

JUNE-JULY

Youth & 4

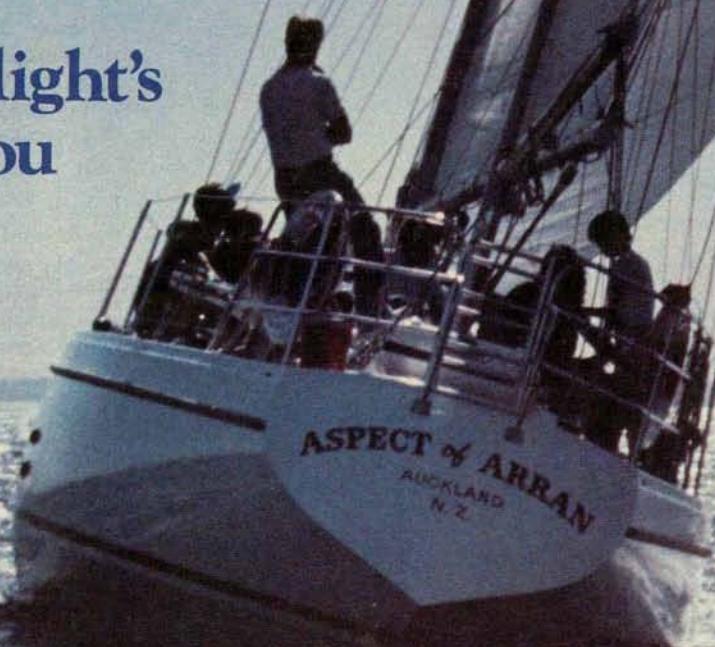
**Ready for
Adventure!**

Shoot the Rapids

**Isle of
Discovery**

**The
Spotlight's
on You**

**'Have a Go,
Mate!'**



Hope for the Future
By Herbert W. Armstrong

June-July

Youth 84

VOL. IV, NO. 6

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COVER: Young people learning sailing at a summer camp in New Zealand. Learning something new can be challenging, but Australian Alan Dean encourages everyone to "Have a Go, Mate!" in his article, page 12. Photo by Warren Watson.

Letters

"Was Sex Really Necessary?"

I just want to extend my appreciation for the article "Was Sex Really Necessary?" in the *Youth 84*, March issue, because I truly feel that sex is being made into an ugly ordeal, when it was meant to be beautiful. I wish everyone in the world could read it. Perhaps it will cause a lot of us to grow up and appreciate some of God's blessings, the way they were meant to be.

Orean Almore
Detroit, Michigan

Hope in the nuclear age

As an enthusiastic subscriber, I want to heartily congratulate you on your March edition containing those truly excellent articles on the tragic nuclear age we have to live in.

I wish that as others read Michael Snyder's "It Won't End Like You Think!" they will be able to cast off that feeling of hopelessness so prevalent today, and receive a new hope for the future.

Keith A. Robertson
Vancouver, British Columbia

"Are You Listening to Me?"

Thank you so much for the article "Are You Listening to Me?" in the March issue. After all, if God wanted us to talk more than listen, He would have given us two mouths and one ear! I am looking forward to more of Mr. Dexter H. Faulkner's articles.

Julie Whalen
Silver Creek, New York

Olympic gold

I would truly like to thank Raul H. Reyes for writing his article, "A Golden Dream" (March). When I first took a glance at the story, I knew I would be deeply inspired.

As I read the article about Harrison Dillard's life and how he was working toward achieving his goal of winning a medal in the Olympics for his track-and-field accomplishments, I saw its connection with my life. He had desire, determination and drive. He didn't give up until he accomplished what he set out to achieve.

I'm a track-and-field athlete and my goal, too, is to win a medal in the Olympic games. With God's help, hard work and inspiration from articles such as "A Golden Dream," I know I can fulfill my great Olympic goal!

Andrew Horton
Storrs, Connecticut

HOPE for the Future

By Herbert W. Armstrong

Do you see a bright future ahead? For you? For humanity?

Personally, I do — and if you can join me in saying that, you are one in a hundred thousand!

Where is any *good news* today? Where is any future to be found in nations developing nuclear weapons that can erase all human, animal and plant life from the earth?

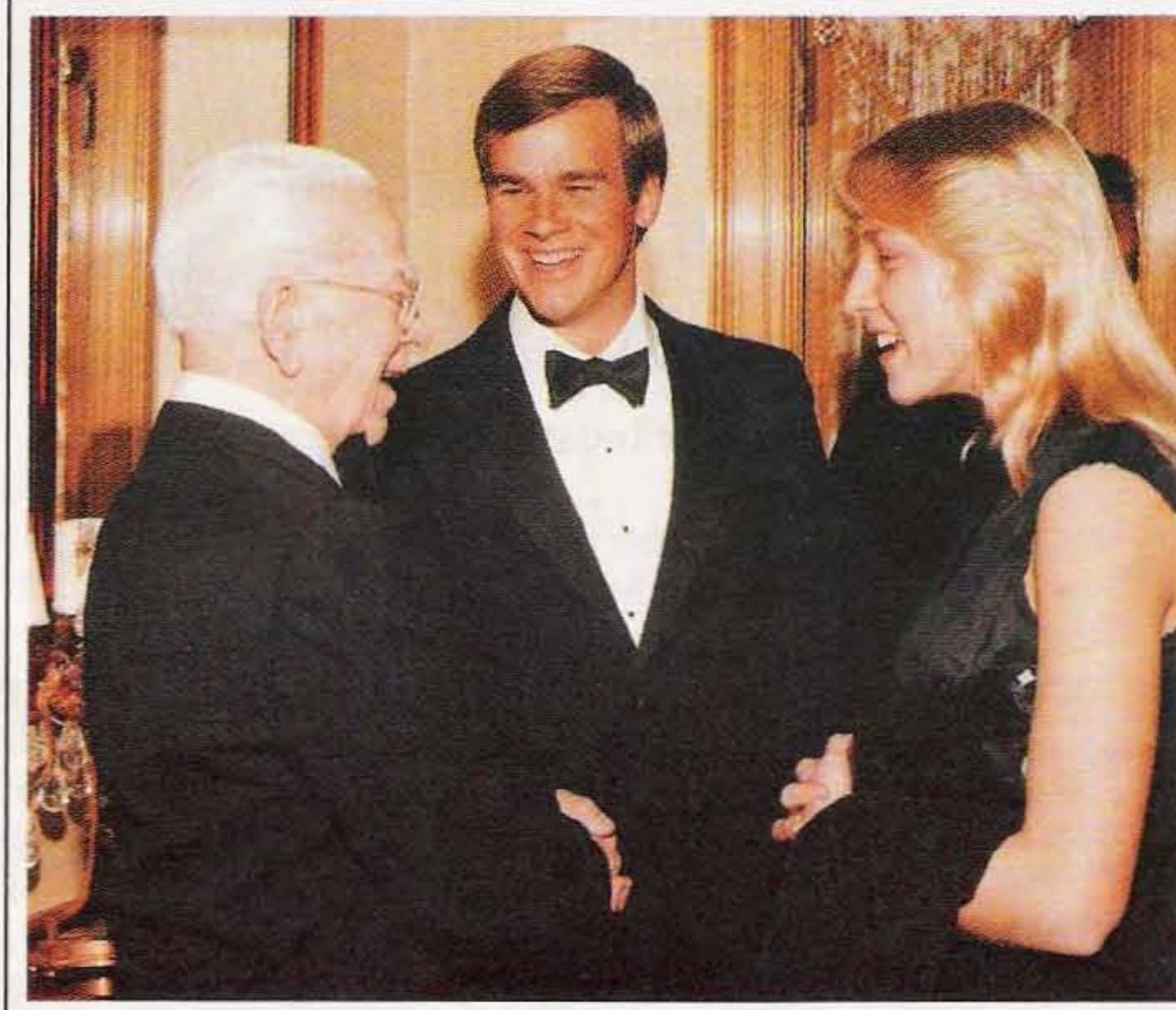
Where is any hope to be found in the wretchedness, ignorance, poverty, squalor and filth in which more than half the world's population lives?

Where is any joyous anticipation to be found in prosperous "have" nations where sources of drinking water — the rivers and lakes — are being polluted and the air we breathe is being befouled, the soil is worn out and contaminated and the foods are being robbed of nutrition in food factories; where homes and families are being broken up, crime is rapidly increasing, racial problems and violence are erupting, and sickness and mental disturbances multiplying?

Where did the happiness go?

Where is happiness today?

Seventy years ago, driving along country roads in Iowa, I saw and heard farmers plowing behind teams of horses, singing happily as they walked. Today, the farmers ride tractors — but



Young people meeting the author, Editor-in-Chief Herbert W. Armstrong, find his excitement about the future contagious. (Photo by Warren Watson)

where did the singing and the happiness go?

Where do we find encouraging reassurance for tomorrow on university campuses where the leaders of tomorrow are consigning morality to the limbo of an outmoded past, where suicides are on the increase, and where unproved doctrines are being absorbed by impressionable minds?

Where do we find inspiration in the assertions of world leaders and the "great," warning us that we must adjust to a future of growing problems and dangers where there are NO SOLUTIONS?

Well, for those of the above prevailing concepts, the future must indeed appear discouragingly bleak — if they take a look at it instead of kidding themselves into the assumption that by ignoring the dangers they will somehow go away.

There is a CAUSE for every effect.

There is a CAUSE for the state of the world today. And there has to be a CAUSE that will produce the peaceful and happy world tomorrow. There had to be a first cause for the very existence of matter, of

life, of forces and energies.

But today, it is considered "intellectual" to be willingly IGNORANT of that. I have said that in the first two centuries of the so-called Christian era, it was popular to embrace gnosticism — meaning, "we know." But today, it is popular to embrace agnosticism — meaning, "we don't know — we are ignorant." Today, ignorance is embraced and labeled "knowledge."

Is it IGNORANCE to recognize the facts of the great first cause who reveals the true cause of all of today's ills? Is it wise,

**In the wonderful
world tomorrow
... life will be
continuously
interesting and
invigorating. There
will be world peace.**

intellectual and knowledgeable to be deliberately ignorant of basic facts and truth?

There are two main ways of life — two basic principles — two fundamental philosophies. One is the way of GIVING; the other of GETTING.

One is LOVE; the other LUST. One believes it is more blessed to give than to receive. The other insists that acquiring, taking, accumulating, in the way of competition, leads to progress and happiness.

The one way is God-centered; the other is SELF-centered. The one accepts the Golden Rule; the other says, "Do it to others before they do it to you."

The one is the way of the divine nature; the other, the way of human nature. The one is the

way of humility; the other, of vanity.

This world — all civilization — this world's society — is based on the hostile, competitive, self-centered way. It has produced every wail of human woe. It is the way that now threatens the extinction of humanity.

This all means one thing. Man, imbued with human nature, is utterly UNABLE to solve his problems. He can only worsen problems and create new ones. By the "knowledge" and efforts of man, this world faces doom and hopelessness.

Is there, then, nothing to live for? Is there no hope for the future? Not within the knowledge, the skills and abilities of this world's great minds. Of self-professed "great" men, God says, "Professing themselves to be wise, they became fools"!

A bright future!

But there emphatically is a bright future ahead! The world tomorrow — which this magazine proclaims — will bring world peace, universal prosperity, universal right education, universal good health.

In the wonderful world tomorrow, we shall have knowledge of the TRUE values. People will cease

be world peace. There will be universal prosperity.

But I am not naive enough to suppose that this utopia will blossom forth automatically, through the imminent acceptance of these truths by all mankind. This coming utopia does not depend on the planning or doing of men. It will be produced *in spite of men*.

The greatest event of all history will be the coming of the *living* Jesus Christ again to earth. But this time, He is not coming as the gentle young man from Nazareth, bringing the announcement that led to His flogging and death at the hands of angry men. Jesus Christ rose from the dead. He went to the throne of the government of the vast universe to be GLORIFIED and coronated as supreme RULER over the entire earth. When He returns, the world will know something of the meaning of "*the power and the glory*"!

The coming King

His eyes will flash like flames of fire. His face will not be pale white. It will be like the sun shining in FULL STRENGTH. He will come with all the POWER that created the universe!

He is coming to crush every government of men, as if to grind them into powder! He is coming as the King of kings, ruling over ALL NATIONS.

He is coming to *change human nature*!

He is coming to enforce the WAY of outgoing concern, or love, of giving, serving, sharing, helping, instead of grasping, taking and self-centeredness.

He is coming to abolish war, competition, strife and violence. He is coming to inaugurate a universal, right education. He is coming to clean up this filthy earth. He is coming to restore the government of God as the all-powerful world government.

Yes, I see a very bright future — just ahead!

It's the only GOOD NEWS in the world today! □



The author, soon to begin his 93rd year, meets with young people to show his interest in youth and to explain the hope we have for the future. (Photos by Warren Watson and Nathan Faulkner)

chasing the false values and suffering the painful consequences. People will learn the WAY to real happiness and find it. Life will be continuously interesting and invigorating. There will



*'Please Don't
Let Me Die!'*

Shark!

By Marc Segall

A peaceful, beautiful dive turned quickly into a nightmare.

The blue Bahamian waters looked more inviting than ever.

As we put on our scuba gear, my friend Mike and I talked excitedly about what awaited us underwater.

We eagerly anticipated the coral formations of all shapes and colors, the dazzling array of fish and other sea creatures and, most of all, the exciting surprises that the deep always holds in store.

We were full of confidence and felt ready to face the adventures

that lay below our boat. After cleaning our masks and checking our regulators, we plunged into the calm, warm waters.

Time flew by as we swam leisurely around the silently beautiful coral reef, taking in the rainbow of colors and the variety

Suddenly a torpedo-shaped object broke through the darkness of the cave's mouth.

of life. Then, below a formation of coral, I spotted the opening to what appeared to be a cave.

We had been taught to avoid such alluring places, but our curiosity overcame us. We dove deeper to reach the entrance of the cave.

As we neared the entrance, suddenly a torpedo-shaped object broke through the darkness of the cave's mouth. It swam by us so fast, it appeared like a long blur to our eyes.

We spun around quickly, and found ourselves face-to-face with a very large, very agitated shark! My reaction was involuntary. I moved backward, pressing my back against the jagged coral around the mouth of the cave.

Panic started as the shark began to circle in front of us, drawing closer with every pass. My mind desperately searched for an answer: Should I try to swim for the boat or take a shot at him with my spear gun?

As the shark drew nearer, I simply froze. Now my mind was concentrating on only one thing — crying out: God, living God, please save my life . . . God, please don't let me die!

In a moment's time, the shark suddenly lost interest in us and swam away. I could actually hear the throbbing of my 17-year-old heart as I breathed heavily from my air tank. With a speed I had not attained before, I swam frantically to the boat, with Mike not far behind.

What a relief to feel the safety of the boat deck! We looked back at the ocean, only to see the shark surface near our boat, swim beneath it and then dive into the obscurity of the deep.

We looked at each other in silent shock. Thanks, God, I

thought. That was a day I won't forget.

Haunting questions

For weeks after that nerve-racking experience I kept asking myself: Why did I wait until I was face-to-face with disaster before I called out to God for His protection? Why didn't I get in touch with God well before that near-fatal day?

These questions haunted me until I finally came to a conclusion. A teenager is old enough to prove whether God really does exist, and then to establish communication with that Creator God.

A great king of ancient Israel, a man named David, wrote, "For You are my hope, O Lord God; You are my trust from my youth" (Psalm 71:5). David had learned as a teen that God is a mighty defender and preserver of those who not only believe He exists, but who obey Him (see I Samuel 17, especially verses 42 to 47).

If a person wants to get in touch with God, he or she must begin by proving that God truly exists. When Mike and I swam through that underwater wonderland, we noticed beauty and intricate design in everything we saw. These are evidences of the great Creator and Designer.

Looking at unspoiled nature, we can see the interdependence of all living things. This planet was made to be inhabited (Isaiah 45:18), and its ingenious ecological systems were created by a Genius.

This same Genius is a God who answers prayers, especially the prayers of a person who believes in His existence and cares about pleasing Him (Hebrews 11:6, I Peter 3:12). He is also a highly compassionate Creator who will hear the destitute and the desperate (Psalm 102:17).

An awesome discovery

Since the teen years are years of discovery, right now would be a great time to make an awesome discovery. Discover for yourself whether God is a figment of men's imaginations or whether

He is indeed real. We publish a booklet that can help you make this invaluable discovery. It is entitled *Does God Exist?* and we will send it to you free.

After taking this step, you will be ready to get in touch with the supreme power in the universe, and learn the purpose for your life and the secrets of lasting satisfaction. God wants us to talk to Him, and wants to give us the answers we need. "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you" (Matthew 7:7).

Where are God's answers found? In the Holy Bible — a book that is inspired by God and useful to us (II Timothy 3:16-17). The Ambassador College Bible Correspondence Course is a monthly home course of study that can assist you in learning what God has to say in the pages of the Bible. Many young people who are taking the course say that it is a fascinating, easy-to-follow course that has answered many of their questions. You can enroll by writing or calling our office nearest you. It's also free.

Valuable friend

Incidentally, you might say that the encounter with that menacing shark changed my life. I've lost touch with Mike since then, but I have gotten in touch with a far more valuable friend. After that brush with tragedy, I made a decision to do the things I've suggested in this article.

I learned that God is quite real and very much alive. He cares (I Peter 5:7) and He makes the proofs of His existence clear to see (Romans 1:20). I learned that God is not just a deity that you call on in moments of anguish or terror, but a Father who can be spoken to daily.

How about you? You don't have to wait for a traumatic experience to seek God's guidance in your life.

Maybe now is your time to discover the great Creator and get in touch with Him. If it is, you will be glad you did, and so will the God you will convincingly discover! □



Photos by G.A. Belluche Jr.

What I Never Knew About Dad

By Darris L. McNeely

Going through the old photos, I began to wonder what else I didn't know about Dad.

"Dad, what's this picture of?" I asked as I handed over a small black-and-white snapshot.

"Oh, that's the first American military cemetery dug in France during World War II. I helped dig that with a

bulldozer a few days after D day in June, 1944."

He did? I'd never heard about that before, I thought, as I placed the wrinkled old photo back in the shoe box that contained dozens of old family pictures. Since boyhood, I had looked at that picture many times and had

not known what it was. I had not asked.

That night, as my dad and I talked into the late hours, I learned more about his experiences in the war.

He also reflected on the 23 years he spent owning a small business, and the people he came

After all those years, I was learning things about my father that I had not known.

to know during that time. He talked of his business decisions — some good, some bad.

He talked about friendships that outlasted the business and are still strong today. He talked and I listened. Slowly my mental image of my father came into sharper focus.

After all those years, I was learning things about him that I had not known. I went to bed that evening with a new appreciation and respect for my father.

Discovering your parents

How well do you know your parents? Are there experiences from their lives that you don't know about because you haven't asked?

The time to begin talking and learning from your parents is

foundation to build a happy and successful future.

King Solomon, in the book of Proverbs, shows the benefits of talking to parents and following their instructions. Notice what he repeatedly says in the early chapters as he lays a foundation for the rest of his teachings.

"My son, do not forget my law, but let your heart keep my commands; for length of days and long life and peace they will add to you" (Proverbs 3:1-2).

A wealth of benefits

Solomon goes on to point out many more benefits: favor and high esteem in the sight of God and man (verse 4), health (verse 8), plenty (verse 10), riches and honor (verse 16).

Solomon wrote these words from a wealth of personal experience. His own father, King David, had said the same. As David lay dying, he summoned the heir apparent to his bedside for some final instruction. After years of preparation, Solomon was about to inherit the throne of Israel.

His father admonished him to "keep the charge of the Lord your God: to walk in His ways, to keep His statutes, His commandments, His judgments, and His testimonies, as it is written in the Law of Moses, that you may prosper in all that you do and wherever you turn" (I Kings 2:3).

When he was young, Solomon followed his father's advice and began the most prosperous reign in Israel's history. For 40 years Israel was at peace with its neighbors and the people experienced the highest standard of living of the day. During his reign the country was able to support the building of the world's most fabulous building — the Temple of God at Jerusalem.

Solomon also sought guidance from his spiritual father — God. God gave him the wisdom that made him a leader among world

rulers. Kings, queens and other government leaders traveled to Jerusalem to hear his wise words (I Kings 4:34).

While Solomon followed the advice of his father, David, he and his countrymen prospered and enjoyed the favor of God. That part of his reign is an example of the Fifth Commandment, which tells us: "Honor your father and your mother, as the Lord your God has commanded you, that your days may be long, and that it may be well with you in the land which the Lord your God is giving you" (Deuteronomy 5:16).

Many of you reading this may feel your parents can't relate to your friends and that they don't understand the things that are important to you. You're not the first ones to think that way. *Youth 84* Editor-in-Chief Herbert W. Armstrong tells in his autobiography how he looked at his father the same way.

Knowing more than Dad

Mr. Armstrong relates how, at age 20, he felt he knew far more than his father. He even felt sorry about his father's lack of knowledge.

This was at the time Mr. Armstrong left home to begin his own business career. After 12 years, Mr. Armstrong was reunited with his parents.

"I was simply amazed at how much my father had learned in those 12 years. It seems most young men know more than Dad, but they grow out of it later. I could see, now, that he knew more than I! Now I had to look up to my father with respect!"

He continues, "How many young men, getting to 'know it all' from age 16 to 20, have to wait until in their middle 30s to learn how much they ought to respect their fathers!"

Why should it take that long to learn the value of counseling with our parents about the things that are really important to us?

Stop and consider that your parents have been through many of the same experiences as you

(Continued on page 26)



now. Communication with your parents can be a tremendous source of wisdom and guidance. Listening to and learning from them can give you a solid

Invasion of the Moon: 15 Years Later

News
That Affects You

• "That's one small step for a man, one giant leap for mankind."

Astronaut Neil Armstrong said this 15 years ago as he became the first man to step onto the moon. More than 600 million people watched on television as July 20, 1969, brought the fulfillment of one of humanity's most ambitious dreams.

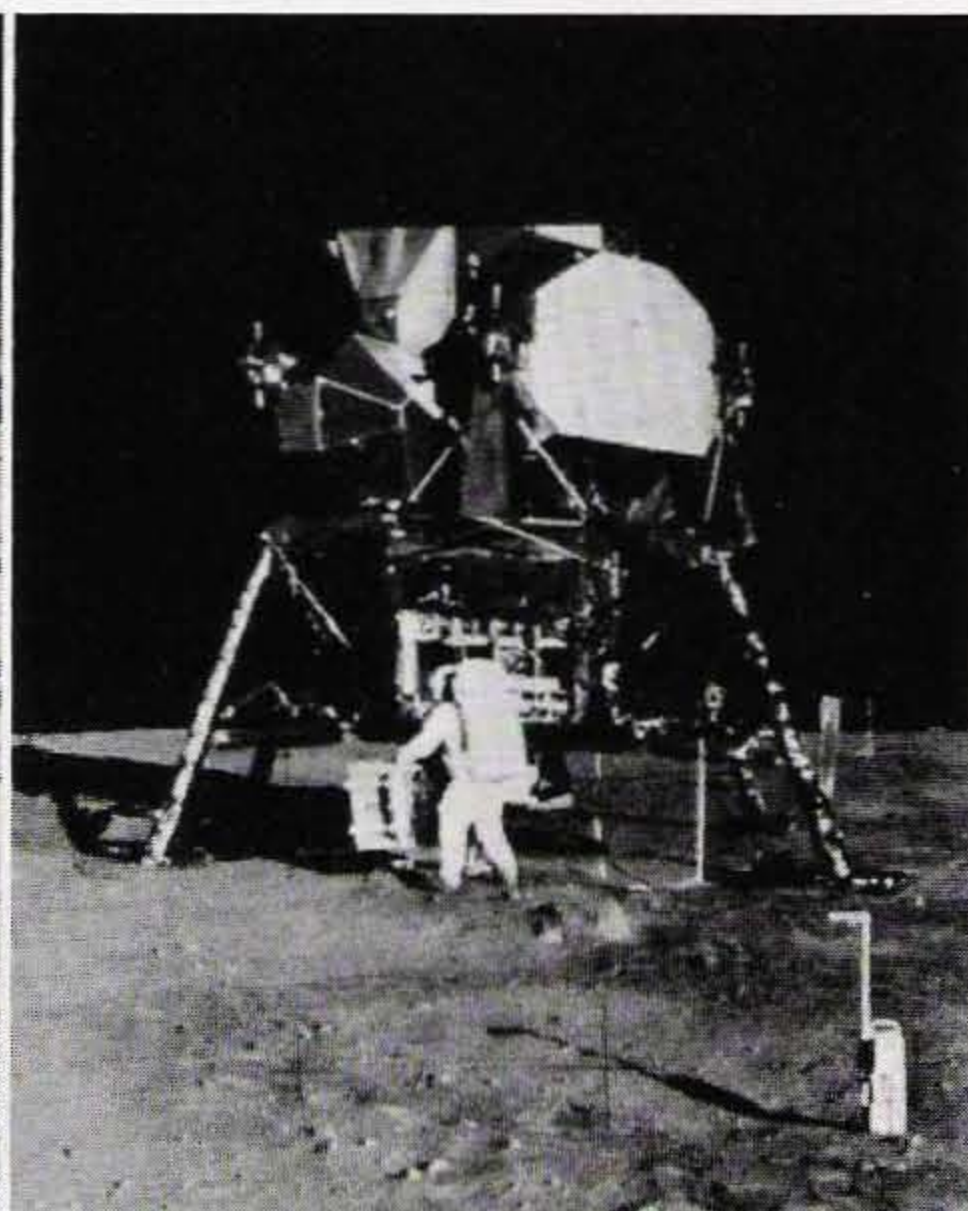
The story began in 1957 when the Soviet Union launched the first satellite into orbit. America's leaders were stunned. "How did we fall so far behind?" they asked. "How can we catch up?" There seemed to be only one way.

In May, 1961, President John F. Kennedy announced that "this nation should commit itself to achieving the goal, before this decade is out, of landing a man on the moon and returning him safely to earth." The country was eager to attempt this seemingly impossible task in order to move ahead in the "space race."

The United States, relying heavily on scientists who had left Germany after World War II, began an elaborate plan to achieve this goal. In many areas, the scientists were working from scratch — they had to make machines to do things that hadn't been done before.

There were many setbacks, like the tragic deaths of the first Apollo crew while they sat in a training capsule on the ground.

But there were also many successes. One fifth of the world's population was watching the biggest success of all as Neil Armstrong and Edwin "Buzz" Aldrin became the first men on the moon.



By the end of the Apollo program in 1972, 12 astronauts walked on the moon's surface, gathering nearly half a ton (382.5 kilograms) of moon rocks for study, taking 33,000 photographs and producing 20,000 magnetic tape reels full of data from experiments.

While solving the technological problems involved in this project, scientists made many discoveries that affect our daily lives. The U.S. space program alone has produced more than 30,000 inventions, from integrated circuits to freeze-dried food, from electronic ignitions to Teflon.

At the time, though, many people asked if the benefits were worth the cost. Considering the awesome technical know-how it took to send astronauts to the moon, it does seem strange that humanity doesn't have the know-how to solve problems here on earth.

With such fantastic physical accomplishments, why can't we solve our problems? The answer to that question, as well as the explanation of how peace and happiness will come, is available in our free booklet, *Never Before Understood — Why Humanity Cannot Solve Its Evils*. Write or call for a copy.

— By Mike Bennett □

Of Mice and Yen

• "Subarashii!" It's Japanese for "terrific!" It's also what a lot of people in Tokyo are saying about the world's newest Disneyland, the first to be built outside the United States.

Plans for the Tokyo Disneyland began in the mid-1970s when a

Japanese company, Oriental Land, asked the Disney people to let them build one of the world-famous amusement parks in Tokyo. The park opened in 1983.

And what did visitors find? Mickey-san in a rickshaw? Goofy and Pluto eating sushi? Main Street, U.S.A., transformed into



Shuyo Doro, Japan?

No. What they found was a transplanted Disneyland, almost as if it was flown straight over from California and planted on the shores of Tokyo Bay. There are hamburgers, hot dogs and popcorn, dixieland bands, T-shirts in English and American flags flying.

Disney's designers wanted the Tokyo Disneyland to mesh with Walt Disney's original dream. One of the few changes, the roof over the main street (top), shows its usefulness on a rainy Tokyo day. (Photos by Kevin Blackburn)



And that is what the Japanese wanted. One Disney manager, sent to help start the park, said: "The Japanese, right off the bat, wanted it to be an American experience. They wanted American food and no Japanese food. I resisted them on this, but they said, 'No, the Japanese

know American food and like it.' "

One official of Oriental Land agrees. "You simply have to give our Japanese patrons a magic sense of being in [the Disney parks in] Orlando [Florida] or Los Angeles [California]."

The major difference between Disneyland Tokyo and its sisters in the United States is the roof over Japan's version of Main Street, U.S.A. Tokyo's weather is much rainier than that in California or Florida.

Evidently the plan to bring a bit of America to Japan is what the Japanese wanted. More than 10 million people visited the



park in its first year. "At this point, the Japanese are brimming with curiosity about America and the Americans," said one Tokyo psychologist. — By Tim Reinagel and Lowell Wagner Jr. □

Strike Back Against Cancer

• Cancer. It seems to strike whenever it wants. The most frightening thing has been that there seemed to be little anyone

could do to prevent it.

But new studies show that nearly 80 percent of all cancer deaths are linked to things we have control over.

"Too few [people] realize the simple truth that cancer is caused by the way we live, and its risks can be reduced by the choices we make," according to Margaret Heckler, head of the United States Department of Health and Human Services.

Cancer researchers in several countries feel that cancer happens in two main stages. First, a cancer-causing agent enters a cell and attaches to its DNA, a chemical that controls how fast a cell will multiply. After this, the cell is a cancer cell.

It is likely that most people have at least a few of these cells in their bodies. Most of them will not become active. Some may sleep quietly for years, waiting for the conditions that will move them into stage two.

Stage two begins when a second chemical tells the DNA in one of these cells to make copies of the cell. Unlike normal cells, these cancer cells multiply rapidly, crowding out and killing normal cells.

Cancer experts now feel that both stages can be started by some of the many chemicals — both natural and man-made — that we put into our bodies. They also feel that chemicals found in many foods can help prevent cancer by keeping stage one cells from moving into stage two.

Scientists feel we can improve our chances of resisting cancer.

Here's how:

— Don't smoke.

About 35 percent of all cancer deaths are caused by smoking.

— Cut back on fat and increase the fiber you eat.

— Eat more fresh fruits and vegetables. Many of their

nutrients help prevent cancer.

— If you drink alcohol, do so in moderation.

— Follow health and safety rules when working with hazardous materials.

— Avoid X rays unless they are absolutely necessary.

— Protect your skin from the sun. (See page 22.)

For more on eating right, write to *Youth 84* for the free booklet,

Principles of Healthful Living.

The National Cancer Institute also has a free pamphlet on cancer. Call toll free at 1-800-4-CANCER. In Alaska, Hawaii, the Washington, D.C., area and outside of the United States, write to "Prevention," National Cancer Institute, Building 31 Room 10A18, Bethesda, Maryland, 20205. —By Lowell Wagner Jr. □

built for the 1932 Summer Games.

The biggest concerns of Olympic officials are security, traffic conditions and the polluted air that often plagues the Los Angeles skies. Special security forces will be on guard against possible terrorist activity. A traffic-control center has been set up to monitor the number of cars in the area and help control their movements.

Controlling the quality of the air is another matter. It is difficult to predict just how clear it will be during the Olympics, but city officials are optimistic. They say that days during late July and early August are usually warm and sunny, with fairly clean air. If so, the conditions will be good when the eyes of the world focus on Los Angeles for the Olympic Games. — By Tom Delamater □

Los Angeles: Let the Games Begin

• Once a quiet West Coast community, Los Angeles, California, is now a sprawling metropolis, readying itself to play host to the Summer Olympics for the second time.

The Olympics will run from July 28 through August 12, and the large crowds expected to descend on the area will temporarily add to the growing population of this ever-expanding city.

When you talk about Los Angeles, you're talking about more than just a single city. The greater Los Angeles area occupies almost 5,000 square miles (13,000 square kilometers). The area is about the same size as the state of Connecticut and just larger than either Lebanon or Jamaica. About 10 million people live there.

Even without Olympic athletes from around the world, Los Angeles already has an international flavor. People from many nations have made their homes there, bringing parts of their homelands with them. It is estimated that more than 100 languages are spoken in the city.

Los Angeles is a world center for filmmaking, music recording and radio and television production. Much of the industry is centered in the Hollywood district.

Los Angeles is also one of California's leading centers for business, manufacturing, finance and transportation, providing headquarters for many large corporations and a home for much of the U.S. aerospace industry.

Los Angeles had a head start in preparing for the Olympics. Most events will be in already existing facilities, including the Los Angeles Coliseum,

In this sprawling metropolis, the Los Angeles Olympic Organizing Committee was able to find most of the facilities it needed for the Olympic events. Only a few, like the velodrome for cycling (below, right) had to be specially built.



Photos by Hal Finch



By James Lichtenstein

*Real winners follow
the Olympic motto!*

The Olympic Games with only one event? That's the way the first one started, with a single foot race the length of the stadium.

That was back in 776 B.C., and over the next thousand years additional events were added.

Then came 1,600 years when the Olympics disappeared from the scene. When they were revived in 1896, less than 300 athletes took part in 42 events. Since then the Olympics have grown into the most popular amateur athletic contest in the world, with thousands of athletes and 370 events.

The modern Olympic Games

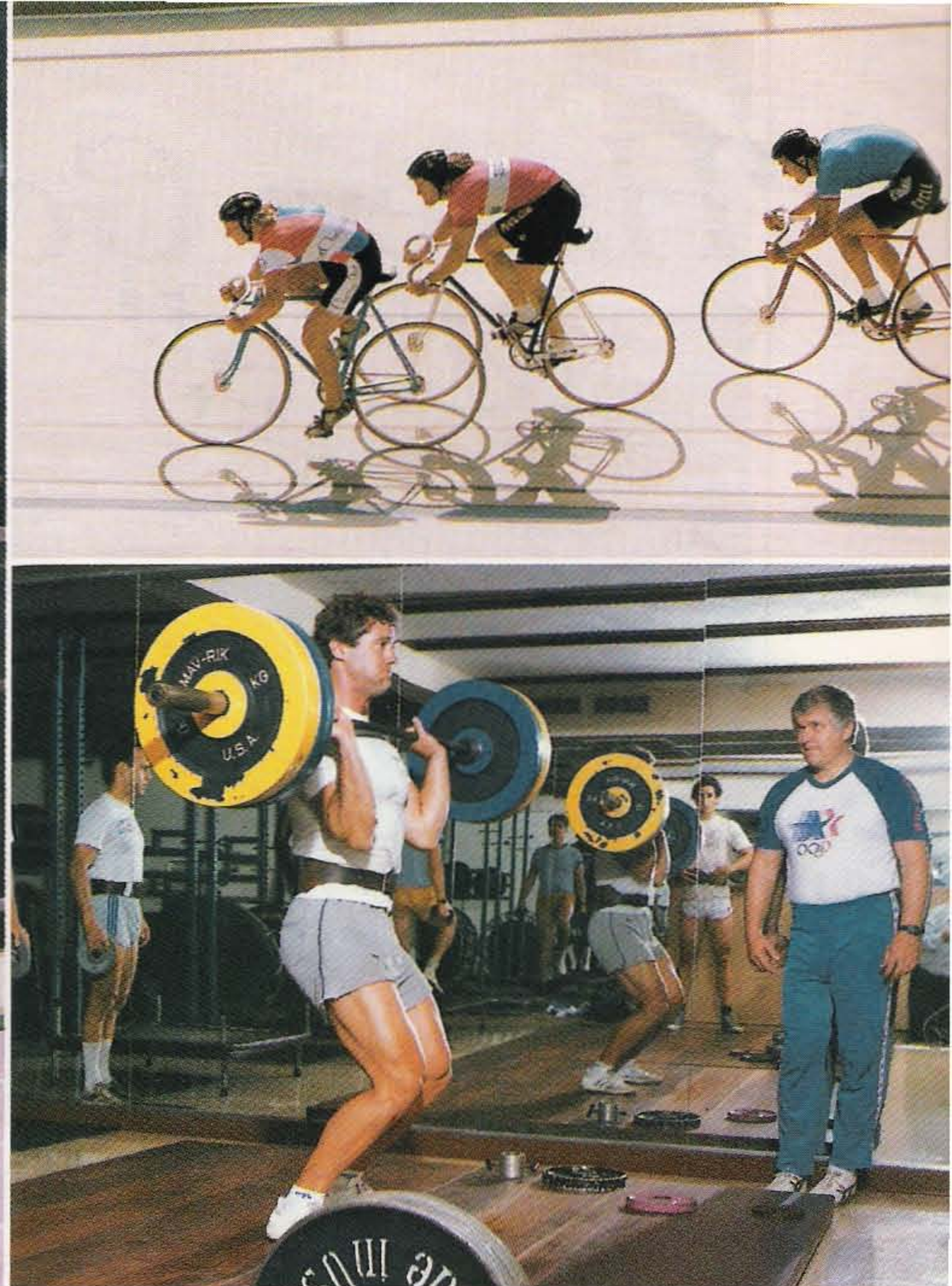
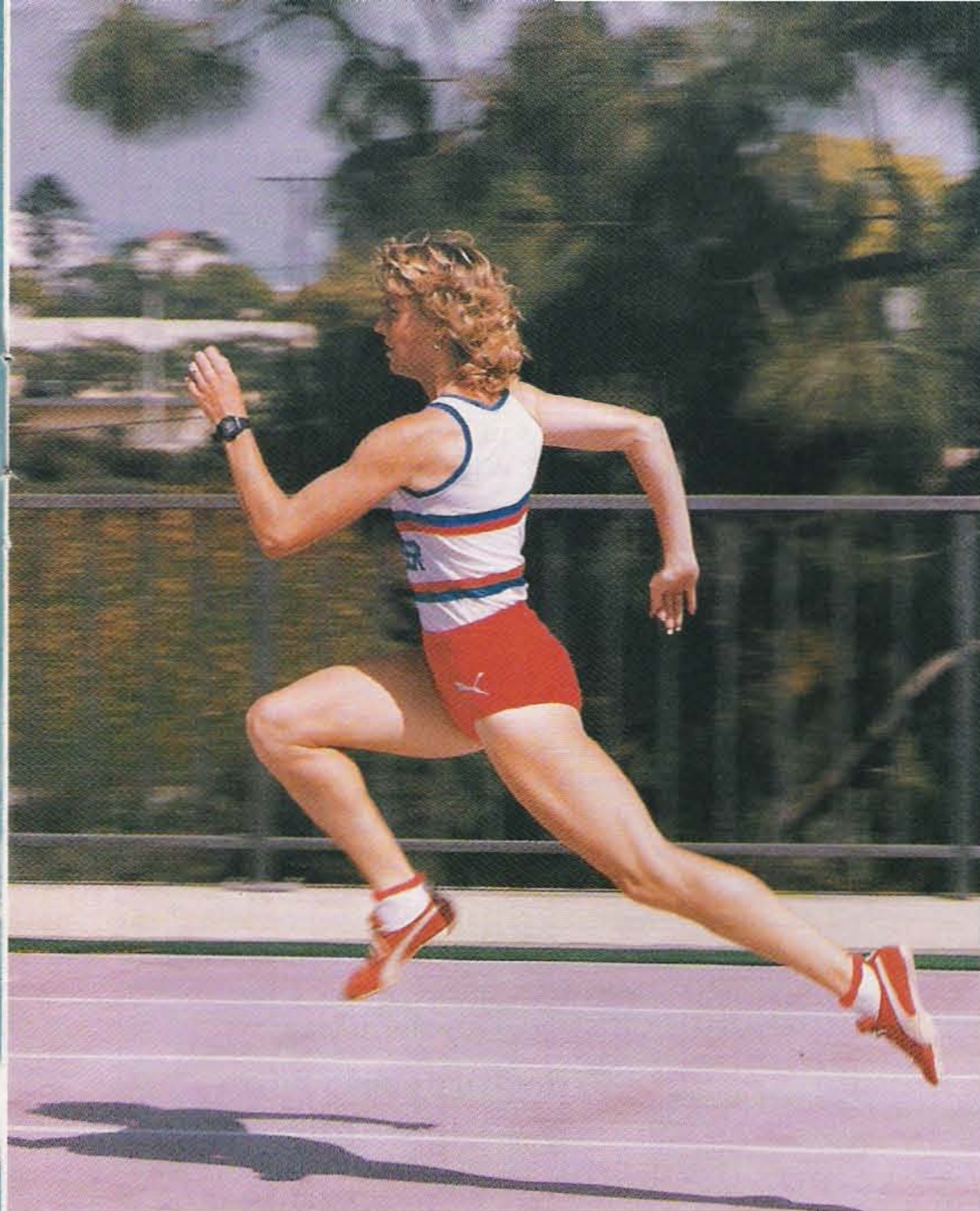
Faster, Higher, Stronger

were designed to build individual character through athletic training and discipline. The Olympic motto, *citius, altius, fortius*, means faster, higher, stronger — doing your best and continually improving.

In the ancient Games, the winner received a garland of olive

branches and praise from all who witnessed his victory.

Today, gold, silver and bronze medals are awarded to first, second and third place finishers. Most athletes will receive no such medal for their efforts. But will they be losers? Not if you consider the Olympic motto. Just



to make it to the Olympics is a great honor, and means that the athlete put in an incredible amount of training, effort and hard work.

Everyone who does his or her best is a real winner. The only loser is the one who quits or doesn't do his or her best.

This ideal is even more true in the arena of life than it is in the Olympics. The analogy of our lives as an athletic contest is not new. Almost 2,000 years ago a letter to the Church of God in Corinth, Greece, compared our lives to a race.

The writer of the letter, the apostle Paul, and those who read the letter clearly understood that only those who came in first in these ancient races were the winners.

"Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it" (I Corinthians 9:24).

But Paul went on to tell them that in the race we are in, that of

following God's way and achieving our incredible potential, no one needs to be a loser. In this race, all can be winners! But all must work hard to train and prepare to win: "And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown" (I Corinthians 9:25).

Paul set us an example as a Christian athlete himself, always in training and doing his best throughout his life. Shortly before his race through life was ended by death, he wrote these inspiring words:

"I have fought the good fight, I have finished the race, I have kept the faith. Finally, there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will give to me on that Day, and not to me only but also to all who have loved His appearing" (II Timothy 4:7-8).

Let this attitude fill you, too, in all you do in life, whether in

sports, schoolwork, job, service to others, being a help in your family or your relationship with God.

You do not need to beat everyone else to be a winner — but you must do the very best you can. Then you truly will be a gold medal winner of the highest kind in your personal Olympics of life. □

Photos by Hal Finch

Skating to Perfection

Tension was mounting. A little flower girl skated to the side of the ice rink to pick up garlands of flowers that the crowd had thrown. Everywhere she looked the stadium was filled with people watching, waiting.

At the other end of the rink a young woman skater, Jayne Tor-
(Continued on page 29)

'Have a Go, Mate!'

By Alan Dean

*"Go for it!" "Try it, you'll like it."
Or, as those from the land down under
say, "Have a go, mate!"*

"We 'keeled' them!" said T-shirts and banners all over Australia last October.

The yacht *Australia II*, with its innovative keel design, had just won the coveted America's Cup, breaking the Americans' 132-year winning streak.

As I watched the event on television, and the resultant victory, I felt a twinge of regret. It brought back memories of when I was 15 and had been invited to join a sailing club as a founding member. My parents had wanted me to join, and I wanted to join. But I didn't.

Cold feet

Why? I simply got cold feet. I didn't

want to take the risk of trying something new — I would have had to start at the bottom and work my way up. So I played it safe and had another season of the sport I was confident about — cricket.

Before this, at 14, I had also backed off at the last minute at another opportunity. I had been offered tennis lessons with one of the best tennis coaches in the country.

I wanted to be able to play tennis properly, but I didn't take those lessons. Why? I didn't want to start at the bottom and learn with a group of younger kids.

I love tennis and sailing, and I really wish I had used those opportunities to develop my skills. As you grow older, it is difficult to find the time to develop the skills that you can learn more quickly when you are young.

Over the last 12 years I have been working with teens at summer camps and youth programs. As an instructor, I find it frustrating to see a young person back away from attempting something new, because I know he or she will regret it later, as I did.

It is quite rewarding, after encouraging reluctant participants to "have a go," to see the sense of accomplishment and excitement on their faces when they realize that they actually did it!

Trying something new

Most of us balk at trying something new, especially when we feel we might not be good at it. We would rather do the familiar and safe than the new and risky.

How many people have robbed themselves of fun and failed to develop new talents because of this fear?

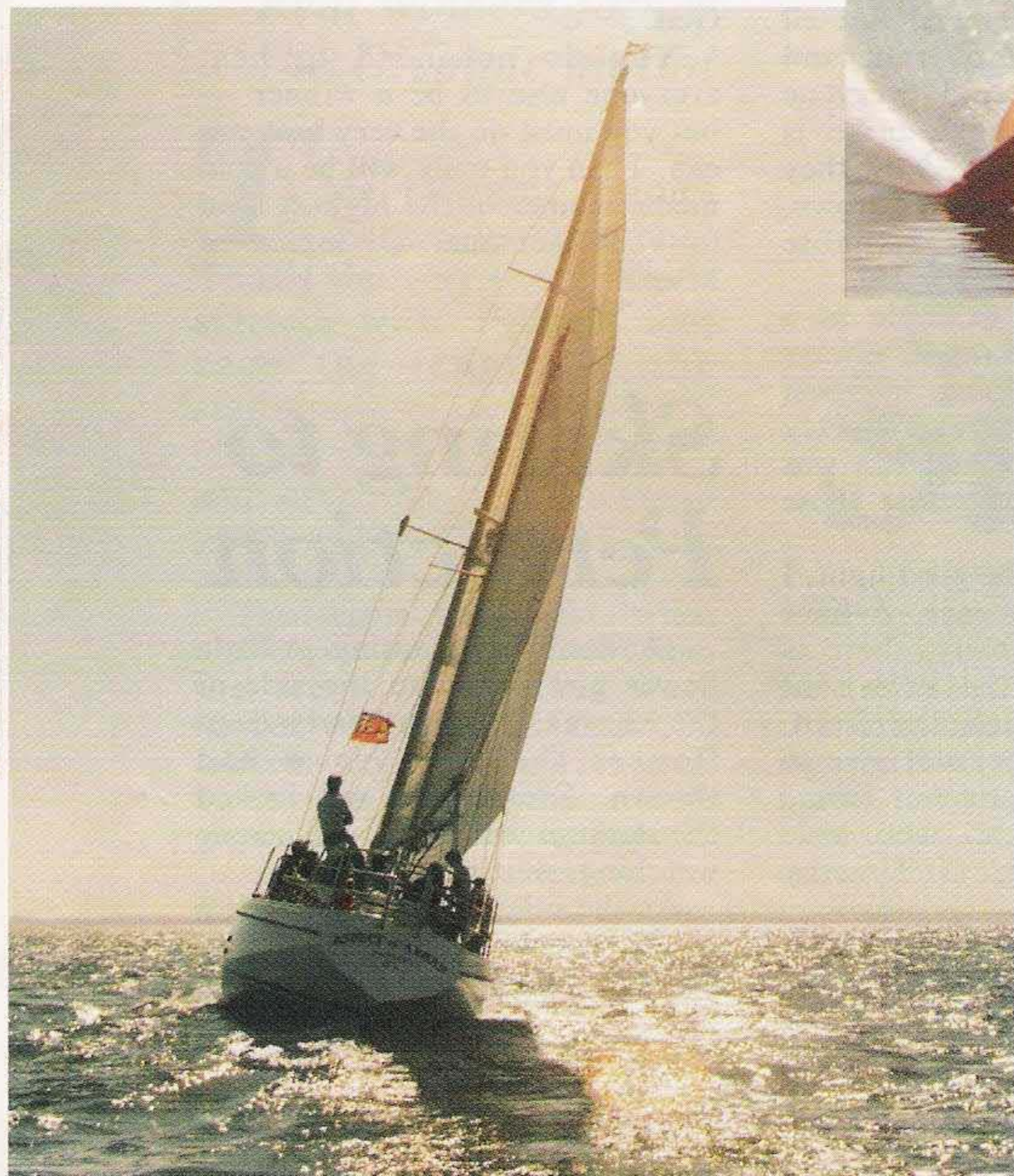
How many potentially great composers, artists, poets and sportsmen failed to appear on the world stage because they didn't find and develop their particular skills?

Sailing, waterskiing — summer offers many opportunities to develop new skills. Don't let cold feet keep you from having a go at something new. (Photos by Warren Watson and Nathan Faulkner)

Today, the only thing stopping most people from a fiesta of excitement and challenge is themselves. When we start, we may feel awkward trying something new. And we may not become the greatest at that activity. But it is worthwhile to learn to appreciate a broad range of activities, because the more we know and experience, the more interesting and exciting life becomes.

You never know — there may be a budding Michelangelo, Beethoven or Pele in you just waiting for you to turn the key. The wider your range of interests, the more likely you will be to find the right door.

Have a go, won't you, mate? □





SRI LANKA

Isle of Discovery

By Jeff Zhorne

*Come with us as we visit this lush, sun-soaked island
in the Indian Ocean.*

Often jerking the wheel violently to avoid pedestrians, dogs and cows in the road, our driver maneuvered the van around potholes and away from tree limbs.

In three hours we traveled the 65 miles from Sri Lanka's only international airport to Bentota, our destination.

Travel on Sri Lankan highways is not for the weakhearted. The unstated rule on the narrow, twisting roads that follow the

coastline seems to be: "The first driver to any point in the road goes first."

Our driver makes only one stop — to get out of the van, walk over to a statuette of Buddha and offer up a prayer.

Arriving in Bentota, on the

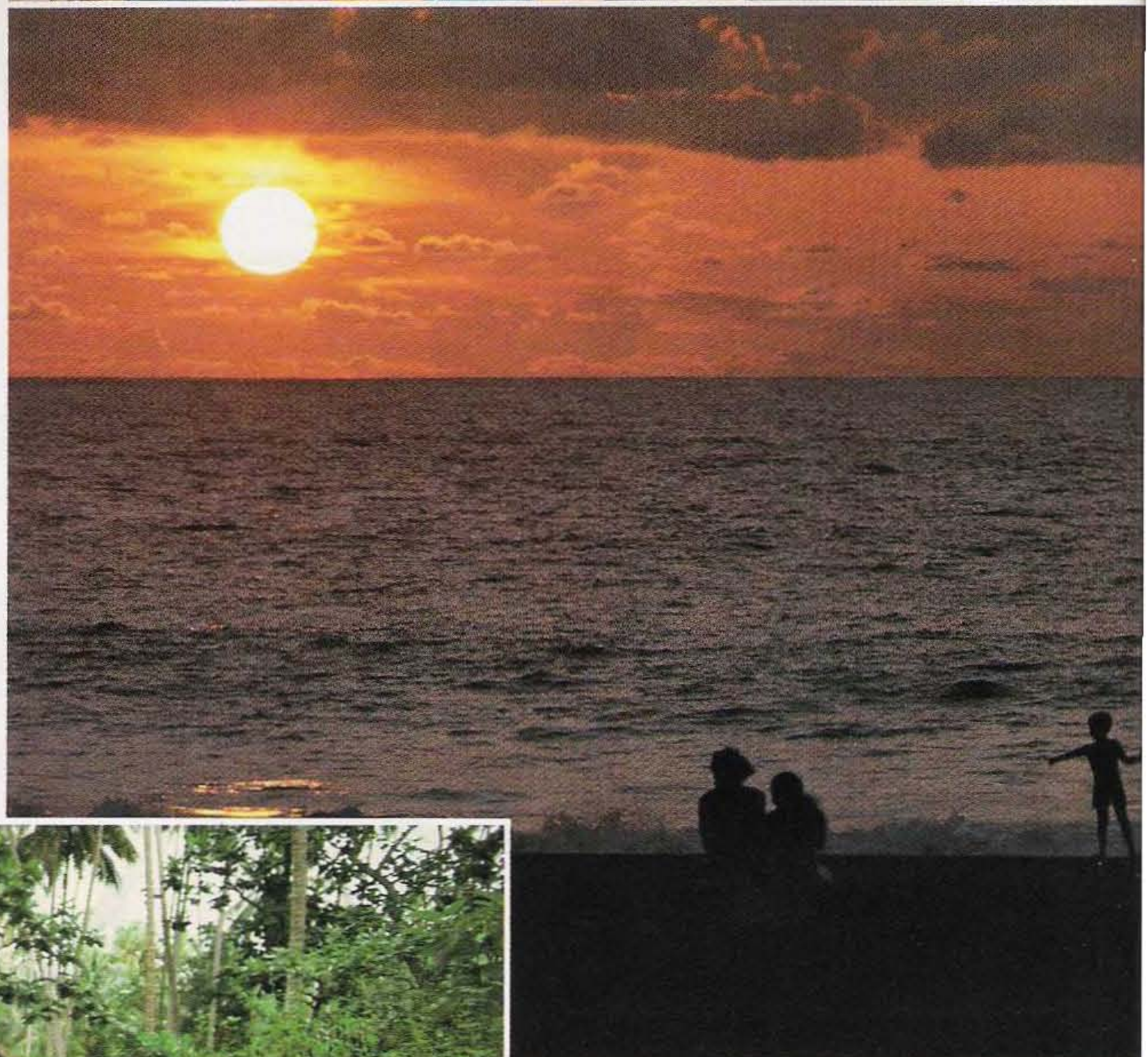
Explorations show
it to be a lush,
flowering island
filled with rare
birds, exotic
animals and their
strange noises.

island's western coast, seven Americans and two Australians got out of the van and climbed wearily into beds shown us by our host Mohan Jayasekera.

Whether our visit to this island nation would indeed prove our serendipity would perhaps become more evident the following day. Serendip, from which the word *serendipity* was coined, was another name given to the island during its long history. (Serendipity means the ability to make fortunate chance discoveries.)

Exploration and elephants

The next morning we set out to explore. No sooner had we begun to stroll down the beach, clut-



Sri Lankan children live amidst a verdant tropical setting largely unspoiled by industry. Instead of climbing one palm tree at a time to check for coconuts, children move from tree to tree on a network of ropes, gathering ripe coconuts.

tered with coconut husks and palm fronds, than young Sinhalese men and boys appeared, offering us an assortment of souvenirs.

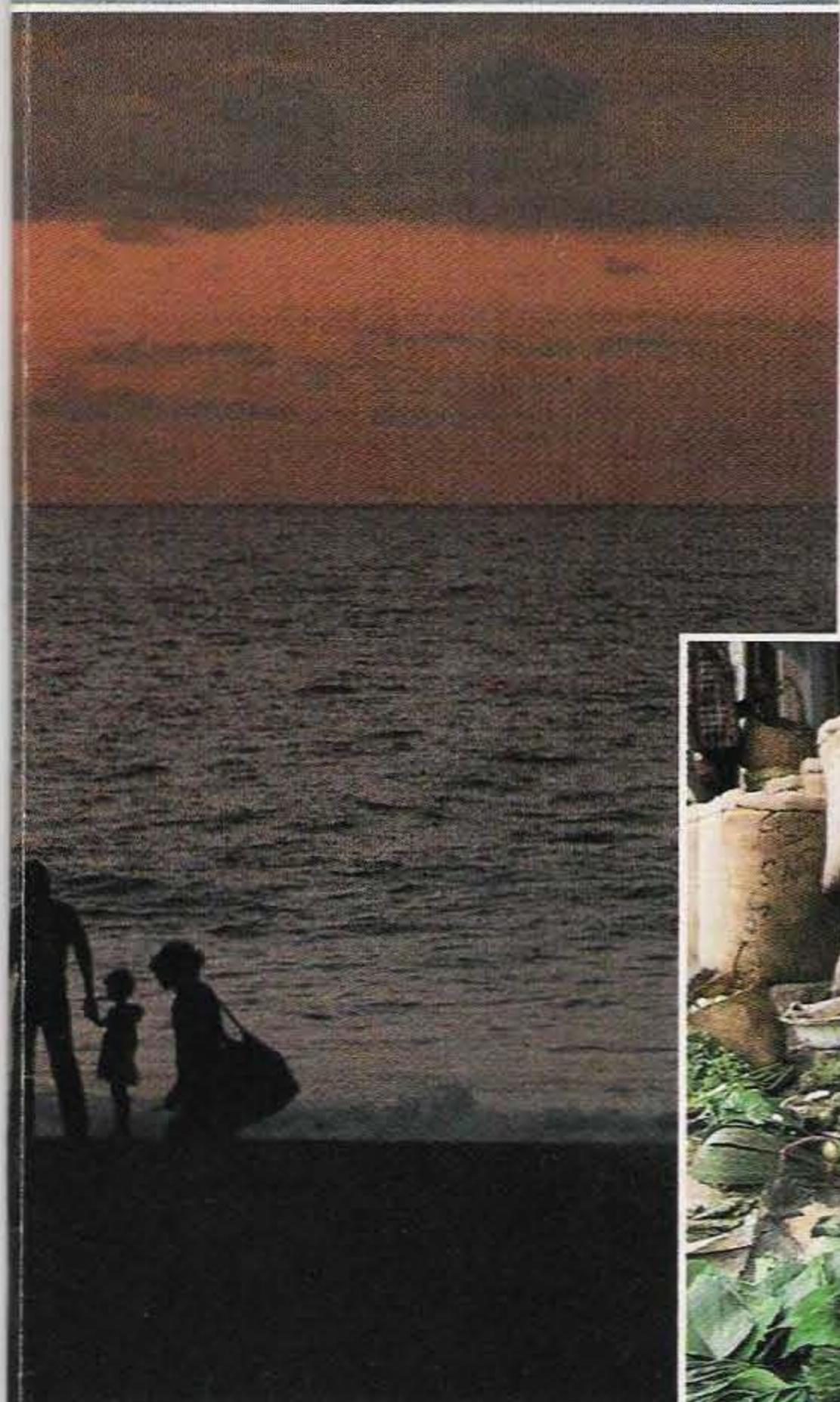
"Hello, American? You like this catamaran? — carved myself from driftwood. We have shirts of batik [hand printed with dye]. You also will like a trip on the river in a real catamaran. Come, we show you."

A little taken aback at their none-too-reluctant approach, we declined politely, only to have the group trail us for the remainder of our trek that morning.

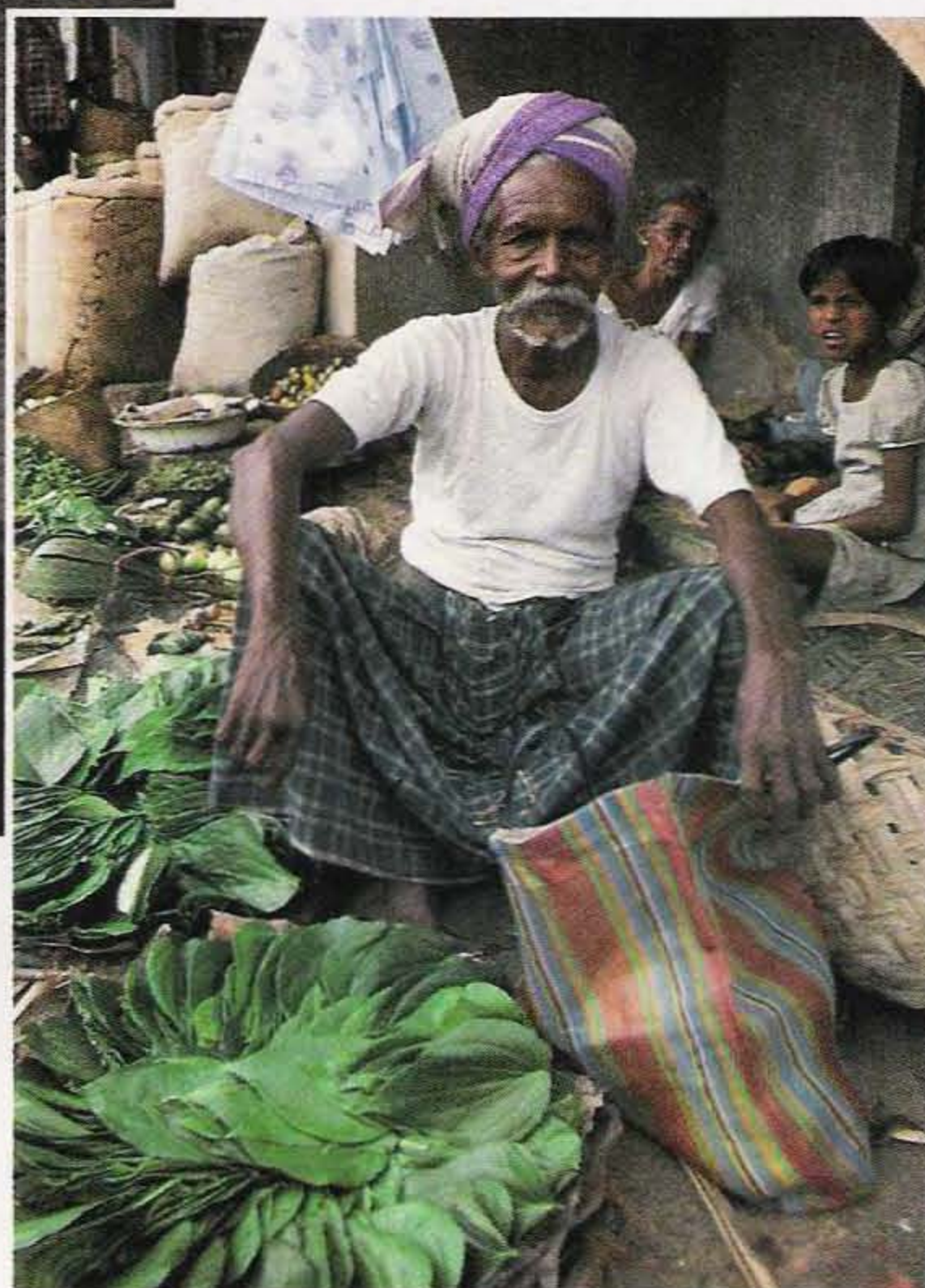
Soon we discovered elephants — the country's most important



Bright, glistening smiles are hallmarks of Sri Lankans (far left). Right, teens are quick to offer catamaran rides down the river, while older men sell homegrown vegetables in open-air markets. Magnificent sunsets on Sri Lanka's western coast (center) herald the day's completion.



For seven centuries
Ceylon . . . was the
center of the world's
spice industry.



elephants that roam free in the forests. It takes hundreds of villagers to gradually shepherd the wild elephants into a *kraal*, or stockade, over a period of several weeks.

Once inside the stockade, the wild elephants are noosed by the hind legs and tied to trees, a job that requires skill and courage. When the new recruit's excitement subsides, it is led away by two tame elephants. From them it will soon learn its duties and become a useful work animal.

background of the evening's western horizon, calling an end to another tropical day.

Meeting outdoors

At a meeting that evening, our group of 201 people, mainly from India, Sri Lanka and Australia, gathered under a tarpaulin set up within 50 feet of the Indian Ocean.

Most of the Indian women were dressed in gaily colored saris — lightweight cloth draped to form a skirt on one end and a shoulder covering on the other. Loose-fitting saris keep the Indians cool during hot, humid weather.

During the meeting, tame elephants ambled by, often carrying two or three villagers. A crashing wave occasionally drowned the speaker's voice.

Then we met the Wickremasinghe family — the father Bennie, mother Quancy, son Sujewa and daughters Deepika, Renuka and Menaka. The Wickremasinghes are from Anuradhapura, a relatively flat city about 150 miles east of Sri Lanka's capital, Colombo. In Anuradhapura lives the world's oldest documented tree, tended for 22 centuries.

Deepika, then 19, told about school and family life in Sri Lanka.

A glimpse of Sri Lankan life

Deepika explained that the schools she attended had been all-girl schools, all the way up to the preuniversity level. When she attended preuniversity classes, she played sports such as netball (a form of basketball with seven players on each team), badminton and carom.

Sri Lanka's education system is free, including universities, which cost nothing except food and lodging.

(Incidentally, more than 80 percent of all Sri Lankans can read and write.)

After a day at school, Deepika and her sisters study, sew their own clothes, ride bicycles or work on their collections of postcards,

(Continued on page 27)

animal. Elephants here are used for hauling timber where there are no roads and for handling heavy weight in construction work.

Adorned with colorful trappings, they often carry Buddhist relics in religious processions.

Domestic work elephants are recruited from herds of wild

Steeped in myth and history, Sri Lanka lies off the southeast coast of India and is roughly the size of Ireland. Our explorations show it to be a lush, flowering island filled with rare birds, exotic animals and their strange noises.

Pastel colors of blue, yellow and violet streaked the rich red

By Lowell Wagner Jr.

*Join us on a
white-water adventure!*

Icy river water roars into the raft. We gasp at the shock.

"Harder! *Harder!*" our guide yells. We dig in deeper with our paddles. It's critical now. It's teamwork or it's trouble

"Give me a *hard* right!" The raft starts to move right, but a wave slaps us back.

We're heading straight for the boulder! This strong current can wrap a rubber raft around a boulder, trapping it in midstream.

"High side! High side!" our guide yells. The people on the upstream side of the raft scramble to the side that's about to slide into the boulder.

Will our guide's plan work? Will the current pull us off? For several seconds nothing happens — we're pinned against the boulder. Then the river begins to tug at the light side of the raft. It moves a little. Then more! Finally, the river pulls us off.

"We're not done yet!" our guide yells. "Forward — hard!"

This is white-water rafting, an exciting sport that's getting more and more attention around the world. Wherever there's a good white-water river, you'll probably find people shooting its rapids.

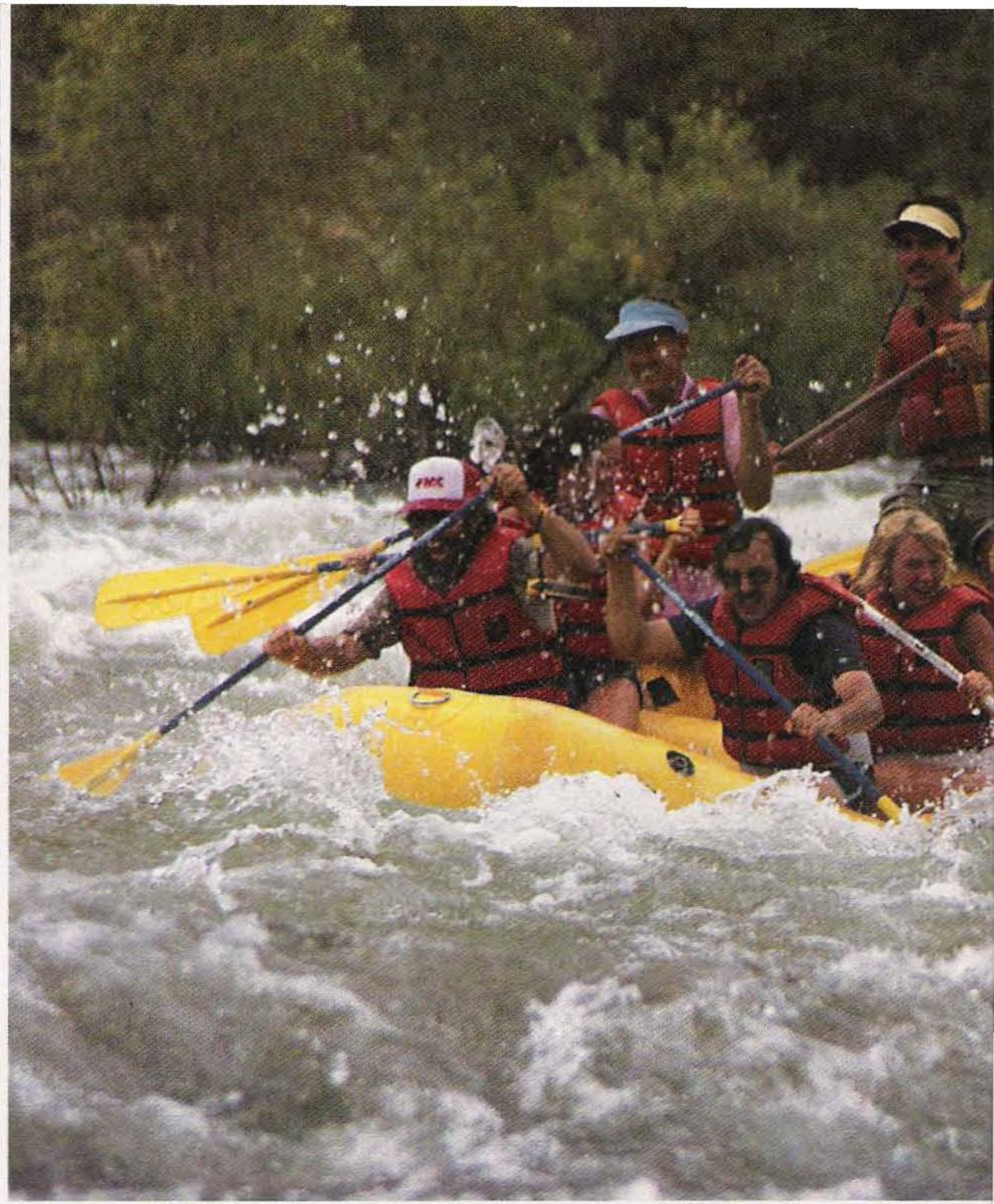
The sport got its biggest boost after World War II when thousands of surplus military rubber rafts were sold to the public.

These flexible rafts are perfect for shooting the rapids. They can take a beating and come away in one piece.

But what about the human bodies riding in them — how will they do? Well, there's only one way to find out!

Rafting safely

We meet up with our guides in a small town. From there, an old school bus, its floors and seats



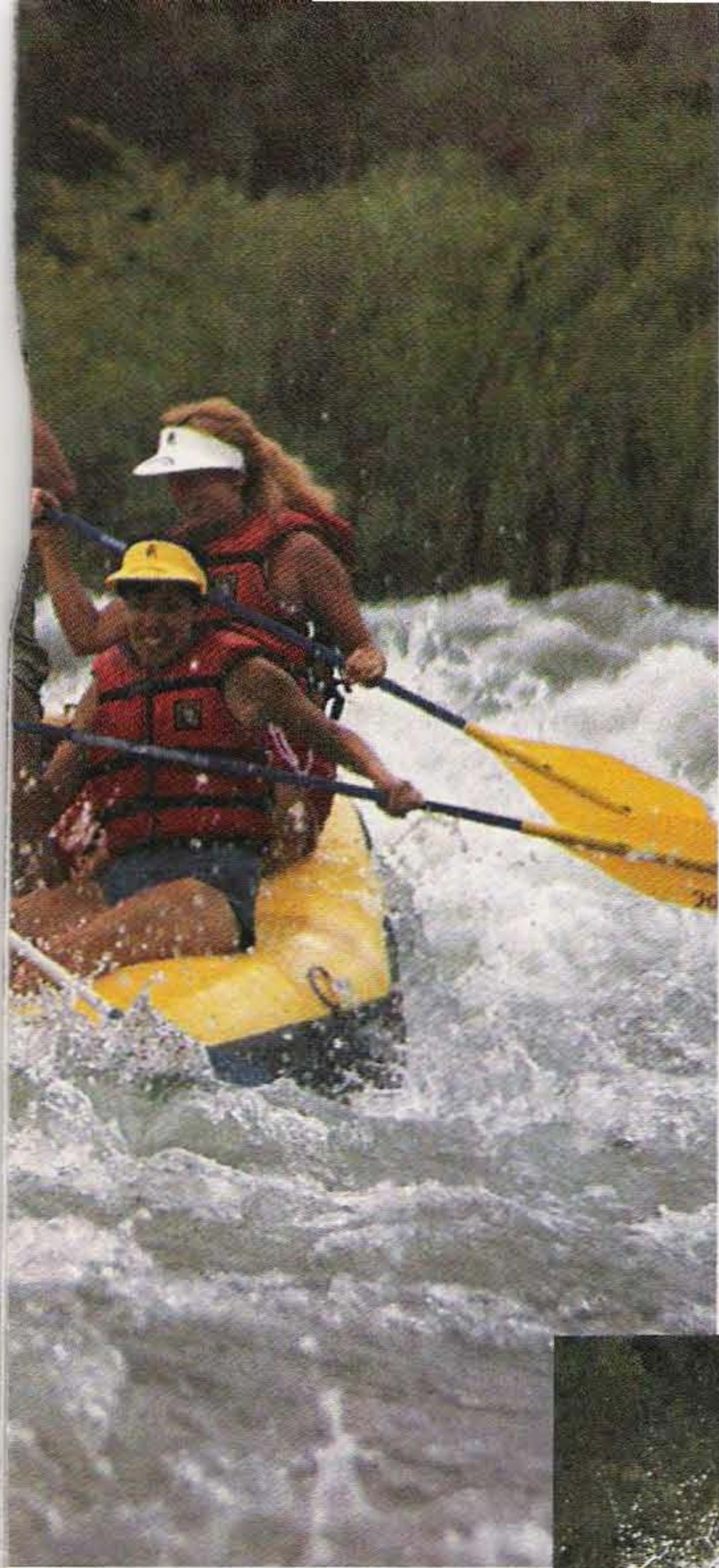
Shoot the Rapids With Youth 84

covered with sand, hauls us upstream to a small beach where we will begin our 4-mile (6.5 kilometer) white-water journey.

Before we start, our guide gives us a pep talk and goes over

the basics of controlling the raft safely — the teamwork that will be so important later.

It all sounds simple, but the big sign behind him ("Warning: Hazardous, turbulent waters



The waves get bigger and choppier. One leaps into the raft and buries two people in ice water.

wave, a dinky 1-footer, most of us forget about paddling and grab white-knuckled onto the raft. After a couple more of these baby waves, though, it starts to get fun.

The freezing springtime water, melting from the snow-covered mountains all around us, at first comes as quite a shock. But it soon becomes a game to see if we can hit the waves head on, making as much spray as possible.

Our first big rapid

The river suddenly picks up speed. Its waves get rougher.



The Powerhouse rapid gets the crew accustomed to the teamwork it will take to meet and beat Big Daddy. (Photos by Lowell Wagner Jr.)

downstream") still bothers a few people. He notices this.

"If you fall out of the raft, don't panic. Your life preserver will keep you up. Just keep your feet pointed downstream — to ward off boulders. You'll be OK. So let's go!"

The rafts bob like ducks in the calm water at the river's edge. We grab our paddles and gingerly climb aboard.

Our guide sits at the back where he can control the raft better. We practice a few of the paddling commands, then set out for the middle of the river.

When the raft hits its first

Downstream we hear the deep rumble of Powerhouse, our first big rapid.

Our guide shouts commands to get us into Powerhouse. If we hit the rapid wrong, we'll have a fight on our hands. "Hard right!" he yells.

"Two easy strokes left."

The raft picks up speed. "Forward hard! Hard! *Hard!*" We slide into Powerhouse, almost exactly where we need to be.

Now the waves get bigger and

choppier. They shove the raft from side to side. A 3-foot (1 meter) wave leaps over the right side of the raft. It wraps around the front and buries two people in ice water. We paddle harder. The raft explodes through wave after icy wave.

Our muscles start to tire. The rapid seems endless, but we finally fight our way out of Powerhouse and into a welcome calm stretch.

This is a good spot to bail out the calf-high water that has joined us inside the raft. It is also a good spot for a swim. Rafting is a lot of work. Despite the ice water in your face, you can get hot fast. Our guide jumps off the back of the raft, into the refreshing water. One by one, we all abandon ship.

Meeting Big Daddy

After the swim, we get ready to meet Big Daddy, the largest rapid we'll run. We have to hit it just right. You can be off a bit with Powerhouse and it won't matter much. But not with Big Daddy. If you're off, you're in for a wild ride.

It looks good at first, but a strong blast from the side shoves us off course. There is no time to correct it. We drop instantly over a wave into a hollow in the water. Everyone paddles frantically to keep the raft under control. A wave hits from the side. It knocks two people on the left into the middle of the raft. We've lost their help.

We veer toward a rock. The raft is thrown too close to it. The people on the right can't paddle. We're powerless for just a few seconds — but that's enough.

The raft grazes the rock. A wave smacks us from behind. Then, instead of going to the side like it should have, the raft rockets up the back of a monster 6-foot (2 meter) wave. The wave snaps the raft over the top, bends it in the middle and slings everyone to the floor of the raft. We shoot down the back of the

(Continued on page 27)

By Robert C. Taylor

*The spotlight's on you;
the atmosphere is electric.
Your performance is
about to begin...*

The spotlight follows you across the stage. All eyes are focused on you.

You give a cheerful smile to the audience and take your place. As the applause dies down, you position yourself to play.

There is a hushed silence. The air is filled with a tense excitement. For an instant, you reflect on the countless hours of practice spent preparing for this moment. You begin to play.

For the next five minutes, it's just you, the audience and your music.

Have you ever performed alone on stage?

Perhaps it was for a talent contest, a recital or an audition. If you have, this may bring back exciting memories.

Or maybe you haven't had this experience yet, but you've dreamed of winning a prize for your musical ability.

What does it take to produce a prizewinning performance? Musical skill and talent, of course, are necessities. A prime performance, however, requires more.

In music contests, it's not uncommon for as much as 25 percent of the judging to be based on the musician's appearance, emotion, body language and stage presence. A person can be a talented musician and yet lack skill in these areas.

How, then, can a performer polish his act for a prizewinning performance?

Emotion and appearance

What is it that makes a live performance so much more exciting than a recording? Dramatic lighting, quality sound, energetic



Preparing a Prizewinning Performance

crowds and, most important, the fact that the musician can be seen.

A good performer uses feeling and emotion to move his audience. His body language and

appearance add to the drama. His facial expressions reinforce the message of his music. When the audience applauds, he responds with appreciation.

These elements of stage pres-



ence add life to any performance.

When practicing, it's helpful to rehearse body movements and facial expressions before a mirror to ensure that they are natural and appropriate. It's important to see yourself as the audience sees you. An audience draws its first impression from the musician's appearance. Clothing should reflect the quality and mood of the act.

Poise and confidence

Two of the most important elements of stage presence are poise and confidence. When a musician is relaxed, the audience will be relaxed also. The performer will have better control of his

playing abilities — especially timing.

But most musicians face stage fright. The very thought of being in front of a crowd sends shivers up and down their spines.

Practice and experience on stage are needed to build confidence. Family members and friends can make good practice audiences to help build your poise and confidence. With their help, the nervousness will decrease.

When rehearsing an act, be sure to include walking on and off stage, smiling, adjusting the microphone and taking a bow. Take note of the little things. When they are added up, they can make all the difference.

The better prepared a performer is, the more poise and confidence he will show. By developing these qualities, you can really enjoy your performance and help the audience enjoy it more too.

An instrumental tune-up

The condition of an instrument affects its appearance, tone and the ease with which it can be played.

Ensure that your instrument is in top condition. Does it need oiling, polishing or tuning? Do certain parts need to be replaced? Would new strings improve the sound? The instrument must be in superior form for a superior performance.

If your instru-

There's more to getting ready for a performance than practicing your music. Some things you need to do: prepare your instrument, plan your clothing and see yourself as your audience sees you. (Photos by Craig Clark and Nathan Faulkner)

ment is your voice, take care of it as well. Keep yourself healthy and avoid straining your voice by using proper warm-up and breathing techniques.

No one likes to dwell on all the embarrassing things that can happen while performing in front of an audience, but a seasoned performer must be prepared for anything.

Ask yourself what things could possibly go wrong in your act. Be realistic. Could a string break? Will the microphone be too high? What if the instrument is out of tune? What if your voice cracks?

Having noted what problems could occur, decide how you would react. Be prepared.

A common mistake is singing or playing the wrong note. If this happens, don't grimace or express disappointment. Be calm. Just keep on performing as if the mistake were part of the act. This will help you retain your concentration, and you will be surprised
(Continued on page 29)



Picturesque PETS Contest

By Nathan Faulkner

Wouldn't you like to show *Youth 84* readers around the world pictures of your favorite pet? Well, here is your chance! *Youth 84* is sponsoring a "Picturesque Pets" photography contest.

Send up to three exciting, captivating color prints to "Picturesque Pets," *Youth 84*, 300 W. Green St., Pasadena, California, 91129. We'll publish the best ones in the December issue.

Please include negatives or slides with your print. They will be returned if you include a stamped, self-addressed envelope.

First, second and third prizes will be awarded in two divisions: photographers who are 15 years old and under, and those from 16 to 19. First prize in each category will include a \$50 cash prize.

Carefully write your name, age and address on the back of each entry.

Entries must be postmarked by August 31, so get your photos in!

Here are some tips on photographing pets:

- Focus on the eyes. Your pet's eyes bring warmth and feeling into the picture.

- Get on the same level as your pet so you can look straight in his or her eyes.

- Move up close so your pet fills up most of the frame your camera viewfinder makes.

- Make sure your pet stands out from the background (a black dog at night is not a good idea!).

- Remember that your pet is the subject. Don't let other things that would distract work their way into your picture.

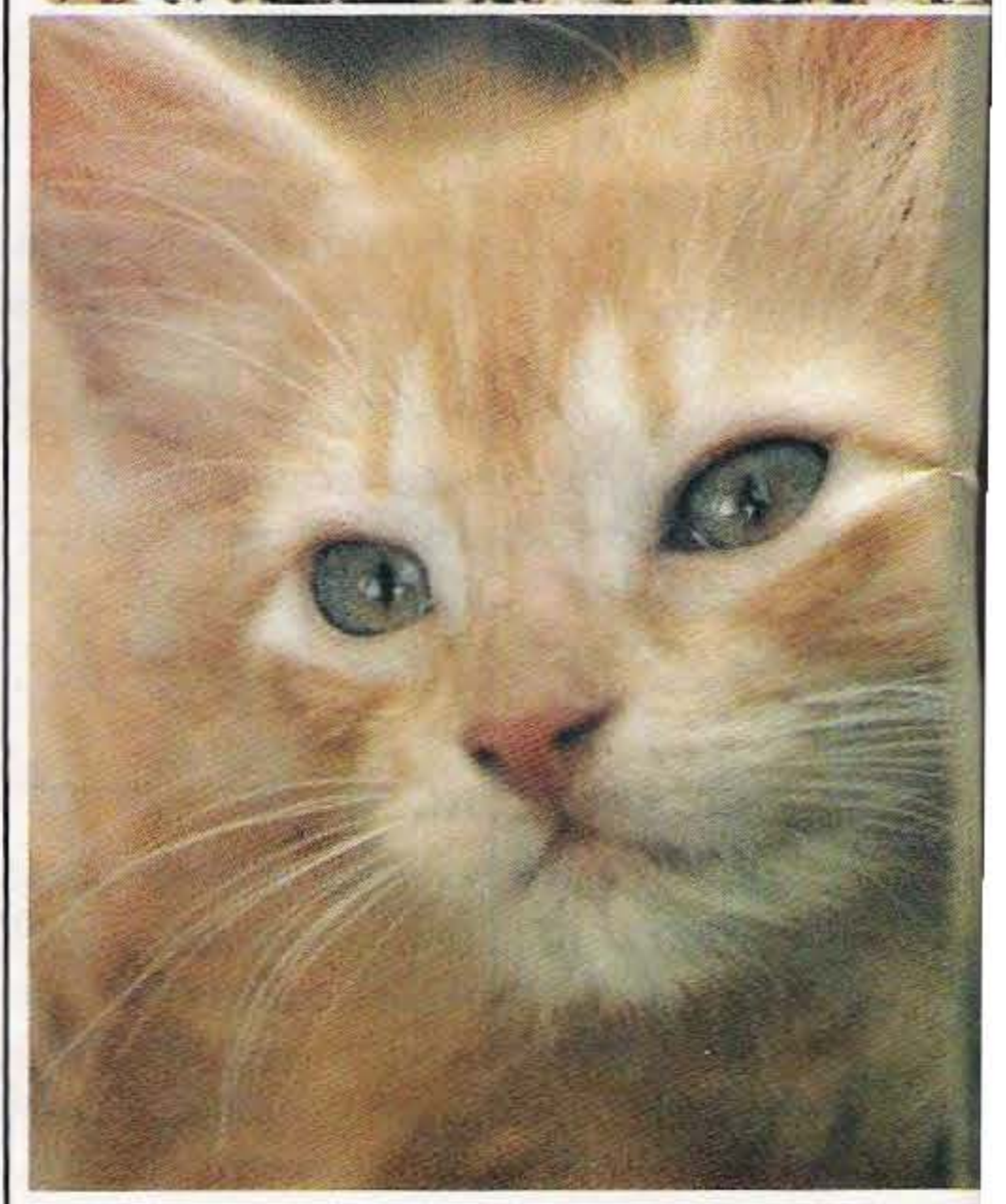
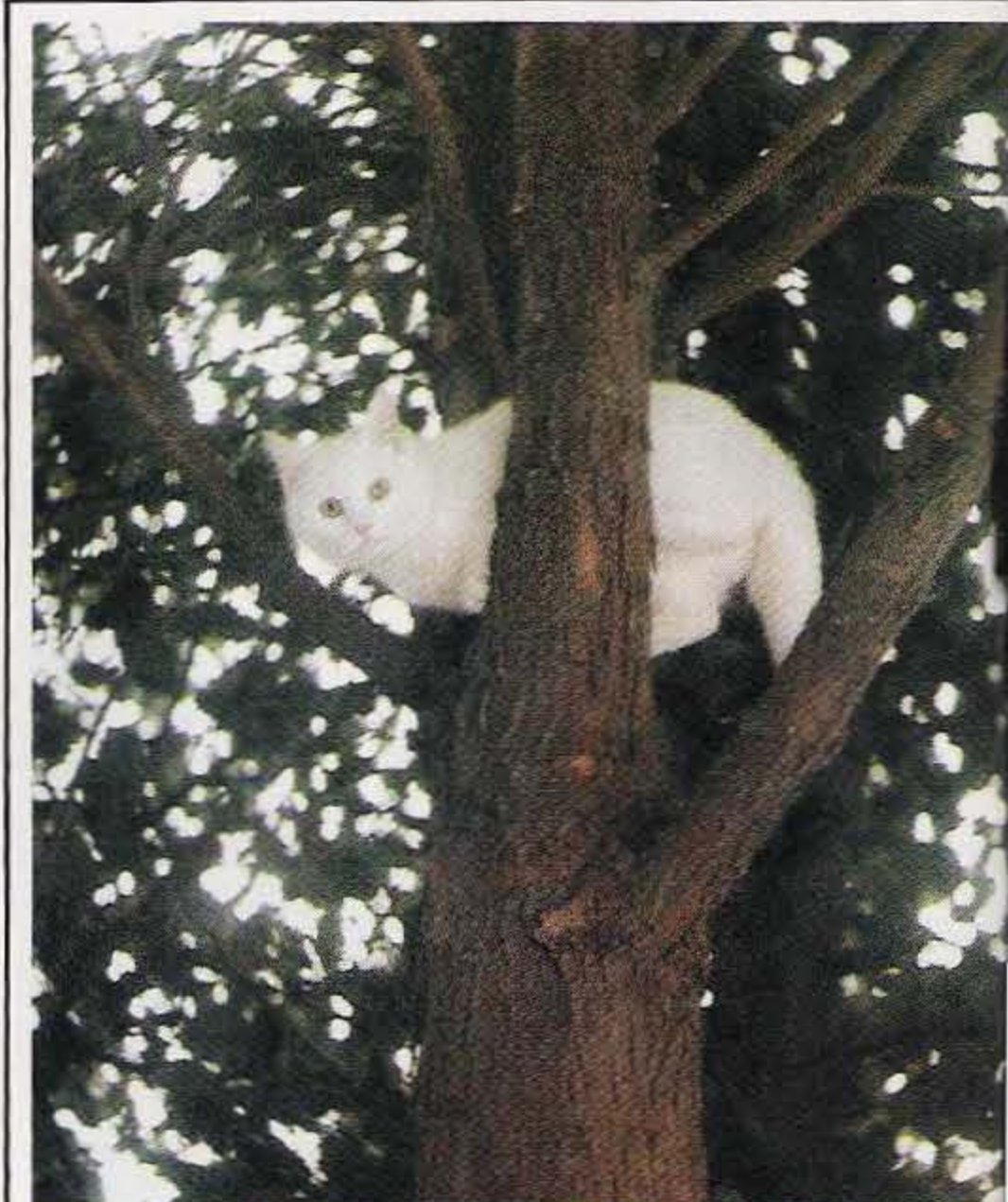
- Keep still, create a wide stance with your feet and brace yourself against something. Release the shutter with a gentle squeeze.

- Be original. Anyone can take a picture of a pet, but make yours special, different in some way. Make sure the photo tells a story that will capture the interest of people who don't even know your pet.

- Look for different angles, locations, perspectives, times or moods you can photograph your pet in.

- Get out and take pictures. The more you try, the better your tries will be. □

Animals make interesting photographic subjects! These photos were sent in for "Youth on Camera," but they'll also be eligible for this contest. Clockwise from the top left, the photographers are: Kathie Corey, Portland, Oregon; Susan Thomas, Waco, Texas; Lisa Riese, Griffith, Indiana; Tammy Phillips, Dunlap, Tennessee; Brigitte Van Hieme, Mount Hunter, Australia; next two by Jamie Thomas, Greenville, Mississippi; and Tom Johnson, Flint, Michigan.





IDEAS PLUS

The Right Way to Tan Your Hide

It was the first day of summer vacation, so Sue and her friends headed to the beach to get a suntan.

"Everyone was having such a good time," Sue told her mom that night. "We stayed longer than we planned to..." Sue's skin was bright red. It was going to be a painful, sleepless night.

Have you ever done the same thing trying to get a tan? If so, you know that a sunburn can be painful. With planning and patience, though, you can avoid the pain — and the harm it causes to your skin.

Just what is tanning? It occurs when the sun's ultraviolet rays react with a substance in the skin called melanin. How much sun we can safely endure depends on the amount of melanin we have in our skin.

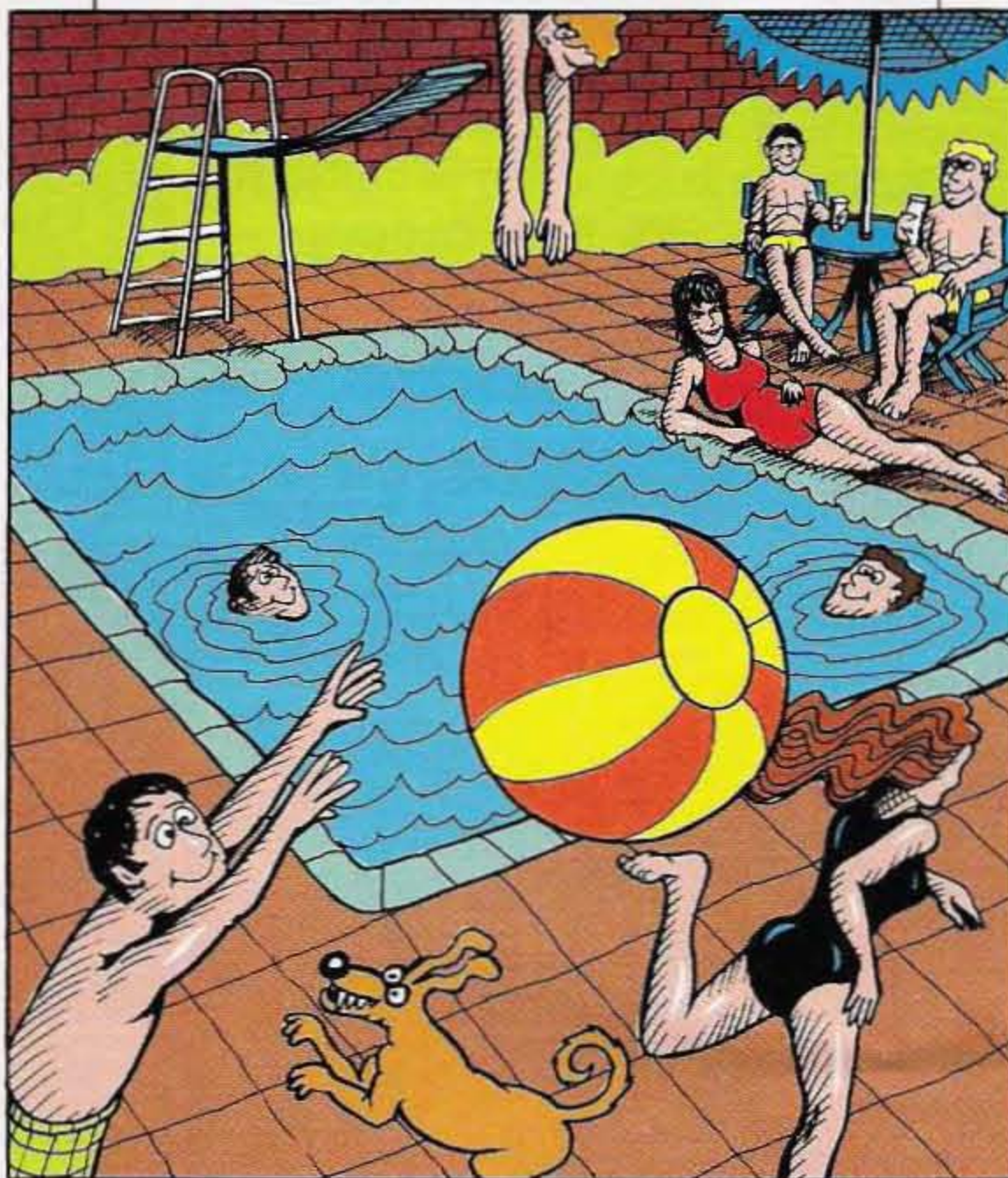
Scientists have found six types of skin, based on sensitivity to the sun's ultraviolet rays. A type one person is the most sensitive — this is the person who burns easily and doesn't tan.

A type two person burns easily but becomes faintly tan after continued exposure. Types three and four are the categories most light-skinned people are in. Types five and six apply to people with dark skin. People

Beginning this month, "News & Reviews" becomes "Ideas Plus."

with types five and six skin can sunbathe with few or no restrictions, although they can still burn after long exposure.

One of the secrets of safe tanning is the use of sun-protection products. There are two main types: sunblocks and sunscreens. Sunblocks do what they say — block out all of the sun's rays. They are



handy for very sensitive people or for sensitive parts of the body.

Sunscreens, though, only partially block out the sun's rays, protecting the skin from burns while allowing it to tan. The amount of protection a sunscreen gives is measured by the "sun protection factor" or SPF. The higher the SPF number (from one to 15), the greater the protection. But remember, if you stay out too long, you'll probably get burned no matter how many gallons of

sunscreen you use.

Which brings us to another key to

safe tanning: patience. Start with short periods of time and gradually increase them. It takes about two to three weeks for a tan to fully develop. There are no shortcuts. If you rush things, you'll get burned and peel. Much of the melanin in your skin will be destroyed. You not only start to scratch, you must restart your tan from scratch!

Overexposure to the sun has other hidden effects that can lead to premature aging, skin cancer and other skin problems. The effects of the sun's rays add up slowly over the years. But they do add up. The more time you spend in the sun, the greater the chance that problems will develop.

These problems are not likely to show up during teenage years, but excessive exposure to the sun could set the stage for them later. All the more reason to limit the time you spend sunbathing and to protect your skin when you do. —

By Ed Stonick □

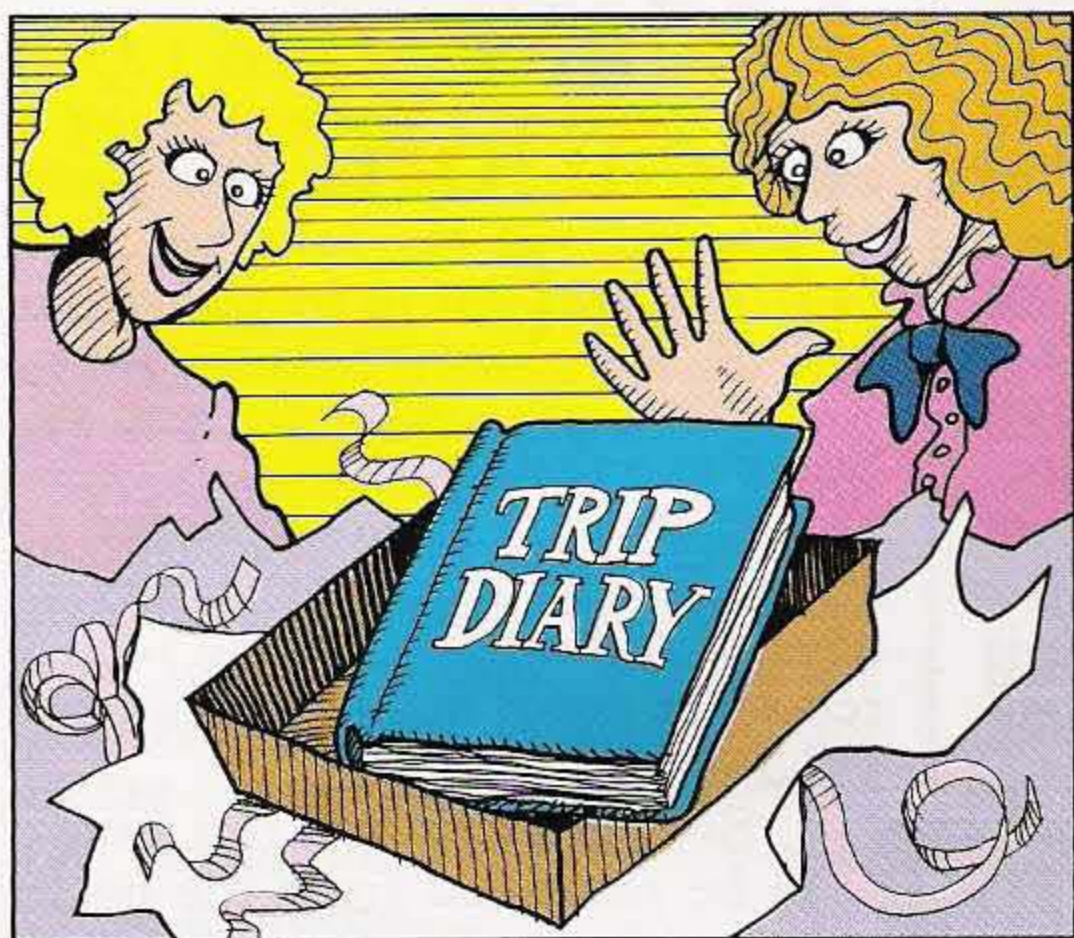
The Good-bye Gift That Says Hello

Timbuktu? Antarctica? Outer Mongolia? Does it seem like all your friends are about to scatter to the far corners of the globe for the summer vacation — while you stay home alone?

Well, before they get away, why not give them a

stay-in-touch "Bon Voyage Box"? With it, you and your friends can share the excitement of summer vacation even though it seems like you're millions of miles apart.

Here's how it works: Put



together a box filled with everything your friends will need to stay in touch for the summer. The easier you make it for them, the better your chances of hearing from them.

Here are some items to put in your "Bon Voyage Box."

- Stamped envelopes with matching stationery. Choose stationery that suits you or your friends' personalities. If you like, personalize it with cartoons, drawings or poetry.

- Stamped postcards. If they don't have time to write a letter, they may have time to drop you a few lines.

- Pens with different colored inks. Your friends may be inspired to write more often — it's more fun to write a letter in color than black and white!

- A calendar marked every week or two weeks with humorous sayings like, "Isn't it time you had a bout with writer's cramp?" They'll coax a smile — and a letter — out of your friends.

- A map of the area they will be traveling in. Ask them to mark on the map the route they will be traveling. When they return, you'll have fun tracing their adventures.

- A few rolls of film are always welcome and will encourage your friends to take a lot of photographs.

- A trip diary. This will not only help them remember their trip years from now, it will help them fill you in on what they saw and did.

- A book of coupons that can be redeemed by sending them to you in a letter. You must honor the coupons by answering your friends' letters within two days after receiving them. And don't forget to write back! Your friends will be as anxious to hear from you as you are to hear from them.

This summer, say good-bye — and hello — with a special gift, the

"Bon Voyage Box." — *By Wendi Hayward Butler* □

More Fun Than the Olympics

Want to be in the Olympics? Well, it's a bit too late to qualify for Los Angeles, California, but don't let that stop you. Have your own

neighborhood Olympics!

With some imagination, some help from your parents and a bit of work, you'll have an event that rivals the Los Angeles Olympics for fun!

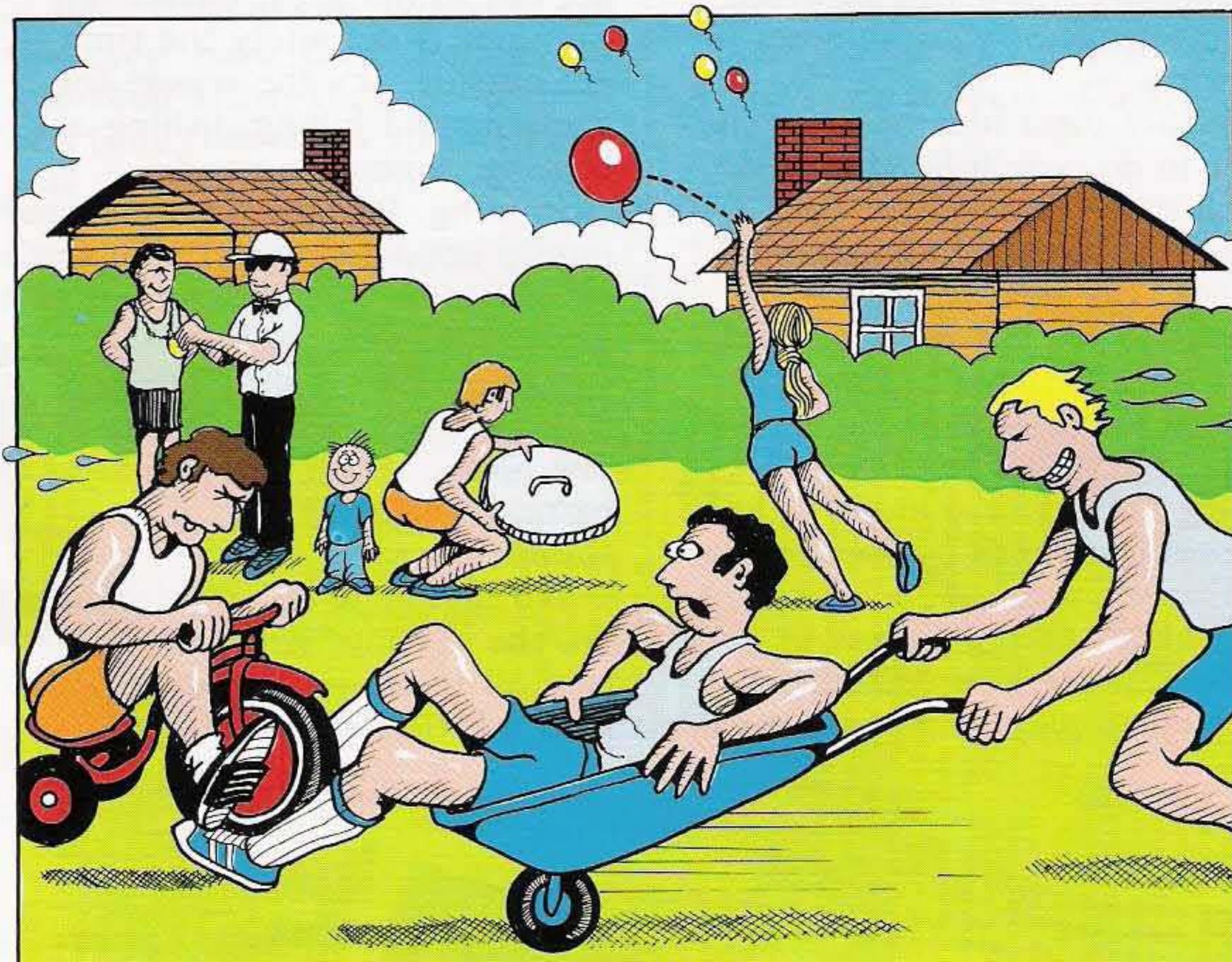
The first thing you'll need are some events. Now, obviously, you won't be able to do things like the discus throw or the shot put in your front yard. But with some ingenuity you can come up with events that are almost like the real thing — just easier to do and even more fun. Here are a few ideas:

- Foot races. These are an Olympic standard. Have them of different lengths so that everyone can enter. Just for fun, how about a little variety: a 10-meter somersault dash? Wheelbarrow races can also be a lot of fun.

- Shot put. Instead of the heavy metal ball used in the Olympic shot put, have contestants see how far they can throw a balloon. The possibilities are endless — and endlessly funny.

- Discus throw. Substitute a Frisbee for a discus.

- Bicycle races. At the Olympics, they have to build a special complex, called a velodrome, for their bicycle races. For your neighborhood cycling, you can race twice around the block or, if you don't have a block, start the race off



Illustrations by Monte Wolverton

down the road a ways and have them race back to the main area of your Olympics. That will make for an exciting finish.

Ask your parents for help in finding a safe, low-traffic street for this event.

These are just a few of the things you could do at your Olympics. Ask your parents and friends for more ideas.

You can also start rounding up your Olympic teams. Ask a few friends to be team captains.

Provide refreshments for the spectators and athletes. You might even be able to make a program of events.

And don't forget your awards ceremony at the end of the day. Make your own medals to award or buy something — like those gold, chocolate-filled coins — that you can turn into a medal. Give everyone an award.

So you see, it's not really too late to be in the Olympics after all! — *By Lowell Wagner Jr.* □

Make It a Summer to Remember

What will your summer be like? What will you be doing? If you don't know yet, now's the time to decide!

Here are a few tips to make the most out of your summer vacation.

With a clear idea of what you want to do, you'll be able to do much more. Talk about your ideas with family members and friends. Do some checking around to see if your ideas will work out. If they do, start making definite plans right now.

Include things you haven't done before. Use some of your free time to learn a new sport or skill or get into a new hobby. How about taking a class in photography? You could try learning to play an instrument or

maybe learn to operate a home computer.

Instead of just going to the beach, why not learn to scuba dive or water-ski? If you enjoy watching tennis, why not learn to play it? Your high school or city recreation department may offer lessons.

What about work? You can have all kinds of new experiences with a part-time summer job — as well as earning some spending money. If nobody is hiring, try making money on your own doing things like gardening, caring for children or even house-sitting for neighbors.

Sometimes a change of pace is fun. Include some quiet, indoor



activities in your plans, too, like reading a good book, oil painting and arts-and-crafts projects.

One good change of pace is to get out in the great outdoors. Summer is definitely the time to get outside. It's the season for camping and hiking, fishing and boating, sunbathing and swimming. Perhaps you and your family and friends can plan some special trips, like a camp-out at a trout-filled mountain lake or canoeing down a nearby river.

Even if it's just for a day or a few hours, spend some time in a natural setting. That's what summer is for!

No matter what you decide to do, the summer will probably pass all too quickly. But if you plan a little right now, come

September you'll be able to look back on a great summer! — *By Ed Stonick* □

Proverbs for Today: Vacation at Last

Summer vacation at last!

You thought it would never arrive. Those hazy, crazy, lazy days of summer — a time to relax, let down and just plain have fun. Or is it?

Summer vacation is a time to be refreshed from the hectic school pace. But it is also a time of golden opportunity.

Here is invaluable summer advice from King Solomon: "He who gathers in summer is a wise son, but he who sleeps in harvest is a son who causes shame" (Proverbs 10:5).

What can you do to make your summer a rewarding one? Apply the lesson of this month's Proverb: Use your summer to its fullest.

You'll probably enjoy sleeping in for the first few vacation days, and it may be tempting to continue doing this all summer. But if you sleep away too much of your summer, you are going to miss out on a lot.

Remember the story about the grasshopper who fiddled away the summer while watching the diligent ants store food for the winter? He was really left out in the cold when the snows came! (Also see Proverbs 6:6-11.) Don't just waste away the time. Summer will be over before you know it.

Do you want to have fun and enjoy your summer? One of the best ways is to put it to good use. If your summer is a productive one, you'll look back on it with satisfaction! — *By Jim Roberts* □

Dear Youth 84,

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

Q. I am 13 years old and have a younger sister who wants to tag along with me wherever I go. This is a big problem because she is too young to fit into the activities of my teenage friends, yet she will cry if I don't take her along.

A. One of the major complaints of older brothers and sisters, from the beginning of time itself it seems, is that the younger brothers or sisters want to tag along. And, when they do tag along, they always seem to cause problems.

The reason the younger ones tag along, of course, is that it seems to the younger person that his older brother or sister does things that are more grown-up and more fun than kids his own age. Or else there are no kids his own age and so he tags along just so he won't be left out of everything.

Most teens try to solve the tag-along problem by making it clear to the youngster that he or she is not wanted. This only makes the child feel that he must be missing something big and want to come even more.

The answer to your problem is to try to interest your younger sister in something other than going with you. Perhaps help her find her own friends to play with, or loan her some special possession you have that she normally would not get permission to play with, but that can only be used at home. In short, offer her some better alternative and she may take it.

You may not succeed in diverting her every time. But don't dismay. When you were younger, plenty of older people made room for you in their plans so that you would be happy and have fun. Why not return the favor from time to time by

willingly taking your sister along? That way when you must refuse to let her tag along, both she and your parents will have to admit that you have already done your good deed for your sister and deserve some time alone with your friends.

Q. I have a big problem. My parents never let me do anything, like even stay out very late or go to the shopping mall with my friends, or just about anything else that is harmless fun. Please help me, but don't give me that "parents know best" lecture, because they don't!

A. You have raised a good question. What should a teen do when he or she feels that a parent is too strict?

The first thing you must do is ask yourself a hard question like, "Have I done anything in the past that would make my parents distrust me?" If you have misused their trust in the past, you will have to earn their trust again by being trustworthy consistently on small things. This may not sound easy, but if you have damaged their trust in you, then it is the only way that will work.

But, if you can honestly say that you have done nothing to lose their trust, then go to them at a time *convenient to them* and you and in a *polite*

attitude talk to them about it.

Explain the situation as you see it and ask for their reasons. Then listen to their reasons with an open mind. If their only reasons don't seem right to you, then, without boasting, remind them of how you've been responsible and trustworthy in things in the past. Explain calmly why the things they fear won't happen — the precautions you are taking to avoid any problems. Don't just shrug off their worries — put yourself in their shoes.

Then, if you think it will be helpful, point out examples of how other parents let their children have some freedom. But don't make the mistake of using an example of a teen who has a bad reputation, for then you will only confirm to your parents that they are right. Use the example of freedoms that are given by the parent of a teen they like.

However, if you seem correct and your parents still don't listen, then respect their wishes and do as they say. Perhaps they will be more open-minded when you are just a few months older, and you can try again then.

For more about this subject, see the article on page 28, "By the Way . . . 'How Can I Get My Parents to Trust Me?'" □

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 84," 300 W. Green Street, Pasadena, California, 91129.



READER BY-LINE

'I've Been There'

I am 17 years old. I just finished reading some articles in the January issue of *Youth 84* — the articles on prison life.

In one month it will have been a year since my release from a rehabilitation center. I had been locked up because I had committed a number of serious crimes — felonies, they called them.

At the time I thought I was only hurting myself, which I was, but I also hurt my family and friends.

I thought I wouldn't get caught because I had gotten away with it before. But I was wrong.

And as a result I was committed to the rehabilitation center for six months.

I learned a lot of valuable lessons in that time. I learned I could talk freely with my parents. I also found out that I had hurt my dad a great deal and that my parents and three brothers were deeply disappointed by my actions.

Some of the people I was confined with said everything would be the same when they got released as it had been when they were free. It might have happened that way for some, but not for all.

In my case, my life was painfully scarred. You see, after

serving three months I found out that my father was hospitalized. He had cancer.

I didn't think it was that bad, but about three weeks from that point, I heard that my father had died.

I had seen my father three times since I had been locked up

— the three times he had come to visit me on visiting hours. The last time I saw my dad was at his funeral.

It tore me apart. I couldn't be there for my dad when he really needed me, not to mention the rest of my family.

Now that I have been released from the rehabilitation center, I still have problems, like not being able to get a job because of my arrest record. But Satan no longer has control of my life. He got control because I was weak and let him have it.

What I'm trying to say is, be strong and listen to your parents and your odds will be a great deal better. □

Editor's note: The author's name is being withheld. He is 17. If you would like to submit an article for the "Reader By-Line" section, send it to: "Reader By-Line," Youth 84, 300 W. Green St., Pasadena, California, 91129.

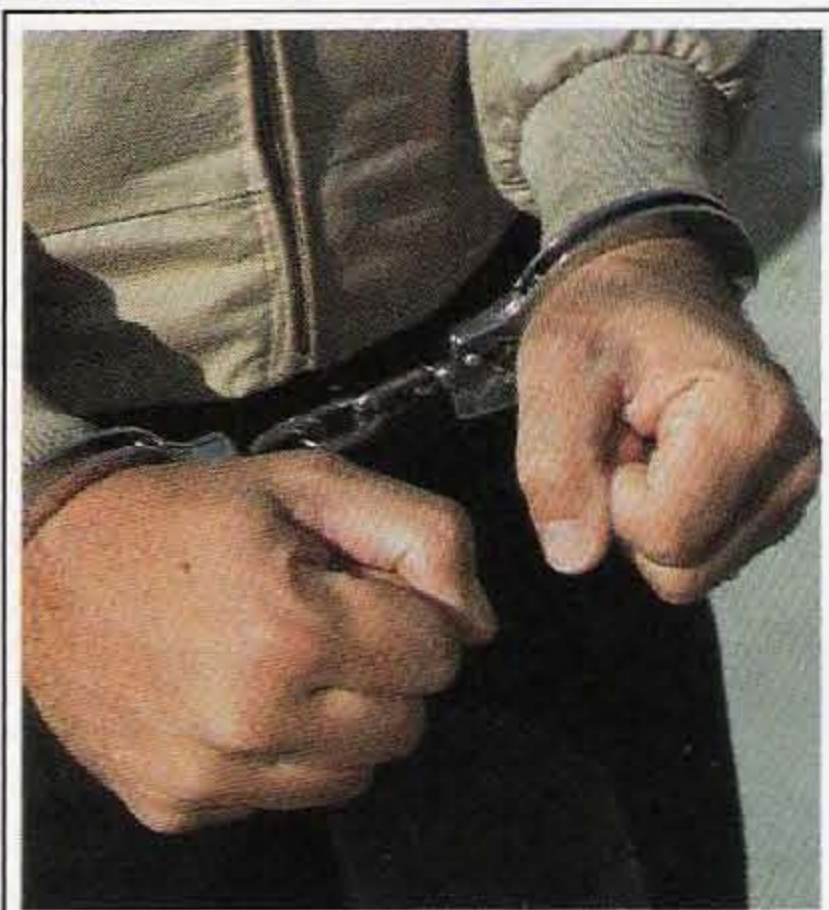


Photo by Hal Finch

About Dad

(Continued from page 6)

while growing up. They also had friendships that produced peer pressure. They too faced difficult decisions and suffered through embarrassing moments. The lessons they have learned by dealing with people can be a deep well of knowledge for you to draw from.

What about job experience? How did your father decide what he wanted to do for a living? As you think about your choice of a career, the guidance and advice of your parents could save you a frustrating trip into a dead-end job that provides you little fulfillment.

Are you looking for that first job? Ask your parents what they did on their first job. How much did they earn? You'll probably find the pay scale to be quite a bit higher today.

Love and marriage

How did your parents meet each other? When they married, what did they expect from each other? What have they learned from their years of marriage?

Your parents could provide some of the best marriage counseling available. Their advice can be tailored exactly to your needs. After all, who else better understands your character and personality than those who have raised you?

Sit down and talk to your parents. Find out about their high school days — what did they do on their first date? Don't be surprised if you find some of their feelings and embarrassing situations are similar to yours.

Before another year passes, decide you're going to get better acquainted with your parents. Before you leave home, seek their advice and counsel on the important things in your life. And before you make an unnecessary mistake, listen to their experience.

You, too, may discover some things you never knew about your parents! □

The Rapids

(Continued from page 17)

wave and into some smaller ones that fill the raft with more ice water.

We scramble to our positions and paddle furiously to get the raft under control.

Slowly, we realize what we have just accomplished. We took on Big Daddy — the hard way — and won! Big, wet smiles crack our frozen faces. A jubilant “whooooeeiii!!!” rings out louder than the thundering river.

What’s next? Well, that’s part of the fun — each new stretch of river is full of new adventures!

Rafting the right way

Done right, rafting is a safe and exciting sport. Done wrong, it can be dangerous — even deadly. Don’t take chances. If you put safety first, you’ll make all your white-water adventures safe ones.

Find a reliable guide. This is one of the most important parts of safe rafting. It takes a great deal of skill to safely guide a raft through a white-water rapid. *Don’t try to shoot the rapids yourself. Unless you have a great deal of knowledge about rivers and how they work, you could be putting your life — and the lives of your passengers — in a great deal of danger.*

Good guides are usually easy to find in areas where there is white-water river rafting. Before your trip, contact organizations like the chamber of commerce or better business bureau in the area where you will be rafting. They can help you find a reliable rafting company.

Rafting companies have trips for everyone, with prices ranging from around \$15 for a quick taste of rafting to \$40 for half-day trips on up to hundreds of dollars for several-day camping-rafting trips.

From Arizona to Austria, New Zealand to Zimbabwe, there are exciting white-water rivers waiting to give you the wildest, wettest ride of your life! □

SRI LANKA

(Continued from page 15)

bottles and stamps. Later Deepika may go shopping with her mother, do housework, washing and gardening or finish homework from a computer class she is taking.

Working in the family garden means tending vegetables such as bringals, cabbages, beans and lady’s fingers and fruits like mangoes, plantains (small bananas), papaws (papayas) and oranges.

From their home in Anuradhapura, the Wickremasinghes may watch the only television channel or listen to the radio.

“Except with my family, I don’t stay out very late at night — usually the latest is 6 p.m.,” Deepika explained, adding that her family often goes to the theater or spends the day by a lake to swim, eat lunch and play games.

In addition to working at home, older teens may take a job, although finding work outside larger cities often proves difficult. When not employed, Deepika receives pocket money from her parents every week — usually about 10 rupees (then about \$.40). During the day Deepika’s mother teaches English in a boys’ school. Her father is a lawyer with an office in Anuradhapura.

What’s to eat?

Evening meals differ a bit from those in other countries, and so do the prices. “Our family has beef with every meal — it costs only 15 rupees a pound,” said Deepika. “But we eat chicken only on special occasions, because it costs so much” — about 20 rupees a pound.

Hoppers are often on the menu too. That’s what Sri Lankans call an egg cooked sunny-side up in the middle of a flour shell.

Beef is often cooked in a gravy made with coconut milk or coconut oil. Coconuts, a vital food of Sri Lanka, are used for so many things. Approximately 2,000,000,000 coconuts are pro-

duced each year. It has been estimated that each Sri Lankan consumes about 125 coconuts a year!

“We use coconut oil for soap and the pulp we mix with curry,” Deepika remarked.

Husks are used for brooms, carpets, mattresses, seat cushions and ropes, the leaves for thatched roofs and baskets, and the trunk as wood for building, timber and pillars.

Besides coconuts, the island has an abundance of tea plantations. Before 1900, coffee was Sri Lanka’s primary crop, but then a leaf disease destroyed it all in the 1870s. Now Sri Lanka exports nearly a third of the world’s tea.

For seven centuries Ceylon (as the island was called until 1972) was the center of the world’s spice industry. Today, however, the primary plantation crops are tea, rubber and coconut. Sri Lanka also mines a variety of precious and semiprecious gemstones.

Beauty on land and sea

A vast array of colors and shapes of coral and sea life can be observed during a ride in a glass-bottom boat. Another attraction is that the oceans around Sri Lanka remain about 80° Fahrenheit (27° Celsius) year around.

Thick forest extends from beaches’ edge many miles inland, where water buffalo graze in the high country around Kandy. Big cats, monkeys, snakes and birds inhabit wilderness areas.

With our stay in this tropical land drawing to a close, we decided to take advantage of one last offer: a tour down the river on a catamaran.

“Very cheap, only 300 rupees,” they told us.

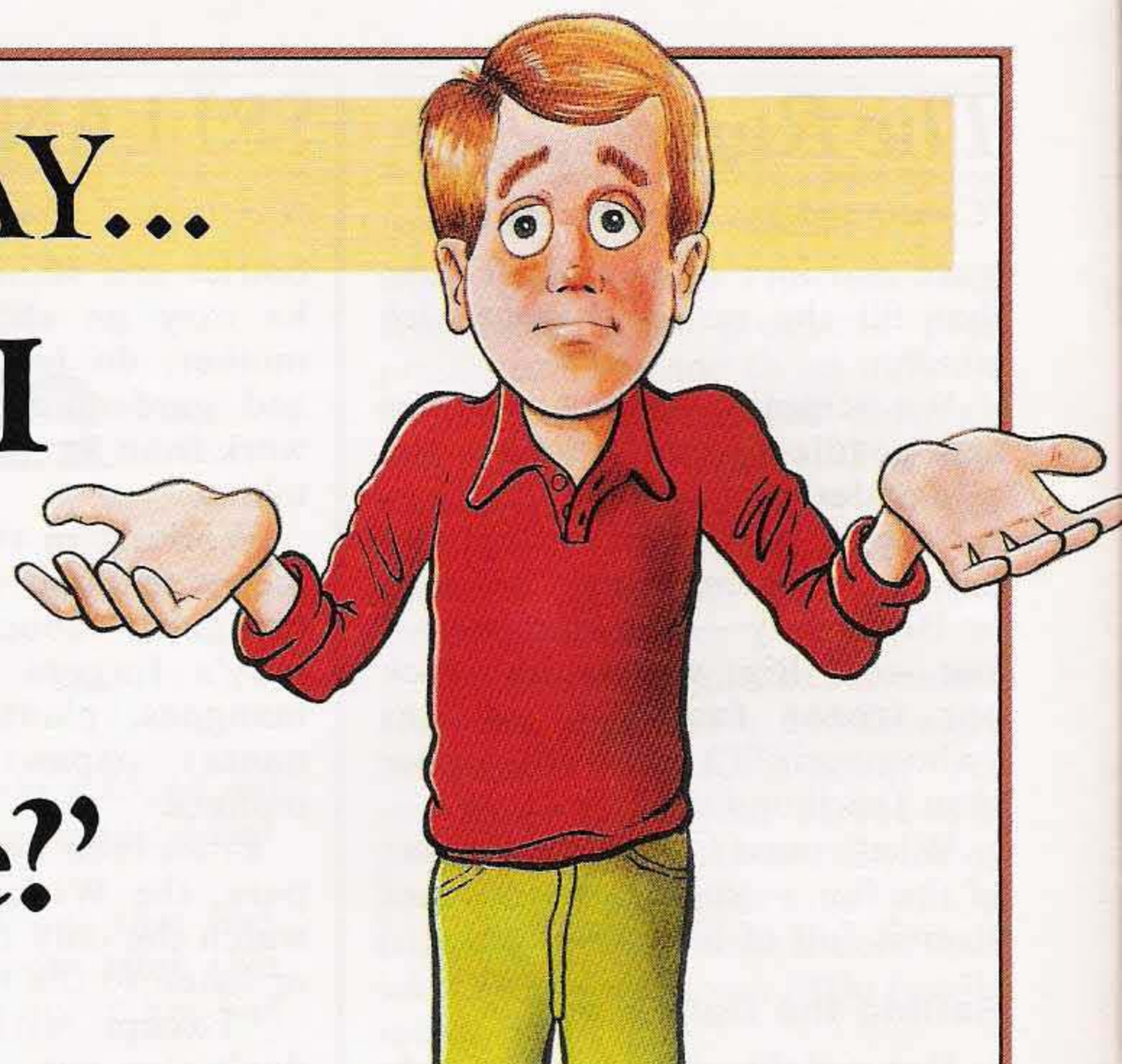
We took our places in the middle of this raft made of logs lashed together.

The vessel eased away from shore with the help of the four paddlers, eager to show us crocodiles and other creatures . . . quite a change from big-city life in America! □

BY THE WAY...

‘How Can I Get My Parents to TRUST Me?’

By Dexter H. Faulkner



Fred was in big, big trouble, and it was too late to do anything about it!

He had a learner's permit, but not a driver's license. He wasn't allowed to drive his parents' car unless one of them was with him. But one weekend Fred's parents went out of town and left him home alone.

Temptation whispered in Fred's ear, and soon he found himself behind the wheel, driving along with a carload of his friends. But he promptly ran a stop sign! He never dreamed a policeman would be watching that stop sign on that sunny Sunday afternoon.

Driving without a license! Running a stop sign! How do you appear in traffic court and handle a big fine without your parents finding out? You don't!

Fred quickly concluded that his little outing hadn't been worth it. He wished that he had obeyed his parents, not only when they were home, but also when they were absent. He wished he had remembered what his dad had said when he left: "Remember, son, be

responsible."

An important quality

What is your response to responsibility? In a survey, 93 percent of the teenagers questioned listed responsibility as an important personal quality.

Some responsibilities are easier to welcome — like staying up later at night, weekend outings with friends or use of the family car. Other responsibilities may taste more like a dose of cod-liver oil — like helping to pay some household bills, paying for school clothes or keeping the house and yard clean.

What is responsibility? It includes the respect others have for us, and the privileges this respect gives us. Responsibility also includes those character traits that earn us this respect: responding maturely, answering for our conduct, being trustworthy, reliable and self-disciplined.

How does responsibility develop? When we are born, we are totally dependent on our parents, have no self-discipline — and no responsibility. As we grow up, indepen-

dence increases as self-discipline increases. This is because the less parental discipline we need (which is the same as saying the more self-discipline we have), the more independence — and responsibility — our parents will feel we can handle.

You show your parents that you are growing in self-discipline when, without reminders, you take care of your room, clothes and chores; when you keep your word; when you're on time; when you make wise choices.

Keys to independence

If you want your parents to give you more independence, you must show them that you are self-disciplined enough to handle it. That's responsibility! Here are some key steps to take:

- Learn what your parents need and how you can meet those needs. Your parents probably tip you off in obvious ways: "Turn down that stereo." "Take out the garbage." "Clean your room up." Without a word, do what you can. If

(Continued on page 29)

Illustration by Bruce Hedges

TRUST Me

(Continued from page 28)

they don't seem to notice, don't get discouraged. Your goal is to demonstrate self-discipline.

- Observe family rules. If you aren't sure what your parents expect of you, ask them. Once you are sure about your family rules, avoid even coming close to breaking them. If you have to be home by 9:30, make sure you're home *before* 9:30 every time.

- Communicate. Don't expect your parents to always start the conversations. Don't be afraid to ask questions. And show your parents you are open to their ideas, even if some of them seem unfair.

- Don't make promises you can't keep. It's better to tell someone you would rather not promise, than to promise and fail.

Keeping your word is important. For example, when an emergency comes up and you can't get home at the time you and your parents agreed on, be sure to call and let them know.

- Don't accuse your parents of unfairness. "Joan got a present and I didn't" or "all the kids at school are doing it" are accusations of unfairness. Realize that sooner or later you'll probably be on the receiving end of something that seems unfair to someone else.

- Be willing to admit your mistakes and apologize. Don't blame someone else. This is one of the most difficult traits to attain, but learning from your mistakes is more mature than denying or trying to justify them.

They don't give medals for being responsible, but then, the rewards are even more valuable than medals: trust and respect from other people, confidence in what you do and constant opportunities to do bigger and better things, to name a few. You can read further about the benefits in Proverbs 3. Read it soon, and don't forget to "be responsible." □

Performance

(Continued from page 19)

how few people notice the error.

Learn the solutions to the problems before they happen. It's likely nothing will go wrong. However, just being prepared for the unknown will add to your confidence.

Producing a prizewinning performance requires more than mastering a musical skill. The musician must relate to his audience with poise and feeling. He must reflect quality in appearance and actions. He must be ready for anything.

Make your next act a polished performance! □

Skating

(Continued from page 11)

vill, smiled at the flower girl. She and her partner, Christopher Dean, paused before beginning their dance.

They were the last to skate in this competition — the 1984 Winter Olympics in Sarajevo, Yugoslavia. Torvill and Dean were leading in the two stages of the competition so far, and now it was time for the last event — the free dance.

Only four minutes

Now there were only four minutes separating them from the goal they had given years of practice and sacrifice for — the gold medal. But all the other couples had skated well, so one slip and it would be gone.

The music started. Torvill and Dean needed nerves of steel as they began to dance.

To the music of Maurice Ravel's "Bolero" and Chris Dean's own choreography they glided in unison around the ice. Their dance was going well — they were putting their all into achieving perfection. The crowd watched with rapt attention as the couple performed graceful and difficult movements with skill and seeming effortlessness.

As the couple finished, they

were met with thunderous applause. They had skated their best; now all they could do was wait for the judges' marks.

The results confirmed the crowd's approval — the international panel of judges gave Torvill and Dean the highest possible score for artistic impression.

For the second time in the history of ice dancing this perfect score had been awarded — and Torvill and Dean had received it the other time as well! This time they received a gold medal to go along with it.

The secret

How did they achieve this level of perfection? Their beginnings on ice were less noteworthy. Jayne started on some second-hand skates when she was 9. Chris was always falling down and broke a leg.

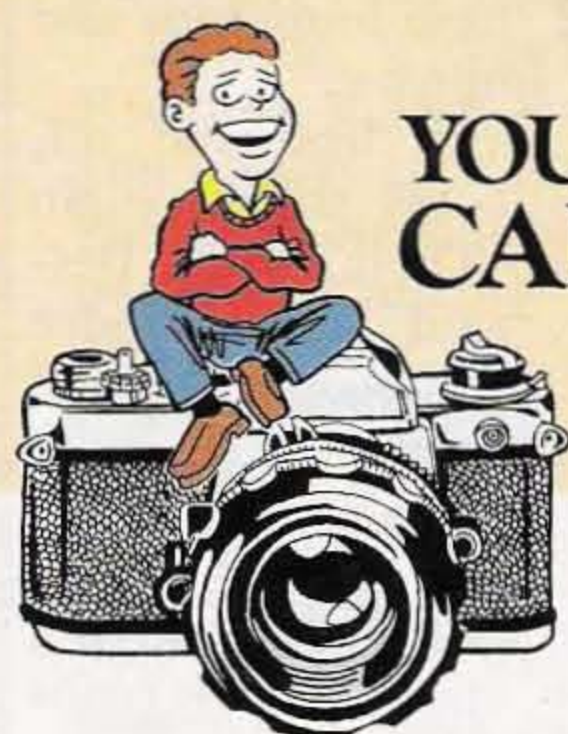
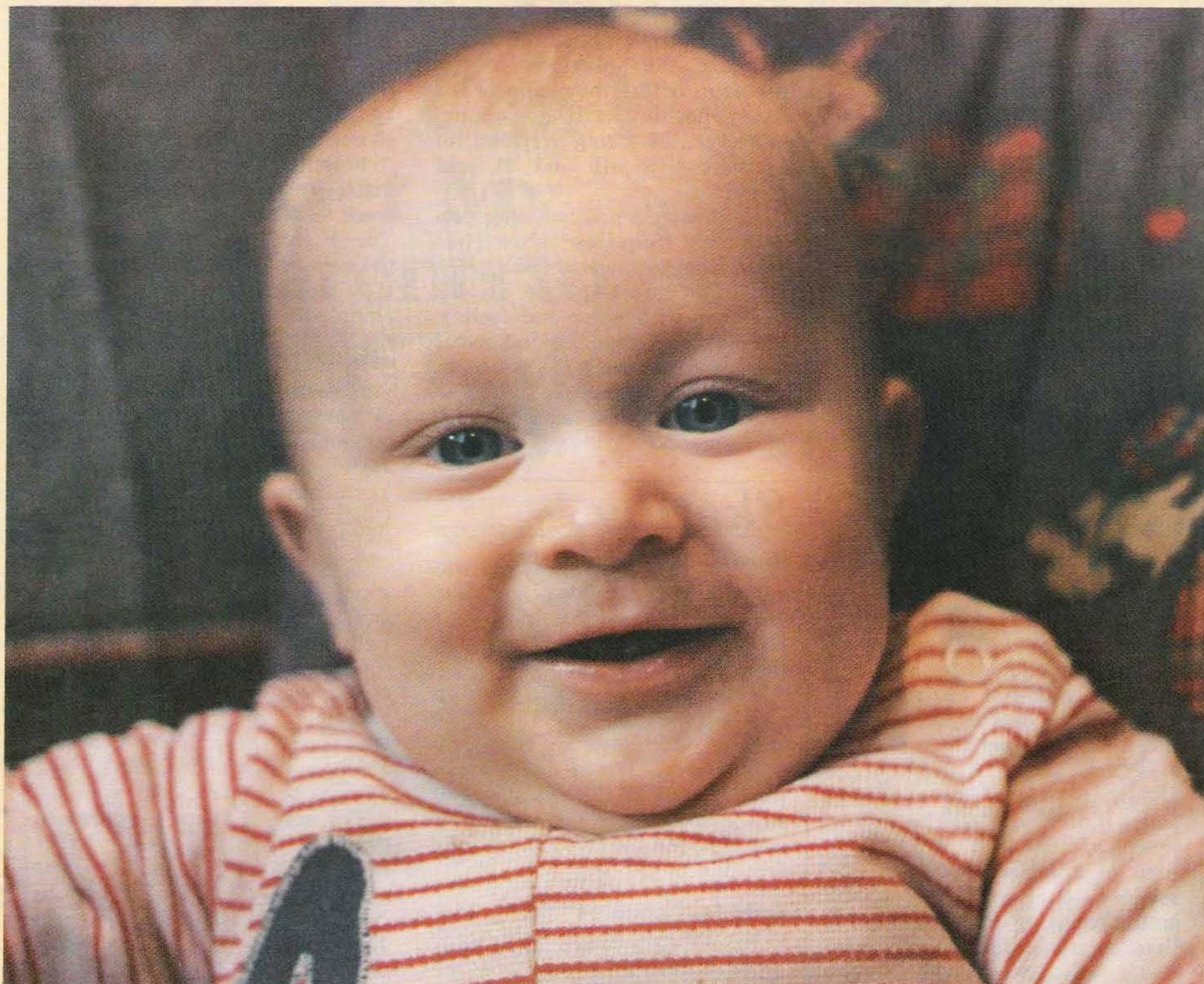
Torvill and Dean spent years sacrificing social life and holidays and having little spending money. Falls and setbacks, as well as repeating moves over and over again, have been part of the "glamour" on their path to the top. They have needed nerve, courage, vision and stamina. Each day has been hard, cold work.

For several years they had to practice late at night. After skating most of the night, Chris went to his job as a policeman in Nottingham, England, while Jayne worked as an insurance clerk. About 11 p.m. they were back on the ice again. Somehow they survived these hardships and continued to improve.

The hard work has paid off, but despite success they remain modest people. Their coach, Betty Callaway, said she is more proud of them as people than as ice-skating champions.

Where are they going from here? Chris Dean said he would like to be remembered for giving something to sport. With plans such as coaching talented youngsters, they are sure to give a lot. Already they have given much by setting an example of reaching for the limits, striving for the goal and skating to perfection. — *By Penelope A. Goudie* □

Photographer — Anna Hart
Age 17
Soldotna, Alaska



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