

JANUARY

Youth & 86

Ski Safety

**Face to Face
With Fear**

**When You Speak,
Does Anybody
Listen?**

**You Won't Believe It!
Where This World
Has Come**
By Herbert W. Armstrong

January

Youth 86

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COVER: Snow skiing is an exciting sport — and a lot of fun when done safely. Read, "And Sandra Screamed Past," page 10. Photo — Masterfile.

Letters

Picture of punkers

About your article "Go Ahead — Dare to Be Different" in the August issue: Well, first it was a great article, but something bothered me about the picture of the punks. At first I couldn't figure it out and then I found it: They had no makeup on!

A punker with no makeup on, or practically any girl for that matter, looks odd, especially if you're talking about fads. The guy could have used some lipstick or eyeliner too! (Duran Duran, Billy Idol.) I'm not saying it's right, it just would have looked more realistic.

Irena J. Springer
Heidelberg, West Germany

"What's It Like in . . ."

One of my favorite features in the *Youth 85* is, "What's It Like to Be a Teen in . . .?" However, if I may, I would like to make a suggestion. I would like to see an article entitled, "What's It Like to Be a Teen in Russia?" Few of us know much about the younger generation in the Soviet Union, which makes me all the more curious. I would like to learn of their tastes in pastimes, what kinds of hobbies they're into, their styles, music, etc.

Annette Woods
Oakman, Alabama

We appreciate your idea. We rely on readers around the world to supply us with articles about what it's like in their areas.

Continually astounded

When I look at the society in which we live today, I find myself continually astounded at the way in which people try to overcome their problems, be they physical, mental, spiritual, social or economic.

Among the many "cures" for those suffering from stress, tiredness or those sick of life's hardships are drugs, cigarettes, alcohol, other forms of sedation, your local doctor, psychiatrist, psychologist or cult doctor.

People do not care about the value of life because they have nothing to live for. They are always complaining about their heavy burdens and their cries to friends and the state go unheard. This is what makes me sad, for they are crying to the wrong people. They should be looking to God (Matthew 11:28).

Juan Benjamin
Cape Town, Rep. of S. Africa

You Won't Believe It!

Where This World Has Come Just in My Own Lifetime

By Herbert W. Armstrong

I'm always looking for new IDEAS.

Maybe you didn't know I was once the "idea man" for the country's largest trade journal — traveling constantly over the eastern two thirds of the United States — just looking for IDEAS that could be worked into articles for the magazine. That was in 1913 and 1914.

"How the world has changed in your lifetime" is one idea I have received as an article suggestion. I thought you might like to read that.

But you won't believe it! Just in my short lifetime of 93 years, the CHANGE in this world — and how it has changed our lives — is almost unbelievable.

But that, as they say, is only the tip of the iceberg! *Nearly all the change* — or "advancement," as we like to call it — since Adam and Eve has taken place since the birth of my maternal great-grandfather Elon Hole, whom I well remember. And more than half of all the world's "advance-

ment" since Adam has been made in my lifetime.

Up until my generation, there was little transportation between rural towns — let alone between countries.

The railroads were invented and first used only a few decades before I was born. The "dinkey" streetcars were just replacing the horse-drawn cars when I was a boy. When I was 11, we still called the first crude automobiles "horseless carriages," and Orville Wright flew the first plane about a city block. There were no paved roads between towns and cities. Only the main downtown streets were paved. And some towns of 5,000 people or larger had no street paving even downtown.

Radio and television? Send sounds and pictures instantaneously through the air? "Are you CRAZY?" one would have asked had you suggested such a thing.

Beginning at 18 years of age I was an advertising man — but we didn't sell commercials. We sold space in newspapers and magazines. Radio and television had not come yet. And come to think

about it, even the printing press was invented only about 500 years ago.

Great leaps forward

Most of the great leaps forward in knowledge, most inventions and most of what we call "progress" came *since the printing press*. Before that books had to be written *by hand* — with pen and ink — one at a time. There weren't many books. People couldn't afford them. There was no diffusion of knowledge until about 100 years after the invention of the printing press. It took about that long to produce more presses, to write and print more books, to train teachers and organize schools. Of course, there were schools on the ancient Platonic model.

Only a FEW — mostly the rich — were "educated" — and they by private tutors. Until knowledge began to spread — until IDEAS could be disseminated and imparted *in print* to the many instead of the very few — how *could* our kind of civilization advance?

When I was a boy, only a small

percentage got as far as graduation from high school. And less than 5 percent of high school graduates went on to college. Today a large majority graduate from high school in the United States, and more than half of high school grads go on to college or university.

We know little of the first approximate 1,900 years since the creation of man on earth. But here again, to UNDERSTAND what's going on in our lives today and what's *been* going on in this



In 1908 when Wilbur Wright was demonstrating this airplane in France, Herbert W. Armstrong was 16 years old. Mr. Armstrong has seen air, and space, travel come a long ways! (Photos: left, Bettmann Archive; right, courtesy NASA)

world, we need to keep in mind the background — prehistory — what CAUSED the Eternal to create MAN and put humankind on the earth. WHY has what we call “progress” so suddenly sped up — and what of the *climactic CRISIS* we are now heading into?

Once again, remember God created angels first — spirit beings less than God. They were to be used in FINISHING the creation of the planets throughout the entire universe. But first, even their own creation could not be completed until CHARACTER, either good or evil, had been developed in them. Character, I repeat, CANNOT be instantaneously CREATED by fiat. That required time, and their own reasoning and decision-making process.

For this purpose — the completion of the creation of this earth and the development and creation of their character — God placed over the angels His GOVERNMENT, with the supercherub Lucifer placed on the earthly throne to administer the government of God.

Lucifer's jurisdiction was the whole earth. He led his angels into SINNING (II Peter 2:4), rejecting God's government based on His law (the way I call GIVE to simplify it). They turned to the opposite way of GET, which is vanity, lust and greed, envy and jealousy, competition leading to strife and violence, and resentment of God's authority. God's way of GIVE is giving to God obedience, adoration, worship, trust and faith, and a return of the LOVE that HE gives us.

Angelic sin brought physical destruction to Lucifer's entire jurisdiction — the whole earth — and I think it is indicated it brought waste and decay to the planets of the entire UNI-



VERSE, since that was the *potential* jurisdiction of Lucifer and the angels.

Of all spiritual beings, this left ONLY GOD (*Elohim*, ONE God consisting of the Word, who later became Christ, and GOD) to renew the face of the earth (Psalm 104:30) from the physical chaos and destruction caused by the angels' sin and to reform the earth for MAN.

On this renewed earth with sea life, bird life and animal life, God created MAN, male and female, out of MATTER from the ground.

God's awesome purpose

God's transcendent AWESOME

purpose was reproducing HIMSELF into, finally, billions of God-beings like Himself, with perfect, holy and righteous CHARACTER. It was the most ambitious, majestic, supreme project even the GREAT GOD could conceive and accomplish.

Angels, composed of spirit, could not be CHANGED, once their creation was completed with their own CHARACTER *set* in them.

MATTER, on the contrary, is *changeable and always* CHANGING. If man sinned, he could either: 1) be granted and voluntarily accept REPENTANCE — that is, CHANGE from the GET to the GIVE way — and completing a life of spiritual growth and character development, be made immortal; or, 2) be put to DEATH — become as though he had never been — if, on being offered forgiveness by God, he chose rebellion and the GET way.

First, God talked to Adam and Eve, the first and originally created humans. Through the reproductive process they were to become parents of all humanity. God freely offered them ETERNAL LIFE (the tree of life), if they chose the GIVE way — the GOVERNMENT OF GOD.

But then Lucifer — his name now changed to Satan — got to Adam through Eve. This first human pair then chose — without having experienced life under either of the two WAYS — the GET way of Satan. They rejected the government of God and flagrantly disobeyed God in TAKING of the forbidden fruit; *taking to themselves* the knowledge of good and evil; deciding for themselves what was right and what was wrong.

Adam cut himself and mankind off from God, and from contact with God, who alone has eternal life to give.

Anticipating this, God had designed a fail-safe 7,000-year
(Continued on page 25)

FAMILY CONFLICT

What You Can Do About It

By Ronald D. Kelly

What can you do if your home has become a battleground?

When parents fight, some kids hide in their bedrooms, trying to pretend they are asleep and don't hear the shouting.

Others try to stay away from their troubled homes as much as possible.

According to child psychologist Antoinette Saunders, hearing their parents argue is the most stressful experience in the lives of young people today. Not many years ago few were aware of childhood stress. It is now becoming a common problem.

It's sad, but true. Many families today are not happy. For instance, more than one third of American marriages end in divorce, and, of those getting married in recent years, more than half will eventually divorce.

Often, the years leading up to divorce are filled with yelling and fighting. And, even though divorce is more common now than ever, many families in conflict stay together in spite of constant battles.

Since that is the condition in many Western nations, dealing with conflict, tensions and stress in the family is a stark reality many teenagers must face.

If such conflict is not part of your life, how blessed you are.

But how can you deal with family turmoil if it does affect you? Or how can you be of help to a troubled friend?

Understanding the problem

If you feel there is a problem in your home, step No. 1 is to really understand just how severe the problem is.

In most homes there will be occasional disagree-

ments over how to spend money, where to go on vacation, how to discipline the children or who is going to clean out the garage.

In some families the discussions might even get a little heated. This does not mean the marriage is about to disintegrate or that Dad is going to hit Mom.

If the problem is not a big one, don't make it one.

On the other hand, a home where shouting, cursing, yelling and even hitting are a way of life, the problem is indeed severe.

In such cases, the family needs help.



Photos by Hal Finch

But in far too many cases, the parents won't seek help. The problems often go from bad to worse.

What not to do

First, here's what NOT to do. Don't run away from

the problem. Running away from home won't solve anything. Yet it is what thousands of teenagers do every year. You will not generally find life any easier out on your own — more often than not young people who choose this course of action end up quitting school and messing up their own lives.

And please don't turn to drugs and alcohol for escape. There is no real comfort in drugs — only heartache and misery in their wake. They seem to offer peace of mind and comfort — a way to forget about all of your problems. But troubles are only doubled with drugs and alcohol. They don't solve the family problem and they create new ones for you.

It's important to realize that it's not your fault if your parents don't get along. There is an almost instinctive feeling of guilt many young people get. This is especially true if parents divorce. Children may suffer more than the parents — often they feel they are to blame.

It's simply not your fault. Some parents have severe problems to solve — sometimes you may help solve the problem, but if they are unable or unwilling, you can't feel guilty. You have your own life to live and future to plan. There's no need to cloud it with depression and guilt.

Another thing — don't take sides with either parent. Children are far too often caught in the middle of conflict. The parents must solve their problems, and if you side with one, it may only complicate the matter.

So what should you do when family problems are

impact their fights have on you or your brothers and sisters. In other cases, perhaps the shock that you call it to their attention will help put them on the road to solutions.

There are times when children who love both parents can contribute to stability in a family. There is even a chance *by your example* your parents might see that if they don't solve their problems, others in the family will suffer greatly.

Where can you turn?

What about when you feel you've got to have someone to talk to? A friend your own age or slightly older will usually not be able to offer much in the way of solutions.

If you have an adult friend you know and respect, he or she can be of much greater help. Perhaps there's a minister who really wants to help, a teacher at school who you know will understand or maybe you can contact a professional counselor who will be able to guide you in planning a course of action.

Of course, you don't have to tell everyone you meet. Remember to consider your parents' privacy and confidentiality.

If the situation is so bad that your safety or the safety of one parent is at stake, you might have to move in with your grandparents or another relative while your parents sort out their problem. This is not running away, but could emphasize to your parents that the problem has to be solved, or many lives will be affected.

Finally, love and honor your parents, in spite of their problems. No one is perfect. We are living in trying times. Under stress, far too many parents have turned to alcohol or drugs. Tempers are sometimes short and flare up.

But, in spite of all this, many people are coming to grips with their problems. Many are finding the help to solve them.

Your example of love and respect, even if not in the best of circumstances, can be a great help.

You have your own life to live, however, and whether or not your parents get hold of their own problems, you must press on. If you don't let anything stop you from achieving your hopes and dreams, your parents will be able to gain happiness from your

success. Someday it will mean a lot to them.

Even if you don't have a stable home life, God doesn't set you adrift alone. You can turn to Him for stability and comfort. He will be a loving Father to us when we turn to Him. To learn what God wants for you, send for our free booklet, *Why Were You Born?* Addresses and toll-free telephone numbers are on the inside front cover. □



severe? (Remember, if the problem is not a big one, don't make it one.)

Perhaps, after a great deal of prayer on your part, you could calmly ask for a chance to sit down and discuss your family life with both parents. Suggest a private, comfortable place and a time when no one feels hurried.

In some cases, your parents might not realize the



When You Speak, Does Anybody Listen?

*Here are some tips on what to say and how
to say it so people will want to listen.*

By Jeff Zhorne

Too many times we end up stumbling all over ourselves, turning red with embarrassment or getting angry — all because of lack of communication.

Do you often find yourself groping for the right words to say at critical moments, only to come up empty-handed? Do encounters with some people make you nervous or even cause you to freeze up?

If you're like most people, there are times when you just can't seem to get your ideas

across or when people seem bored with what you are saying.

Each time you talk to someone, whether to ask for a favor or just to find out how they are doing, many factors are at work — some of which you may not even know about! Here are some practical ways to help you say what you mean — and say it clearly and effectively.

What are you saying?

If you have something specific to say or ask for, follow the motto of the Boy Scouts: "Be prepared." Whenever you approach someone to ask a favor or

privilege, be prepared by having thought about the possible responses. Though you can't be prepared for everything the other person might say, you can take steps to cover most reactions.

Unless you clearly have in your mind the idea or concept you want to get across, chances are you won't be communicating it effectively. Take time to mentally sort out, often point by point, exactly what you want to say.

But knowing what you want to say won't do much good if you don't know how to say it. According to Lillian Glass, a speech pathologist and author,

If you want to be liked by others, encourage people to talk about themselves and their accomplishments.

two of the biggest mistakes to avoid are speaking in a monotone and failing to make eye contact with the listener.

Both of these mistakes are often caused by nervousness. Some nervousness is natural, but you can do the other person a big favor by summoning your courage, looking into his or her eyes and saying what you have to say in a friendly, clear, polite way.

Your daily interviews

Many times our actions speak louder than our words. Take a job interview, for instance. Slouching in your chair, twitching your foot or other unnecessary movements distract the listener from what you're saying, says Dr. Glass. No wonder he or she loses interest.

Though we think of interviews as rare events, most people have interviews every day. Whenever you meet with another person, you have an interview. Only the purpose is different. With that in mind, watch your foot and hand movements.

One action that should speak louder than a thousand words is smiling. A sincere smile says: "I like you. I'm glad to see you."

When you smile, smirk, frown, scowl or even wink (or react to others when they do), you're communicating shades of meaning.

Nonverbal messages

We communicate with our whole body. It's just that all parts except the mouth speak silently. The silent messages we convey are called nonverbal communication. Nonverbal signals can indicate mood and in some cases predict specific actions. If a listener shuffles papers, folds his arms, becomes restless or looks away, it usually means he wants to leave.

"The most successful lawyers, teachers and salespeople, among others, have one thing in common: a capacity to understand nonverbal signals and use them advantageously," according to anthropologist David Givens.

"Such signals are used constantly, even though people generally don't realize they are communicating through their movements, posture and mannerisms," said Mr. Givens.

Did you know that one in eight people sends off confusing nonverbal messages?

John T. Molloy, author and lecturer, tells the story of Bill, who came into his office one day, dressed sloppily and seeking a job. Mr. Molloy describes the impact Bill made on office workers, but the same points apply to our daily conversations and meetings with people.

"When I got to talking to this sloppy fellow, I found he was ideally qualified," Mr. Molloy relates. So Bill was hired. "But I must admit I never liked him . . . No one listened to Bill because no one really liked him."

Unpredictable Bill, when he meant to say one thing, actually said another and therefore turned everyone off. His jerky, unsure movements and awkward timing seemed almost rude. When others spoke, he fidgeted in his chair, looked away or rolled his eyes, giving the message that he was bored or inattentive.

Bill's work proved that he was competent, but his facial expressions often didn't match what he was saying. He didn't realize that when he spoke, every part of his body communicated, not just his mouth.

Paint word pictures

Do you have trouble getting people to listen to you? Try using

interesting word pictures of the things you're talking about. Our ideas — before they are translated into words — are first pictures in our minds. Therefore people understand and relate to concrete, familiar words that create pictures.

Sprinkle them through your conversation, and you will soon find yourself more entertaining and interesting. "Paint mental images that stand out as sharp and clear as a stag's antlers silhouetted against the setting sun," wrote one author.

Another aspect of enhancing your conversational ability and personal relationships is word sharpening or diction. This involves pronouncing every syllable of the word, completely and crisply.

There are times when we all talk sloppily, but take every chance you can to speak accurately and precisely.

Some common errors in pronunciation are: *across* — do not add a *t*; *drowned* — rhymes with found; *probably* — has three syllables; *kept* — say the final *t*; *suppose* — do not drop the *u*.

Listening: a rare art

Two more elements of building goodwill are remembering someone's name and listening.

One of the simplest, most obvious ways of making people feel good is to remember and use their name. Usually when we meet a stranger, we chat a few moments and can't even remember his or her name when we say good-bye. Repeat the person's name a few times and mentally associate it with his or her features, expression or general appearance.

To recall someone's name correctly you have to listen. And there's a difference between listening and just hearing. You probably have talked to people who seem only concerned with what they are going to say next.

The ability to listen effectively may be rarer than almost any other good trait. Author Dale Carnegie once said: "If you want
(Continued on page 29)

Photos courtesy NASA



Teachernaut Christa McAuliffe gets a taste of space in a special airplane that simulates weightlessness.

Countdown to the First Teachernaut

• Meet the world's first teachernaut. She's social studies teacher Christa McAuliffe, of Concord, New Hampshire. If all goes as scheduled, she will be joining the Space Shuttle crew on its January 22 mission.

In the autumn of 1984, U.S. President Ronald Reagan announced that the first private citizen to get a seat on the Space Shuttle would be a teacher. The National Aeronautics and Space Administration (NASA) was swamped with applications from teachers hoping to be chosen.

From the more than 11,000 applications, NASA chose 10 finalists. Last summer, these 10 finalists went through a week of rigorous tests to see how they

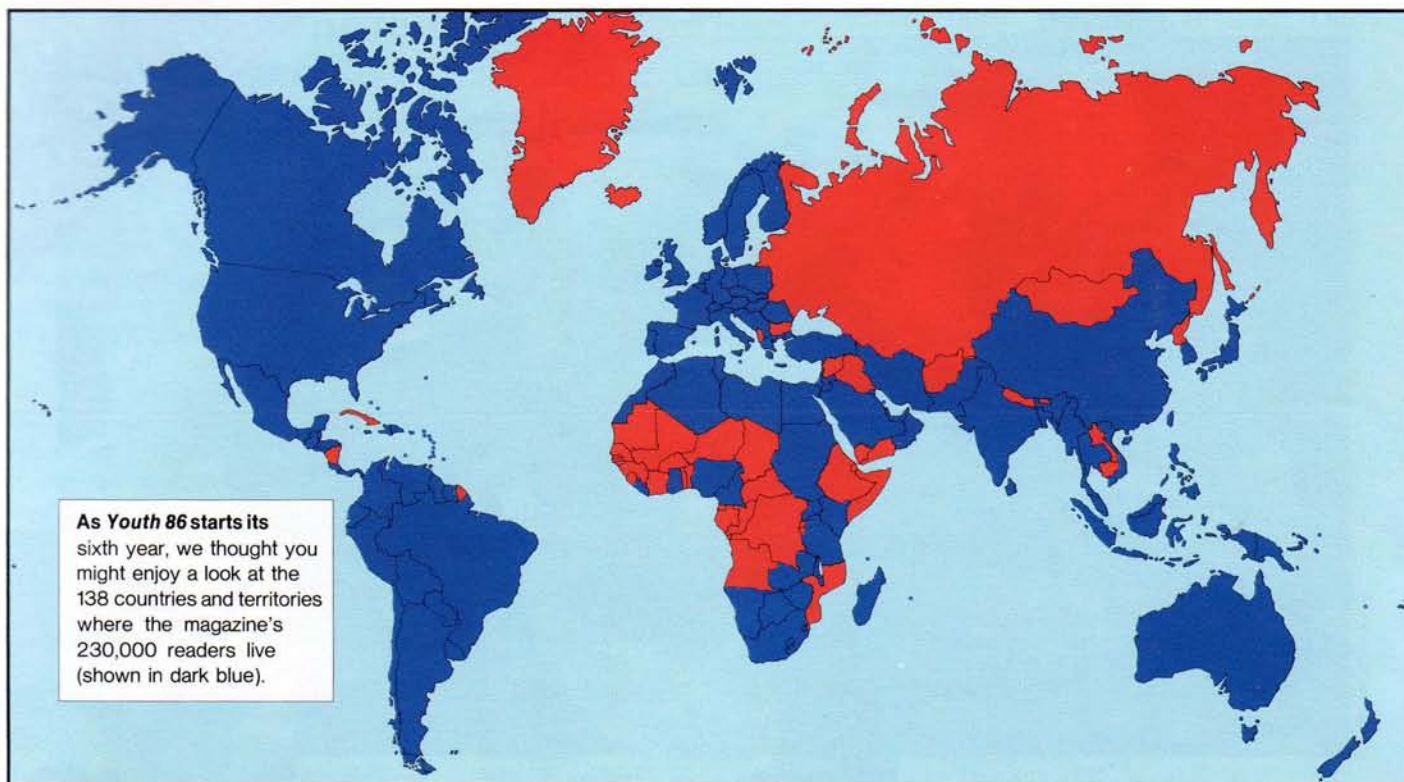
would adapt to space flight. NASA wanted to know how these candidates would handle everything from weightlessness to the emotional strain of being cooped up in the Space Shuttle.

Finally, after NASA knew the candidates "inside and out," as one finalist put it, Mrs. McAuliffe was chosen for the flight. Although she will have other duties during the six-day mission, her main job will be to tell us earthbound types what space travel is like.

Mrs. McAuliffe first became interested in space travel in her teens. "When I was in high school, President [John F.] Kennedy was President of the United States," she said at a

press conference in July. "I can remember his commitment to the space program and saying that before the decade was out there was going to be a man on the moon . . . I can remember the excitement that generated."

What also impressed her was President Kennedy's emphasis on the role of ordinary people. "The ordinary person made a difference . . . and today when I try to teach my students what history is all about, I want them to see that link. They're a part of history — they're an important part. I want them to see themselves as part of the space age. They are, and they don't have that connection yet." — *By Lowell Wagner Jr.* □



Chemical Roulette

- Unethical chemists are now creating powerful, synthetic drugs that imitate the effects of heroin. It's less expensive, legal — and deadly.

The shady chemists closely watch new regulations on illegal drugs. As soon as one of their drugs is outlawed, they slightly modify the drug to keep it legal without changing its effect.

"The clandestine labs can always stay beyond the reach of the law with a slightly different compound that is not yet on the schedule of controlled drugs," said Florida Senator Lawton Chiles.

Officials fear that these secret laboratories may soon have the production capacity to replace the heroin producers of Asia and South America.

"Theoretically, a single clandestine lab could produce

enough synthetic heroin to meet the worldwide demand for heroinlike drugs without a single opium poppy being harvested," commented New York Congressman Charles Rangel, chairman of the U.S. House of Representatives narcotics committee.

These designer drugs give drug pushers new incentives. "Why go through the smuggling, the danger, the cops and robbers, when a sharp chemist with a good cookbook can do it all?" said one California drug enforcement official.

Drug producers can copy or even intensify the effects of existing drugs. One heroin substitute is estimated to be thousands of times more powerful than real heroin — and also much more deadly.

Many addicts prefer the

designer drugs because of their lower cost and longer-lasting effects. About 20 percent of California's heroin addicts are using a synthetic substitute.

With greater potency has come greater risks. Since 1980, designer drugs have caused at least 95 overdose deaths in the United States. One tainted heroin substitute left some of its users with permanent brain damage. Victims had all the symptoms of Parkinson's disease — a serious illness that, until now, affected only the elderly. About 40 others suffered nerve damage.

As the popularity of these drugs accelerates and spreads, the deaths and disorders are expected to increase.

As J. William Langston, chairman of the neurology department at Santa Clara Valley Medical Center in California, said: "I believe that anyone who is taking a street drug these days is playing Russian roulette with their brain." — *By Robert C. Taylor* □

The Automobile Turns 100



• One hundred years ago, a man named Carl Benz drove an automobile smack into a brick wall. He wasn't hurt — except maybe a large bruise to his pride. But that quickly healed and he was soon busy producing automobiles that were easier to steer.

If he hadn't gotten over his embarrassment, this world might be a very different place. It was largely Carl Benz's ingenuity and energy that helped the gasoline-powered automobile to gain the worldwide acceptance it has today.

And that is why many people are declaring this the 100th anniversary of the automobile.

Cars have come a long way in that 100 years. Mr. Benz couldn't have imagined the diversity of cars that would evolve from his little chugging machine.

Automobiles were difficult and expensive to build at first. At the beginning of this century, there were so few that Barnum and Bailey exhibited one in their circus as a great curiosity.

Henry Ford changed all that.

He designed a car that could be inexpensively mass-produced using his assembly-line method. Suddenly, thousands of people could own automobiles.

Modern society is built around cars. For example, before cars were commonplace, most people lived close to where they worked,

So you've just invented this thing that can roll around on its own — with no horse pulling it! But what do you call it? Here are a few names that were tossed around — and tossed out — before someone settled on *automobile*.

Motor fly
Diamote
Motorig
Autometon
Oleo

Mocole
Bolvite
Autobaine
Autokinetic
Electrobat

or even worked right at home.

But when cars became easily available, the commuter society was born. And so were the suburbs, routine shipping of fresh foods across long distances and

modern

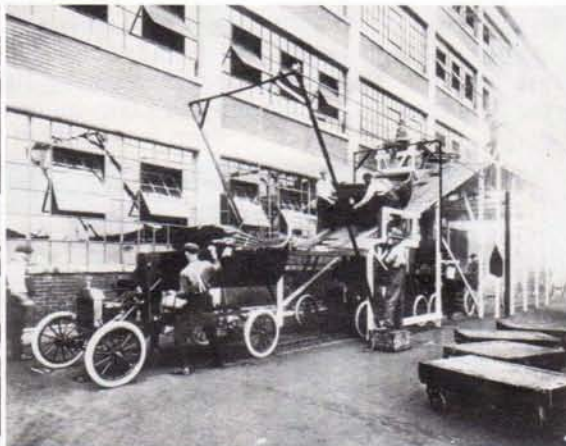
methods of warfare where armies can be quickly moved across continents.

Cars have changed the entire landscape. Would you believe that 46,000 square miles of America — an area almost the size of Greece — is covered by roads? There are nearly 400 million cars in the world.

Automobiles can kill, too. At least 40,000 people in America alone will die in car-related accidents this year — enough to populate a good-sized town.

Research into safer, more efficient automobiles goes on. What's on the horizon? Perhaps cars that can prevent accidents by "seeing" obstacles ahead. Japanese designers are pioneering the field of tiny, fuel-efficient cars to provide transportation for crowded areas without adding to the pollution problem.

Carl Benz would be amazed at how far the automobile has come. Amazed and probably perplexed — with his driving record, he might have a hard time getting a license today. — *By Maria C. Stahl* □



Henry Ford didn't invent the automobile, but his assembly line made autos widely available. Above, he stands with his first and 10 millionth cars. Today's assembly lines are more automated than their ancestors. Compare a modern Chevrolet plant (left) with an early assembly line. (Photos courtesy Chevrolet, bottom left, and Ford Motor Company)



And Sandra Screamed Past...

By Michael Warren

We were all having a great day of snow skiing.

By mid afternoon I had worked up enough courage to go down the advanced intermediate slopes. I fell a lot, but so did everybody else. Particularly Sandra . . .

There she was, poised at the top. It was to be her first run down this slope, and it was sure to be a memorable one. As she pointed her skis down the slope and launched herself, it brought to mind the ski-jumping competition at the 1984 Olympics in Sarajevo, Yugoslavia. I don't think she kick-turned the whole way down.

I slid to a halt as Sandra screamed past. With her speed and velocity, she would clear the highway with ease. Her trajectory was perfect. She would be airborne in a matter of seconds.

By now every skier on the slopes stopped to watch. Sandra had now lost both poles and was

flailing her arms in the air. She passed the lower moguls (that's what skiers call the bumps on the slope) in a furious blur, letting out a piercing shriek as she hopped each one.

Hearts were pumping. Someone should get the ambulance crew, I thought as Sandra plummeted downhill like a suicidal lemming.

A hush fell over the crowd. A little boy near the lodge put down his toy to watch. Sandra screamed past the bunny slopes. And now, the moment of truth: Her jump lay before her.

But then it happened. She apparently decided that she didn't want to jump the highway on the

far side of the resort. She began a sideways slide — the kind the enemy in a James Bond movie does when he is put out of action.

She spun toward a ski patrol officer who was watching the rope tow. People scattered as she approached. He stopped her slide and a great cloud of powdered snow rose off the slope. Every eye was on the scene. Soon the cloud thinned and Sandra stood up and raised her right hand. She received a roaring cheer from the crowd.

It was by far the most dramatic fall of the day and Sandra and everyone else who was there can laugh about it now. But if she had been hurt in this unexpected adventure, it would not have been funny. Skiing is just one of the many sports that can be dangerous if you don't pay attention to and use the safety rules.

Here are some things that should be considered before trying an adventurous sport.

1. *Learn as much about the sport as you can.* If it is skiing, you will want to learn how to turn and stop properly. In rock climbing you need to know about the ways to protect yourself from the danger of a fall. In team sports you must know and follow the rules of play.

2. *Stay in good physical shape.* Most injuries occur when a person is tired. Exercising and eating properly will help build endurance.

3. *Have proper supervision.* Whether it is a ski instructor for skiing, a lifeguard for the beach or a spotter when lifting heavy weights, proper supervision is important and shouldn't be overlooked. Activities where there is a risk involved shouldn't be done alone.

Following these points when you undertake a new and adventurous sport will allow you to have a safer and more enjoyable time.

By the way, if you plan to go skiing soon, another helpful hint is to always stay above Sandra! □



'Should I Be Studying THIS?'

By Colleen Dixon

What can a student who believes in God do when the theory of evolution is taught as fact? Here's one student's experience.



It was the first day of my second year of high school. New classes. Old friends. And one big problem.

It started when I walked into the lab of Biology II.

Now, don't get me wrong. I like biology — enough to take a second year of it. I like knowing the whys and wherefores of photosynthesis and respiration. And Biology II was a lab course, complete with the fruit fly breedings and frog dissections we'd heard about from last year's sophomores.

But as I paged through the textbook and kept one ear open to the orientation lecture, I started to realize something. This biology course, unlike last year's, would be tightly organized, with a central theme. And that theme would be evolution. We would be taking a close look at evolution as the principle most biologists believe unites everything they know about life. We would be studying it for the whole year, to understand it in depth.

Even though I had been introduced to the theory, I knew I hadn't given it a fair chance. I had learned what I had to know about evolution for tests, but hadn't taken the information

seriously. I had simply accepted what I had been taught about God's creation by my parents and at church.

Yet I'd always carried this shadow of doubt, this mild but persistent suspicion that evolution just might have something. Otherwise, how could so many intelligent people believe in it?

Mr. Huber was giving a reading assignment for the first chapter, but my mind was racing ahead. Suppose that at the end of the year, I too was convinced of the theory that life began and developed its many different forms by chance? I would have to rethink all my values. It might cause division in my family. I might drop out of church and lose all my friends there.

Maybe I could drop Biology II and take choir instead.

Of moths and men

Of course I continued in the class. If I dropped it, my friends might think I was backing out because I couldn't stand the thought of dissecting a frog! And, looking back at the experience now, I can say that Biology II was one of the more important courses of my high school career.

The first thing in the textbook was a short history of the theory

of evolution. The basic idea of evolution, we learned, is that life is in a continual state of change, and that generally "higher" and more complicated life forms, including man, developed from simpler creatures with no supernatural involvement.

The general idea has been around at least since the time of Aristotle. Men who studied plants and animals have been fascinated by the similarities among different kinds of living things.

In the last century it was suggested that these forms could have somehow descended from one another. There was one problem, though. No one knew of a way evolution could happen. After all, nobody had actually seen even one bird's egg hatch into a different kind of bird.

Enter Charles Darwin. You've probably heard of Mr. Darwin; he was the naturalist who linked the theory of natural selection with evolution. The natural selection theory said that every living thing faces a struggle to survive. Those plants or animals in a species that happen to be the best equipped to survive — they might be bigger, stronger and colored so their enemies can't see them — will naturally tend to survive in greater numbers than those that

lack the advantage. The ones that are better equipped will escape premature death and breed more. In time, the whole population will change to become like the best-equipped members.

The textbook gave us an actual instance of natural selection at work. It seems that in 1849 scientists began to study a certain species of moth, called the peppered moth, common around Manchester, England. At that time, about 99 percent of the moths were white, a good camouflage against the silvery lichen that grew on trees in that area. About 1 percent of the moths of the same species were black.

That sounded like a convincing evidence for natural selection. Could it be that evolution had something?

With this background in evolution, we continued the study of biology. Last year, in Biology I, we had studied *structure* — how plants and animals are built. This year, we learned, we would be studying *function* — how the different organs and organ systems work together to keep the processes of life working. We would first learn how a given function, such as digestion, goes on in the simplest one-celled organisms, then study it in bigger, more complex life forms.

features developed. But where does a new feature, color, organ or organ system begin? That was a question Darwin himself didn't answer.

Beyond Darwin

As the sciences of genetics and heredity developed, scientists who followed Darwin suggested that mutations were responsible for new structures and even behaviors in a species. But a mutation, we learned, is a *mistake* in a plant or animal's genetic code. The information in the single cell that eventually develops into the whole plant or animal gets garbled, and a malformation results. Mutations, the text said, don't happen often, and when they do, the mistake is almost always for the worst. The odds against even one mutation helping a living thing to survive are great.

And yet, mutations were the only suggestion our textbook gave for the beginning of new features within a species. To believe in evolution, therefore, requires a person to believe that, over a period of time, the great variety and complexity of life developed from a pool of unimaginably huge numbers of mistakes.

That is when I *realized*. That convinced me. It did not necessarily convince me that all aspects of evolution were absolutely impossible. But it did show me that it takes *faith* to believe in evolution as it takes faith to believe in creation. And that all those intelligent people do not believe in evolution because the evidence is in evolution's favor. Evolution became popular because evolution is the only alternative left if one refuses to consider God!

Getting the facts

I don't expect the evidence that convinced me to convince everyone. There's not enough space in many articles to examine all the data involved with an idea as complicated as evolution.

But if you have to study evolution in school, there's no
(Continued on page 29)

I had learned what I had to know about evolution for tests, but hadn't taken the information seriously. But, now . . .

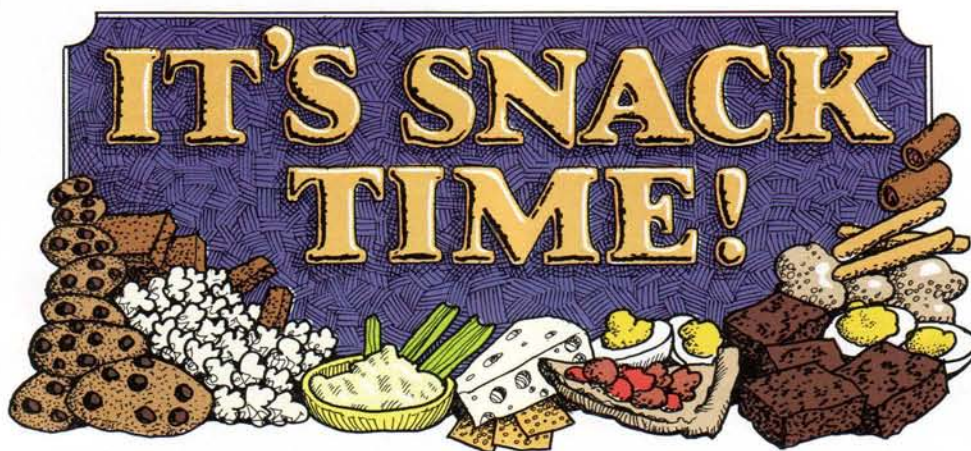


And so the year was passing. Photosynthesis, respiration, reproduction. Growth, excretion, circulation. We studied them in amoebas, in ferns and mosses, in flowering plants, in fish, in amphibians, in birds and mammals and in man. We looked at one-celled pond water creatures, whose food, waste and oxygen pass through their membranes by osmosis, and compared them to frogs, which require mouth, stomach, heart and skin. I was fascinated.

And I began to understand. Slowly, a question began to form in my mind. Just where did all these complex structures performing all these complicated chemical reactions come from? I could see how a fish with gills, even elementary gills, might be able to take in more oxygen than a fish that had to absorb oxygen through its skin. But where did those elementary gills come from?

In the case of the peppered moths, there had been black moths and white moths around all along. Only their proportions changed; no new species or even

Meanwhile, the Industrial Revolution was going strong. Over the years, the coal smoke emitted by Manchester's factories colored the surrounding trees a sooty black. Now the white moths stood out, easy targets for birds; the black moths could hide. By 1900, 98 percent of Manchester's peppered moths were black.



Take time out to try some of these winning recipes from our Snack Contest.

Snacking is alive and well it seems, judging by the entries we received for the Snack Contest.

We asked for some easy to make, fun to eat snack recipes, and that's what we got. This was definitely one contest that was fun to judge!

Thanks to all the teens who let us in on their favorite healthy taste treats. The winners are:

In the 16-19 age group, Cliff Demarest and Patricia Robinson tied for first place. Sheila U. Marshall took third place with her recipe for Orangeberry Pops, while John Stewart received an honorable mention for his Granola Nut Fruit Squares.

In the 15 and under category, there was another tie for first, between Jim Moody and Darlene Rossi. In third was Jennifer Rogers with her Carob Delights, and Erin Flasch received an honorable mention for Nutritious Unbaked Bars.

Here are the four first-place recipes:

Italian Popcorn

by Cliff Demarest

- 4 cups popped corn
- 2 tablespoons melted butter
- ¼ cup grated Parmesan cheese
- 1 tablespoon dried oregano
- ½ teaspoon garlic salt

Add butter to the freshly popped corn. Stir in the cheese and spices. **BRAVO!**

Peanut Butter Candy

by Patricia Robinson

- 1 cup peanut butter
- ½ cup honey
- 2 tablespoons powdered milk
- ¼ cup wheat germ
- ¼ cup sesame seeds
- unsweetened coconut

Stir together the first five ingredients. Roll the mixture into a log shape, and roll in the unsweetened coconut. Freeze, and slice into rounds.

Coconut-Honey Fruit Dip

by Darlene Rossi

- 2 cups cottage cheese
- ¼ cup plain yogurt
- ¼ cup honey
- ¼ cup shredded coconut
- ½ teaspoon grated orange rind

Blend cottage cheese at low speed in blender until smooth. Stop blender two or three times to scrape sides with a rubber spatula. Transfer to a medium-sized bowl. Stir in remaining ingredients. Cover and refrigerate one hour or until well chilled.

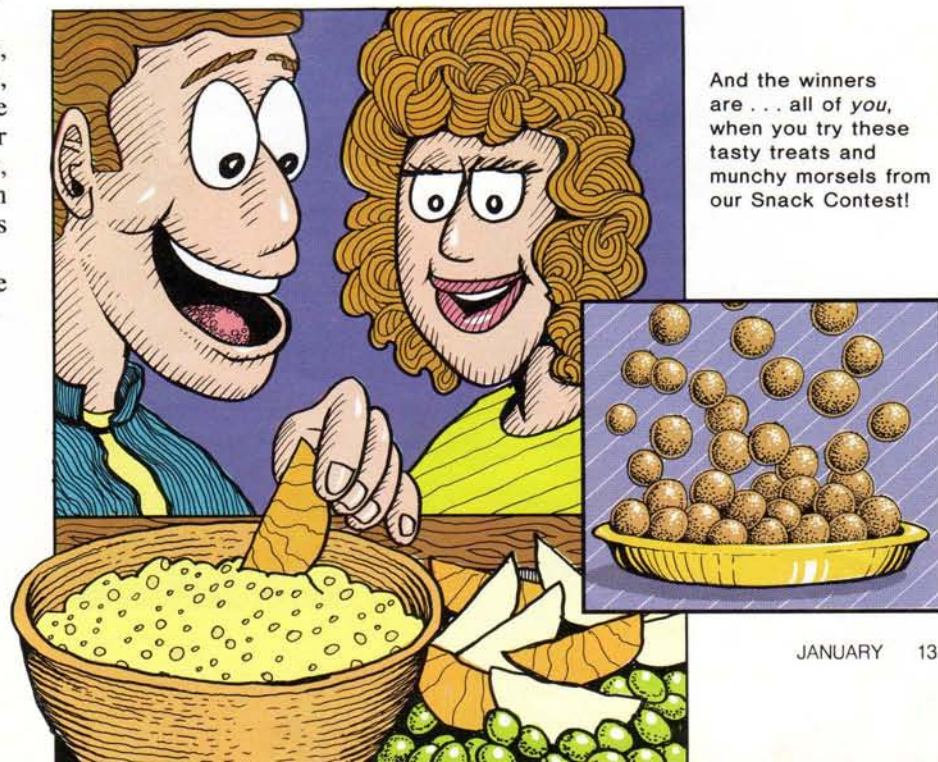
Transfer the dip to a serving bowl and surround with an assortment of fruit of your choice, cut into bite-sized pieces. (Licking fingers is not allowed!) Enjoy!

Peanut Butter Balls

by Jim Moody

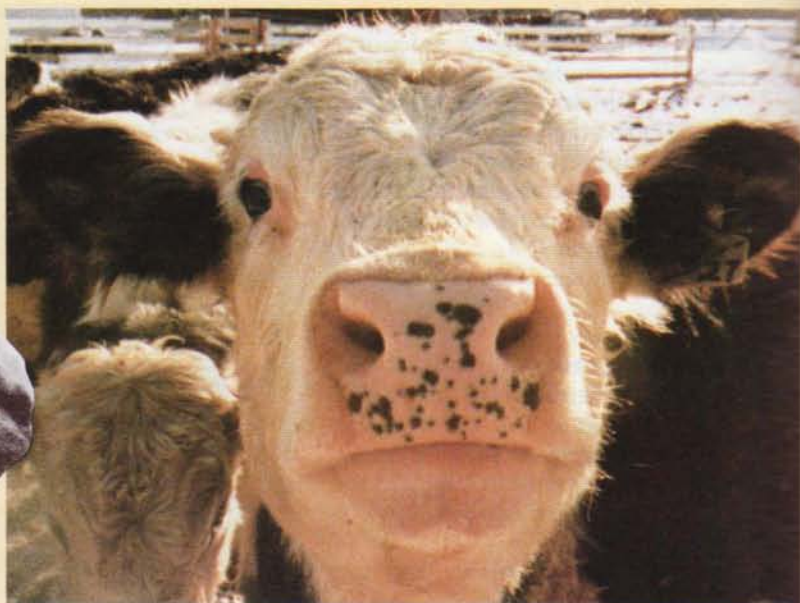
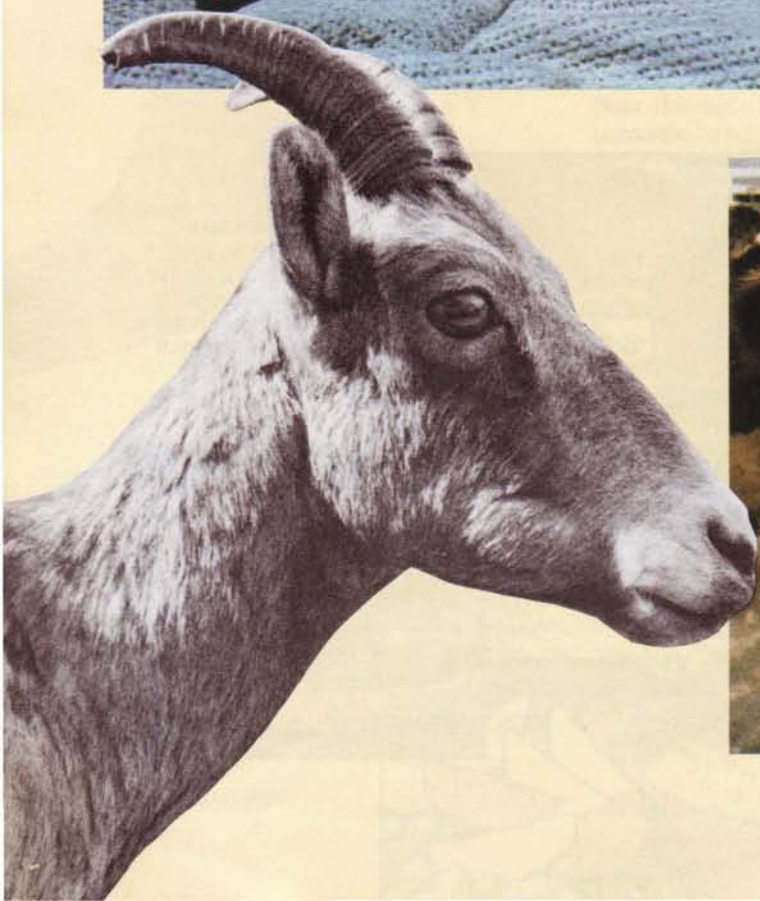
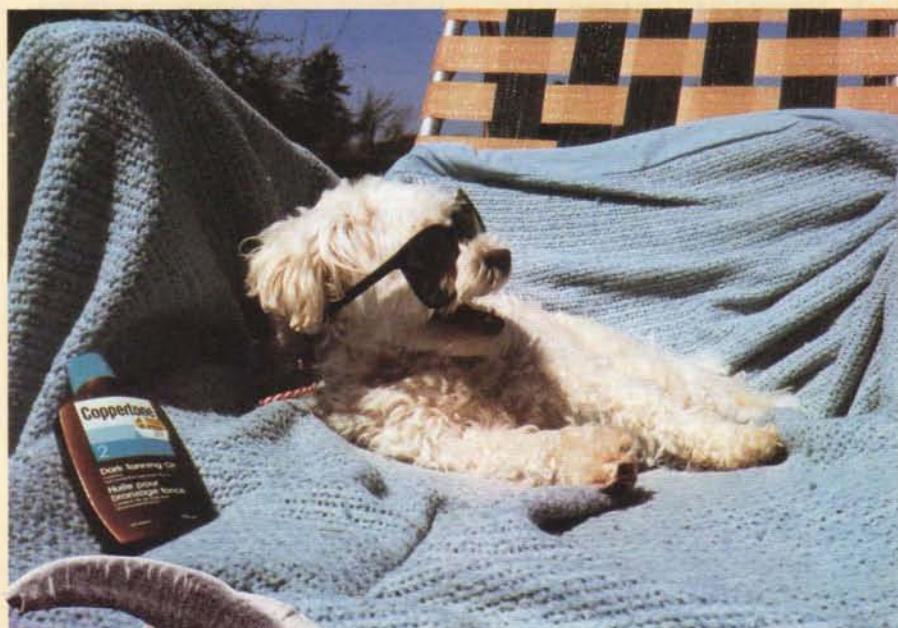
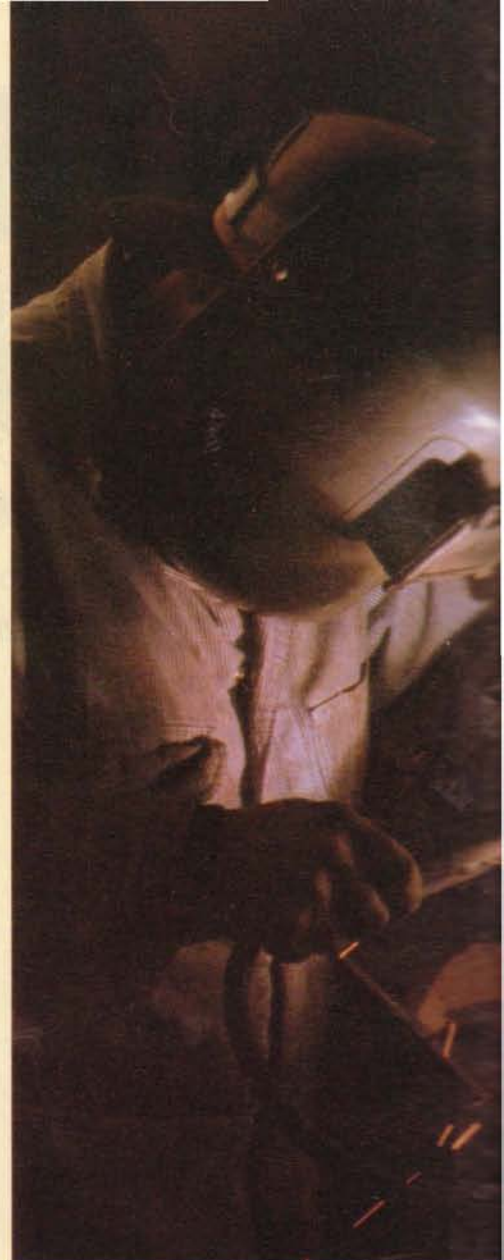
- ⅔ cup chunky peanut butter
- ⅓ cup honey
- 1 cup nonfat dry milk powder

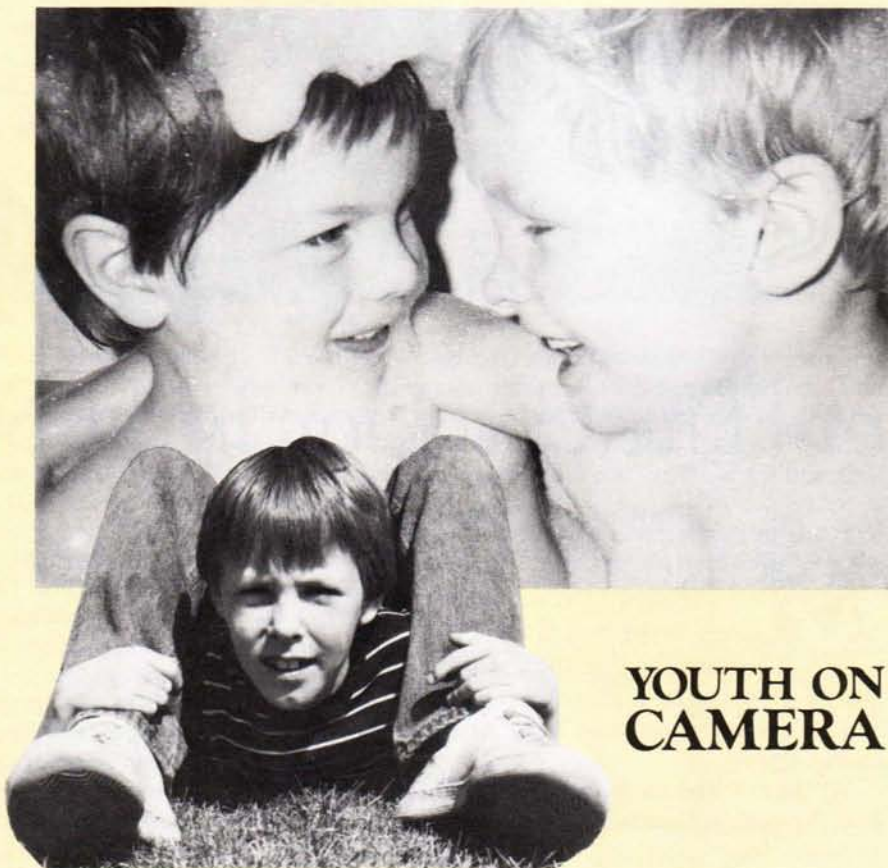
Blend peanut butter and honey in a bowl. Gradually stir in milk powder. If necessary, work it in with your hands. Shape into balls. Chill until firm. Store in covered container in refrigerator. Upon serving, you can arrange balls into designs. Makes 2½ dozen. □



And the winners are . . . all of you, when you try these tasty treats and munchy morsels from our Snack Contest!

*This page, counterclockwise
from right: Ron Patrickson,
age 15, of North
Vancouver, British Columbia;
Peggy Almas, age 17, of
Niagara-on-the-Lake,
Ontario; Chad Oakes, age 17,
of Calgary, Alberta; and
Michelle Engblom, age 13, of
Winfield, Alberta.*





YOUTH ON CAMERA

Here are some of the winners from a national photo contest in Canada. The photographers are, this page, clockwise from left: Kevin Bos, age 16, of Sherwood Park, Alberta; Morgan Millman, age 16, of Westlock, Alberta; Doug Mylymok, age 16, of Summerland, British Columbia; Ted Goralchuk, age 17, of Winnipeg, Manitoba; and Jason Kearns, age 13, of Airdrie, Alberta.





Face to Face With **FEAR!**

or—'There's a Lion in the Softball Field!'

By Wesley B. Webster

"Me? Afraid? Are you kidding — I've seen wild animals before!"

That was my response when the international director of a church youth program asked me to go to Nigeria to help establish a summer camp there.

At first, I had no fears. I was to be among friends and there didn't seem to be any reason for fear. I was to teach swimming — a safe job, I thought.

Raynard, a friend of mine who was going to teach volleyball and softball, had no reservations either.

Before we left the United States, the director warned us of the dangers. The mosquito posed one of the biggest threats. In Nigeria, this tiny insect transmits a deadly disease called malaria, which accounts for several thousand deaths annually.

But this didn't scare us. We'd have mosquito repellent, and we were men — brave men.

Teased by friends

Before we left, our friends teased us about the lions and crocodiles that would chase us. But I wasn't afraid of them at all. I knew that real men are never scared. Besides, lions and crocodiles are not normally found in civilized areas, and I knew that Nigeria is a civilized nation with a population of about 85 million.

Fear was the furthest thing from my mind when we left. But uneasiness started building in the back of my mind when I realized that we had left without ever securing a bottle of mosquito repellent. I didn't let that disturb me too much. I knew we could buy some later.

Then I found out that the camp was going to be in a game reserve with lions, crocodiles and other deadly animals. But I was sure they would still be far from where we were staying, and that we would be well protected. I wouldn't let it scare me. In the back of my mind, though, fear began to grow.

Arriving at the game reserve, I immediately noticed that the facility gave us little protection. Wild baboons, labeled hazardous in U.S. wildlife parks, roamed free outside the door of the hut where I was to sleep. I was sure they would come right in if I didn't keep the door locked.

The fear in the back of my mind continued to grow as every expectation of physical safety and protection was shattered, one by one.

At this point, Raynard and I began to look for areas where we could teach our classes. In search of a softball field, we found a small museum where the bones of some of the wildlife found in this game reserve were displayed.

We saw the enormous jawbone of a wild elephant. We saw the bones of a crocodile and the jaws of the king of the jungle, the lion.

Only 20 people

The sign under the lion compared the threat to human life he poses with the threat posed by the mosquito. Lions kill only 20 people a year, but mosquitoes account for several thousand deaths.

"Only 20 people," I said jokingly. "One is too much for me — especially if it's me."

The possibility that I could be a lion's main course for dinner made me a bit nervous. And realizing that we hadn't obtained any mosquito repellent made me even more nervous.

Africa, home of the deadliest animals on earth, once seemed as far away from me as the moon. But now the fact that these animals could kill me was no longer a distant game. It was real.

We left that little museum in search of a field we could use for softball. Passing a few native Nigerians, we asked them if they knew of such a field. Although they didn't have the faintest idea what a softball was, they did direct us to a field.

We walked down a dirt road and passed several straw huts on the way. This is just like the movies, I thought to myself.



Finally, we came to a field. The grass was knee-high and thick. It certainly was not a field to play softball in without first using a powerful lawn mower.

As we continued walking through this field I looked up and saw a deer about 100 yards (90 meters) in the distance. It was eating grass. "Hey, there goes a deer," I said, pointing in the deer's direction.

"Yes, that's a deer," Raynard responded.

Facing fear

Then suddenly the deer looked up at me. It looked directly at me. My mind began to question whether it was a deer or not, and within tenths of a second the questioning was over.

"No, that's a lion!" I yelled as my feet began running backward.

Fear had now erupted to the forefront of my mind and my legs were responding diligently.

But Raynard didn't run. He knew it was a deer. It hadn't changed into a lion just because it looked at me.

I didn't run far before realizing that it truly was a deer and not a lion. But I also realized that I was scared. Though only momentarily, the fear had been there.

Was this fear wrong? Does God expect us not to be scared when we face danger? Do real men get scared?

I had to realize that fear is a natural reaction in the face of a lion. If it had been a lion, wouldn't it be natural to run?

Ultimately, I was depending on God to protect me, but God only helps those who do their part.

Many so-called brave men are dead men. Likewise, many men who profess to trust in God are killed because they do foolish things — fail to do their part.

Have you ever noticed that you have extra energy when you are suddenly frightened by danger? God designed our bodies with an extra energy supply for emergency situations so we can do our part.

Fear makes this extra energy available by causing the body to release adrenaline into the blood. The adrenaline is used by our bodies to produce extra energy. If we didn't have any fear when a sudden danger occurred, we would not be able to use this extra energy.

Thus, having a little fear can be helpful in the face of danger. But it is much better to avoid dangers in the first place. A proper fear of anticipated dangers helps us avoid danger.

A prison term, the punishment for stealing, is one danger we could avoid if we had a proper fear of jail and the laws that would put us there if we break them.

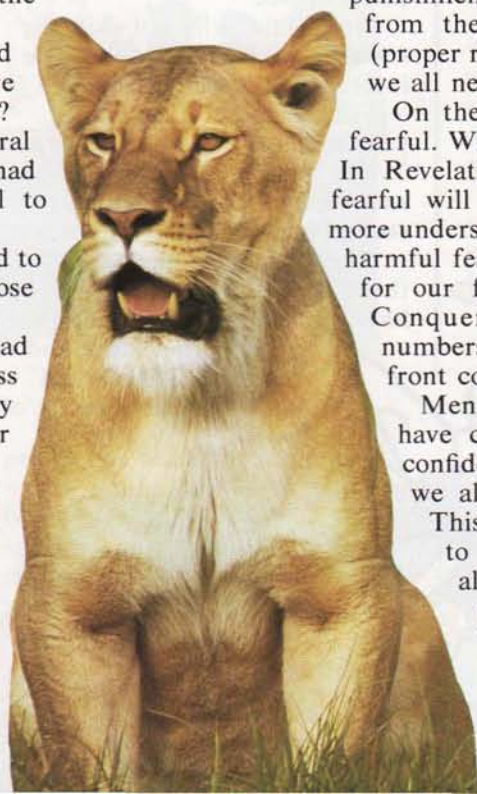
Scared Straight

One popular program designed to help keep teens out of jail is called Scared Straight. It gives teens a chance to spend a day in jail to see how horrible jail really is. The founders of the program hoped to make the thought of having to be put in jail so frightening and repulsive that no teen would be tempted to steal.

Having a fear of stealing is good. It is a proper respect for the laws that, when broken, bring painful punishments. These laws ultimately come from the laws of God. And the fear (proper respect and awe) of God is a fear we all need (Ecclesiastes 12:13).

On the other hand, we should not be fearful. We should fear God and not man. In Revelation 21:8 God shows that the fearful will not inherit His Kingdom. For more understanding on how to eliminate the harmful fears from your life, call or write for our free reprint article "You Can Conquer Your Fears!" The phone numbers and addresses are on the inside front cover.

Men need to be brave. We need to have courage, and we need to have confidence in God's protection. But we also must have the proper fear. This fear will give us extra energy to escape sudden dangers. It will also help us take the necessary precautions to avoid anticipated dangers. □



IDEAS PLUS

I Hope My Mother Doesn't Read This

If my mother reads this, she'll think I'm the least qualified person in the world to write about neatness.

It wasn't that my room was *dirty*. Just untidy. Well, OK, messy (just in case Mom is reading this).

Having struggled with the problem for so long, though, I think I am qualified to write on neatness. I have discovered a natural law about ending clutter: *Everything must have a place.*

The principle sounds simple, but it doesn't come naturally. Take, for instance, that time last

week when a determined Parental Voice suggested that you straighten your room. You made your bed, put dirty socks in the wash and shoved a few odds and ends under the bed.

Then you stacked the records and magazines in a corner. You dusted the dresser top and artfully arranged your rock, gum wrapper and African beetle collections thereon. Basket-, soft-, tennis, golf, rugby, cricket, foot- and jai-alai balls were balanced precariously on each other neatly in the other corner.

The place really did look good — until you actually wanted to play tennis or work on the rock collection or get a magazine from (naturally) the bottom of the stack. Just removing the needed items from their complicated but neat-looking positions undid your hours of work in minutes. Before long, you knew, the Parental Voice would make an encore performance.

Next time, why not skip the stacking routine and do a little interior engineering instead?

First, dispose of all valued, yet somehow unused, treasures. You'll be able to recognize them easily enough — that dusty stuffed armadillo, for instance.

After you have parted with these gems, you will find you have vast amounts of space in your closet, desk and dresser. This should clear up a lot of

space for the things you *do* keep.

If you're good with your hands, you may want to build shelves for your books and magazines. For the less ambitious, plastic shelves and cardboard storage boxes can be inexpensive and easy to use. If they exceed your budget, you can always nail together and spray-paint wooden crates or cover old cardboard boxes with colorful paper. The important thing is to give yourself a place to put things where it will be easy to keep them in order.

Finally, think about rearranging the furniture in your room for greater efficiency. After all, if the first thing you reach when you walk through the door is the bed, it's no wonder you drop your books there.

Try giving yourself a logical path to follow: first desk, to dump homework (neatly!), then closet, to hang coat or jacket, then bed, to sit down.

Once you've gained control of the clutter, you can spend your time contemplating certain cosmic questions. Like, why do people collect rocks and gum wrappers in the first place? —

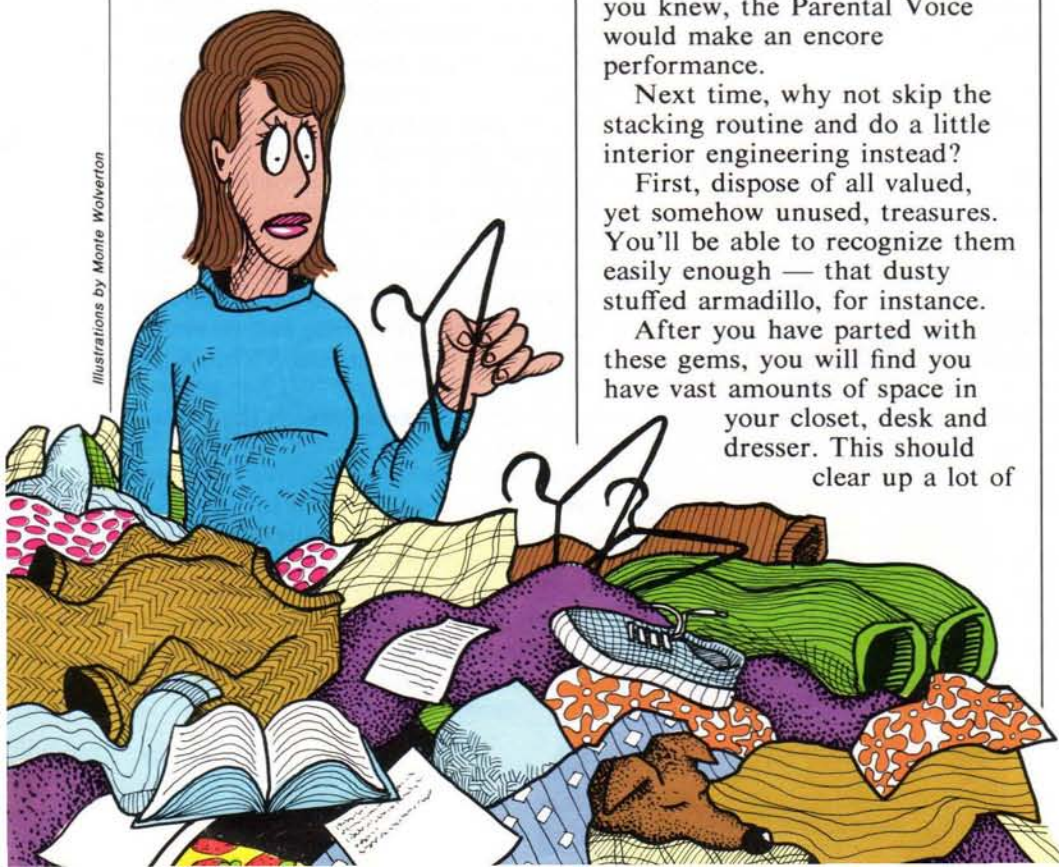
By Colleen Dixon □

What a Car Costs

Dreaming of plopping down your hard-earned cash for a car? Are you getting the fever to hop behind the wheel, fire up the engine and drive proudly off the automobile dealer's lot — on your *own* four wheels?

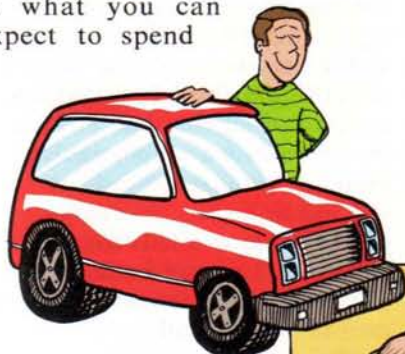
Before you do, think twice —

Illustrations by Monte Wolverton



and get some parental advice. Owning a car will cost you much more than just the price of the car. And those hidden costs could turn your dream into a nightmare.

Every mile your new buggy rolls will cost you. And some costs pile up even when your car is sitting still! Let's take a look at what you can expect to spend



your money on to keep a car running.

Insurance. Don't even *think* about driving unless you have insurance. (In some places, the law says you must carry proof of insurance *in* your car at all times.) And be forewarned, it will cost you a lot. Because of their inexperience behind the wheel, teenage drivers get into more accidents than older drivers. Insurance companies look at this fact and charge teenage drivers more than they do older drivers.

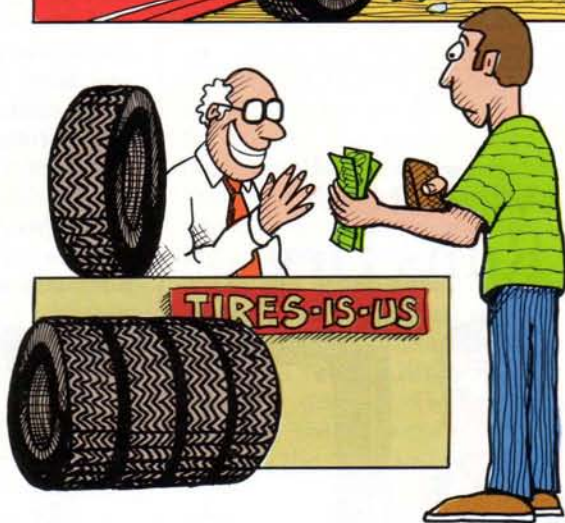
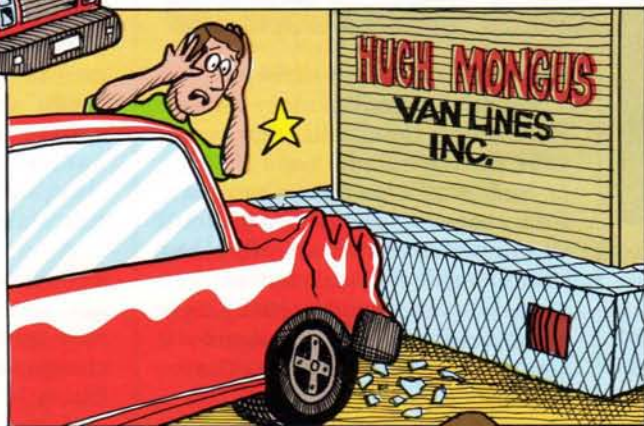
There are ways to help cut your insurance bill. Some insurance companies offer discounts to students with good grades. You can also cut your bill by settling for, say, a used Chevy instead of that new turbocharged, fuel-injected, zero-to-50-in-two-seconds sports car.

Registration. The costs for this vary from place to place. Some places will charge you a

set fee no matter what type of car you own. Others will base the cost of registration on the value of your car.

Some places require safety and pollution checks, which can also run up the bills — especially if you need to make repairs to meet the requirements. Which brings us to...

Maintenance. This means more than just keeping the fuel tank filled. This means tune-ups, oil changes, lubrication — all of which must be done regularly or you could be driving your car to a major, costly breakdown.



Even if you perform all the preventive maintenance in the world, you'll still have repair bills once in a while. It's inevitable in a machine with this many moving parts. And tires, no matter how nice you are to them, will eventually wear out

and you'll need to buy new ones.

Sound like a lot to consider? Ask your parents for help. Maybe they can show you their records on just how much it costs to keep the family car running. Then ask them to help you figure what it would cost to run the kind of car you would like to buy.

And remember, too, that owning a car is a huge responsibility. Take a good, honest look at yourself to see if you are really ready to handle the responsibility of owning, maintaining and properly using your own car.

Don't let the excitement of buying a car get in the way of making a wise decision. If you keep a clear head about it, your dream of someday owning a car won't turn into an expensive nightmare. — By Lowell Wagner Jr. □

'What Was Your Name Again?'

You're walking toward that new girl at school. You were introduced to her a couple of days ago, but you can't remember her name.

She smiles brightly and greets you by name. Meanwhile *your* memory bank seems to have blown a fuse.

Don't despair. Remembering names is a skill most people can master. We all know how much more pleasant and personal a greeting is when we hear our own name called rather than a plain "hello."

You can help improve your ability to recall names with these six easy steps.

Listen carefully when introductions are made. Make

sure you hear correctly. Ask for a spelling if the name is unusual.

Draw a mental picture in your mind. You can easily conjure up mental pictures for last names like Cook or Carpenter.

Perhaps your new friend and a relative have the same name.

Look directly at the person's face when introductions are made. Try to remember his or her facial features while

the old well house. The well shaft was still covered, the chain and pulley intact. The draw bucket was still attached.

I removed the cover and lowered the draw bucket. Down, down, down it went until I heard the gurgle of water filling it. I anxiously pulled it up.

I was delighted when it reached the top filled with the same cold, clear, pure water it had always brought up. What a refreshing drink I had that day! In spite of all that had changed, the old well was dependably the same.

King Solomon recorded a proverb that reminds me of the old well: "Counsel in the heart of man is like deep water, but a man of understanding will draw it out" (Proverbs 20:5).

Like the water in Grandma's well, a wise source of counsel is always reliable, beneficial and refreshing.

As with drawing water from a well, it may take some effort to find good guidance. Often, it may seem easier to just go ahead and do what feels right. But it is much more rewarding to draw out and drink in wise counsel than to go it alone and just hope for the best.

Of course, your counsel must come from a source you know won't let you down. When you need guidance, go to people you can depend on — like your parents, other relatives, ministers and teachers. Their

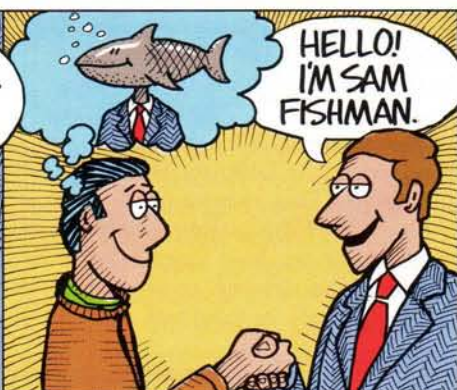
experience can be like a cold drink on a hot day. Even years later, you'll still find it as refreshing as ever!

— By Jim Roberts □



Repeat the name immediately after hearing it: "It's nice meeting you, Bill." This method helps set the name in your mind.

Link the name to someone or something you already know.



repeating the name silently.

Practice these memory aids. Rehearsing them will improve your skill at remembering names.

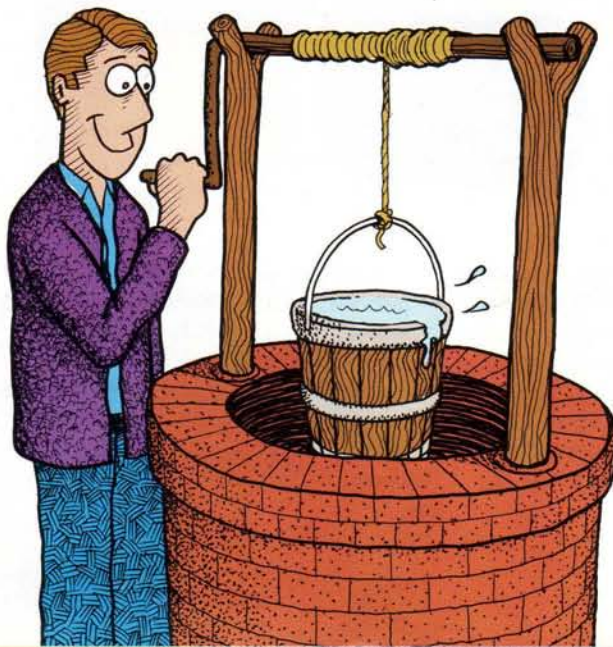
And if all else fails, the next time that new girl walks up to you and you can't remember her name, admit it. Look her in the eye, apologize for forgetting her name, and ask her once again what it is. Eventually, you'll remember. — By Wilma Vernich □

Proverbs for Today: The Well That Never Runs Dry

Grandma's farm had been like a paradise to me when I'd last lived there at age 15. When I finally returned, I was saddened to find everything run-down and overgrown.

I peered through the windows of the old house. The inside was a shambles. The barn was only a skeleton now. The other buildings were all falling down. Time had taken its toll on this old farm. Would anything be the same?

Hopeful I would find even one thing unchanged, I checked



The rest of the old farm was falling apart. Would anything be the same, I wondered as I lowered the bucket into the well.

Teen Bible Study

How to Keep Your Cool

By Richard A. Sedliacik

Has losing your cool ever gotten you into trouble? Have you ever become angry, perhaps at an insult or threat, and then said things you regretted later?

Losing your temper can be the cause of fights, accidental injuries and destroyed relationships that could be impossible to restore.

In this study, you'll discover vital tips from the Bible about how to successfully deal with anger. Applying them will improve your ability to get along with others and help you develop lasting friendships.

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

1. Let's first learn something about God's character. Is God slow to anger, full of compassion and mercy? Psalm 103:8, Joel 2:13, Nahum 1:3. What causes God to become angry? Psalm 7:11, Romans 1:18. But does He stay angry forever? Psalms 103:9, 30:5, Micah 7:18.

One reason God is slow to anger is that He has great understanding. He realizes that we are not perfect, and is therefore compassionate and merciful toward us.

God does, however, get angry at sin because of its harmful effects. God punishes in love so people will quit doing the things that cause their problems. If God became angry quickly, no one would live long enough to achieve His wonderful purpose for our lives.

2. What kind of character does God want us to be building? Matthew 5:48. Are there important reasons God wants us to learn to control our emotions, especially anger? Proverbs 14:17, 19:19, 29:22.

God, who has given each of us a full range of emotions and the ability to express them, wants us to lead happy and successful lives (John 10:10, Ill John 2). He wants us to become more like Him in every way.

One thing God especially wants us to learn to control is anger. Not only can anger lead to hurt friendships, rash words and actions, it can also lead to hatred, hostility and even murder.

A person who is hot tempered seems to always be fighting and getting into trouble. He has few friends and many enemies. He says and does many foolish things that he may regret the rest of his life.

3. Did Christ say that anger could be a crime as bad as murder? Matthew 5:21-24.

Because we often do what we've been thinking about, uncontrolled anger, under certain circumstances, can lead to murder! An example of this was when Cain, the oldest son of Adam and Eve, became the first murderer when he allowed his anger toward Abel, his brother, to get out of control (Genesis 4:3-8). But God considers even the hateful thought a sin.



4. What did Solomon, the wisest man who ever lived (I Kings 3:11-12), tell us about keeping our cool? Proverbs 14:29, 16:32, 19:11.

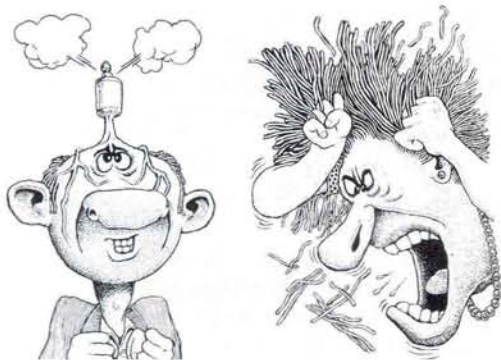
The person who is slow to anger shows great understanding. He does not jump to conclusions, saying the first thing that comes to mind. He keeps in control, considers the facts and realizes that his first impressions may be wrong.

5. Can hostile words stir up anger and worsen a tense situation? Proverbs 15:1.

Anger is often inflamed by the words we may say when provoked: "Who do you think you are — you can't treat me like that!"

Instead of making a hasty statement like that, try to see the situation from the other person's viewpoint. Try to keep calm while doing so. See if you can find a reason for the person's actions and think of ways to deal with it: "Maybe he's having a rough day" or "She must be very unhappy or else she wouldn't do such a thing."

Sometimes the best thing to do about



anger is nothing. Ignore the insult, and it will often turn out to be unimportant and quickly forgotten. Keeping quiet also gives you time to cool down and decide if the matter is worth discussing.

6. Should we strive to overlook the offenses of others and be quick to forgive mistakes? Romans 12:17, Ephesians 4:31-32, Matthew 6:14-15.

What we might have thought was a deliberate attempt to offend us might have been just a simple mistake. Our friends generally don't intend to hurt us. Give them the benefit of the doubt. Overlooking offenses will smooth our relations with others and will help us have greater peace of mind.

7. Will God, in due time, repay those who hurt us — who try to get us angry? Romans 12:19. How should we treat even our enemies? Romans 12:20-21, Matthew 5:44-45.

Sometimes it is hard to do this, especially when someone has done something bad to us on purpose. But God still wants us to be willing to forgive him or her. Resist the temptation to get angry and repay the person in some way. Ask God for the help you may need to control your attitude so you can treat your enemies kindly. In so doing, you will not react in the way they expect, and in time you might even gain a friend.

8. When we do become angry, should we

be sure that it does not cause us to break God's law? Ephesians 4:26.

There are certain things we should become angry about. God hates sin because of the evil it causes, and so should we. But we must be careful not to allow such anger to cause us to be hateful or hurt others for their wrongdoing. Remember that God will repay the person in His due time and His own way.

9. How fast should we get over angry feelings? Look at Ephesians 4:26 again.

We should never allow anger to fester or boil, going to bed smoldering with pent-up rage over things that have happened during the day. If you are angry with your parents or a brother or sister, do your best to solve the problem before going to bed. If you are upset with a friend, a quick, peacemaking telephone call might help the situation.

Going to bed with a calm, tranquil mind is a wonderful experience, and helps us enjoy a good night's sleep.

10. Are there many health benefits that can come to us from controlling our emotions? Proverbs 14:30, 11:17, 17:22.

Emotions often directly affect and cause certain physical symptoms. Negative emotions such as anger or resentment can cause many ills, including headaches, ulcers and heart attacks.

A relaxed attitude, free of resentment, dissatisfaction or anger, helps us enjoy a longer, healthier life.

11. Is it important that we do our best to stay away from those who are often angry and involved in contention? Proverbs 17:14, 22:24. Why? Proverbs 22:25.

Solomon warns us to avoid angry people — not to keep company with them if possible. We are influenced by our friends more than we may realize, and there is a good chance their anger will rub off on us.

12. For many, feelings of anger are a deep-rooted habit, extremely difficult to overcome. But has God promised to give us the wisdom and strength we need to overcome this bad habit, as well as any others we may have? James 1:5-6, Philipians 4:13.

You may think it is impossible to overcome a quick temper or feelings of anger and hostility. But with God's help, all things are possible. So ask Him for that help — for the ability to keep your cool under trying circumstances, to overlook the offenses that others may give you! You will enjoy a much happier and rewarding life when you do! □

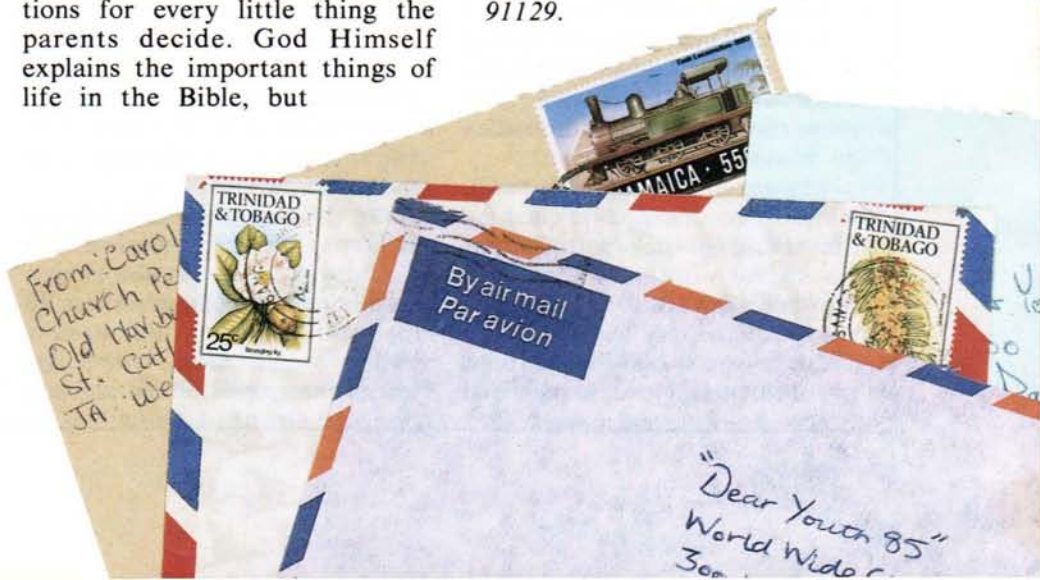
*Practical Bible-based answers to the Problems
of growing up.*

How can you solve this? As they continue to see your changed behavior, they'll eventually recognize that you *have* changed. It will take patience and a positive attitude on your part.

On the other hand, a teenager shouldn't get the idea that he or she can demand detailed explanations for every little thing the parents decide. God Himself explains the important things of life in the Bible, but

There are times in life when all of us must simply trust the judgment of those over us in authority for our own good, whether we think it is for our good or not. This is true in all areas of life — for example, on the job — and not just between teens and parents. □

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



READER BY-LINE



An English Nanny

By Cheryl Doncheck

Most people reading this have future plans to one day be married, and to raise a family. Naturally, ours will be the perfect marriage — we won't make the same mistakes as our parents and, of course, looking after children is easy — isn't it?

Well, that's been my job for a year now. I'm a nanny, taking care of a child while her parents work in London. I live with them during the week and then go home at weekends.

My day usually begins at 6:30 a.m. Alexandra is awakened by the sound of her parents' car leaving for work. She appears in my bedroom full of life, and ready for the day to begin!

Once she's clambered onto my bed, though, and realized

that I'm not too responsive, she settles down and goes back to sleep, generally until 8 a.m.

Then we begin the daily routine (especially interesting since the trial of potty-training is now in progress!). Then, after she is washed and dressed, Alex decides on which cereal she'd like for breakfast.

As Alex is an only child, I take her up to the play school. This gives her a chance to play with children of her own age, and she learns that the toys have to be shared.

On the mornings that we stay at home, she helps me load the clothes into the washing machine and, later, hands them to me as I hang them out to dry. While we're doing this, she learns the names of the clothes,

and whose they are: "Alex's jeans, Mummy's sweater" and so on.

Alex is 2 years old: the age when she's interested in everything around her, the time when she's discovering her sense of humor and likes to help in everything I do.

When I tidy, vacuum, clean and dust, Alex has her own cloth, small broom and bucket so that she can feel that she's sharing the work. This extends even to the point that when I'm ironing, she'll get out her plastic iron, and some poor doll will be stripped of its clothes to be "ironed"!

When the work is done, we play out in the backyard or walk to the end of the road to mail letters. After I've cooked lunch, Alex is ready for her nap, and willingly goes to sleep for an hour while I do the dishes, wash the kitchen floor and then have a bit of time to myself.

When Alex wakes, it's time for her playroom to be invaded! All her toys come out, and I play her records, too, which have songs and stories.

At 4:30 p.m. it's all tidied up again, and Alex plays in the bath for half an hour, which always results in me getting just as wet as she does!

After all this, we stock up our energy with a drink and a sandwich, watch the children's programs on the television and look at books, until 6:30 p.m., which is the time Alex's parents return home.

It is certainly rewarding, and quite entertaining, work that is giving me valuable experience for my future, and showing me, once again, life through a child's eyes. □

Editor's note: The author, age 18, is from Croydon, England. If you would like to submit an article for this section, send it to: "Reader By-Line," Youth 86, 300 W. Green St., Pasadena, California, 91129.

You Won't Believe It!

(Continued from page 2)

master plan for working out His purpose here below. The first 6,000 years He sentenced man to carry out what Adam had demanded for the human race: to go its OWN WAY, cut off from God.

Satan had tempted and misled Adam into SIN. Satan, the former Lucifer who had the EARTH as his domain of government, must remain on his throne where GOD placed him UNTIL a successor has QUALIFIED to restore the government of God and been inducted into office.

So mankind started on its first 6,000 years with Satan actually ruling it, not directly and outwardly, but by deception. Man didn't know it, but he was subtly deceived into acknowledging Satan as the "god of this world" (II Corinthians 4:4, Authorized Version).

Hands-off policy

God had said to man, in effect: "Go, then, your own way. Form your own governments, your own religions, your own society and civilization. I will adopt a hands-off policy for the next 6,000 years — *except* that where it suits My purpose, I shall intervene in certain ways and on certain occasions. But YOU, mankind as a whole, are cut off from access to Me."

That is why Jesus said plainly, "NO ONE CAN COME TO ME unless the Father . . . draws him" (John 6:44).

Except when God does intervene by *calling* one to repentance and salvation, NONE can come to Christ. WHY do not men understand that? Because they have accepted their own man-made religions!

I realize that the human mind is inclined to reason about WHY

God does things *as He does*. Some might question: "WHY would God deliberately adopt a hands-off policy toward the whole human race (with the few exceptions where He has purposely intervened)?"

The answer, apparently, is that it was God's PURPOSE to PROVE, once and for all time, by 6,000 years of human EXPERIENCE that the GET way contrary to God's government is NOT good for those who follow it, and can result only in unhappiness, discontent, suffering, pain, discouragement, frustration and utter complete FAILURE — just the OPPOSITE of what man really WANTS. Too often, that which looks good may be very dangerous,



harmful, undesirable.

Apparently only a third of all the angels were involved in the SIN. Perhaps God wanted to prove His point to the other two thirds of all the angels, as well as to mankind; to show what we shall become when changed into immortality in His Kingdom; to teach, by 6,000 years of EXPERIENCE, that only the holy, righteous and perfect CHARACTER of God based on His law and on His way of LOVE is really good for us. God had a reason for allowing man to so punish himself for 6,000 years under the delusion he was going the better way!

We know little of how man,

CUT OFF from God (except for those God Himself called), developed prior to the Flood.

Man seems to have had *some* knowledge of God. Abel was called righteous by Christ; Enoch walked with God. Noah was perfect before God — yet it was God who called and chose Noah.

Cain built a city. Jabal headed a tribe that dwelt in tents and dealt in cattle. Jubal, his brother, was the father of those that handled the harp and organ. Tubal-cain was an instructor of



Transportation has changed dramatically in the author's lifetime! By 1913, Henry Ford had developed assembly-line production, but it wasn't exactly like a modern Ferrari factory, left. (Photos: left, After Image — Elisa Leonelli; right, courtesy Ford Motor Company)

every artificer in brass and iron. Cain was a farmer, and Abel a sheep-raiser. That's about all we know of the first approximately 1,900 years (Genesis 4).

But God had no soul-saving crusades going.

Soon after the Flood, Nimrod rose up as the world's first despot, forming a government, and building a wall around his capital city.

For thousands of years humanity stumbled along with little change — little or no progress or development in material advancement — until, as I said, the printing press was invented.

Meanwhile, contrary to generally accepted religious belief, God made no effort to save the world — spiritually. Rather, the world had CUT ITSELF OFF completely from God. Satan plied his cunning work of DECEPTION, and the WHOLE WORLD — ALL NATIONS — were deceived (Revelation 12:9).

Some 4,000 years after Adam, God sent Jesus Christ into such a world as a MESSENGER, bearing a

message of hope and good news for mankind.

The good news

It was the good news announcement that the government of God would, after all, be RESTORED by the KINGDOM OF GOD, which would be composed of the BORN Family of God, ruling the whole world under His highest authority.

Christ came with the good news that those called by God may be born of God and become God's own children, ultimately CHANGED from material to SPIRIT composition. But of MANY THOUSANDS who had heard this message from Christ in person, only 120 believed what He said (Acts 1:15).

Jesus called and taught His 12 disciples His message of the coming Kingdom, and sent them out as apostles to ANNOUNCE to a world cut off from God the good news.

But before A.D. 70 that message was SUPPRESSED by the fast-rising FALSE church and was never again proclaimed to the world until God started proclaiming it over radio through me, first in October, 1933.

Finally, the world came to the development of technology and industry. Nearly all this modern development has come in the past 200 years, and far more than HALF of ALL the world's technology and scientific and industrial development has come in my lifetime!

I have lived through the machine age, the age of mechanized agriculture, the nuclear age and the space age. I have seen the development of the railroad, the automobile, the gigantic trans-oceanic vessels, the airplane, radio, television and a thousand and one kinds of laborsaving devices.

Today millions of workers sit at machines, going through the same motions all day long. We have WONDERS in mechanical development — almost every kind of laborsaving device and every kind of entertainment and amusement. But, when we stop to

think about it, IS IT GOOD FOR US?

Someday soon, we shall realize how BAD it all has been.

It has been the DAY OF MAN, subtly influenced and swayed by an invisible Satan endowed with superpower next to that of God Himself that he uses to foster the GET philosophy of life.

All this world's "progress" and development has been along the lines of SELF-CENTEREDNESS: "Get the best of the other fellow."

This present civilization is a colossal monument to VANITY, LUST and GREED; the spirit of competition — beating out the other fellow — which leads to destruction, violence, war and murder; jealousy and envy; resentment against real or imagined affronts; resentment against authority.

The DAY OF MAN has built a world of supreme UNHAPPINESS, DISCONTENT, NEEDLESS SUFFERING. It is a SICK world. It is a world of medical "science" that has doubled in medical and technical knowledge each of the past two decades, yet we have more sickness and disease than ever before.

The medical establishment gets a few diseases, such as tuberculosis and smallpox, almost stamped out, only to be plagued with onslaughts of heart diseases, diabetes, cancer and other ailments that puzzle and confound medical science.

Once again, as in the days of ancient Noah, we have come to a POPULATION EXPLOSION.

And for the first time, man has come in the past three decades to the development of means of MASS DESTRUCTION that can wipe all human life from this planet — probably in less than 24 hours — UNLESS there is an almighty great GOD who will step in and prevent human cosmocide and save humanity ALIVE!

Now, at last, we see how 6,000 years of HUMAN EXPERIENCE, of God-rejecting MAN going *his* own way, taking TO HIMSELF the knowledge of what he SUPPOSES is good and what is evil, has PROVED

that ONLY GOD'S WAY IS GOOD — and good for us!

The wonderful human mind

Also we see that man, left to HIMSELF, has finally become proof of the greatness of God because of the design of the human MIND. Man has been able to design and produce marvelous things OUT OF MATTER — intricate machinery, the fantastic computer — and send men to the moon and back.

Yet, at the same time, this 6,000 years has PROVED that man's mind, without God's Holy Spirit, is confined to physical and mechanical things. His systems of education have become wholly materialistic, and all his motives have been based on the attitude of get. He cannot live in harmony and peace with his neighbor. He is missing totally the greatest possible blessing during human life: a CLOSENESS with his Maker and his God, the warmth, satisfying PEACE and ASSURED SECURITY of contact with God. That is why the human race as a whole is discontented, unhappy, harboring feelings of insecurity, suspicion and frustration.

God gave man — even God-rejecting man — the wonderful human MIND by giving him the human spirit, which imparts intellect to the physical BRAIN. Whale brain, elephant brain, dolphin brain — all larger than human brain — are almost identical to it, as are chimp and other smaller brains, but they lack the human spirit that adds intellect to the brain. What a marvel!

God formed and made it! But it is confined to knowledge of the PHYSICAL. God made the human brain to need *with it* another spirit — the Holy Spirit of God — to add SPIRITUAL comprehension as well as spiritual life and love. Without God's Holy Spirit, which Adam rejected, man is of all creatures most miserable!

For 6,000 years God sentenced MAN — at man's own choice — to live his own way, with PHYSICAL COMPREHENSION ONLY. THAT is why he is smart enough to go to the moon and back, but can't get

along with his neighbor. He lacks the spirit of GOD'S LOVE. But even man's materialistic and mechanical development started slowly, gaining MOMENTUM, until more than HALF of all his "progress" has come in my lifetime.

For 6,000 years God's Holy Spirit has been withheld from mankind; given only to the infinitesimal FEW whom God has selected, called and given His Spirit for a special work that God wants done.

Christ, only the prophets were given His Holy Spirit, in order to empower them for THE WORK He called them to do, almost altogether within Israel.

More than 1,900 years ago, He sent Christ, but of the unnumbered thousands who *heard* the GOOD NEWS announcement of His coming Kingdom, only 120 believed (Acts 1:15). He called and instructed His apostles to announce His gospel, but that gospel was *suppressed* and replaced before A.D. 70 with a

false one that denied His Kingdom. He raised up His Church in A.D. 31 to back His apostles and make His work through them possible, but persecution dispersed and sent the Church

MEANS of attaining to the second.

We have reached the very last generation of this age — the generation when THIS world of man will END and the Kingdom of God will take over. We reached it when I was 40 years old. As God called Moses at 40, so He called me at 40. That was 53 years ago. Time is short, and getting shorter every day!

Jesus' disciples asked Him what would be the sign of the END of this present world of MAN. Jesus answered: "But he who endures TO THE END [of this age] shall be saved. And THIS GOSPEL OF THE KINGDOM will be preached in all the world as a witness to all the nations, and *then* the END will come" (Matthew 24:13-14).

I began preaching it locally in 1933, and to the world in 1953.

A few verses later Jesus said: "For then there will be GREAT TRIBULATION, such as has not been since the beginning of the world until this time, no, nor ever shall be. And unless those days were shortened, no flesh would be saved [alive]; but for the elect's sake those days WILL BE SHORTENED"! (verses 21-22).

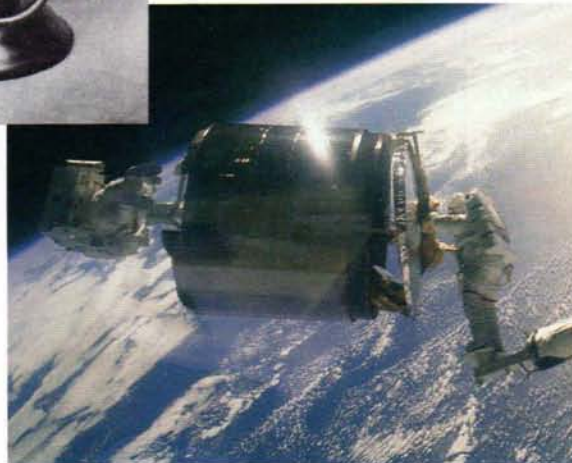
I am announcing the coming of Christ the Messiah to cut short those days, and usher in the WAY OF GIVE — the restoration of the government of God by the Kingdom of God.

After the Millennium and Great White Throne Judgment, there will be no more sickness, no more pain, no more unhappiness, no more poverty or ignorance, no more stealing — no more locks on doors or keys to carry around — no more discontent or getting feelings hurt!

Mankind is going to change from the way of GET to the way of GIVE.

Some of us already have. How about you? □

The advances in communication have been incredible. The telephone, an amazing invention itself, is now aided by satellites that allow you to call someone anywhere in the world! (Photos: left, Freelance Photographer's Guild; right, courtesy NASA)



Spiritual salvation will be opened to ALL humanity after Christ comes to take over the throne of the earth and RULE ALL NATIONS, and Satan shall be removed.

THANK GOD! We are now in the very last generation in this 6,000-year period.

Remember, this 6,000 years, NOW ENDING, is to be followed by 1,000 years of happy and joyous UTOPIA: WORLD PEACE in our PRESENT GENERATION; happiness, joy, universal abundance; universal right education for all; eternal salvation — with eternal life offered to all! No Satan around to plague and deceive us!

As I have indicated, God called only "righteous Abel" (Matthew 23:35), Enoch and Noah to have contact with Him and receive His Holy Spirit during approximately the first 1,900 years. He specially called Abraham, Isaac, Jacob and Joseph. He made the slave descendants of Abraham a special nation, called Israel, but never offered them spiritual salvation or His Holy Spirit. From then to

underground, as it were. From then the true gospel was not heard by the world, and even the Church, when I first came among them in 1926, had lost most of it.

What God is doing today

Today God is adding to the Church until it has become larger than in all history to get done the greatest WORK in history. Today He gives us of His Church His Holy Spirit, first, to help me get out the ANNOUNCEMENT of His Kingdom, and second, to build within ourselves the CHARACTER to rule with Christ on His throne — and He gave the first as THE

BY THE WAY...

Who Cares?

By Dexter H. Faulkner

Who cares about your problems? We do!

This is our fifth anniversary issue, and throughout the last five years we've been committed to caring and to helping you with the problems you face.

That was one of the goals set by Editor-in-Chief Herbert W. Armstrong when he first came up with the idea for this magazine.

Mr. Armstrong wanted to start a magazine for a "MOST IMPORTANT" group of people — young people. Although he is 93 years old, Mr. Armstrong still thinks young. He recognizes that *you* — the young people of today — will have the challenge of leadership in the world tomorrow.

As he said, "Doesn't that make them almost the MOST IMPORTANT PEOPLE ON EARTH?"

He explained that he wanted the new magazine to have articles on the things all young people are interested in. "I would welcome ideas and suggestions from youths about the kind of articles and subjects they feel should be covered in THEIR new magazine."

Our goals

And so we've made it a goal to present articles and subjects you've asked about. We even added a monthly column, "Dear Youth 86," to answer many of the questions we receive.

And although we can't answer all of the hundreds of questions we receive, we try to also print full-length articles based on some of the questions.

We receive a wide variety of questions: questions about sex, about friendships, about getting along with parents, about jealousy, about fashions, about the future. We strive to give you factual, helpful, Bible-based answers to those questions that interest you.

reach our goal of serving you. We've doubled our pages, from 16 to 32. We've added a section of news that affects teens, and a column of articles from our readers, "Reader By-Line." And, a few months back, we started letting you know what was coming up in the next issue with "Coming Attractions."

But some things haven't changed: There's still no subscription price, no advertising and the magazine is still illustrated in full color. And so it will continue.

We're excited about our sixth year! We've received some great ideas for interesting articles, and we're looking forward to putting together some lively graphics to go along with them.

But it's not too late to get

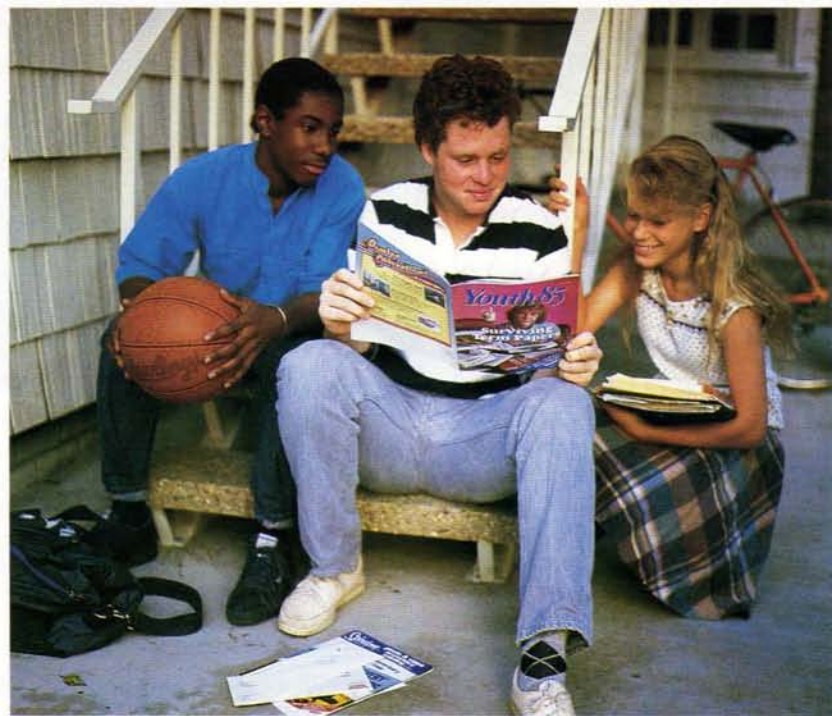


Photo by Nathan Faulkner

That's been our goal since the beginning of the magazine. And it's still our goal today.

Over the years we've made some changes to help us better

your idea in! If you have an idea for an article you'd like to see in print, let us know. We really want to hear from you about
(Continued on page 29)

Who Cares?

(Continued from page 28)

your dreams and hopes, problems and fears, plans and goals.

You have an exciting future ahead! And we'd like to help you prepare for it.

What's in your future? Will you be a famous painter, a business executive, a government leader? Will you develop your talents as a farmer, composer, teacher, inventor, city planner or computer expert? How will you help make the world a better place?

Of course, you may not have specific answers to these questions right now. But it's not too early to begin thinking about your long-range goals, learning about various careers and interests and getting some guidance.

We all need goals. A person without goals can only look back on a lifetime of mundane activities: 20 years sleeping, five years dressing and grooming, three years waiting on others, one year on the telephone, four months tying his or her shoes and six years watching television.

Get the picture? Without goals, the routines of life become the ruts of life.

What are your goals?

So, I challenge you to make a list of goals — things you want to achieve. Then plan, between you and God, how to reach them.

Your top priorities should probably lie in three areas: God and family, school and your future. So make a list of goals — at least five things you want to achieve — in each area.

Be specific and realistic. Seek advice from your parents, teachers and, most important, God. Be flexible, framing your goals to avoid unnecessary conflict with the goals of family and friends.

Next, plan what you will do this week to work toward those goals. You might decide to spend more time with your parents, maybe writing them a thank-you note for nice things they have done for you.

What about school? How about that special report you've been putting off? Make it a goal to finish it. Life goals? How about seeing your career counselor this week?

Of course, goals are of no use unless you act on them. So act! Don't be too rough on yourself. You can't suddenly make brown eyes blue or become a genius overnight! But you can develop a more positive attitude toward your goals. Keep trying. Review your progress regularly. Remember: God will help you, so don't forget to ask Him.

The first two letters of the word *goal* spell *go*. Go right now and write down some things you want to accomplish, and when you have achieved a goal or two, write and tell us. We will be interested, because it will mean growth in some area of your life. You'll be building character.

We care about you. It's been our privilege to hear from you and to provide answers to your questions for the last five years. And it's our goal to do an even better job this year and in years to come. □

Studying THIS?

(Continued from page 12)

need to be frustrated or frightened about it. You can take it as a challenge, research it in depth, as *Youth 86's* Editor-in-Chief Herbert W. Armstrong did when his belief in God was challenged. You can read of Mr. Armstrong's experience in our free booklet, *Does God Exist?* Other readable books have recently been published showing why even many scientists are now rejecting Darwinism.

As long as you don't throw your faith out the window, rejecting God before you even begin, you won't find anything convincing in the evolutionary arguments. You will, in fact, be following the biblical principle that tells us to prove all things.

And who knows? You might even get to dissect a frog in the process. □

When You Speak

(Continued from page 6)

to know how to make people shun you and laugh at you behind your back and even despise you, here is the recipe: Never listen to anyone for long. Talk incessantly about yourself. If you have an idea while the other person is talking, don't wait for him to finish."

If you want to be liked by others, encourage people to talk about themselves and their accomplishments. Then pay exclusive attention to the person who is speaking to you, actively involved and participating in what you hear. Ask questions that the other person will enjoy answering.

Do you care?

But be warned. The principles discussed in this article will not work if a key ingredient is missing. That ingredient is: a genuine interest in others. "You can make more friends in two months by becoming genuinely interested in other people than you can in two years by trying to get other people interested in you," wrote Mr. Carnegie.

Do you honestly care about other people? If you do, you will find that the time, energy, unselfishness and thoughtfulness it takes to cultivate friendships will bring real happiness and delight. It takes work, but the payoffs are tremendous!

What we're really talking about is a biblical principle found in Matthew 7:12. Being friendly, honest and sincerely striving to help and uplift others will encourage them to do the same for us.

The book of Proverbs in the Bible is full of helpful pointers on how to use your tongue to make friends and help others. Some verses you'll want to look up include Proverbs 12:18, 25, 15:1-2, 23, 28, 16:24 and 27:1-2. These principles can really help your conversations sparkle!

There is an art to fine tuning your conversations. Ask God daily for help and you can start practicing that art now! □

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