

DECEMBER

Youth 82

Now You're
Cooking!

Will Man Rule
THE UNIVERSE?
By Herbert W. Armstrong

Youth 82

December

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COVER: Peeling the apples, rolling out the crust — what better way to spend a winter's afternoon than baking homemade apple pies? "Now You're Cooking," page 16, describes how to get started in all the pleasures of home cooking. Photo by Hal Finch.

Letters

Shyness

Thank you for all the great articles on shyness. The article in the September issue, "Hi, I'm Shy," has helped me greatly to overcome my shyness and to make lots of new friends. Also the article "Take Courage" has helped me!

I enjoyed your article on education [Herbert W. Armstrong]. Thank you again for all these wonderful articles.

Candy Skipper
Jasper, Ala.

"Mom, Why Are You Crying?"

Thank you for your recent article entitled "Mom, Why Are You Crying?" [August]. Miss [Yoland] Chango's descriptions of the pain and suffering involved with war made me realize that war affects people's lives, something that the evening news often forgets about.

Glynn Goertzen
Akron, Ohio

Knows about moving

I must say thank you for your very informative magazine. In your August publication, I was surprised to find that the article "When It's Your Move . . ." coincided with my own life. I've moved several times and I know how hectic, as well as heartbreaking, moving can be.

I have also been to three different high schools in three years and have had to face the stare of strangers who later become friends. Moving can definitely be a rewarding experience, especially because you meet people with totally different and often interesting backgrounds and customs.

Sabrina Singh
LaLoche, Sask.

Useful at school

I am writing to tell you how thankful I am for *Youth 82* magazine. It has come in very useful to me especially this year at school.

Assigned a house assembly, I found myself stuck for a suitable subject so I looked through my copies of *Youth 82* and *81* in which I found the article, "The Lesson of the Elephant Man" [May, 1982], particularly interesting.

Along with a friend I made copies of the article and two more school friends helped me to present the lesson to the house one morning.

During the day many teachers came to my tutor and said they found the lesson interesting and inspiring.

Helen Neale
Bishopsworth, England

Man to Rule THE UNIVERSE?

Is there a purpose for mankind beyond this brief life?

By Herbert W. Armstrong

HAVE YOU ever been 41,000 feet above the earth in a plane, as I have? At night, from this height, the whole vast universe above seems to burst forth like a stupendous exploding skyrocket.

How did this world come to be here? Did the universe evolve? Were the myriads of uncountable suns that we call stars *created*? Was there purpose?

What about the planets in our own solar system? Do they sustain life? Or is this earth the sole body of matter in the endless universe that is inhabited?

Astronomers may hazard some guesses. The unmanned spacecrafts designed at JPL (Jet Propulsion Laboratory) sent photographs back to earth from vantage points close to some of these planets. They do not give any evidence whatsoever of conditions that would sustain life.

Science customarily rejects revelation as a source of such knowledge, but, while science can tell us little about the possibility of life on any of these astral bodies, revelation does give us some insight into their existence, their purpose and their future.

Most certainly this is not generally realized or understood. Yet it ties in directly with the existence



and presence on earth of man — the meaning and purpose of human life — and actually involves tremendous significance to human life and destiny.

King David of ancient Israel was a thoughtful man, fascinated by the study of the stars in the heavens. He was outstanding as one of the writers used in the recording

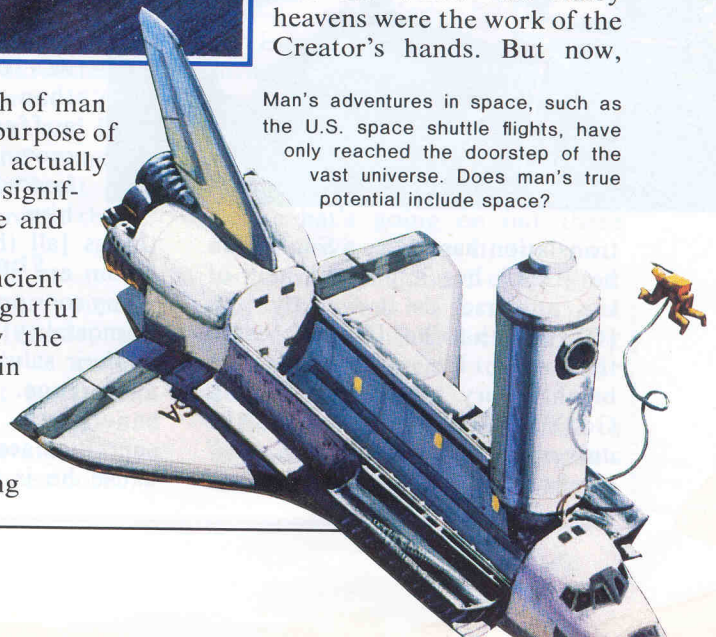
of revealed knowledge. Speaking as if to the Creator God, this king wrote: "When I consider thy heavens, the work of thy fingers, the moon and the stars, which thou hast ordained," so vast in comparison to a human being, he asked, by comparison, "What is man, that thou art mindful of him?"

Yes, why should the great God, who created, as David declared, the entire universe, be concerned with insignificant man?

He continued, "For thou hast made him a little lower than the angels, and hast crowned him with glory and honour. Thou madest him to have dominion over the works of thy hands; thou hast put all things under his feet."

David had just written that the whole vast starry heavens were the work of the Creator's hands. But now,

Man's adventures in space, such as the U.S. space shuttle flights, have only reached the doorstep of the vast universe. Does man's true potential include space?

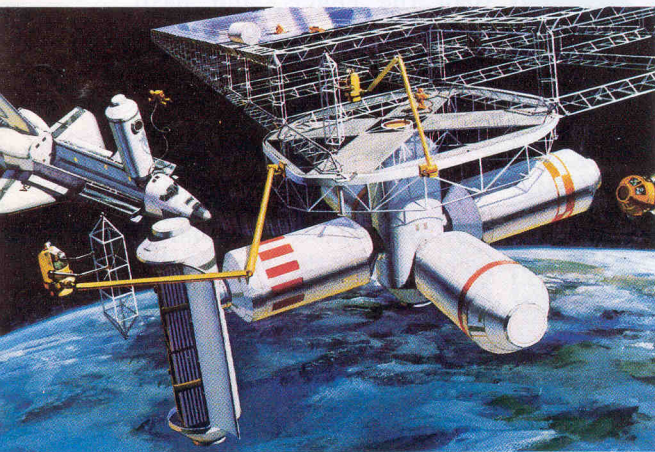


suddenly, he hastens in his next words to limit human jurisdiction: "All sheep and oxen, yea, and the beasts of the field; the fowl of the air, and the fish of the sea . . . O Lord our Lord, how excellent is thy name in all the earth" (Psalms 8:3-9).

This same passage is quoted by the apostle Paul in the book of Hebrews, with much, much more added. Speaking of a future "world to come, whereof we speak," he continues, "but one in a certain place [quoted above] testified, saying, What is man, that thou art mindful of him? . . . Thou madest him a little lower than [marginal translation is better: a little while inferior to] the angels; thou crownedst him with glory and honour, and didst set him over the works of thy hands: thou hast put all things in subjection under his feet. For in that he put all in subjection under him [man], he [God] left nothing that is not put under him" (Hebrews 2:5-8).

The same "all things" appears also in chapter 1:2-3, and is there translated "the universe" in the Moffatt translation. That is the obvious intended meaning.

Speaking of Christ, the Moffatt



translation has: ". . . a Son whom he [God] has appointed heir of the universe, as it was by him [Christ] that he [God] created the world. He, reflecting God's bright glory and stamped with God's own character, sustains the universe with his word of power" (Hebrews 1:2-3).

In both places Moffatt uses the translation "universe" where the Authorized (King James) Version translates "all things." Thus, in the second chapter, the meaning is that God has put the entire universe in subjection under man's feet.

That, of course, is a statement so overpoweringly colossal as to sound incredible. Yet it is the actual statement of what is regarded by believers as the very word of God. It simply has not been believed. It is one of the statements of revelation that has been overlooked or misunderstood or disbelieved or else flatly rejected.

But go further with this revealed statement.

The very next words in the second chapter of the book of Hebrews are: "But now we see not yet all things [the whole universe] put under him [man]."

That is for the future. In this context the writer is speaking of things in "the world to come" (verse 5). The "world to come" will not be put in subjection to the angels. Then he proceeds to reveal that the entire universe will, then, be put in subjection under man.

But the scriptural revelation is that man will then be changed from mortal to immortal — from flesh and blood material composition to spirit composition — then immortal.

Continue, now, in Hebrews 2.

We see not yet the universe put under man: "But we see Jesus, who was made a little lower than the angels for the suffering of death, crowned with glory and honour . . . For it became him, for whom are all

things [all the universe], and by whom are all things, in bringing many sons unto glory [in a state of immortality], to make the captain of their salvation perfect through sufferings. For both he that sanctifieth and they who are sanctified are all of one: for which cause he is not ashamed to call

them brethren" (verses 9-11).

Those who are to gain salvation — eternal life in the Kingdom of God — are called sons of God, even as Christ is called the Son of God. He is said to be "the firstborn among many brethren" (Romans 8:29). He is thus portrayed as the captain of their salvation — the pioneer — who has gone on ahead, by a resurrection from the dead, and now, as heir of the universe, He sustains the entire universe by the word of His power.

What a stupendous, mind-expanding, seemingly incredible heritage for man! Yet the scriptures call those who have received the Holy Spirit of God heirs, and joint-heirs with Christ (Romans 8:16-17).

Now, more specifically, what is the connection with the questions regarding the planets of outer space, and whether they are inhabited?

This same eighth chapter of Romans throws considerable light on that matter. These particular verses are not made clear by the King James translation from the original Greek. The word *creature* should have been translated "creation." The Revised Standard translation (RSV) clears it up, as does the Moffatt.

Continuing right on from the verse quoted, in the RSV, showing man, through salvation, the heir of God, and therefore of the universe:

"I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us [in us, Authorized Version]. For the creation [universe] waits with eager longing for the revealing of the sons of God; for the creation was subjected to futility, not of its own will but by the will of him who subjected it in hope; because the creation itself will be set free from its bondage to decay [as planets now are — even as our moon] and obtain the glorious liberty of the children of God. We know that the whole creation has been groaning in travail together

(Continued on page 20)

Are You Sure Everybody's Doing It?

By Dexter H. Faulkner

"It's going against everything I believe in, but there's still this thought in my mind that it's going to happen, sooner or later . . ."

The letter was from an attractive teenage girl, a recent subscriber of *Youth 82*. In spite of the pressures of her friends at school, the permissive society we live in and the constant immoral bombardment of television and movies, she set certain sexual values and standards for herself.

But now, approaching her mid-teens, Cindy (not her real name) finds herself weakening. She is confused and worried about her fluctuating desires and feelings. Is she really old-fashioned in her thinking like some of the young men she dates say?

"They expect me to do things I go against. They expect me to go to bed with them, and when I tell them no, they tell me to grow up."



How would you answer Cindy? I've read and reread her letter and I believe there are more Cindys (and Susies and Tonys and Bills) out there, with moral standards they're having a difficult time upholding, than we might think.

Who's old-fashioned?

Feeling good about yourself, whether male or female, and desiring to maintain a certain sense of self-respect is not old-fashioned. That's a natural and right emotion for every human being who has ever been born.

On the other hand, a lack of concern for others' future sexual lives is as "old as the hills" too. We didn't create sex and lovemaking in the 20th century.

Cindy continues: "As far as getting to do the same things as the other kids in high school, I believe I should wait and share my body with the guy I really love and devote my life to." How many of you guys when you're ready to begin a family and home wouldn't like to meet this girl? Or have you given up on there being any Cindys left?

"Everyone talks about making love, but it makes me sick. If they really loved each other, they wouldn't have someone else every other week." Very perceptive, Cindy.

Is what's going on out there really love, or is it the not-too-cleverly disguised counterfeit *lust*? Too often it's lust — a total lack of real love and concern for another. We need to get our definitions straight!

Everyone needs to love and to be loved, and not just by one's family. As Cindy matures physi-

Photo by Nathan Faulkner

**You young people
are being forced
to grow up quickly.
You're being
expected to make
adult decisions
daily . . .**



cally she realizes that more and more.

"Maybe I'm just lonely. I need someone to hold me. I want to feel like someone really loves me. And sometimes parents, family and friends don't fill that longing. What should I do?"

Cindy is at a turning point in her life. She's being pressured into making decisions that she shouldn't have to face until she is out of her teenage years.

But this is the real world. You young people are being forced to grow up quickly. You're being expected to make adult decisions daily, not only by your friends, but by adults. Why is Cindy at her tender age alone with young men so immature in their thinking that they've labeled her body some sort of personal sexual experimentation zone?

And you young men, realize that there are certain girls who will experiment with your feelings and cast you aside like an empty soft drink can. That's the way you feel afterward: crushed, empty and used — a worthless piece of litter.

They'll compare your performance with others. You're just someone for them to make fun of

with their friends. A humiliating experience? You bet. One that neither you nor anyone else, no matter what age, should ever have to suffer.

Be wary. It's an experience that can pervert your feelings about the opposite sex and affect your sexual life, even in marriage.

A gift from God

Sex is a beautiful gift from God. These warm, titillating sensations didn't just evolve from nowhere. Those almost overpowering needs for love and companionship were put there for a divine purpose. God meant for you to experience them. He's not trying to keep you from having a good time. His guidelines are so you can experience to the fullest extent what He designed for you to enjoy.

Does that sound strange? Haven't you sometimes felt that God doesn't want you to have fun? That isn't true.

Do you know what God really wants for you? He wants you to be the attractive, healthy, wholesome, talented person you hardly dare to dream about. Well-balanced, popular with both young and old — that's what He wants for you. He wants you to be looked up to and respected. He wants you to find the most wonderful fellow or girl to date and finally marry. He wants you to experience the most satisfying, exciting sexual moments with that person that can be experienced. He designed you to have that kind of life.

The problem is most people don't believe it. Their thinking is all turned upside down. They think moral guidelines are there to keep them from full enjoyment of their senses. No, they're there to protect, to shield from what would certainly ruin those beautiful years ahead.

Hanging in there

Cindy (you know who you are), I hope you hang in there.

I hope Cindy doesn't make the big mistake she's seen her friends make, the unwanted pregnancies,

the ruined lives. It won't be easy. It's easier with parental support, but in many instances teens are not getting this support because parents are confused too. Many have just given up on their kids. I'm sure Cindy's parents would be surprised to know how she really feels.

But, teens, give your parents a break. They find talking to you about sex is one of the hardest things they have ever tried to do. So they procrastinate. Finally when they realize you're past puberty and growing up fast, some self-consciously offer you, male or female, birth control advice. If that's happened to you, I'm sure you felt confused. You may have wondered: What are my parents trying to tell me? Is it OK to do it as long as I don't get pregnant or, if a fellow, if I don't get someone else pregnant?

Parents mean well, but many times they have been intimidated by the society we live in. Parents are pictured by the media as fumbling, bumbling fools who are having little success governing their own sex lives, let alone those of their children. And parents have come to believe it.

What a travesty. If parents have made serious mistakes, that should be all the more reason to instruct their children and to try to protect them from the same pain.

Young people, if you're determined to have that bright future that can be yours, the one that God has designed for you to have, you're going to have to take charge of your own life and have a plan.

If well-meaning adults, doctors, nurses or parents, offer you birth control aids, realize their motivation is to protect you. But also know that sexual intercourse is much more than the physical act they imply. Sex before marriage is not OK, even if nobody gets pregnant or contracts a venereal disease or STD as they call them now.

Sexually transmissible diseases — I guess that sounds nicer. But there's nothing nice about con-

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By Dan Taylor

Last time you stuck your hand in your pocket, did you find some coins?

Or did you find the button you lost off your shirt, enough threads to weave a blanket and the remains of a ticket stub from a movie you saw — two weeks ago?

Does it seem that every time you see something you'd really like to do or buy, you just don't have the money? Where does all of your money go?

Many teens suspect they have a money management problem when their younger brother or sister, from whom they've already borrowed enough money to put a dent in the national debt, begins to demand both collateral and a credit check!

There are some simple steps you can use to get a better hold of your financial situation.

The first step to a brighter financial picture involves a small notebook and one month's time. Simply start keeping track of the money you spend, item by item, day by day, week by week, until the month is over.

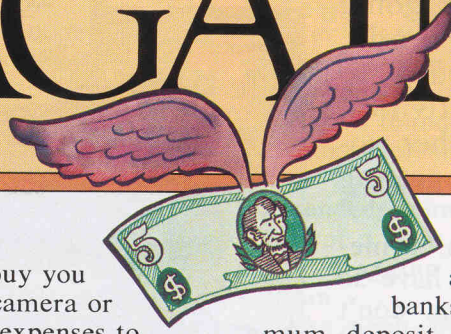
Now look at what you've spent your money on. This will give you some idea why your pockets are empty. For many teens, entertainment is the leading item.

Entertainment is nice. It adds diversity to our lives. But you probably have some exciting goals that require money also.

In case you haven't noticed, finances are pretty tight for parents, businesses, even whole nations. Yet, maybe you'd like to buy something special like a good radio or a nice camera. Or maybe you'd like to go to summer camp. Perhaps you've thought about going to college.

In many cases your parents just

BROKE AGAIN?



can't afford to buy you a new 35-mm. camera or pay your entire expenses to summer camp. But don't give up your goals. There are some things you can do!

Go back and take a look at your diary of sporadic spending. Are you completely happy with the way you spent your money? If not, you have a good reason to put into practice the second part of your new money management plan: establishing priorities.

One of the best ways to decide what your financial priorities should be is to sit down with your parents and talk about your goals.

You'll find that Mom and Dad have had quite a bit of experience in managing money. And they may be able to help

you clarify your goals, and in doing so, help you to put them in an order of importance.

As you will discover, many of the goals you have cost money. Some goals, like a good camera or college, require a lot of money. This means if you really want that 35-mm. camera with wide angle and telephoto lenses, you'll need to save for it.

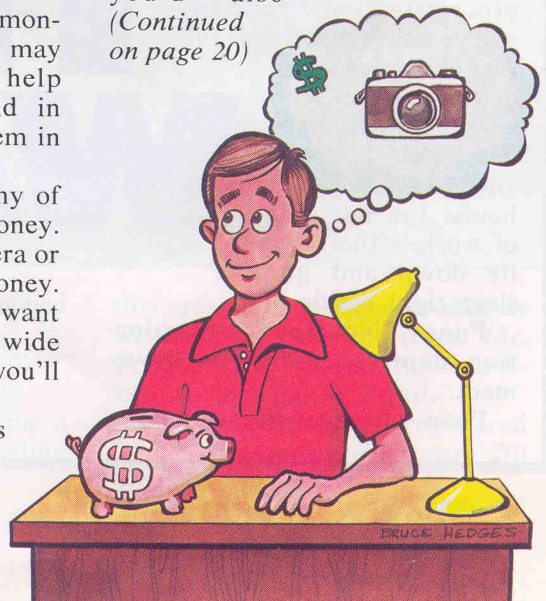
Talk with your parents about opening a savings

account. Most banks will waive minimum deposit requirements for savers under 18. In the United States, a social security number is required to open any bank account. In some cases, however, your Mom or Dad's number can be used. Ask your parents to check with their bank to be sure of the particulars.

Saving is an excellent means of accomplishing a financial goal. But it takes discipline and persistence before you can enjoy the results.

If going to college is one of your priorities, you should begin to save toward that goal. That may not be as difficult as it sounds.

For example, if you were 12 years old and began saving \$3 a week, by the time you turned 16 you'd have saved \$624! And in a savings account you'd also
(Continued on page 20)



By Norman Shoaf

A lot of responsibilities and opportunities constantly vie for your attention: school and school assignments, your part-time job, chores at home, sports, going out with friends, books you want to read, club activities, parties and other social occasions, getting proper sleep.

Does it seem, sometimes, that you have so much to do, you don't know where to start? Perhaps just thinking about it all makes you tired.

So why, then, are you taking precious time to read this article? No doubt you're in the market for a more effective way to tackle all these and other areas.

Well, read on. This information will help you. We're not going to tell you to hire an assistant or learn to live without sleep. Rather, we're going to offer you a commonsense method of managing your time and energy.

Many obstacles prevent us from doing as much as we'd like to.

A major obstacle is procrastination. Perhaps you've heard the words of the champion procrastinator, who says: "Work fascinates me. I can sit and look at it for hours. I'm not afraid of work, either. I can lie down and go to sleep right beside it."

Funny? Not when procrastination deprives you of achievement.

Plain old laziness is another

barrier, and we all suffer from it at times. Ancient King Solomon, advising a certain young man about the keys to success and the rewards of diligence, warned him against the bad habit of laziness: "Go to the ant,

you sluggard! Consider her ways and be wise, Which, having no captain, Overseer or ruler, Provides her supplies in the summer, And gathers her food in the harvest. How long will you slumber, O sluggard? When will you rise from your sleep?" (Proverbs 6:6-9, New King James Version).

You may find certain tasks distasteful. Taking out the garbage, reading 100 pages of medieval history or playing scales on the piano for two hours may not be your idea of a fascinating, fun experience. But you will still receive a sense of accomplishment from getting these things done.

Sometimes fear of failure keeps us from accomplishing. You just know you won't be good enough to make the band or the team, so you don't try out.

But whatever our reason is for not doing thus and such, the reason is inadequate. The Bible tells us, after all, that if we are at all able to do good, we should do it. To not achieve right goals — to not put all our effort into producing positive results — is seriously wrong (James 4:17).

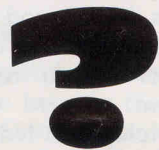
And there is a solid, practical way to get things done. This method won't add any hours to your day or make any of your tasks go away, but it will help you redirect energies you may be wasting now. Here it is:

- *Make a list of what you have to do. Sit down and actually write out all the things you have to do. Try to think of everything: chores at home, schoolwork, your job, plans with friends,*

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Are You Caught in a TIME WARP?



A True Story of ENDURANCE

By Neil Earle and Jim Baldwin

It was September, 1954. The Canadian National Exhibition was about to open in Toronto, Ont.

Florence Chadwick, an internationally known long distance swimmer, agreed to officially open the exhibition by swimming treacherous Lake Ontario, something that had not been done before.

Canadian swimmers felt challenged. Two in particular determined to make a race of it. They were Winnie Roach Leuszler, a 28-year-old woman from St. Thomas, Ont., and an unknown honey-blond teenager named Marilyn Bell.

Marilyn was 16 years old and weighed 119 pounds. From her pictures she looked more like the little girl next door than a marathon swimmer. But inside that unassuming 5-foot-2 frame towered a mountain of endurance.

Early start

Marilyn's father had taught her to swim when she was 4. By the time she was 11 she had won her first award, a medal for stroking a mile in 42 minutes. She joined a group of swimmers called the Dolphinettes who swam to raise money for the community chest. Later she joined the Lakeshore Swim Club where she came under the direction of a tough-minded coach named Gus Ryder.

Of Marilyn Bell, Gus Ryder said: "She was most charming, thoughtful and eager. She had a deep well, a kind of reservoir, and a tremendous loyalty."

By the time Marilyn Bell was 13 she was giving swimming lessons to crippled children.

Someone picking up an Atlantic City, N.J., *Daily* in July of 1954 might have noticed that she placed seventh in the Atlantic City swim and was the first female to finish in the 26-mile race open to both sexes.

And now, still in her teens, Marilyn Bell was preparing to swim Lake Ontario, something

that hadn't been done before by anyone, male or female!

The time finally came. Ahead lay 21 miles of currents, high winds, high waves, lamprey eels and hours of exhausting swimming. Taking into consideration the crosscurrents, the swim would be more like 30 miles.

Marilyn waited at Youngstown, N.Y., for the weather to break. She'd been there for two days and was just about to catch some sleep when she was told that Florence Chadwick had entered the water.

So at 11:07 p.m. on Sept. 8, 1954, she dove off the retaining wall at Youngstown. Two things were against her: She had a fear of swimming in the dark and a fear of lamprey eels. She would have to overcome both fears. In the end she was to fend off four eels with her bare fists.

Yet, although there was much against her making it, she also had much going for her. Marilyn possessed a deep well of reserve called endurance and a fierce loyalty to her tough coach, Gus Ryder.

By the time she was 3 miles out, she had caught and passed Florence Chadwick. At the 6-mile mark Winnie Roach Leuszler became separated from her pilot craft and was rescued from the water by a press boat. Then, near dawn, 12-foot waves forced Florence Chadwick out. She had reached the 12-mile marker.

Facing a crisis

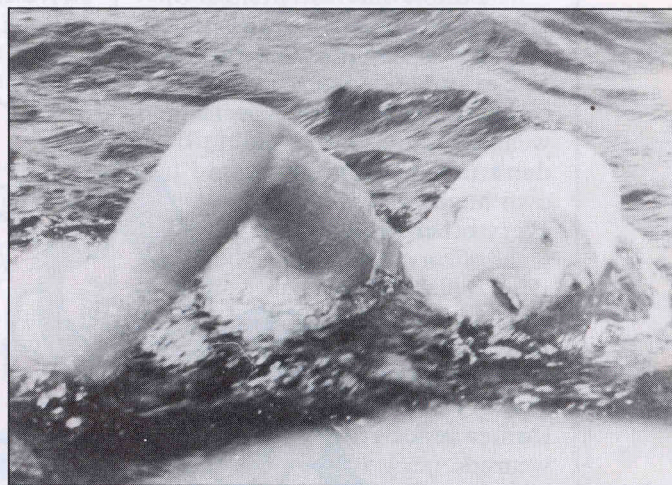
Marilyn Bell was now facing a crisis also. She stopped, treading

water glassy eyed. Mr. Ryder gave her corn syrup as nourishment and she started again.

Dawn found her losing coordination. Her stroke was off. She was gulping water. Her coach extended liniment to her at the end of a stick. She rubbed it on her dragging legs and started again.

At noon she stopped again, exhausted. Mr. Ryder chalked on his portable blackboard, "Don't let the crippled kids down." At 5 p.m. he sent a pacer into the water to swim beside her. Wood-enly, Marilyn gave chase.

The wind died, and now cross-currents underwater played tricks with her course. For every few hundred yards she swam, she drifted that many from her true line. After an hour and a half of this, she wearily stilled her arms and turned her pale, pathetic face to the pilot boat. Streaks of oil and



dirt creased her cheeks, broken by the crooked paths of tears. Mr. Ryder again raised his blackboard: "If you quit, I quit."

The words slowly registered
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News & Reviews

Brace Yourself to Smile

“Zipper lips, tin grin, metal mouth, tinsel teeth, railroad tracks” — these names aren’t exactly what a person wants to hear when he or she is wearing corrective braces on his or her teeth.

But if you’re in this category, take heart and keep smiling. After you’ve shed your braces, you’ll be rewarded with a beautiful new smile.

This is not to say it’s going to be easy while you’re wearing braces. You’ll probably get tired of trips to the orthodontist, your mouth might be sore at times and you might begin to think braces are more trouble than they’re worth.

However, since you’ll be paying a sizable amount of money over a two-year period for your braces, don’t waste those years by not smiling or neglecting the care of your pearly whites.

Here are a few tips to keep in mind if you wear braces:

1. *Follow the instructions of your orthodontist.* He or she knows best about your situation. For example, if your orthodontist instructs you to wear a retainer every night, don’t take matters into your own hands and wear it every other night.

2. *Consider seeing your regular dentist as well as the orthodontist.* This advice is from former brace-wearers.

Your regular dentist will aid you in keeping your teeth clean while they’re in braces. That way you won’t be shocked when the braces come off by stains or other unsightly discolorations caused by neglect.

3. *Remember to avoid the wrong foods.* Stay away from sticky, chewy foods like caramel and taffy and other gooey snacks so you won’t get cavities while wearing braces.

4. *Don’t cheat on yourself.* Wear the elastic bands or retainers for the recommended amount of time. Otherwise, you might spend extra time in your braces or undo all the good that has been accomplished.

5. *Try not to feel self-conscious about your braces.* Of course this may be easier said than done, but those who tease you don’t really mean to hurt your feelings.

Finally, make sure you brush your teeth after each meal and strive to maintain a positive outlook about the situation.

Remember that braces can be beautiful! —

By Wilma Niekamp □



What a Way to Start the Day

It has happened to all of us. We set the alarm clock for 6 a.m., but don’t get up until we are startled into action by daylight flooding the room. Suddenly panic strikes!

What a way to start the day! Even if you skip breakfast, there’ll be barely enough time to press the clothes you laid out to wear. You have 15 minutes to get ready for school so it’s about time you get out of bed!

As you rush off to school, after scrambling out of the house, you miserably ask yourself: “Why didn’t I get up? I heard the alarm go off. I just thought I’d sleep in 10 more minutes.”

Are you guilty of having the “sleep ins”? Here are some tips on how to avoid the morning wake-up blues.

- Try a new alarm clock. We can grow accustomed to the same ring in our ear; it’s no longer an alarm. Have you tried a clock radio? How about setting two alarms?

- Let your parents, brothers and sisters or friends know what time you need to get up. Have

them help you by giving a morning wake-up call. Have them remind you of your day's events.

- Get the amount of sleep your body needs. Try going to bed an hour earlier. It does wonders! You should wake up more easily and feel more rested. It might be the late nights that are doing it to you.

But remember, too much sleep is as bad as not enough. Most of us will find our bodies function best on no more than 10 and no less than seven hours of sleep. If you stay in bed too long, you may find yourself just as groggy as if you had underslept.

- Write out a things-to-do list before you go to bed. Be completely prepared for the big day ahead. When the alarm goes off, it *will* be music to your ears. You will be ready to face the day head on! — *By Eileen Dennis* □

Proverbs for Today: It's Written All Over Your Face!

A gold star on my forehead. That's how my elementary schoolteacher would reward me when I did well on a spelling test. She'd put a gold star on my forehead.

When I got older, my teacher was a bit more discreet. She would give me an *A* in a grade book or on a paper instead.

But we wear some "test scores" on ourselves — like a
(Continued on page 10)

Finding the Right Words

Between the ages of 6 and 10 we learn 5,000 words a year! That is 13 to 14 new words a day. But after this age, most people gradually drop down to only 50 new words a year, or one word a week.

Words can add color and power to your life. Being unable to express yourself because you cannot find the right words is frustrating. Also, your ability to say the right words at the right time can help someone else. "A word fitly spoken is like apples of gold in pictures of silver" (Proverbs 25:11).

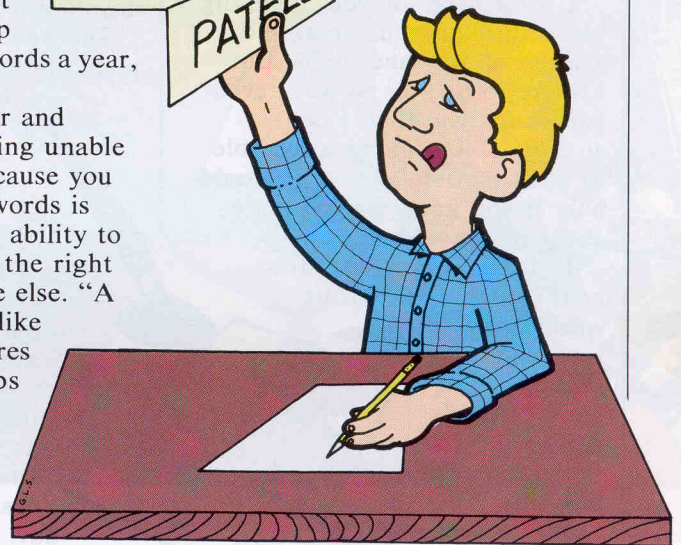
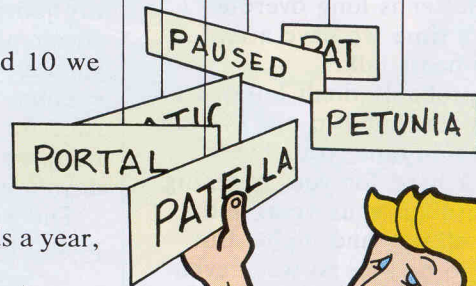
For now, increasing your vocabulary will help you in school, and later in life an above-average vocabulary will boost your chances of getting a higher paying, more responsible job.

Here are three points to help you increase your storehouse of words:

1. *Read.* Read a wide variety of quality books and magazines, from biographies of successful people to newsmagazines and other informative magazines.

Read your daily newspaper. Why not try reading the front page of the paper and circling every word you don't understand or can't pronounce? Then use a dictionary to look up the meaning and pronunciation of each of these words.

2. *Use new words.* The only way you will ever make new words an active part of your vocabulary is to use them.



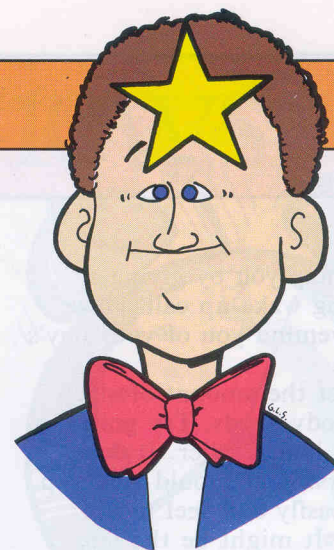
Purposely use the words you are learning in your conversation and writing.

3. *Set a vocabulary goal.* Success doesn't come haphazardly. If you are going to multiply your fund of words, you have to set a definite course of action.

Try to learn one noun, one verb and one adjective a day. You may also want to use special books designed to help you increase your vocabulary. Two of the more popular of these are: *Six Weeks to Words of Power*, by Wilfred Funk, and *Word Power Made Easy*, by Norman Lewis. There are also many other good books in this category.

Learn words to add more color and power to your life! —
By Peter Ditzel □

News & Reviews



Proverbs

(Continued from page 9)
gold star (or a black star!) — no matter how old we become. Those are the grades we get in the test of life.

That's why Solomon wrote: "Blessings are on the head of the righteous, But violence covers the mouth of the wicked" (Proverbs 10:6, New King James Version). He meant that the good you get from doing right things will be as obvious as a crown, while the bad you do will also be as obvious as a bleeding punch in the mouth.

Why? Because, the look in our eye, the way we hold our head, the smile or frown we wear and the success or failure we achieve simply broadcast to everyone the good or bad we do. We can't hide it.

The evil you or I do takes its toll. It shows for all to see. But the good also shows every single day on our faces — like a gold star on our foreheads. — By Bernard W. Schnippert □

Straight from the Heart

Dear *Youth 82* Readers:

This letter is long overdue. I think it's time we have a real heart-to-heart talk.

You probably don't know me too well yet, but I'm one of your most vital organs, your heart.

I work hard for you, pumping blood through your veins and arteries all day and night. But I'd like to be able to work even harder for you than I do already. If I'm going to be able to work harder for you, it would help if you knew a little more about me and what I do.

I didn't make my first beat until about four weeks after you were conceived in your mother's womb. From there it's been a busy life.

While you were an infant, I was beating about 130 times a minute. Now that you're approaching adulthood, I have tapered off to beating only about 70 times a minute.

I'm small for my big job — about the size of a clenched fist and weighing less than one pound.

However, if you don't mind me saying so, I'm the most powerful organ in your body. I pump 4,300 gallons of blood every day through 60,000 miles of blood vessels.

That's about 100,000 beats every day, or for a lifetime of 70 years, that's 2,555 million beats. Let me tell you, that's a lot of work.

My job is tough, but there are a few things you can do to help make my job easier for me. You'll feel the positive

effects if you do. You'll have more energy to do all those things you want to do. You'll feel more alive.

First, I love exercise! I really do. I need it if I'm going to do my job properly. Some strenuous cardiovascular exercise such as jogging, swimming, cycling, running or jumping rope for at least 20 to 30 minutes at a time, four or five days a week is great.

Did you know that for every pound of excess fat you carry

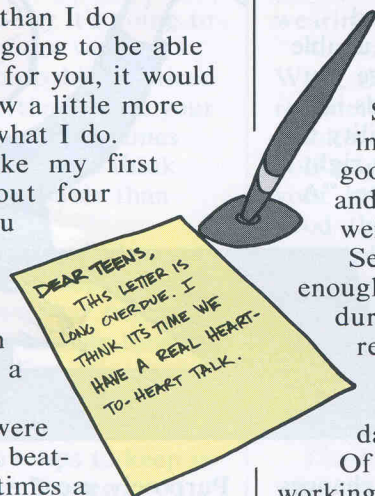
I've got to pump the blood through 200 extra miles of blood vessels every minute?

So you can help me out in that area by eating good foods in moderation and exercising to keep your weight down.

Second, make sure you get enough sleep. I work hard during the day and need my rest, too, especially if it's been a particularly stressful or demanding day.

Of course I do not stop working completely, but if I've had a good amount of rest at night, I'm better able to work harder for you during the day.

Thanks for allowing me to pour out my heart to you. I know that if we pull together as a team we can both lead a more active and hearty life. — By Your Heart, as told to Debbie Yavelak □



FRISBEE'S FRIENDS





Do Adults Accept You?

Do you get respect from teachers, coaches, parents? How can you be more respected and receive all the benefits that go with it?

By Dave Treybig

Everyone likes to be accepted. But why is it that teens rarely receive the respect of adults?

Adults seem to always enjoy coddling babies and watching younger children learn to do adult things. But when it comes to teens, adults seem to only think of problems and difficulties.

Sometimes it seems like they go on and on telling teens not to

do something stupid, showing little respect for a teen's capabilities. Why is this so? How can a teen gain the respect of adults?

Understanding how a problem began is often a good place to start in correcting the problem. In this case, adults often feel they have good reasons for not respecting teens — especially when they see young people ignore advice, forget important details and act like they don't care when they make a mistake. The more examples of youthful immaturity adults see,

the more likely they will believe all teens are immature.

So your actions affect you and other teens. Put simply, to be respected, your actions must be worthy of respect. Otherwise, you are just contributing to the problem for yourself and other teens.

Your approach to instruction can also make a big difference in the amount of respect you receive from adults. If you always say things like, "Don't treat me like a baby," and interrupt instructions with, "I know, I know," and then

accidentally make a mistake, you will really put yourself in the doghouse. From this position it is almost impossible to gain respect.

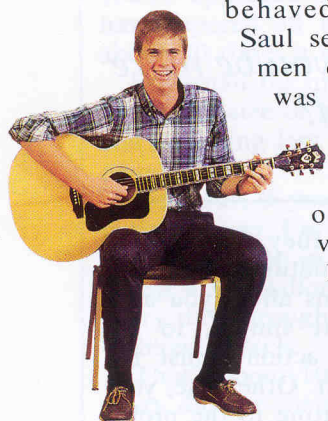
Promoting respect

A wise teen realizes that it is possible he will make some mistakes. One important aspect of maturity (being worthy of respect) is taking precautions against making mistakes. Thus, a teen who is looking for respect will not interrupt instructions, but will pay careful attention to make sure he doesn't forget something. He may also ask for verification on a few points he isn't sure about. This approach promotes respect from adults.

As a teen, David earned the respect of adults. When King Saul asked his servants to find him a good musician, David was selected (I Samuel 16:17-23). Notice the recommendation: "Then one of the servants answered and said, 'Look, I have seen a son of Jesse the Bethlehemite, who is skillful in playing, a mighty man of valor, a man of war, prudent in speech, and a handsome person; and the Lord is with him'" (verse 18, New King James Version throughout).

A short time later, after killing Goliath, we read: "So David went out wherever Saul sent him, and behaved wisely. And Saul set him over the men of war, and he was accepted in the sight of all the people and also in the sight of Saul's servants" (I Samuel 18:5).

David was ac-



**Adults
respected David
because he possessed
qualities of character
that adults
themselves desired.**

cepted because he was respected. And the respect he had was earned. Adults respected David because he possessed qualities of character that adults themselves desired. What were these qualities? Let's analyze I Samuel 16:18 and see what some of them were.

One reason David was chosen as Saul's musician was because he was a good musician — "skillful in playing." To become good at anything takes time, patience and lots of practice. Many people, including adults, would like to be good at something, but most are unwilling to devote the necessary time and energy to perfect a talent. David earned the respect of others because he had the character to persevere and practice his music when others wouldn't. His musical ability gave proof of this fact.

Another reason for the respect given David was that he was "a mighty man of valor, and a man of war." Put in our terminology, David was not only a musician, but an athlete too. He developed his body physically. He wasn't afraid to push aching muscles in effort to excel. This, again, set David apart from others.

Still another reason can be found in the phrase "and prudent in speech." Prudent means foresighted, wise, discreet or shrewd in the management of practical affairs. To maintain his respect, I am sure David did not brag about his talents. He knew when to keep his mouth shut and he also knew when and how to answer when the situation warranted comment. This is especially important in maintaining respect.

For teens today, being prudent could include not having to be reminded to perform routine chores. If you are expected to mow the lawn, empty the trash, wash the dishes or go to bed at a certain time, be prudent and do these things before your parents have a chance to remind you. A teen who can be relied upon to perform routine tasks without being prodded will be respected.

The phrase, "a handsome person," tells us that David took care

of his personal appearance. No one can change his basic appearance, but all can be neat and clean. David had good grooming habits. He surely kept his hair neat and his body and clothes clean. By contrast, teens who forget good grooming tell others by their actions that they aren't concerned with details.

David's commitment

One more reason David was respected lay in the fact that David obeyed God. I Samuel 16:18 says that God was with David. God is not with people who don't obey him (Acts 5:32). The numerous psalms written by David and recorded in the Bible show that he spent much time thinking about God's law.

Notice that David was thinking about God as he approached Goliath: "Then David said to the Philistine, 'You come to me with a sword, with a spear, and with a javelin. But I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied'" (I Samuel 17:45).

Any young person who is deeply committed to obeying God's law will stand out among others. If you want the respect of adults, don't forget your commitment to obeying God's laws!

David used these principles to gain the respect of adults and you can use them too. A key to remember is to start early in laying a foundation for respect. You can't misbehave on a regular basis and then suddenly stop for two days and expect great respect. If you want to use the family car, you had better already have a good record!

The point is, one must often earn respect gradually over a period of time. In the long run, one must be consistently reliable.

The next time you are tempted to complain about not being respected, why not analyze why you aren't respected? Then make any changes you can make. By doing things worthy of respect, you, too, can be like David — respected by adults! □

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



By Martin Horan

A good introduction to Scotland is this little story:

After the Roman legions conquered England, they tried to conquer Scotland.

A Roman officer, marching into Scotland with his men, was taunted by a solitary Scotsman yelling from the top of a nearby hill. This Scotsman made fun of the Romans and dared them to attack. So the officer sent three of his men to capture the Scotsman. His men never returned.

A few minutes later the same Scotsman appeared yelling the same things. He again dared them to attack. This time the officer sent 25 men. None of them returned. And once again the Scotsman appeared on the hill and started yelling.

This time the officer sent the rest of his men — all

72 that were left. Minutes passed before one of the Roman soldiers came running back as fast as he could. He yelled: "Sir, don't go. It's a trick. There are *two* of them!" And so the Romans were turned back.

Of course, you may not believe this is how we defeated the Romans. Maybe stories like this are the reason we have a reputation for being a fervently nationalistic and spirited people. And I have to admit, it's true. Though we're proud, we still laugh at ourselves whenever we get the chance.

Actually, we Scots are easy to get along with and quite hospitable when you get to know us. We are so proud of our country, we love to show it off and share it.

If you get a chance to talk to a Scotsman, ask him about his *clan* (family) history. Stories about the clans often deal with the fierce battles fought between the

clans, but they also tell about the clans banding together to defeat every foreign invader of Scotland. We've never been militarily conquered, you know.

That, however, is only part of our history and culture. If you go north, to the Highlands, perhaps you will hear Gaelic spoken. Once it was our national language, but now English is the official language. Gaelic is a complex language similar to Irish — it's nothing like English.

Scotland is part of the United Kingdom of Great Britain and Northern Ireland. Though joined politically and geographically to England, it is a totally different country. Actually, both countries had been enemies for hundreds of years, but for financial reasons the English and Scottish Parliaments were joined by the Act of Union in 1707.

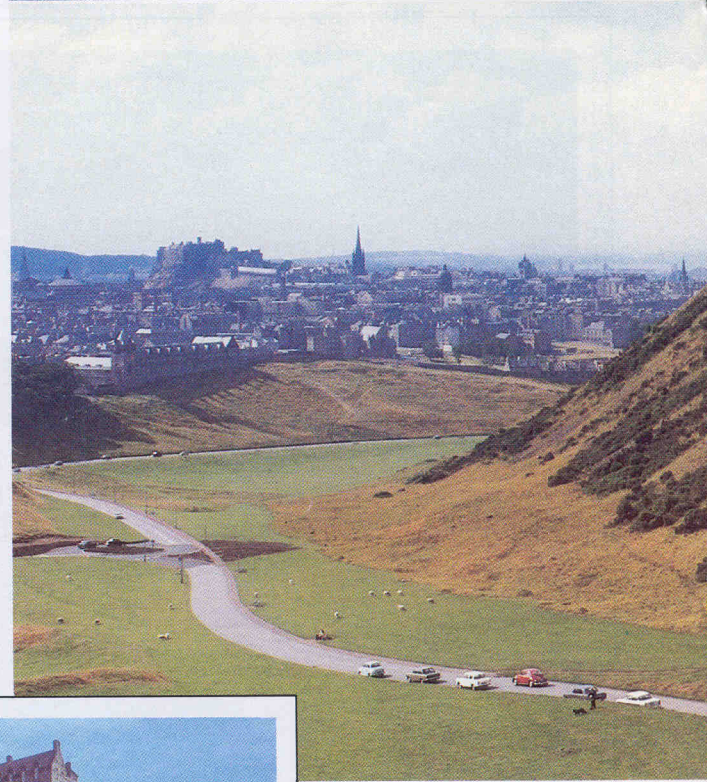
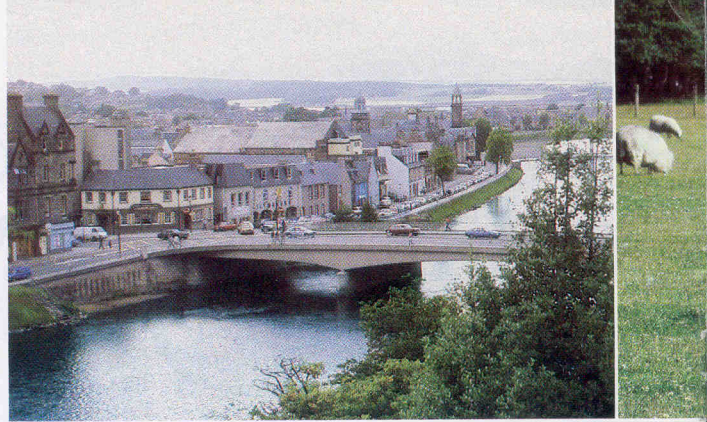
When traveling between England and Scotland, there are no border patrols or customs to pass. The countries are ruled by the same government, though some of the laws are different.

Traditionally our universities are among the world's finest. The universities in Edinburgh and Glasgow are world renowned for studies in law and medicine.

From ages 12 to 16, students study for their "O" grades. If the student intends to go to university, he will be advised to take certain classes including English, a modern foreign language and math.

If you have not visited Scotland, perhaps the major question you have remains unanswered. Do people actually wear kilts? Yes! And they are quite proud of it too. Of course, not every Scotsman wears a kilt to work. It is, however, an acceptable form of clothing.

You see, a kilt is made from more



Previous page: Glenfinnan and Loch Shiel; left: a Scottish piper; above: Edinburgh, Scotland's capital; above right: Salisbury Crags and Edinburgh's skyline. (Photos by Woodmansterne Limited Watford)

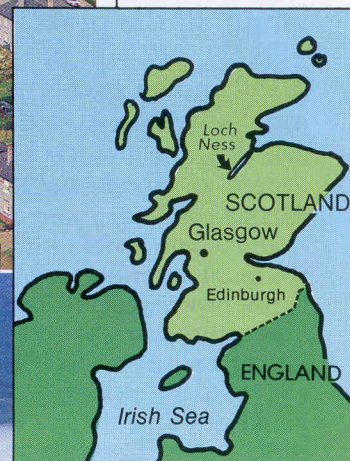
than just any plaid material. Each clan (such as the MacDonalads, the MacNabs or the MacFarlands) has a separate and distinctive pattern (known as a *tartan*) for its kilts. When a Scotsman wears a kilt displaying his family tartan, he is proudly representing his family heritage. It is a matter of honor.

His family for centuries before him wore that particular tartan into battle and to the national meetings and councils of all the clans. Scotsmen carry on this tradition and pass it to their children.

If you are interested (perhaps your ancestors came from Scotland), come visit us sometime. We have a special Gaelic greeting for you: *Ceud mile failte*. One hundred thousand welcomes! □



Top photos, from left: Inverness; sheep raising near Loch Lomond; Glasgow, Scotland's largest city. (Photos by Edie Weaner, Nathan Faulkner and Youth 82 photo)



Left: The Urquhart castle overlooking the deepest point in Loch Ness. Reported sightings of "Nessie" are most common near this point. (Photo by Edie Weaner)

The Mystery of LOCH NESS

It's more than 700 feet deep, 24 miles long, one and a half miles wide and many people believe it is the home of a monster.

Loch Ness, a lake in northern Scotland, has been known for its monster at least since A.D. 565, and new reports and evidence lead some today to believe big, unusual animals really are living in the deep waters.

Several things about Loch Ness are unusual. Although it is smaller in surface area than Loch Lomond, the largest lake in Scotland, it contains two and a half times as much water. This is because Loch Ness is quite deep (975 feet at the deepest point) and the sides are so steep that things can't wash up on shore. Another interesting fact is that although the water is always cold, it doesn't freeze, even in the coldest winters.

The first written record of a creature in Loch Ness came in 565 when St. Columba was said to have seen a certain water monster.

During the centuries that followed no mention is found of creatures.

However, "Nessie" (as the creature has been affectionately called) came to international attention in May, 1933, with the story of an eyewitness account. Soon after several deliberate hoaxes were publicized, however, and the whole idea began to look ridiculous.

Since the 1930s sightings have continued and photographs as well as movie films have been reported to show evidence of the creatures.

Many scientists scoff, however, that there is a creature at all, putting all the reports down to fabrication or overworked imaginations.

On the other hand, some residents of the area say the creature isn't just for tourists' entertainment. They seem to really believe something mysterious lives there. —By Edie Weaner □

Map by Greg Sandlands

By Colleen Gus

In your mind's eye, you can see your great-grandmother when she was young. She is kneading bread dough in an old-fashioned kitchen, with a huge cast-iron stove on one side and a sink with a hand pump on the other.

Now she is putting the bread in the oven. With your mind's nose, you can smell it, as the warm, rich, yeasty aroma of fresh baking bread fills the house.

But home cooking is not just a thing of the past. These days many people, both young and old, are rediscovering the pleasure, hobby and art of cooking.

Guys and girls find it relaxing and rewarding to experiment in the kitchen learning to prepare foods as easy as blender milk shakes, as elegant as chocolate eclairs, as fun to eat as a Swiss fondue. You can discover the world of the culinary arts with ingredients and utensils you probably already have around the house. Best of all, you, your family and friends will be able to eat what you create!

Starting out

If you are just beginning to cook, it's best to start with a simple recipe — one that requires just a few ingredients and a minimum of skill. For example, if you are baking, quick breads (which contain baking powder rather than yeast) or one-bowl cakes (which don't require you to separate the eggs) are good choices.

Almost any general cookbook will include such recipes, but a beginners' cookbook may give you valuable hints to make your first project a success. You can probably find such a cookbook in your school library.

Once you have selected a recipe, be sure you understand it completely. If you don't know the meaning of terms and phrases like



NOW YOU'R COOKING!

saute, fold in or sift before measuring, ask your mother to explain or demonstrate them. Not only will knowing what you're doing help things go smoothly once you get started, it will also help you to get Mom's permission to use the kitchen.

Assemble all the ingredients

and utensils you'll need before you begin. With everything at your fingertips you can cook with order and ease, avoiding the mistake I made while baking my first cake. While I spent 15 minutes looking for the other beater for the electric mixer, my cake's dry ingredients sat partially



them more attractive too. To avoid crumbling breads and cakes, grease and flour the pans well before starting. Wait 10 minutes after removing them from the oven before scraping along the sides carefully with a spatula and removing them from the pans. Don't slice until they are cool (if you can wait that long with the aroma of fresh, hot bread permeating the house!).

You can have fun decorating the foods you prepare. For example you can decorate cakes with fresh fruits, dried fruits and nuts as well as frosting.

As you gain experience in the kitchen, you will enjoy experimenting with your favorite old recipes and trying new ones. Browsing through cookbooks will give lots of ideas for preparing and serving dishes. If you really get involved in cooking as a hobby, you will probably want to invest in a good, comprehensive cookbook.

You might enjoy organizing a recipe file, too. When you try a recipe, write it out on a card and note any substitutions or adjustments you made and how everyone liked it — then file it under an appropriate classification such as meats, desserts or salads. You can clip recipes you'd like to try someday from newspapers and magazines and file them also.

Soon you'll be developing your own specialties — people will be asking you for the recipe for your homemade spaghetti sauce, your strawberry cream puffs or your whole-wheat pizza crust.

Maybe you'll enjoy preparing meals with an international flavor — bookstores abound with Mexican, oriental, French and other exotic cookbooks. Or perhaps you'll be entertaining friends with the most delicious barbecues or packing the tastiest picnic lunch on the block. Any way you slice it, cooking is a hobby that you can enjoy for years to come. □



E mixed with the liquids. The cake turned out with the same consistency as a tough rubber sponge — and it wasn't even a sponge cake!

Measure carefully and properly. Someday you will be pinching a pinch of this and dashing a dash of that, but for now you can almost ensure success with measuring cups and spoons. Glass or plastic measuring cups with a spout and lines marked on the sides are best for liquid measure, since they allow you to measure accurately without spilling. Metal or plastic nested cups are best for dry ingredients. Level off the tops with a spatula or the flat side of a knife.

Know the rules of kitchen safety. Sharp knives should be used only against a cutting board. If you have

not used them before, operate the stove and other kitchen appliances only under Mom's supervision. And, by all means, clean up the kitchen when you are through. That way Mom won't mind letting you use it next time!

Make it look good

Have you ever noticed that the food that looks the best often tastes best too? You can use this to your advantage when you serve your culinary creations to others.

Use serving dishes that complement the color of the food. For example, a green salad can look best in a clear glass or wooden bowl, but a potato salad might be better in red or white ceramic or plastic.

Keeping things neat will make

NEWS THAT AFFECTS YOU



Santa's \$14 Billion Gift List

- Santa Claus must have a huge budget. Last Christmas he brought \$14 billion worth of gifts to the United States alone.

"No other event inspires as much irrational spending year in and year out," wrote Margaret Yao of *The Wall Street Journal* about Christmas buying sprees. (Apparently she doesn't believe in Santa Claus!)

How much money is \$14 billion? With that much money you could buy each man, woman and child in the United States a portable stereo cassette tape player. Then with the money left over you could buy them each a few blank tapes.

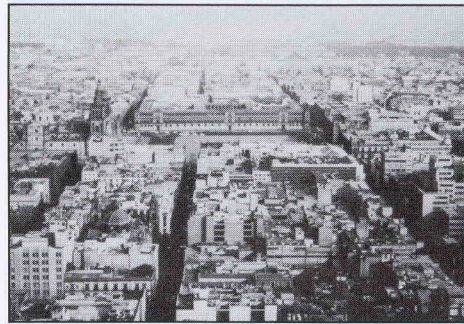
But what do stereo head sets, commercialized advertising gimmicks and spending sprees have to do with the birth of Christ? For that matter, is Christmas really related to the birth of Christ?

"Of course, it is!" you might say. "Why do you think it's called Christmas?" But did you

know that people celebrated Christmas before Christ's birth? Look up *Christmas* in an encyclopedia. You'll be surprised.

If you want to know more, Turn to page 21. There you'll find out more about "The Surprising Origin of Christmas."

— By George Hague □



What If Your City Had 30 Million People?

- You probably live in a city or town. Most people in the Western world do. But can you imagine living in a city with twice the population of the entire continent of Australia?

By the year 2000 Mexico City may become that big — some predictions say by then it will be the world's largest metropolis with more than 30 million people.

How would you govern such a city? Could such a city survive — or even ever exist?

Mexico's new president, Miguel de la Madrid, said,

"Unless we are careful, Mexico City could become uninhabitable." Why?

Already 2.5 million cars and buses belch exhaust and blare horns in rush hour traffic lasting up to 16 hours a day. Some days air pollution reaches 100 times the acceptable level.

Clean water runs in short supply. Garbage, sewage and industrial waste removal is a formidable problem for the more than 14 million people who live there today. Disease has become a fact of life.

However, more than 7,000 rural workers move to the slums of Mexico City each week. Mexico City offers the promise of a future, money, food and some education to the poor who had even less in their home villages.

Nearly half of Mexico's national wealth lies in Mexico

City, but the city's physical foundations are weak and decayed. Too

many people and too little money make it difficult to revive the city. Problems overwhelm the solutions of today's urban planners.

How would you like to become an urban planner for the world's cities with the ability to solve these problems? The Bible reveals that you can be one in a new world to come.

God Himself will first have to intervene to save this present world from destruction. He will then build a new civilization and teach us how to solve the serious problems facing our cities today.

If you would like more

information about the fantastic opportunities that will soon be available for solving today's problems, send for your free copy of *The Wonderful World Tomorrow: What It Will Be Like*. — By Jeff Caudle □

On the OTHER Hand...

• Left-handed people are no longer burned at the stake, but they still must contend with scissors, pencil sharpeners and wristwatches made for a right-handed society.

What causes left-handedness?

Researchers feel the answer lies in testosterone, a hormone that (among other things) affects the brain's size and neuron arrangement.

Scientists now believe some babies receive proportionally more testosterone than usual. These doses may actually inhibit the growth of the left side of the brain — the dominant side for right-handers. This puts the right side in control, resulting in a left-hander.

Research indicates that left-handers (10 percent of all males and 6 percent of all females) have a higher chance of having dyslexia (a learning disability). This may be because of hindered development of the left (the language skills) side of the brain.

On the other hand, since the right or spacial skills side of the brain is dominant in

left-handers, they tend to do well in art, math (such as geometry), music and sports.

After all, being left-handed didn't seem to bother Michelangelo, Leonardo da Vinci, Martina Navratilova or Jimmy Connors! —

By Dan Taylor □

COUNTRY IN FOCUS: Mexico

Mexico brings to mind many images — wide sombreros, colorful shawls, tasty tortillas and enchiladas, beautiful señoritas and swashbuckling conquistadores. But how much do you really know about this important country?

Mexico is a land rich in contrasts. Its landscape varies from dry cactus plains to dense jungles, from vast cattle ranges to snow-clad peaks. Because of the great variation in altitude and rainfall, Mexico's soil will produce every fruit that can be grown between the arctic circle and the equator!

Mexico is about one-fourth the size of the continental United States. It is shaped roughly in the form of a slightly bent inverted triangle (see map). Its base is its 2,000-mile-long northern border with the United States. Its apex to the southeast touches the Central American countries of Guatemala and Belize.

Before the Europeans came, Mexico was home to a number of remarkable civilizations. In the Yucatan peninsula at the southeastern tip of the country, the Mayas built great cities such as Chichen Itza. Later, in the central plains, came the Toltecs and Aztecs. Ruins of their temples, palaces and pyramids can still be seen.

The extraordinary differences between the people of Mexico today is one of the fascinating aspects about this land of contrasts. Modern Mexico is a combination of ancient Indian culture and Spanish civilization,

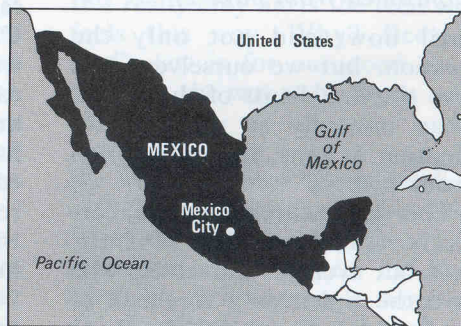
and this blending is reflected in its people themselves. More than 60 percent of Mexicans belong to the *mestizo* class, meaning they are of mixed Indian and Spanish descent. About 30 percent are American Indian, and 10 percent of pure Spanish background.

Spanish is the country's official language. In fact, Mexico — with 75 million people — is the world's most populous Spanish-speaking country.

Mexico City, the country's capital, has a metropolitan population of more than 14 million people (see "What If Your City Had 30 Million People?" on page 18). Many hundreds of years ago it was the site of the Aztec capital before being captured by the Spanish under Hernando Cortes in 1521.

Agriculture is Mexico's basic economic activity. The country's main crops are corn, rice, wheat, beans, cotton, coffee and sugarcane. Cattle raising is also of considerable importance.

Mining and petroleum production, however, are the primary sources of national



income. Mexico is one of the principal sources of petroleum in the Western Hemisphere, with huge oil reserves.

Despite its natural wealth, Mexico has been burdened with often severe economic difficulties. The nation spends considerably more on imports than it receives for its exports.

Why not see what additional facts you can discover about this fascinating country? — By Keith W. Stump □

BROKE AGAIN?

(Continued from page 5)

earn interest. If at age 16 you were to save \$10 a week until you turned 18, you'd have an additional \$1,040. That would give you \$1,664 not even including the interest.

College is a big, costly goal. Yet by starting to save for it now, you will be that much ahead of the game. And you'll be helping your parents' budget out too.

Whether you're saving for college, summer camp or a 35-mm. camera, you can accomplish the goal (or much of it) by yourself by:

1. Examining your spending habits.
2. Establishing financial goals and giving priority to your top goals.
3. Saving toward those goals.

By following these steps, you'll be building good money management habits that will last you a lifetime. □

UNIVERSE?

(Continued from page 2)

until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait for adoption as sons, the redemption of our bodies."

This last sentence, more correctly translated by Moffatt: "... but even we ourselves, who have the Spirit as a foretaste of the future, even we sigh deeply to ourselves as we wait for the redemption of the body that means our full sonship" (verse 23). It is not becoming an adopted son — but a fully born son of God. Why not request our free booklet, *Just What Do You Mean Born Again?*

What is here revealed, or strongly implied, is that the planets of the entire universe are like our moon, unable to sustain life, virtually waste and empty, subjected to futility as of now, in decay, but so subjected by God in hope. For, when God's purpose in

having put humanity on this earth is completed, untold millions of humans shall have become fully born sons of the living God — then composed of spirit — then divine as God is divine — born into the very Family of God, which, ruling the universe, will be the Kingdom of God.

God, first of all, is Creator. Those who receive that salvation will become creators. Planets will be turned into beautiful, productive planets, sustaining life. New life will be created.

Second to being Creator, God is Ruler. God sustains and preserves what He creates by His government. God is the author of beauty, of light, of peace, of happiness and joy.

The government of God once ruled this earth. There was peace, beauty, happiness. But rebellious angels rejected that government. This truth leads into the very cause of all the evils in this world — and the cause that will produce, as God's doing — not man's — world peace and everything glorious and beautiful.

God sent a glorious message to mankind some 1,900 years ago by His son Jesus Christ. That message was the only true Gospel of Christ. It included what I have written here — and much more! It explains what science has been unable to discover — what religion has overlooked — and what education has never taught — the real cause of the world's evils, the way to world peace, the purpose of human life on the earth.

This good news was rejected, and another and different false "gospel" was put out to a deceived world. The true Gospel was not proclaimed publicly to the world after the first century. The world did not hear it for 18½ centuries until it was announced again in the *World Tomorrow* broadcast. □

FOR MORE INFORMATION

For more information about these vital subjects, send for your free copy of Mr. Armstrong's book *The Incredible Human Potential* and his booklet *What Is the True Gospel*. See inside front cover for the address nearest you.

ENDURANCE

(Continued from page 7)

and she drew a long breath. Her legs and arms responded to some deep and distant message and the grim employment began anew. Stroke . . . stroke . . . stroke.

Some well of reserve, some channel of reflex kindled her. She did not falter again. Like a waterlogged automaton she crawled toward the distant, glittering fairgrounds. Marilyn Bell, a 16-year-old schoolgirl, was now a national hero.

But what about us? Endurance is required of us too. Matthew 10:22 is an instruction to us to endure to the end — in fact, the Bible is full of examples that show endurance pays off.

Teens trying to live by right principles face many of the same things that Marilyn Bell faced. Public opinion was against her. Most people thought this swim was too much for a 16-year-old girl. Then there was the sheer effort involved. She had to maintain a specific course though buffeted by waves and pulled by currents.

Remember one important thing: Marilyn Bell was in her field. She trained. She worked out. She lived to swim. She even instructed others on how to swim. She was totally committed to her element.

Today Marilyn Bell is almost forgotten. The quality she possessed — endurance — is not a glamorous quality. Marathon swimmers must rely on their inner vision to pursue their goal and endure when everything seems to tell them to stop.

In reference to Marilyn Bell a sports writer once said: "Good athletes give it all they've got. A great athlete gives it more."

Think of Marilyn Bell next time you are up against pressure to do wrong or feel like quitting something worthwhile and honorable. Her example shows that you can reach your goals too. Remember her example and write your own story of endurance! □

Teen Bible Study

The Surprising Origin of Christmas

Prepared by Richard A. Sedliacik

Hundreds of millions of people around the world are now preparing for the Christmas holiday season. Little children, filled with anticipation and excitement, are wondering what Santa Claus will bring them this year.

Entire families will soon be busy putting up Christmas decorations. Holly, mistletoe and evergreen will deck the house. And just the right tree will be chosen and decorated with tinsel and ornaments.

Christmas is the season for giving and receiving presents. A time to sing carols, admire colorful twinkling lights, roast chestnuts in the fireplace, to burn the yule log. It's the season when family and friends get together for a sumptuous meal.

Yet, paradoxically, Christmas is also the time of year when murders, suicides, family fights, depression and drunkenness reach a peak!

Stop and think for a moment. Very few have ever reflected on why they believe what they do — why they follow the customs they do, or where those customs came from. Having been born into this world, we naturally accept the customs and beliefs of society without question.

Have you ever wondered how and when Christmas originated? Does it really celebrate the birthday of Christ? Was Jesus really born Dec. 25? Did the original apostles, whom Jesus taught personally, celebrate His birthday?

Before reading further for the surprising answers, be sure to get your Bible and a pen or pencil. Writing out the Bible verses given in answer to the questions will help you to

remember what you have learned. Now let's begin this eye-opening study.

1. First, let's consider the date of Christ's birth. What does the Bible tell us about conditions surrounding the time when Christ was born? Luke 2:6-8, especially verse 8.

This biblical account is referred to in many encyclopedias and other historical sources to point out that Christ's birth could not have occurred in the month of December. The shepherds in Judea always brought their flocks in from the mountainsides and fields and corralled them no later than mid-October! They did this to protect the sheep and themselves from the cold rains that followed. The Bible itself shows that winter in Judea is the rainy season (Song of Solomon 2:11, Ezra 10:9, 13).

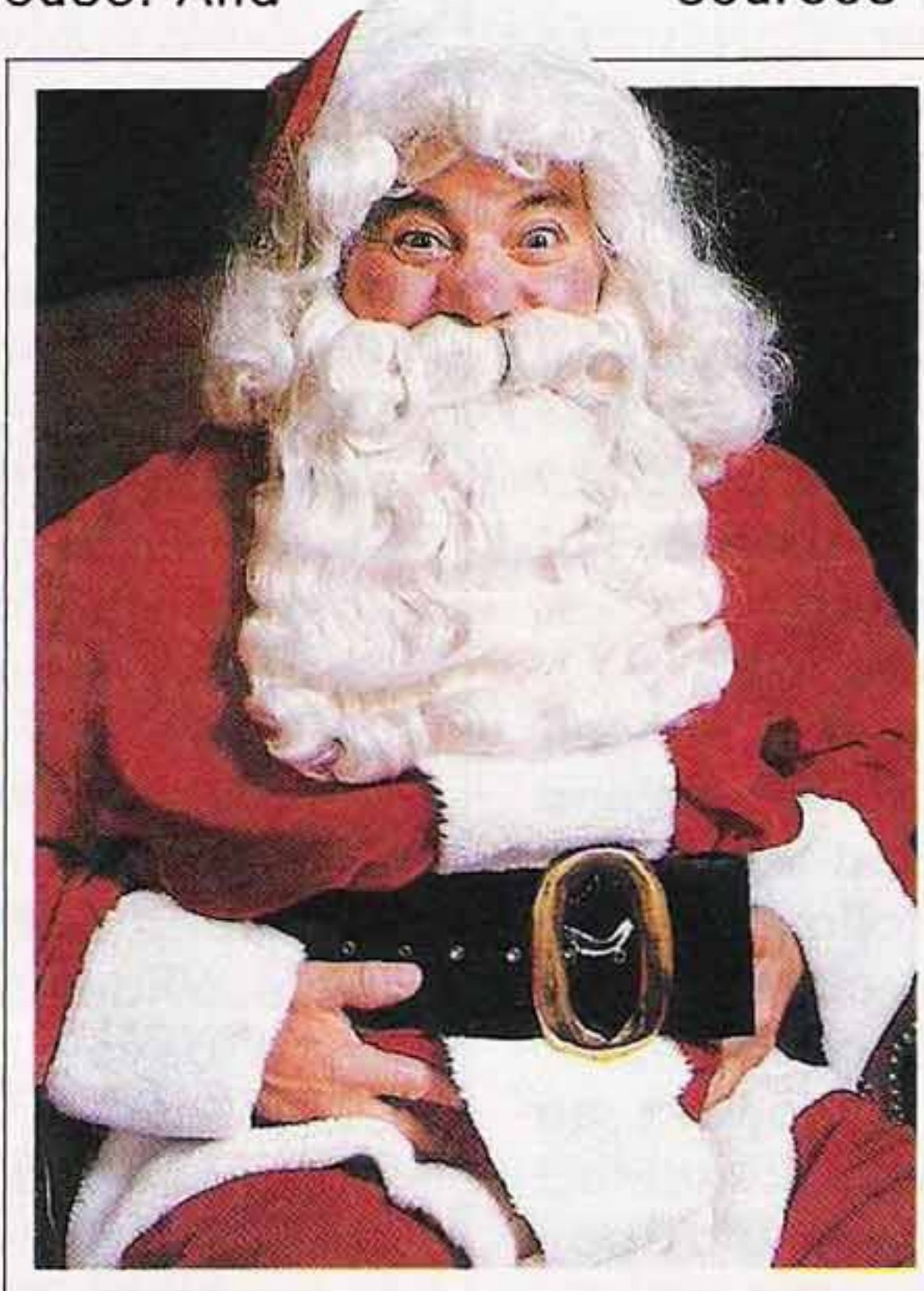
Check an encyclopedia in your library and you'll find that the exact date of Christ's birth is unknown. If Jesus Christ had intended for us to celebrate His birthday, then He would

have told us to do it and given us the exact date in the Bible — which He didn't.

You will also find no biblical record of Christ, His apostles or His Church observing His birthday. Rather, we are told to commemorate the date of His death! (I Corinthians 11:24-26.)

Since Jesus was not even born in December, do we dare assume that the customs of this most-observed religious holiday stem from "Christian" origins?

Shocking as it may sound, Christmas customs and practices date long before Christ! According to the *Encyclopaedia Britannica*: "Christmas customs are an evolution from times that long antedate the



Teen Bible Study

Christian period — a descent from seasonal, pagan, religious and national practices, hedged about with legend and tradition” (15th edition, article on “Christmas”).

The *Encyclopedia Americana*, 1944 edition, further explains: “It was, according to many authorities, not celebrated in the first centuries of the Christian church, as the Christian usage in general was to celebrate the death of remarkable persons rather than their birth . . . A feast was established in memory of this event [Christ’s birth] in the fourth century. In the fifth century the Western Church ordered it to be celebrated forever on the day of the old Roman feast of the birth of Sol [the sun], as no certain knowledge of the day of Christ’s birth existed.”

These authoritative reference works further state that many familiar Christmas trappings such as the holly wreath, mistletoe and the yule log are relics of pre-Christian times!

2. A common custom during the Christmas holidays is to cut down an evergreen tree and decorate it. Does the prophet Jeremiah make reference to such a practice occurring during his time — hundreds of years before Christ? Jeremiah 10:2-5. Whose custom was this? Verses 2-3.

God’s Word shows it is the custom of the heathen to cut down trees, decorate them and put them in their homes! And God warns His people not to learn that way or follow it.

3. One of the traditional customs of Christmas is the buying and exchanging of gifts. Many believe they are following an example set by the wise men who presented gifts to the infant Jesus. But why did they present gifts to Christ? Matthew 2:1-11.

The wise men were not starting a new Christian custom of exchanging gifts with friends to honor Christ’s birthday. They were following an ancient Eastern custom of presenting gifts to a king when they came into his presence. They were approaching Christ — “King of the Jews” (verse 2).

These gifts obviously were not given on Christ’s birthday because the wise men came a number of days, or even weeks, after Christ was born.

4. Many who understand Christmas evolved from pagan customs originally honoring the sun god will tell you they observe it to “honor” Christ. But what does God say about following the customs and

traditions of the heathen? Deuteronomy 12:29-31.

God plainly warns His people not to adopt the practices of pagan nations. God will not accept this kind of worship, even though intended in His honor!

5. Did Christ say it is possible to worship Him and still do it all in vain? Matthew 15:9. What did He tell His disciples about following man’s ideas about how to worship God? Mark 7:7-9.

God does not want people trying to honor Christ by following traditions and customs devised by men. Notice again God’s command, “You shall not worship the Lord your God in that way” (Deuteronomy 12:31, New King James Version).

6. Those who celebrate Christmas end up breaking many (if not all) of God’s commandments. What are these commandments? Read Exodus 20:1-17.

Christ’s name is used in vain because He certainly never put His name on Christmas; lying is involved by telling youngsters about Santa Claus; and coveting material things seems to be the true “spirit” of the holiday. More murder, suicide, drunkenness and a host of other sins are committed during the Christmas season than at any other time of the year!

7. Are there specific days of the year that God does command His people to observe and keep holy? Read Leviticus 23:1-36. Is there evidence that Jesus kept these very same days? Luke 2:41-43, John 7:1-2, 14, 37.

These and other scriptures show that Jesus Christ and the Church He founded kept God’s festivals. These annual feasts were given to teach us how God is accomplishing His great master plan for mankind. It is through the knowledge of these days that we can understand what man is, the purpose of life and all about the soon-coming Kingdom of God!

If you would like to know more about God’s days and how they are observed today, why not write for our free booklet *Pagan Holidays — or God’s Holy Days — Which?* Also, be sure to request *The Plain Truth About Christmas*. This free booklet goes into much more detail about the true origins of Christmas and related customs than could be presented in this short study. □

Dear Youth 82,



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

Q. My teachers teach things I know aren't true according to the Bible (such as evolution). What should I do when I'm taught something I know is wrong?

A. You don't have to believe everything a teacher says, but you do have to know *what* the teacher says so you can pass the tests. Therefore, most of the time it's best to just silently listen and take notes.

When a test comes, simply repeat the answers you know are expected according to what was taught. Remember that repeating information back doesn't necessarily imply that you believe every word of it.

Remember also that your teacher is probably not intentionally teaching error. Therefore, it is rarely a good idea to openly contradict him or her. Of course, you still have the right to privately believe what you yourself have proven to be true, and you even have the responsibility to seek out true answers to the main questions of life. *Youth 82* is devoted to helping you find those answers according to the Bible.

Q. I know that I should date boys who have the same religious beliefs I do, yet there are no boys of my age in my area who belong to my church. What it comes down to is this: If I can't date outside my faith, then I can't date at all. I am very, very frustrated by this.

A. This is a common problem, and is no doubt very frustrating, but it need not be unsolvable.

First, try to get the problem into perspective. Frequent dating dur-

ing the teen years often seems to be the ultimate fun thing to do.

While dating can be fun for teens of the proper age, infrequent dating won't curse your life forever. In fact, sometimes the best dating experiences are beyond teenage years when a person has the money from a job and has the freedom to travel and date widely.

Don't give up for now, though. Take steps to meet teens outside your area. Ask your pastor to arrange teen outings with other areas. Arrange to attend your church summer camp where other teens will be in abundance. Or, stay with a teen girl friend in another area over the summer and get to know the young people there.

Also, plan for the future. If your grades are good enough, you may be able to go to college and meet many teens your age with the same beliefs. Further, pray about your situation, and ask God to help your social life be more full and rewarding.

With prayer, patience and ingenuity, you can find ways to solve your problems in a rewarding way that is consistent with Christian teaching.

Q. My minister said in a sermon that even the teenagers sitting there would be "held accountable" for what we knew. What did he mean, "held accountable"?

A. Your minister meant that someone who has been told about God's truth is considered by God to be more guilty if he disobeys than someone who

doesn't know better. Here's why:

Although every time you break God's law (sin) you are guilty, when you sin knowing better, you sear your conscience and tear down more character than someone who doesn't know better.

So, when you sin knowing better, you really commit two sins. First, you commit the sin of disobeying the law, and second, you commit the sin of hypocrisy. For, one who does wrong knowing better is a hypocrite.

Some teens might be short-sighted and decide that it is better to not learn God's way so that they won't be held as accountable. To such a person, ignorance of God's law seems to be better because he or she feels less guilty. Of course, this really only hurts the teen who feels this way. Why? Because God's law is for our good — it shows us the way to be happy. □

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 82," 300 W. Green St., Pasadena, Calif., 91129.



Sex is a most powerful driving force in our lives. Respect that force. Don't underestimate its power in your life.



(Continued from page 4)

tracting one or several of the venereal diseases rampant in our society today. In fact, the STD herpes is so contagious that we all need to be careful where we go to the bathroom and what we touch while we're there. It's no laughing matter.

It won't be easy

In today's society, saying no to sex is not going to be easy in every circumstance. Nothing worth having is ever easy to attain. It takes personal courage and determination on your part. We're sexual beings. Sex is a most powerful driving force in our lives. Respect that force. Don't underestimate its power in your life.

Put off until later going out on dates by yourself, just the two of you. Save this one-on-one dating for when both you and your date are older and are ready to consider the responsibilities of marriage. Your youth should be a time to have a relaxing good time with a group of friends without the oftentimes embarrassing discomfort and awkwardness of a single dating relationship. Save that for later when you're more socially experienced.

And, right along with that, of course, don't go steady. Dating only one person multiplies the pressure on young people to have sex. I mean after hundreds of hours alone with one another, you can find it difficult to maintain your moral standards. You have the freedom, while you're a teenager, to get to know and learn about the personalities and likes and dislikes of a lot of people. So

why settle down and parrot adults, developing an old-married-folks image? You're cheating yourself. You'll only be a teenager once.

Get involved in positive activities that you can enjoy with a lot of young people. Spend time developing your skills in some sport or activity that will put you in good stead with everyone. Make some money; learn how to enjoy your work. Spend enough time developing a skill that you know you're good at it.

You may be alone while you're developing certain of your talents, but believe me, once you've done it, the sense of self-respect you feel and the recognition of your abilities by others is well worth the price. Be the best at whatever interests you the most.

Avoid frustration

Did you know the lovemaking that precedes actual sexual intercourse is a part of that sexual act? This touching, prolonged kissing and fondling is a vital, integral part of sexual intercourse in marriage. God did not intend for people to indulge in these acts before marriage — another good reason not to date alone or go steady.

Such lovemaking was designed to heighten the sensations of the physical union of two bodies. To try to experience as much as you can and go as far as you can without going all the way, kidding yourself that you are not doing anything wrong, is stupid — and pretty frustrating too.

Some older teens, after deciding they're ready for marriage, justify their sexual activities by convincing each other they are

just checking out their sexual compatibility before they marry. Oh really?

Sexual compatibility is developed over a period of time. Not taking this into consideration can make you believe you're not compatible. Many a close relationship has been ruined by introducing sex into it prematurely. You can lose a person you love deeply that way.

Remember, whether male or female, to respect that sexual drive in your bodies and realize you can't play around with it and not get hurt in a very intimate, devastatingly painful way.

Avoid pornographic literature and movies. Pornography distorts your perception of sex, and an obsession with it can pervert your mind into weird notions of what sexual enjoyment is all about. Pornography and the abuses that often go along with it dull sexual senses and steal pleasures awaiting you in marriage.

Also avoid destroying your sense of good judgment with alcohol and drugs. Don't ruin your entire life for one evening of chemical euphoria.

Those of you who have already made some mistakes, chalk them up to learning the hard way. But learn the lesson, don't keep repeating the same mistakes. You can straighten out your life.

Talk to parents

Try to talk to your parents about your feelings. Ask for their support. They may not understand that when they allow you to be alone and unchaperoned with a friend of the opposite sex, they are placing you in a compromising situation that you may be unable to control. Parents tend to think of you as their little boys and girls still and avoid facing up to the fact that you now have strong sexual drives.

Ask them to help provide opportunities for the balanced social and recreational opportunities you and your friends need. Parents may be tired and filled with problems of their own, but it would be difficult for them not to

respond when you point out the need. Of course, don't expect your home to become a total entertainment center at all hours, day or night.

Choose friends wisely

Now comes another hard part — getting yourself out of the entanglements you are already involved in. Be honest. Go to the person you may be steadily dating and tell him or her how you feel. Tell your friend you're not turning against him or her as a friend, but make it clear that what you want is a friend, not a lover.

Evaluate your friends and their moral standards — even if you're in the "in" crowd. In the long run it's not who's in the "in" crowd that matters. It's your success and happiness in the future that matters. It might be interesting to ask your parents: "Whatever happened to the people who were in the 'in' crowd at your high school? Where are they now and how successful and happy are they?"

This article is not going to be a long dissertation on the dos and don'ts of sex. It's too broad a subject. *Youth 82's* Editor-in-Chief Herbert W. Armstrong, however, after years of counseling hundreds, more likely thousands, of teenagers and other young people, has written a book that covers the subject in-depth. In his book, *The Missing Dimension in Sex*, Mr. Armstrong discusses going steady, dating, the best age for marriage and other instruction vital to the happiness and fulfillment of teenagers and adults. It is absolutely free. It is also available in many libraries.

We do care about you, Cindy, and all you others out there who are bucking a crowd on its way to venereal disease, unwanted pregnancies, unhappy and broken marriages and a generally miserable, unsatisfying life. You have the opportunity to avoid these painful problems and, instead, to have the enjoyment now and the tremendous marriage later that God intended.

Cindy — stick up for your values. You're definitely worth it! □

TIME WARP

(Continued from page 6)

club or team activities to which you are committed.

In this step you are actually setting goals, and having goals is the first step toward achieving any success. (For an in-depth study of the natural laws that lead to real, overall success in life, you should write for a free copy of our booklet, *The Seven Laws of Success*.)

Now you have a clear picture of all the responsibilities that confront you. Your load may not be as heavy as you thought. Of course, it may seem worse, now that you can see it all at a glance. But don't be intimidated. Now you are on your way to accomplishing.

- *Organize the list according to priority.* Divide the items on your list into three categories: things you absolutely must do, things you should do but that aren't vital and things you would personally like to do when all the "have-tos" and "should-dos" are taken care of. You might mark the "have-tos" with a 1, the "should-dos" with a 2 and the "would-like-to-dos" with a 3. Then you can take care of the items in order of priority.

Don't automatically assume that you should eliminate all recreation or rest periods. More and more experts are recognizing that periodic breaks are necessary to avoid hyperstress. But the break probably won't need to be a whole day at an amusement park when you've got a term paper due the next day.

Of course, your list will change constantly as you finish jobs and add new ones. Be flexible. Priorities may change, too, and, as the old saying goes, variety is the spice of life.

- *Allot enough time for each job.* A major cause for failure to get things done is thinking you can do more than you really can in a given period of time.

Finding just the right dress to buy for the dance may take several hours — even more than

one shopping trip. Mowing the lawn may take the whole afternoon, so don't tell your friends you'll meet them at 2 p.m. Starting to work on a term paper only a night or two before it's due doesn't allow you enough time to do a proper job. Such rush jobs are obvious to teachers and you don't learn anything about the subject by doing them this way.

Remember, too, to allow enough time for proper sleep. If you don't, you won't be at your peak performance later and you'll be accomplishing even less.

- *Break big jobs down into small parts.* Then the jobs won't seem so formidable and you'll see yourself making steady progress toward accomplishing them.

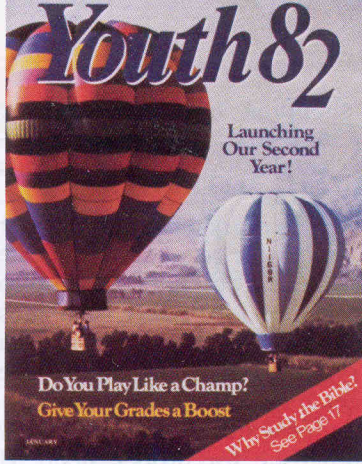
Completing each step will encourage you to go on to the next one, and before you know it, the whole job will be completed.

- *Make sure you aren't distracted.* Once you start a job, finish it. If you've just started cleaning your room and a friend calls and asks if you want to go out for a while, you may simply have to say no. Of course, here again you will have to decide priorities. If the house catches fire, cleaning the room can wait. But, in general, let nothing deter you. After you've finished, you'll be glad you didn't quit.

- *Do it now.* As the saying goes, there's no better time than the present. Or, as my father used to say to me when I complained that I didn't know how to do certain jobs, "Well, you'll never learn any younger." Ecclesiastes 9:10 encourages, "Whatever your hand finds to do, do it with your might." Don't procrastinate.

Launch into the items on your list and knock them out, one by one. You'll feel a real sense of accomplishment as you do. You'll develop confidence, become more achievement-oriented and learn how to better manage your time and energy. As a matter of fact, if you're systematic about getting things done, you'll find you can accomplish even more and still have free time for yourself.

And you'll be a person who gets things done! □



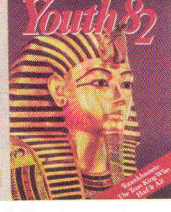
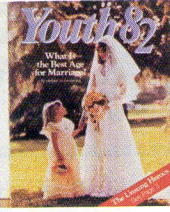
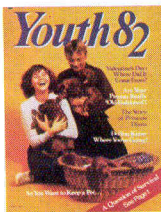
WHERE DID I

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	Take Courage!	Colleen Gus	September	26
CPR	Could You Save A Life?	Edie Weaner	September	20
Culture	Is It Wrong to Be a Cultured Individual?	Herbert W. Armstrong	Oct.-Nov.	1
Curiosity	Have You Ever Wondered?	Dan Dragt	April	12
Darwin, Australia	What's It Like to be a Teen in Darwin, Australia?	Sue Orchard	January	11
David and Goliath	By the Way . . . "Hey, Mr. Goliath. David Here"	Dexter H. Faulkner	Oct.-Nov.	29
Diet	Fighting the Battle of the Bulge: Sensible Tips for Dieting	Wilma Niekamp	March	13
Drugs	What Do You Know About Drugs?		May	16
Dyslexia	How Nancy Copes	Nancy Green	May	7
Easter	Why Is It Called Easter?	Peter Ditzel	April	15
Education	What Is the Goal in Modern Education?	Herbert W. Armstrong	September	1
Elephant Man	The Lesson of the "Elephant Man"	John Halford	May	8
Emotional Maturity	There's a Hidden Enemy in Your Home!	Herbert W. Armstrong	August	1
Entertainment	Having Fun Without Spending a Lot of Money	Wilma Niekamp	May	16
Etiquette	All Set to Eat!	Sandi Borax	Oct.-Nov.	8
	"What Do I Do With All These Forks?" -or- How to Survive a Formal Dinner Gracefully	Kris Hendrick	March	9

READ THAT?

Evolution	Africa's Gentle Giant	Keith W. Stump	Oct.-Nov.	13
	Ships of the Desert	Keith W. Stump	August	13
	Star Log A.D. 2082	Gerald E. Weston	September	5
Example	"Is Anybody Watching Me?"	Jeff Zhorne	August	7
Excellence	A Touch of Class	Richard Rice	June-July	5
	Don't Settle for Second Best	Richard Rice	January	2
	Don't Shortchange Yourself	Richard Rice	April	3
Exchange Program	International Exchange Program		January	14
Facial Expressions	Face Talk	Peter Ditzel	April	4
Family	Happiness Is . . . Being a Family	Greg Sandilands	February	8
Fear	Take Courage!	Colleen Gus	September	26
Fire	Fire! Planning Your Escape	Peter Ditzel	September	22
Firstborn Child	How Does Being Firstborn Affect Your Personality?	Debbie Burbach	August	20
Flood	Dear Diary	Lori Richardson	April	17
Fuel Prices	The Ayatollah and Your Fuel Tank	Dan Taylor	Oct.-Nov.	10
Fund Raising	Fun Ways to Raise Funds for Your Group	Wilma Niekamp	March	10
Future	Tomorrow — What Will It Bring for Today's Teens?	Bernie Schnippert	May	1
Gardening	Plant Your Own Garden — Indoors!	Wilma Niekamp	April	16
Giraffes	Africa's Gentle Giant	Keith W. Stump	Oct.-Nov.	13
Goal Setting	Hang in There!	Vickie Thomas	June-July	9
God	Teen Bible Study: Is God Real to You?	Richard H. Sedliacik and staff	March	15
	Where Did God Come From?	Clayton Steep	June-July	7
	Why God Is Not Real to Most People	Herbert W. Armstrong	June-July	1
God's Law	Teen Bible Study: Why Obey God Today?	Richard A. Sedliacik	Oct.-Nov.	23
Grades	Give Your Grades a Boost!	Charlene Bentley	January	12
Habits	By the Way . . . 'Oh Well, Nobody's Perfect'	Dexter H. Faulkner	February	21
Handicaps	How Nancy Copes	Nancy Green	May	7
	The Lesson of the 'Elephant Man'	John Halford	May	8
Health	Sleep — Are You Yawning for It?	Dan Taylor	May	14
Heart	Straight From the Heart	Debbie Yavelak	December	19
Hermit Crab	God's Amazing Creatures: The Hermit Crab	Kris Hendrick	March	13
Heroes	Spotlight on the Unsung Hero	Clyde Kilough	March	3
History of Bible	Teen Bible Study: How We Got the Bible	Richard H. Sedliacik and staff	February	17
Hobbies	I Was a Teenage Numismatist	Tom Hanson	June-July	19
	Stuck on Stamps	Lowell Wagner Jr.	September	18
Horseback Riding	Basic Horse Sense for Horseback Riding	Joe Maupin and Scott Smith	September	12
Human Potential	Man to Rule the Universe?	Herbert W. Armstrong	December	1
	Teen Bible Study: Your Awesome Potential, Part I	Richard H. Sedliacik	April	19
	Teen Bible Study: Your Awesome Potential, Part II	Richard H. Sedliacik	May	17
	Your Human Potential Is Incredibly Greater Than You Have Realized	Herbert W. Armstrong	April	1
Humor	Funny You Should Say That . . .	Alan Dean	June-July	14
Hussein, King	<i>Uneasy Lies the Head: The Autobiography of a King</i>	Edie Weaner	August	21
Ideas	Curing the Blank-Paper Syndrome	Luciano Cozzi	September	21
Iraq	Country in Focus: Iraq	Keith W. Stump	Oct.-Nov.	11
Jacob and Esau	He Got Away With It — Why Can't I?	Gerald Weston	August	11
Japan	Country in Focus: Japan	Keith W. Stump	August	9
Jobs	In Search of Summer Jobs	Dennis R. Robertson	April	5
	Teen Bible Study: How to Guarantee Job Success	Richard H. Sedliacik	June-July	17
	Your First Full-Time Job	Ralph Levy	May	9
Josiah	A Young King Who Saved a Nation	John Ogwyn	January	1
Kangaroo Rat	God's Amazing Creatures: The Kangaroo Rat	Kris Hendrick	January	16
Kenya	What's It Like to Be a Teen in Kenya?	Jeremy Rapson	May	12
Khomeini, Ayatollah	The Ayatollah and Your Fuel Tank	Dan Taylor	Oct.-Nov.	10
Kites	Go Fly a Kite!		March	14
Language, Learning	Tongue-Tied in Mexico	Lowell Wagner Jr.	August	16
Another				
Lebanon	"Mom, Why Are You Crying?"	Yoland Chango	August	16
Left-handedness	On the Other Hand . . .	Dan Taylor	December	19
Letter Writing	First-Class Friendships — by Mail	Mike Bedford	March	12
	"I Heard You Were Still Alive . . ."	Norman Shoaf	Oct.-Nov.	7



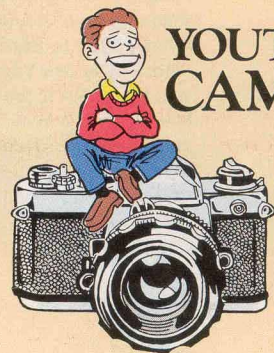
Listening	Put Your Headphones On	Dexter H. Faulkner	April	21
	The "Convenient Listening" Syndrome	Debbie Burbach	Oct.-Nov.	21
Loch Ness	The Mystery of Loch Ness	Edie Weaner	December	15
Marriage	What Is the Best Age for Marriage?	Herbert W. Armstrong	March	1
Mathematics	Quick! What's 7 x 9?	Clayton Steep	September	18
Mexico	Country in Focus: Mexico	Keith W. Stump	December	19
Mexico City	What If Your City Had 30 Million People?	Jeff Caudle	December	18
Mind, Human	Are You in Your Right Mind?	Debbie Yavelak	Oct.-Nov.	22
Money	Broke Again?	Dan Taylor	December	5
	Do You Have an Interest in Saving?	Dan Taylor	June-July	14
Mountain Climbing	Climb for the Top	Larry Dietrich	Oct.-Nov.	26
Movie Review	<i>Chariots of Fire</i> : A Movie With Meaning	Debbie Burbach	April	14
Moving	When It's Your Move	Ronda Kelly	August	18
Music	Taking Note of Two Talented Musicians	Jeff Zhorne	March	17
Names	Have Fun Remembering Names	Richard A. Sedliacik	September	20
Netherlands	What's It Like to Be a Teen in the Netherlands?		April	8
Newspapers	Choose Your News	George Hague	August	9
Nigeria	What's It Like to Be a Teen in Nigeria?	Anthea Edalere	February	12
Noah	Dear Diary	Lori Richardson	April	17
Parents	Are Your Parents Really "Old-Fashioned"?	Jeff Zhorne	February	10
	By the Way . . . How to Raise Your Parents	Dexter H. Faulkner	August	29
	Gifts for Mom and Dad	Wilma Niekamp	May	16
	Give Your Parents a Special Treat!	Colleen Gus	September	21
	Happiness Is . . . Being A Family	Greg Sandilands	February	8
	Parents Are People Too	Alan Dean	Oct.-Nov.	12
	Proverbs: Messages for Today	Bernie Schnippert	March	14
	Test Your Folklore		February	14
	Tips for Talking	Karen Meeker	February	11
Peace	They Shall Say Peace . . .	Becky Lurette	January	19
	Which Peace Movement Will Stop War?	Alan Dean	September	3
Peer Pressure	Are You Sure Everybody's Doing It?	Dexter H. Faulkner	December	3
Perseverance	A True Story of Endurance	Neil Earle and Jim Baldwin	December	7
	Never, Never, Never, Never Give In!	Jeff Zhorne	January	7
	The Longest Mile	Robert Taylor	June-July	8
Pets	So You Want to Keep a Pet . . .	Sylvia F. Wilkins	February	9
Population	The People's Republic's People Problem	Dan Taylor	September	8
Pranks	Are You an Impractical Joker?	Richard Rice	Oct.-Nov.	20
Prayer	How Strong Is Your Lifeline?	Dennis R. Robertson	February	1
Princess Diana	The Story of Princess Diana: The Little Girl Next Door	John Halford	February	3
Prince William	An Heir Is Born	Ron Toth	September	10
Proverbs	Proverbs for Today: It's Written All Over Your Face!	Bernie Schnippert	December	19
	Proverbs for Today: Short Is Sweet	Bernie Schnippert	September	20
	Proverbs for Today: The Boomerang Will Come Home	Bernie Schnippert	April	15
	Proverbs for Today: Wisdom Cries Out	Bernie Schnippert	Oct.-Nov.	21
	Proverbs for Today: Your Guidance Counselor	Bernie Schnippert	August	21
	Proverbs: Messages for Today	Bernie Schnippert	January	15
	Proverbs: Messages for Today	Bernie Schnippert	February	15
	Proverbs: Messages for Today	Bernie Schnippert	March	14
Punctuality	By the Way . . . "Late" Is a Four Letter Word	Dexter H. Faulkner	March	21
Recipes	Make Your Own Granola		January	15
	Two Unleavened Peanut Butter Treats		April	16
Respect	Do Adults Accept You?	Dave Treybig	December	11
Responsibility	By the Way . . . What Do You Mean "Be Responsible"?	Dexter H. Faulkner	September	29
Running	Making Sure the Shoe Fits	Peter Ditzel	May	15
Sabbath	Teen Bible Study: Why the Fourth Commandment Is So Important	Richard H. Sedliacik	September	23
Scotland	What's It Like to Be a Teen in Scotland?	Martin Horan	December	13
Senior Citizens	"Can Grandpa Come Out and Play?"	Jackie Meeker	June-July	6
Sex	Are You Sure Everybody's Doing It?	Dexter H. Faulkner	December	3



Shortcuts	Don't Shortchange Yourself	Richard Rice	April	3
Shyness	"Hi, I'm Shy"	Jim Ramsay	September	7
Sisters	She's Only My Sister	Kris Hendrick	August	27
Sleep	Sleep — Are You Yawning For It?	Dan Taylor	May	14
Smoking	Smoking: Stop Before You Start	Michael Snyder	Oct.-Nov.	5
	Stop Smoking — Here's How	Michael Snyder	Oct.-Nov.	6
	Where There's (Less) Smoke		August	8
Space	Bright Streaks in the Night Sky	Richard A. Sedliacik	Oct.-Nov.	22
	Comets: "Dirty Snowballs" in Space	Peter Ditzel	June-July	15
	Man to Rule the Universe?	Herbert W. Armstrong	December	1
	Shuttle to the Final Frontier	Tom Hanson	September	8
Speech	Your Basic Speech Survival Kit	John Siston	September	14
Sports	What Makes a Winner	Darris McNeely	March	5
	Win or Lose: Play Like a Champion	Alan Dean	January	9
	Win Some, Lose Some	George Kackos	August	3
Stamps	Stuck on Stamps	Lowell Wagner Jr.	September	18
Stepparents	Step Right Up!	Peter Moore	September	15
Study Habits	All the Best With Your Next Test	Ron Felling	May	20
	Are You Missing Your Cue?	Ron Felling	April	18
	Give Your Grades a Boost!	Charlene Bentley	January	12
Swimming	Before You "Take the Plunge" . . .	Peter Ditzel	June-July	16
Talent	Taking Note of Two Talented Musicians	Jeff Zhorne	March	17
Teeth	Brace Yourself to Smile	Wilma Niekamp	December	18
	Do Your Teeth and Gums a Favor	Jeff Zhorne	February	15
Ten Commandments	Teen Bible Study: Are the Ten Commandments for Teens Today?	Richard H. Sedliacik	August	23
Tests	Combating Test Anxiety	Charlene Bentley	February	14
Thailand	What's It Like to Be a Teen in Chiang Khong, Thailand?	Eli Chiprout	June-July	12
Ties	Is This Knot for You?		March	14
Time	Are You Caught in a Time Warp?	Norman Shoaf	December	6
	By the Way . . . "Late" Is a Four-Letter Word	Dexter Faulkner	March	21
Tut, King	Who Was King Tut?	Keith W. Stump	May	5
Typing	Keys to the Future	Ann Hays	September	10
Valentine's Day	Valentine's Day: Where Did It Come From?	Herman L. Hoeh	February	6
Vocabulary	Finding the Right Words	Peter Ditzel	December	18
Volcanoes	Volcanoes — Clouding Your Weather?	Jeff Caudle	Oct.-Nov.	10
Waking Up	What a Way to Start the Day	Eileen Dennis	December	18
War	"Mom, Why Are You Crying?"	Yoland Chango	August	5
Washington, D.C.	What's It Like to Be a Teen in Washington, D.C.?	Carrolyn J. Thomas	September	16
Waterskiing	Make Some Waves	Nathan Faulkner	June-July	10
Weather	Thunderstorms: Nature's Sound and Light Show	Richard A. Sedliacik	August	21
	Volcanoes — Clouding Your Weather?	Jeff Caudle	Oct.-Nov.	10
What's It Like in . . .	Chiang Khong, Thailand	Eli Chiprout	June-July	12
	Colombia	Millie Gonzalez	Oct.-Nov.	18
	Darwin, Australia	Sue Orchard	January	11
	Kenya	Jeremy Rapson	May	12
	Netherlands		April	8
	Nigeria	Anthea Edalere	February	12
	Scotland	Martin Horan	December	13
	Washington, D.C.	Carrolyn J. Thomas	September	16
Wisdom	By the Way . . . "Wise Up!"	Dexter H. Faulkner	June-July	21
Wolves	Who's Afraid of the Big, Bad Wolf?	Kris Hendrick	February	16
Wordfind	Wordfind: Revelation		January	15
World Tomorrow	Tomorrow — What Will It Bring for Today's Teens?	Bernie Schnippert	May	1
World Tomorrow Telecast	Illustrating the Fearsome and Fantastic	John Halford	April	10
Your Part in Youth 82	By the Way . . . Up, Up and Away!	Dexter H. Faulkner	January	21



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