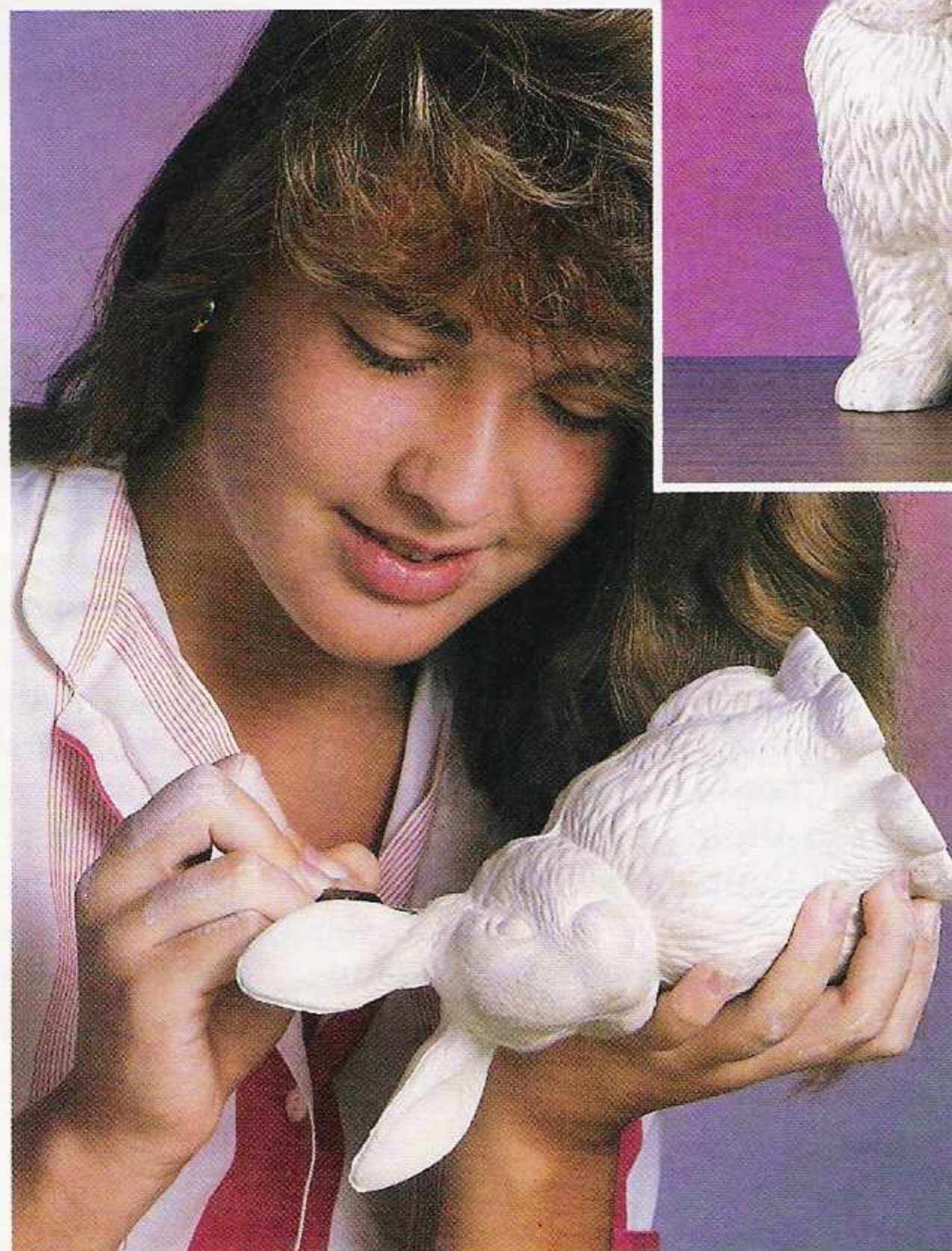
Pinch forming and the coils method are two ways of forming by hand.

You can also form pottery on a potter's wheel. This is called throwing. The pieces are formed on a plaster disk (called a bat) or directly on the wheel's head, and cut free with a wire.

Classes or how-to books can teach you both forming by hand and throwing pottery. After the clay is formed and dries, decorating and firing follow.

The creative possibilities of ceramics are limited only by your own imagination. Ceramics projects can fit all levels of skill, making it an excellent hobby for individuals and families.

Why not give it a try? □



How Do You Make a DRAGON FLY?

By Victor Kubik

*That's what aerospace researchers are trying to find out.
It may change the way we fly!*

To learn more about tomorrow's flying machines, scientists are studying a safe, successful and proven aeronautical design that's been around for a long time — the dragonfly.

Engineers at the Boeing Company in Seattle, Washington, researchers at the University of Colorado and others are investigating the dragonfly's graceful flying maneuvers.

For its small size the dragonfly can fly an incredible 60 miles (almost 100 kilometers) an hour. It can dart quickly from side to side, fly backward and stop instantly in midair. It can lift 15 times its own weight. Such feats are not yet possible with human aircraft. How does it do it?

Curious researchers visited swamps and captured dragonflies to find out.

One reason they chose to study the dragonfly is that it's a comparatively simple flying creature. It doesn't change the shape of its body or wings when flying, taking off or gliding like a bird does.

For example, a hummingbird's wings change shape continually during each stroke. In addition, its feathers pop up or stay down at various periods throughout each cycle. Scientists would like to know more about the hum-

mingbird's flight, but it's just too difficult to reproduce.

The dragonfly's life

Dragonflies, looking neither like dragons nor flies, resemble little airplanes. This insect has been mystically nicknamed

eggs. The greedy, ugly, newly hatched dragonflies, called nymphs, occupy themselves by snagging victims with their long bottom lip that has snapping hooks.

Then, one day, the nymphs stop eating, climb out of the wa-



“snake doctor,” “snake feeder,” “devil's darning needle” and “horse stinger.” The only accurate nickname is the “mosquito hawk.” With its claws it captures mosquitoes in the air and devours them in flight. In half an hour it can eat the equivalent of its own weight.

Life for dragonflies starts under water when they hatch from

ter and hang motionless from a reed or twig. In a short time their skin splits open and out comes the adult dragonfly.

Two pairs of transparent, fairly rigid, gauzelike wings emerge. Each pair operates independently of the other. The dragonfly is now ready to take off and put on its aerial show. In temperate climates this period may last only

two weeks before it dies. In tropical climates the dragonfly's flying phase may extend to a few months.

While flying, dragonflies spend most of their time cruising up and down streams and along the shores of lakes and ponds in search of food. With their large spherical eyes that cover half their head, they can see everything around them at once. They can spot a motionless mosquito 20 feet (six meters) away, a flying one at an even greater distance.

It was at this stage of the dragonfly's life cycle that researchers brought the netted insects back to the laboratory for a look. Since the flying season of the dragonfly is short, they had to act quickly.

the smooth flight of airplanes and soaring or gliding birds. It's a mode called "unsteady aerodynamics," which means there is constant turbulence around the wings.

The front pair of wings churns up a small vortex of rapidly whirling air. Meanwhile, the back pair of wings, which may be down when the front wings are up, captures the extra energy from this turbulence.

This produces extraordinary lift as the air flows much faster over the top of the dragonfly's rear wing than along the wing's lower surface. By changing the tilt and speed of its wings and

into the turbulent path of the blade before it. The vibrations this causes eventually weaken the metal. Many planes have crashed because of turbulence. But, the dragonfly actually produces precise, predictable turbulence and uses it to its advantage.

Man's applications

Aeronautical engineers would like to know more about the secret of using turbulence. Applying this principle to aerodynamic design is still a bit complicated.

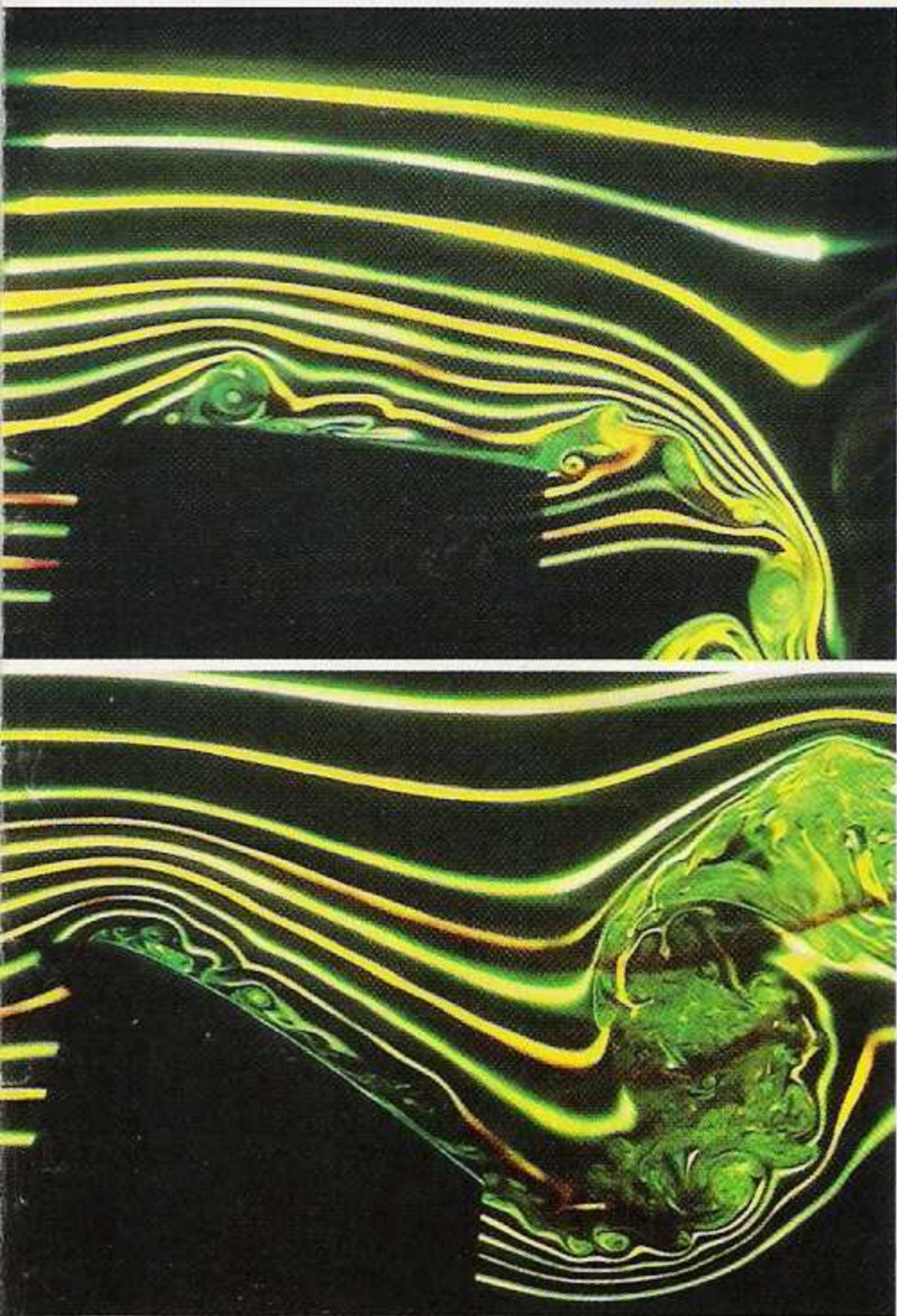
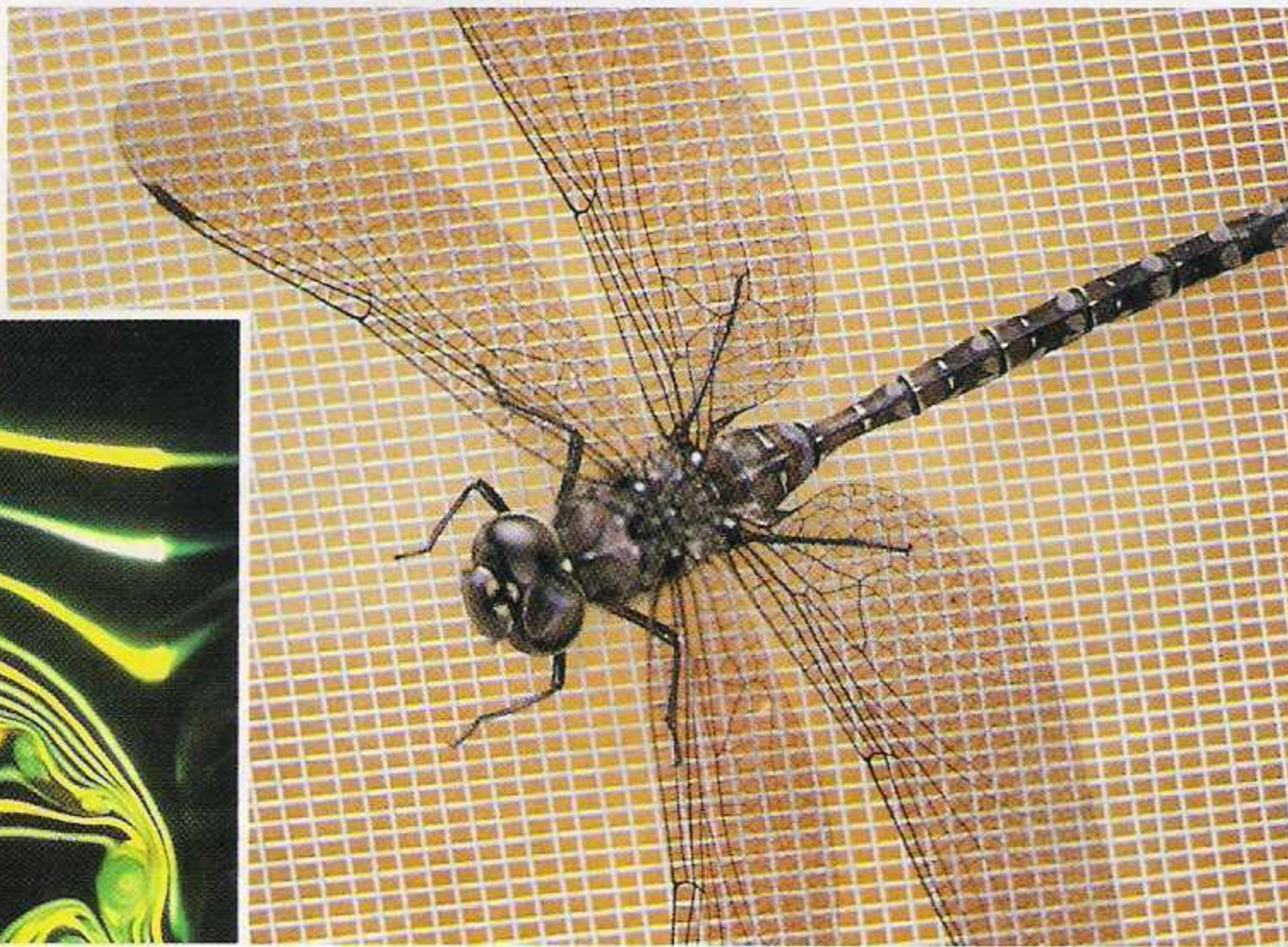
More immediate applications of what's been learned from the dragonfly's flight could be to modify existing airplane wings to give extra lift when needed. For example, if an aircraft were stalling, a wing could

sense the dangerous turbulence. Then, a flap would turn up near the leading edge of a wing and stabilize the aircraft.

Learning about controlled disturbances in air and fluids could lead to more efficient designs for turbines. Also, race cars could improve their track performance.

Studying unsteady air currents didn't get much attention in the past because of their complexity. Today, scientists make use of supercomputers, wind tunnels and water tanks to help them understand. By learning from working designs in nature, aeronautical engineers are drawing closer to developing a new generation of supermaneuverable aircraft.

There's much more scientists want to know about the dragonfly. (Continued on page 26)



Looking like neither dragons nor flies, the dragonfly resembles a small airplane. And now scientists involved with airplane design are studying these amazing insects to learn how they control turbulence. Wind tunnel studies have been followed up by simulations in water tanks (left). Colored dye shows the turbulence created by changing wing shapes. (Water tank photos courtesy Mohamed Gad-el-Hak — Flow Research; above, Hal Finch)

Using smoke to show air movement and stroboscopic photography to freeze the action, researchers could see exactly what the air flow around the wings looked like during each part of the stroke. What did they learn?

How it flies

The dragonfly's method of flying is completely different from

varying the timing between them, the dragonfly performs its graceful acrobatics.

What's intriguing about air turbulence is that in man's flying machines, both fixed-wing aircraft and helicopters, these air currents are usually harmful and can be deadly.

Helicopter blades weaken because each whirling blade runs

Beautiful New Zealand has been called a paradise because of its scenic wonders. What better way to see them than from a bicycle? Teens from five countries gathered for last year's trip around the South Island. We received these reports: the first by two American organizers, the second from an Australian teen.

As our giant 747 aircraft climbed into the air over Los Angeles, California, we knew an unforgettable adventure was ahead.

We were headed for that Southern Hemisphere paradise we'd all heard so much about — New Zealand. The vast Pacific Ocean was miles below us as we said farewell to North America.

Our 14-hour flight took us west over Hawaii and south into Auckland, New Zealand. There cyclists from New Zealand, Australia and Fiji joined those of us from the United States and Canada for a two-week, 525-mile (845-kilometer) cycle tour around the South Island.

The South Island of New Zealand is a land of green pastures, towering mountains, blue ocean and white beaches. Cities that were once only names on a map came to life: Christchurch, Cromwell, Queenstown, Alexandra, Mosgiel.

Before the trip, the cyclists trained for months in all kinds of conditions to be prepared. Even after at least 500 miles (800 kilometers) of practice, the tour was a challenge.

The tour was also driven in advance, by car, to check road conditions, arrange housing, locate recreation areas and to make a daily map for each cyclist. Two large trucks were leased for transporting a freezer, food and other supplies.

We were up early for two weeks, cycling 40 to 70 miles (64 to 112 kilometers) a day in groups of eight people. We faced great physical tests together throughout the tour. Our training proved invaluable at the beautiful, yet challenging, Rakaia Gorge and Lindis Pass.

Cyclists faced heat, hills and head winds, but several spoke of the inner joy they felt helping and encouraging fellow cyclists. Teamwork was the key

to overcoming steep mountains and biking for hours into frustrating head winds.

Activities along the way included picking fresh cherries in orchards, visiting a cattledrome at Queenstown and white-water rafting in the Kawarau River. We also took a launch cruise on the Tasman Sea.

Later we boarded the TSS *Earnslaw* on Queenstown's Lake Wakatipu for a ride across the Mt. Nicholas Sheep Shearing Station. We also visited the University of Otago in Dunedin and stopped along the east coast to see one of New Zealand's "Wonders of the World," the Moeraki Boulders.

But, according to most of the cyclists, the best part of the trip was making new friends through sharing this adventure — cycling in paradise! — *By*

William L. Johnson and Larry W. Haworth □



New Zealand adventure

What am I doing here? I must be crazy! I thought as I waited at the airport to leave my home country of Australia.

It had all started when I heard this announcement: "On Dec. 26 to Jan. 13 there is going to be a cycle tour around the South Island of New Zealand." Interest was suddenly ignited in my brain.

Let the training program begin! Rise early to beat the traffic. Get a good pace going. WHOOSH! A big truck almost swipes me off my bike. But amazingly I make it home safely each time.

Finally I was all packed and my training program was finished. All I had to do now was arrive at the airport on time.

With the sun streaming through the airplane window, we saw our first glimpse of New Zealand. It was beautiful! Snowcapped mountains suddenly flattened out into an enormous green plain. Before we knew it, we were walking on New Zealand soil.

Then the Americans arrived. Here was our first challenge — none of them knew the language! It was hard enough to teach the New Zealanders how to speak, but then we Aussies found that we also had to teach the
(Continued on page 29)

These photos show some of the beauty and rugged grandeur experienced by the international group of cyclists as they traveled across picturesque New Zealand. Photographer Craig Clark was on a previous trip.

Cycling in Paradise



IDEAS PLUS

Make Your Jewelry Shine

Gold and silver have been used for jewelry, ornaments and containers for thousands of years. Chances are you won't need your gold and silver jewelry that long, but you might want to know what the difference is between a class ring that is 14K and one that is 10K gold, or how to take care of that silver chain your parents gave you last month.

First, you need to know what that *K* means. Because pure gold is so soft, it is usually mixed with other metals to make it harder. That *K* — it stands for karat — shows how much of your jewelry is gold and how much is other metals. A karat is one twenty-fourth of the total.

That means a 24K necklace is as close to pure gold as you will find. An 18K ring is 18 parts gold and six parts other metals; 14K is 14 parts gold and 10 parts other metals. The higher the percentage of gold, the higher the number of karats.

The other metals used in these mixtures are usually nickel, copper, silver and zinc. Colored gold is produced by varying the percentage of other metals while the amount of gold stays the same. For example, 18K pink gold is produced by mixing 18 parts gold with four parts copper and two parts silver. For yellow 18K gold, the amounts of copper

and silver are equal.

If a piece of jewelry is marked gold-filled, this means thin sheets of gold were sandwiched to other metals in a mechanical process. In the United States, the gold content must be at least one twentieth of the total weight of gold-filled items.

Gold-plated means that an electrical current has been used to deposit gold on another metal.



To clean your gold jewelry, use hot water and a soft-bristled toothbrush. Toothpaste works well as a cleaner because it is not abrasive and it is water soluble so it doesn't leave a film. Rinse with cool water right away.

To clean silver, use a polishing cloth and a silver-cleaning compound, which you can find in department and jewelry stores.

If you need to clean a ring or necklace that has a gem set in it, go to a jewelry store and ask how you should care for the stone. This is important because some gems are sensitive to temperature changes and certain cleansers.

Improper care can cause some stones to crack or become scratched and dull.

Putting all of your jewelry together in one box can also cause scratching and dulling, so when you aren't wearing that chain or your new class ring, it's a good idea to store them separately.

Jewelry can be expensive, but understanding what you are getting and how to care for it can help you extend its value over the

years — maybe even centuries! — *By Kerri Miles* □

Tips for Talking

Nearly everyone wants to be a good conversationalist — relaxed, poised, confident, witty and popular. There's no doubt that good conversation has lots of rewards. It can lead to

good times, good friendships, personal growth, a happy life and even a good job.

The quality of your conversation will help determine the quality of your relationships with other people.

Being someone people enjoy talking to is not easy, but it's not impossible either. While the results may sometimes seem like magic, it doesn't take magic to produce them. Like many other skills, good conversation requires practice and following a few rules and techniques.

Many books have been written on the subject of conversation,

but much of this material boils down to a few basic principles. Some of these are:

Have something interesting to say. This is one way you can prepare for future conversations



Be positive. Say things that are helpful, not hurtful. It's too easy to put others down, gossip or complain. This kind of talk isn't going to benefit you or anyone else. Think before you speak.

Once the words are out, especially if they are insulting or insensitive, it's impossible to take them back.

Talk to others about what they enjoy. Here's the real key. Showing interest and concern for others is absolutely the fastest and best way to become involved in great conversations.

Learn to listen. Some of the best conversationalists are really just the best listeners. Don't think about what you're going to say

next while the other person is talking. Just *listen*.

Give a little extra attention when you talk to others. Ask questions that will keep the other person talking. Spend more time listening and don't worry about yourself.

By focusing on the interests of others first, you'll really get the conversation rolling. And isn't that the whole idea? — *By Ed Stonick* □

advance what you want a picture to look like, you'll have a better chance of it looking that way when it comes back from the developer.

A good way to get picture ideas is to look through magazines with lots of photos. Study the best photos and see what things make them stand out.

When you go out with your camera, keep in mind that although each picture you see is different, each conforms to certain rules of composition. One of the most commonly used rules — and one of the easiest to master — is to have a clear subject that is free from unnecessary clutter. Clutter could mean too many things in the picture or even too much empty space around the subject.

Another way to emphasize your subject is to take pictures that have only one story to tell, or one center of interest. Decide what you want in the picture and leave out everything else. By trying to get too much into your pictures, you actually distract from your main subject.

Find a background with a neutral color so that your subject gets all the

attention. And watch out for objects that

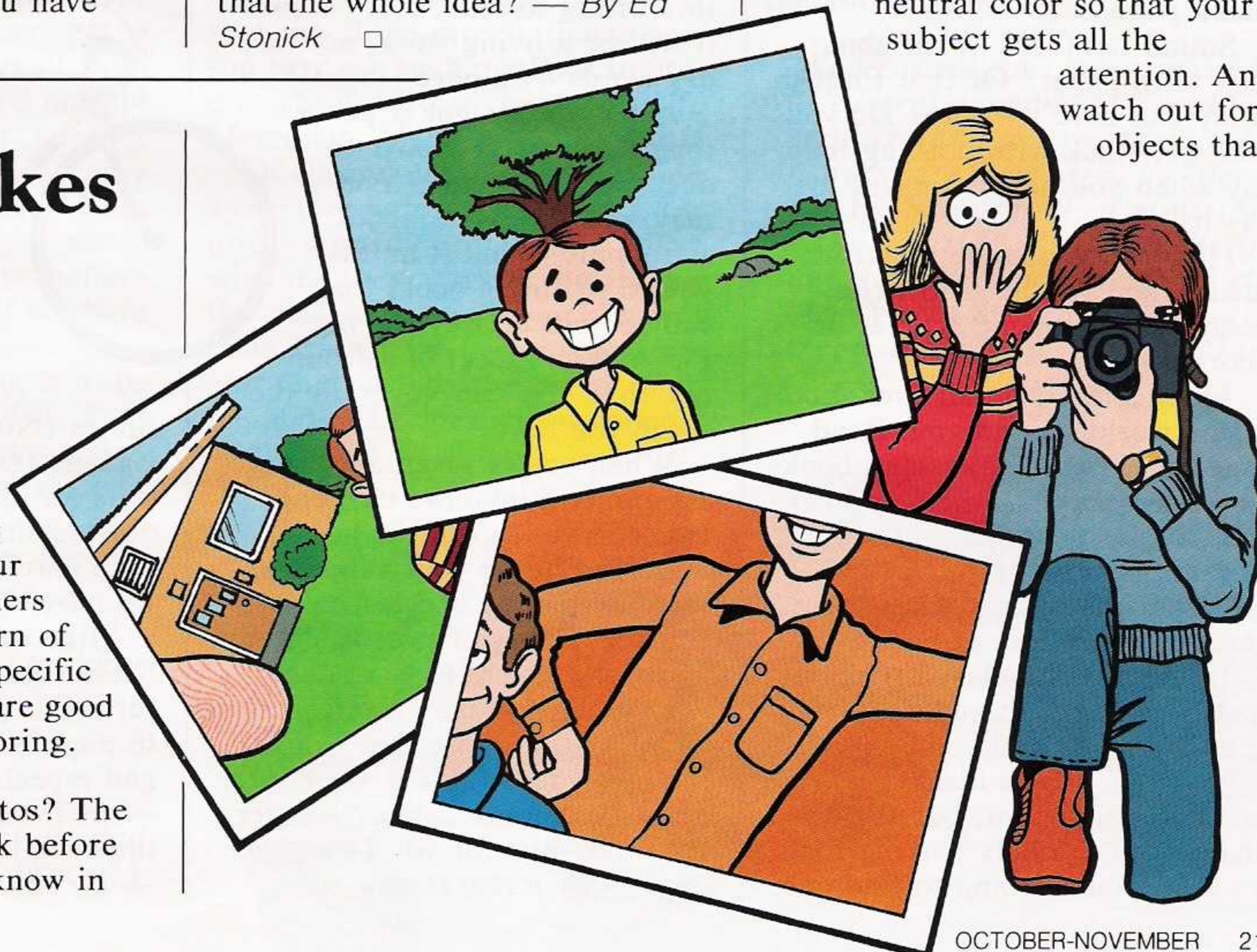
ahead of time. Interesting people are interesting to listen to.

There are many sources you can go to for things to talk about — newspapers, magazines, books, films and real life experiences. Perhaps you have a particular hobby or other specialty that others would be interested in. Be a thinker. Think about your life and the experiences you have had.

What Makes a Picture Perfect?

Often when you look through a photo album, some pictures jump out and grab your attention, while others spark a yawn and a turn of the page. There are specific reasons some pictures are good and others are, well, boring.

How can you take attention-grabbing photos? The way to begin is to think before you shoot. When you know in



seem to sprout out of people's heads, like telephone poles or trees.

If you're taking a picture of a landscape, try to find a way of showing the height, depth and width of the view. Looking at your subject from creative new angles can also give your photos added appeal. Shooting up at a subject can make it seem tall. Shooting down can make it seem shorter. Creative angles can help better emphasize the main subject of your photo.

So the next time you snap that shutter, don't just "get it on film" — *express* yourself. With a little forethought and creativity, your pictures can become works of art! — *By Michael Warren* □

Proverbs for Today: Good Advice for Mike

"That lucky Steve! This time it's a new bike. And I'm still stuck with this old heap," Mike moaned. "I *never* get anything good." Or does he?

When we compare our possessions to those of others, we see only what we *don't* have. We are blinded to all the many blessings we *do* have. We forget that half a glass of lemonade is not only half empty — it's also half full! And it's twice as good as a full glass if shared in a warm and friendly atmosphere.

Vastly wealthy King Solomon observed: "Better is little with the fear of the Lord than great treasure and trouble therewith. Better is a dinner of herbs where love is, than a stalled ox and hatred therewith" (Proverbs 15:16-17, Authorized Version throughout).

Advertisements can make us feel deprived and discontented — that the good life depends on acquiring more and more things.

On the contrary, a happy life doesn't depend on an increasing inventory of stuff. As Jesus Christ said in Luke 12:15: "Take heed, and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth."

Contentment and joy are products of good relationships with family, friends and God.

Some countries have days of national gratitude, such as Thanksgiving Day in the United

'I Don't Know What to Write!'

"Kathy, I need an 'Ideas Plus' article by June 13. Can you take care of it, please?"

I did some mental calculations. June 13 was only eight days away. So I sat down at my typewriter . . . and stared at the blank page.

Sound familiar? What about that term paper? Or that English essay you have to write? Do you ever get stuck with nothing to say when you have 10 pages to say it in?

How can you come up with ideas when you need to write essays, term papers, articles or short stories?

Ideas come from all over. Look at the world around you. Read magazines, newspapers and books for ideas. Talk to others and get their suggestions. Go to the library and look through the encyclopedias or just browse through the stacks of books.

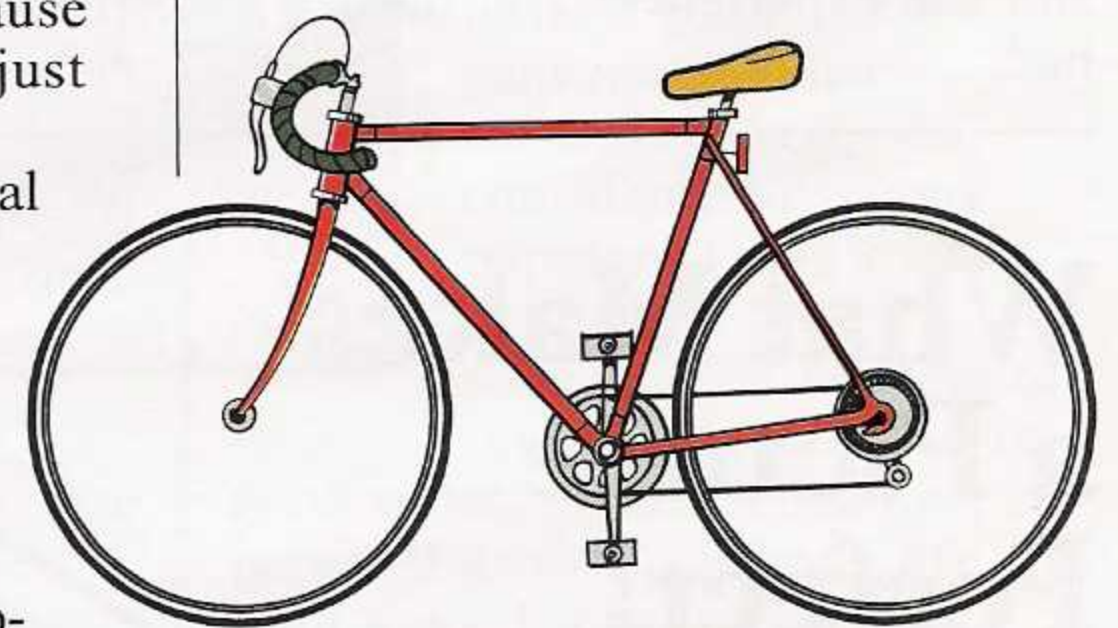
In one writing class I took, we had to go through one issue of the newspaper and come up with 10 possible article ideas. It wasn't an easy assignment, but I learned that if you're really looking for an idea, you're going to find one.

Try doing the same thing if you're stuck.

The best idea is the idea you care about. If you get involved with your subject, your paper, essay or story will be a lot easier to write. It will be a lot more interesting to read, too, because it will be a living work, not just dry words on a page.

After you've got a general topic, narrow it down to one specific theme. You may want to write about astronomy, but unless you're writing a book, that subject will be way too big. Pick out an aspect of astronomy that you can cover in the space you have.

When you're given a writing assignment, take the challenge. Don't leave it until the last minute. Choose your subject as soon as you can and leave yourself plenty of time to do any necessary research. Care about your idea. You may find that you enjoy writing more than you thought you would. If so, *Youth 86* has a column called "Reader By-Line" just for you (see page 26). — *By Kathy Burch* □



States (November 27) and Canada (October 13). It's a good time for all of us to reflect on our blessings. It's a time to thank both parents and God for what we have.

Mike would do well to forget Steve's new bike. If he's thankful for the bike he already has — not to mention his two strong legs and especially his strong family — he'll realize he already has important keys to the good life.

— *By Jim Roberts* □

Dear Youth 86,

Practical Bible-based answers to the problems of growing up.

Q. My problem is that I am 18 years old and I still don't have a boyfriend. This worries me a lot.

A. We receive many letters like yours from girls who are sad that they are not more popular than they are.

In previous answers and whole articles this magazine has dealt with the problems of popularity, dating, looks, the right age for going steady and so on.

Rather than try to repeat all those things here, we feel it best to state something that has not been said before, but that is equally important.

It is this: Society has given many, if not most, girls an artificial idea of what it is like to have a boyfriend.

Some feel it is the most important thing in the world and that having one would solve all their problems and make them happy ever after.

This is simply not true. One proof of this is that we get a tremendous amount of mail from girls who are popular and are upset for one reason or another about it — many times because their boyfriends treat them poorly.

It is human nature to believe that we will be happy if we have some certain thing.

At your age that thing is to be popular and have a boyfriend. If life were that simple, all married people would be deliriously happy, which, sadly, most are not. At other stages in life we believe that some other things will make us happy.

But the truth is that happiness does not come with having things, even if that thing is a boyfriend.

Happiness is a state of mind that comes from living and thinking a certain way. That way

is the way this magazine tries to teach in each issue and each answer to each question.

In time, most people do finally get all they truly need, and enough of what they want, to learn that *things* don't bring happiness.

Those who truly become happy are those who learn a better way of living. We hope you will be one of these.

Q. I like your magazine overall, but want to make a suggestion. Why don't you print a section on horoscopes each month for us teens? A lot of my friends read their horoscopes and we all think it works!

A. We are glad you like the magazine, but must decline your suggestion to print a section on horoscopes.

Not having such a section is not an oversight, but an intentional omission. The reason is that the Bible directs that a person NOT use such methods to predict the future or guide his life (Jeremiah 10:2).

Of course, not all people would agree that horoscopes work. I, for one, would not agree. But whether they work or not is not the real issue anyway. The real issue is that, as stated, the Creator God forbids the use of such methods. He does so for numerous reasons.

For one, they are

founded on ancient superstitions and pagan religious practices that have their roots in beliefs that contradict the Bible.

For another, such things create the belief that our lives are directed by outside forces, that we are at the whim of such forces and that, therefore, they are beyond our control.

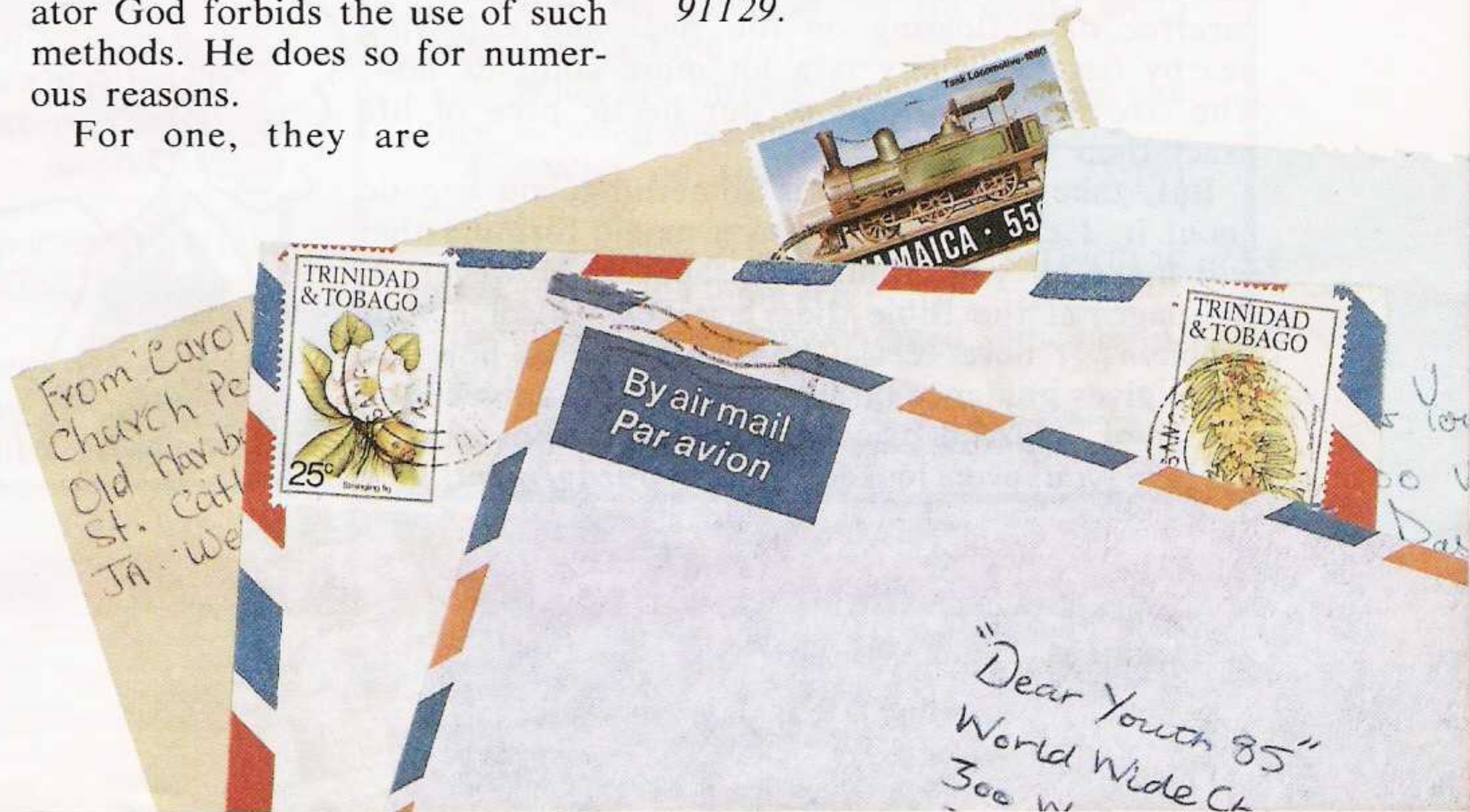
To the contrary, the Bible shows that we are free moral agents with free will and free choice (Deuteronomy 30:11-19). We have the power to choose for ourselves whether we'll live the way that leads to life and happiness or the way that leads to death.

Finally, the Bible gives us God's plain principles by which we should make decisions and lead our lives.

By obeying these principles, we can direct our steps and thus determine our future. We are required by God to use such means and not fortune telling, astrology, spiritism or any other false means.

While things like horoscopes may seem harmless to many people, they are the wrong path for a Christian to follow, and are indeed a route that leads away from the truth of God as expressed in the Bible. □

We welcome your questions and will excerpt as many as possible. Sorry we can't answer them all. Answers are prepared by Bernard W. Schnippert, a minister of the Worldwide Church of God. Address your questions to "Dear Youth 86," 300 W. Green Street, Pasadena, California, 91129.



'I need some

"I didn't know that was in the BIBLE"

Encouragement'



You've felt that way. I've felt that way. Everyone has.

Perhaps everything seems to be going wrong. You're disappointed, discouraged. There's a gnawing feeling in the pit of your stomach that seems to be saying, "I just can't do anything right."

We receive letters all too often from young people who are plagued by family problems, school problems, problems with friends. They're upset and disappointed and ask us for advice on what to do.

First, let's analyze the problem

We have long since left behind the days of Tom Sawyer, Huck Finn and Becky Thatcher who spent carefree days floating on the river and exploring nearby caves. Society is a lot more complex now. The stresses and strains of our hectic pace of life exact their tolls.

But, take heart, there is something you can do about it. I can't promise you a magic formula that will make all your troubles disappear. However, in the pages of the Bible there are keys to solve your problems. I never cease to be amazed at how the Bible gives guidance on just about every subject you can think of. And discouragement is no exception. Have you ever looked up *discouragement* in a

dictionary? I just did and it revealed an interesting key to the problem.

"Discouragement: To deprive of courage, to dishearten." To put it simply, when someone is discouraged, he or she is feeling a lack of courage. They are opposites, these two words — *courage* and *discourage*.

We can become discouraged over many things —

problems with parents, friends or school. We can fear failure in something we plan to do, such as try out for a sports team or a part in the school play. We can be discouraged about our health or lack of money. On and on it can go.

Some lessons from the Bible

One of the truly outstanding personalities in the Bible is Joshua. It was he whom God chose to lead the children of Israel into the promised land after the death of Moses.

It was an awesome responsibility — a fearful task.

Knowing how easy it would be to fear and become discouraged, God appeared to Joshua and said to him, "Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest" (Joshua 1:9, Authorized Version throughout).

No matter how great the task before you, learn to depend on God for strength. He will be with you. He will help you through your troubles and trials.

That does not mean you will never have those



troubles and trials — you surely will have some. Learning to stand fast and to overcome adversity is part of life's experiences. Developing faith and courage is even the reason we have some of the trials we do.

Many years after Moses, King David, a man after God's own heart, was nearing death. He called his son, Solomon, who would succeed him as king of



Israel to give him this advice: "Only the Lord give thee wisdom and understanding, and give thee charge concerning Israel, that thou mayest keep the law of the Lord thy God.

"Then shalt thou prosper, if thou takest heed to fulfil the statutes and judgments which the Lord charged Moses with concerning Israel: *be strong, and of good courage; dread not, nor be dismayed*" (I Chronicles 22:12-13).

You see, there are times you have to stand up. Be strong. Face your problems squarely without fear. And know God will help you through them.

Some positive steps

When you are discouraged, the first thing you must do is find out why. That's not always easy. Sometimes our troubles are hard to define. Other times we know what happened — we did poorly on a test, someone spread gossip about us or we have a health problem.

But even if you don't realize why you are discouraged, do your best to analyze what you think might be causing it.

Then find someone you can talk to about your situation. There is really no one better to help you than an understanding dad or mom. If you're not sure how to approach your parents, why not just start by asking them to read this article? That will probably get the point across.

Sometimes a good friend can help, too — someone who is positive, enthusiastic and encouraging. A lot of times just talking about your problems and getting them sorted out can start you on the road to solving them.

And by no means least is the opportunity to take your problems to the great Creator God. There is no greater help available.

Once again I would like you to read the words of King David who had to overcome adversity and discouragement just as you and I must. Here's what he learned through much experience.

"I had fainted, unless I had believed to see the goodness of the Lord in the land of the living. Wait on the Lord: *be of good courage*, and he shall strengthen thine heart: wait, I say, on the Lord" (Psalm 27:13-14)!

That means we also have to have patience in overcoming our problems. We can't be like the fellow who prayed, "Lord, give me patience, and give it to me NOW!"

Life is filled with challenges and rewards. But there are occasional setbacks. The real test is not how we perform in the good times, but how we overcome adversity.

When you occasionally become discouraged, think of what you need to overcome it. Fill the void in your life with the opposite. Think **COURAGE!** Then act with courage.

You will come out of the doldrums. And then, who knows, maybe you can help someone else overcome his or her discouragement.

All kinds of help are available from your parents and your friends and God through the Bible. Why not give them all a try? Working together, we can always overcome any difficulties we face. — *By Ronald D. Kelly* □

It's in the Bible

Joshua 1:9 — God encourages Joshua to be strong because God would be with him.

I Chronicles 22:12-13 — King David encourages his son Solomon to obey God and receive God's blessings so he could confidently "be strong, and of good courage."

Psalm 27:13-14 — King David, who overcame much adversity and discouragement, explains that God will strengthen our hearts if we patiently trust Him.

How's your encouragement rating?

1. When someone is discouraged, he or she is feeling a lack of _____.
2. How far did God say He would go to help Joshua (and us)? _____.
3. What are three sources of help we can turn to when discouraged? _____.
4. "Wait on the Lord" (Psalm 27:14) means to be _____.
5. The real test is not how we perform in good times, but how we _____.

Bonus: Have you encouraged someone today?

Answers: 1. courage 2. wherever 3. parents, encouraging friends, God 4. patient 5. overcome adversity.

DRAGON FLY

(Continued from page 13)

fly. How does it control its flight? How does the nervous system activate its flying mechanism?

By inspecting the perfect construction of the dragonfly, which is much more advanced than anything man has yet developed, our attention should be directed to the greatest Aeronautical Engineer of all — the Creator God.

If you came across a shiny new Boeing 757 jet and stepped inside its sophisticated cockpit, you would not reason that the aircraft just developed on its own — with no designer and builder.

The closer we look at creation, the more evident God's reality should become. In Romans 1:20 we read that "the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made" (Authorized Version throughout).

The dragonfly's design is perfect. Every flaw has been engineered out. If it weren't, the little creature simply could not fly. Incidentally, dragonflies have to fly to reproduce. They only mate in midair!

What God has created sometimes baffles human understanding. "It is the glory of God to conceal a thing; but the honour of kings is to search out a matter" (Proverbs 25:2). It is for man to uncover and learn from these mysteries. □

READER BY-LINE

A Brother's Point of View

By Jason Palser

Most families have two children and one is usually older than the other.

To the older child, the younger is a problem, tattles a lot and just plain gets on the older one's nerves. To the younger child, the older is a bully, boss and a big stubborn brute.

But are these things true? It may seem to be this way, but it probably isn't always. You can't say that both of you have never had a good time together and never will.

This goes for me, too. I wanted a brother, but I got a sister.

I didn't mind at first because she was cute and cuddly — for a few years! But then our attitude toward each other seemed to change. It seemed to get worse and worse until we started getting into trouble; then our relationship started to improve. We still bicker a lot,

but we have some good times together and they last a good long time.

Here are some things to do to stop bickering with brothers and sisters.

1. Don't demand too much. I do this a lot. For one, I want someone I can wrestle with and who won't cry and tell if she gets a little bumped up. But when we do wrestle, I forget she is still small, so when she gets hurt I get a little upset at her crying. But this, of course, could be controlled, since it was my fault.

2. Do you as an older brother or sister get a little angry when the younger doesn't listen to what you say? Do you listen to your brother or sister, or do you ignore or just say a simple, "NO!"?

As it says in the Bible, you reap what you sow. If you pitch in to help your brother or sister and give a little, you will get the

same back. Serving — the way of give. That's what it is all about!

3. Be nice. Don't take your frustrations out on your younger brother or sister. Also, try to restrain yourself from letting your anger tear all over the place.

A person who is getting anger directed at him or her will also get angry and into a bad attitude because of your explosion of anger. There goes all your friendship, at least for a while, out the window!

Wouldn't it have been better if you had not exploded at that person? You both would have been friendly toward one another and not have been angry and in bad attitudes toward each other. It really pays to control anger!

4. Do you ever do extensive projects or activities with your younger brother or sister? For example: go sliding with him or her? This strengthens the relationship between the two of you, plus the two of you can have a great time.

With God's help, we can have a good relationship with our brothers and sisters. To shorten this down, just remember: Pretend your younger brother or sister is yourself. Would you treat yourself the way you treat him or her? □

Editor's note: The author, age 15, is from Prince George, British Columbia.

Letters

(Continued from inside front cover)

how much I enjoyed the article about teens in Ireland by Joanne Cooper.

It stirred many memories because I grew up there in County Tipperary. As a teenager there, I experienced very warm and supportive family life. It helped me handle many of the stresses and problems of later years in a balanced way.

How I wish I had come across a magazine such as this one in my teens.

My thanks to Joanne for stirring in me a sense of gratitude to my family, especially my parents, after all these years.

Martin Ryan
London, England

Class discussion

I was sitting in my social studies class one morning and we were in a heated discussion on Russia and the United States. Lots of kids were saying that Russia was going to attack the U.S. and others were saying they wouldn't.

During all this one girl was reaching into her folder and pulling out magazines. She asked for the teacher's attention and to my surprise she showed us a *Plain Truth* magazine. She had read the one entitled: "Why Russia Will Not Attack America." The class really got interested when the teacher started reading parts of the article.

After she was finished, everyone started talking at once. I went up to Miss Hood and told her that the magazine was from my church.

After class some other kids came up to me and asked about the *Youth 86s* and where they could get them. (I had brought one to school and it had gotten passed around.) . . . now some of them are subscribers [of] *Youth 86* and it is helping them a lot with home, school and religious problems. It's amazing what a magazine can do!

Desiree Rodriguez
Yelm, Washington

How'd you get my name?

I am so glad that someone cares about the problems of teenagers! In the *Youth 86* it talks about the things some teenagers and even parents have questions about. I don't know how you got my name but please don't forget it because this subscription HELPS me a lot.

Bridgett Lawrence
Brandon, Mississippi

Editor's note: Your subscription was probably a gift subscription sent by a relative or friend.

Something for nothing

I just want you to know how much I appreciate your magazine. I've heard people say "you can't get anything for nothing." Well, they must never have heard of *Youth 86*. Thanks again.

Pam Swope
Waynesboro, Pennsylvania



Above: Tracy Weiser, age 17, from Moreno Valley, California, sent us this photo that was taken in 1985 at Orr, Minnesota. Right: Sheila Sweet, now 19, sent us this shot of her dog Bruno. Sheila is from Pasco, Washington.



In a society that is rapidly declining at an accelerating pace in moral values, it is not easy for a young person today to step out and follow the godly principles that are at the foundation of this unique magazine that is indeed a pearl of great price. So great that no one can buy it, but subscribe to it free.

But when one reads the letters of young people, some of which have come from unfortunate backgrounds, come through sad experiences, when we see

how this magazine has changed their lives for the better, replacing hopelessness with hope, gloom with joy, sadness with happiness, then that's the reason, the very encouragement, to get us to step out as they have from a run-down society.

Sean McAree
Drogheda, Irish Republic

Just a note to share the blessing *Youth 86* has been to me.

I look forward to and enjoy each issue of *Youth 86*. It's really encouraging in this day and time to be able to pick up a magazine for teenagers that is written from the Christian viewpoint. The magazine contains so many wonderful articles. It's not all gossip and garbage.

Sherry Hass
Eufaula, Oklahoma

Tribute to the founder

I would like to thank you and all the staff of *Youth 86* for the informative articles, especially the article about Mr. Herbert W. Armstrong (April). I didn't meet him personally, but I am sure that he [was] very friendly and helpful to everybody.

Most of all, I extend my thanks to Mr. Herbert W. Armstrong for creating an educational, wonderful and colorful magazine like *Youth 86* since my first copy back in 1984. Because of all these inspiring articles I have come to know the importance of life given by God to everyone.

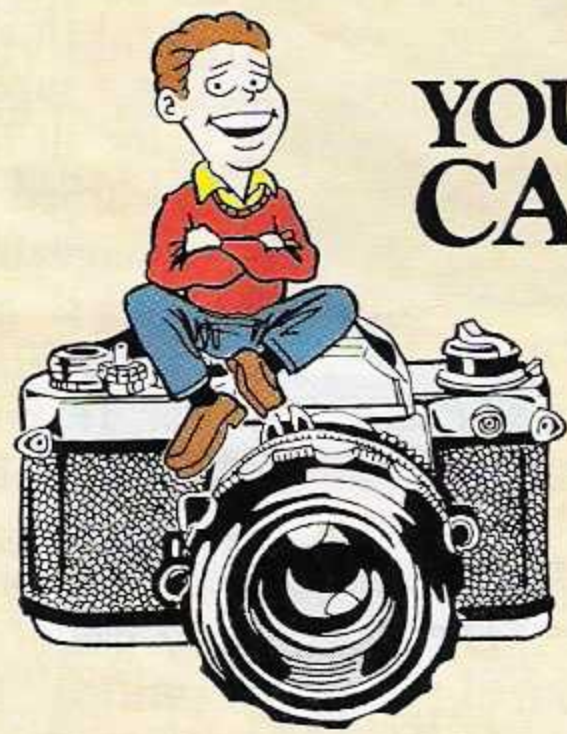
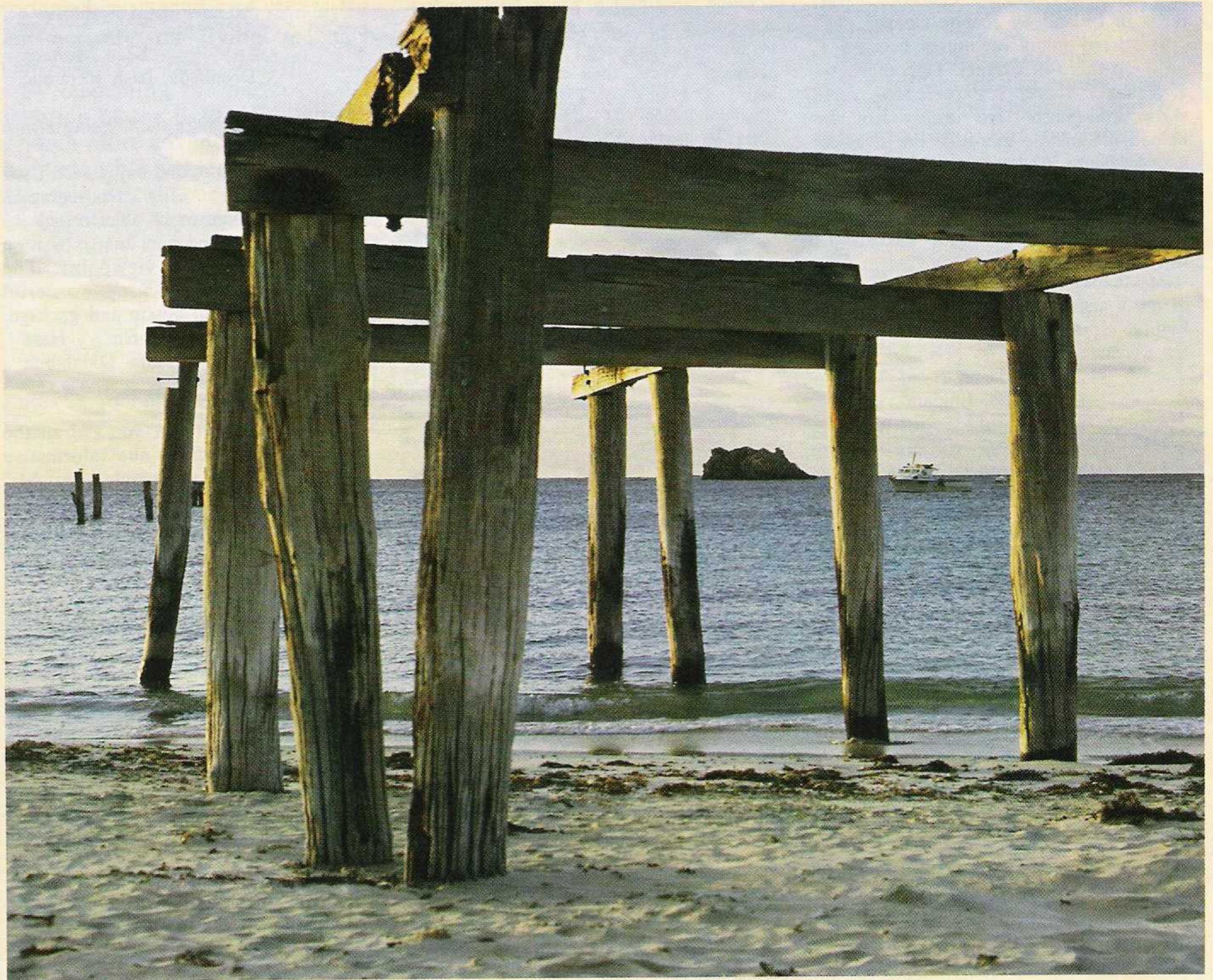
Ana M.
Tabangcura
Baguio,
Philippines

I think *Youth 86* is a super magazine for all teens. I first learned about this magazine while I was glancing through one of my

dad's *Plain Truths*. It mentioned a magazine made for youths. I am 12 years old.

I especially like the "Ideas Plus" articles. They give many useful tips. I also enjoyed the article entitled "Herbert W. Armstrong 1892-1986, 'A Friend of Young People,'" (April, 1986). It was a touching story. I learned many things I never knew about him.

Connie Tang
Belleville, New Jersey



YOUTH ON CAMERA

This seascape combines the striking lines of weather-beaten pilings with the serenity of the ocean. Larissa Merkel from Gooseberry Hill, Australia, was 16 when she won a first place in an Australian photo contest with this shot.

Quitting School?

(Continued from page 4)

my demanding boss was not growling or yelling at me.

The fun really started after I bought my first car. That's when I found out the pressures of school were not so bad. Being several thousand dollars in debt was a weight on my shoulders that outweighed any term paper or math assignment!

The pressure grew. I started to hate my job. The fun was too much! But when you have car payments every month, you can't just quit or give a grand excuse like I had done in school. The commitments are real, and must be met.

Time passed and I started to ask myself if I would like to be a stock boy until I retired in 48 years. To have this much fun for 48 years didn't sound like something I wanted to do. Without an education, I realized not much else would be open to me, so I made the hard decision to return to school the following year.

Returning to school after you quit demands humility. Your friends are one year ahead of you, and all my friends were going to graduate. The school year was successful, but with my friends all graduating and leaving school behind, I found myself desiring to follow. Mistake No. 2 — I quit again.

This time I worked in construction. With an incomplete education and no specific training in construction, I always started with the bottom job, and didn't climb much higher. It was often back-breaking and dirty work, lasting twice as long as a school day. I had money, yes, but not the fun and fulfillment I was looking for. Life became a dark, cloudy day.

Many times I looked for more exciting, fulfilling jobs — jobs

that would better fit my talents and interests — but the employers weren't impressed that I was a high school dropout.

I was learning the same lesson over again. Finally, after several dead-end jobs, and no real happiness, I once again returned to school and graduated.

Now, at least I had a diploma that said I could succeed and see a job finished. Talking to employment managers now wasn't the embarrassing ordeal it had been. I no longer had to admit I was a quitter. Life was not the cloudy day it had been.

If you are thinking about quitting school, stop and deeply consider the long-term consequences. Be realistic in planning your future. Don't fall into the trap of thinking life will work out just because it's you.

One of the biggest mistakes any of us can make is to think we are an exception to a rule, and somehow life will work out differently for us. We won't have the dead-end, boring jobs the other dropouts settle for. Fulfillment, happiness and a feeling of success will just naturally come our way!

Don't believe it. Life rarely works that way. Consider the future — at your age, retirement is years away. Do you want to be a little happy for many years, or do you want to try and be very happy and fulfilled for the rest of your life?

I was much happier after graduating high school, but later when I had gone on to graduate from college, my life became even more full and satisfying.

Education opens the mind to a richer life, and I am glad I have become a banker in that type of gold!

Reconsider finishing school before you lose some valuable years. Strive to be successful in school, and you will continue successfully in life. □



Cycling

(Continued from page 18)

Americans. Fortunately by the end of the trip we had both problems solved. Well, we at least taught them how to say "G'day, mate."

Once we began cycling, words came to have new meanings. For example, the first day we were told the road was to be flat except for a "small rise" (that was *small*?). Undulating also took on a new meaning. Instead of gentle rises and falls, we discovered that it now meant long, not-so-gentle rises and falls.

We rode in packs of about eight people for safety reasons, and we swapped packs every three days. Each member of the pack worked together to make riding easier. Every so often a member would call "glass," "bump," "car rear" or "oncoming car."

After a week of riding, we stopped for three days in Queenstown. But, alas, for the girls there were no hot showers. It was a cold experience! At night the boys slept in the school gym. We girls slept in two classrooms on waxed floors. In the middle of the night we would discover that somehow we had managed to slip halfway across the room.

After three days of touring Queenstown, where we saw sheep shorn, went out for tea ("supper" for the Americans) and went white-water rafting, we were on our bikes again. Many riders found sitting on the bike seat a sore task after the long rest.

The next, and last, three days were the hardest, mainly because the cloud cover we had the first week was disappearing. And the undulating hills and slight rises didn't get any easier.

But we managed with the help of many ice-cream stops and encouraging words from our fellow team members. That teamwork, along with the good leadership we had, made our tour of New Zealand a truly successful adventure! — *By Joanne McNaughton* □

Coming Attractions

...IN FUTURE ISSUES

Sexual Abuse: Don't Be a Victim!

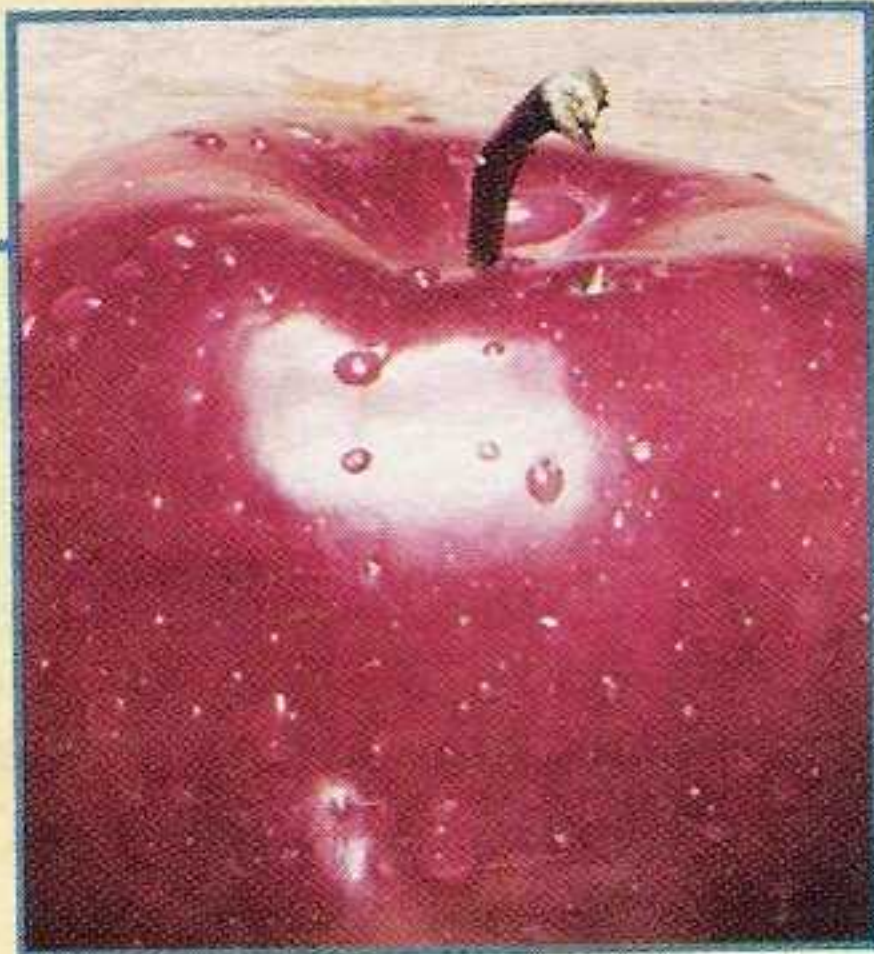
Steps you can take to avoid — or end — sexual abuse.



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