

SEPTEMBER

Youth &6

How About a Date?



It's Not Too Late!
See Page 1

September

Youth 86

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COVER: It's creative, it's fun — it's a different approach to dating! To find out more, see "How About a Date?" starting on page 5. Photo by Nathan Faulkner.

Letters

"I Can!"

Thank you very much for the article "I Can't Never Will" in the May *Youth 86* publication.

I had run some relays before I read the article. Really fast people were put to compete against me so the natural pull was to say, "I'll never beat them, they are too fast!" So I lost the races. The strange but true thing was I was also put up against people I could beat so I said to myself, "I'll probably win this race," and I did!

The next day (I had read your article) I was put up against a fast girl. I started telling myself, "She will win this race, she's faster than me" — but then your article came to mind. I told myself, "I will run this race and run as fast as I can."

Just as that thought passed through my mind, the starter said, "Go!" I shot out but looking ahead of me I saw the other girl was what seemed like a great distance ahead of me. I said to myself, "You can win — don't think about the distance — just push it and go!" I actually sped up! (After I thought I couldn't go any faster in all those other races.)

I was almost even with her. I kept pushing until the race was finished. She had beat me by just a few points of a second! I didn't quite make it because maybe there was a very small pocket of doubt that came from not totally believing all the way I could beat her. I'll work on that.

If you hadn't written the article I don't think I would have ever gotten that close to beating her. Now I'm not just encouraged to tell myself I can win just in running, but in other things too. I've also been encouraged when I hear an "I can't" from one of my friends [to] tell her she *can!* Thank you again for the article. I'm sure many young people will find the article helpful as I did. Now — *we can!*

Zenda Ayers
East Bend, North Carolina

I just wanted to write and say thanks for the great article you published, "By the Way... 'I Can't Never Will!'" It was fantastic!

Lately I've been very depressed, but this article helped me to see that I shouldn't be.

Just last night I was told that I "put myself down" too much. It's true, and I know it. It just seems like I'm a failure.

(Continued on page 27)

By the Way...

'What After You've Made Mistakes?'

By Dexter H. Faulkner

Are past mistakes dragging you down? Do you wish you could have a fresh start?

Many of you readers have responded to my article, "Are You Sure Everybody's Doing It?" (December *Youth* 85 and April, 1986, *Plain Truth*).

We've heard from those who felt they too were on the brink of making a wrong decision in their lives, from adults who wished they'd had that kind of encouragement when they were teenagers and from others who have already made some mistakes and regret them. (See last month's "By the Way..." for example.)

One young reader in particular felt it was too late for her. She had made a terrible mistake, immediately regretted it and now hates herself for it.

She feels ashamed, dirty, scarred for life. She can't forgive herself and she's not sure God has forgiven her either.

She's too ashamed to tell her parents, doesn't want to hurt them, and she worries about what her future husband will think.

Scared and miserable

She's scared and miserable and wishes the whole experience were a nightmare that would go away.

Every one of us has in one way or another amassed a huge debt of sin to Almighty God. And

some, unlike this contrite young woman, have repeated the same sins over and over.

Can God forgive us or has He turned His face away in disgust, leaving us to writhe in self-inflicted torturous doubts? Listen to what ancient King David of Israel had to say about his sins. He understood the feeling.

"Mine iniquities [sins] have taken hold upon me, so that I am not able to look up; they are more than the hairs of mine head: therefore my heart faileth me" (Psalm 40:12, Authorized Version throughout).

Are there some sins that are even too terrible for God to forgive? No, Jesus Christ's death freed us from the torment of guilt, from the penalty of our sinful deeds — all of them.

He died for all the sins of every human being who ever lived or will live on this earth. The death of God's only

Son paid the enormous price for our breaking of God's good and righteous commandments.

What we must do

But to receive that forgiveness from God, there is something we must do. First, repent of all of the sins we have committed and second, have faith in God's forgiveness (Mark 1:15, Acts 3:19, 8:37).

What does it mean to repent? Repentance is a change of mind and attitude. It's a complete about-



Don't allow past mistakes to keep you from pressing ahead to live your life God's way.

face from our sinful actions of the past.

It's not just feeling sorry for what we've done because we don't like to suffer the effects of our actions. Repentance means we're sick of what we've done, so sick of it we're determined *never* to repeat it.

I believe the young woman who wrote that letter is repentant because she not only sees how wretched her mistake was, she has not repeated her sin.

That's true repentance. Her attitude and mind toward God is to never again break His commandment against sex before marriage. Perhaps she sees that she has sinned against her Creator even more than against herself and those closest to her.

God stands ready to forgive all the sins of a person in that frame of mind.

But the second condition is to

believe God, to believe that Jesus Christ's sacrifice of His very life is altogether sufficient to pay the penalty of your sins.

Complete forgiveness

Someday, when this teenage girl is ready to make a real, lasting spiritual commitment in her life, she will have to come to complete reliance on the living Jesus Christ as her personal Savior.

Every sin that she has ever committed will be completely forgiven by God, and she will be given the power of God's Holy Spirit to help her keep His righteous laws.

God doesn't want us to have to suffer as this young woman has because of sin. That's why His commandments are there to protect us from hurting ourselves and others. But if we must learn our lessons the hard way — by

experience — then He is most willing to forgive us.

Of course, she can't undo what she has done to herself physically. But, when she is old enough to become married and God has completely forgiven her and made her white as snow spiritually, she must look again to God to provide her with a kind and understanding husband.

No double standard

And, remember, there's no double standard with God. No young man who has carelessly cast his virginity aside can expect and insist that his wife should not have made a sexual mistake.

God doesn't overlook sexual sins in young men while horribly punishing young women for the same sins. Women have just as much right to expect virginity in their future husbands as men do in their future wives.

No sin — no matter how ugly — will ever be held against you if you repent of it toward God. You can count on Him. He will not withhold that forgiveness He has promised. When you really repent — and remember what repentance is — you are at that very moment forgiven.

We have a most merciful heavenly Father, literally filled with the spirit of forgiveness. "If we confess our sins [repent and change], he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (I John 1:9).

So to that young woman who wrote in, and to all who have made similar mistakes: Believe God's promises and know He wants more than anything to forgive you.

He's our Champion, our Defender, our Protector. Look to Him. He's more than willing to help us all straighten out the sordid messes we human beings bring on ourselves.

Don't allow past mistakes to keep you from pressing ahead to live your life within God's laws, so that you may live the happy, successful life He wants for you.

You'll find it's definitely worth the effort! □

Meet Mean King Manasseh

God recorded this example to help us understand the extent of His forgiveness:

One of the most evil kings who ever lived ruled over the ancient kingdom of Judah. His name was Manasseh.

This wicked king caused his people to do shameful and terrible things. He massacred civilians, filling the land with innocent blood. He even sacrificed his own son to a pagan god (II Kings 21:6). Few kings in history have been as bad as Manasseh.

Because of all his sins, God caused Manasseh to be taken prisoner by an enemy nation. But do you know what Manasseh did then? He pleaded

for God's favor and "humbled himself greatly."

And "God received his entreaty and heard his supplication and brought him again to Jerusalem into his kingdom" (II Chronicles 33:12-13, Revised Standard Version).

Yes, even after all the evil Manasseh had done, God heard his plea for mercy. God gave him a fresh start.

If God heard wicked Manasseh, He will certainly hear us and forgive us if we sincerely ask Him to. He's ready whenever we are really ready to ask for that forgiveness and to change and begin trying to live His way. — *By Clayton Steep* □



What Worries You?

By Bernard W. Schnippert

*Do you worry about making the team, your looks, grades, dating?
You don't have to be a worrier.*

Jenny Smith was exhausted! She had just gone through a grueling tryout for the school cheerleading squad.

Of course, she had done her best, but she feared it might not be good enough.

You see, she wasn't at her peak form because she hadn't slept well the night before and therefore came to the tryout tired. She didn't sleep well because she was so concerned about the tryouts she was too worried to relax!

What about you? Do you worry about things? Almost everybody worries sometimes.

Do you worry too much and wish you could stop?

There's good news!

Well, here is some good news! You don't have to be a worrier the rest of your life. You *can* make great strides to control your tendency to worry. You can, that is, if you know the keys.

This article will tell you the principles that those

who have gained the upper hand on worry have learned. And it will tell a hidden key that most don't know, but that can literally change your life from one of fear and worry to boldness!

But first, ask yourself what it is that you worry about. Teens tend to worry about grades, homework, the way they look to others, dating, romantic problems and whether they will make the basketball team or the cheerleading squad. And, some kids also have family problems that they worry about too. You probably worry about some of these things yourself, at least sometimes.

If you worry about things a lot, then you don't have to be sold on trying to stop worrying. You no doubt already want to stop, but don't know how. The reason you want to stop is that worrying is not fun. It makes us uncomfortable and unhappy and even depressed. It destroys our appetites, tires us out and maybe even stops us from sleeping too well.

One reason all people — teens included — don't deal with worry better than they do is because they

Photos by G.A. Belluche Jr.

Worrying is not fun. It makes us uncomfortable and unhappy and even depressed.

don't know what worry is. Do you? It's not hard to define once you stop and think about it.

Worry is merely a type of fear. It is the fear of the future — or, more accurately, fear that something bad will happen in the future. The thing that causes you to fear might be something you have done (or not done) in the past, but your real fear is of events in the future.

Another reason people don't deal better with worry is that worry is a habit. Like all habits, it can become so strongly ingrained within you that you begin to feel it is part of you that cannot be changed.



Jenny was that way. She began to think that worry was something she had no control over. But if you think this way, you are wrong. Worry is a habit. And worry — that is, fear of the future — can be conquered, if you know the key!

And the key that can change you from a worrier to a nonworrier is this: *Worriers worry be-*

cause they are afraid not to. That is, they feel (subconsciously) that their problem cannot possibly work out favorably unless they worry. They may not admit this false belief, but they believe it nonetheless.

Actually, people who worry a lot have developed a pattern like this. First, they see that a possibility exists for something unpleasant to happen to them. Then they worry that it will.

Usually, though, the bad event doesn't happen. Since it doesn't happen, they unconsciously give at least part of the credit for success to the fact that they worried. After all, worry worked didn't it? They worried, and things went their way. Right?

By reasoning like this, we reinforce our tendency to worry. Of course, sheer worry cannot change the future and should not get the credit if things go well nor the blame if they go badly. But worriers will continue to use worry as a false crutch to solve problems nonetheless.

Remember this! Worry cannot help you. It cannot be responsible for things going well! Many people already believe this in theory, but they act like they don't believe it in practice because it doesn't stop them from worrying. So, the question is, how can you put the truth that worry cannot help you into practice?

Using the key

Here's how. Step one: Analyze your problem to see if any reasonable action can be taken to head off the problem you are worrying about. Remember that

worry cannot do it, but action of some type might be able to. This action might be an apology or (in the case of a coming test) preparation or any one of a dozen types of steps. But if action of some type will work, get to work and take the necessary steps.

Step two: Refuse to worry. This means you refuse to daydream about the dire consequences that may befall you. Refuse to think about these things no matter how much your mind tells you you must.

To refuse these thoughts you will have to force your mind onto another subject so it can take the place of the worried about subject in your mind. It is tough, but you can do it. Remember, worry doesn't help anyway.

This second step is most important. Here's why. If you try to put these negative thoughts — the worries — out of your mind and succeed even a little, you will prove to yourself that worry doesn't help. You didn't worry, but you succeeded. Therefore you learned that worry is not necessary. And, you begin to break the vicious worry cycle.

Third, remember that worry is a type of fear. Fear does not always respond to our attempts to think or reason it away. But it does disappear when we face the feared event squarely and make up our mind to see it through.

When we go through the feared event, our fear subsides (even though at first it may intensify).

So face your fears. If you are worried about talking to your teacher about a bad test grade, force yourself anyway. If you do, you will fear the same thing less in the future, and you will worry about it less too.

Finally, remember that worry is a habit. And, if you use this program to overcome worry, your habits about worry will change and you will worry less. You will be building a new habit.

When bad things happen

But still, to be fair, life is full of problems, and some *can* have

(Continued on page 29)



How About a DATE?

By Alan Dean

This different approach to dating has a lot of advantages!

In the dark ages of the early '60s, the average teenage boy was always madly in love, going steady and breaking hearts even before his first bout with acne had disappeared.

At least that's what I thought after watching a rerun of that dynamic and mind-grIPPING television drama, *Leave It to Beaver*.

I thought, Boy, I'm really slow — here I am at the ancient age of 15, and no girl friend, not even one date to my credit! I must have a problem!

Then, at 16, came my first teen party. I knew I'd be a social reject. The place was packed with seasoned campaigners and smooth operators who were sure to make me look like a hick. *Actually*, the party turned out to be a drag. All these Don Juans (or Don Johnsons) ended up sitting around twiddling their thumbs.

What about today?

So much for the '60s. But have times changed that much? I'm sure many of you still have the same pressure we did to have a steady girl or boyfriend. It was and still is a kind of status symbol.

In the '60s, some kids were so uptight that they would lie to their friends about going steady. The whole thing was a big con. It's funny how the media encourage kids to go steady before marriage, and then after marriage not much emphasis is placed on staying that way.

Something is wrong. Today, teenagers aren't relaxed and happy, and most marriages aren't a haven of bliss. Is it really so clever to be locked into an early steady relationship? I remember a couple of fellows at my school who ended up marrying their steady girl friends — the only girls they had dated. It all

Photos by Nathan Faulkner

That's the beauty of group dating — it's always fun, because you're with your friends.

seemed a little claustrophobic.

When you are young it is a time to have fun. It is a time to spread your wings and enjoy the scenery. It is not a time to be burdened with a heavy romantic relationship.

That's the beauty of group dating — that is, going out in a group and not in a pair. Group dating can be to restaurants, dances, surfing, bowling, skating, hiking and so on (see the box). It is always fun, because you are with your friends.

Lots of advantages

Group dating has all of these advantages (assuming, of course, you're in with a good group!):

It takes the pressure off. There is safety in numbers. If you make a *faux pas* (a nice term for a stupid mistake), it will be lost in the crowd. Imagine getting up from the table with your napkin still sticking to your trousers. It might be a big laugh in a group, but it could be a total disaster on a heavy date.

Group dating enables you to learn. By watching others, you will learn what to do. If you go ice-skating, the rest of the group will help you. It is all part of the fun.

At a restaurant, you can copy the guy who seems to know what he is doing. Do you know how to correctly use the vast array of

silver at your setting at a formal meal?

It is insurance against a boring date. Nothing is worse than being out with someone you don't get along with. You just sit there, not speaking, staring out into space. Seconds seem like minutes, minutes like hours. But if your friends are with you, you can always have a fun time.

Group dating helps you avoid wrong relationships. If you are going out with many of your friends, you won't be as likely to get romantically involved too early. Of course it is natural for boys and girls to be attracted to each other. If you're not careful, you can start to think you are deeply in love, when in fact you're just physically attracted to someone and emotionally twitterpated.

When this happens, you end up daydreaming about that special someone instead of using your time productively. This is courting disaster, and could stunt your personal development. In contrast, by group dating you will make many friends and learn about all types of people.

Group dating builds friendships. A group of friends can easily disintegrate into jealous triangles when people pair off. A little

parade of notes usually passes — "I saw you with him — he's mine!" Soon the group has lost the fun of being together. When you date a variety of people, you are giving of yourself to the whole group. That way everyone will be friends.

While you are young, you have an excellent chance to develop dating skills with your parents

and friends around. You are able to have a lot of good, even hilarious, times and to also develop friendships and social skills. Don't limit yourself to one person, but enjoy having a good time with everyone. □

Group Dating Ideas

Are you looking for a creative idea for a group date? A group date need not cost money or even require transportation. Here are ideas that may spark your interest:

Have a barbecue and sing-along.

Visit a park and see the exhibits that are sometimes on display. Hiking is also available in many parks.

Go on a theme hunt with your camera, taking pictures of a theme such as children, people talking or signs with clever messages.

Play board games or build a puzzle.

Tour a factory. Often large businesses provide free tours that are educational and fun.

Put on a dinner with a foreign theme.

Go fly a kite!

Make captions to the pictures in your old photo albums.

Find a recreational sport you can play, such as golf, tennis, volleyball, skating, skiing or bowling.

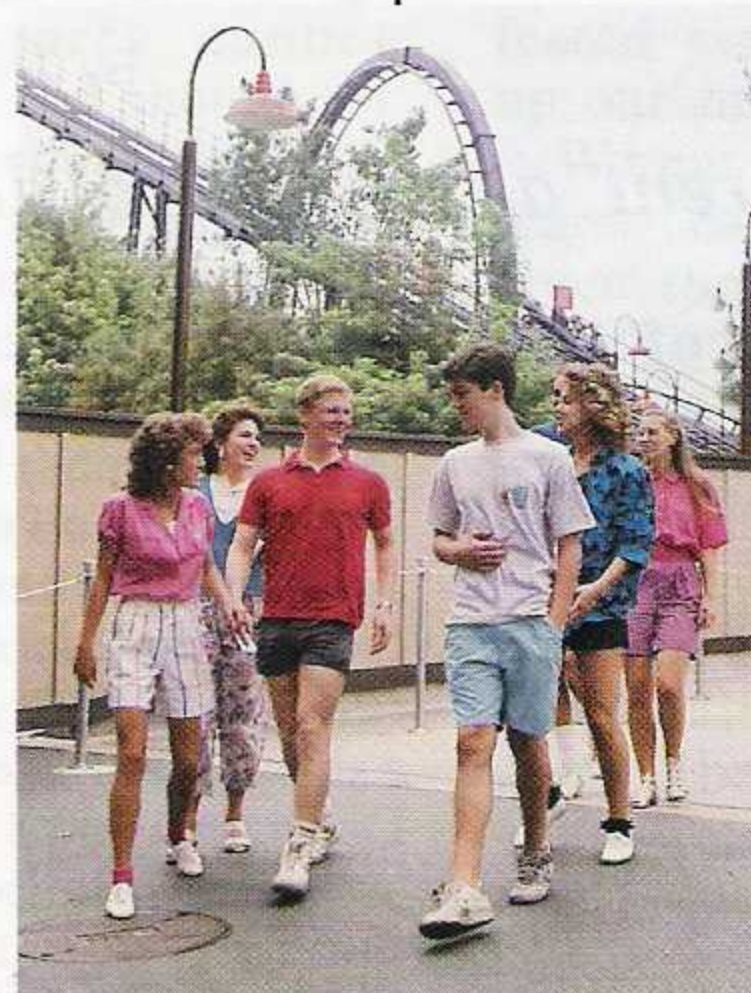
Ping-Pong, horseshoes and croquet are other interesting games you can play.

Organize a scavenger hunt, where you try to locate hard-to-find objects.

Do a service project for the disadvantaged or elderly.

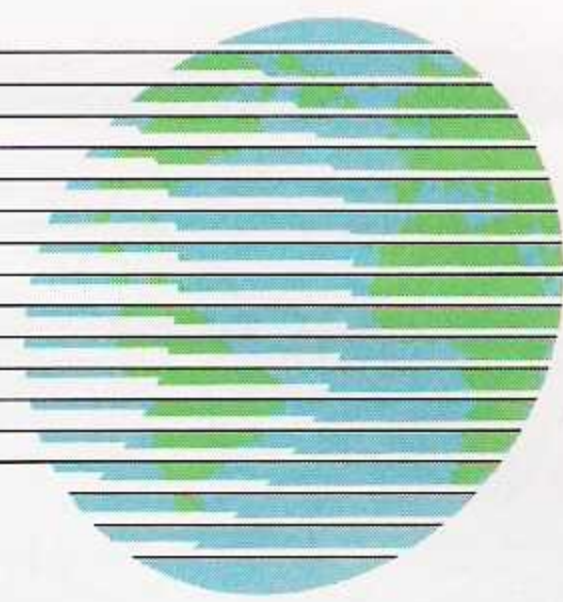
Have a hayride and square dance.

Ride bicycles, shoot pool, play miniature golf, pan for gold, take a walk through town, visit an art show or museum . . . □

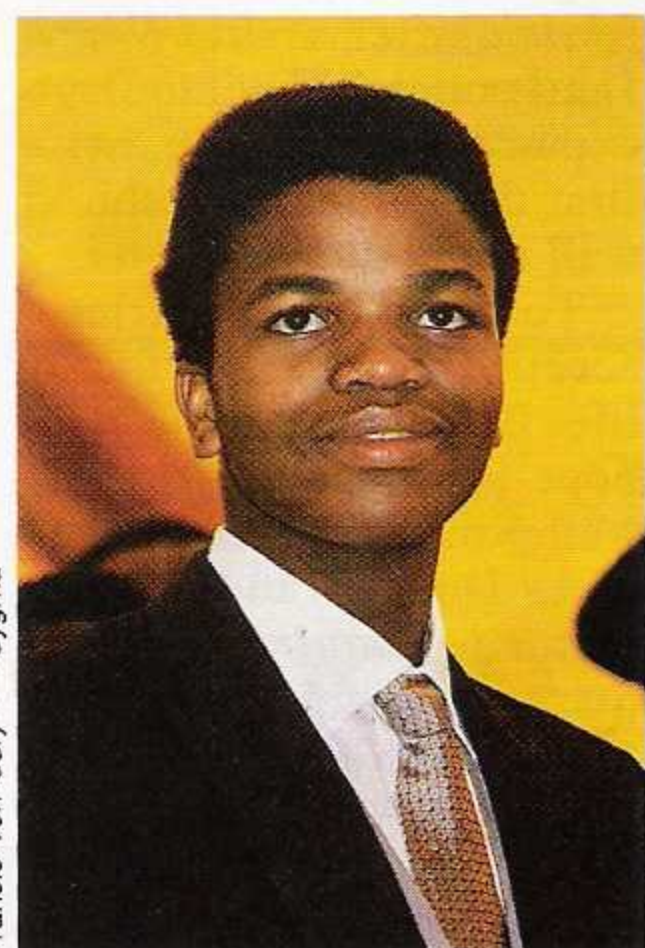


NEWS

THAT
AFFECTS
YOU



Meet the World's Youngest King



Francis von Sury — Sygma

“Bayethe! Bayethe!” 50,000 of his subjects shouted in the siSwati language — “Hail! You are the most powerful.” Mswati III, the brand-new king of Swaziland, promised his subjects “unity, happiness and prosperity” then went back to England to prepare for his final exams and graduation.

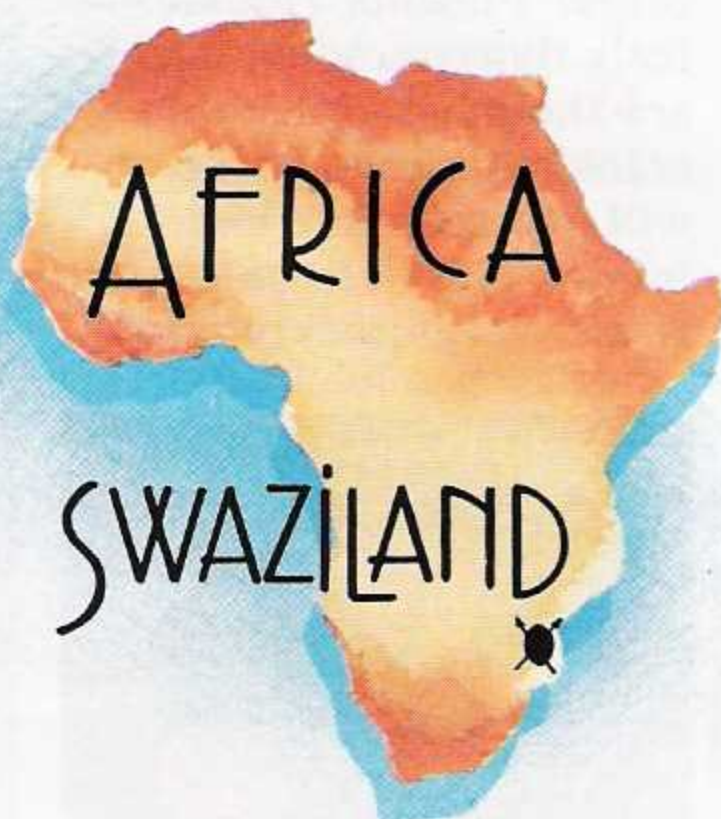
Mswati III, age 18 at the time of his coronation last April, is the world's youngest king.

After finishing his schooling in England, Mswati began his rule over the Kingdom of Swaziland, a landlocked country of 651,000 people surrounded by South Africa and Mozambique. Though troubles have swept the region around

As king, one of Mswati III's challenges will be facing the future without abandoning the past. Here he is seen in Western (left) and traditional clothing (right).

Swaziland in the last few years, Swaziland has remained a peaceful kingdom. In large part, this was from the efforts of Mswati III's father, King Sobhuza II, who died in 1982.

Mswati III was designated Crown Prince soon after King Sobhuza's death. But first, he had to meet two traditional requirements for becoming king: He had to be single and he could have no full brothers. Mswati III is the second youngest of King Sobhuza's 68 sons. His mother — Ntombi — was one of King Sobhuza's 50 or more wives.



Francis von Sury — Sygma



Not much was known about the new king before his coronation, since Swazi tradition didn't allow a prince to speak publicly before the coronation. An official biography of him, though, says he is “dedicated to schoolwork, particularly math and English. And his work is always neat, his handwriting excellent.”

One of the new king's toughest tasks in the next few years will be to walk a tightrope between ancient tradition and high-tech modernization. His coronation typified this, blending the traditions of Swaziland's past with its visions of the future.

“The ceremonies of the past two days are ancient, their origins buried in the shadows of the past,” Mswati III said of the secret rituals that surround the coronation. “But their traditions shine through the ages, particularly in today's world where many traditions have been lost or badly tarnished.”

Photos of the new king show him hard at work at computer terminals at his school in England. He will no doubt need such high-tech skills as he faces the challenge of guiding his country into the 21st century without abandoning the traditions of the past. ■

25 Years With the Wall

Children living in the East and west parts of Berlin aren't allowed to play with each other. The Berlin Wall and its 120 yards (110 meters) of tank traps, barbed wire, guard towers and armed soldiers keep them apart.

The Berlin Wall has just turned 25 years old. It was quickly built

L. Greg Smith



Eric Larison

beginning in the early morning hours of Aug. 13, 1961, when East German soldiers and People's Militia members constructed a concrete and barbed wire barrier to stop East Germans from fleeing to the West.

Before its construction, up to 2,000 East Germans a day left their country to escape the communist government that gained control at the end of World War II. Today, the Berlin Wall completely surrounds West Berlin.

The communists consider the Berlin Wall a success. Even though it has been terribly expensive to maintain the



Tom Hanson

100-mile- (160-kilometer-) long wall with its thousands of guards, it has virtually saved East Germany from bankruptcy. The loss of skilled and youthful workers — the majority of those who were leaving East Germany in the



L. Greg Smith

The wall today surrounds West Berlin. Once a bustling section of Berlin, the Brandenburg Gate (below) is now a part of the wall. West Berliners often paint slogans on their side (left).

suppression. It has also, ironically, become a tourist attraction for Westerners, who take pictures of a world most of them know little about from the top of platforms that overlook the wall. A museum at the main guard station commemorates the nearly 5,000 people who have crossed the wall successfully, and mourns the 70 who were killed in their attempt.

NATO (the North Atlantic Treaty Organization), an alliance formed after World War II to counter Soviet expansion in Europe, at first demanded that the wall come down.

Today, most countries accept the wall as a fact of life. But some people still hope for a day when the wall will be broken down.

As Doug Brandon, editor of *Inquiry* magazine, said about the wall: "Man's inhumanity to man is widespread. Unfortunately, we never will find justice in this world; only a power greater than man in a domain greater than our own, will strike the final balance." ■

Lowdown on a Deadly High

A new, intensified form of cocaine is sweeping the world. Called crack or rock cocaine, it has special dangers for young people who experiment with it.

Crack use got its start in Los Angeles and New York, and has now spread to other U.S. and larger European cities.

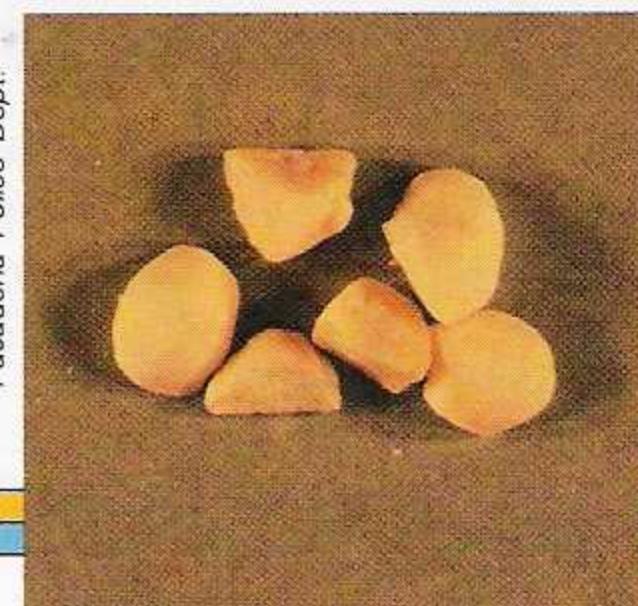
According to Ronnie Lonoff, operations

supervisor of a toll-free cocaine telephone hotline (1-800-COCAINE):

"[Crack] is everywhere. We are receiving many more calls from crack addicts, family members and friends. People are going from using heroin and powdered forms of cocaine to using crack."

And crack is a specific problem for young people.

A poll showed that the average age of crack users who call the hotline 1-800-COCAINE is 17. Kevin McEneaney, of the drug abuse treatment center Phoenix House, feels that young people are the most vulnerable to crack's dangers. "Kids will overconsume and burn themselves out, fizzle, very quickly," he



Pasadena Police Dept.

told the *New York Times*.

Mr. McEneaney added that the behavioral change that crack brings about "drives home that what we're dealing with . . . is the most powerful drug we've ever seen."

Crack's ability to control its users is legendary. "Crack is a whole new ball game," James Hall, director of a Miami, Florida, drug abuse center, told *Time* magazine. "The rush is so

These chunks of cocaine are a danger to everyone — but especially to young people.

intense and the crash so powerful that it keeps users — even first-time users — focused on nothing but their next hit.”

Dr. Arnold M. Washton, research director for the hotline 1-800-COCAINE, told the *New York Times* he has seen kids with no history of addiction or psychiatric illness get lured in by crack. “They were in the top half of their class, college bound, and they were addicted almost instantly. They were rendered completely dysfunctional by crack in a two or three month period.”

The U.S. National

Institute on Drug Abuse estimates that crack users become addicted after six to 10 weeks.

Since crack’s effects are concentrated, the drug can cause major malfunctions of the body. Crack use has been linked to heart attacks, strokes and convulsive seizures. Many crack users have difficulty breathing and find themselves coughing up black mucus.

Crack also uses up the body’s supply of chemicals that keep the nervous system and brain working properly. The result: extreme paranoia, irritability, severe depression and violent behavior. ■

TRENDS

TO TALK ABOUT

Can't Fool Your Car.

Most people can't tell when they've consumed enough alcohol to put their blood-alcohol content over the legal limit for driving. Now a company called Guardian Interlock is selling a device that will keep a car from starting if the driver doesn't pass a breath test.

The driver breathes into a machine that is linked to the car's ignition system. If the driver has had too much to drink, the engine won't start.

One judge in Calvert County, Maryland, has already ordered drunk drivers to install the device on their cars in exchange for shorter jail sentences.

Rock 'n' Roll a Bye Baby?

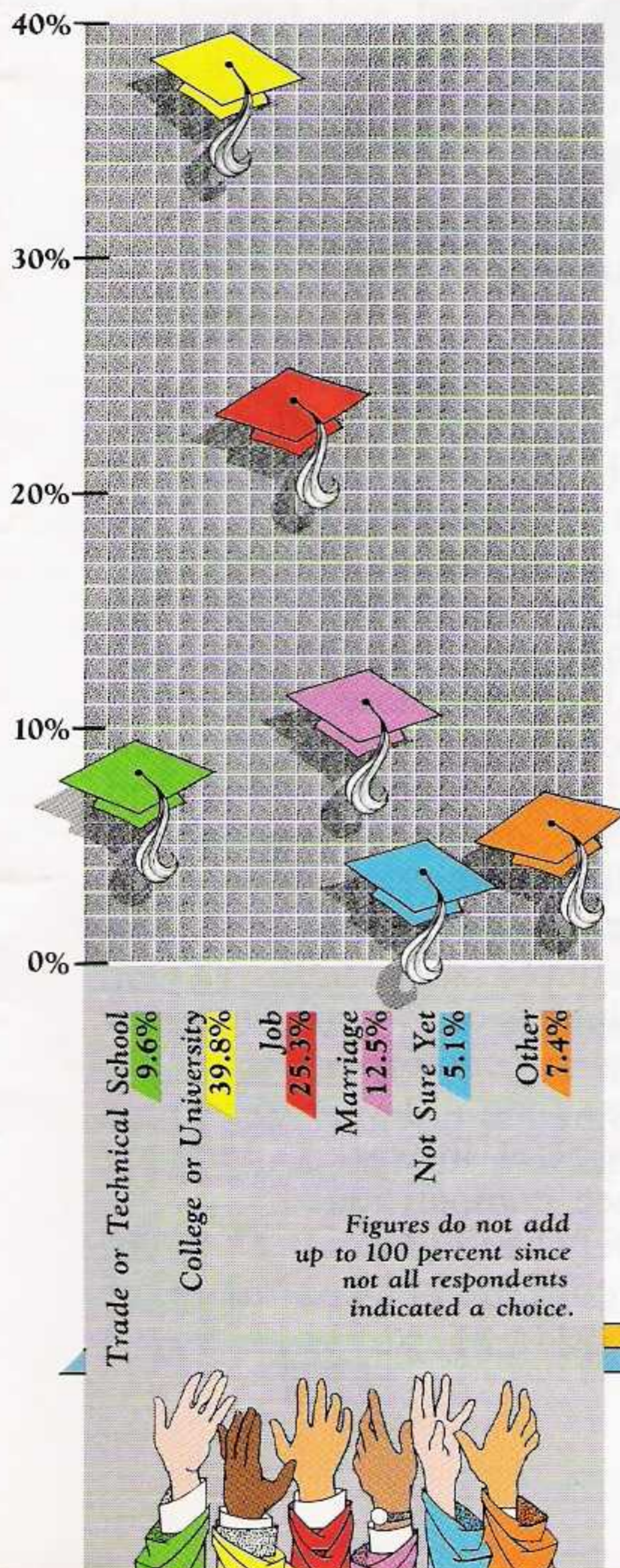
Not if researchers at Northwestern University

in Evanston, Illinois, are right. To see what kind of sounds helped people drop off to sleep quickest, they let 48 people choose classical, soft or hard rock music, white noise (the static you hear at the end of your radio dial) or nothing at all.

In the two-hour test, those who chose white noise got 103 minutes of sleep. Among the others, those listening to nothing got 66 minutes, classical lovers got 73, soft rockers got 38 and hard rockers got only 5.4 minutes.

Why? “Unpredictability of sound seems to be the key disruptive factor,” said one of the researchers. “Repetition and predictability block out other things that compete for your attention.” ■

A Look at Your Future Plans

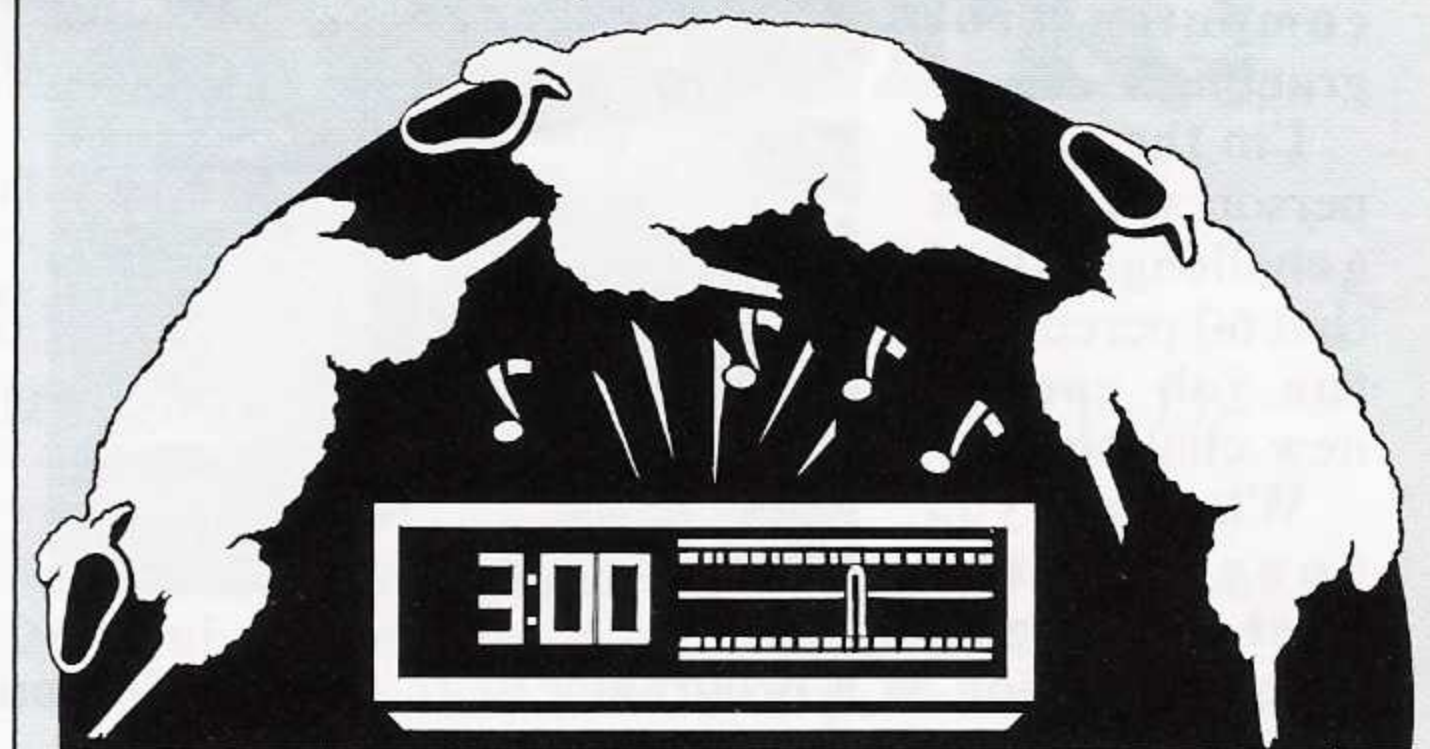


The results are in! Here's what you said was ahead for you in the May "Future Plans" survey:

The majority of you first plan to go to a college or trade school for further education and then look for a job. The chart at left gives more details.

For most of you the biggest influence in choosing your future career is — not surprisingly — your parents. An 18-year-old boy says that his parents “have always told me to do my best, to set and achieve goals and to never give up. I set a goal back in the eighth grade and now it looks like I may achieve it. I know one thing, if I do achieve it, I owe it all to my parents.”

Many of the teens who responded felt that they



Liane Wagner

were the only ones who could make the final decision on what to do with their lives, because as one Australian teen said: “It always comes back to you when it comes to decision making.”

Planning now is one way to make sure your

future will be a success. But is that all you need to reach your goals? To find out more about how you can set and reach the right goals, write or call for the free booklet *The Seven Laws of Success*. Our addresses are on the inside front cover. ■

Speaking of Careers . . .

Taking the Byte out of Computers

By Andrew Burdette

Bill Hutchison has been working in the computer field for 10 years, and specifically with computer programing, the career we asked him about, for the last six. Bill also enjoys softball, flag football, hiking, hunting and fishing.

Question: When did you first become interested in computer programing?

Bill: In high school, my talents and desires were in science and mathematics. When I was in college, I took a class in computer science to pass my mathematics requirement. I enjoyed it so much that the next year I changed my major to computer science.

What interests you most about computer programing?

I'm the type of person who loves a challenge. I find that 60 percent of the job can be new challenges.

What do you consider the most challenging part of your job as a programmer?

Two things: Learning to use communication skills with people, and finding new ways of programing to get the job done better, faster and easier. In programing you can think of yourself as an inventor, trying to think of new ways to do it better. The things that are sometimes tedious are routine jobs, or when you have been working on one project for a long time, as I did for 2½ years.

What characteristics do you

have that help you fit into your job?

My deductive reasoning is much higher than my inductive reasoning. In programing you have to think everything out step-by-step and not skip anything.

What might you do on a day-to-day basis?

There could be a number of things: working on a new system for a customer, working for another programmer/analyst who has a number of programs to be written, phone calls and answering questions for customers with problems.

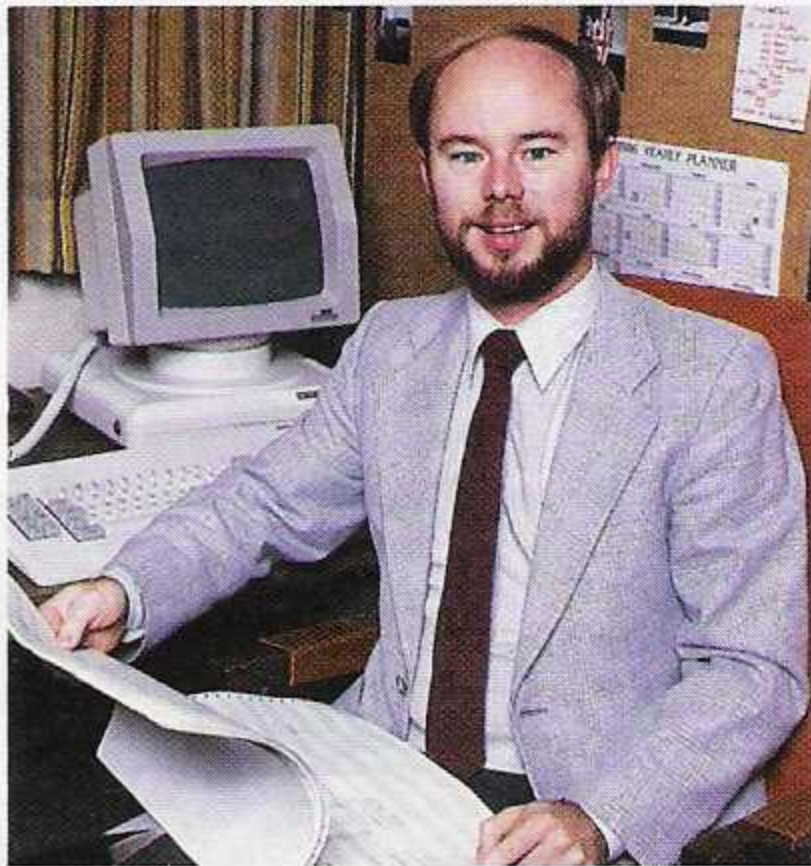
What does the term program mean?

It is a pattern of how things are going to be conducted. In computer programing you are actually telling the computer what is to be done, and how it is to be done. You go through a program every time you add two numbers together.

What do computer programmers do?

Let me take you step-by-step, and show you what I would do if you needed a computer index of articles published in *Youth 86*. First, I would find out what you wanted — perhaps a listing that would include the article, author, a short description, the issue or the date.

Then we would design a screen. If it is what you want, fine. If not, I will make the necessary changes.



Next, I would take existing programs and decide if I can use those or if I have to write new programs. Then I write up the details and code the program. After coding, I have other people check it to see if I'm doing it the best way.

Then I test it to see if it works. When it finally works to my satisfaction, I bring it to the customer and show him how to use the program. Many times he will say it would be nice to do it another way. So you work with the customer for a period of time, getting the program to work the way he wishes.

Finally I document how the program works and give the customer a copy. I also document it for other programmers who may have to change the system in the future.

What approach would you recommend for someone considering a career in computer programing?

The best thing to do is take at least one semester of computer operations or programing in school. I have seen people who are very talented and logical do fine in computer programing. But it is not what they enjoy. The best approach is to try it and see if you really enjoy it. □

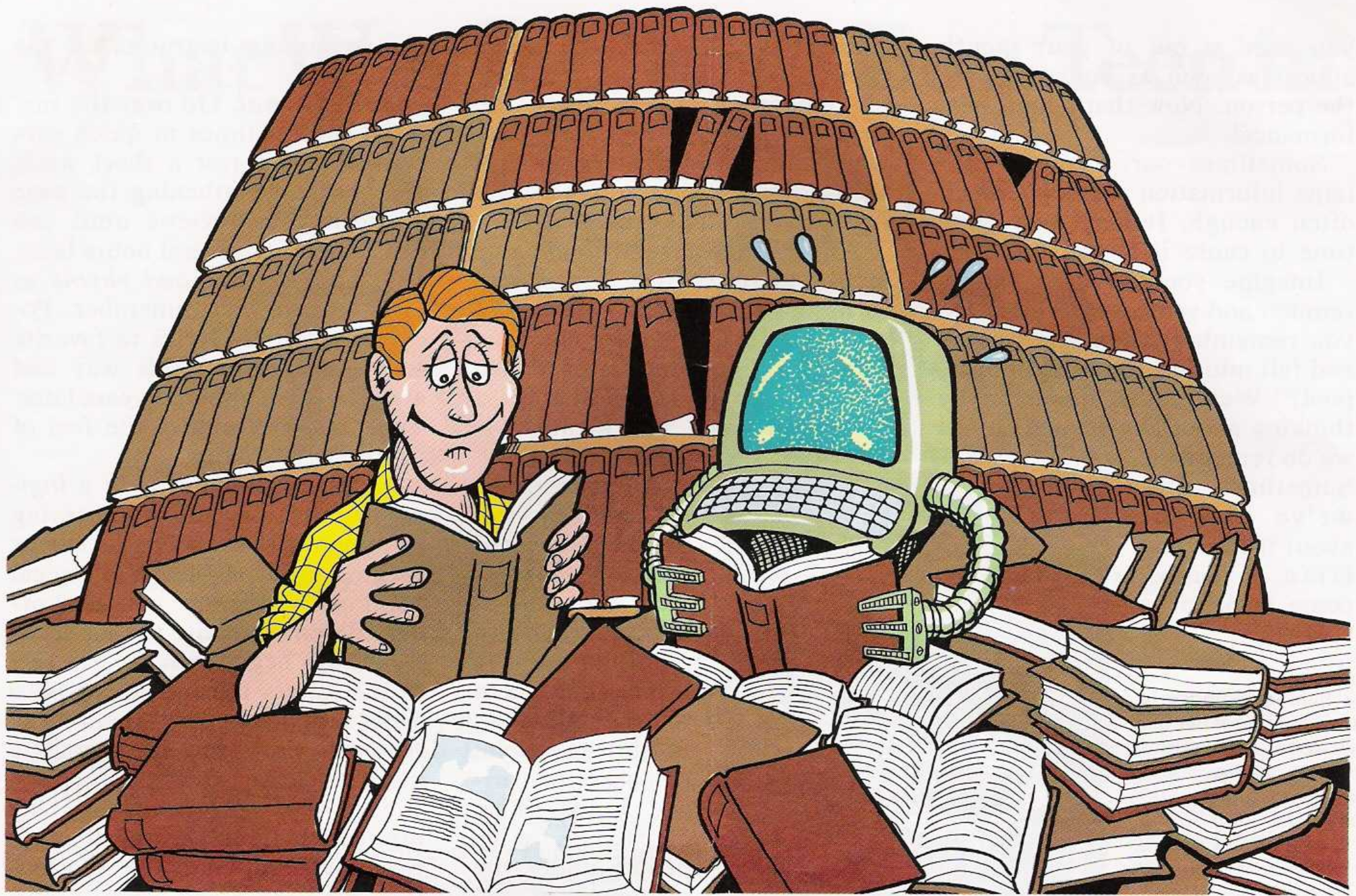
Job outlook

Employment of programmers is expected to grow much faster than the average for all occupations through the mid-1990s as computer usage expands.

Job prospects should be best for college graduates who have had computer-related courses, particularly for those with a major in computer science or computer information systems and experience or training in an applied field such as accounting, management, engineering or science.

Graduates of 2-year programs in data processing and people with less than a 2-year degree or its equivalent in work experience may face competition.

Source: *Occupational Outlook Handbook*, U.S. Department of Labor, 1984-85 edition.



You Can Make Your Memory Work!

By Karen Meeker

Your memory is an amazing tool, but does it ever fail you? When it's exam time, do you know where your memory is?

If you are like me, the only time you think about memory is when you *can't* remember.

I usually don't stop to really appreciate my memory banks and what they allow me to accomplish every day. But one day, after I had lost and found my memory, I began to think deeply about this wonderful tool.

I wondered: Just what is my memory capable of? How does it work? Can it be improved? And why does it fail sometimes? In answering these questions I found out some amazing things.

Memory a computer would envy

The human memory has staggering capacities. Experts estimate that the memory can hold from

100 trillion bits (smallest units of information) to 280 quintillion bits of information.

That means that even if a person keeps only a small part of what he or she learns in a lifetime, his or her memory would hold far more information than a computer!

Perhaps an easier comparison to picture was made by mathematician John Griffin. He calculated that the average person (you and I) can gather 500 times as much information as is contained in the *Encyclopedia Britannica*. And it is all stored in something as small as the human brain!

Our memory is extremely sophisticated. It can be triggered by sight, sound, smell, feel and taste. It allows us to recall or retrieve stored data at will so we can complete tests, remember names, songs and countless other things, almost instantly. The name

Illustration by Monte Wolverton

you need is out of your mouth almost as soon as your eyes see the person. Now that's high performance!

Sometimes our memory contains information we don't recall often enough. It may take some time to cause it to remember.

Imagine yourself at a family reunion and someone asking, "Do you remember when you were 4 and fell into the Jones' swimming pool?" We prod our memories by thinking about any related things we do remember.

Sometimes after we've thought about it for some time, it may come back to us

The human memory is one a computer would envy! According to one estimate, the average person can gather 500 times the information contained in the *Encyclopedia Britannica*!

from the deep recesses of our memory.

What causes our missing memories?

We are especially aware of memory when we find ourselves without it. There are several reasons why we forget. You are probably already aware of some of them.

Sometimes we don't pay enough attention to what we want to or are supposed to remember. Memories must be impressed deeply to be sure they are easily recalled. A classic example is when we tune out the teacher's explanation of a subject that later appears on a test. Then we think, I don't remember going over that in class!

Interference has a great deal to do with our memory. You've probably noticed how difficult it is to remember material you're studying for a test when you are interrupted often.

Studies have shown that memory improves as interference is

eliminated. Students who study right before they go to bed tend to remember the material the next day better than students who study in the morning and then go on to other tasks before trying to recall the material.

Anxiety and stress impair our ability to remember. Many performing artists, experiencing last minute jitters, find that they have forgotten lines, music or dance routines. Some fast thinking is called for until the memory is activated again.

Another cause for memory impairment is alcohol. Alcohol affects the brain — especially the portions of the brain that seem to specialize in inhibiting social responses of various kinds. This explains why people under the influence of too much alcohol say and do things they ordinarily would not.

Interestingly, the ability to learn and store knowledge is also impeded by alcohol intoxication. A person can sometimes remember previously learned information, but has difficulty handling new information while drunk.

How to improve memory

Specific memories are regularly dropping out of our active memory banks. We have to guard against losing them permanently by refreshing our memory through repetition and review.

It seems that only significant memories or shocking experiences will stick firmly in our memories without any effort on our part.

Here are some hints to help improve your memory.

1. Use *associations* to cue your memory. For instance, Mrs. Jones is the one with red hair. Or try to remember the information in connection with a specific setting or context: Ted Campbell is

the swimming instructor at the YWCA.

2. *Rehearsal*. Go over the material several times in quick succession. Then rest a short while and repeat, lengthening the time between your reviews until you can remember several hours later.

3. Use *rhythm and rhyme* as tools to help you remember. Poetry and catchy lyrics to favorite songs are learned this way and are often remembered years later. Your memory enjoys the feel of rhythm and rhyme.

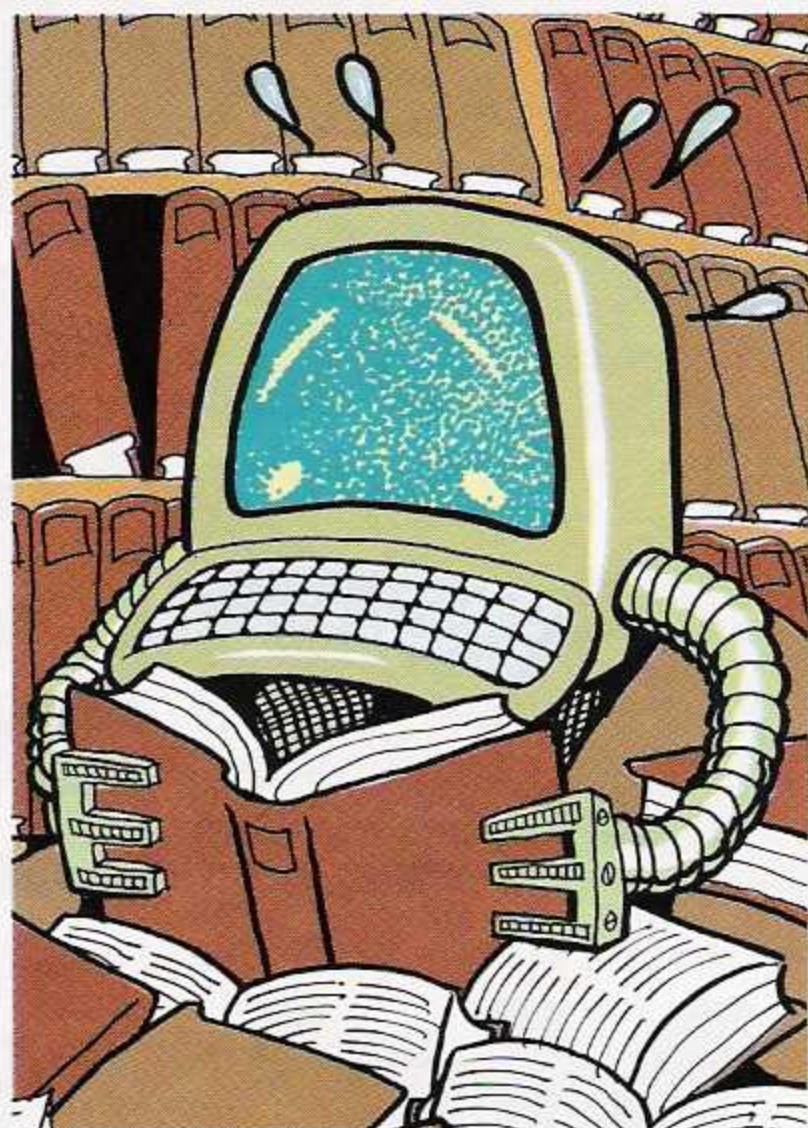
4. Organize material in a *logical order*, especially when trying to remember directions or events in time order. Begin at a logical point and remember a natural order. When we recite the alphabet we always begin with *A*. The rest of the letters fall into the proper order as we learned them. Try reversing the order. That's a little more difficult, isn't it?

5. *Chunk information*. This means arranging the information by subject. Much of the information we have about certain subjects, like cars or baking cakes, will be recalled in groups of several facts, rather than a single characteristic. We can then sort out what memories we need for a particular situation.

We also have short-term and long-term compartments in our memories. Our short-term memories allow us to remember a phone number long enough to dial it. If it is a phone number that's important to us and that we'll be needing often, we commit it to our long-term memory through repetition or conscious memorizing. This way our memory banks don't get cluttered with nonessential information for long periods of time.

You can see from this crash "Memory Appreciation Course" that your memory is one of the most valuable, yet least appreciated, abilities of the human brain.

Think about it today as you automatically open the combination lock on your locker or find your way effortlessly to all your classes and in the right order. You couldn't do it without your memory! □



What Was It Like to Be a Teen in ANCIENT ROME?

By Penelope A. Goudie

Let's take a trip back through time to catch a glimpse of the glory days of the Roman Empire.

The time: almost 2,000 years ago. The place: the center of the known world — Imperial Rome.

Long before modern-day traffic and skyscrapers, a vast, complex empire was centered in this city that ruled the world — ancient Rome. Rome, with its armies and vast military splendor; Rome, with its towering pillars, advanced architecture and bustling city life.

What would it have been like if you had grown up there?

Circus Maximus

One famous building in ancient Rome was the Circus Maximus, a magnificent stadium. Here as a teenage boy or girl you would al-



most certainly have gone to the chariot races. They were quite popular in Roman times.

You and your family might have thrilled to the increasing thunderous pace of the teams of horses and their chariot drivers. Round and round

the central statues and obelisks the chariots go.

The glint of the metal helmets on the drivers' heads shines in the descending sun. You're captivated by the color of the black, chestnut and white horses in teams of four flashing by your eyes.

Faster and faster their hooves seem to go. Whips crack. The clouds of dust increase. With each lap of the seven circuits the noise from possibly 135,000

voices increases. Scarves of red, white, blue and green, representing the four teams, move like a sea of color around the whole arena.

Lap 4: One wheel falls off the blue team's chariot. It swerves and then hits the central island. The blue team's chariot shudders violently and overturns, throwing its driver out.

Laps 5 and 6: Two teams of horses — the red and white — nearly collide as they round a sharp bend.

They both desperately try to make up ground. Red. White. Green.

Who will win the prestigious and coveted prize? The tension is almost unbearable.

Lap 7: A great roar goes up from the crowd as the green team's chariot holds on to its lead and completes the last lap.

The driver pulls hard on the reins to halt in the swirling dust and then to claim his prize money — often from the mighty emperor himself. Winning a



Illustration by Ken Tunell

chariot race required much courage and skill.

The drama of everyday life

You would have been sorry when the race was over, but there were other races on the rectangular circuit, sometimes several a day. That night you and your family would have gone back to your flat — your apartment — to get back to everyday life.

Like most families in Rome, you may have lived in an upper level of a rented block of apartments. Only the rich lived in houses. The apartments were cramped and noisy, with little privacy. Often families lived in one room. There was no water except on the ground floor and the apartments weren't heated.

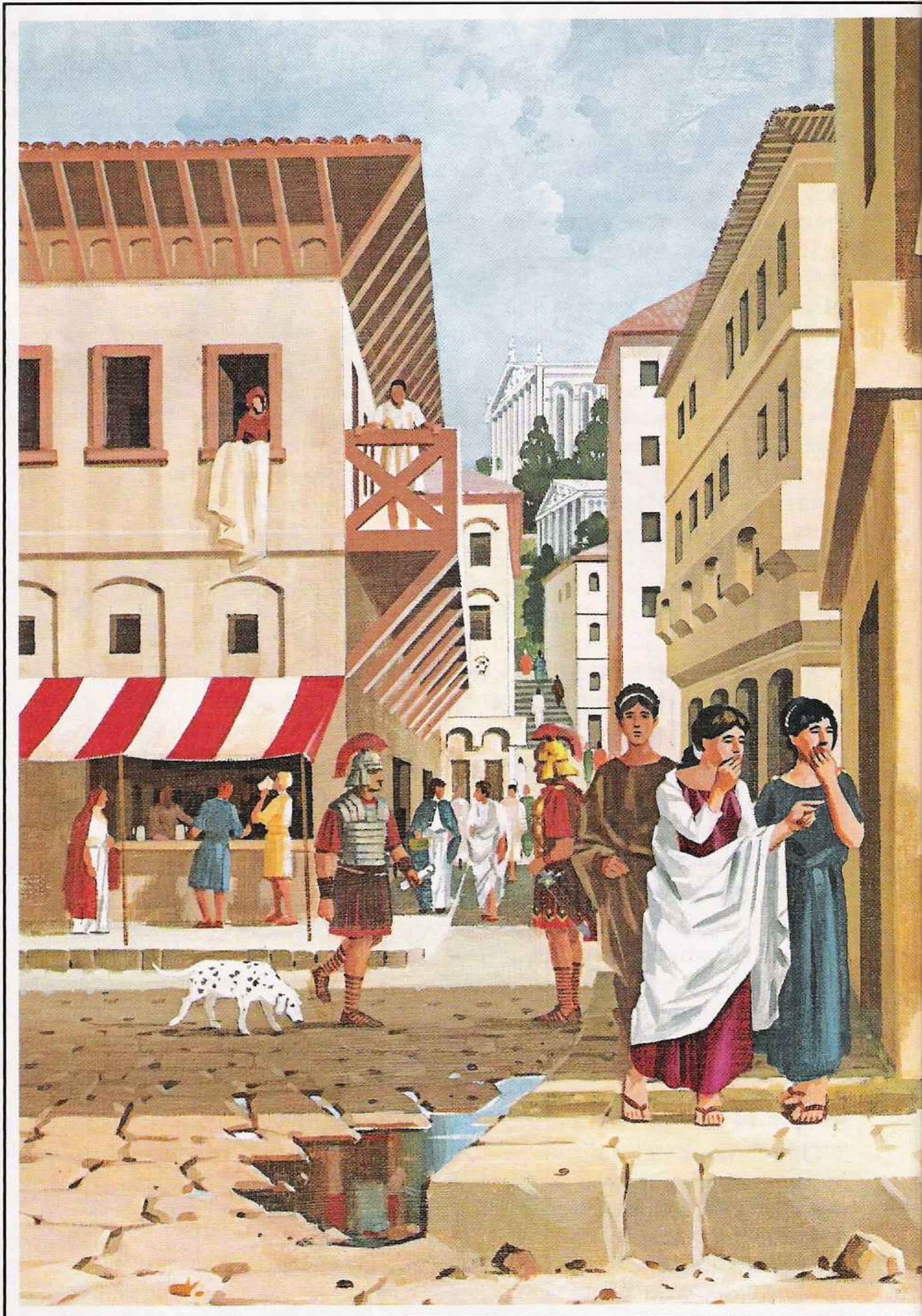
Your flat may have been built around a courtyard. The narrow streets were always noisy, day and night. Underneath your apartment would perhaps be a baker's shop where hot bread was sold over a counter, and next to it maybe a type of snack bar that sold meals and drinks.

Not all families had kitchens, and if they did, there was nowhere for the smoke to escape. Open stoves were a fire hazard. Drama was common on Rome's streets: In A.D. 64, under Emperor Nero, a considerable part of the city burned down. At other times apartment buildings would be so badly built that whole blocks would fall down.

In the street below your apartment, life would always have been bustling along. Women would be carrying water pitchers. Young people would be playing games such as dice. Donkeys, dogs and men in white togas (the ankle-length Roman robe that was worn together with knee-length tunics) all mingled together.

During your evening meal of possibly bread, cheese, vegetables and porridge (if you were rich enough, fish and lamb could be included), you would eat lying on a couch. You'd have to become accustomed to eating with your fingers and being propped up on your left elbow!

Illustration by Ken Tunell



Meals for the rich could last a long time with a great variety of food from around the empire, but for the poor they were more simple. The shops sold meals that weren't expensive.

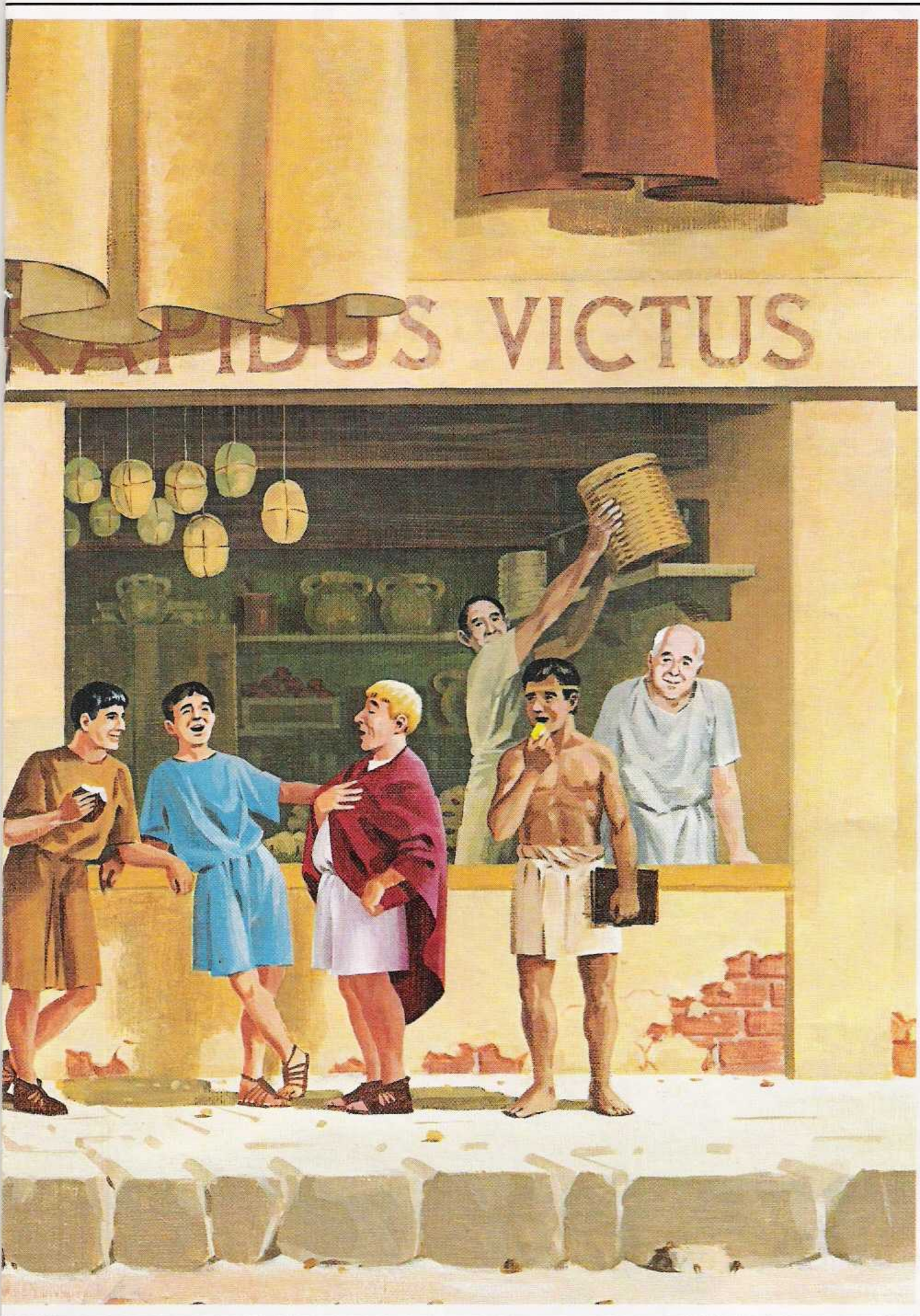
After the meal, at dusk, you could see torchbearers in the street below. At night, wheeled vehicles began moving through the streets carrying heavy loads. They were not allowed during the daytime.

Usually your day would end

when it got dark, since oil lamps were the main source of light and the oil was expensive. To go out on the streets at night was dangerous also because of criminals.

Education

Perhaps in the morning you would pass by the Tiber River on your way to school. The river would be misty in the morning air, but you could still discern the shadowy outline of barges with their cargoes. The school day



Growing up in ancient Rome, you might have attended chariot races (previous page) or eaten at a snack bar (left), perhaps on the ground floor of your apartment building.

Sources differ on the exact content of a Roman girl's education. It seems many girls learned domestic skills in the home, though some may have gone to school at certain periods during the empire years. During the day at home, girls could learn skills such as weaving and perhaps help prepare the evening meal. That is, if the household had a kitchen!

Girls could dream, also, of their wedding day. Their hair would be specially arranged for the occasion (some hairstyles could take many hours!). The Roman bride would wear a white gown and orange veil.

Because of superstitions, the wedding day was picked out carefully to avoid unlucky days or even whole months like May.

Marriages were arranged for daughters, some as young as 12, by the head of the family. Just before her wedding, a young bride gave away her dolls to one of the gods.

Leisure time

If your family was rich enough, everyone would look forward to staying in the country during the summer. In the country you'd live at a villa and perhaps go fishing, grape picking, walking or riding. These peaceful activities provided welcome relief from the hot and dusty streets of Rome.

Large public baths were a way of life in everyday Rome. They were places where people talked, exercised or just relaxed.

However, although you could enjoy a bath in the afternoon, in the Roman calendar it was no good looking forward to weekends. There weren't any! People worked seven days a week, but there were public holidays like the Feast of Saturnalia that took place about the time people call

(Continued on page 29)

started early and finished about noon.

If you were a boy and your family could afford a school fee, you would probably learn reading, writing and arithmetic at school. If you were from a wealthy family, you probably would be taught at home by an educated slave.

Possibly later on in your education you would learn public speaking. Public speaking was an important part of the rich Roman

man's life in business and politics. Latin would be your language. If your family were rich enough, you'd have to learn grammar, possibly Greek, some literature and history. You'd write on wooden tablets covered with wax using a stylus — a pointed stick.

Discipline was strict in schools and education expensive. Not all teenage boys went to school and, by age 16 or 17, most boys joined the army.

The Outlandish OPOSSUM

America's Strange Marsupial

By Brian Summers

Life isn't always easy for this unusual creature.

Actor, hitchhiker, trapeze artist and junk-food junkie: The opossum, North America's only marsupial, is all these and more.

From birth, the opossum's life is an outlandish one.

Like kangaroos, the female opossum has a pouch for her young. The babies, usually eight to 12 in a litter, are born outside the pouch. They follow a thin trail of milk leading up their mother's abdomen into her pouch.

Baby opossums spend their first four to six weeks inside this warm haven. Born about the size of a bumblebee, they grow to the size of a small rat (2 to 6 inches, or 5 to 15 centimeters) during this time. As they grow larger and braver, they begin to venture outside of their mother's pouch.

Life as a hitchhiker

Their life as a hitchhiker begins while in their mother's pouch. She goes about her day as if nothing strange is happening. Before long, the litter of infants begin leaving her pouch, clinging to her fur, legs, ears and tail.

This strange looking caravan serves a useful purpose for the young. As the mother goes about her daily tasks, the young are taught the ways of an opossum. This also keeps the young from getting lost and decreases their chances of injury.

After about three months of hitchhiking, the baby opossums are weaned. They begin venturing away from their mother and providing for themselves.

After breaking away from the litter, the opossum becomes a loner. Generally, an opossum lives in a

territory that ranges from 15 to 40 acres (6 to 16 hectares).

There may be other opossums living in this territory, but they are content to ignore each other. The only time mature opossums have anything to do with each other is during mating season.

Being loners, opossums are not picky about where they live. They are content to have a grass-lined burrow in the ground. If that is not available, a hollow log or cavity in a tree will also do. The type of nest is not important. It just needs



to be a place where the opossum can hide away from all of its predators.

Nature's junk-food junkie

Opossums could be considered nature's junk-food junkies. They eat everything! Their meals might include beetles, ants, grasshoppers or crickets. If insects are not around, they will eat small animals, mice, frogs, crayfish, birds — one opossum was even seen eating a bat!

When they live in or around cities, the opossum's

eating habits can become an inconvenience. They will eat garden vegetables and even raid an occasional garbage can for its culinary delights.

But generally the opossum's eating habits are beneficial. By eating anything it comes across, it helps keep down the numbers of undesirable creatures.

The opossum has been created with a physical attribute that helps it in this junk-food diet — its mouth.

Designed larger in comparison to the size of its body than a human mouth, the opossum has 50 teeth. No other North American land mammal has as many teeth. These teeth aid the opossum in chewing up its varied diet — they are strong enough to break bones and gnaw through wooden boards. Opossums have even been known to gnaw through their own legs in order to escape from a steel trap.

Trapeze artist and actor

While searching for its

sums come out at night to look for food. This helps in protecting the opossum. If spotted, its first defense is to scamper up the nearest tree.

Climbing is second nature to these creatures. They were created with hind feet that are designed like hands. They have a long and flexible first toe that allows them to grasp tree limbs or trunks with a grip like that of a human.

The opossum also has a prehensile tail, like that of a monkey, except it's hairless. When the opossum is climbing, this tail helps hold it in place by gripping branches. It can even be used to hang by when the opossum needs to lower itself to a branch.

If the animal is cornered and unable to reach safety in the treetops, it calls on its second defense, "playing 'possum."

When "playing 'possum," the opossum is pretending to be dead, and it's an award-winning performance. It falls on its side, bares its teeth, droops its tongue and curls up its paws. At the same time it lowers its pulse rate and begins to breathe shallowly. The opossum pretends to be a corpse and if its enemy picks it up, it goes limp.

It seems as if the opossum has died or at least gone into a state of shock. But if the enemy drops it, or turns its back, there is a miraculous recovery. The opossum, taking full advantage of the situation, scampers off to safety.

This scene of capture, shock, recovery, capture may continue several times. The opossum will continue in this manner until it either is killed by the predator or makes it to safety.

With this game of "playing 'possum" as an important form of defense, it is a surprise that the opossum lives as long as it does! If the opossum makes it to adulthood, it has a life expectancy of about seven years.

But opossums are not frail animals by any means. They are hearty and resilient creatures. In one study conducted on 95 opossums, 39 were found to have recovered from broken bones. One had recovered from two broken shoulders, 11 broken ribs and damaged backbones. They are tough animals that have to be able to survive abuses.

Why so strange?

All of these unique physical attributes make the opossum a strange, even weird, animal. At first glance, there does not seem to be any purpose for
(Continued on page 29)



The opossum, North America's only marsupial, has many unusual features that allow it to fill its role in nature. Its teeth (second photo from left) are only part of the reason you should avoid approaching this or any other wild animal.



food, the opossum must also keep on the alert. Being an opossum means having many enemies.

Hawks, owls, dogs, coyotes, foxes and other carnivores (meat eaters) are on the prowl. Opossums are hunted by all of them. At 9 to 13 pounds (4 to 6 kilograms) and 15 to 20 inches (38 to 51 centimeters) long, the opossum makes a hearty meal.

The opossum has several defenses to help save itself from these predators. That is why the opossum must be an actor and a trapeze artist.

Spending their days sleeping and hiding, opos-

By Stuart Tweedie

Folk dancing — it's a hobby of worldwide proportions.

"Promenade, go round the ring, while the roosters crow and the birdies sing," the square dance caller says, as the beat of the music sets your feet to tapping.

Did you know that when you go to a square dance, you are taking part in a form of dancing with roots more than 500 years old? One that draws on the traditions and customs of almost every country in Europe?

Square dancing is just one type of folk, or country, dancing. These are simply the dances people in areas around the world have always done in their villages and communities. Young or old, everyone joins in.

Originally, folk dances were accompanied by everyone singing them. Later musical instruments were added, such as the fiddle (violin), flute and drums.

In the Faeroe Islands in Scandinavia, they still sing along with the dancing.

In Ireland and Scotland there are *ceilidhe* (pronounced kay lee) evenings, where the traditional music, songs and dances are enjoyed by everyone.

There are many different dances — circle dances and chain dances and dances with two lines of dancers (usually with the men in one line and women in the other like the Virginia reel) — but one thing they all have in common is fun.

Photos by Hal Finch



SWING YOUR PARTNER!

Cultures around the world have developed dances. Dance seems to be a universal form of communication, and one that is constantly changing.

Folk dancing through the years

A lot of what we know about the history of folk dances in my country (England) was recorded by John Playford in his book *The English Dancing Master*, published in 1651.

Until that time, folk dancing was mainly done rurally in village

halls and barns. But then it began to gain acceptance even in the royal courts.

You see, in that time the nobility was dancing minuets, stately, stylized dances that required near technical perfection. But then the less formal, more lively country dances of the common folk began to catch on.

When the country dances of England were imported into France, they became known as contredanses. They were even danced in the court of Louis XIV of France.

These contredanses made their way to North America where they, along with elements of

many other folk dances, played an important role in the development of the square dance.

Meanwhile, in the English Victorian period, ballroom dancing became popular, so in Europe many of the folk dances enjoyed for so long began to be forgotten. (Of course, most of the ballroom dances actually had folk-dancing roots!)

But in the United States, folk dancing continued to enjoy popularity. In northern New England a form of dancing called contra dancing developed.

The most popular early American form was the Southern square dance, danced to the stamping of feet and clapping of hands of onlookers and voice of a caller only. From the stepping came the name hoe down (*heel and toe*).

Western square dancing is the kind known around the world today, with the familiar rhyming calling by the dance leader known as a caller.

Western square dancing was introduced into England by U.S. servicemen during World War II. It became so popular that, in 1949, when Queen Elizabeth II (then just a princess) and Prince Philip visited Canada, they joined in a square dance!

Join the fun!

The attraction of folk dancing is that newcomers can readily participate.

All the steps can be learned on the dance floor, and it can appeal to the whole family. It is informal and sociable. It gives everyone a chance to enjoy dancing for its own sake.

In a square, you not only dance with your partner, but six other people. In a circle dance, as part-

ners move around, you can dance with everyone in the hall!

To learn folk dancing, you just have to go along to a local dance and follow the caller's instructions. Church groups often sponsor dances and sometimes instruction. Folk dancers as a group are quite supportive and patient in helping new people join the fun.

Many music and record stores have folk music, which often has the dance steps included on the record sleeve.

Books in the library can also give you an explanation of the steps of many folk dances, but, of course, the best way to learn is to find someone who knows and ask him or her to teach you.

Many older people, for instance, would be happy to help make

(that's backyard for all you Americans).

Dances from around the world

If you try learning the folk dances of other nations, you will soon get an insight to that country's people and their history.

Just like at square dances when people dress as cowboys, in other countries they might wear their traditional costumes too. You might discover that the type of footwear and clothing the people wore helped determine the form of dances that developed in that area.

By learning about a dance, you can even get an idea about the geography and climate of the area where the dance came from.

For example, in mountainous areas, you have to dance in a small area. In colder countries, like Russia, the steps are often vigorous, with leaps and kicks (which really keep you fit!). But in some warm Latin countries, the steps are slower and small.

Really, though, it's the purpose of the dance that has the biggest influence on whether it will be lively or slow. If it's a dance for celebration, and many folk dances were designed for weddings and other happy occasions, then it's likely to be fast paced and spirited.

Have fun learning about the traditions of other nations by folk dancing.

When you read articles about what it's like to be a teen in some nation around the world, why not try doing some of the folk dances of that country?

There's a whole world of dances out there for you to enjoy! □



sure that the exciting dances they learned when they were young don't fade from history. You can help preserve a cultural heritage!

Because folk dancing is informal, it can be done in a hall, a barn or your own back garden

IDEAS PLUS

Build a Better Burger

Dr. J.H. Salisbury once recommended eating hamburgers three times a day to cure a variety of ailments.

Since that turn-of-the-century prescription was made, the burger has fallen on hard times. Today, some doctors recommend staying away from hamburgers to cure a variety of ailments.

But hamburgers have a long — and healthy — history.

Just where the burger got its name isn't exactly clear. Irma Rombauer and Marion Becker in their book *Joy of Cooking*, say that hamburgers got their name from the German port city of Hamburg where the people had long been fond of dishes made from scraped beef.

In *The World Encyclopedia of Food*, L. Patrick Coyle Jr. offers a similar theory. He says the hamburger's ancestor might have traveled to America in the 1850s on the ships of the Hamburg-America Line, a shipping company that also brought many German immigrants to the United States.

On board their ships, a type of scraped-beef patty was served. Once in America, the immigrants continued to cook these patties, calling them Hamburg steaks.

In 1903, most hamburger experts agree, the Hamburg

steak finally met up with the hamburger bun at the St. Louis, Missouri, World's Fair where it was first introduced by German-Americans who sold the burgers to hungry fairgoers.

From there, the burger's popularity began to sizzle. Craig Claiborne, in *The New York Times Food Encyclopedia*, writes: "It has been estimated that Americans consume more than 40 billion* hamburgers a year, and if there is any other dish that exceeds that figure, I'll eat those words."

Unfortunately for the burger, many people today feel Mr. Claiborne's words would be about as nutritious as a hamburger. But eaten in moderation — and in the absence of its trouble-making companions the French fry and the milk shake — a hamburger is a surprisingly nutritious meal. Here is a recipe for a particularly tasty and nutritious burger.

Marvelous Mushroom Burger Ingredients

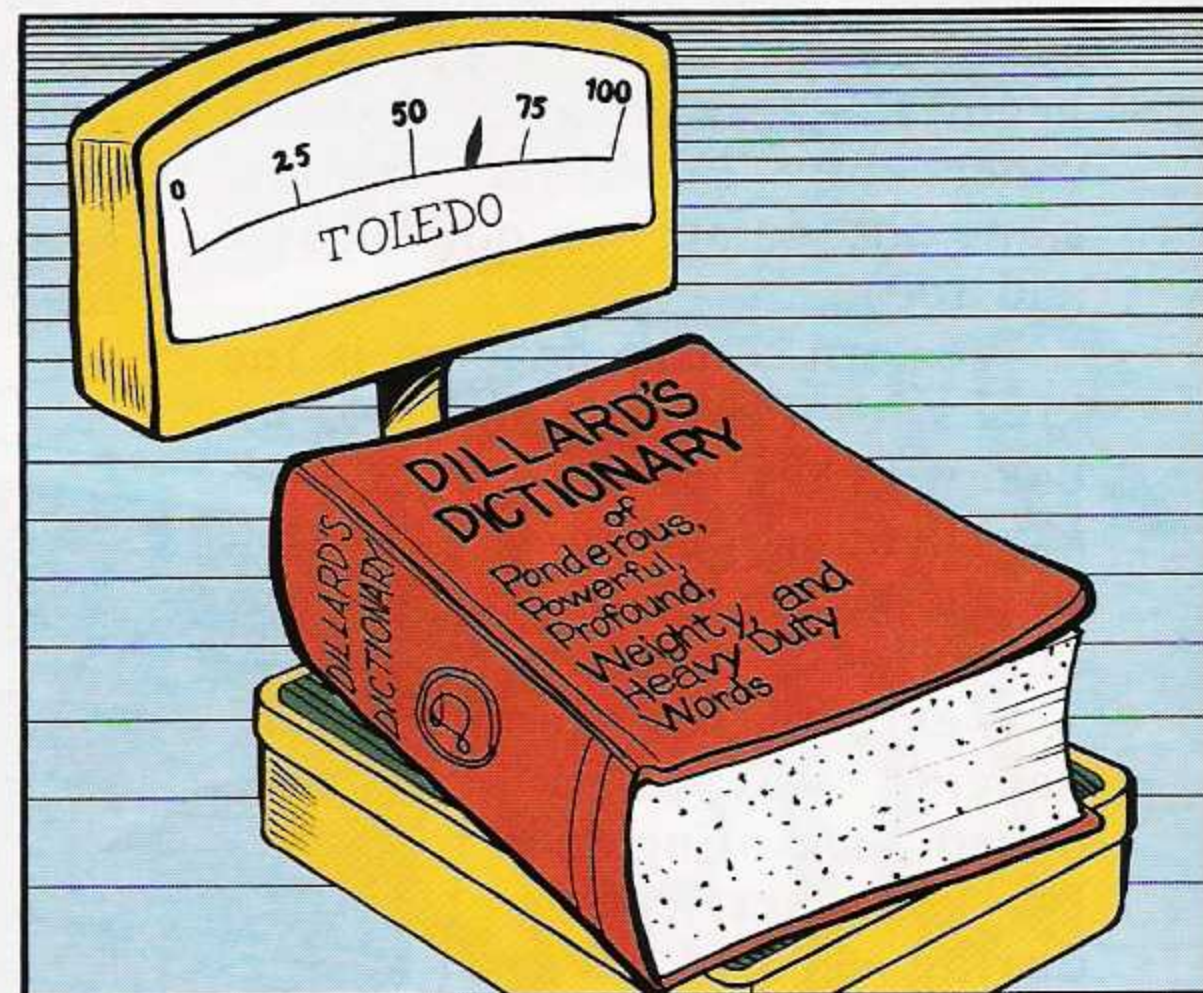
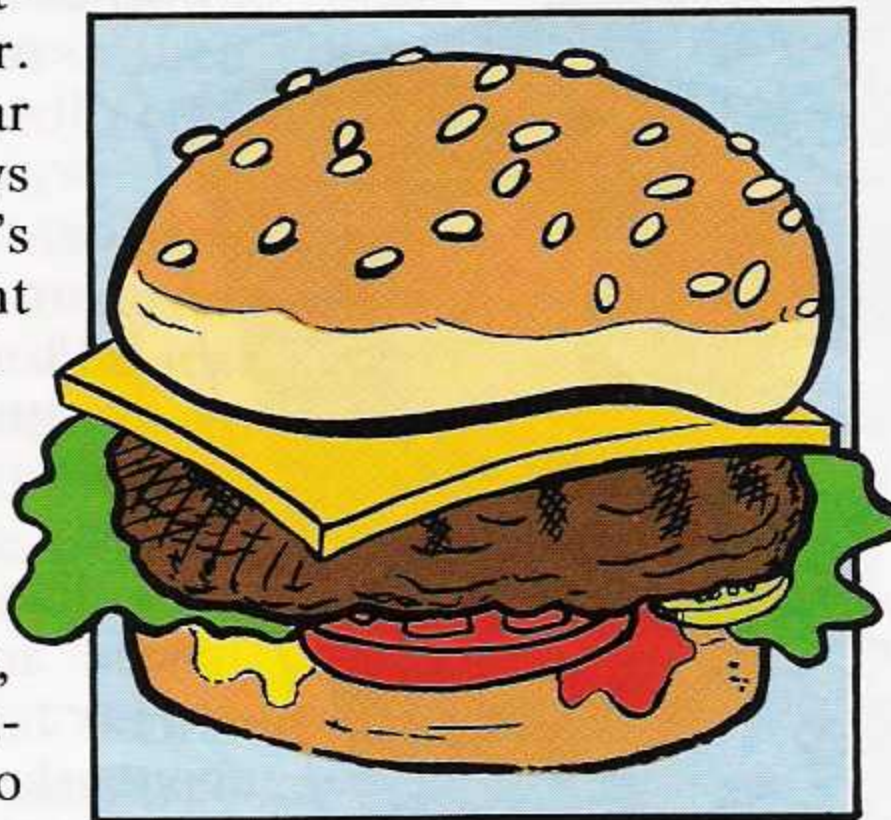
- 1 pound of lean ground beef
- 1 teaspoon of garlic salt

- 1/4 pound mushrooms (chopped to bite-size)
- 3 to 6 slices of cheddar or jack cheese
- 3 to 6 hamburger buns
- 1 tomato, sliced
- Lettuce

Thoroughly mix first three ingredients in a bowl. Form three

*British usage, thousand million.

to six patties. Cook in frying pan or broil over charcoal fire or in the oven. Turn them over once in a while until both sides are done. While still in pan or over fire, lay cheese slices on patties until cheese melts. Put patty on a bun. Add tomato slice, piece of lettuce and mustard, catsup, mayonnaise or relish. Pour yourself a cool glass of milk and enjoy. — By Lowell Wagner Jr. □



Test Your Prolixity

Prolixity, the dictionary says, is using a few too many big words. Based on the number of big words it has, this is definitely the most prolux article this month. How many of these preposterous proverbs can you decipher?

We'll even help you out with the first one. The answers to the others are below.

The human inhabitants of fragile, transparent domiciles should abstain from hurling lithoid projectiles. (People who

live in glass houses shouldn't throw stones.)

1. 28.349 grams of causation-canceling endeavor is comparable in value to 0.453 kilograms of rehabilitative ministrations.

2. Prepunctual somnolence in conjunction with an equally timely regaining of consciousness results in physiological soundness, copious pecuniary provisions and sapience.

3. Dual cephalic units maintain a net worth exceeding that of a solitary counterpart.

4. Pulchritude does not

transcend the perpendicular measurement of the epidermis.

5. If excesses in temperature surpass tolerance levels, extract oneself from the culinary facility.

6. A single vertebrate of the class *Aves*, enclosed by a *Homo sapiens* grasping organ, is more propitious than two such vertebrates positioned within a low, densely ramified member of the plant kingdom. — *By Robert Taylor* □

Answers: 1. An ounce of prevention is worth a pound of cure. 2. Early to bed and early to rise makes a man healthy, wealthy and wise. 3. Two heads are better than one. 4. Beauty is only skin deep. 5. If you can't take the heat, get out of the kitchen. 6. A bird in the hand is worth two in the bush.

most embarrassing moments without too much trouble.

What do you do when your tongue has tied itself in knots and your face is glowing red as a tomato after a slipup? No, don't bury your face in the sofa pillows, sign up to become a hermit or decide not to leave your room ever again.

What you do depends on the circumstances. If you've done some kind of damage — spilled something, broken something or accidentally insulted someone — simply acknowledge your mistake and apologize. People will appreciate your honesty. Offer to repair, replace or clean the damaged item, and do it if the offer is accepted.

Next, take a deep breath — and laugh. That's right, laugh. It probably was funny. Most embarrassing moments are. Being able to laugh at yourself is a big step toward maturity. You'll earn the respect of others, despite your mistake, if you can laugh at yourself.

Finally, go on your way and try to forget about it. Really. It's as simple as that. Unless it's a truly unusual goof, everyone else will too.

These three points seem simple because they are.

Embarrassment shouldn't keep you from doing the things you want to do or talking to the people you want to talk to.

Should you find you've done or said something embarrassing, apologize, laugh and forget about it.

Embarrassment comes to all of us, but with these three points to work with, we can conquer its pain. — *By Kathy Burch* □

A:Open Mouth B:Insert Foot

Uh-oh! I'd done it again. I could feel the blood rushing to my face as I blushed through another embarrassing moment. As the saying goes, I'd opened my mouth only to change feet.

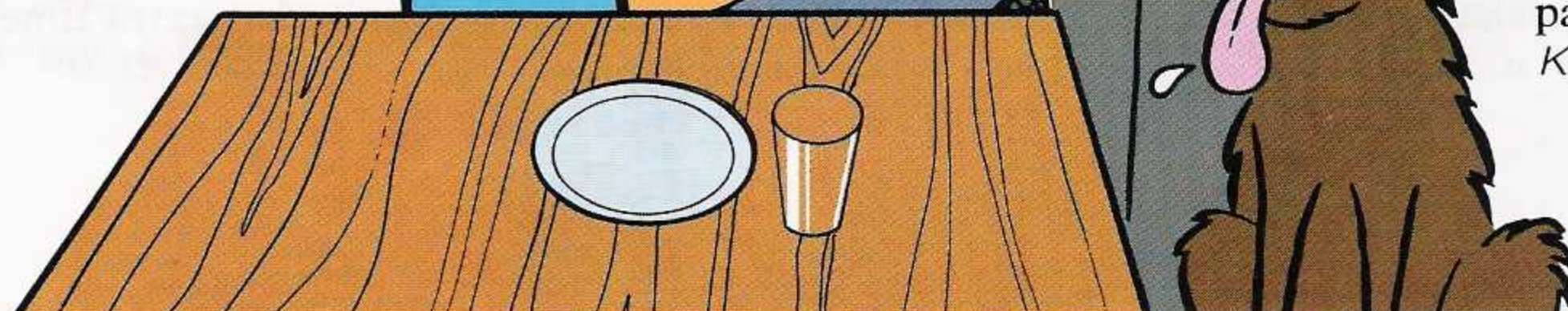
We all have those times when

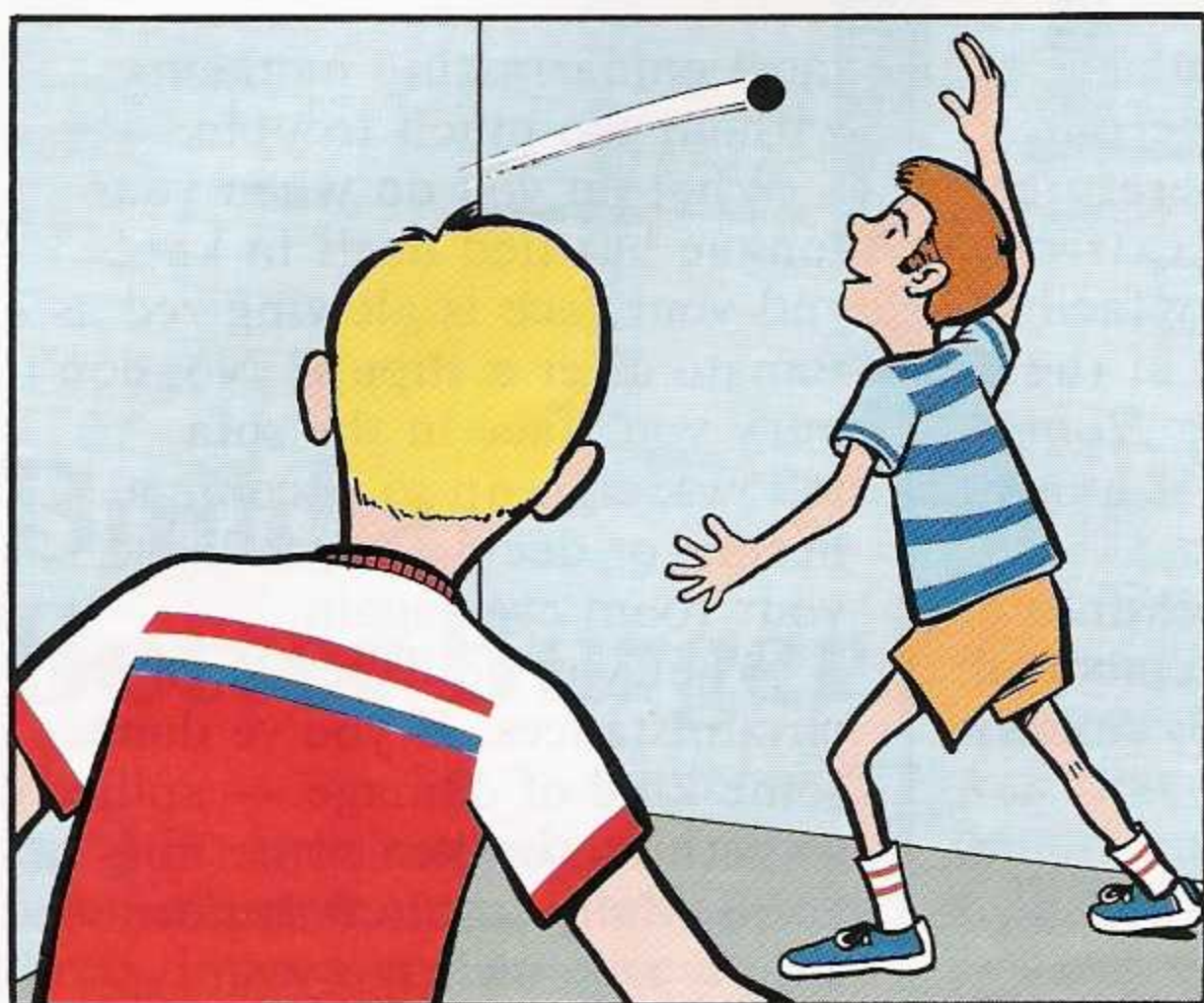
we wish the floor would open up and swallow us. You know, like the time you spilled your drink all over the dinner table at your friend's house, or the time you said or did something really dumb in front of someone you

wanted to impress. You can probably remember several of your



Ever do something *really* stupid? Ever been so embarrassed you didn't know what to do next? Well quick — before anything else happens — read this article!





Proverbs for Today: An Encouraging Word

"When I goof up, you don't put me down," Bill said. "Your encouragement is what's helping me improve so much."

Bill was my handball partner. Since I was the more experienced player, Bill was happy when I asked him to team up with me. But he also worried that he would let me down under the pressure of tournament play.

I knew Bill would try his best. So whether he made a shot or missed, I patted him on the back, coached a little and told him how much he'd improved. Bill really pushed himself to do better. We didn't win the tournament, but we won some matches and grew from the experience.

Here's an encouraging Proverb: "Heaviness in the heart of man maketh it stoop: but a good word maketh it glad" (Proverbs 12:25).

What you really expect from your partner or teammate is his or her very best effort, right? What can you do to promote the best in him or her? Give encouragement.

That's easy when your partner makes a spectacular

play. It's harder when he or she blows the shot, or lets the other team score easily. But when your partner is doing his or her best and still makes a mistake, that's when a good word helps the most. When he or she doesn't come through, let your partner know you have confidence in him or her to do

better on the next play. Forget the error.

If you yell and criticize, your partner feels discouraged or angry. Your partner's muscles tense up and his or her concentration is broken. Your partner can't relax and make the right plays. Rather than helping your partner play better, you have only made things worse. You have defeated your purpose.

Giving your partner a good word can do a lot to relieve anxiety. The chances of him or her repeating the mistake are reduced.

But don't think this principle works just in sports. Anytime you have to work closely with others, a good, encouraging word can help build confidence and ability in them. It will make whatever you're doing much more successful! — *By Jim Roberts* □

Are You Running Out of Time?

Do you sometimes feel there isn't enough time to do all of the things that you would like to do? When the school bell rings, do you face homework, chores, sports practices, clubs and

classes? Is your precious time being rapidly eaten away by poor scheduling?

Here are some easy ways you can find extra time to do all the things you have to do and still have time to work on your hobby, see that movie with your friends or do all the other things you enjoy:

Write it down. Begin by making a daily "Things to Do" list. Simply list the activities and tasks you need and want to do. Writing these things down gives you a sense of direction and helps you remember what are the most important things you have to do.

Next, decide which things are really of top importance, then number them in the order they need to be done. This will guarantee that the most important things will not be neglected.

Make a timetable. Now that you have numbered your tasks and activities in order of importance, write next to each an estimate of how much time it will take. Be realistic in the amount of time you give each task — don't cut yourself short. If your guess is too far off, it will throw your whole schedule off. You will just get frustrated — and still get nothing done.

Use a weekly or monthly calendar to schedule when to do each task or activity. Reserve time slots for the things you need to do and they will have a better chance of getting done. Of course, everyone needs to be flexible. There will be times when you will have to change your plans.

Now tackle each task or activity as you have scheduled it, but don't get discouraged if you need more time than you planned. Remember that your timetable is only a guide.

Put these points to use today. You'll soon find yourself getting things done faster and better. Then your only problem will be what you're going to do with all that extra time! — *By Alex Peck* □

Dear Youth 86,

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

Q. My problem is that I am a boring person. Others have said this to me. When I am at a party or something I try to talk about a lot of interesting things, but people can tell I am faking and it just doesn't work.

A. Probably a lot of teens who read this also believe they are boring or have at least been told that by other teens. Because of this, a lot of people would find your question interesting.

From your letter it is clear that your efforts to be more interesting revolve around trying to say interesting things. But instead of attracting attention to yourself by talking about yourself or what you know, why not ask others about themselves?

To stir others' interest in you, and to liven things up, find out what other people like to do and ask them about those things. Be sure to ask questions that can't be answered by a simple yes or no, but that require them to talk a bit. Don't ask personal or embarrassing questions or waste their time on things they don't want to discuss. Stick instead to their hobbies and interests or recent accomplishments.

This is only the starting point. Why not check a book out of the library that discusses the art of conversation?

But the key is this: Try to find an interest in other people. If you find them interesting, and show it, they will probably find you interesting as well.

Q. I am 13 years old and I have a lot of friends who call me on the telephone each day after school. My problem is that my parents tell me I am on the phone too much, so we end up fighting about it.

How can I get my folks to

understand that I need the phone?

A. This problem is a common one, but it is not unsolvable. It can be easily dealt with if all parties realize they must share and must use balance. Remember, your parents are the ones who provide the phone, and they are your elders, so they have the right to use the phone first.

Besides, much of the business they wish to transact on the phone will pertain to important matters of the household or their jobs. These matters must take priority over pleasure calls. Though most calls by teens fit into the category of pleasure calls, there are, of course, exceptions, such as when a teen needs to discuss a missed homework assignment.

But the bottom line is that you should sit down with your parents and discuss how many calls you may make or receive over a given time, and how long they may last.

For a smoothly functioning family, rules are necessary. Try to understand it from your parents' side, as well as explaining your side.

Q. I am the mother of a 13-year-old boy, and I am writing because I need your help. My son has been getting drunk with some of his friends almost once a week for the last few months. I am at my wit's end. How can I make him stop?

A. Teenage drunkenness is one of the many kinds of drug abuse, and it is not a matter that can be properly dealt with in a few short words here. We recommend that you seek advice from a competent counselor who is qualified on the subject and whom you trust.

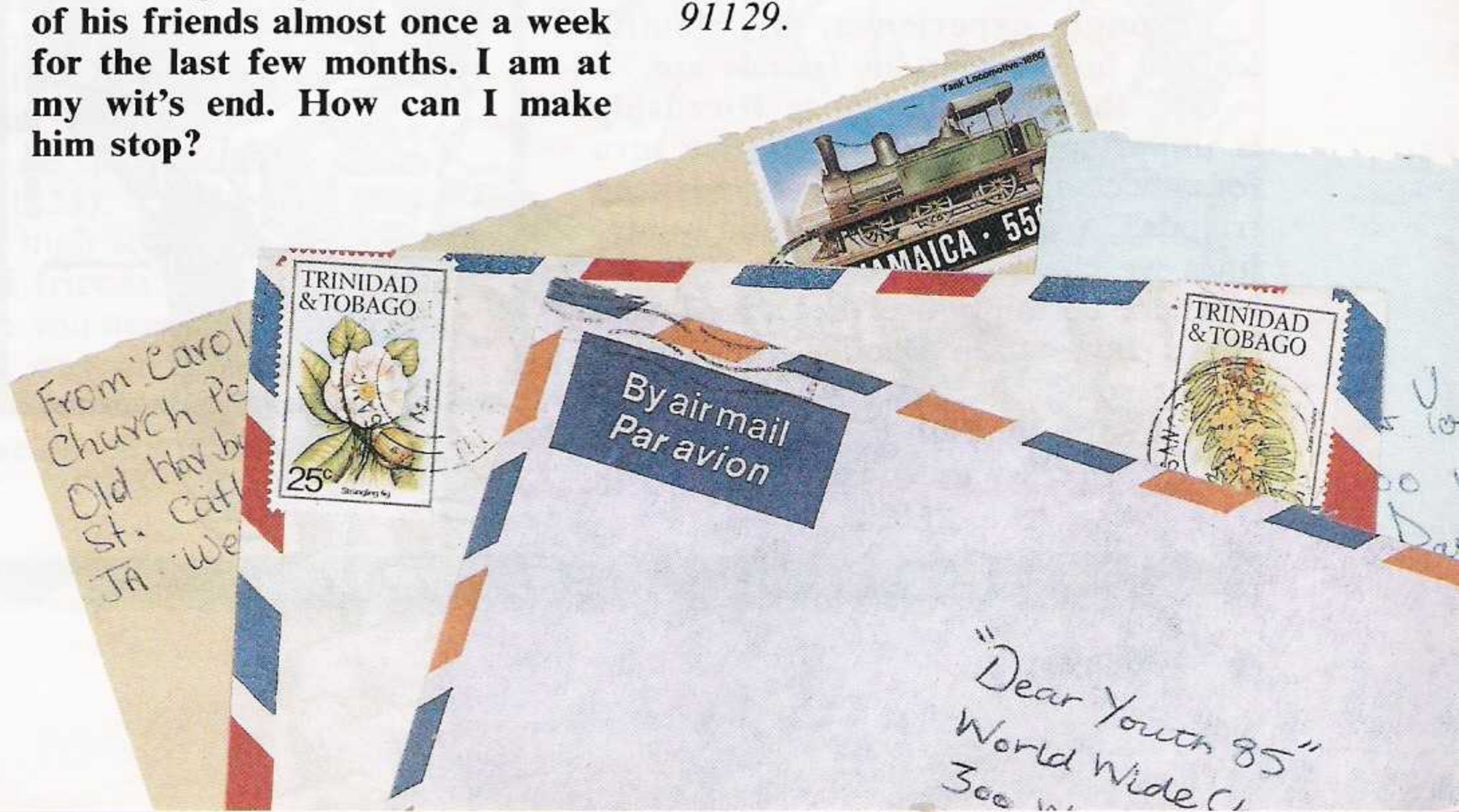
But I did wish to at least refer to your question here to stress one point of importance. That point is this: *A teen's friends affect that teen more than he or she realizes!*

A lot of teens have gotten into trouble because they fell into a crowd that was headed into trouble before the teen met up with them.

Who your son's friends are makes a difference — a big difference, and maybe even the deciding difference between getting into trouble and staying out of trouble.

Therefore, in addition to the counseling you must seek, we strongly advise that you pull your son away from the crowd he is now with and encourage him to make better friends. We hope teens reading this will do the same for themselves if they see the crowd they're part of heading in a direction they know they shouldn't be going. □

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.



How I
can
make more

FRIENDS?

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

Editor's note: Even though the Bible was written thousands of years ago, this new feature will show that it is the most up-to-date book you can read to find solutions to your everyday concerns.

Friends. How do you make them? How do you keep them?

This is one of the most frequently mentioned subjects *Youth 86* readers write to us about.

We received one letter from a young woman in junior high school. Her family had moved to a new town more than 1,000 miles (1,600 kilometers) from where she had lived all her life.

She had left all her old friends. And new friendships seemed to be slow in developing. She was really homesick. Not just for her old house and school, but most of all for her friends.

That's perfectly normal. Of course it hurts to have to make such a move. In my own family we had to move several times while my three oldest children were teens. My son attended a different school every year for his four years of high school.

Through experience, my family learned how important friends are.

OK, then, we all realize friendship is important. But where can we turn for advice to help us make and keep friends? Are there some sound guidelines we can follow?

There certainly are! Let's look into God's Instruction Book — the Bible — for some answers.

First, the burden of making friends is on our own shoulders. King

Solomon wrote, "A man that hath friends must shew himself friendly" (Proverbs 18:24, Authorized Version throughout).

Many teenagers are a bit shy during the sometimes awkward years of junior high school. It is easy to sit back and wait for others to be friendly to us. Instead of just sitting there, take Solomon's advice — *you* make the first step. Break the ice. You be the one with a friendly smile and a cheery "hello."

Be the one to offer help to a fellow student.

You'll find Solomon's advice works — now in the 20th century just as well as 1,000 years B.C.

There is much more to friendship than just having a bunch of people to hang

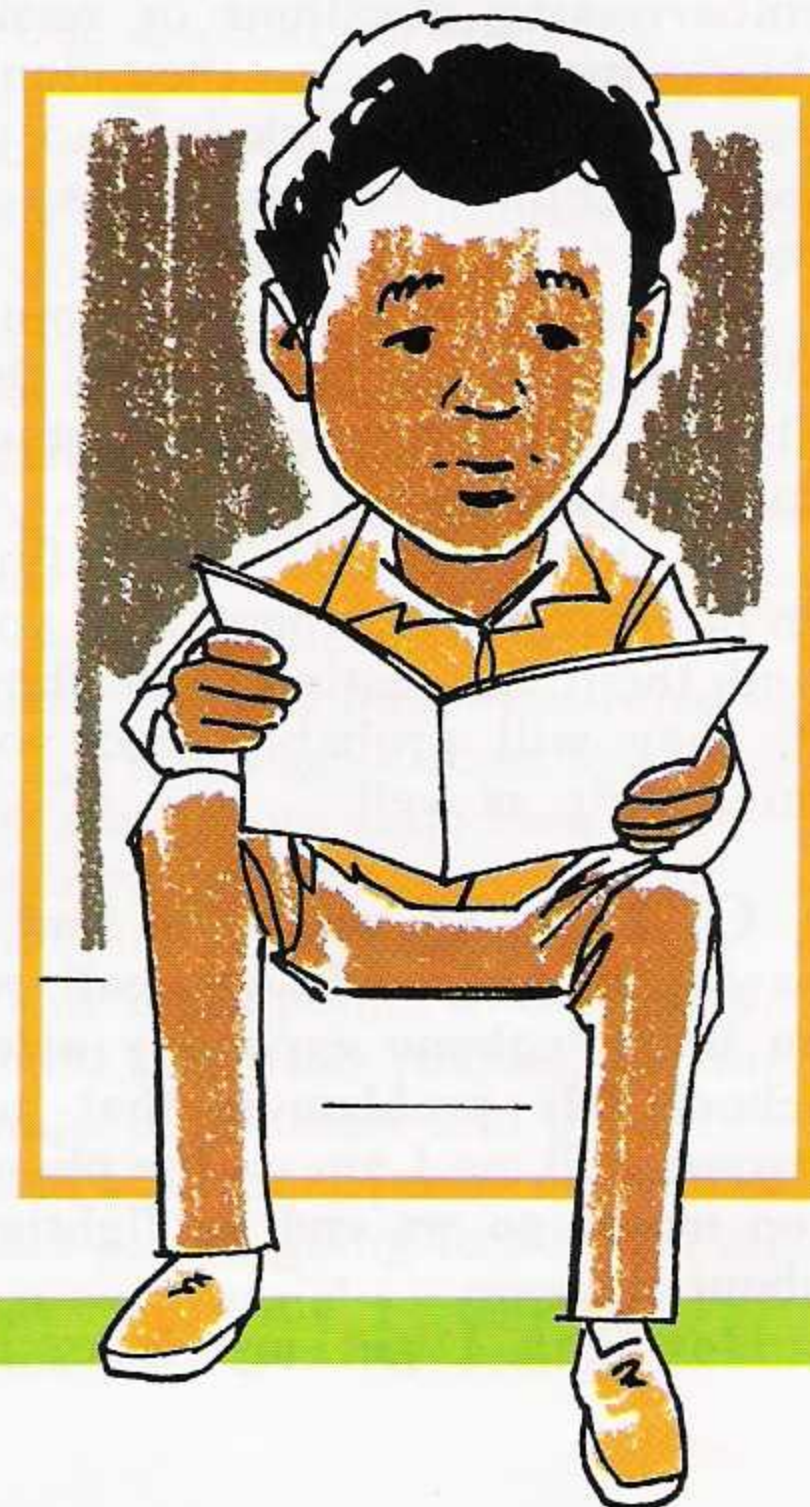
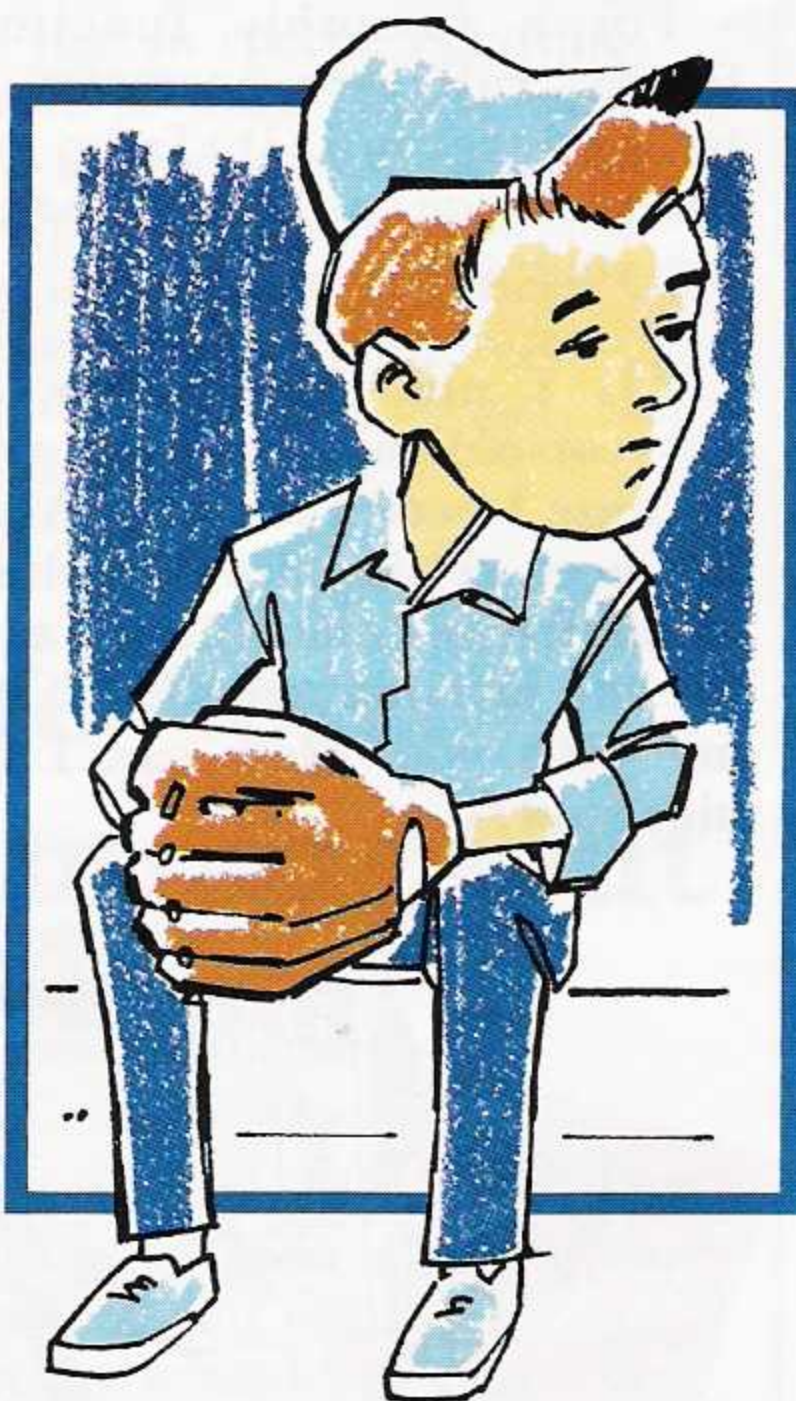
around with. What kind of friends we have is even more important.

But what kind of friends?

Solomon also observed, "Iron sharpeneth iron; so a man sharpeneth the countenance of his friend" (Proverbs 27:17). You may have sharpened a knife before. To make it sharp and useful, you have to rub it against a sharpening steel or stone. By friction the edge is honed razor sharp.

So it should be with our friendships. We should sharpen each other. Your best friends ought to be people who will accept you for what you are, but together you should grow and improve.

A real friend will challenge you to better school work, greater athletic skills or improved musical abilities. He or she won't pressure you into



She was really homesick. Not just for her old house and school, but most of all for her friends.

drugs or any other wrong activity.

And how about you? What kind of friend are you? Have you offered a challenge to your best friends to excel in algebra class? Or to sing in the choir together? Or to go out for the track team? Or to try for a college scholarship? These are the areas of life that can help you form a happy future and lasting joyful memories of your teen years.

The closest friends

Most of us have several good friends. That's pretty normal. But we also might have two or three best friends, and even one very, very best friend.

The Bible also teaches by example. Have you ever noticed the example of Jesus Christ when it comes to friends? He was God, but He was also a human being with the same needs for friends we have.

Sometimes Jesus and the disciples as they traveled would stay in private homes of friends. They would often have meals with other friends. Jesus must have had a hundred or more friends.

But He could not be super close to all of them. Rather, by His example we find He had 12 men who were His most frequent traveling companions — His closest friends, if you please.

As you read carefully through the gospel accounts of Christ's life, you will find that among the 12, there were three men He was even closer to than the others. They were Peter, James and John.

Of the three, He perhaps felt closest of all to John. Peter was the more dominant leader and outgoing personality, but John had a special quality and was called the disciple Jesus loved (John 13:23).

Shortly before He died, Jesus showed how close a friend He considered John by asking John to be responsible for His mother (John 19:26-27).

We have a responsibility to carefully choose our friends. And we have a responsibility to be a faithful and loyal friend in return.

So whether you have lived all your life in one place, or you have just moved a time or two, you need a few good friends. Sometimes you need to almost start over. That's OK. Be friendly. Be patient. And be careful as you choose friends.

God also tells us, "There is a friend that sticketh closer than a brother" (Proverbs 18:24).

The friendships you form during high school and college will often be life long. Good friends — true friends — will always be there when you need them.

If you have found an interesting way of making new friends, write and let us know. We may be able to print your ideas in a future issue. — *By Ronald Kelly* □

It's in the Bible

Proverbs 18:24 (first part) — To have friends, be friendly.

Proverbs 27:17 — As iron sharpens iron, so friends can help each other improve.

John 13:23 — Jesus Christ, who had many friends, also had a best friend, John.

John 19:26-27 — Jesus even asked John to care for His mother, Mary.

Proverbs 18:24 (last part) — Real friends will stick by you in good times and bad.

How's your rating?

1. When you move, (a) it's normal to feel homesick, (b) you might as well give up on having friends, (c) you need to work at being a friend to make new friends, (d) *a* and *c*.

2. To have friends, (a) smile, (b) break the ice, (c) be a friend, (d) all of these.

3. True or false: The Bible doesn't tell us how to be a good friend.

4. True or false: Jesus Christ's example shows we shouldn't single out others as our best or closest friends.

Bonus: Explain what sharpening a knife has to do with friends.

Answers: 1. (d) 2. (d) 3. False 4. False



Illustrations by Ken Tunell

READER BY-LINE

'Locked Inside a Slightly Slower Body'

By Marc Strasdin

I received my driver's license last summer when I turned 17. No big thing; almost everybody my age has one. But to me it was a special sign that I was just as capable as anyone else.

You see, being pronounced dead at birth kind of makes a guy unsure of himself for a while. But that's the truth. I was a breech baby, oxygen deprived, and the doctors wrote me off for a loss.

Even after I started breathing just to prove I wasn't a quitter, they still shook their heads and told my mom that I wouldn't live 48 hours. So I did that, too, and they proceeded to make all sorts of dire predictions about my future.

"The child is going to be a vegetable, severely retarded at best. It's better for you to put him in an institution where they can deal with his problem," they advised.

Well, my parents refused to concede that I was a total loss, so they took me home and did all they could for me the next two and a half years. Then one of the doctors suggested a hospital where I could go to be professionally evaluated. Five weeks later that hospital gave my parents the best news they'd heard in a long time.

"According to the EEG and IQ tests we took, Marc shows no signs of any mental impairment," they reported. "Actually

the tests came back normal for the child's age," they concluded.

Lots of love

"As far as the physical aspect of your child's problem, he does have cerebral palsy. My advice to you is to take him home and love him," encouraged the doctor. And that's what they did.

Eventually my muscles became strong enough for me to sit up by myself. It all paid off when I took my first steps at the age of 5 (to the delight of my parents and grandparents). I was on my way at last, no longer a vegetable, but a thriving human being capable of thinking and moving independently.

But although in the movies and on television a person lives happily ever after, in reality such is not the case.

At school the struggle for acceptance began all over again. People became impatient with me because it took so long for me to get an answer out, and they had difficulty understanding my speech. While other children were learning to write, they stuck me in the back thinking that it was impossible for me to learn such skills.

A needed break

The break I needed came in sixth grade when Mr. Roach taught me more than math and science; I learned self-respect. I

learned not to sit back and let my physical handicap stand in my way. He encouraged me to work harder and I learned how to write. That year prepared me mentally and emotionally for junior high.

With lots of hard work and a sense of humor, things worked out fine! In both my junior high years I carried an 80-plus average. In seventh grade I was elected vice president of the student council, and in eighth grade I was president!

The faculty and students adapted to me quite well. The secret for me was that I joked with them and showed a positive attitude; this made them less afraid of me. The feelings of accomplishment were great! I had never experienced them before and I loved it!

One of the biggest tools I use to gain acceptance is a sense of humor about myself.

I joke with the people I deal with about the everyday problems facing a CP victim. I see the humor in such things as shaving myself and losing a pint of blood because my hands are so shaky. Or I tell about having to get up an hour early just to button the buttons on my shirt. I find that if I make light of my problem, they become less conscious of it; then they start listening to what I'm saying rather than worrying about how I walk or talk.

I find that if I present myself in a positive way, with confidence and understanding, they see that I'm just an average person who has some difficulties physically, but who doesn't want to be treated differently. I care about myself and where I'm going in life. I simply have a perfectly good mind locked inside a slightly slower body. But with all my mind, body and soul I will keep on fighting until I become all that God made me capable of becoming in this life. □

Editor's note: Marc, age 17, is from Hudson Falls, New York.

Letters

(Continued from inside front cover)

I shouldn't feel this way because I have a lot to be happy for (friends, family, extracurricular activities, etc.).

This article has given me encouragement and now I say, "I can do it!"

Lori Vellek
Scotland, South Dakota

I just read your article "I Can't Never Will!" I've always said that I couldn't get a good job after I graduate because I didn't want to go to college. After reading your article I've decided to go to a business school for extra training after high school. I know I can get a good job if I have an "I can" attitude and I really try.

Thanks for your articles. They're really helpful and uplifting.

Dawn Foskey
Willards, Maryland

"Waddya Want?"

I would like to comment on your article "Waddya Want?" in the May issue. It was an excellent article, as many of your articles prove to be.

I am quite sensitive and rude remarks often hurt me. I never knew what to do until I read your article. I used to glare at that person or try to make the person feel guilty by acting extremely hurt. Now I know I was doing the wrong thing. In the future I will try to be kind and helpful to someone that hurts me. I can't wait to see the results. Thank you!

Laura Wilson
Jackson Hole, Wyoming

Found magazine in school library

As I was looking at the magazine rack in my school library, I came across your magazine, *Youth 86*, February issue. Seeing I had nothing to do, I took the copy and began to read. I was impressed! The material it contained was excellent and suited for my age group (I'm 16 years old). This prompted me to write to you asking if you could send me this magazine monthly. I understand it's free, so that's good too! I feel that it will help me. For instance, the article in the February issue about note taking was excellent. I took its advice and I wrote good notes for once.

Irene Fanos
Sydney, Australia

I recently discovered your magazine, *Youth 86*, in the school library. Before that, I'd never imagined there was such a great magazine available. After reading a *Youth 85* edition of your magazine, I

read all the other editions in the library. I wish I had found out about your magazine sooner. It's by far the best magazine I've ever read.

Karen O'Brien
Brisbane, Australia

Seat belts

It was after second period when I heard the news. It was bad. A head-on collision the night before had left a good friend of mine on the critical list. My first reaction was disbelief, which turned into concern. After some quickly shed tears, I knew I had to do something.

We piled into the waiting room, seven teenagers not knowing what to do, but knowing we had to be there. By that time Jana was off the critical list and on the serious list. We waited for an hour, wandering about until visiting hours. Only two of us could go in so the rest



A gold parasol frames the subject's face in this charming portrait taken by 18-year-old Belinda van Heere of New South Wales, Australia. This photo received first prize in the portrait division and was the best overall color photograph in a national photo contest in Australia.

waited outside for the news.

Her face was messed up pretty bad, but with plastic surgery it could be remedied. But the best news of all was that Jana was going to live. The reason: She was wearing her seat belt when the crash occurred.

We were a much more sober group of teenagers that drove back to school, thankful, relieved and wearing our seat belts!

Robin Whitecar
Tampa, Florida

"Now I Understand"

I read February's article called "Now I Understand." It really made me realize that I felt the same way as the writer. It was so much like me I started to cry!

I'm only 12 years old, but I'm smart enough to understand that you should listen to your teachers and learn what they're teaching you.

They don't tell you what they do for nothing! They want to help you so it won't be so hard for you in your future.

I would like to say something to the girl who wrote the article in February: Even though your teacher is gone, I'm sure he knows you were thankful.

Tammy Quillin
Big Sandy, Tennessee

Helps a lot

Your magazine really helps me a lot — in many different ways. The lessons in it teach me how to overcome problems, forming good habits and traits, how to discriminate right from wrong ... These lessons make me feel brave when I'm confronting difficulties and guide me in dealing with everyday life. They ... stir me to do the

right things while I am young because "the child is the father of a man."

Jeanevine M. Duron
Lanao del Norte,
Philippines

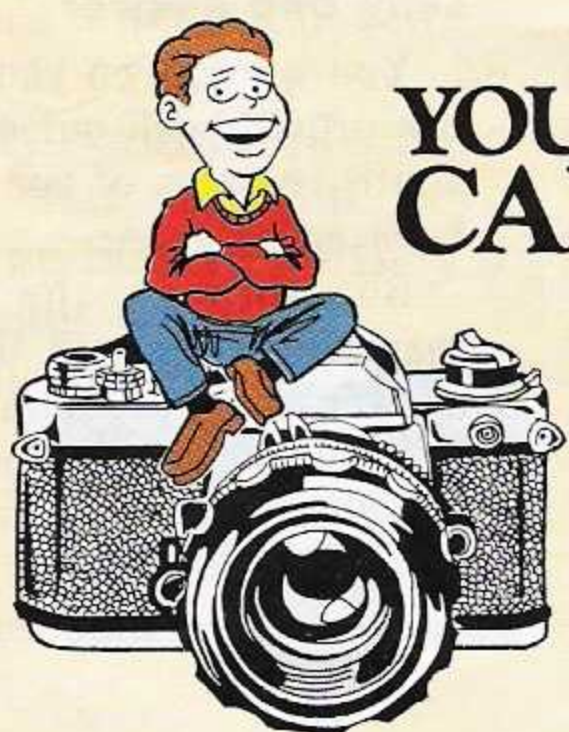
Only one answer

You have given youths a magazine we can proudly call our own. I myself am a youth 16 years of age and my life hasn't been an easy one.

But through the reading of your magazine I realized that I had only one answer to my problem and that was God.

I love *Youth 86* and I'm thankful for the change it made in my life.

Mary Kay Sizemore
Elkhorn, West Virginia



YOUTH ON CAMERA

Rock climbing can make for some dramatic shots as photographer Peter Elliston found last year at this site near Lake Moogerah, Australia. Peter is from the Melbourne, Australia, area, and was 19 years old when he sent this to us.

ANCIENT ROME?

(Continued from page 15)

Christmas today. A bull or other animal was sacrificed at an altar outside the temple of Saturn in the city.

The Romans had many gods and there was a state religion, with the emperor claiming supreme power. Some families had a shrine in their house where they offered food and drink to these gods of the hearth and store.

Rich man, poor man

The Feast of Saturnalia was a holiday even for the slaves. Slaves were very much a part of the Roman Empire, though we don't know exactly how many of the people in Rome were slaves.

Life in this ancient civilization depended on the circumstances of your birth. Were you lucky or not? Were you the master or mistress with a personal slave to carry your books to school or comb your hair?

Or would you be the slave? Would you pull cargo up the river? Would you build roads? Or would you, male or female, serve the rich family at meals or help bring up someone else's children?

Perhaps you would live in a spacious, centrally heated house, with a mosaic floor of patterns of brightly colored stone. There would be a cooling fountain in your garden and perhaps small trees for shade in the middle of this airy villa. You could spend all afternoon in the public baths talking with friends.

Or would you be the slave, caring for your master or mistress as he or she relaxed?

Ancient Rome was exciting and magnificent, but it could also be unfair, cruel and vicious for the less privileged.

If you think the slaves who pulled cargo up the rivers had a rough life, what about the slaves and the condemned men, including prisoners of war and Christians, who were put in the Colosseum? They had to face starving,

wild animals such as lions imported from Africa. The slaves would face the animals unarmed.

Back to today

Perhaps now you may be thinking that ancient Rome wasn't the place where you would have liked to grow up. But do you realize how much this civilization of the past influences us today?

Governments around the world today have looked to the Roman systems of government and law. Many of the languages spoken in the world today are based on Latin — even much of the English language can be traced back to Roman roots.

Rome's influence is seen in architecture, road building and the calendar with months like July and August named after Roman emperors. Look around you today and try to pick out as many things as you can that have come down to us from Imperial Rome.

You see, you don't have to have a time machine to view the shadow of ancient Rome. □

OPOSSUM

(Continued from page 17)

the opossum. It certainly is not something beautiful to behold. So why does it need to be so strange?

By being both a predator and prey, the opossum fills an important role. Nature's food chain has a delicate balance. The way the opossum has been designed allows it to fulfill the part of both eater and eaten.

By being a predator, the opossum helps keep the numbers of insects and small animals at a proper level. Without animals like the opossum, their numbers might become unmanageable.

Larger predators, like those that eat the opossum, could not survive on the small animals and insects. They need larger prey, and they also help keep the opossum population from getting too large.

The opossum's design may seem strange, but it makes it ideally suited for the role it has. □

What Worries You?

(Continued from page 4)

very real and dire consequences. Sometimes the bad things we fear do indeed happen. How can you face and deal with those?

Of course, you must first remember that worry doesn't help. But something else does. It is the *hidden key* mentioned above — the one known only by a few, but used by that few to transform themselves from fearful worriers to men and women of bold confidence. That hidden key is called faith.

Faith is the belief that you can trust God to help you with your problems if you are obeying Him (read Hebrews 11:6). It is the ingredient that the holy men of old used to face all sorts of huge problems.

Does it work? You bet it does. It worked for all the Bible heroes, like Abraham, Jacob, Joseph and Moses (Hebrews 11:1-40). It worked for King David who, although a young man, was able to face a lion and a bear and the giant Goliath through faith (I Samuel 17:37). And it can work for you!

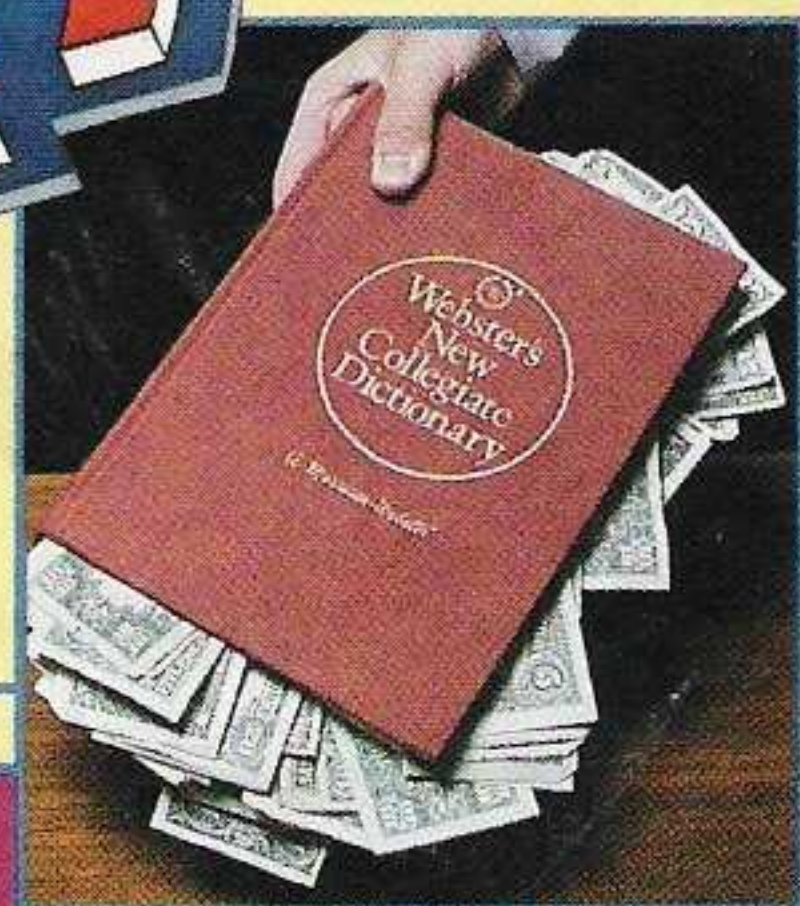
But real faith comes from God. So to get it working with you now, you must pray to God for help and for confidence, and then boldly face your worry with His help. And, in time, you can receive this very faith within you as a gift when you are old enough to be properly baptized according to the Bible directions (see Acts 2:38 and Ephesians 2:8).

So begin now. Pray for confidence and learn to worry less by using the steps given here. If you do, your life will be fuller, more fun and filled with a lot less anxiety. Give it a try!

Jenny, the girl mentioned above, needn't have worried about the cheerleading tryouts, because she made the team easily. And she would have made it even without the worry. She knows that now and will not worry next time. Instead, she will pray for confidence and use the steps given here. Will you? □

Coming Attractions

...IN FUTURE ISSUES



Words Are Power!

Studies of executives show that words can mean both power and money!

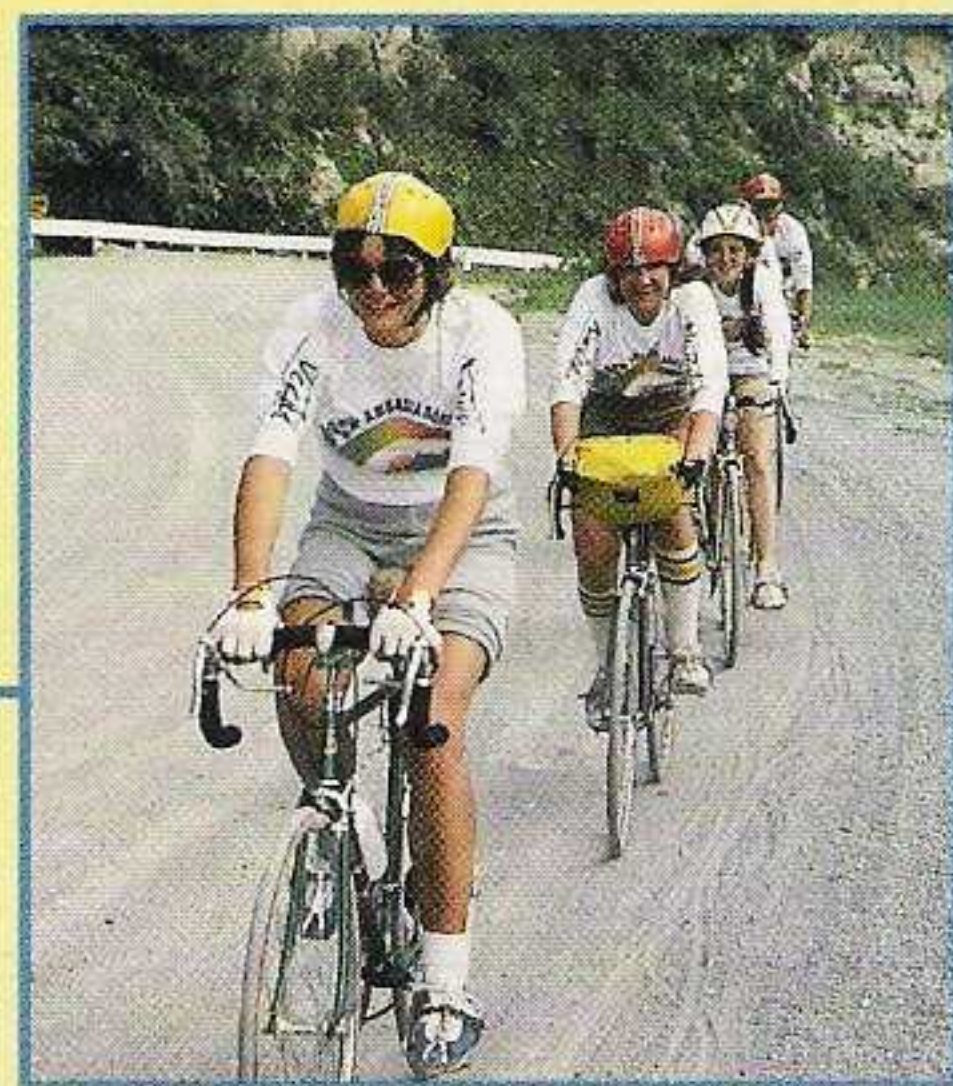


Defuse Your Stress Bomb!

What you can do about the situations teens rank as most stressful.

Be What You Want to Be!

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



Cycling in Paradise.

A group of teenagers from around the world gathered to see beautiful New Zealand on two wheels.

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