

APRIL

# Youth & 86

**A Special  
Tribute**



**'A Friend of  
Young People'**

**Herbert  
W. Armstrong**

# Youth 86

April

VOL. VI, NO. 4

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Circulation 225,000

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1892-1986

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Published by the Worldwide Church of God  
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**Youth 86 is published monthly (except combined June-July and October-November issues) by the Worldwide Church of God, 300 W. Green St., Pasadena, Calif., 91123. Sent free upon request. Copyright © 1986 Worldwide Church of God. All rights reserved. Printed in U.S.A. Entered as second-class mail at the Manila Central Post Office on Feb. 10, 1984. The publishers assume no responsibility for return of unsolicited artwork, photographs or manuscripts.**

**ADDRESS ALL COMMUNICATIONS TO THE YOUTH 86 ADDRESS NEAREST YOU.**

**United States:** 300 W. Green St., Pasadena, Calif., 91123. For literature requests you may call toll-free 1-800-423-4444; in Alaska call 818-304-6111 collect.

**Canada:** P.O. Box 44, Station A, Vancouver, B.C. V6C 2M2. For literature requests you may call toll-free 1-800-663-2345.

**Mexico:** Institución Ambassador, Apartado Postal 5-595, 06500, México D.F.

**Colombia:** Apartado Aéreo 11430, Bogotá 1, D.E.

**United Kingdom, rest of Europe, Middle East:** P.O. Box 111, Borehamwood, Herts., WD6 1LU England

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**Nigeria:** P.M.B. 21006 Ikeja, Lagos State, Nigeria

**Australia, India, Sri Lanka and Southeast Asia:** G.P.O. Box 345, Sydney, NSW 2001, Australia

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**The Philippines:** P.O. Box 1111, Makati, Metro Manila 3117, Philippines

**Caribbean:** P.O. Box-6063, San Juan, Puerto Rico 00936

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College, Talackerstrasse 17, CH-8065, Zürich

**Scandinavia:** Box 2513 Solli, Oslo 2, Norway

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**COVER:** These photos from Herbert W. Armstrong's active life focus on his concern for young people. *Youth 86's* founder and editor-in-chief was 93 when he died this January. See "Personal," page 1, and "Tribute," page 3. *Youth 86* photos.

## Letters

### After five years

At this moment I sit surrounded by all the *Youth* magazines I have saved and treasured, including the very first one back in 1981.

I began thinking how far the *Youth* magazine has come. Well, one thought leads to another, and I started thinking back to when I first received my subscription to *Youth 81* and how young and immature I was. I realize that just as this magazine has grown, so have I.

I issue my thanks to Mr. Herbert W. Armstrong for creating this much needed magazine. My thanks are also extended to the staff for their creativity in making it a learning magazine as well as an interesting one. But, more importantly, my greatest thanks goes to God, our supreme Teacher, for giving wisdom and understanding to the writers and enabling them to deal with the problems that teenagers face.

I look forward to my next issue and many more to come. I especially enjoy Mr. Faulkner's "By the Way ..." column [now called "Youth 86 Personal"]. He always manages to have topics that relate directly to me. I also appreciate the "Proverbs for Today" section, as well as the many articles.

Alice Houseman  
Coos Bay, Oregon

### "Everybody's Doing It?"

I recently read an article called "Are You Sure Everybody's Doing It?" in the December issue. To tell you the truth, I really needed it. I'm getting to the age where the pressure is getting to me. Like "Cindy," I set my moral standards a long time ago, and it becomes harder to stand up to those standards. I've wondered, "Well, how far can I go or *should* I go? How far does everybody go?" But, of course, I never knew the answers.

I've learned that it is an *extremely* bad idea to begin to watch movies, read books, etc., with detailed sex in them. That gives Satan the opportunity to destroy something that God intended to be special. We all love soap operas, but more and more I wish I'd never seen things such as this. It begins to destroy your mind. I often feel that I'd rather be ignorant than to have to cope with evil thoughts.

Thank you for your article, and if you could send me a copy of Herbert Armstrong's book, *The Missing Dimension in Sex*, I'd highly appreciate it.

Name Withheld  
Tennessee

# Personal

## In Remembrance

By Dexter H. Faulkner

**T**here was a deep sense of loss for all of us when Herbert W. Armstrong died this January.

Mr. Armstrong, founder and editor-in-chief of this magazine, had a deep and sincere love of all people, and especially young people. Even in his 90s, he kept involved in this magazine that he began just more than five years ago.

It would be impossible to express all that he has done in his life, or even what he has done for young people, but we wanted to devote these next few pages to some highlights and some points of human interest as a tribute to this great man.

### Personal interest

Mr. Armstrong was deeply interested in this magazine he founded. He constantly reminded me with a sparkle in his eye: "I know you spend a lot of time with this magazine and you consider it 'your baby.' But I want to remind you, Dexter," he would say emphatically, but with a chuckle in his voice, "it was my idea." When I would show him a proposed cover, he would often ask about the young people pictured on it.

I remember at the inception of this magazine Mr. Armstrong wrote: "I would welcome ideas and suggestions from youths about the kind of articles and subjects they feel should be covered in THEIR new magazine.

"I am personally very enthusiastic about this. I myself will be in my 90th year a year from now — but don't ever get the idea I'm an old man. I still have very YOUNG IDEAS — though both God and the years have added enough wisdom to know which are the BETTER values even for kids and youths. I don't mean better for God or for parents — I mean better for the YOUNG."

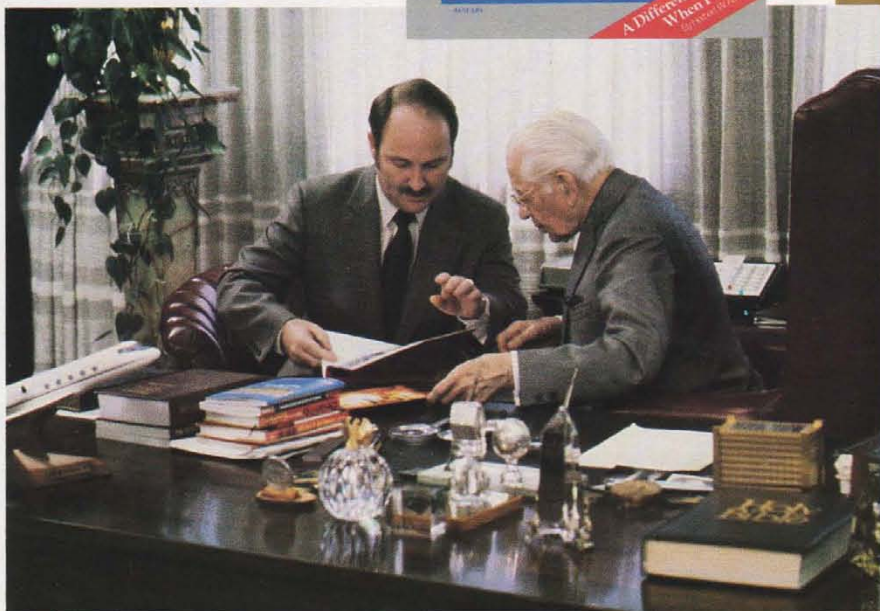
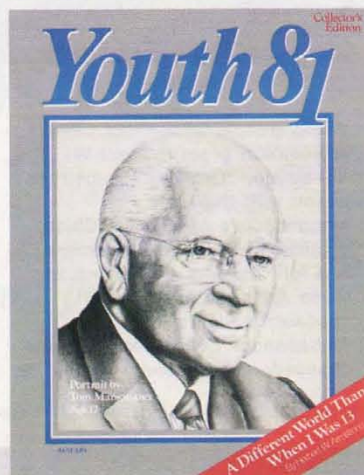
Mr. Armstrong's interest in young people set the pace for the entire staff. The article ideas he proposed and the comments he made serve as the guidelines for the magazine. We still feel as he did — we want your input.

Young people around the world have written in, thanking Mr. Armstrong for his important and deeply profound articles. In spite of the often difficult subject matter, Mr. Armstrong was a master at making his meaning plain to all.

### Grandpa

Mr. Armstrong has touched so

A portrait drawn by a 17-year-old of Editor-in-Chief Herbert W. Armstrong was featured on the first issue. Below, Mr. Armstrong discusses the magazine with Dexter Faulkner.



many of us, in so many ways. As just one example, consider that an entire school in Shanghai, China, calls him Grandpa.

That warm feeling is shared by thousands of young people who have met or heard him speak around the world, and by many others who have



Young people at summer camp in Australia greet Herbert W. Armstrong; "Grandpa" Armstrong poses with the Little Ambassadors of Yunnan, China, a group of acrobats, musicians and folk dancers whose trip to North America he helped sponsor; students meet the Ambassador College founder and chancellor at a Faculty Reception.



are so many things those of us who knew him and those who've read his writing have learned and can yet learn and put into practice even more.

**Carrying on Mr. Armstrong's dreams**

And so we will carry on, doing our best, with God's help, to fulfill the goals and dreams Mr. Armstrong inspired us with. Before he died, Mr. Armstrong named a man to succeed him who has loyally and faithfully assisted him in doing God's

great work. This man, Joseph W. Tkach, now becomes the publisher of *Youth 86*.

In a stirring message to all of us, he explained that he isn't trying to fill the shoes Mr. Armstrong filled, but to follow in his footsteps. "The greatest tribute we can give Mr. Armstrong is to *do the work* we've been called to."

And so we will go on, inspired by the accomplishments of Mr. Armstrong and under the leadership of Mr. Tkach, to strive to produce an inspiring, enlightening, quality magazine, filled with the positive hope for the future Mr. Armstrong always taught.

The next four pages in pictures and words form our tribute to Mr. Armstrong, "A Friend of Young People." □

grown to love this giving, caring man through his writings.

Mr. Armstrong's legacy is that hard work and perseverance pay off. He had a vision of the future and ability to think big, a dedication and devotion to God and to serving fellowman. There

# TRIBUTE

## Herbert W. Armstrong 1892-1986

# 'A Friend of Young People'

*In memory of our founder and editor-in-chief: His care for young people and work toward world peace will not be forgotten.*

**W**hen Herbert W. Armstrong died this January at the age of 93, it was hard for many to believe that this dynamic, giving man was really gone.

Mr. Armstrong, the founder and editor-in-chief of this magazine, died peacefully in his sleep Jan. 16, while resting in the favorite chair of his late wife Loma.

Known worldwide for his message of world peace and his humanitarian deeds, one of his prime interests was young people.

Even in his 90s he would make trips to visit young people at summer camps around the world. The campers always found his messages encouraging and helpful, just as thousands have also found his articles in *Youth 86*.

Mr. Armstrong saw young people as "the leaders in the whole world government of tomorrow!"

As he said, "Doesn't that make them almost the MOST IMPORTANT PEOPLE ON EARTH?" And so he took it as a personal responsibility to encourage strong family relationships and give opportunities to young people.

That's why he founded this magazine five years ago. From the start, his youthful outlook was always evident. His article in the first issue (January, 1981) was titled "*Youth 81 — a Different World Than Youth 05 When I was 13!*" After explaining a little about how much the world has changed since he was a teenager, Mr. Armstrong went on to show how dramatically the world "is going to change in YOUR lifetime!" He described the exciting new world young people can



Herbert W. Armstrong's support of the children's playground area of the Liberty Bell Park in Jerusalem and other projects around the world show his interest in young people and in world peace.

## Herbert W. Armstrong lived the kind of full and abundant life that he wrote about. He taught giving and sharing as a way of life.

look forward to, a world of peace and plenty for all. Mr. Armstrong himself was always looking forward.

### A full, abundant life

Mr. Armstrong lived the kind of full and abundant life he wrote about. He taught giving and sharing as a way of life. That's why he never charged a subscription price for this magazine, or any other publication we offer. It's a free gift to you.

Over the years many teens have come into contact with Mr. Armstrong through his many functions as Chancellor of Ambassador College and Imperial Schools, President of the cultural and charitable Ambassador Foundation, broadcaster of *The World Tomorrow* television show, Pastor General of the Worldwide Church of God, as well as Editor-in-Chief of *Youth 86* and several other publications. Not exactly a light schedule!

Thousands of teens felt a strong bond to this energetic and grandfatherly gentleman. When we asked readers last August who their heroes were, Mr. Armstrong came in third, behind God and parents, as someone readers look up to.

Let's look at some of the letters from young people we've received over the years in appreciation of our beloved founder.

First, here's a letter written when Mr. Armstrong first announced that we would be publishing a magazine for young people. This letter was printed in the first issue.

### Letters to the editor-in-chief

Dear Mr. Armstrong,

Your idea for the new magazine *Youth 81* came as a big surprise to me. I had been thinking it would be great to have an actual magazine written directly to the younger generation. This magazine would deal with problems that all of us teens experience and would help us cope with them properly.

Mr. Armstrong, thank you for being with us in

your heart at this time, and giving us the best chance we could have in becoming leaders. You may be in another generation, but you have understood this era's younger group of people. Thanks again for all your help, and I support *Youth 81* all the way.

Julie Barr (Ventura, California)

Dear Mr. Armstrong,

I'm just writing to let you know that I appreciate all you are doing both for God's Church and us teenagers. The concern shown for the youth is so deeply vital, especially now with such a society we all live in.

I'd just like to let you know how much [summer camp] meant to me and has helped and still is helping me to grow in all areas of life. Those camps are a tremendous opportunity for us.

Thanks for all the work you've done in helping to teach us God's way of life.

Cheryl Sebelak  
(Milwaukee, Wisconsin)

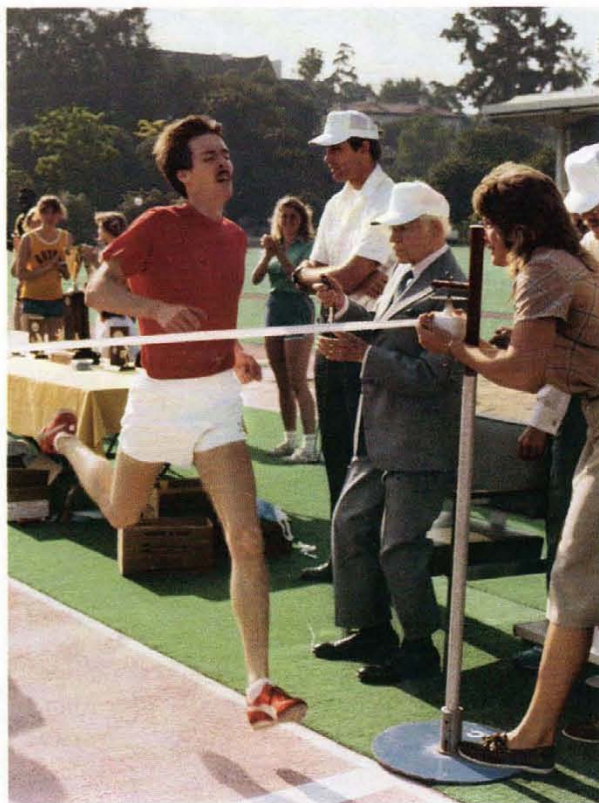
Dear Mr. Armstrong,

I'm a high school student. I'm 17 years old and planning to overcome. Already I have read many of your publications and find them interesting. But most of all, they make sense.

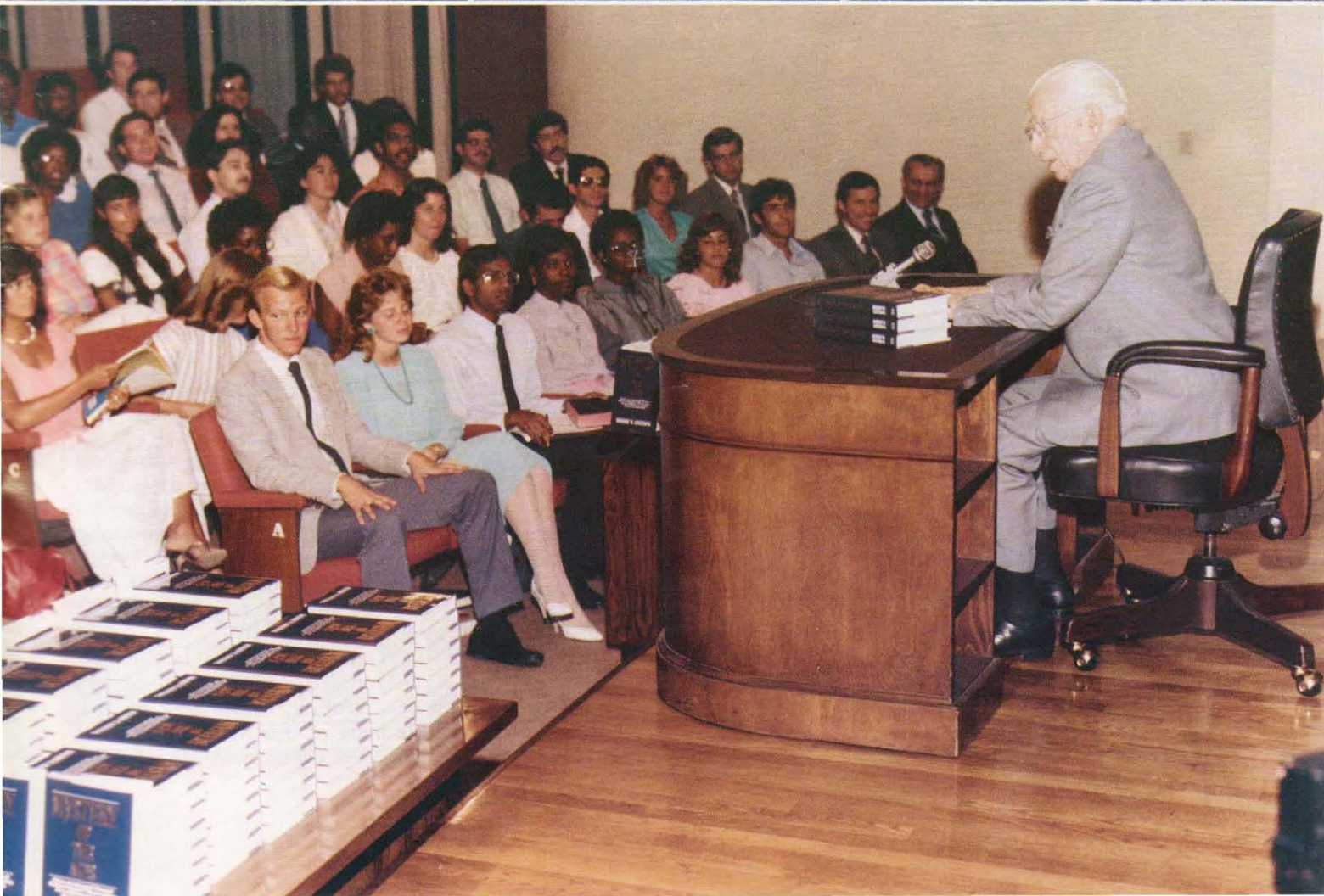
Ever since I was younger, I've wondered about how this world is full of so many problems. Every time I picked up one of

your publications, a question I had in mind would be clearly answered. It was almost as if somebody was talking to me; now I know it was *God*. He was and still is talking to me through your publications and at times, through the Bible.

I know you're responsible for touching many peo-



Herbert Armstrong supported and visited summer camps for young people around the world. Upper left: After watching campers learn to golf at summer camp in Australia, Mr. Armstrong has a go. In New Zealand, he greets members of a summer camp on wheels. Bottom: Mr. Armstrong presents his last and most important book *Mystery of the Ages* to a class at Ambassador College.



ple's lives and I'm so grateful that you have reached me. God has truly made you a "fisher of men."

G. Fernandez (Williamstown, New Jersey)

Dear Mr. Armstrong,

I would like to say that a lot of us teenagers enjoy your [television] program very much. I have found so many things in my Bible to be different from what I have been taught. This is due to the fine workmanship that I have found in your magazines, and your Bible course.

Laura Hodge (Toledo, Ohio)

Dear Mr. Armstrong,

Thank you so much for feeling that we are important enough to have such a super [summer camp] facility. You let so much money, time and effort be put into camp just so that we can enjoy ourselves. Thank you for caring about us so much and for taking time out of your busy schedule just to come and speak to us for a while. You enabled us to make lasting friendships and to create wonderful memories. It is those treasured memories that we will hold tightly to until the Kingdom of God arrives.

**"I know . . . God will say [to Mr. Armstrong], 'Well done, my good and faithful servant.' "**

ing in this world. I know they are not lies. A man who reads the Bible thoroughly should understand it well enough to make people understand. You do a great, great job. I've only been in this world 10 years and 4 months. Already, I'm watching your show.

Tommy Spain (St. Louis, Missouri)

Dear Mr. Armstrong,

I am about to be 18 years old, and at such a young age, I have a very narrow viewpoint on life. You see, I cannot stand greed and selfishness. But thanks to people like you I realize that there are still people who care, not only for themselves, but for the people around them. Thank you for that! It is people like you that make a difference!

Yamilet Reyes (Hialeah, Florida)

Dear Mr. Armstrong,

I finally decided I would write you and tell you, from the heart, how much I admire you and your writing. In reading this material and in watching your television shows, I am constantly awestricken and inspired. I feel you are very inspired yourself, with God's Word!

Leonard Davis (Dudley, North Carolina)

Dear Mr. Armstrong,

I wanted to take a little time to tell you, Mr. Armstrong, THANKS for putting so much time into God's Work.

I know that when judgment time comes, God will say, "Well done, my good and faithful servant."

Angela Kennedy (Ohio)

#### **A living tribute**

These are only a few of the thousands of letters of appreciation received during Mr. Armstrong's lifetime. Now that he is gone, there is still a way we can honor him, as the man Mr. Armstrong appointed to succeed him, Joseph W. Tkach, has pointed out. Probably the best tribute and appreciation any of us could pay Mr. Armstrong is to live according to the principles he stood for and taught us, carrying on the work he was dedicated to, of announcing world peace and the give way of life.

As one young person wrote and told us a short time after Mr. Armstrong died: "I felt like letting go because Mr. Armstrong had passed away. But then I realized that he wouldn't want me to stop! So now I'm right back in the ring giving it my all!"

Remember, as Mr. Tkach explained, "In the next second of [Mr. Armstrong's] consciousness he will awake in the first resurrection, completely healed, not in the corruptible body of this mortal flesh, but as an immortal spirit-

(Continued on page 29)



God could not have found a more caring, understanding, loving and capable man . . . God bless you and watch over you always, Mr. Armstrong!

Diana Crakewich (Winnipeg, Manitoba)

Dear Mr. Armstrong,

I order your books to understand what is happen-



# NEWS

## THAT AFFECTS YOU



Welcome to the new "News That Affects You." We're switching to a colorful and exciting new look to help make the news come alive for you!

## 108 Minutes That Changed the World



Photo by AP/Wide World

Mankind's first space traveler receives a hero's welcome.

**"O**ff we go!" With the Russian version of these words, Cosmonaut Yuri Gagarin rocketed into the history books. On April 12, 1961 — 25 years ago this month — Major Gagarin made mankind's first trip into space.

His voyage captivated the imagination of people everywhere and his name became known around the world.

Only 3½ years earlier, the Soviet Union had launched the world's first satellite — called Sputnik — into orbit.

In their tiny village, Anna Takhtarova and her 6-year-old granddaughter had heard nothing of Major Gagarin's historic space flight. All they knew was that this orange creature who had just landed in their potato field might not be trustworthy.

They stood staring at him — somewhat frightened.

"I'm one of your own people, comrades! One of your own!" he said, trying to calm them. He asked them the name of the village, then went back to the space capsule. "I must immediately

report my safe return to earth," he told Anna.

By now, Anna had regained some of her courage. "Have you really come from space?" she asked cautiously.

"Just imagine — I have!" he replied.

Now Anna, coming back to her senses, realized what a poor hostess she had been thus far — and even space travelers deserve the finest hospitality!

"Would you like a bit to eat? Or some milk?" she asked.

"Thanks very much," he

This 184-pound (83-kilogram) satellite served as the starting gun in what would come to be called the space race between the Soviet Union and the United States.

Both countries worked feverishly to be the first to put a man into space. Both ran into many difficulties on the way. But on that April morning at 9:07 Moscow time, a 125-foot- (38-meter-) tall rocket lit up the steppes of the Soviet republic of Kazakhstan and carried Major Gagarin into orbit.

The forces of the lift-off — forces several times stronger than gravity — pushed Major Gagarin back into his seat, making it difficult for him to move and even to talk. Within minutes, though, he was feeling something entirely new to mankind: weightlessness.

In 1961, this was one of

the most mysterious aspects of space flight. Scientists wondered if, while weightless, an astronaut's blood would continue to flow properly, or if his senses of hearing, touch and even sight would work.

But Major Gagarin soon showed that those fears were groundless — at least for flights as short as this one. As Soviet journalist Evgeny Riabchikov wrote in his book *Russians in Space*, "Gagarin felt fine when weightless. He was in good spirits, energetic, delighted by the astonishing views afforded by space and eager to share that delight with [controllers on the ground]."

He was even able to eat and drink in a weightless condition. Just keep your mouth closed, he discovered, or your food will float out!

Major Gagarin had many tasks to perform on this first



Illustration by Warren Chang

replied, "but I'm in a great hurry."

Soon, helicopters arrived to carry the major away. And

soon Anna Takhtarova learned she had been the first to greet mankind's first space traveler. ■

space voyage, but he still had time to admire the view. This was the first time any human had seen planet earth from space.

All too soon, his one orbit of the planet drew to a close. Over Africa, the reentry rockets fired and slowed the craft down. Parachutes

lowered the capsule to the ground.

The whole flight lasted only 108 minutes, but they were 108 minutes that changed the world. And to many around the world, Major Gagarin's cry of "Off we go!" seemed like an invitation. ■

## Students Get SASSy About Smoking

students who smoke. "They know how to reach their friends and other students much better than we teachers do," says Prudence Goodale, a student council adviser and spokesperson for SASS.

Richard Sugarman, 15, a student council member, is actively involved with SASS. He feels that, because of the unity of SASS members and the school-wide support SASS has received, smokers are feeling more pressure to quit smoking in school.

"It's a real pain for everyone else to go into the bathrooms when . . . smoke is filling the room," he said. "The students have realized that this is a problem."

On the day SASS was unveiled, a pledge sheet was distributed to the entire student body. Students could make several different pledges. "They could pledge to give up smoking entirely, they could pledge to give it up for the day, they could pledge to help a friend quit, they could pledge to help a parent quit and they could indicate that they wanted to become involved in the SASS program," Mrs. Goodale said.

The idea for SASS originated when it became obvious that students were taking their smoking habit inside the school. The majority of the students are

nonsmokers who do not like smoke in the rest rooms and other closed areas.

"The idea was to mobilize peer pressure and have students themselves get other students to at least pledge to not smoke during school hours," Mrs. Goodale said.

"Everybody knows about [SASS]," Richard feels. "I really think I have seen a difference in the condition in the bathrooms and in the number of people smoking at school. It actually is working."

SASS members don't want to come across as trying to discipline their friends. They want to be supportive of those who are trying to quit. According to Mrs. Goodale, students join the campaign

primarily out of concern for the health of their peers.

"The short-range goal is to try and reduce or eliminate all smoking in the [school] buildings. The long-range intention is to get students to give up smoking entirely," Mrs. Goodale said.

SASS plans to involve its members in a program for children in the younger grades. "It's really in the middle school, or even as young as grade five or six that children begin to smoke," she said.

Richard agrees. "I think that the incoming freshmen will know that this [school] is different. In junior high they may have been smoking, but here we don't want it." ■

## A Problem That Can't Be Buried

Have you ever swept dirt under a rug, hoping you wouldn't have to worry about it if nobody could see it? The problem, as you may have discovered, is that it often comes back to haunt you.

This is the same problem governments around the world are having with getting

rid of highly poisonous chemical wastes. For years, these toxic wastes have been buried underground, stored in large holding ponds or held in steel containers. Governments hoped this would be a final solution to the problem of what to do with these wastes.



In the frigid waters of the North Sea, a Dutch-owned incinerator ship burns toxic wastes. Are these ships the solution to the toxic-wastes problem?



Photo by G.A. Belluche Jr.

Are you willing to help your friends stop smoking? Members of SASS are. The Students Against Smoking in School (SASS) campaign was launched last September at Randolph High School in Randolph, Massachusetts.

SASS members put positive peer pressure on

# TRENDS

## TO TALK ABOUT

**An Orbiting Junkyard.** It's just a half-inch (1/4-centimeter) piece of junk, but smacking into the side of an orbiting space shuttle, it would have about the same effect as a hand grenade. That's why space scientists are getting worried about the growing pile of trash circling in low earth orbit.

Of all the objects orbiting the earth, 95 percent of them are junk — old rocket stages, pieces from explosions of anti-satellite tests and even a few dead satellites.

Says Donald Kessler, director of orbital debris studies for the U.S. National Aeronautics

and Space Administration: "If we don't do something about space junk, we'll rapidly put ourselves out of business in low earth orbit."

**Contact Worries.** If you own



or are considering buying extended-wear soft contact lenses, consider this: Some eye doctors now refuse to prescribe them.

These lenses, which can be worn for up to 30 days without removal, have soared in popularity in the last few years. Now, though, some doctors are seeing vision disorders they feel are related to the lenses.

Some doctors feel the lenses deprive the eye of oxygen. Others put the blame for the problem on wearers of the lenses, like one wearer who hadn't removed the lenses for 18 months.

Although most doctors feel the lenses are safe when used properly, some are now telling their patients to leave the lenses out one night a week and clean them regularly. As one doctor said, "Extended-wear is a convenience, not a marathon."

*¿Habla Español?* Say

good-bye to your tattered old foreign language dictionary and hello to the Translator 8000. This handy gadget, which looks like an ordinary pocket calculator, is the first electronic pocket dictionary.



Made by Langenscheidt Publishers, Inc., the Translator 8000 contains 4,000 words in English and 4,000 of their equivalents in either Spanish, French or German. Just type in a word in English, and the translator will give you its equivalent in one of the three languages. ■

Illustrations by Wendy Lagerstrom

But many of these storage methods didn't work as well as hoped. Today, governments are faced with the difficult task of cleaning up many of these disposal sites, some of which are now poisoning water supplies and threatening the health of nearby residents.

It seems the only foolproof way to handle toxic wastes

would be to destroy them. Now, some environmental experts feel, a new technology makes that possible.

Incinerator ships have been built that can burn these chemicals at the temperatures necessary to destroy them (see illustration).

This method has already been in limited use in Europe for more than a decade.

Those in favor of ocean incineration feel it is the answer to the toxic waste problem. "Incineration seems to be a proven technology," said Edward Johnson of the U.S. Environmental Protection Agency. "It's available right now and it actually . . . destroys wastes and there isn't any demonstration that the

operation of incinerators has posed or will pose any environmental or human health problems."

But not everyone thinks it's such a good idea. Some fear spills, collisions with other ships, air pollution and pollution of the ocean.

One member of the U.S. Congress said: "We have already paid the price on land for ineffective disposal of hazardous waste. We cannot afford to make the same mistake at sea."

In the meantime, the mountain of poisonous waste grows. How will these poisons be made harmless? How will the purity of our soil, air and water finally be restored? The Bible shows a time in the future when there will be no pollution. How will that happen? Write today for the free book *The Wonderful World Tomorrow — What It Will Be Like to find out.* ■

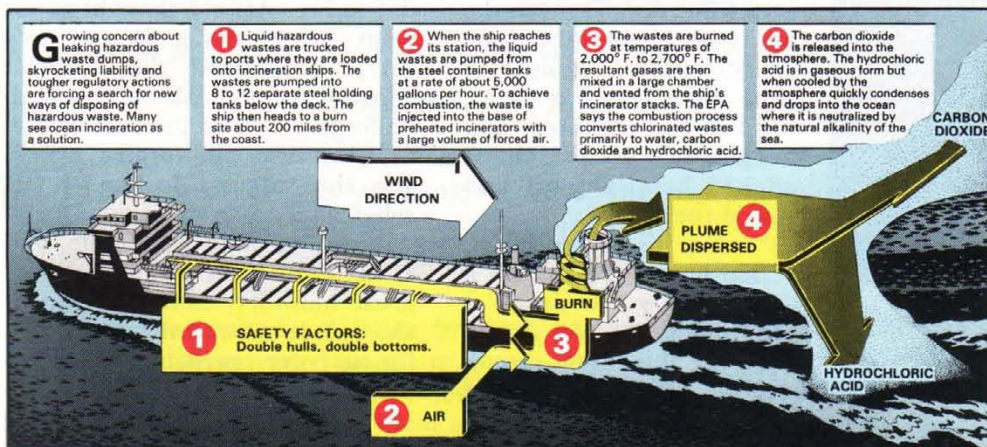


Illustration by Michael Hall—Los Angeles Times

# 'Why Was I So Mean?'

By Julie Fricke

*How would she ever forgive me?*

**A**s I stood in front of the closed door in the hall, I held the knob gently so as not to make a sound.

I listened intently, straining for any faint stirring in my 7-year-old-sister's room. I cracked the door open, ever so slightly; the feeble hall light spilled into the dark room onto Leah's small figure.

for winter break from my first year at college, and it was bedtime for everyone. I was talking to my sister, Jeanne, in her bedroom next to Leah's.

"Julie!" Leah called through her closed door. I didn't answer.

I left and walked down the hall. Jealousy flashed over me. I didn't have someone who came to me whenever I called, I thought. As I came nearer her door, Leah again called my name. I stopped.

"What?" I asked in a hostile tone.

"I want to say good night."

"Just a minute. I'll be right back," I said with no intention of doing so. I went into the living room to get Jeanne's book for her. As I came through the hall, Leah called for me again.

"OK! OK!" I said in a deadly tone of voice. Just because she hasn't seen me for a while doesn't mean she has to say good night to me every night, I thought. I went into Jeanne's room, handed her the book and hugged her good night. I clicked her light off and closed the door.

"Julie, it's my turn!"

"Leah, I don't have time. Now go to sleep," I said with finality — yet I had time to tell her this. Leah shrank in silence — a silence so cold with hurt that even I could feel it. It stung. I walked to the end of the hall without hearing another sound from Leah.

As I was getting my bed ready, I sat down. Why am I so mean? Why did I do such a terrible thing to my little sister? I asked myself. She just loves me. We've always been very close. She even calls me her second mom, because when I was still at home she came to me when Mom wasn't around.

I forced myself up. I can't let this go. I have to say good night.

## Glistening tears

So here I was standing outside the door, looking in on her huddled shape.

"Leah?" I whispered. There was no answer. I feared she was asleep already. I took a few steps toward her bed. She stared at the wall. The streaked tears on her cheek glistened in the light. I sat down on the side of the bed. Still no movement.

"Leah, I'm sorry. I shouldn't have said that," I told her weakly. She blinked at the wall, but didn't reply.

I watched her for a moment, then looked down. All of a sudden I felt two small, but very strong, arms squeeze me around the neck. She pressed her wet cheek close to my dry cheek. I squeezed her back. She felt so small in my arms.

"I love you, Julie," she whispered as she held me tighter. Then the tears streamed down my face and joined hers.

I learned a lot about forgiveness from Leah that night. She had been deeply hurt by what I did to her. After I thought about what I had done, I was very sorry. I realized she couldn't come to me and ask me to ask to be forgiven. I had to come to her.

When she did forgive me, it was the happiest feeling. I felt relief and peace of mind.

A young child is humble, and I came to realize that it took great humility to forgive me as she did. It showed that she cared for me very much to do this for me. There is a deep and incredible love behind forgiving.

Thanks, Leah, for forgiving me, for teaching me and for loving me! □

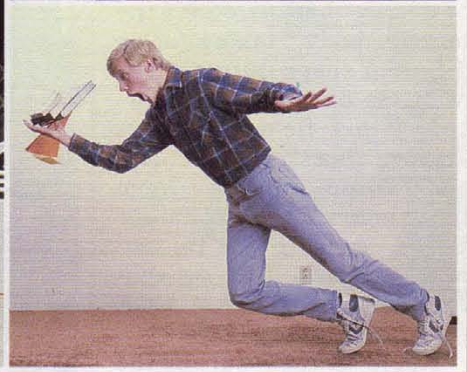


Photo by G.A. Belluche Jr.

She lay on her side facing the wall with her quilts tucked up close. I could not see her face.

## How it all started

My thoughts sprang back to half an hour earlier. I was home



# OOPS!

By Kathy Burch

*Why is it, when you want to be your most graceful, you end up tripping over your own feet?*

**O**ne minute I was walking to class, the next I was flat on my face in the hallway. My feet had slipped from under me for no apparent reason.

I wasn't surprised. A little bruised, maybe, but I wasn't surprised. I admit it. I was a klutz.

My friends went so far as to remove sharp objects from my path. Sometimes they had to remove themselves from my path . . . I bumped into them a lot.

Most people have a problem with clumsiness sometime, especially in their teen years. Why?

Both physical and psychological reasons have been suggested. Let's look at some of them.

## Physical causes

Such things as vision problems or a faulty sense of balance can contribute to clumsiness. I don't judge distances very well and still find myself constantly bumping into doorjambs, no matter how wide the door is.

Tiredness, stress and tension also play a role in clumsiness. Maybe it's because my eyes aren't fully

## My friends went so far as to remove sharp objects from my path. Sometimes they had to remove themselves from my path... I bumped into them a lot.

open, but when I haven't been getting enough sleep, my bouts with clumsiness reoccur.

Many times the stress of living — tests, dates, problems at home or school — puts so much pressure on your mind and body that you begin to have problems with clumsiness. When you're thinking of a dozen things at once, it's easy to forget what your body is doing. Sometimes my nerves are so much on edge it seems that I drop/break/bump into everything in sight. The tension takes away any hard-won grace I may have.

In a humorous article for *Omni* magazine, Terry Runte commented on an interesting theory. Some scientists now believe that there is an invisible field of energy that surrounds the human body, taking on a different shape during times of stress or anxiety. Apparently, this field resembles "clown shoes" on our feet and "Disney fingers" (huge four-fingered gloves) on our hands, causing us to trip over our own feet or spill things when we most want to impress others.

Rapid growth during the teen years can contribute to clumsiness, because the body develops faster than the coordination. Eventually the coordination will catch up, but what do you do until then? Most people eventually grow out of being clumsy, but until then you need a way to avoid breaking everything or putting yourself in the hospital.

### Psychological factors

Have you ever noticed that when you want to be your most graceful and charming, you end up tripping over your own feet? For me, it's almost a certainty that I will wedge the heel of my shoe in a crack when I'm with someone I particularly want to impress. I've also discovered that it's best for me not to wear white — I nearly always spill something on myself if I do.

Nervousness or shyness can bring on a sudden attack of clumsiness by making you overly conscious of your movements. When you're trying extra hard to control your body, something seems to snap and suddenly no water glass or end table is safe.

Nervous people also tend to fidget a lot and that

can cause disaster. I once nearly set a restaurant on fire by playing with an after-dinner-mint wrapper near a candle.

With so many causes of clumsiness, are we all doomed? What, you may ask, is a poor klutz to do?

Now that we know some of the causes of clumsiness, what can be done to make the world safe for innocent bystanders?

### Coping with clumsiness

The first thing to do is to take a look at when you are most awkward. Is it when you're tired? When you're with "him" (or "her")? All the time? From there, you can decide what's to be done to cure yourself.

If you feel out of touch with your body — like you have no control over it — try some kind of rhythmic exercise, such as walking, bicycling or swimming. The increased body awareness these activities give you will also improve your coordination. When you're physically fit, your self-image improves, and your awkwardness lessens.

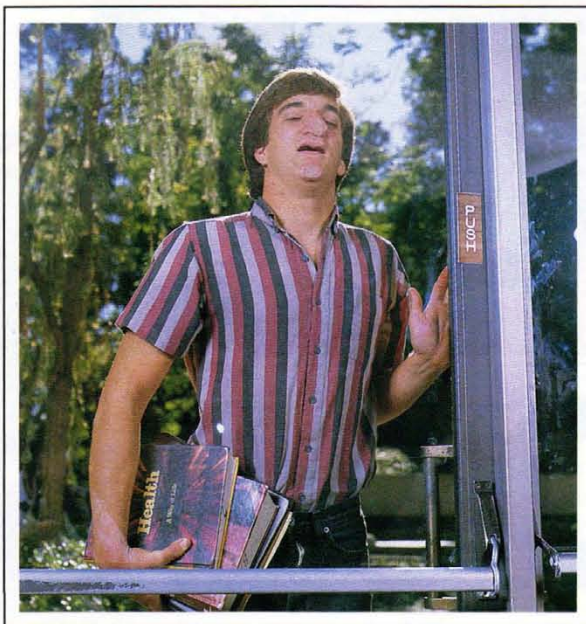
If you find you're only clumsy when you're nervous, try some relaxation techniques, such as slow inhaling and exhaling exercises. Try to keep a positive attitude and realize that no one is quite so critical of you as you are. You'll find if

you're not so concerned about your actions, you'll behave more naturally and won't be so likely to destroy things.

Also, if you are able to laugh at yourself if (or when!) you do have an accident, you won't be so self-conscious. My friends generally don't remember the many accidents I've had over the years (except that one time on the dance floor that no one will ever forget!).

All it takes is time and patience to overcome clumsiness. Sure you'll grow out of it eventually. But in the meantime, exercise, relaxation and a positive attitude can help.

Even if you still find yourself flat on your face or soggy with spilt milk, it won't be so bad if you can laugh at yourself. You'll get through it. Pretty soon, *oops* will be a word you rarely use. □





# Saturday Night Trauma?—or— A Night of Dazzling Dance

By Robert C. Taylor

*The dance floor was the last place I ever wanted to be, until . . .*

**D**ance? No, thank you! My friends had coaxed me into coming, but I wasn't about to make a fool of myself in public. So I played pinball and watched people playing video games — anything to avoid the dance floor.

Then the unexpected happened — a girl found me and asked *me* to dance! I didn't even know how!

Getting on the dance floor was a trauma. I felt so uncomfortable not knowing what I was doing — I felt like everyone was watching every self-conscious move I made.

I can't keep doing this, I thought to myself. I'll either have to totally avoid dances, or I'll have to learn how to at least fake it. There must be a better way!

The answer came at a later dance. There I was faking it, while some of the couples seemed to know what they were doing,

Fancy partner dances look like — and are! — a lot of fun. But many times myths about the social dances keep people from trying them. By the way, you won't need costumes like these! (Photos by G.A. Belluche Jr.)

and to really be enjoying it. These teens had learned and practiced some fancy partner dances. When the DJ started the dance contest, those few couples dazzled everyone — and won the contest. Now that looked like fun!

### Dance myths

Experiences like that made a big impression on me. Eventually I took some lessons and learned to dance. Just as important, I unlearned a few myths about some dances I had thought, without knowing much about them, were old-fashioned.

If it hadn't been for these myths, I might have learned some of these exciting dances



**Some moves leave the couple  
breathless, and others leave  
spectators breathless.**



## Then the unexpected happened — a girl found me and asked me to dance! I didn't even know how!

*Social dances are slow and boring.*

Anyone who has ever danced the polka for three minutes knows social dances are definitely not slow and boring! Some of the fancier waltz and swing moves involve lifts, dips and incredible spins.

There are some moves that leave the couple breathless, and others that leave the spectators breathless.

Most people who have taken dance lessons agree that "fancy footwork" is a lot simpler than it looks.

A basic swing step with a few fancy moves can be learned in less than an hour. Then it's just a matter of practicing everything until it becomes second nature.

The basic footwork for most dances can be learned in a single lesson.

*If a young couple does the rumba, or some other "old-fashioned" dance, others will think they are odd.*

People may give funny looks at first, but they soon realize that the couples who can dance well are having a lot more fun. People enjoy watching a couple who dance well. The traditional partner dances look especially poised and professional.

If others snicker and stare when they see you are doing the cha-cha, it's probably because they haven't tried it. But don't be surprised if others come to you for lessons!

*Social dancing isn't for "real men."*

Social dances teach a man confidence and poise. He learns how to lead his partner and make *her* look good. His leadership and skill will make him seem older and more mature to his dance partners.

### How to learn

Most cities have one or more dance studios that specialize in popular dances, such as the samba, swing, waltz, rumba, quickstep and fox-trot. Group lessons are an inexpensive way to learn. Ideally, a few of your friends will be interested enough to join you.

If you are short on cash, but still want to learn some useful footwork, check to see if any of  
*(Continued on page 29)*



earlier — and avoided a lot of the trauma I went through.

Let's take a look at some of these common myths.

*Traditional social dances, such as the swing, cha-cha, quickstep and rumba, are for people who want to dance to old-fashioned music.*

This mistaken belief leads many young people to think social dances are out-of-date. Not so.

Most dances are created to correspond to a certain rhythm or beat, not to specific tunes or lyrics.

Most songs today still use either three-beat or four-beat music. The social dances fit right in and look sharp!

There's even humor. The cha-cha's "chase" step lets partners play tag.

Best of all, social dances are fun. Once the basic steps are learned, there are plenty of variations to keep the couple busy. There is no need to keep doing the same thing over and over again.

*Partner dances take weeks and weeks to learn.*



PASSEY

# **EMERGENCY** *at 8,000 Feet!*

By Michael Snyder

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

**T**he Cessna 150 bucked and shook as strong winds buffeted the light training aircraft.

How could I be so stupid? I thought angrily as I nervously watched the engine RPM (revolutions per minute) gauge drop and rise.

Something was wrong with the plane's engine and I was trying to win an ill-timed race against an approaching thunderstorm.

As lightning crackled somewhere nearby, nobody needed to remind me what happens to light aircraft caught in a powerful, swirling thunderstorm. Few live to tell about it.

I glanced to my right and saw dark, evil-looking clouds closing in.

Rain splattered against the Cessna's windshield and visibility was quickly dropping. The engine continued to sickly drone and sputter.

Looking out the window for possible emergency landing

Weather conditions had turned nasty with surprising speed — far too fast for a student pilot on a solo flight to handle. And then the engine started acting up! (Illustration by Kim Passey)

fields, I said aloud, “How did I get myself into this?”

### **Solo cross-country**

About two hours earlier the wind was whistling past the windows in the pilot's lounge as I paced anxiously beside the well-worn furniture.

I only had to log about three more hours of solo flight time before I qualified to take my final flight examination — “check ride” as it is called — for my private pilot's license.

The Cessna 150 training aircraft I was assigned to fly was being used by another student pilot. He was already more than an hour late and I was anxious to get up in the air.

It was March in Indiana, a time of often violent weather. Conditions could turn nasty with surprising speed. When I checked the weather at the aviation weather station, they had warned of an approaching front filled with turbulent weather and possible thunderstorms.

Working out my flight plan, I calculated that my path would cross the approaching front, but I would be able to beat the storm by at least an hour, probably more.

As a safety margin, I had plotted my flight near an alternate airport.

“I can easily make it,” I had told my instructor. Paging through my pilot logbook, he slowly replied: “Well, it may be close. I'll sign you off, but make sure you're out of here by 2 o'clock.”

With that he handed me back my logbook and rose to leave. “Don't take any chances,” he said with a parting wave.

Time passed and it was now about 15 minutes before 3 p.m. and my plane still hadn't returned.

Confident that I would com-

plete the solo cross-country, I had already scheduled my check ride for the next day. A government examiner was flying in for it, and I hated the thought of telephoning him and rescheduling the exam.

Anxious to get going, I walked out to the hanger. After what seemed like an eternity, I could finally hear and then see the familiar red and white Cessna turn on final approach to land.

### **The mistake**

After the pilot had taxied up to the fuel pumps and stopped the engine, I asked him whether he had any problems during his cross-country flight. “None that I'm aware of,” he replied sheepishly, knowing I was irritated at his lateness.

As a mechanic finished refueling the airplane, I decided to save time and forget the required pre-flight inspection. This guy didn't have any problems and besides, it's fresh fuel and the engine's too hot to check the oil, I thought, making the worst decision of my life.

During training, each pilot learns to pre-flight an aircraft. From the small two-seat trainers to the enormous Boeing 747 passenger jets, each pilot has a detailed checklist to go over to spot potential problems and help prevent accidents. All of my instructors had emphasized the importance of preflighting the airplane and I had never neglected it. That is, until now.

### **Trouble starts**

After pushing the plane away from the pumps, I quickly jumped in the cockpit and started the engine. Checking for incoming air traffic, I taxied straight for the runway.

Turning onto the asphalt strip, I pushed the throttle in and the engine roared to full power. Shortly before I reached the speed required for takeoff, the engine sort of burped and then ran smoothly. I only half noticed, anxious to get airborne.

Pulling up the flaps, I called the local aviation authority to activate my flight plan. “Is this IFR [an instrument flight]?” the official radioed back. When I replied that it wasn't, he asked if I knew that a weather front full of rain and thunderstorms was near my projected flight path.

That storm's really coming in fast, I thought. I left the throttle in, trying to gain altitude quickly and maintain a good airspeed. On cross-country flights, I liked to maintain at least a mile (1.6 kilometers) between me and the ground. That way, I thought, I would always have plenty of time to pick a field for an emergency landing.

As I continued climbing, the engine burped again. I wonder what that is? I thought.

About 30 minutes into the flight, I leveled off at 8,000 feet (2,440 meters).

**The closer  
I flew toward  
the storm front,  
the more the  
plane bucked like  
an angry bronco  
from turbulence.**

I had about an hour to go before I reached my first airport. Even though I could see dark clouds approaching, I was about 1,000 feet (300 meters) below spotty cloud cover, and had pretty good visibility. It would be easy, I thought smugly, recalling my instructor's reluctance to authorize the flight.

As I neared the halfway point for the first leg of the flight, the engine started running a little rough. The RPM gauge showed that I had lost about 100 RPMs. Shoving the throttle back in to regain them, I thought, I'll have to get that checked out when I

*(Continued on page 28)*

# IDEAS PLUS

## Mmm, Mmm, Mini-Pizzas!

Your parents were talking about going out for the evening, so you offered to fix dinner for yourself and your little brothers and sisters.

So, here it is — time for dinner. Your brothers and sisters are hungry and they want to eat *now!*

What can you serve that will contribute to everyone's health and still get a meal on the table quickly?

Here's a delicious meal that you might not have thought about right away: homemade mini-pizzas. Mm! They're fun to make and you can get those little brothers and sisters to help you get everything you need ready.

The first part to prepare is the pizza crust. For these little pizzas, you can even use English muffins or French bread rolls as a ready-made crust and then the whole project will only take about half an hour.

If you have more time, you can make bread dough from a basic bread recipe. Let it rise *once* until it has grown to double its former size, and then punch the bubbles out and shape it into

5-inch (13-centimeter) circles. Your total time with the homemade crust will be about two hours.

Next you need the sauce. You can buy canned spaghetti sauce at the grocery store and have it ready for emergencies, or you can be a real chef and season tomato



In a hurry? Need to come up with something good to eat — and *fast*? Here's a quick and tasty treat that — wonder of wonders — is also good for you!

sauce with oregano, basil, thyme and garlic powder. Check a recipe book for

suggested amounts of these spices. You can also experiment until you find the taste you like best. Spread your pizza sauce over the crust.

Now's your chance to get your brothers and sisters involved. Let them decorate their own pizzas with tasty ingredients. You'll

need to cut the onions, green peppers, olives and mushrooms and brown any meat you may want to add, but they can help grate mozzarella and cheddar cheese to top everything off.

Heat the oven to 350 degrees Fahrenheit (215 degrees Celsius) while you arrange all the toppings on your pizzas.

Finally, sprinkle cheese on them. Put the mini-pizzas on a foil-covered cookie sheet (to make cleanup easy) and pop them into the oven until the cheese melts.

(If you are using the homemade crust, cook them until the crust turns golden brown — about 15 or 20 minutes.)

Serve these treats with an ice-cold glass of milk and you've made a fast, easy, fun and

nutritious meal. And maybe your parents will want you to make mini-pizzas for them sometime! They could become a family favorite. — *By Maria Stahl* □

## Oh, No! A Flat Tire!

You've just passed your driver's license exam and you're eager to do some driving.

You breeze along the highway enjoying the freedom and feeling of maturity a driver's license can bring. Sud-

denly, your fun turns to fear. You hear a sickening flop-flop-flop sound coming from the left rear wheel: a flat tire!

Now what? Your license isn't a whole lot of good unless the car can move!

Before you find yourself in a situation like this, learn one of the most basic — but neglected — emergency driving skills: how to change a flat tire.

This is a skill that can only be mastered by *doing* it. On paper, it will sound quite easy. But on the highway, it can turn into a mess.

Before you run out and start taking the wheels off your family's car, though, remember this: Done wrong, changing a tire can be dangerous. Ask your parents to show you how to do it. Don't try to figure it out on your own.

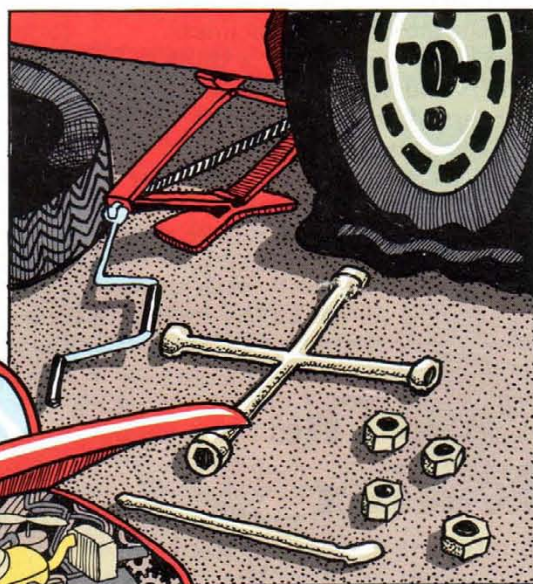
With your parents, go over this brief outline of what you will need to do to change a tire. Then go through the process with

them step by step until you can do it yourself.

First, make sure the car is on level ground and the parking brake is on. Block the wheels at the opposite end of the car from where you will be putting the jack. Doing these things will help keep the car from rolling while you are changing the tire.

Now gently pry the wheel cover off with a screwdriver. With the special wrench that comes with most cars, slightly loosen the nuts holding the wheel on. Loosen these nuts before you

raise the car — but don't remove them. Often, these nuts are terribly tight and fighting



It can happen to any driver, anytime, anyplace. Are you ready for it? Would you know what to do if you had a flat tire? Learn how to make this simple repair now — before you *need* to know.

to loosen them while the car is lifted up on the jack is dangerous.

Now place the jack under the jack support point nearest the flat tire — the car's owner's manual will tell you where this is.

Raise the car far enough off the ground to remove the flat *and* to install the inflated spare. Remember, a tire with air in it takes more space than a flat.

After the car is high enough, remove the wheel nuts (place them in your upside-down wheel cover to keep them from getting lost). Now slide the flat tire off of the bolts — and be careful. Wheels can be heavy!

Now put the spare tire on, hand-tightening the nuts. Lower the car and tighten the nuts with the wrench. Put the wheel cover back on, remove the jack and wheel blocks and you're done.

The whole operation will take about 15 minutes. So, ask your parents to teach you how it's done now — before you *need* to know. — *By Lowell Wagner Jr.* □

## Are You Feeling Lonely?

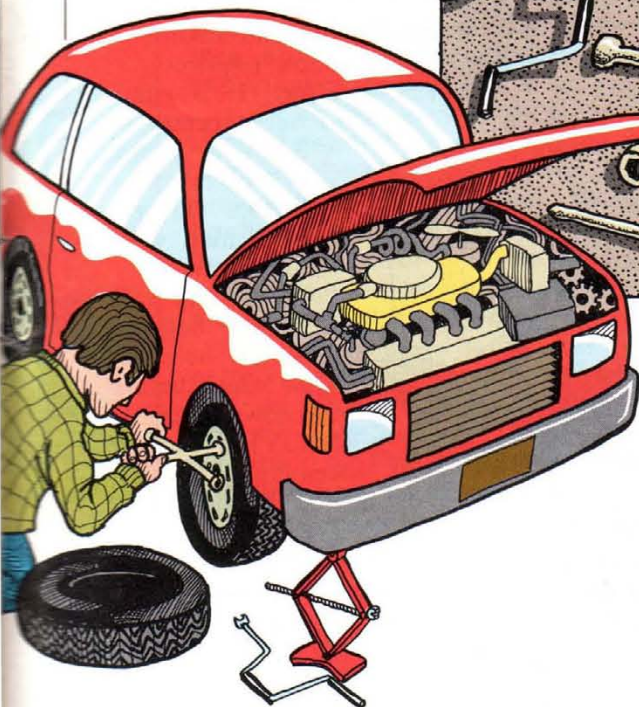
Dave is nice looking and popular. He has lots of friends and does well in school. But Dave often feels like he has no one to talk to.

Jennifer is quiet and shy. She feels like she's missing out on life as she spends one more Saturday night at home.

Rebecca's family just moved to a new city where she is faced with making a whole new set of friends. She's scared and unsure of herself.

What do these three people have in common? They are lonely.

Studies show that loneliness





Loneliness visits us all once in a while. Most of the time, we quickly snap out of it. But what do you do if you're lonely *all* the time?

acquaintances but no one to talk to? If that is true, why is it so? Is there someone you'd

can be caused by situations such as family problems or moving, or it can be triggered by not enough contact with other people, or by contact that is not satisfying.

Loneliness can cause other problems, such as headaches, sleep problems or depression.

Everybody is lonely sometimes, but what if you find you're lonely much of the time? What can you do to snap out of it?

If you've just moved to a new city, give yourself a little time to get accustomed to your new surroundings. Smile and be friendly to your new schoolmates. Try to start a conversation with someone. Being friendly yourself is a way to gain friends.

What if you have lots of

like to become friends with, but haven't taken the chance to do it? Give yourself a chance!

This brings us to the best way to beat loneliness: Concentrate on helping someone else. Some things you can do include volunteer work, visiting the elderly or baby-sitting. Get involved with people and you'll soon find the rewards of service banish the blues of loneliness. The main thing to do is think of others and you won't be so concerned about yourself.

Loneliness is a common problem, but don't let it get you down. Whatever its cause, you can overcome it with a little time and effort. — *By Kathy Burch* □

completely out of control.

Man and machine charged each other time and again. After a terrifying contest, human intelligence and agility finally won out. The man managed to thrust a crowbar between the spokes and turn the cannon on its side.

"What shall we do with the brave gunner?" the first mate later asked the captain.

"Decorate him for his courage," replied the captain, "then have him shot for his carelessness."

This old story illustrates the results of irresponsibility and forgetfulness. If neglect is serious enough, no amount of good can undo the damage.

King Solomon was inspired to write in Proverbs 19:16, "But he who is careless of his ways will die" (New King James Version). See how seriously God takes our responsibilities?

Sometimes we are careless about our duties. Some of us get lazy, some of us get distracted or forget to carry them out. That lack of responsibility can really hurt those who depend on us — not to mention ourselves.

Accidentally forgetting our duties is easy. We sometimes forget our chores, our lessons, our friends. We forget our promises. We may even forget God.

Remembering and taking responsible action requires conscious effort. It is vital

to our success. As Solomon wrote in Proverbs 22:29: "Do you see a man who excels in his work? He will stand before kings; he will not stand before unknown men" (NKJV).

Remember the lesson of the 10,000-pound cannon and take your responsibilities seriously. — *By Jim Roberts* □

## Proverbs for Today: The 10,000-Pound Teacher

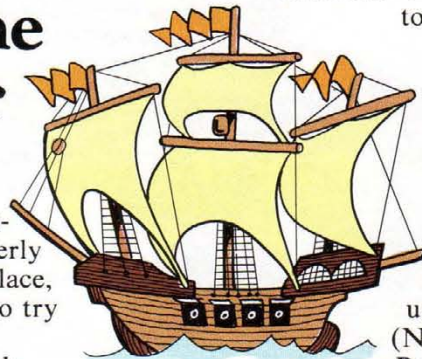
The cannon was loose! It rolled menacingly on its spoked wheels, back and forth across the deck, crashing from rail to rail.

The 10,000-pound (4,500-kilogram) cannon threatened the very survival of the ship, as well as the lives of the entire crew.

Five men tried to control the cannon — and five men lost their lives. Then the head gunner,

responsible for not tying the cannon down properly in the first place, stepped forward to try to stop it.

On the gun deck, the man, like a bullfighter, faced off against the metal monster. The cannon seemed almost alive as it careened around the deck,



# Teen Bible Study

## What Shape Are You In?

By Richard A. Sedliacik

Study after study is showing that the health of young people in the Western world is appalling!

One study of a group of 1,800 U.S. fourth graders revealed that nearly half *already* exhibited at least one major symptom of such potentially fatal illnesses as heart disease, arteriosclerosis and stroke.

"I don't think people realize how serious it is," says California Superintendent of Public Instruction Louis (Bill) Honig. "If you look at the data, there's been a strong slide in physical fitness. Young people are in worse shape than ever. It's scary."

What about your health? Are you concerned about it? You should be! Many people are abusing their health and don't even realize it!

Few know that the Bible reveals sound, basic principles for healthful living. Following them will help to ensure radiant health both now and in the future, enabling you to be happier and much more successful in life.

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

**1.** Does God want us to enjoy life and be in good health? John 10:10 (second part), III John 2.

God intends for people to live happy, healthy and successful lives. He wants us to be bubbling over with health, energy and enthusiasm — free from aches, pains and sicknesses of all kinds.

But vast numbers in our society today are suffering from poor health. Why?

**2.** Is there always a cause for every effect? Galatians 6:7. Did Solomon show that the things we do now will affect us later on? Proverbs 11:18-19, 22:8.

The principle revealed by these verses shows that our decisions and actions each

day add up and can end up having a major effect on our futures.

Our bodies, consisting of many complex and interrelated systems (Psalm 139:14), are finely tuned and regulated by physical, natural laws that must be followed to have good health.

The seemingly small decisions we make each day — such as the kinds and amounts of food we eat, and the amount of sleep and exercise we get — add up to have a large effect on our health and well-being.

**3.** Will following God's laws — including the laws of physical health — bring about long life, good health and happiness? Proverbs 3:1-2, 7-8, 4:20-22.

Since God created the human body (Genesis 2:7), He knows what is best for it. He has revealed guidelines for healthful living in the pages of



the Bible — His instruction book for humanity.

**4.** Was the prophet Daniel careful about the foods he ate? Daniel 1:8-16, especially verses 12-15.

Like Daniel, we too should be concerned about the food we eat. Nutritionists point out that to maintain good health, we should try to eat a variety of foods, including lean meat, whole grain cereals and breads, dairy products, as well as fresh fruits and

vegetables. Such a well-balanced diet will provide the essential elements our bodies need to be healthy.

Also, we should try to limit the intake of food that has little nutritional value (often called junk food) such as soft drinks, candy and products made almost exclusively of highly processed white flour. In substantial amounts these foods have been shown to be harmful to the human body.

5. Should we strive for moderation and balance in all areas of life? I Corinthians 9:25. (*Temperate* means "marked by moderation; not extreme or excessive.") What does the Bible warn are the consequences of overeating and drunkenness? Proverbs 23:20-21.

Not only is what you eat and drink important, so is the amount. God created food to be enjoyed (Psalms 103:5, 104:14-15). But He wants us to strive for moderation in our eating and drinking habits.

6. Does the Bible recommend exercise for good health? I Timothy 4:8.

Correctly translated, this verse shows that bodily exercise *profits* "for a little

7. Is there a connection between our state of mind — the way we think — and our physical health? Proverbs 11:17, 14:30.

Good physical health involves good mental health and positive emotions as well. Your mind and body work together. The way you think can make you sick!

Just as negative emotions (fear, worry, distress, anger, hostility) can wear down the body, so positive emotions can build it up. Many do not realize this and end up suffering from various ailments. Good health, as the Bible reveals, depends to a large extent on peace of mind and contentment.

8. What does the Bible say we should think about? Philippians 4:8. What are the benefits of having a positive outlook on life? Proverbs 15:13, 17:22.

A person can definitely help maintain good health by having a positive, cheerful outlook on life — something so few seem to have today.

9. Another aspect of good health is sufficient sleep. But what can result from getting too much sleep? Proverbs 6:9-11.

Nothing can take the place of regular sleep to enable your body to recuperate after an eventful day. A good night's sleep helps you to be in a more positive attitude, feeling refreshed, alert, clearheaded and able to meet the challenges of the day. Generally, seven to nine hours of sleep is best for most people.

But just as too little sleep is bad for your health, so is too much sleep. Staying in bed too long can cause sluggishness and depression. And it will hinder you from accomplishing more in life.

10. Many today are seriously risking their health and future success by smoking or experimenting with drugs. Do activities such as these violate the principle in I Corinthians 6:20?

God wants us to glorify Him in the use of our bodies — to keep them in the best condition possible. He wants us to stay away from those things that can permanently damage our health!

In this study we have covered some basic keys to good health. Work hard to apply these principles daily. The rewards of a strong, graceful, energetic and healthy body will more than repay your efforts!

For additional information on how to enjoy a more healthful life both now and in the future, be sure to write or call for our free booklet, *Principles of Healthful Living*. □



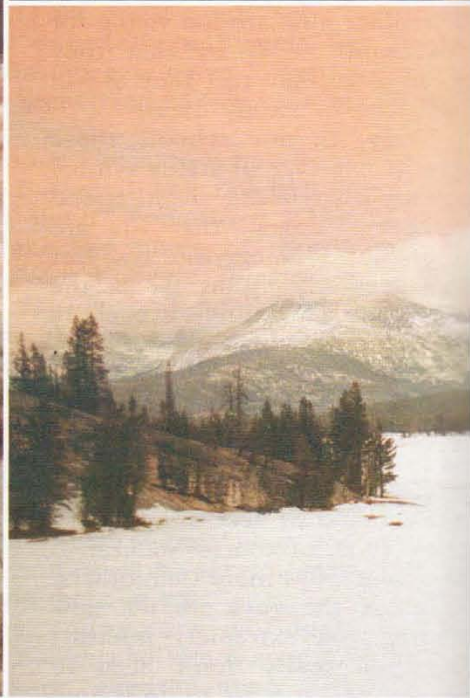
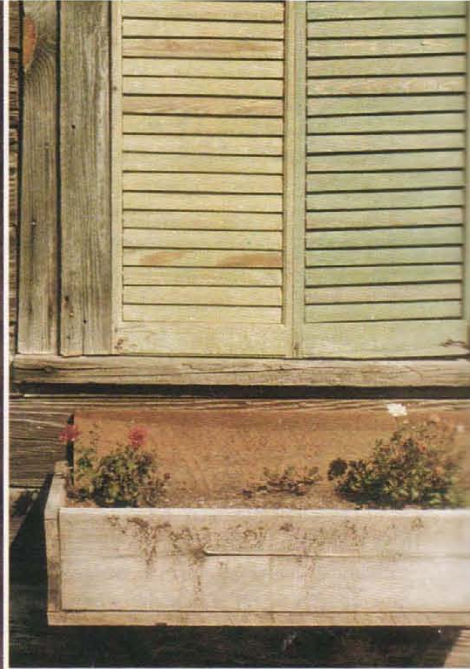
Are you concerned about your health? Did you know that the One who created our bodies is? (Photos by Warren Watson)



while" — that is, during this physical life. In other words, even though developing godly character is more important, exercise does help in maintaining good health, as scientific research has conclusively proved.

Take part in a variety of sports and develop a sensible exercise program that will keep you in good physical condition. Exercise not only builds up your resistance to disease, it also helps you to look and feel better and be more alert and energetic.

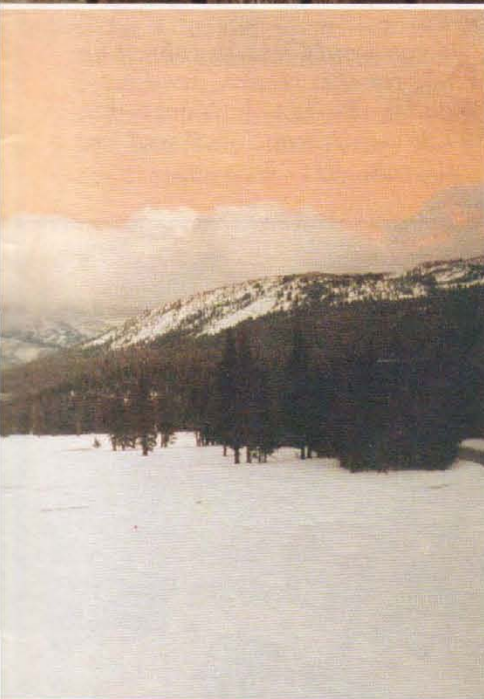






**T**he photographer's art has a special magic, capturing a mood or a moment and preserving it for others to share. The young photographers whose work is presented here were all entrants in a national photo contest in the United States.

Across the top, starting from the left, the photo of the orangutan was taken by Connie Kramer, age 19, from Mandeville, Louisiana; the window box and shutter were shot by Jennifer McClelland, age 15, from Tampa, Florida; and the photograph of cats was taken by Dean Sargent, age 17, from San Antonio, Texas.



The photographers of the other photos are, counterclockwise from bottom left: another shot by Jennifer McClelland; Neil Wilson, age 14, from Tampa, Florida; Heidi Topash, age 15, from Lutz, Florida; Bill Hier Jr., age 17, from Holland, Pennsylvania; and Julie Geer, age 18, from Ringgold, Georgia.



**YOUTH ON  
CAMERA**



## READER BY-LINE

# He Did It for Dad

By Jason Suchanek

"Hit number 4,192! A line drive single into left-center field — a clean base hit!"

Those were the words the Cincinnati Reds announcer said when Pete Rose broke the long-standing record for the most base hits.

On that hit, he broke the legendary Ty Cobb's lifetime record of 4,191. Yes, he broke that record some thought would never be broken.

It was a great moment for Pete Rose, for the Cincinnati Reds and for the game of baseball in general.

At about the same time Pete Rose was chasing after Ty Cobb, the much publicized baseball drug trials were in session. Rose's record-breaking achievement helped cast some favorable light back on what's fondly known as "America's pastime."

But what I think is most interesting is that the former record holder and Pete Rose shared a similar motivation for their achievements. Both men were playing for their dads.

Just a few days before Ty Cobb was called to the major leagues at age 18, his father died. When Pete Rose's dad died in

1970, Rose was still many hits away from the record.

Cobb was asked why he worked so hard when he played baseball. His answer showed his admiration and dedication to his father, who died before seeing his son play in the major leagues. Ty Cobb explained that he worked so hard because he couldn't let his father down.

Pete Rose's dad also had an important impact on his son's life. His dad always pushed him to try to do better.

As the crowd in Riverfront Stadium gave Pete Rose a standing ovation after his now famous hit number 4,192, he looked up and began to cry. After the game, he explained that thinking of his father had triggered his emotions. Rose, also, did it for his dad.

You might be wondering, why talk about baseball? Well, I found an important lesson in the story of these two players. I found a comparison between these men playing for their dads and our living our lives in order to please, not only our physical father, but also our Father in heaven.

You see, God is concerned

about us and has given us all the good things that we have. He wants the best for us and He tells us how we can live happy and interesting lives.

When you think about all He has done for us, doesn't it make you want to try hard to please Him?

If we give, serve and help others, and prepare to help others even more in the future, we can be sure to make our Father happy.

Like Pete Rose and Ty Cobb played for their fathers, we too can play, and *live*, for our Father! □

*Editor's note: The author, age 17, is from Fort Mitchell, Kentucky.*

*If you would like to submit an article for this section, send it to: "Reader By-Line," Youth 86, 300 West Green St., Pasadena, California, 91129.*

*"What I enjoy drawing the most is nature because of the endless variety and appeal."*



# Keep on Asking!

By a reader from Iran

For years I couldn't get away from my fear of asking questions in class.

I was always assuring myself that if I didn't have the courage to speak up in front of my classmates, I could always go to the library to find the answers. Or I could ask the teacher after class — but this almost never worked out right.

Either the teacher or I would be too occupied with something else after class, and often the articles I looked up in the library were too complicated to help me much.

Days would pass and so would my problems. Just before the final examinations, I would have in

front of me a whole bunch of unanswered questions. Had I not hesitated, I would not have ended up like this. And I know I'm not the only one.

I've learned the hard way that a student's problems should be shared among his classmates and teachers. Not only can we find the answers that we need, we can be learning a skill that is necessary throughout our lives. Asking questions is important in our future jobs just as it is in school.

What happens if we're afraid that others might ridicule us or that we'll lose friends by asking questions? This attitude can limit us and might even cause our

teachers and friends to respect us less.

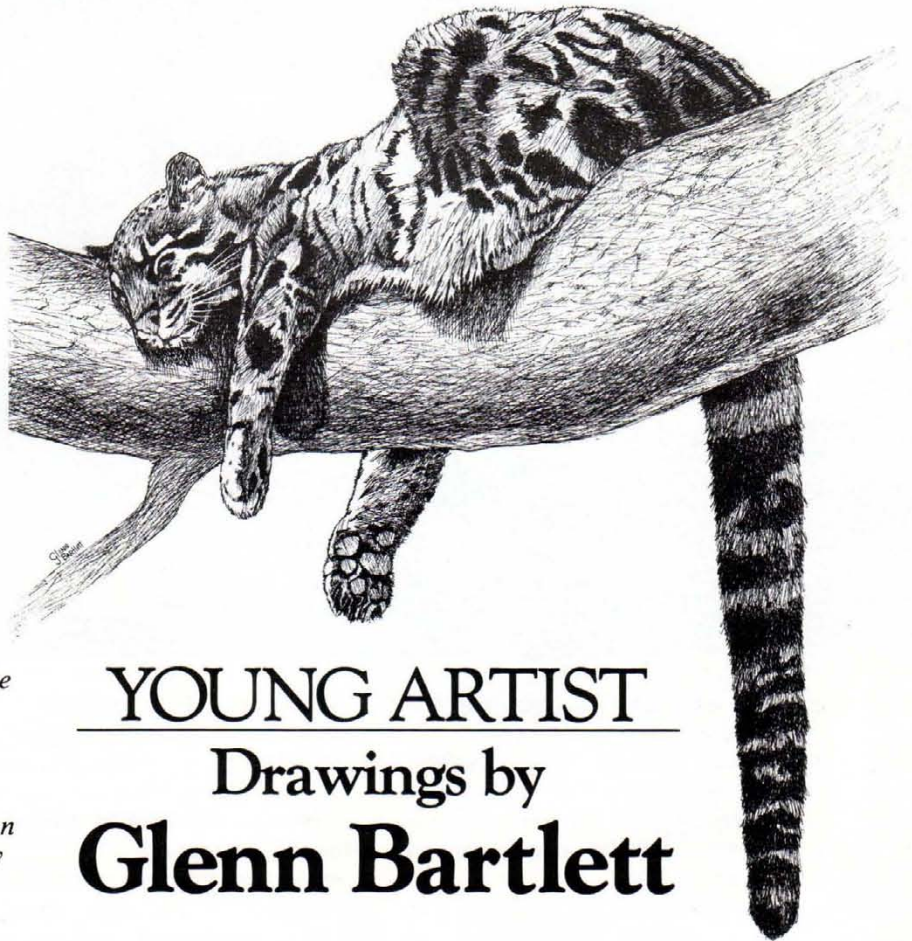
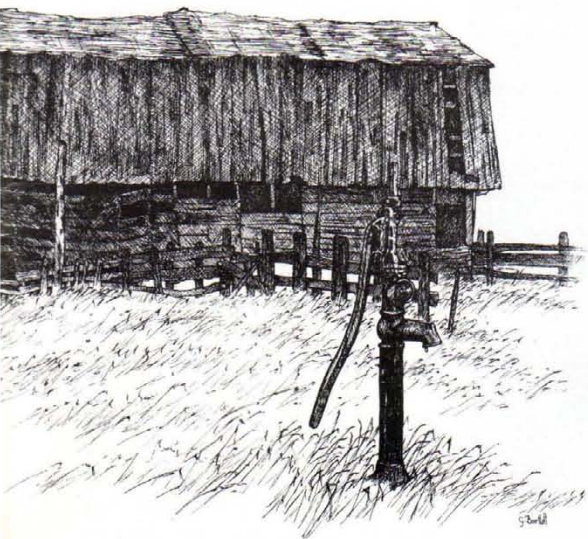
And not understanding what we are studying can cause us to lose interest in our studies. This can lead to ignorance, which in turn leads to misery.

Asking questions in class is a beneficial and proper way to find answers that can be long remembered. It also reminds the teacher of how much the students understand.

Teachers can help solve this problem by encouraging questions, but it takes effort on the students' part. If you've had a problem with this, as I have, start now and keep on asking questions.

That's the only way you can always keep learning. □

*Editor's note: The author is a male, 17 years of age, from Tehran, Iran, who would like to remain anonymous.*



*Glenn Bartlett, 17, from Calgary, Alberta, has been doodling ever since he was very young. He says he really appreciates his parents' encouragement. "I enjoy drawing because I can make something that is really beautiful, that looks realistic and that other people can enjoy. I can express myself through my art."*

## YOUNG ARTIST

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### Drawings by

# Glenn Bartlett

# EMERGENCY

(Continued from page 17)

land. The flight continued and I noticed for the first time that dark clouds had moved directly in my path. It was probably raining at my first airport. Dialing in the control tower frequency, I radioed the airport. "It's solid IFR here," the tower controller responded. "We've got heavy rain and strong crosswinds."

My heart sank. There was no way I could land there.

I briefly considered my alternate airport, but it was on the next leg and now too far away. Disappointed, I did a "180" — that is, I turned around and headed back for the home airport.

## Black clouds

My disappointment instantly turned into sharp anxiety as the

power. "What now?" I agonized aloud.

Scanning the instrument panel, I felt a hard knot form in my midsection. I had lost about 150 RPMs — and I was starting to lose airspeed.

Although it wasn't the usual conditions for frozen condensation in the carburetor to form, the symptoms matched the problem. I reached for the red control knob that diverts air entering the carburetor around the hot engine mufflers. The heated air then melts the formed ice.

Only this time, as I pulled the knob, it came all the way out of the control panel! The Cessna's engine had recently been rebuilt and apparently the control mechanism had come loose. I could have kicked myself — checking that control is part of the pre-flight checklist.

The only thing I could do was push the throttle all the way in

— that is, if I could land safely.

As I neared the airport, I continued to lose RPMs and airspeed. Because of increasing winds and a lower cloud ceiling, I also started a long glide path, trying to maintain as much altitude as possible.

The closer I flew toward the storm front, the more the plane bucked like an angry bronco from turbulence. Pens, clipboards and anything not tied down bounced around in the cockpit. Rain occasionally raked across the windshield in sheets. At times I could hardly see the ground.

Knowing that it would take a miracle to get me out of this one, I began praying — harder than I ever had in my life.

I radioed the airport about my condition and they began warning air traffic that I was coming straight in. After what seemed like centuries, I finally saw the runway lights.

As I made my final approach, the strong crosswinds seemed to die down a little. At the end of the runway the big number "36" (for 360, meaning north) got bigger and bigger until finally, I felt the welcome thump of landing. It wasn't my prettiest landing, but I think it was the best one I ever made.

About an hour later, a mechanic told me that I had water in my fuel. Not much, but enough to affect the engine. Plus, I had an electrical short in one of the dual ignition systems that may have contributed to the problem. All of these, including the carburetor heat control, were supposed to be checked before taking off.

By ignoring my instructor's cautions and taking the pre-flight inspection for granted, I nearly collided with disaster. I learned the hard way that often it's the little, routine things that can make the difference between success and failure.

It's a good lesson for us all to remember. □



plane's nose swung back toward the home airport. Where there had been partly sunny skies, there was now dark overcast. The southern part of the storm front had come in a lot faster than I expected.

As I surveyed the horizon, the engine coughed and briefly lost

and hope I had enough time. I was about 50 miles away from the airport — only 30 minutes normal flying time.

But 30 minutes is a long time for an emergency.

As the engine sputtered and coughed, I thought about my family and friends and my future

# Dance

(Continued from page 15)

your dancing relatives or friends can volunteer to give you a few lessons.

You might even talk to your church pastor to see if dance lessons can become a regular church activity.

When going to dances, keep a lookout for people who seem to know what they are doing. You might even ask them, at a convenient moment, if they could give you some quick, on-the-spot lessons. Most people will be quite flattered.

Knowing how to dance well can make all the difference between feeling awkward and having the time of your life.

So why not give social dancing a try?

## Starting off on the right foot

Since dancing is as much a social skill as it is a physical skill, knowing the code of courtesy can make dancing more enjoyable for everyone.

Here are some basics every dancer should know:

- Dress properly for the occasion. If you aren't aware of the dress code, ask someone who is. Otherwise you may be caught wearing your surfing shirt in a crowd of people wearing tuxedos and formal gowns.

- If you are escorting a girl, it is proper to reserve the first and last dances for her. But be careful not to monopolize all the dances in between.

- A man doesn't leave a dance partner until he has taken her to her friends or introduced her to another dance partner.

- A courteous girl is friendly and cheerful even when "stuck" with an undesirable partner.

She doesn't decline to dance with one man and then immediately accept a dance with another.

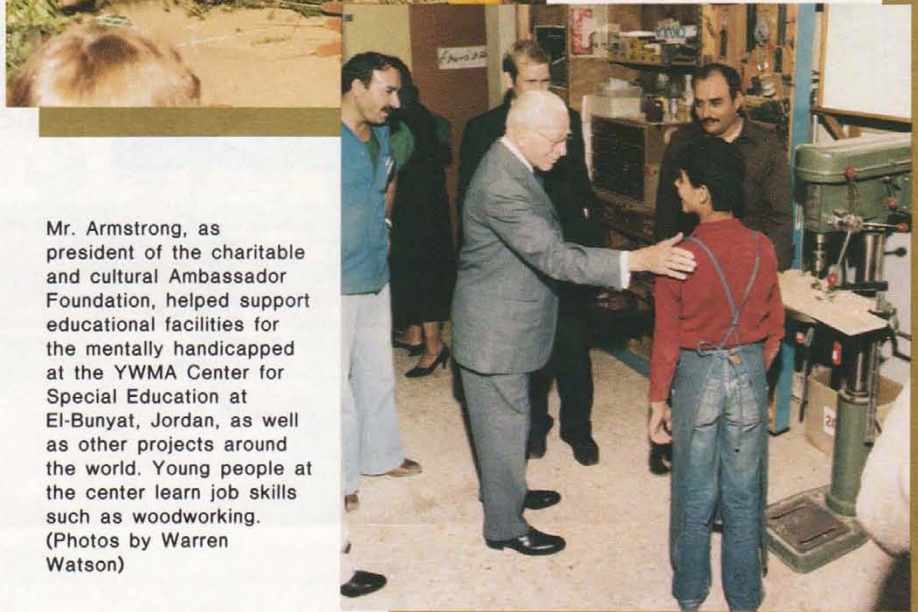
- If a girl tires from dancing, it is perfectly acceptable for her to ask to take a break. — *By Robert C. Taylor* □

(Continued from page 6)  
composed body, in glory in God's eternal kingdom!"

Mr. Armstrong's life was full of accomplishments and excitement, beginning with his childhood and teen years. Many people have found his experiences interesting, entertaining and useful. You can too by sending for the 40-page booklet, *The Autobiography of Herbert W. Armstrong: The Early Years*. And, as Mr. Armstrong always wanted it, it's free — a gift to you. □



Earvin "Magic" Johnson of the Los Angeles, California, Lakers professional basketball team presents Herbert Armstrong with an autographed ball. The Ambassador College campus in Pasadena was the site of a Magic Johnson Boy's Basketball Camp. Left, Mr. Armstrong was interested in the development of the whole person. Here he is shown viewing a flower-arranging class at summer camp in Australia.



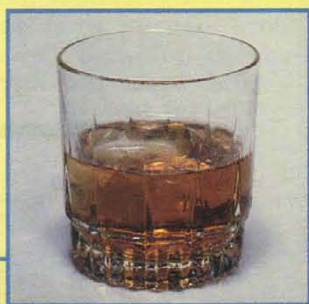
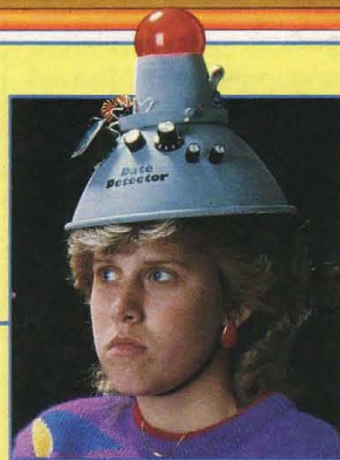
Mr. Armstrong, as president of the charitable and cultural Ambassador Foundation, helped support educational facilities for the mentally handicapped at the YWMA Center for Special Education at El-Bunyat, Jordan, as well as other projects around the world. Young people at the center learn job skills such as woodworking. (Photos by Warren Watson)

# Coming Attractions

...IN FUTURE ISSUES

## What's Your Dating Rating?

How could you make a better impression on a date? Take a quiz and find out!



## The No. 1 Teen Drug.

Alcohol — it's the most abused drug, and in some ways the most misunderstood.

**Think Twice.** Facing a tough choice? Here's the formula for making right decisions.

## "I Can't!"

If you expect to win — or lose — you will!

**Floral Art.**  
Arrange to brighten someone's day.



## Too Young to Die.

It was 4:30 a.m. when I received the call.

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