

Youth & 86

**'I Don't
Like the Way
I Look!'**

**Excellent
Athletes
and You!**

**Your Greatest Interest —
People or Yourself?**
By Herbert W. Armstrong

Youth 86

March

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Contents:

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Which Is Your Greatest Interest — People or Yourself?	1
"Why Am I Here?"	3
"I Don't Like the Way I Look"	5
News That Affects You	7
"Thank You — I Appreciate It!"	10
Enter the Time Machine Back to the Future	11
Excellent Athletes	13
Teens Down Under in Bundaberg	16
Ideas Plus	18
Teen Bible Study: "What Do You Think?"	21
Dear Youth 86	23
Reader By-Line: An American's View of School Life in Japan	24
By the Way . . . What Are You Putting Off?	28

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COVER: It's all done with mirrors! This unusual photo illustrates the article on page 5, "I Don't Like the Way I Look." Photo by Nathan Faulkner.

Letters

First copy

I have just received my first copy of *Youth 85* and I find it among the finest of your publications. You see, I have a teenage daughter and always found it hard to get the magazine from her. Now I can understand her not wanting to let go of it, even for a short while.

I might add, I have bought a bird feeder and am anxiously awaiting the many birds that will visit it this winter. I am trying my best to add a fish to our pet collection, but so far they have died. My daughter seems to be pleased that I now take the *Youth 85*, because we can share in the many exciting discoveries that lie between the covers of each wonderful issue.

Robert Cobbler
Winston Salem, North Carolina

Truth lifts depression

Thank you so much for your straightforward articles, because that is what we teens need most right now. I have known a few depressed and even suicidal people, and I know that if they only read and practiced what you show us to be the right way, they would be much happier.

Now I know the only purpose in life, and I will never be deceived again. I am sure there are many others who have questions about life that they cannot answer themselves or by asking their parents, and I thank God that He has let the truth come out more openly now.

Cynthia Rhyne
Fountain Valley, California

Words of encouragement

I would like to offer some words of encouragement to the young person who wrote about feeling embarrassed because of acne (October-November issue). I am 28 years old. I started getting pimples at age 10, and I still have them. Throughout my teens, the problem was *severe*. I tried every imaginable treatment, which only made matters worse.

About seven months ago, I simply quit worrying about it. I improved my health habits and decided to accept my looks. My skin improved somewhat just from not worrying, and other people hardly notice my acne at all. And since my confidence has grown, people notice other things about me, such as my smile and my attitude.

Please believe me, it does not matter even half as much as you think it does!

Judy Williams
Greer, South Carolina
(Continued on page 27)

Which Is Your Greatest Interest — PEOPLE or YOURSELF?

By Herbert W. Armstrong

*Is your own favorite subject yourself? Seriously,
it ought to be!*

Time — the weekly newsmagazine — made a survey to learn which subject in *Time* interested most readers.

Results? A single page carried weekly, called “People,” was most read. The publishers of *Time* thereupon started a new magazine, called *People*. It grew almost instantly into a mass circulation in the millions.

People are most interested in other PEOPLE! But are YOU more interested in other people than in YOURSELF?

Let’s talk about YOU!

What are YOU like? What is your life like? Is your life like most people’s? — sluggish, half alive, only half awake to real possibilities for material success in this world — sound asleep to your real ultimate incredible potential — of what you may be, ultimately and spiritually?

Is your own favorite subject YOURSELF? Seriously, it ought to be!

God Almighty had you born for a very great PUR-

POSE. Any interest you may have in the lives of other people — whether celebrities, movie stars or great personages in the world — cannot affect the PURPOSE God has in YOUR LIFE.

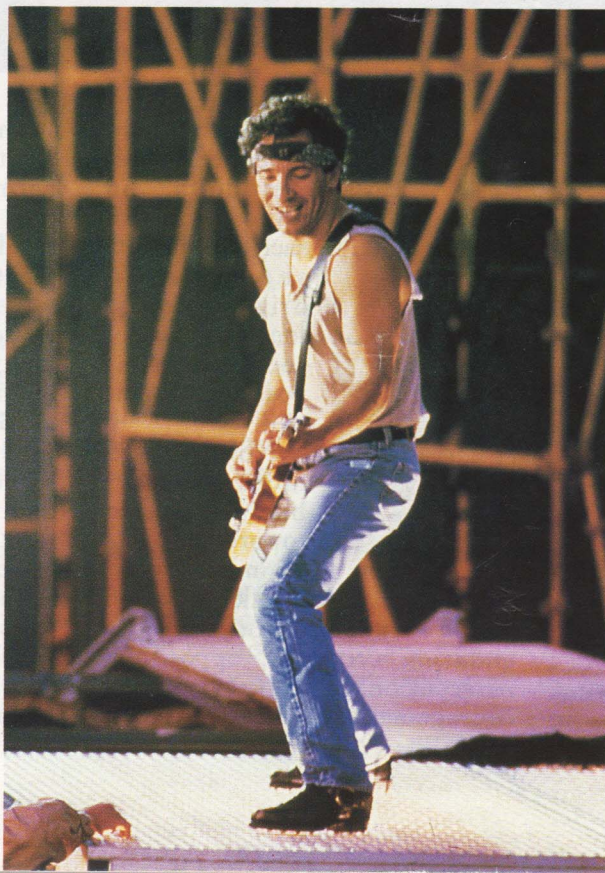
And YOUR LIFE is of utmost importance to GOD! Only YOU can accomplish the PURPOSE God has in your life.

People are so quick to appraise others, and so slow to judge themselves.

Which movie star will win the Oscar? Which man (or woman) ought to be the U.S. President? Who’s going to be “athlete of the year”?

Some movie stars end up suicides. Some presidential candidates wound up ignominiously. All athletes become too old — “over the hill” — or they are on their way out of competition. Your interest in their lives won’t lift you to the ultimate supreme potential

Bruce Springsteen in concert. Singers, movie stars and athletes are of great interest to people. Should we be more interested in other people than ourselves?



Your life is of utmost importance to God! Only YOU can accomplish the purpose God has in your life.

for which the Great GOD had you born.

Of course you can derive inspiration, ideas and help from the lives of OTHERS. I did. At or after age 16, I became interested in the life of one of my favorite people — Benjamin Franklin. I read his autobiography. It gripped my interest. I read it a second and a third time. It helped and inspired me. Even my own autobiography has interested a goodly number of people — and I hope helped many.

Also at age 16 a summer-vacation employer infused me with ambition to make something of my life — to become a real success. Ambition is not only desire for accomplishment, it includes the application of the *will* to *drive* the self on to greater and continuous EFFORT!

I began working at it — arousing myself to greater and greater

EFFORT — driving myself on when it would have been easier to just let down and drift along. I was then driving myself toward worldly materialistic success. I was 34 when I first learned something of the AWESOME spiritual potential ahead of me — *IF I APPLIED MYSELF TOWARD THAT INCREDIBLE GOAL*, which is God's ultimate supreme purpose for *every* human!

I counted the cost. The cost was going to be very high — in determined effort and application



has as YOUR OWN ULTIMATE POTENTIAL? It is so OVERWHELMING as to be almost beyond human belief — yet it's REAL and it's TRUE!

If you would like to have UNDERSTANDING of this ultimate supreme human potential, I'll be happy to send you — absolutely free — my booklet, *Never Before Understood*.

Consider, now, what YOUR life OUGHT to be.

when it would be easier to just “let down,” in opposition, in sacrifice, in persecution, in driving persistence in face of seemingly impossible obstacles.

Now, for 59 more years, I have persevered toward that goal — in hard work,

living a life of SERVING and giving instead of GETTING, in enduring criticism, opposition, persecution, almost every discouragement — yet, in living

Are you, like most PEOPLE today, utterly UNAWARE of the supreme PURPOSE the Great GOD

has as YOUR OWN ULTIMATE POTENTIAL? It is so OVERWHELMING as to be almost beyond human belief — yet it's REAL and it's TRUE!

If you would like to have UNDERSTANDING of this ultimate supreme human potential, I'll be happy to send you — absolutely free — my booklet, *Never Before Understood*.

Consider, now, what YOUR life OUGHT to be.

It should be healthy, based on a right diet, sufficient sleep and normal, but not excessive, exercise. You should be vigorously, dynamically *alive*, physically and mentally, AWAKE to the real PURPOSE of human life — to become, by development of righteous godly CHARACTER, ultimately a divinely born spirit-composed son of GOD — actually a GOD being in the GOD FAMILY!

You should be dynamically and spiritually inspired with a WILL to live GOD'S WAY OF LIFE, in enraptured STUDY of HIS WORD to guide you in living GOD'S WAY, with vigorously active SERVICE and devotion to development of God's spiritual CHARACTER in your life. □



Concert crowds express their enthusiasm for their favorite musicians. But what about you? Are you as enthusiastic about you? (Photos: Melloul/Rancinan — Sygma and Nathan Faulkner)



Photo by Hal Finch

'Why Am I Here?'

By Bernard W. Schnippert

What is it that gives our lives real meaning? Many have wondered, but few know how to discover humanity's true place in the universe.

"Totally awesome!"

That's how my teenage daughter, Crystal, describes something unique, fantastic or wonderful. Anyway, that expression fits a question I have for you.

How would you like to hear about something so fantastic, so wonderful and so incredible that it can quite truthfully be said to be nothing less than totally awesome?

A mystery to most people

What is it? It is the knowledge of the very reason you were born. It is knowing the purpose for human life. It is the reason that God created you — the role He has for you in this vast

universe. And I promise you, it is indeed totally awesome!

Have you ever wondered why humanity exists? That is, have you ever wondered why God made you and everybody else? A lot of people have wondered, but few know the correct answer.

Those who believe the theory of evolution try to tell us that man was not created, but instead evolved. (You can prove to yourself that God did create humanity. Send for our free booklet, *Does God Exist?*) Those who believe evolution believe that life is an accident and that man has no ultimate purpose except to grow up and grow old and die.

Some well-intentioned religious people will say that God made us to become angels and go to

How would you like to hear about something so fantastic that it can quite truthfully be said to be nothing less than totally awesome?

heaven when we die. Others think when humans die they lose consciousness and merge with the universe for ever and ever. Still others think the only purpose in life is “to leave this earth a little better place than you found it.”

Strangely, none of these ideas really come from the Bible, although some people think they do. And the truth about why God made humans — which does come from the Bible — is far, far more fantastic than any of these well-intentioned explanations.

Are you ready to discover this awesome truth? You can discover it by looking at what the Bible does say about this vitally important subject.

But to learn just why God made man, we must first learn something about God. It is this: God is a family! That’s right, God is a family a lot like the family you are from, but, of course, God is a spirit being and a lot more powerful than you or I.

A fantastic family

The first verse in the Bible we can look to for proof is John 1:1-2. It says: “In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God”

(King James Version throughout). These verses show that God is more than one being — that He is now a group of two beings (God and the Word, who is also God).

Other scriptures show that the relationship between the two God beings is a family relationship. Read Matthew 3:16-17, for example, where God calls Jesus Christ (the same God being called the Word in John 1:1) His Son. And read John 10:29-39 where Christ said that God is His Father. He said this over and over again, in spite of objections by those who heard Him and claimed that for Christ to say that was a great sin — blasphemy.

Some people say that when the Bible calls Christ the Son and calls God His Father that it is using mere figures of speech and that it doesn’t mean it literally. They say this because

human writers and poets sometimes attach human qualities to nonhuman things. But in the Bible it is God Himself who claims He is a family — it is literal and not merely a poetic figure of speech.

Children of God

So, again, God is a family composed now of two persons — a Father and a Son. But the most startling truth is that God made you and me to become His children in that same God Family! This means we can be on the same level of life with God, and so we can be a God being! God is reproducing Himself through us!

This startling truth is mentioned in many scriptures. In John 1:12 it says, “As many as received him [Christ], to them gave he power to become the sons of God.” And in Revelation 21:7 it says, “He that overcometh shall inherit all things; and I will be his God, and he shall be my son.”

Stop and think about this a minute. Probably you are now a part of a family. You have a dad and a mom, and maybe brothers and sisters. You, as part of the family, are not your dad or mom, but you are indeed human

like your dad and mom, and made of the same substances.

The same will be true when we are someday born into the Family of God. We will not be the Father or Christ, but we will be on Their level of existence and a part of Their Family. So God the Father will be our Father and Jesus Christ our brother (see Hebrews 2:11). And we will therefore be Gods — since *God* is a family name or title.

And make no mistake. We will not be considered part of the family only in the way that humans consider their pet dog or cat to be part of their family. We will actually look like God and be on His same level. See Philippians 3:21 and I John 3:2.

Some people think it is wrong to believe that
(Continued on page 29)



Earth — our first frontier. Why did God put us here, and what does He have in store for us?

'I Don't Like the Way I Look'

By Penelope Goudie

Are you at war with your shape? What changes can you make?

What do you see when you look in the mirror? Are you happy with the image of yourself you see reflected back at you?

Or, like many other teenage girls and guys, are you upset by what you see?

If you and your shape are friends and you are completely satisfied with your looks — great! But surveys show most of you are not satisfied.

So how can you improve your figure or your build? Or what can you do if you have tried everything and don't know what to do next?

Why we feel this way

Have you been into a bookstore lately? The chances are that a whole shelf or more is set aside for books on how to improve your shape by diet or exercise or a combination of the two. It's a popular pastime of the 1980s. But have you noticed how few books there are about what to do if you can't achieve the shape that's pictured as ideal?

Television, movies, magazines — everywhere we look we see women with perfect model figures and men with excellent builds. And since that's what we have to compare ourselves with, is it any wonder most of us would

like to change something about ourselves?

So how can we shape up our looks so that we're happier with them? Let's look at some of the things that affect our shape.

One of the biggest shape changers in the teenage years is time. Your body keeps growing, changing, maturing. Today you may be unhappy with your shape, but several months from now maybe your body will catch up, producing a more pleasing you.

It's hard now because you seem to grow in spurts. You have changing feelings to cope with too. Then there are the normal, but sometimes traumatic changes involved in becoming a woman or man. All this can make you feel up and down. But, remember, with proper care your body will improve as it develops.

Know your shape

Heredity plays a part in our developing shape, despite everything we may try to do to stop it. Some have inherited a bigger bone structure, some a smaller frame. Knowing your basic shape type as it develops will help you make the best use of it.

No, we all haven't inherited the genes for what is considered a perfect body. But that doesn't mean our shape can't be pleasing and attractive.



Photos by Nathan Faulkner

If you are completely satisfied with your looks — great! But surveys show most of you are not satisfied.

One important aspect of your shape you have direct control over is your posture. Whether guy or girl, and no matter what your body type, holding your head up and straightening up your shoulders and back will automatically make you look and feel better. It really improves your shape!

Clothing can also help dress up

your shape. Here are some brief guidelines many girls have found useful.

If you're small-framed and tall, you can wear full, soft skirts. Avoid vertical stripes.

Someone medium-framed and heavier may look better in plain colors that aren't too clingy. Avoid full skirts and large patterns.

Heavily built and large-framed teens may look better in dark plain colors that make your widest point recede. Don't wear clothes that draw attention to your widest feature. Avoid horizontal stripes, full skirts and bold patterns.

If you're shorter, you should avoid bulky clothes. Avoid too wide waist belts and clothes that cut your figure in half with too bright, contrasting colors. Go instead for simply designed clothes with one or two color themes.

Learning to dress to emphasize your good features is an art that is worth cultivating. Books from the library can give you advice on how to develop this art.

Work with your shape

Having made the best use of your shape with clean, neat clothing and good posture, how can you improve your shape?

Diet is one way. Whether you're overweight or underweight, a sensible, healthy diet can help you not only feel better, but improve your shape.

What if you want to lose a few extra pounds? Eating more fresh fruit, vegetables and salads, plus cutting back on surplus foods, especially fats and sugars, can help you.

Nutritionists also recommend eating adequate amounts of lean protein, low-fat dairy products and whole grain breads and cereals. Eating these in three regular meals a day can help keep your diet healthy and well-balanced. Eat slowly and don't skip breakfast — it can keep you from nibbling too much later in the day.

It is doubtful that crash diets work to give you a permanent weight loss. It's better to lose weight gradually by changing your eating habits, permanently, to a healthy diet with more fiber. Eating fresh, whole foods will give you a fuller feeling even

(Continued on page 27)

Trick mirrors do strange things to our shapes. Sometimes our minds play tricks too. After doing what we can, we need to be at peace with our shape.



Are You Ready for Tomorrow's Jobs?

News That Affects You

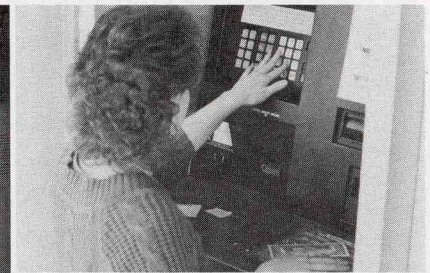
● Like it or not, you're in the middle of it.

You can see the signs all around you — laser-generated music booming from stereos, home computers popping up everywhere, automated teller machines at your bank, robots building major parts of your family's car.

These are signs of major changes in your world — changes that will affect the kind of job you'll be hunting for in the next few years.

What will jobs of the next five, 10 and 15 years be like? Most jobs will in some way involve advanced technology — either creating it, repairing it or using it. This means jobs will constantly be changing to keep up with innovations in technology. So how do you prepare today for jobs that don't even exist yet?

"The best preparation," write



Photos by Warren Watson, Nathan Faulkner and G.A. Belluche Jr.

the editors of *Money* magazine, "will be to master the tools required for advancement in almost any field: conceptual, reasoning and communication skills, as well as the ability to

use a computer."

Michael Timpane, president of Columbia University Teachers College, feels "we need to graduate students who know what are the best ways to use the new technology and are capable of learning new skills."

Many of these jobs won't require the traditional four-year college education. One executive of a major corporation said: "We should recognize there is not a pot of gold at the end of the rainbow for four-year college graduates, so we should stop pushing everybody in that direction." He feels that more vocational training should be emphasized.

Fitting into the jobs of the next few years requires education, flexibility and early planning. Start now by getting guidance from your parents, teachers, ministers and school counselors. □

Some Jobs of the Future

"What do you want to be when you grow up?" How many times have you had to answer that question? Here's a quick look at a few fast-growing careers you may not have heard of — let alone wanted to be.

Laser Technologist Laser specialists will be in great demand as the use of lasers expands into fields like robotics, manufacturing and communications.

Aquaculturist Fish ranchers? The Japanese already have a few underwater cowboys to harvest fish that are born in tanks on land then released to mature in the ocean.

Space Technologist Space isn't just for test pilots anymore. Average citizens are being used more often on space flights. Satellite launching and repair is already a big space industry. Some normally earth-bound companies even have plans for manufacturing products in space.

Job Training Training people for the jobs of the future is itself going to be a job of the future. As the pace of technological change increases, companies will need to regularly train employees in new skills.

Computer repairer No one has yet written a program that can get a computer or a robot to fix itself. Until then, skilled repairers will be in high demand.

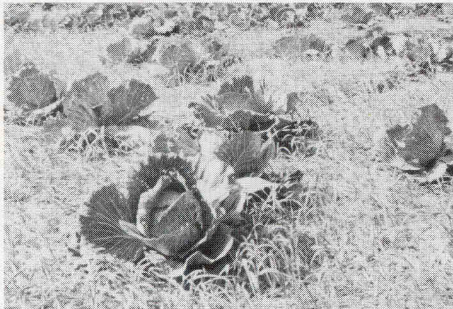
Robotics Though you may not see them, robots are already here. They're doing jobs like welding, cutting and assembling. Next, companies will want robots that can take on far more complex tasks. ■

Fighting Drugs a New Way

● A helicopter thunders down from the sky, its blades blowing the leaves of the trees furiously. It lands in an opening in the jungle — a cultivated field. Depending on where this scene is taking place, the crop might be marijuana, opium poppies or coca plants.

From the helicopter, drug enforcement agents leap out and begin destroying the drug-producing plants. But within hours after the helicopter vanishes above the treetops, the growers start replanting their illegal crops.

Part of the reason eradication

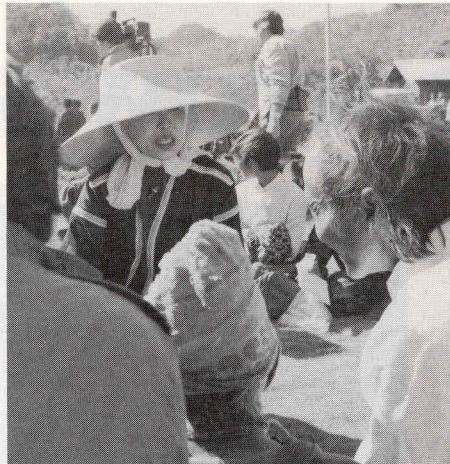


efforts like this have been only partly successful is that, in many cases, the growers of these illegal crops depend on them for their income. Many of these growers have no other cash crops to turn to. Though the drug smugglers may be rich, the growers are generally poor.

In Thailand, though, a new approach seems to be slowing down the production of opium poppies. The Thai government has been stressing the benefits of growing cereals, vegetables, coffee and other crops that can bring in cash for the tribespeople of northern Thailand's hills, ending their need to grow opium poppies as a cash crop.

The government hopes this will help the tribespeople voluntarily give up opium farming in favor of other crops.

"We want hill tribespeople to

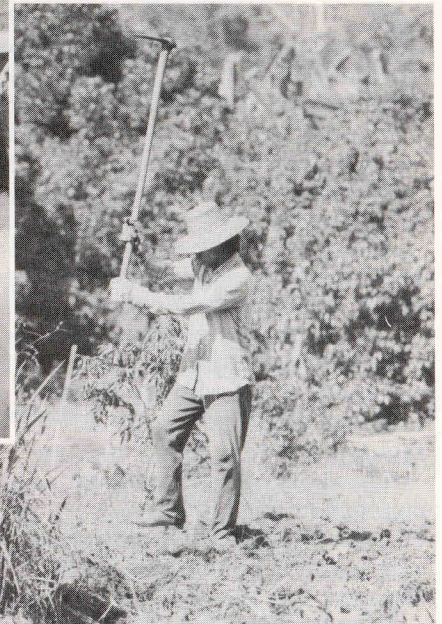


Thailand has found a new way to fight drugs. Above, Queen Sirikit talks with tribespeople who are now growing food crops like cabbage (left) instead of opium. (Photos by Larry Omasta)

say, "No more opium fields," said a senior official at the Chiang Mai Hill Tribe Center.

Thousands of opium fields were burned last year — with permission from the owners — to make room for legal crops. In return for their cooperation, the owners were given seeds for the new plants and training in how to grow them.

The coffee crops, for example, are already becoming more



profitable than opium, bringing in at least \$700 an acre each year, according to Nakhon Na Lamphang, dean of agriculture at Chiang Mai University. Opium production in Thailand is dropping dramatically.

Since coffee trees produce for up to 70 years, the Thai government hopes the tribespeople, with this steady income, will be less inclined to return to opium farming. □

Farther Than Man Has Thrown Before

● Alan Adler has his name on more than 20 patents, many of them complex parts of nuclear reactors, jet engines and computers. But they weren't, well, terribly *fun*.

"I don't own a jet engine or a nuclear reactor," the college professor told *People* magazine,

"so my inventions really had no aesthetic appeal to me. I really wanted to make something I and others could use and have fun with."

Enter the Aerobie. This "astonishing flying ring," as its maker calls it, has staked its claim as "the world's

farthest-thrown object," according to the *Guinness Book of World Records*.

The record holder, Scott Zimmerman of Pasadena, California, tossed his Aerobie 1,125 feet (342.9 meters) to set a world's record. Mr. Adler is offering a \$1,000 prize to the first person to break the 1,200 foot (365.8 meter) mark with an Aerobie.

For those of you who aren't chasing *world* records, Mr. Adler says, you can still set records of your own. Most people, he feels, can throw an Aerobie up to three times farther than a Frisbee. "It's easy to throw far," he told *USA Today*. "There is a certain beauty in its flight. It looks like a sheet of ice in motion."

Mr. Adler spent \$75,000 and many years trying to build a better flying disk. He went through more than 100 computer-aided designs before he came up with his final version of the Aerobie.

He was trying to overcome the

So you think you can really throw that Frisbee of yours? Well, give a flip of your wrist to the Aerobie and take a shot at setting some records for yourself.

tendency of flying disks, like the Frisbee, to veer off to one side and crash before going very far. The Frisbee's thickness — it is several times thicker than an Aerobie — is used to help create lift that keeps the Frisbee in the air. "The price of that thickness," Mr. Adler told *High Technology*, "is a great deal of drag." This drag has kept the Frisbee to a distance record of 456 feet (139 meters).

And here comes the controversial part of the story. The folks at Wham-O, the makers of the Frisbee, think the Aerobie is nice, but . . .

"Serious Frisbee players scoff at the Aerobie," said one Wham-O official. "It lacks Frisbee's versatility . . . Any effect on our sales will be short term."

Some serious Frisbee players,

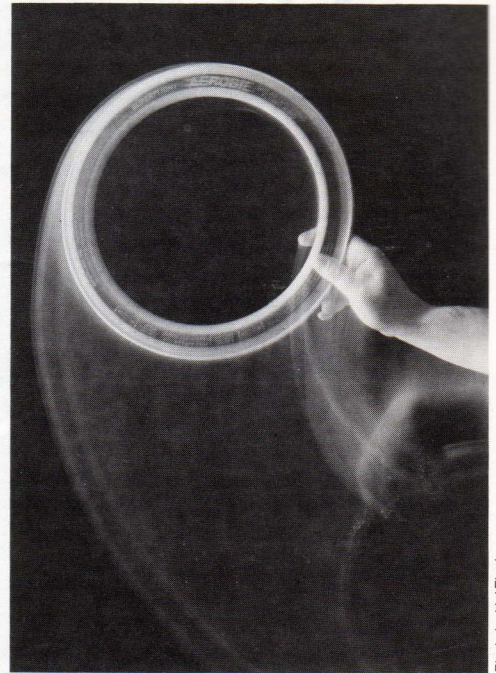


Photo by Hal Finch

though, disagree. Like Teresa Gaman, a four-time World Frisbee Champion: "I can control it as well as a Frisbee, but it's more fun because I can throw it farther. It's totally amazing." □

What a Card!

● High school students in Newark, New Jersey, have found new status in being honor students. A grade point average (GPA) of 3.0 or higher (with 4.0 being highest) qualifies them for Goal Cards.

Dr. Ronald Frye, assistant superintendent for secondary programs in Newark, said the Goal Card was designed to encourage students to maintain their honor roll status and to help students with lower grades to rise to the honor roll level.

Dr. Frye feels the idea is working. There are more than 200 more students on the honor roll this year than last year, according to Dr. Lorenzo Grant, administrative supervisor.

With a Goal Card in hand,

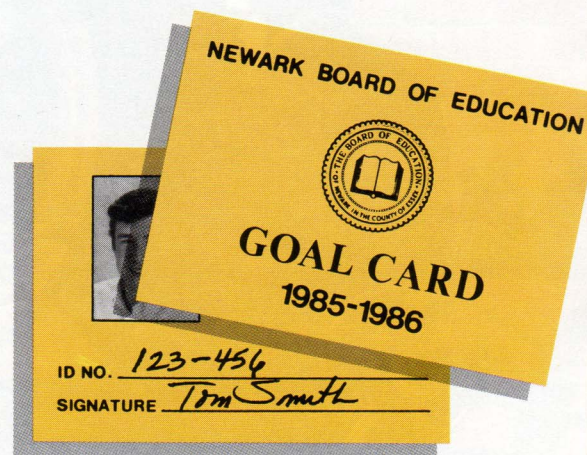
honor students gain free admission to school-sponsored social and athletic events. This represents quite a bargain. A school basketball game, for example, would normally cost about \$2.50. The cards show that it pays to get good grades.

As further incentive, one city councilman is sponsoring "The Great Achiever's Dance," which is held at midyear and year-end. The first dance was on a bitterly cold day. In spite of that, 350 of the 550 honor students came.

When an honor student is issued a Goal Card at the beginning of the first term, he or she must achieve a GPA of at least 2.7 to keep the card for the second term. Students who do not have Goal Cards, but attain

a 3.0 GPA during the first term, will be issued a Goal Card for the second term.

When students qualify for a card, their parents receive a letter of congratulations from the executive superintendent of schools. "Student response has been excellent," says Dr. Frye. "It's no longer a stigma to be an honor student at school." □



'Thank You - I APPRECIATE It!'

By Paul E. Troike

Here's an added dimension that can make your appreciation mean even more.

Most of us, when we're thankful for some gift or a good deed someone has done for us, quickly say, "Thank you — I appreciate it!"

We want the person to know that we're grateful, that his or her action meant a lot to us.

But did you know your appreciation can mean so much more? To see how, let's look at some meanings of *appreciation*.

Seeing the value

Have you ever noticed how quickly a once new and prized possession becomes tarnished,

and you no longer care all that much about it? You truly don't appreciate it anymore.

Maybe it's a bicycle that your parents bought for you. Remember how excited you were when it was new? But now the paint has dulled, the seat is torn on the left side where you took that spill, several spokes are loose in the wheels and the front caliper brake doesn't work at all! Now who can have any appreciation for a thing like that?

One definition of appreciation is "to esteem fully the worth of" something. Oh, yes, you esteem its worth! To you it's now a worthless piece of junk.

Another definition is "to be

sensitive to the aesthetic value" — aware of how good something looks. Yes, you can all too clearly see its aesthetic value. It looks like a wreck!

But there's another important definition.

You can make it better

Before we get to that, let's suppose that you decide to do something about that old bicycle. You bring it out of the back corner of the garage and into the bright light of day.

In spite of its mangled appearance, you decide to take the challenge — you're going to fix it up! You borrow some of your dad's automobile polish and clean and wax that tarnished paint until it glistens. You tighten and clean each and every long, skinny spoke and polish those rims until they shine.

You fit a new seat, rewrap the handlebars and even fix that broken front brake cable. And, wow! All of a sudden it's fun to ride again. Actually, you're pretty pleased with it and with what you've accomplished. Now you can with enthusiasm say, "I appreciate it," once again.

Why? Because you've just put into practice the other definition of that multifaceted word. You have made that old bicycle *appreciate* (used this way it's a financial term that's the opposite of *depreciate*). By your efforts you have added value to it. You have given it greater worth.

That's an additional dimension to appreciation. Not only can you be thankful for and see the value of the things you've been given and the things you're involved in, you can also add value to them.

Think about what you can do to increase the value of your possessions, your family, your church, your school. Then you'll really be able to say "I appreciate it" — in every sense of the word! □

You appreciated the old bike when it was new, and with some work you can make it appreciate — become more valuable — again!

Photo by Warren Watson





Enter the Time Machine

BACK TO THE FUTURE

By Henry C. Sturcke

How exciting past events can help you improve your future.

His orders: capture the village from the well-entrenched enemy.

The British army officer could see it would take a brilliant strategy for his small group of men to overcome the odds. But no brilliant strategies were coming to mind.

The time was the First World War, and the place, a little village in the Middle East. Mich-mash it had been called. Something about that

name seemed strangely familiar to the officer.

That evening found him scouring the pages of his Bible. At last he found it: Nearly 3,000 years before, during the reign of King Saul of Israel, the same spot had been a stronghold of the Philistines — deadly enemies of Israel.

The Bible account, in I Samuel 14, pictured in graphic detail how Jonathan, Saul's son, found a pass between two sharp rocks and staged an attack on a Philistine outpost.

Photos by G.A. Belluche Jr.

We can know and feel what it might have been like in other places and other times.

The success of that assault caused the main Philistine garrison to fear they'd been surrounded, and this led to chaos and an Israelite victory. The British officer had an idea.

His scouts located the two sharp rocks — so a 3,000-year-old plan of attack went into operation. The enemy, taken by surprise, fared no better than the Philistines had.

Hasn't this happened before?

It's amazing how many times events of the past seem to rerun in the present. You've probably heard the saying that history repeats itself, but I've often thought that the worst thing you can do with the exciting events of the past is to call them *history* and put them in a textbook.

What's lost is the feeling of wonder, the exciting realization that other people lived before us, stood on the same spot, faced problems and challenges (sometimes, like at Michmash, strikingly similar to those we face), and that they lived, endured and passed their story down to us.

What were those people like? How were they like us? How were they different? By making history live — seeing that it is real like those two

sharp rocks at Michmash — each of us can sample many different ways of being. We aren't limited to just our town or our generation — we can know and feel what it might have been like in other places and other times.

This is what draws many to science fiction, mysteries and romances: the chance to imagine another way of being. All that can be found in history — and more!

Stories with human interest

History is basically a story. By reading with your imagination, you can identify with those you read about. You can share their challenges, fears, hopes, triumphs and failures.

You experience the same emotions, and this helps you understand both history and yourself. You can't come away from reading about the lives of others without an increased understanding of yourself, your heritage and your choices for the future.

But history isn't only something you read. Wherever you live, there are historical sites near you or near where your family might travel. Perhaps you could help plan family trips by looking up sites you might pass or stay near.

Sometimes what we learn in history can lay out quite exact paths for us. This was the case for the British officer. Other times what we learn may not be as directly applicable, but it is always valuable.

Avoiding accidents

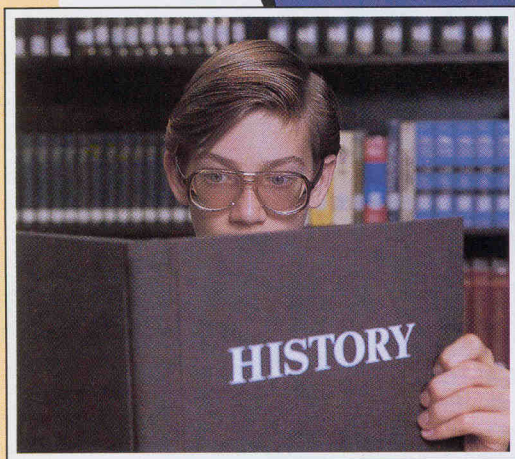
If we learn nothing from history, we stumble about. Life becomes a random series of accidents. As each event strikes us, we are without experience and have no basis for deciding how to react, or — better yet — how to master the situation.

To properly apply the lessons of history, we need to have an accurate and complete understanding of the events.

The price of not knowing is far higher than the work involved in learning. Ignorance leaves us open to being fooled.

During the Nazi era in Europe, for example, millions believed altered, pseudo-historical explanations of past events. In our day, too, many offer books filled with names, dates and footnotes that seem to make all the pieces fit. As one historian warned, one of the first duties of man is not to be duped. We need a solid understanding to protect ourselves.

We owe it to ourselves — and to our future. □



Excellent Athletes

By Larry Neff

Almost magical moves, split-second acrobatics, a perfect 10 under pressure — in all these, control is the key.

Finesse. That's a word used to describe many of the greats of the sports world. Their moves are like magic — graceful, controlled, powerful.

Like the legendary Pele. Talk about soccer anywhere in the world and Pele's name will probably come up.

His incredible control of his body and the ball and his almost acrobatic moves captured the imagination of several generations.

He led Brazil to three World Cup victories, which is especially incredible when you realize soccer's Olympic-scale competition is played only every four years!

Even when double and triple teamed, as if by magic, Pele was able to move the ball to an open teammate or get himself clear. With controlled power, a flick of his foot or head could speed the ball into the corner of the goal before the goalkeeper could react.

Parton Keese, in his book *The Measure of Greatness*, described Pele's phenomenal abilities: "Pele could sprint at top speed while controlling the ball in front of him. To an observer, it looked as



Soccer's legendary Pele is known for his incredible control of his body and the ball.

if Pele and the ball were connected by a rubber band.

"Then, in perfect rhythm, he could stop dead in his tracks, still dribbling, and gently plop the ball over a defender's head. Like a magnet, he would then dart around his opponent and pick up the ball on his toes before it even touched the ground."

Even when his expertise

brought him success, teammates say he remained humble. It seems he had not just his body, but his pride, under control.

Divers and gymnasts

The 1984 Olympics gave us many examples of control and finesse. Take gold medalist Greg Louganis, master of both springboard and platform diving. Near perfection of body movement at speeds the eye can barely follow — that's the name of his game.

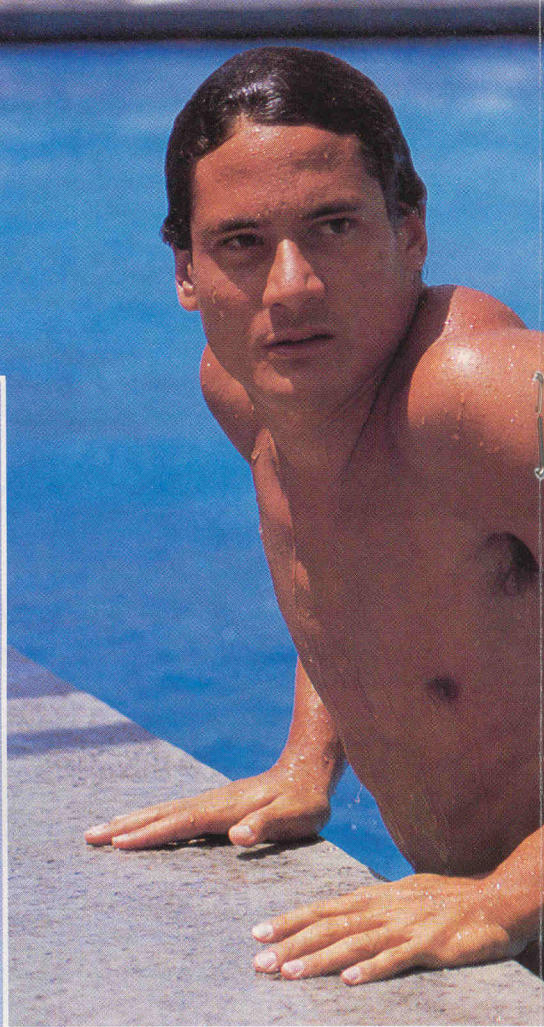
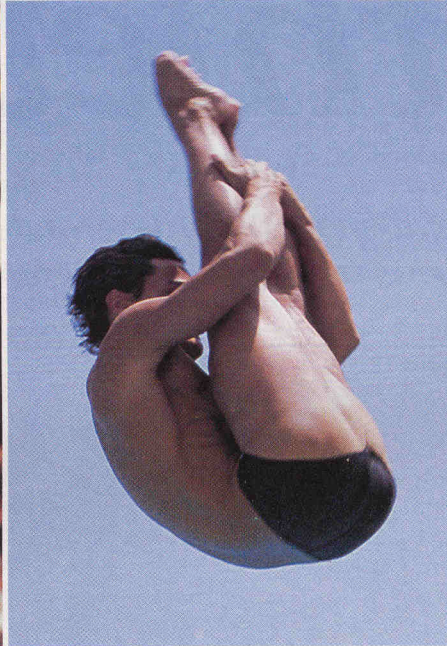
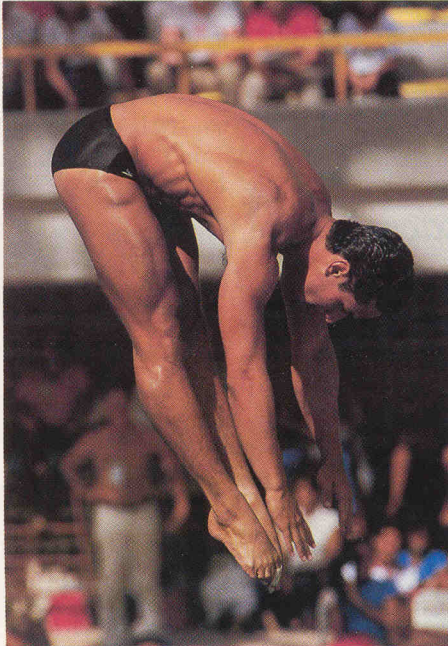
All of his years of practice allowed him to make his split-second acrobatics look effortless. The applied physics involved in diving are incredible, and so are the strength and agility it requires. As *Science Digest* put it, "It takes great strength to hold a straight-line position throughout the 35-mile-per-hour [56-kilometer-an-hour] impact" with the water.

Gymnasts like Mary Lou Retton also demonstrated controlled power, flexibility and grace in movement during the Olympics.

Control under pressure, too. When Mary Lou Retton knew that nothing less than a perfect 10 on the vault would do, she came through — twice! Her lay-

Photo: Sigma — Tom Zimberoff

Control was evident in many of the athletes during the 1984 Olympics. Springboard and platform diving gold medalist Greg Louganis displayed near perfection of body movement at speeds the eye can barely follow. Gymnast Mary Lou Retton's control especially showed through when the pressure was on — when nothing less than a perfect 10 would do.



out-Tsukahara had never meant so much, or looked so good! As her coach said, "She's got the psychological power to go through the most difficult moments without falling apart."

That aspect of control is important in every sport.

Training for excellence

When you think about it, *control* is a major key to excellence in all sports. Control your body. Control your reflexes. Control the ball. Control the tempo of the game.

What it really takes is control of the whole person. The mind and attitude are involved in playing sports, not just the body. But some players don't seem to realize this. They're the ones who are ejected from the game for yelling at the umpire, who destroy the locker room, who hurl insults and profanity at those who defeat them.

If a cook substituted salt for sugar in a cake, even if all the other ingredients were of the

highest quality, would the cake be an excellent cake? Hardly.

When an athlete demonstrates excellent stamina, coordination, even teamwork, but has a bad attitude, could you really say he or she is an excellent athlete? You don't show excellence when you slam the basketball to the floor with all your might because you don't like the referee's call. Perhaps you controlled your body well, but you didn't control your attitude.

Excellence, to be excellence, must be truly inspiring. It must produce a thrilling feeling of achievement from everyone involved — teammates, yourself, the audience and even the opposing side.

When a tennis player throws his racket or a beaten runner hurls insults at the winner, excellence is missing.

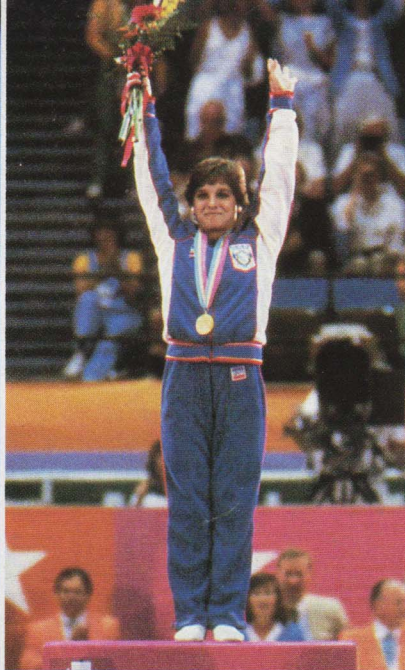
True excellence pleases even the God who created our minds and bodies. And that God says that there are times when we should go ahead and accept

wrong (I Corinthians 6:7) — and this includes from the referee or the other team. We can't, and shouldn't try to, control others. The critical thing in producing excellence is to control yourself.

There are times, of course, when a proper appeal can be made by a player according to normally accepted procedure, as in softball. But it should be done calmly, in the right attitude and with a full willingness to accept the referee's decision. Also, it should be done infrequently.

Spectators also have a part in producing or destroying excellence. When the crowd supports the teams (or individuals) with spirited cheers and applause for good plays, it can really set a positive tone and build the excitement of the game.

But since the officials cannot penalize the audience, often the fans go unchecked. When a home stadium crowd at an American football game deliberately makes so much noise that the quarterback of the opposing team cannot



When you think about it, *control* is a major key to excellence in all sports . . . What it really takes is control of the whole person.

hear the “audibles,” excellence and good sportsmanship are not achieved.

Real-life situations

Now, let's consider a few specific applications involving real-life situations. One important thing to keep in mind is that we all see things through our own eyes, and someone else will probably see it differently.

For example, a basketball player who gets a certain intense look on his face and who plays as hard as he can (perhaps unintentionally fouling in the process) will probably seem like he's in a rotten attitude and is purposely being rough.

Or, because of lack of conditioning and experience, a player may accidentally make contact with opposing players. This can be mistakenly interpreted as intentional. And there are many cases where it is! But what if it was strictly unintentional?

The problem is that such incidents often produce a reaction,

and negative reactions can be quite destructive. It takes a lot of control to avoid negative reactions, such as losing our temper, fouling back, getting even, making verbal threats. But the best response, whether the other player fouled us intentionally or not, is to intensify our own self-control in all aspects of the game.

Who knows — perhaps others will get the point and follow your example.

Often problems arise where a stronger team (or individual) plays a weaker one.

The underdog

Perhaps it begins with disdain by the stronger team for the underdog. Then the weaker team responds with the attitude of wanting to put down their haughtiness, accusing them of poor sportsmanship. Then the stronger team responds by pounding their opponents as far into the ground as they can and insulting them.

Even coaches sometimes con-

tribute to this, sadly. This is escalation. No one is practicing control of attitudes, and the result is definitely not excellence.

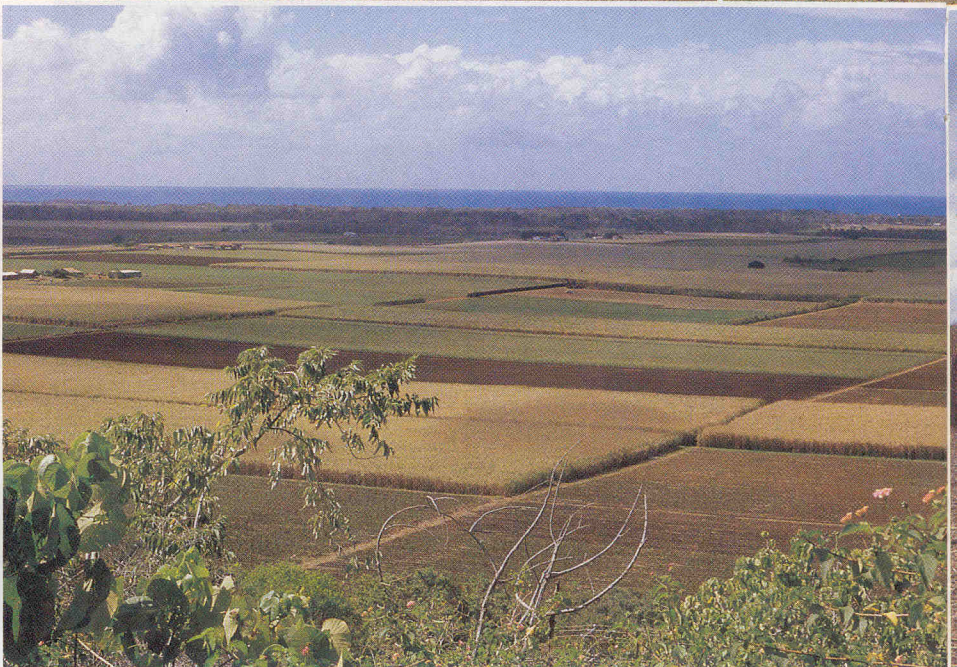
When unequally matched teams play, there is an element that desperately needs to be present — *respect*. Both ways. The weaker team should respect the skills and experience of the stronger one. They should respect them as fellow human beings and worthy opponents.

Excellence comes when we exercise the self-control to show and feel respect, instead of disdain or antagonism.

Yes, excellence in body control is important. It can be seen in top athletes everywhere, and we can and should work hard to learn from their skills.

But excellence in sports includes more than that. If you are willing to learn and practice control of mind and attitude — the whole person — you'll be preparing for true excellence, not only in sports, but in the greater game of life. □

Clockwise from top left: Bundaberg young people posing after a church meeting; the popular game of cricket; an old-style home; sugarcane being harvested for transport to the nearest mill; a clear view from the Hummock; and a blazing field of sugarcane. (Photos: top left, courtesy author; others, Mark Gully)



Teens Down Under in BUNDABERG

By Debra J. Villiers

Flaming fields are a part of life in Bundaberg, Australia.

You might think it strange if you had to drive by flaming fields on your way home from school or work. Unless, of course, you lived in Bundaberg, Australia.

The Stuart brothers, John and Gavin, founded Bundaberg in 1866. They had come north from Brisbane in search of a good timber-producing area where they could begin a settlement.

Besides starting Bundaberg, they also made a settlement farther south that is now called Maryborough. The logging industry boomed in both towns at first, but after only a few years, Bundaberg's main supply ran out.

Bundaberg left timber and began a sugarcane project that has since grown into a major crop. It now produces \$170 million (Australian) annually. And it's certainly the most widespread industry in the district.

Fields of fire

Before the farmers bring in their harvesters, they usually burn the cane fields. Scientists working on this idea have proposed that it is unnecessary to burn the plantations. Doing this takes some of the natural goodness from the soil. However, the fires do rid the fields of insects, poisonous snakes and other vermin.

The fires are a spectacular sight, and people come



each year to see them. The men light a field on all sides so the fire will work itself into the middle. A fiery inferno billows smoke into the sky as the fire grows taller.

This spectacle only lasts a few minutes, unless the fire has to be relit. It really is fun to watch — no matter how many times we see it.

Our area has four sugar mills. One of them, Millaquin, also has a sugar refinery and buildings to handle by-products.

The mill owners grow large amounts of cane in surrounding fields, but they will process any other cane sent to them at harvest time.

After it is cut, the cane is sent to the mill by trams or huge trucks. Then the cane is crushed and the sweet juice is moved into the boilers for treatment. While this is going on, other substances are being prepared. Rum, molasses, treacle and bagasse are the main ones.

Molasses is used to produce many kinds of alcohol. "Bundaberg Rum" is distributed everywhere in Australia. Treacle is often used in cooking, and the bagasse, leftovers from the cane, is used as fuel for the enormous boilers in the mill.

Our sunsets are especially beautiful at the time of year when cane is harvested. The smoke from the fire blends into the sunset and produces a warm glow with swirls of purple.

Many ask if it is possible to view kangaroos here

in their natural habitat. We see them in the bush (back country), but they won't hop into our yards unless we live in the middle of nowhere. Once, while on a church outing at a remote sports ground, a friend and I discovered a mob of kangaroos. It was quite a find!

Besides kangaroos, our wildlife includes koalas, opossums and other marsupials, enormous bugs and wild birds. We have spiders large enough to catch and consume birds!

Snakes and cane toads are commonly found in the cane fields. If there is a field of cane being burned near our house, soon our yard will be swamped with these creatures.

Inquisitive birds

Many of the wild birds in this district are rather inquisitive creatures. During a mathematics class at school one day, we were disrupted by a large crow who soon brought the session to a grinding halt. No amount of noise or waving would move him, so he stayed until the bell rang. This new noise, together with the flurry of feet, succeeded in scaring him to the sports field.

But not for long! When we were having our physical education class after the lunch break, he swooped down to join in a game of soccer.

Bundaberg is great for those who love the country, those who prefer the *(Continued on page 27)*

IDEAS PLUS

Let's Hear It for Your Hair!

Can you imagine how different we would all look without hair? Our hair is often one of our most individual and attractive features. It pays to know how to properly take care of it.

Proper hair care starts with a good shampooing. Before shampooing, gently comb out any tangles, then brush up away from the hairline toward the crown of the head. After completely wetting your hair, gently apply some shampoo. Hundreds of shampoos are on the market, so you may have to shop around until you find one that does the best job for you.

Work up a lather in your hair, starting at your temples and moving upward to the top of your head. Always use your fingertips — *not* your fingernails — to rub the shampoo into your hair. Massaging your scalp while you do that stimulates the flow of blood to hair roots and relaxes nerve endings at the base of your neck.

After shampooing, you might need to use a conditioner. This is especially necessary if you use blow dryers, hot curlers or permanents. As with

shampoos, many conditioners are out there to choose from. You may have to try several before finding one that works best for you.

Don't try to brush through your hair when it is wet. This puts too much strain on hairs, causing some to break off. Instead, gently comb with a large-toothed comb. Even when your hair is dry you should be gentle in brushing or combing it.

In the summertime, you must pay extra attention to your hair since a lot of days are spent outside. Sun, wind, swimming pool water and salt water

can hurt even the healthiest head of hair.

Keeping your hair trimmed will guard against split ends. Your hair will look much healthier.



And finally, remember that you are what you eat and

it shows in your hair. Your hair, which is made of protein, thrives on good foods like meat, eggs, milk and whole grains. Your hair can say a lot about your overall health and what you're eating. That's something to consider the next time you are tempted to make a meal of French fries and candy bars. — *By Wilma Vernich* □

The Case of the Invisible Cyclist

I would have killed him. He wouldn't have had a chance — bikes rarely win contests with cars.

Fortunately I took the turn a little wide. If I had been where I should have been, I would have killed him.

There was no way I could have stopped in time. He was riding on the wrong side of the road, at night, with no lights or reflectors. The sad thing is, he didn't seem to notice how close he came to dying.

But he's not the only one. Every day, cyclists make the same deadly mistakes he did.

What about you? Do you really know what you're doing on the road, or are you setting yourself up for tragedy?

Let's look at some things that have helped me and other cyclists ride safely for years.

Pretend you're invisible. This is one quick way to improve your riding skills in traffic. And chances are, you won't have to do much pretending. Most drivers

won't be able to see you that easily. This is partly because you are much smaller than a car and partly because drivers in many areas just don't expect bicycles to be there.

If you assume you can't be seen, you are suddenly the only one responsible for your safety. If you're invisible, you can't expect drivers to watch out for you. It's now up to you to stay out of their way.

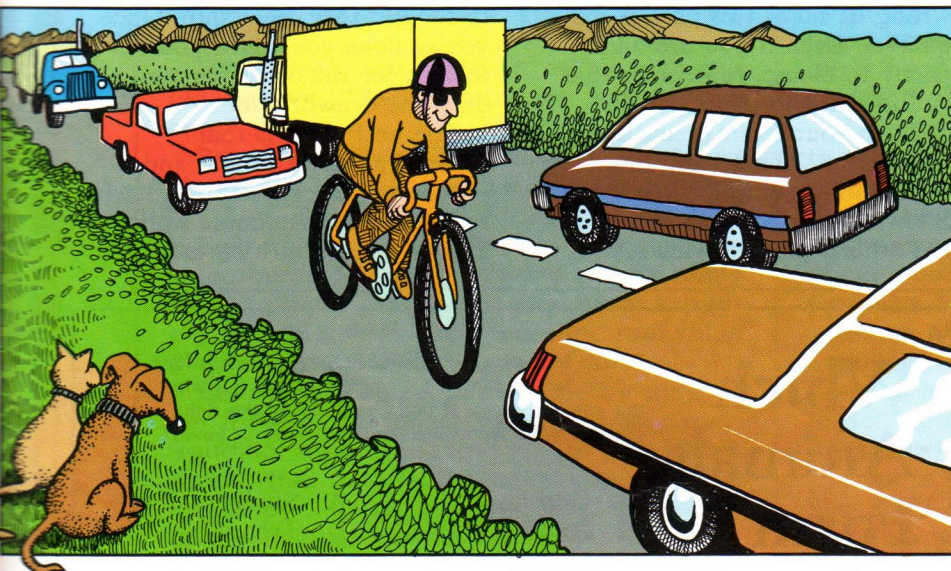
Follow the rules. If you follow the same rules of the road that drivers have to follow, it makes it easier for them to know what you're going to do next — and avoid running into you while

sight to keep out of trouble. You, too, must use your eyes to be constantly scanning for danger around you.

But don't neglect your other senses. You can *hear* cars coming up beside you. You can *feel*, through the vibrations in your handlebars, what kind of shape the road surface is in.

This is probably the best reason not to wear a personal radio or tape player while riding your bicycle. The music may be great, but it takes away one of the few advantages you have over drivers.

Not only will these tips help keep you alive on two wheels,



you're doing it.

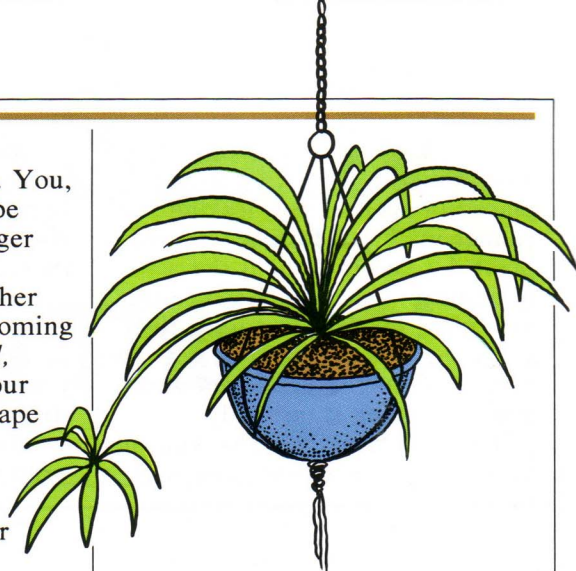
This means things like signaling when you're going to turn, obeying traffic signals and riding on the correct side of the road. In most places, bicycles are subject to nearly all the same laws as automobiles. If you don't know what those laws are where you live, ask your parents to help you find out.

Take advantage of your position. In many ways, bikes are much more dangerous to operate than automobiles. But you do have one enormous advantage over drivers: You can use nearly all your senses to help protect you from danger. Drivers rely almost solely on their sense of

they will help make you a safer, better driver when you get behind the wheel of a car. — *By Lowell Wagner Jr.* □

Space-age Plants for Your Home

When you think of space stations, what comes to mind? Chrome, computers, flashing lights — maybe something like the bridge of *Star Trek's* USS *Enterprise*? How about potted plants?



Can you imagine Captain Kirk or Mr. Spock taking a few minutes out from fighting Klingons to water the potted plants?

Well, watering the plants may be part of the routine for some of the first space station inhabitants. According to researchers at the U.S. National Aeronautics and Space Administration (NASA), some of the plants sitting around your house do more than just make the place look pretty. They also help clean the air of everyday pollutants in our homes.

After conducting tests to find a way to cut down on air pollution in space stations, NASA found that certain kinds of plants do the best job.

Spider plants and golden pothos plants are two of the most widely known plants that NASA found successful. You may even have some of these amazing plants growing around your home. If not, they are easy to grow, and with the following tips you can soon have some faithfully cleaning up your home's air!

Probably the most popular is the spider plant. The leaves grow up from the soil in clusters. Soak the soil thoroughly and let it dry out completely between waterings. You'll know you're watering too much if the plant goes limp and turns brown or yellow throughout. If this happens, force yourself to wait until the soil dries completely before watering.

Runners grow from the center of the plant, and miniature spiders grow from the runners.

The miniature spiders can be placed in another pot, leaving the runner intact, to form a separate plant. Use a pin to hold the miniature in the soil. Be sure the new plant remains wet until the roots begin to grow. Then cut the runner off of the new plant and begin watering it normally.

The golden pothos, also known as devil's ivy or marble queen, is

another good indoor pollution fighter. Golden pothos should also be allowed to dry out thoroughly before watering.

Since the vines grow quite long, leaves on the top may become sparse. If this happens, you can guide the vines with string or sticks to grow up a wall or along a window. Or you could wrap the vines around the soil on

top of the plant, crushing parts of the vine and pushing the crushed spots down into the soil. New roots will grow down from these crushed areas, causing new growth on top.

Neither of these two plants requires direct sunlight, although it helps the leaves remain brighter. — *By Cheryl Ebeling* □

Proverbs for Today: The Walls Come Tumbling Down

A fortress built to protect a king from his own subjects?

Yes, history records such an incident. In the 11th century, William the Conqueror invaded Saxon England. Hated by his new subjects, he built a chain of fortresses mainly to protect himself from those same subjects. One of these fortresses was the Tower of London.

People today also erect walls to protect themselves. Last month in "Proverbs for Today" we saw how people build emotional walls when offended. These may be harder to overthrow than the walls of a castle. Using hasty words that they may not even recall, some people cause this kind of hurt through thoughtless verbal attacks.

If that has affected your friendships, this can help: "He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city" (Proverbs 16:32, New King James Version throughout).

Throughout history, walls of fortresses have fallen to attacking armies, and cities have been defeated. It's also possible to dismantle emotional walls — but not by going on the attack!

Being slow to anger and ruling your spirit means controlling your emotions. Once someone is hurt and has walled himself in, it's time to admit you've been

wrong. It takes two parties to quarrel. Even if you are only partly to blame, remember that you *are* still to blame.

Curb your feelings and say, "I'm sorry." That's the first step in crumbling emotional walls. Show a willingness to listen to the other's point of view. And

stay calm when sensitive issues are brought up. King Solomon's advice: "A soft answer turns away wrath, but a harsh word stirs up anger" (Proverbs 15:1).

If your sincere apology doesn't help, more time may be needed to rebuild this friendship. Once you've done your part, you have to wait for the other person to drop the drawbridge.

The best news is that controlling your temper and tongue will keep you from having to face such formidable walls again. — *By Jim Roberts* □

Which Animals Form a Band?



What's that skulking around in the woods? To find out, match up the kind of animal on the left with the name a group of them goes by on the right. (Source: *The World Almanac and Book of Facts*)

- | | |
|--------------------------|-----------------------|
| 1. Gorillas | A. Skulk |
| 2. Ducks | B. Troop |
| 3. Hawks | C. Clowder or Clutter |
| 4. Goldfinches | D. Covey |
| 5. Choughs | E. Gaggle |
| 6. Cats | F. Cast |
| 7. Larks | G. Exaltation |
| 8. Geese | H. Chattering |
| 9. Whales or seals | I. Gang |
| 10. Elks | J. Pod |
| 11. Toads | K. Pride |
| 12. Leopards | L. Litter |
| 13. Kangaroos or monkeys | M. Brace |
| 14. Crows | N. Murder |
| 15. Lions | O. Knot |
| 16. Foxes | P. Swarm |
| 17. Quail | Q. Band |
| 18. Bees | R. Charm |
| 19. Pigs | S. Leap |

Answers: 1-Q, 2-M, 3-F, 4-R, 5-H, 6-C, 7-G, 8-E, 9-J, 10-I, 11-O, 12-S, 13-B, 14-N, 15-K, 16-A, 17-D, 18-P, 19-L

Teen Bible Study

‘What Do You Think?’

By Richard A. Sedliacik

What do you do when you're just not sure what to do?

Let's say you face a tough choice between two options, and you can see good points about both, or maybe neither one looks very good. So what do you do? Like most of us, you probably find someone and ask, "What do you think I should do?" or "What would you do if you were in my situation?"

Instinctively we seem to agree with the old saying, "Two heads are better than one."

But *why* is advice important? When should we seek it? Whose advice should we listen to? And whose should we *not* listen to?

Following good advice can make our lives smoother and happier, sparing us from many of the pitfalls we might otherwise experience. In this study you'll learn the real value of seeking and following good advice.

Before you begin this study, be sure to get a Bible, pen or pencil and some paper. Reading and then writing out the Bible verses that answer the questions asked in this study will help you remember the important principles you'll be learning.

1. King Solomon was the wisest man who ever lived. This was because God gave him his wisdom. What is Solomon's advice to a young person concerned about his or her future? Proverbs 19:20.

Life is full of decisions. From the simple, day-to-day decisions of what to eat and wear, to the more complex such as deciding on a career, whether to go to college, where to live or whom to marry.

Some of the decisions we make while we're young will affect us for the rest of our lives. Realizing that we all need advice in making many of our decisions, Solomon advises us to *listen* to the counsel and instruction of others!

2. Is it wise to seek out several sources of advice — is there safety in a number of counselors? Proverbs 11:14, 15:22.

No matter who we are or how much we

may know, we need advice. Recognizing this, successful businessmen and corporate executives seek advice before they make major decisions. They realize that good decisions require the input of others.

It is true we can learn from our own mistakes. But just think how much further ahead in life we'll be if we learn from the mistakes of others. If we could skip the mistakes that have been made over and over again by other people, our lives would be much happier and more successful.

3. Some people, however, are too proud to take advice from others. They ignore or ridicule what others have to say, almost as if they believe that they alone have all the right answers. But what do the proverbs say about a person who is wise in his own eyes? Proverbs 26:12, 16:18, 12:15, 28:26.

Some people seem to think they have nothing to learn. They think they know it all. They have the classic "Don't tell me what to do!" attitude. Feeling self-sufficient, they do not listen to anyone.

If we're honest, we'll admit that we usually don't know all the facts. Others may come up with ideas and solutions we might not think of ourselves. By listening to them with an open mind, we can profit from their mistakes and experiences.

No one can guarantee that you will get perfect advice. But you can be more confident about your decisions by choosing wise counselors — people who are balanced,



"Two heads are better than one" in solving a problem! That's why we ask people, "What do you think I should do?"

who have a good reputation and who know you.

4. What is one excellent source of wisdom and instruction? Proverbs 13:1, 1:8.

Our parents, more than any other people, are concerned for our welfare and future happiness. They have had many good and bad experiences while going through life. We can learn from those experiences. But only if we find out what they are.

Even when we may not think our parents are right, we are usually better off listening to them anyway. After all, they have seen and experienced a lot more in life than we have.

If you are thinking about a career, in addition to talking with your parents it is wise to talk to qualified experts — those who work in the profession you are interested in. Listen to the advice these experts have to offer. They will be able to help you determine if your career plans are realistic — if you have what it takes to be successful in a particular field.

5. Is timing an important point to consider when seeking advice? Notice the principle in Ecclesiastes 3:1.

When looking for advice from your parents, or anyone else for that matter, choose the right time and place. Use common sense as to when to approach them — particularly when important decisions and weighty matters are involved. Choose a time convenient for them, when they can concentrate on what you have to say.

Once you have chosen the right time, be sure to tell the whole story. Don't hide certain facts, since this can prevent your receiving the best possible advice. Then listen, concentrating intently, even if you disagree. By all means be sure you understand what you are being told.

6. What is an excellent, yet often overlooked source of useful, practical wisdom? Job 12:12.

The elderly men and women around us, such as grandparents, are often storehouses of wisdom, waiting to be tapped! Elderly people have the overview of several decades and therefore may have a great deal of advice that can prove quite helpful to you.

Not only can we get advice by speaking to others, we can also learn from what they have written. *The Plain Truth* magazine, sister publication to *Youth 86*, offers valuable instruction and advice on a variety of subjects of interest to people of all ages.

7. Did King Rehoboam of ancient Israel

fail to listen to good advice? Read and summarize I Kings 12:1-14. What was the sad result? Verses 15-24.

After King Solomon's death, the people of Israel came to King Rehoboam and asked him to lighten the burden of heavy taxation Solomon had placed on them. Rehoboam knew he was inexperienced and needed counsel. So he gathered the counselors of his father and asked their advice. Being older and wiser, they told him to be gentle with the people and be their servant. In return Israel would serve him.



But Rehoboam was too self-willed to listen to their wise counsel. He preferred the advice of friends his own age who told him the things he wanted to hear. They said he should be tough on the people. "Show them who is the boss!" they urged.

Of course, this appealed to Rehoboam, who was enjoying his newly-attained power. "I'm king," he thought. "They have to do what I say." So he levied heavier taxes on the people and greater burdens than Solomon. His foolish decision provoked a rebellion that split the nation into two kingdoms.

So be careful about whose advice you follow. Don't assume that friends who are the same age as you have any better answers than you could have come up with yourself.

8. Who does the Bible say is the great Counselor? Isaiah 9:6. Therefore should we also be sure to seek and listen to God's advice? James 1:5, Luke 11:28. Where is that advice found? II Timothy 3:16-17.

God, the all-powerful, all-wise Creator, reveals His wisdom and advice through His inspired Word, the Holy Bible. It is in reality God speaking to us! Carefully listen to the advice contained in the Bible, especially in the book of Proverbs, which was written primarily for young people.

Seeking and listening to good advice is vital to leading a happy and successful life. So don't hesitate to ask for it when needed. You'll really be glad you did! □

Dear Youth 86,

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

Q. I have so many problems with my folks that I am thinking of running away from home this summer. I am so confused, I don't know what to do. I am writing to you in the hope that I can get some advice.

A. We are glad that you wrote to us and we do have some advice: Don't run away! You will almost certainly be trading problems at home for even bigger problems away from home.

Of course, you were not specific about what your problems are, but realize this. There are ways to find help for your problems without running away. The key is to know how to solve your problems.

Usually the first step is to try to talk to your parents about the problems. You may have trouble getting their attention, but keep working on it until you do. If this doesn't work, go to a counselor who is qualified and whom you can trust. This might be your minister or a school counselor. Tell him your problems and see what he suggests. Even in today's world, most family problems can be cleared up by good communications and a willingness by all to change.

Even in the extremely rare circumstance where the problems are indeed greater than the advantages of staying together as a family, running away is not the answer. In such a case, the proper authorities can help provide a home for you. Although this is a last resort, a wise counselor will know how to go about finding such an alternative home if need be.

Please read the article, "Family Conflict: What You Can Do About It," on page 3 of the January issue. It can give you more of the advice you asked for.

Q. This is not a question, but a warning.

I want to warn people against premarital sex. I have been sexually active since I was 16. I have just turned 18. I'm not a loose or wild person — I have morals and values like anyone else may have.

I didn't even really like what I was doing. I lost a lot of self-confidence and respect and was depressed a lot, but I didn't know why then. Can you believe it? I didn't know *why*. I also became very shy and introverted.

I told myself I was doing it to make my boyfriend happy, and because I needed someone to love me. I was going through a lonely period in my life. If I would have just been patient and known that this unloved feeling would not last forever, I wouldn't be in the situation I am now. I gave birth to an adorable baby boy two months ago.

I'm not sure if I have enough love, patience and outgoing concern to rear my baby the way he deserves to be reared. I'm still kind of a self-centered teenager. I want to be able to go out, have fun and not have so many responsibilities so early in my life.

My boyfriend was good to me probably only half of the time, so I never really felt fulfilled. However, I stayed with him because I thought this was the only place I could receive the love that I wanted.

Of course, *now* I can see this all clearly. I should have tried to turn to my family. I have put them through so much pain and disappointment because of my stupidity and naiveness.

I know too many girls my age and younger who have kids or are currently pregnant, and the number of abortions is outrageous! I am one of the lucky ones, however, because I have a boyfriend and a family who care about me and my baby, plus I am still able to finish my senior year. Many girls were forced to drop out.

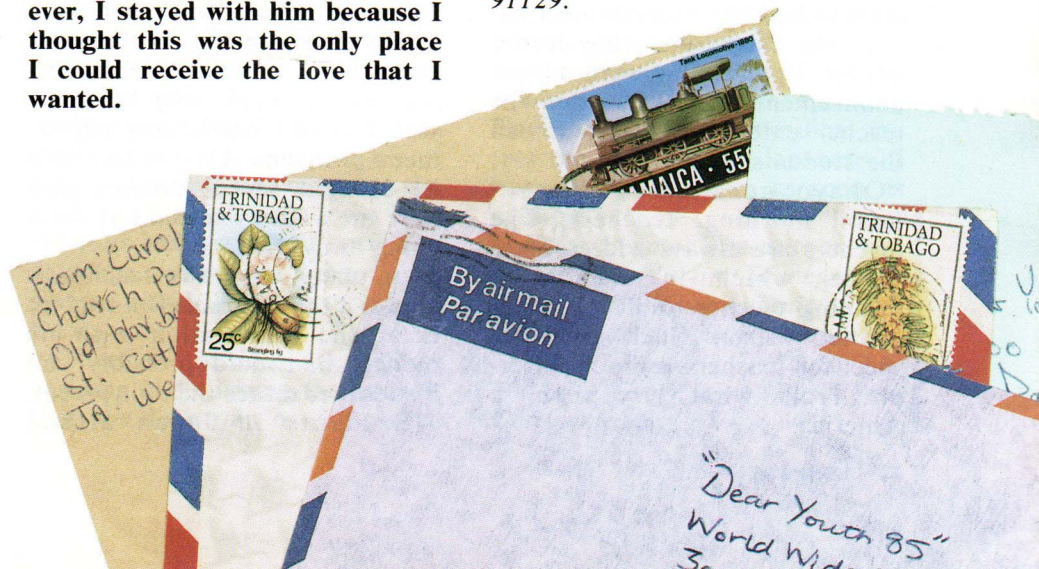
Pregnancy is not the only consequence of premarital sex. There are many physical and emotional problems that are caused by it. If you are engaging in premarital sex, you are warned to stop now. You may not regret it now or for sometime yet, but someday you'll see the mistake you're making.

I hope this will be useful to someone.

A. Thank you for sharing your life and advice in an attempt to help others.

The subject of sex is a vitally important one, and so we offer to all readers, free, a copy of our book, *The Missing Dimension in Sex*. Write or call the office nearest you — they're listed inside the front cover. □

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



An American's View of School Life in Japan

By Rachel Knight

How would you like going to school where few could speak your language? Imagine not being able to read signs like "In, Out" or "Boy's, Girl's Rest Rooms."

Imagine an article written about your family in a newspaper read by four million people, but printed in a language that you could not read. These experiences happened to me when I attended Futami Junior High School in Futami, Japan, with my Japanese friend, Chika Tsuji.

One main difference between this school and American schools I've been to is its set of rules. In Futami Junior High, the girls must have short cropped hair, short clean fingernails and no permanents or pierced ears. The boys usually have crew cuts. A student who is caught drinking or smoking is immediately expelled permanently. Also, it is against the rules for the boys and girls to hold hands unless they are dancing or playing a game.

A school meeting is scheduled each Monday and everyone must attend. I was introduced to the student body at a school meeting.

In the classroom a boy leader begins by making several announcements and then when the teacher enters the classroom all the students stand, bow and say, "Ohayo gozaimasu, Sensei" (good morning, teacher). The teachers are always addressed as Sensei, which, in addition to meaning teacher, indicates a respected person. Such great respect for teachers is much different from what I've seen in America.

The teacher is respected because he not only is your classroom instructor, but also your music teacher, personal counselor and teacher of lifetime skills such as swimming, homemaking and arts.

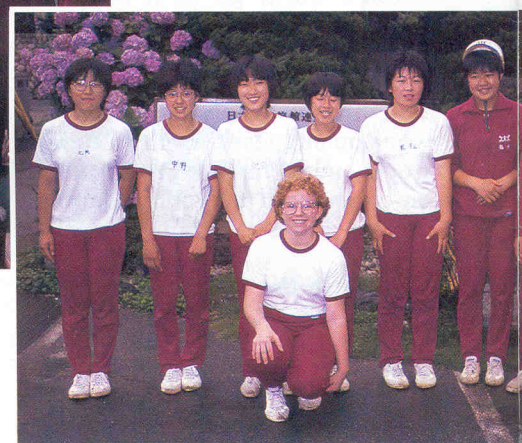


The teacher works long hours for seven days a week and then makes home visits. My teacher came to the house four times during my six-week visit to make sure I wasn't having any adjustment problems. On his last visit he brought seven students who gave me a lovely music box for a going-away gift.

In many ways the teacher is almost a third parent. If a student is at the bus station with no money, he would probably call his teacher rather than his parent. Students in Japan attend

school six days a week. They must wear uniforms to school every day. Whenever they go to another town, whether it is day, night or Sunday they must wear the uniform (even during summer break). At least deciding what to wear wasn't a problem!

Every day students either ride bikes or walk to school, as no car rides are allowed. Japanese students quickly become accustomed to riding their bikes while balancing their book bags and holding umbrellas, as well as bowing their



heads to passersby, all at the same time.

If you do ride a bicycle in Futami, you must wear a safety helmet. If you are caught without a helmet, you must walk to school for a month.

I think the rules caused the Futami students to be obedient and respectful. Personal disci-

pline and honor are always emphasized.

Changing shoes several times a day is a way of life in school there. When you arrive, you change from your uniform tennis shoes to school slippers. Also there are specific slippers for the rest room use only. After school you change to the shoes worn by your sports club.

Every student is required to belong to a sports club after school.

The volleyball club that I joined practiced every day for two hours. The volleyball practices continued through the month of August, which is the only month of the year when there is no daily school. The Japanese are very concerned with

(or soup); a slice of bread and milk.

Some of the meals were tasty such as ramen (flavored noodles) and yakitori (like barbecued chicken).

Various types of seafood, such as fish soup, octopus on a stick, eel and squid, are considered by the Japanese to be delicious. On those days I only ate the things I felt most comfortable with. Rice, of course, is served either in a bowl or rice ball and has many types of toppings and things that are added to it. We used chopsticks for almost everything but soup.

Since there was no cafeteria in the school, certain students went to the kitchen to get the food, dressed in white coats, white hats

tools the students bring from home.

In addition to normal studies in composition, mathematics, history and science, many other interesting skills were taught. For example, we prepared a sushi snack and learned to arrange the food on the plate in a homemaking class.

In music class, in addition to choral music, everyone learned the guitar. By the time the students are in the seventh grade they have been taught the basics of piano and flute at school.

All the classes were conducted in Japanese and all the writing was done in kanji (you must know about 2,000 symbols to really be able to read it), but my friends were helpful.

I was not expected to do homework or take tests, but my friends had to work late into the night for their preparations. Also, many of the students had tutors in mathematics, English and language in the evening hours. Homework continues for the Futami students even during the summer break. Outings, exercise sessions and homework checks are a few of the required classes that must be attended even during the break.

The students study so hard so they can enter one of the best Japanese universities. Failure to enter one of the better colleges means that a person's station in life, or job, would probably not improve as he or she would be passed over for good jobs or promotions, simply because of the college he or she attended.

Attending school in Futami was a real learning experience both for me, and for the students. I hope my new friends will continue their interest in speaking English as I am continuing my interest in learning Japanese. I hope to return again as soon as possible. □

Editor's note: The author, age 13, is from Martin, Tennessee. If you would like to submit an article for this section, send it to: "Reader By-Line," Youth 86, 300 W. Green St., Pasadena, California, 91129.

exercise. We had to run 10 laps before volleyball practice could even begin!

Lunchtime offers a new experience every day. Some of the food is quite different from America. A typical meal would be brown noodles (soba); a vegetable or salad; fish, chicken or meat patty

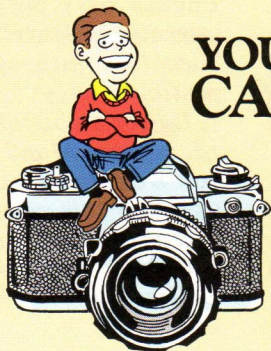
and surgical masks to prevent the spread of germs. Before eating, every student bows his head and says, "Itadakimasu" (thank you for the food).

Following lunch all the students have a maintenance job at school. There is no janitor, so the students wash the windows, beat the rugs and wash the floors. The Japanese believe you cannot have a clean mind if you have a dirty floor.

There are outside jobs, such as weeding and clipping the hedges, that are done rain or shine with

Although academic subjects are stressed at Futami Junior High, music and sports aren't neglected. Members of the volleyball club (left) became Rachel's close friends.





YOUTH ON CAMERA

Russ Camp snapped this unusual shot "just as the ice was melting off our dinner bell." The photo was taken after an ice storm hit Tennessee last February. The photographer is 16 years old and lives in Dunlap, Tennessee.

The Way I Look

(Continued from page 6)

though you are eating less calories. It will lessen your craving for sugar foods.

A good book on nutrition will help you study the subject of a balanced diet in more detail. Healthy eating will make you feel better and give you that sparkling, zestful, alive look.

Besides diet, exercise too is important to improving your shape. A moderate, balanced exercise program (if your medical condition is suitable), will help tone up your system and increase your vitality. If you're starting a new program, start slowly so as not to injure yourself.

Exercises like cycling, swimming or running for a half hour or so three times a week can assist your body in burning up calories faster and shaping up your muscles. It can help you reach your ideal weight for your age, height and frame structure.

Along with the aerobic exercises, a balanced program of pushups, weight lifting and other exercises can help the guys who want to strengthen their muscles and improve their body build.

Living with your shape

In a few months, with right eating, exercise, knowing what to wear and your body's normal development, your figure or build will be improved. But if you're still not happy with your shape after trying all these steps, what can you do? Perhaps you can try something different. Can you change your attitude toward your shape and accept it?

Who are the people you admire and respect? Are their looks perfect? Do you respect them just because of their appearance?

It's what you are as a person inside that counts. It's your happy personality, loyalty and outgoing concern that will make you popular with your friends. You'll be liked for all the personal features that make you specially, individually and uniquely you! □

BUNDABERG

(Continued from page 17)

city and those who like both. One minute we find ourselves in the peace and quiet of the bush, and the next on a busy corner surrounded by large office buildings, new shopping centers, a multitude of motels and the hustle and bustle of the average city.

This once small, Queensland town is looking more modern all the time. The simple wooden houses of the past are gradually being replaced. Most of these stood on stilts to keep them cool in the summer and safe from minor flooding. The old railway houses have not yet been replaced, but soon they too will go.

What to do

Our tropical climate makes it easy to enjoy outdoor activities — the skies are almost always clear. When we do have rain, the showers come suddenly and then quickly leave.

Our favorite pastimes include beach barbecues, picnics, swimming, cricket, volleyball, golf, roller skating and bowling. Bundaberg doesn't have any extraordinary tourist attractions. Some few points of interest would be the Bert Hinkler home, Mil-laquin mill, Round Hill Town of 1770, the Observatory, Fred Haigh Dam, Mystery Craters, the Hummock Lookout and many beaches and parks.

Mon Repos beach is a turtle rookery. One Saturday night some friends and I went there and walked for hours in the dark, looking for turtles. We didn't get to see any baby hatchlings, but we did see a rare turtle lay her 100 eggs in the sand.

The Hummock is a rather small, extinct volcano, but it is unusual because it is the only hill in the area.

Although some people from the big cities find life here too slow, Bundaberg can be a pleasant place to live. With our sunny skies and beautiful surroundings, life here becomes as exciting as we make it. □

Letters

(Continued from inside front cover)

"I Love You, Too"

This article ["I Love You, Too" in March, *Youth 85*] was very good. It touched my heart in so many ways that I cannot name them all. I hope that you will have a lot more articles like that. I always carry your magazines to school with me, because my friends love them and I do, too.

Pamela Willis
Columbus, Georgia

12 year old looks to *Youth 86*

I am 12 years old and I receive *Youth 86*. I realize that I am not going through the worst of peer pressure yet. I turn to *Youth 86* articles to help me, and God will help me if I ask Him. I learned that whatever you want to do you have to include God in it. Keep up the good work, *Youth 86!*

Sharon Sawyer
Sewell, New Jersey

Answers are helpful

In response to the answer you gave the girl who asked if she was weird for loving and not complaining about her parents (in the October-November issue), I thought your answer was great!

I love my parents very much and am thankful that they are so caring. I am responsible for what I know, and I cannot put the blame on my parents for mistakes I have made.

Kristine Schlegelmilch
Neillsville, Wisconsin

Enjoys "Teen Bible Studies"

I just want to thank Mr. Richard A. Sedliacik for his inspiring Bible studies that appear in the magazine. There was a particular one that taught me a lesson I had never learned before. I did not know that "photocopying music and duplicating copyrighted tapes without permission" was a form of breaking the Eighth Commandment. Anyway, I got the message. Thank you.

Stephanie Harries
Port Arthur, Texas

Credit for the photographs in last month's "Fillaballoon" page were inadvertently left off. The photographers are Paul Messier, 17, from Asquith, Saskatchewan; Mike Calhoun, 18, from Central Point, Oregon; and Tim Robinson, 19, from Pangburn, Arkansas.

What Are You Putting Off?

By Dexter H. Faulkner

A lot of us feel pressed for time. We can't seem to catch up. We don't feel we are accomplishing much.

When we are alone with our thoughts, they always turn to things we should be doing, like homework, chores around the house or that letter we've been putting off to our best friend who moved away last year.

Many of these problems are caused by procrastination, the habit of needlessly putting things off. Procrastination is such a subtle disease that we sometimes fail to recognize an attack of it. But you're down with a bad case of procrastination if you:

- Regret not having accomplished a particular project or task at the end of the day, week or semester, even though there really was nothing to stop you.
- Deliberately work slowly at something, planning to speed up later to finish it.
- Delay putting a good idea or important plan into action, telling yourself you'll start that tomorrow.
- Find yourself running needless, unimportant errands instead of getting down to the task at hand.

Some people are hindered by procrastination more than oth-

ers, but everyone is guilty of it sometimes. Shrugging your shoulders and saying, "That's the way I am," and trying to forget about it are not the solutions. Successful people overcome weaknesses.

Years ago Edward Young wrote, "Procrastination is the thief of time." In stealing our

also robs us of enjoyment and happiness. No problems are solved, and no goals are attained, by tossing them in a drawer or the closet and saying, "I'll do it later."

Tomorrow is always another day, we tell ourselves. But others have said that too — like the student whose report card read "Failed" the month after he let his study time lapse.

What causes us to procrastinate? Procrastination may in some instances be attributed to illness. Good health and having a purpose in mind give you energy to tackle jobs or projects and get them out of the way.

We all tend to postpone doing things that are distasteful or dif-

(Continued on page 29)

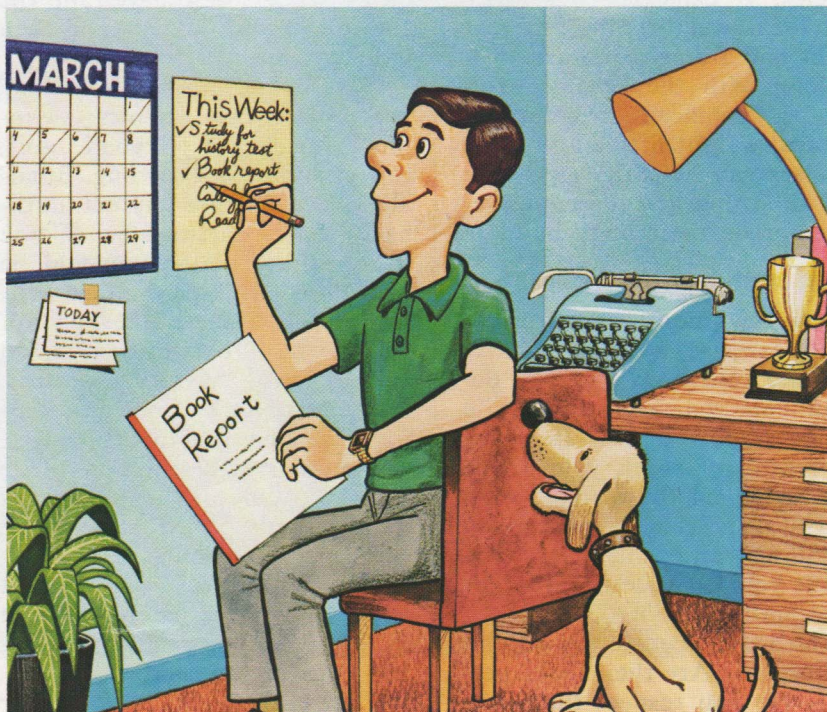


Illustration by Bruce Hedges

time, procrastination keeps us from fully realizing our ambitions, our hopes and dreams. Because procrastination keeps us from achieving our goals, it

Scheduling your time and keeping track of your accomplishments can really give you a boost — and inspire you to get even more done!

Putting Off?

(Continued from page 28)

ficult. We would rather putter around with unimportant matters so we have an excuse for not doing the unpleasant jobs. But ignoring jobs that must be done won't make them go away.

We also tend to procrastinate when we are unsure of our skill to do something well. Waiting until there is not enough time to complete the task before the deadline, procrastinators often say, "If I can't do it right, I just won't do it at all."

Writers, composers, artists and other people engaged in creative work sometimes claim they are waiting for inspiration to do something. As a writer I've found, however, the best way to gain inspiration is to put a blank sheet of paper into the typewriter and start typing.

Some people shroud procrastination in a maze of red tape, protesting that they must first consider the problem from every angle and think of all the possibilities. On the whole, it is wiser to make prompt decisions than wait for something else to happen. To put off a decision while gathering pertinent information is wise, but be sure you are not just stalling. Great leaders deliberate with caution, but act boldly and decisively.

The cure for procrastination

So how do we overcome procrastination? Begin in a small way. Be orderly in whatever you do. Write down what you want to achieve physically, mentally and spiritually. Then act! Be positive! Don't focus on the negative. Your effort may help you acquire a new pattern of living as you learn better ways of doing things. Here is a checklist you can use to help you reach that goal.

1. Schedule your time. Fulfilling our responsibilities is not merely a matter of doing the things we should, but doing them *when* we should — whether we feel like it or not.

2. Concentrate on the job at

hand, but look ahead and plan what needs to be done next. At the end of the day you will be able to look back at a number of accomplishments. This will give you a sense of satisfaction and help you become more confident. It will also push you to do even greater things tomorrow.

3. Once you make a decision, follow through and carry it out. There is no greater method for getting things done than to just start. Doing nothing results in discouragement.

4. Don't defend or find excuses for procrastination. Excuses can destroy marriages, friendships, families, careers, even your health.

Excuses are like smoke screens we send up to keep us from really looking at ourselves, our weaknesses, our feelings, our lives. Don't make excuses like: "I forgot." "I didn't have time to do it." "I didn't understand what you meant." "I'll do it in a minute."

Remember: Procrastination is learned behavior. You can unlearn it, and can learn new ways of acting that will make your life happier and more effective.

Choose one area or task and work on that. Change may not come overnight, but it will come. By some thought and energetic application, you can eliminate procrastination from your life. Happiness and fuller, more enjoyable teen years will be your reward. Start today. Don't put it off.

The most dangerous kind

God, also, expects us to get things done. If you have been putting off the responsibilities that He expects, you could be a victim of the most dangerous kind of procrastination.

Have you proven the Bible is the inspired Word of God, the guidebook to help us learn how to live a full, happy teen and adult life? Write for our new free booklet, *The Bible: Superstition or Authority? . . . and Can You Prove It?* It will help you put things in the proper perspective. □

Why Am I Here?

(Continued from page 4)

God intended us to someday be actual children of God and therefore members of His Family. They think that to believe this is blasphemy — a terrible sin. But those who think this haven't read or understood what it says in John 10:29-39.

Read these verses for yourself in the Bible. If you do, you will find that some in Christ's lifetime accused Him of blasphemy because He called God His Father (and so implied that He Himself was also a God).

Christ responded by saying (verses 34-36): "Is it not written in your law, I said, Ye are gods? If he called them gods, unto whom the word of God came, and the scripture cannot be broken; say ye of him, whom the Father hath sanctified, and sent into the world, Thou blasphemest; because I said, I am the Son of God?"

These verses might sound a little complicated. But in them Christ was saying that not only is He God, but that, potentially, all men are Gods! He knew that men were created to someday be in God's Family and be God beings! It is not blasphemy — it is a fact and the purpose for life.

Do you now see why it is so important to live a life that is as pure and good as possible? It is because God intends to someday put you into His perfect and pure Family. How can He put you into His Family — how can you become God yourself — unless you become as pure as He is? Of course, none of us is perfect, and God will forgive and erase our mistakes, but we must grow in character and do the best we can so we can be part of His glorious Family.

If you would like to see further details about what you can become, send for our booklet, *Why Were You Born?* We'll be glad to send it to you absolutely free. In it you'll see even more how "totally awesome" the meaning of your life is! □

Coming Attractions

...IN FUTURE ISSUES



Oops! What's a poor klutz to do? Why is it when you want to be graceful, you end up knocking everything over?

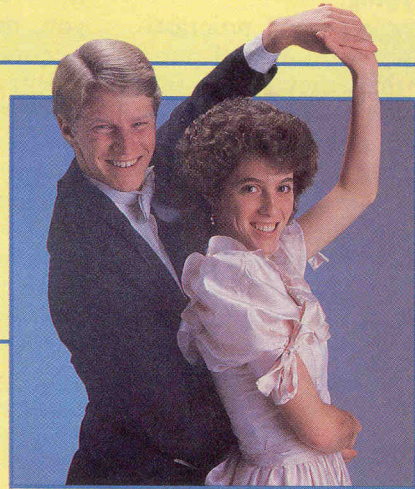


Tomorrow's News.

There's good news ahead, and it's in your Bible today!

Emergency at 8,000 Feet!

Something was wrong with the plane's engine, and the storm was bearing down fast!



A Secret World.

A glimpse into a tiny society that's abuzz with excitement.

Saturday Night Trauma?

Or, a night of dazzling dance? The choice can be yours.

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