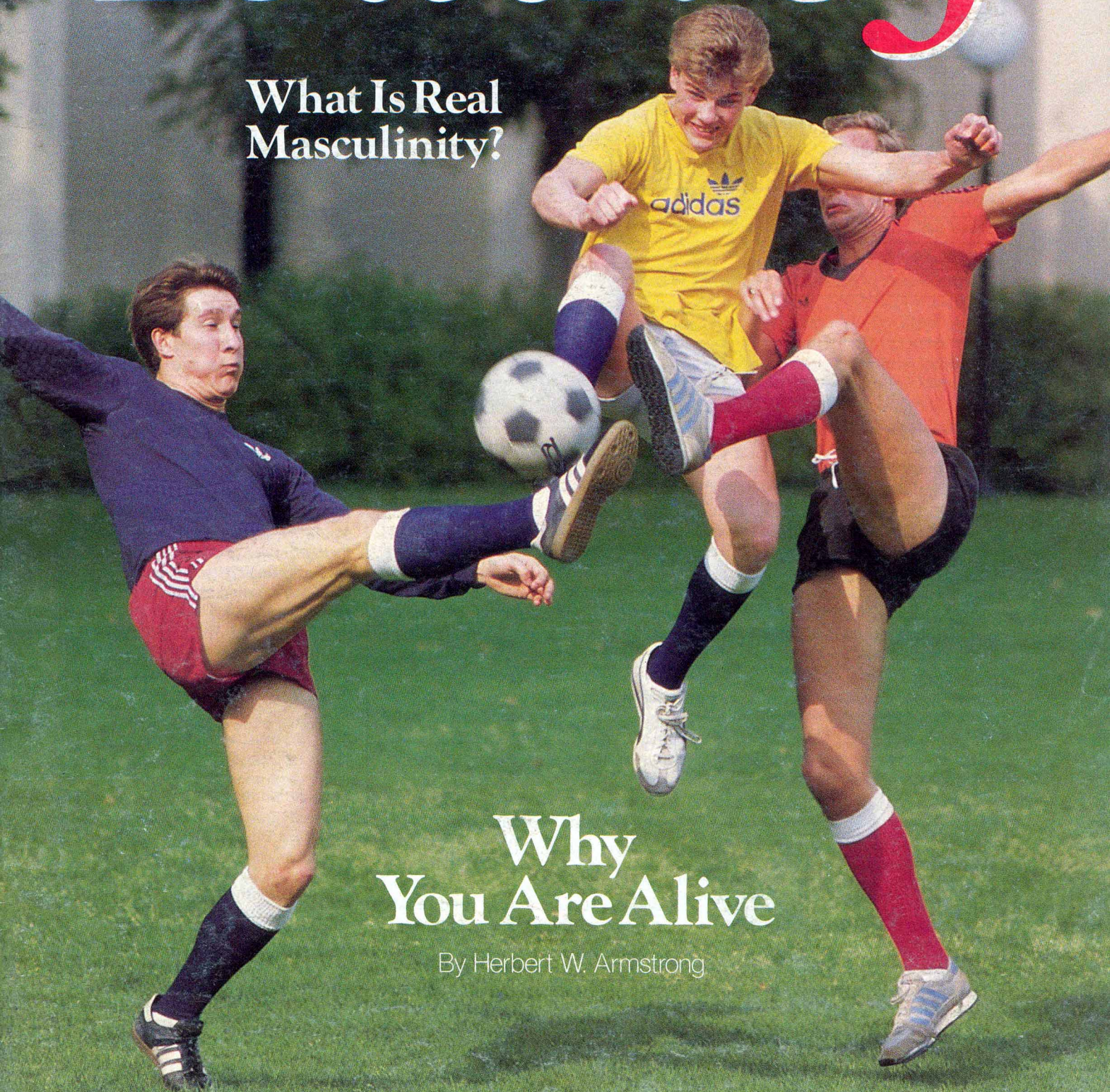


MAY

Youth 83

What Is Real
Masculinity?



Why
You Are Alive

By Herbert W. Armstrong

Youth 83

May

VOL. III, NO. 4

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EDITOR-IN-CHIEF: **Herbert W. Armstrong**

MANAGING EDITOR: **Dexter H. Faulkner**

ASSOCIATE EDITOR: **Mike Bennett**

GRAPHICS: **Michael Hale**

EDITORIAL AND GRAPHICS STAFF: **Charlene Bentley, Jeff Caudle, Matthew Faulkner, Nathan Faulkner, Wilma Niekamp, Lowell Wagner Jr.**

CONTRIBUTORS: **You the reader**

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PUBLISHER: **Herbert W. Armstrong**

TREASURER: **L. Leroy Neff**

PRODUCTION DIRECTOR: **Roger G. Lippross**

CIRCULATION MANAGER: **Boyd L. Leeson**

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

Zimbabwe: P.O. Box U.A.30 Union Ave., Harare

South Africa: P.O. Box 1060, Johannesburg, Republic of South Africa 2000

Ghana: P.O. Box 9617, Kotoka Int. Airport, Accra

Kenya and the rest of East and Central Africa: P.O. Box 47135, Nairobi, Kenya

Mauritius and other Indian Ocean Isles: P.O. Box 888, Port Louis, Mauritius

Nigeria: P.M.B. 21006 1006, Ikeja, Lagos State, Nigeria

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

New Zealand and Pacific Isles: P.O. Box 2709, Auckland 1, New Zealand

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

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

Switzerland: Case Postale 10, 91 rue de la Servette, CH-1211, Geneva 7

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COVER: Playing soccer requires stamina and physical agility. Besides physical fitness, what are some of the other aspects of real masculinity? See page 5. Photo by Nathan Faulkner.

Letters

Develop talents

It is an awakening experience to realize that there are other people, living in all different parts of the world, speaking different languages and having different life-styles who are able to receive *Youth 83* and are reading the very same articles. It is evident that God is guiding and influencing the staff and writers.

What a blessing to be able to read an article with confidence, not having to worry that what you're reading may not be true or may be a negative influence. It makes us realize how much we have to be thankful for.

I especially appreciated the very encouraging article entitled "Tap Your Hidden Resources" by George Hague in the February issue. It made me realize that you should not only try many different things to find your natural abilities, but more, that if you realize you've been blessed with certain talents, you must work hard, through training and education, to develop those talents, or else they're not worth anything. God may have blessed us with a natural ability in a certain area, but we must do our part to develop it.

Becky Hendrickson
Coon Rapids, Minn.

Answers to problems

Thank you very much for this wonderful magazine. Every time I have some crisis, a few days later I receive a *Youth 83*, and in that particular issue I find an answer to my problems.

[For example] I was asked to play the piano for morning assemblies in front of our whole school. I was so nervous and did not know how to handle the situation, until I received the October-November *Youth 82* and read the article, "What Is Your Greatest Challenge?" It helped me to have a positive attitude and approach my problem correctly.

Angela Horneman
Pietersburg, South Africa

Foreign languages

I really love your magazine, especially the "Teen Bible Study."

Your magazine has really helped in a lot of ways. Your story about foreign languages, with the man who went to Mexico ["Tongue-Tied in Mexico," August *Youth 82*] helped me a lot. I had an exchange student visit me over the summer of 1982. He told all about how he [also read] *Youth 82*.

Ernie Hilliard
Buffalo, N.Y.

Why YOU Are Alive

By Herbert W. Armstrong

Why are *you* alive? For what purpose did God put you here on this earth? Do you know?

This is the greatest, most important question your mind can contemplate just now — the most vital question of life, yet the one most people think about the least.

If, as some believe, God's purpose in our being alive is to get us "saved" — and if, as so many believe, all there is to getting "saved" is accepting Christ as Savior, then why is it that God does not instantly take each one to his reward as soon as he accepts Christ — *away* from all the continuous trials, heartaches and sufferings of this life?

The answer, briefly stated, is that God created the human family for a very great purpose — a purpose I'm afraid most professing Christians, and even most ministers, have missed entirely.

Almighty God is the supreme Artist — you see His artistry in magnificent sunsets, beautiful landscapes, awe-inspiring mountains, in the star-studded sky. God's work of artistry is CREATION. He is the supreme almighty Creator of all.

But now in man, God has set His hand to produce the crowning pinnacle of His own works of creation, yes, even higher than the angels. In man He is creating perfect, righteous, holy CHARACTER! And that is the highest, most lofty achievement that even the supreme almighty Creator can accomplish!

God's purpose in having brought you into this world — in permitting you to live and breathe — is to create in and through you



His own supreme masterpiece of creation! Is *that* important?

Oh, but you say — "Why, I'm not important — I'm not of much consequence — how could the great omnipotent God be specially concerned about me?"

It's true, you, as you are now, certainly are not very important — certainly of very little consequence — so far as your own inherent ability and capacity is concerned. God made you a little lower than the angels. He made man a little higher than dumb animals, but on his own power and initiative, man has sunken down to depths lower than any animal would be capable of reaching.

Man has *sinned* — yes, *YOU* have sinned! You are full of faults, weaknesses, shortcomings. You have bad habits. You probably have some secret sin you have not yet mastered and overcome, which no one knows anything about except just you — and God!

Then can you realize the sobering truth that it is the purpose of the ever-living God to make out of you — sinful and unworthy and incapable though you have been — an immortal, spiritual and holy CHARACTER so pure and noble and righteous that ultimately the eternal God Himself can look upon you with loving pride as the supreme product of all His creative power throughout eternity?

Can your mind grasp the awful greatness — the solemn immensity of that truth? And it *is* a truth. Of course, there will be many others on the same lofty high plane — just as holy and righteous characters as

you. But you are a human being, and that is God's purpose in human existence! It ought to fill you with awe — with wonder! Impossible? Not at all! It would, of course, be ridiculously, utterly impossible for you, of yourself, to transform yourself into such a creation. But with God all things are possible, and this is the zenith of all things. Remember God is ALL-powerful — He is the ALL-mighty. His power is not limited.

And that's exactly why you were born — why you are alive and reading these very lines this minute! GOD HAS A PURPOSE FOR YOU! A great, mighty, supreme purpose! Does it make you feel rather humble — lowly, insignificant, unworthy? It should!

But you see, you, yourself, do not have to do this. It is God who is the Creator. And His purpose — His supreme purpose of all eternity — is to create in you, as one precious member of the human

(Continued on page 26)

Photo by Nathan Faulkner

Meet Mean King Manasseh

Too many continue to feel guilty for wrong things done in the past. God recorded an example to help us understand the extent of His forgiveness.

By Clayton Steep

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

This wicked king led his nation down the wrong paths. He caused his people to do shameful and terrible things.

In addition, the Bible tells us that he “shed very much innocent blood, till he had filled Jerusalem from one end to another” (II Kings 21:16). He massacred innocent civilians. He even sacrificed his own son to a pagan god (verse 6). Few kings in history have been as bad as Manasseh.

Because of all his sins God caused Manasseh to be taken prisoner by an enemy nation. He was bound in chains and shackles and thrown into prison. But do you know what Manasseh did then? He didn’t just sit around in the dungeon and mope and tell himself all hope was lost. No, “when he was in distress he entreated [pleaded for] the favor of the Lord his God and humbled himself greatly before the God of his fathers. He prayed to him.”

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

Yes, even after all the evil Manasseh had done and after he had been taken prisoner, God heard his plea for mercy. God delivered him and set him back in

his kingdom. All of his murders, his idolatry and even his black magic were put behind him. He was given a fresh start.

If God heard wicked Manasseh, He will certainly hear us and forgive us if we sincerely ask Him to. When we recognize our need for God’s mercy as did Manasseh, our entire past can be wiped away no matter how bad it has been. God stands ready to offer every one of us the total remission of our sins. He’s ready whenever we are really ready to ask for that forgiveness and to change and begin trying to live His way.

The Gospel Christ came to proclaim to the world has to do with the Kingdom of God. It is good news. That’s what the word *gospel* means. Part of that good news involves what is called the “remission of sins.” It was an important part of the preaching of John the Baptist and Christ Himself (Mark 1:4, Luke 1:77, 24:47).

The word *remission* in these passages of Scripture means literally “to dismiss, to release.” Christ came proclaiming a release from sin. As the prophecy of Isaiah had predicted centuries earlier, He came “to preach deliverance to the captives . . . to set at liberty those who are oppressed” (Luke 4:18, see also Isaiah 61:1).

The Bible pictures us as captives to sin, the servants of lawlessness. We are chained in bondage to the way of life to which Satan has held this entire world.

This bondage takes many forms. It may be drugs or the misuse of alcohol. It may be involvement in destructive boy-girl relationships. Or it may be the wrong use of television or anything else that leads to emptiness and unhappiness. But Christ said that the message He brought will make a person free (John 8:32).

Remission of sins does not mean simply the forgiveness of past sins and deliverance from the death penalty we deserve, though this is a vital part of it. It also involves our release from bondage — the end of our slavery as servants of a wrong way of life! As the apostle Paul explained: “Being then made free from sin” — having our sins remitted — “ye became the servants of righteousness” — right doing (Romans 6:16, 18, Authorized Version).

When God grants us remission of sins, we are freed to begin walking His way, keeping His law. Remission of sin includes both forgiveness and turning to righteousness — obedience to God’s law!

Christ’s sacrifice not only blots out past sins, but continues to clean us up whenever we stumble along the way and then sincerely repent.

We can have faith in this fact. Faith is absolute confidence in God’s promises. When we have this faith — this assurance — we no longer need to bear feelings of guilt. We don’t have to allow mistakes, even terrible sins, of the past to encumber us. We can put all of that behind us.

We can be confident Christ’s sacrifice was big enough to pay for every sin.

Those who are fearful, who carry their past sins with them, will get nowhere. But those who have really grasped how total God’s forgiveness is, and who are confident in that remission, will change their way of living and press forward boldly in God’s way of life.

So, pray wholeheartedly for God’s forgiveness, and don’t let guilt about the past keep you from going forward! □



Job Experience- How to Get It

By Dexter H. Faulkner

Nate came rushing in the door as if someone were chasing him. He could hardly contain himself. There was a smile on his face from ear to ear.

He proudly exclaimed: "I got a job! I got a job and I did it all on my own experience."

This was definitely a different reaction from the last time he went looking for a job the summer before. Each prospective employer turned him down because he was too young or didn't have any experience. That determined him to get the needed experience.

Nate had wanted to work in a

sports store since he was 13 years old. Skiing was one of his hobbies, so he went after the experience required with enthusiasm. He read everything he could find about equipment. He went skiing as often as he could and talked to the pros about techniques, and listened to their personal experiences.

While in a sporting goods store buying a piece of ski equipment he struck up a conversation with the manager. The manager was impressed with Nate's knowledge of the equipment and offered him an after-school job on the spot! At 15, Nate's experience paid off and fulfilled a teenager's dream. He got a good job doing something he really enjoyed. Now he could start to save for college.

If we look at successful people, one thing they all have in common is experience — whether they gained this experience in extracurricular activities, as a volunteer or as a paid worker.

Successful people realize that big successes are built on smaller ones. So they go after opportunities, knowing that even the not-so-important ones can lead somewhere. They know that getting experience helps in preparing to get a good job.

A positive cycle

Career counselors tell us: "Experiences and interests are closely related to each other."

Where does a person get his interests? He is not born with them. Our interests come from

"How do I get a job requiring experience when I don't have any?" you may ask.

The answer can be simple: Look for low-rung jobs that will give you experience. Sales jobs are a good place to start.

You may be able to find work as a clerk in a store that corresponds with your interests. If you love sports, your enthusiasm as a clerk in a sporting goods store could lead to a better job with more responsibility and higher salary. If you like to work outdoors, your hard work as a ditch digger for a landscape contractor could lead to a position as a crew chief or as manager of your own landscape company.

You don't have to be an employee. Two high schoolers I know became florists with a small plot of land lent to them. If you start your own business, remember to check on laws that would apply to you (perhaps call city hall).

You might benefit from the following suggestions.

- Establish a business: dog walking, car polishing, yard cleaning, house sitting, delivering for stores and restaurants.
- Volunteer to work at a senior citizens' center.
- Take responsibility for the operation of the house (shopping, cleaning, cooking) to get to know how it is done.
- Learn how to care for and service the family car, possibly taking a summer course in auto mechanics.
- Learn photography or how to use a personal computer.
- Take a home repair course.
- Learn a foreign language.

And, if you can't find a job, volunteer! It's a valuable way to get experience. Develop contacts and references and skills for future use. Then, the next time you go looking, your resume will have more than your name and phone number on it! □

our experiences! When we do something well and enjoy it, we become interested in it. And the more interested, the better we do it! And the better we do it, the more we like it. And so on, in a positive cycle.

By finding a variety of meaningful experiences, we won't have to worry about deciding right now exactly what to do in life. We can discover the things we enjoy doing and the things we'd rather not do. Of course, if you already have an idea of your career interests, you will want to seek opportunities that will give you experiences in those areas.

Consider the following examples. They aren't meant to suggest that all activities must be in preparation for our future work. But they are markers to help us measure the future usefulness of some of our choices right now.

Experience is transferable

A young woman who belongs to a woman's club learns how to be concise and to the point, how to research information, how to communicate effectively as a speaker, how to stand correctly and how to work as part of a team with a purpose. What she learns is transferable, because she can use these skills later in other opportunities.

A young man delivering papers will probably have to determine efficient routes for his delivery, handle money responsibly and even persuade customers to extend their subscription. The job has to be done, and people count on him to be there. These transferable opportunities will be useful later in life.

Serving as the captain of a team, the manager of a school band, the producer of a school radio or television station or a youth group leader gives us the opportunity and teaches us how to plan, organize, supervise and get things done. We discover the need for cooperating with others, reaching goals, touching bases with the right people and following up on details.

Whether we are applying for a job as a salesperson or a window

washer, the employer will need to know that we are punctual, don't waste time and can be counted on to work hard even if given boring tasks.

Part-time and summer jobs, volunteer experiences and extracurricular activities all give us chances to gain and demonstrate these habits and attitudes. It's not that someone who hasn't done these things doesn't have good work habits. He or she just hasn't demonstrated them. And that increases the risk for a future employer — a risk the employer may not want to take.

Many times employers use the term *track record*. This means that Joe or Sue has shown what he or she can do. Employers want to know: Can he or she be trusted? Can he or she be responsible for money or programs or facilities or for people?

For example, working as a summer camp counselor gives us the responsibility for the safety and experiences of the camper. We are confronted with problems and have opportunities to show how we handle them. We demonstrate our creative ideas for programs. Some work, others won't. In fact, handling responsibility gives you a sense of what works and what doesn't. This is one of the reasons employers think so highly of good old common sense.

Even so-called grunt work — low-level, meaningless jobs — can benefit us if we are in a position to rub shoulders (and minds) with professional people. You have the chance to see them in action and think, I'd like to do that someday. Being around people who do a job gives us a picture of how that job really works.

Go after experiences. Pursue opportunities. If we wait for someone to ask us, or if we wait for something to fall into our lap, we might do a lot of waiting. Millions of gallons of potential have evaporated while waiting for "later" or "someday" or "when I have more time."

Don't let another day or summer go by. Start now — get some experience. □

What Is Real Masculinity?

Just what is a man? Where can we find examples of true masculinity? This article discusses how you can prepare to take your place in society as an adult male and be a real man.

By Ronald D. Kelly



We live in a topsy-turvy, crazy world.

There is a real identity crisis — we don't seem to know what masculinity and femininity mean anymore. *Unisex* has become a common word. We see it in hair care, clothing styles, even cosmetics.

The pressures of a free-wheeling, do-your-own-thing society are overwhelming. If you are not careful, you will fall into it and not even know you are caught in the swirl.

Youth 83 dares to step out and tell it the way it is. The great God who created us male and female had a marvelous purpose in doing so. If you're willing to take the challenge, we are going to give you the truth on the subject of real masculinity.

Here are four qualities of true masculinity.

Education

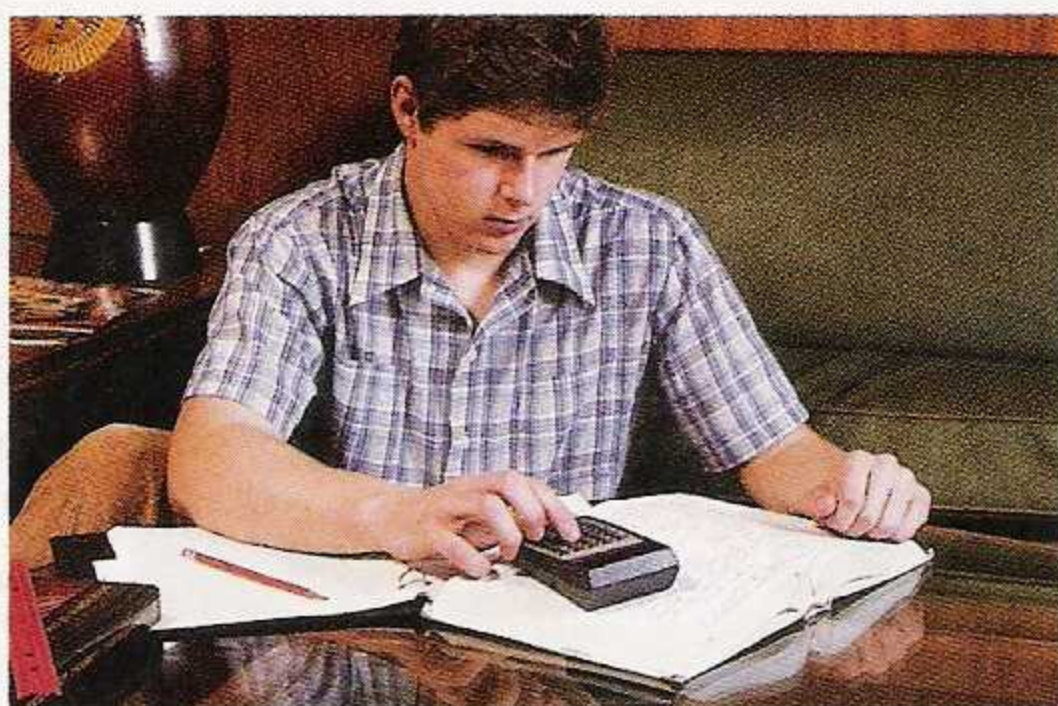
To develop through the teenage years into successful manhood, you cannot shirk education.

We've all heard the mythical stories of being granted any wish — the genie in the jug, wishing upon a star, the wishing well.

One time such a wish was really granted. It's a true story from the Bible found in II Chronicles 1:7-10: "On that night God

appeared to Solomon, and said unto him, 'Ask! What shall I give you?'"

What would you ask for if God appeared to you and offered you anything you wanted? A sports



Knowledge, both learned from books and by hands-on experience, is a vital part of the development of the whole man. (Photos by Nathan Faulkner, Barry Stahl and Kim Stone)



car? A million dollars? Solomon asked for none of these.

Instead, Solomon said to God, "You have shown great mercy to David my father, and have made me king in his place. Now, O Lord God, let Your promise to David my father be established... Now give me wisdom and knowledge, that I may go out and come in before this people; for who can judge this great people of Yours?"

Unbelievable isn't it? A man who would rather have wisdom

than riches. His choice so pleased God that God granted Solomon wisdom and knowledge as he had requested, and in addition gave him fabulous riches.

In your teen years you will choose whether to acquire wisdom and knowledge or whether you will flit time away in mindless entertainment.

Christ's example as a youth

Let's notice the example of Jesus Christ. By the time He was 12, he had taken hold of where He was going.

You may remember the story.

Jesus had gone with His parents to Jerusalem to observe one of the annual holy days. When His family started home after the festival season, Jesus remained behind. When His parents missed Him, they

returned quickly to Jerusalem.

Where did they find Him? "Now so it was that after three days they found Him in the temple, sitting in the midst of the teachers, both listening to them and asking them questions. And all who heard Him were astonished at His understanding and answers" (Luke 2:46-47).

These examples show how vital education is in God's sight. Both these men had a desire for knowledge, wisdom and understanding — that is, education.

While you're getting an education, get the real foundation. Don't be afraid to study God's Word — the Bible! God calls His Word a sword — when you pick it up and become familiar with it you'll find out why! Don't fear the reaction of your friends. Read for yourself about real men who had the courage to make history in the pages of the Bible!

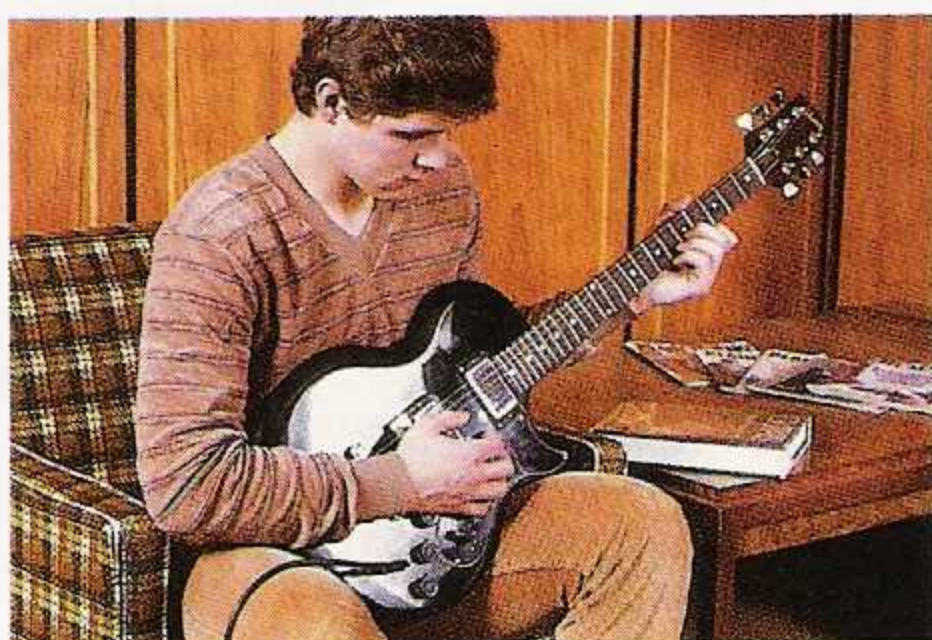
Read the book of Joshua. Study Proverbs and Ecclesiastes — they make excellent, interesting and helpful reading — and they're practical.

Education and knowledge are vital tools for an aggressive, masculine young man with real goals and purpose. Be interested in what's going on around you — learn all you can.

Music

Music is a big part of life. Almost every one of you has had a song running through your mind sometime today. It might have been one of the top 40 or a song from years ago. These songs affect your life.

Here is another area of life where you're



Enjoying the best in various types of music — especially by developing your own talent — will help round out a masculine personality. (Photos by Nathan Faulkner and Kim Stone)

master of your own fate. We showed in the February issue that music is an influential force, and that decisions about what to listen to are important.

Whether you realize it or not, the philosophies propagated by songs affect you. Songs, lyrics — music in general creates a mood. Music can inspire and uplift you or make you sad, melancholy and blue. It can also help carry you into a futile, despondent attitude if you let it.

And you will have to agree that at least some of today's songs are downright vulgar!

So don't think for a minute that music doesn't affect your life.

So what should you do? Rise up in righteous indignation, smash your radios, burn your record albums and rush off to a life as a hermit? Of course not!

Music can be very good. Why not discover the best in all kinds of music? And what about learning to play an instrument?

Remember a passage earlier in the article referred to Solomon?



Much of what Solomon learned was from his father David. In I Samuel 16 we find David was chosen to play music before the king of his nation. The Authorized (King James) Version of the Bible calls the instrument David played a harp. However, it probably was not a harp such as we think of in a symphony orchestra today. It was a small portable instrument with a sounding board and strings, probably a lot more like a guitar than any

other modern instrument.

David was good at playing this instrument. And we will also find that David was an outstanding athlete. In other words, David was simply and plainly a balanced, masculine young man.

You, too, can learn to apply the right principles of good music. You might find it far more profitable to spend your time learning to play an instrument than merely listening to others.

Physical Fitness

Top mental agility and enjoyment of music are far less effective with a degenerate, soft body. Yet, tests have uncovered some alarming trends. While the time for the mile run continues to drop, the pole vault records keep getting higher and football and basketball players are bigger and stronger, the majority of teenage fellows are getting softer.

Look around your school. Notice how many of the fellows look unhealthy and weak. How many of them can do 10 chin-ups on the high bar or 25 push-ups? The shameful truth is — many boys have no interest in developing strength and skills.

Your teenage years are the prime years of your life. To be out of shape, skin and bones, chubby and fat or weak and effeminate is a disgrace!

David was just a teenager when he had a battle with the Philistine giant, Goliath. David's huge foe disdained him by saying, in effect, "Why he's just a little kid" (I Samuel 17:42).

But David was no sissy or weakling. He spent long days and nights with his father's sheep. He had to battle wild animals and even killed a lion and a bear (I Samuel 17:35). David was strong and deadly accurate with his slingshot. He was courageous and athletic — a real man!

True, you're not preparing to fight lions and bears or 9-foot
(Continued on page 27)

So You Want to Be TOUGH!

Real toughness is a lot tougher than most people think.

By Alan Dean



What does *real* toughness take? (Photo by Kim Stone)

We are constantly bombarded with various people's ideas of tough guys — on television, in movies and in magazines.

These tough guys usually swear, smoke, drink hard, treat women roughly, dress dirty, are unshaven and are wanderers with no permanent job.

We are led to believe that if we copy these tough guys, it will make us tough.

Why? Because modern man has lost real toughness and covers up by trying to dress and act tough. But to be *really* tough you have to *be* tough, not pretend toughness. Let's look at what real toughness takes.

Being tough means, for one thing, that you can work hard. Someone who is tough is able to work hard until it really hurts, when necessary. His body is strong and elastic — it isn't soft or flabby. A good exercise program helps toughen up the body.

When you are tough, you can put up with pain and discomfort. To be tough, you can't be soft on yourself. Make it a habit to get up at a certain time in the morning. Force yourself to study at set hours, no matter how you feel. Practice your music or sport — hard. Be the last to leave when work has to be done.

Don't give in to tiredness. Most tiredness is in the mind. Isn't it amazing how much energy you can find when you are having fun? Take part in regular vigorous physical activities such as hiking,

working, swimming, cycling or tennis.

Tough people don't give in to fear. They are not timid. All normal people get scared, but a tough person doesn't let fear control his actions. He dares to be different. If the gang says, "Come on, let's get drunk," a tough person says "no." The gang may make out that they're the tough ones, but it's not toughness to merely follow the crowd. People who do are usually too afraid to say no.

Tough people know their minds and resist pressure. They are leaders, not bleating followers. Toughness is being confident. It is knowing what is right and doing it. Tough people know where they are going, and won't be stopped. They are not confused or uncertain. They have goals and achieve them. They don't have to forever prove themselves to others.

Tough people are not afraid to be seen as kind. They help people who are worse off than themselves. They take action, making other people feel better. They help the old, the young, the handicapped and go out of their way to make the unpopular person feel part of the group.

Tough people don't need ego boosts by always being with the "in" crowd. They don't get kicks from ridiculing people who are different or being cruel to weaker people. Only weak people do that, because somehow they feel that by bringing others down, it makes them look big. Tough people bring others up to their level.

Tough people are energetic. They are dynamic. They do things

with power and gusto. They don't settle for second best. They push themselves 100 percent. They have enough self-respect to feel that only the best will do. They are vibrant, not halfhearted.

Tough people control their emotions. They don't fly off the handle at any little frustration, or storm off when they don't get their way. They don't crack under pressure. They are not jealous. Their emotions are positive, uplifting, encouraging. They don't give in to moods of depression.

Being tough is being a leader. Do you realize that the toughest person who ever lived was Jesus Christ? He worked hard, walked miles, could even go without food and water for 40 days. When danger came, He was calm and in control.

Jesus Christ stood fearlessly before wild mobs and told them they were wrong. He was strong and powerful, as displayed when He threw the money changers out of the Temple.

He did not back off from His purpose, even when it meant death. He was kind to people, even when it was unpopular and risky. When He healed the lepers and associated with sinners, He risked ridicule and rejection. He was a man's man. He was able to put up with indescribable pain and suffering. He was alert, highly intelligent and articulate.

Jesus Christ set us an example in every area of life, including the area of strong character — real toughness. It's not easy, but by following the path Christ blazed you won't be *acting* tough, you'll really *be* tough! □

NEWS **THAT AFFECTS YOU**

Australia's Killer Fire Storm

• "It was a fiery wall," said Alan Webb of Cockatoo, Australia. "It roared down the hill like a jumbo jet . . . We watched houses go up, poof, poof, poof. They just went up all at once."

In all, 2,000 homes across southeastern Australia were destroyed that Wednesday afternoon, Feb. 16. More than 70 people lost their lives.

When strong winds whipped up that morning, smaller brushfires already burning in the tinder-dry, drought-stricken countryside roared into a smoky inferno. Only 24 hours later they had wreaked havoc across 600 miles of Australian coastline from Melbourne to Adelaide (see map, page 9).

Peter Collins, 18, an apprentice mechanic for a rural fire department in the Melbourne area, got a call from fire fighters battling the flames. They desperately needed spare parts to keep their equipment running. Peter raced off into the fire zone.

On his way he drove through already burned areas. "It was a world of charred black remains — burned out trees, homes and cars and the remains of dead animals," Peter said.

The intense heat was beyond belief. Peter saw one of his fire department's vans, caught in a fire, melted down to a 2-foot pile

of scrap. The driver had died, trapped inside.

The blaze had a sobering effect on everyone who saw its devastation. Malcolm Fraser, prime minister at that time, was somber after surveying the fire by air. He said an army of tanks could have done no more damage. "There is nothing left," he said.

Even as the fires raged, Australians rallied to support each other. In Adelaide, so many offers of help came in that agencies had trouble processing them. Clothing and food poured in by the ton. Cab drivers volunteered their help to distribute it.

More than 3,000 Australians offered their homes to those without a place to stay. A telethon raised millions of dollars for relief. Throughout the area people set aside self-interests to begin helping their neighbors dig out from the ruins. — *By John Curry, Burleigh Heads, Australia* □

Caught in Anorexia's Deadly Web

• You hear it everywhere. And eventually, you begin to believe it: "Thin is in." And so many people go on a sensible diet to gradually shed a few pounds.

But some people won't be able to stop. To them, dieting will become an urgent, compulsive and dangerous desire to lose

more and more weight. They have fallen into the snare of a disease called anorexia nervosa.

American singer Karen Carpenter's death in early February of heart failure brought new attention to this disease she had been fighting.

Anorexia affects more than half a million people in the United States. And the numbers are getting bigger.

Scientists are unclear as to just what anorexia is. It begins as voluntary self-starvation brought on by fear of being socially unacceptable because of being overweight. Eventually, it becomes a compulsive fear of eating.

Anorexia's main symptom is a dramatic loss of up to 25 percent of normal weight, accompanied by limp hair and brittle fingernails. Anorexics become withdrawn. They may attempt to speed up the weight loss by overindulging in exercise, by causing themselves to vomit or by taking large amounts of laxatives. Of anorexia's victims,

95 percent are women in their early teens to mid-20s.

The causes of anorexia nervosa are attributed to several factors. Frequently the preoccupation with weight and diet begins when potential anorexics are confronted with new experiences. They feel at a disadvantage, afraid of not making new friends or not being athletic enough, and worry about being chubby.

Scientists say anorexics often feel they have no control of their own lives. This leads to low

self-esteem, compounded by society's emphasis on being thin. Anorexia occurs when the prospect of growing up seems especially frightening.

Scientists are also unclear about the cure for anorexia. Several things, though, are certain:

As with alcoholism, anorexia can't be treated until the anorexic admits there is a problem.

Treatment will generally be unsuccessful until the anorexic's self-esteem can be restored.

Support of family and friends is vital in rebuilding this self-esteem. Positive peer pressure is essential. Anorexics should try to be around people who enjoy eating.

If you feel you have anorexia, don't delay — seek help now, especially from your parents.

Don't forget to ask God for help, too. He wants to see you healthy and accomplishing great things with the life He's given you. Why? God has something specific in mind for you! Write for the booklet, *Why Were You*



Karen Carpenter, with her brother Richard, in a 1976 photo.

Born? It explains more about God's purpose for you.

The booklets, *The Seven Laws of Success* and *Principles of Healthful Living*, can help you set the goals that will, step by step, lead you to victory as you fight your battle against anorexia nervosa. — *By Ann Hays and Ronda Kelly* □

COUNTRY IN FOCUS:

Australia

Australia — it's the only nation in the world to have a whole continent to itself!

It is a vast land, almost as large as the United States. But it has a lot less people, only 15 million. That's less than there are in all of greater New York City! If the Australian population was spread out all over the country there would be less than five people to every square mile. But almost 90 percent of Australians choose to live on the coasts in the big cities.

The kangaroo, koala, kookaburra, platypus, Tasmanian devil, eucalyptus tree and boomerang are just a few of the things that make Australia extraordinary. It is the flattest of all the continents, yet its southern island state of Tasmania is one of the most rugged islands in the world. Australia has literal mountains of iron ore, nearly 30 million acres of grain fields, 10 times as many sheep as people and lots of sunshine!

Two thirds of the country is desert or semidesert. Australians call it the outback. Some of the world's largest cattle and sheep ranches — called stations — are in this area. Because they live too far away from the nearest school, many children in the outback listen to a special school on the radio, called School of the Air. Sometimes they have a two-way radio so they can talk to their teacher as well as listen.

Australia is composed of six

states and two territories. The national government is based in Canberra, a city specially built to be the capital. Most of Australia's huge agricultural output comes from a narrow crescent-shaped fertile strip stretching along the coast from the northeast to the southeast.

The Great Barrier Reef is



probably Australia's greatest natural wonder. It lies along the coast of Queensland, the northernmost state. Sightseers from all over the world come to enjoy this 1,200-mile underwater world of brilliantly colored coral and tropical fish.

With lots of sunny weather, it is not surprising that Australians spend much of their leisure time out-of-doors enjoying barbecues, picnics and sports. Because most people live near the ocean, swimming, surfing, fishing and yachting are among the most popular activities.

Australia is a young nation. It was first settled in 1788 by the British. It is a member of the British Commonwealth. Many of the first settlers were prisoners or convicts sent from England, but the number of free settlers grew rapidly. Since those early years millions of people — mostly from Britain and Europe — have made Australia their new home. — *By Phillip C. Hopwood* □

YOU CAN SAY 'NO' WITHOUT LOSING FRIENDS

*Sometimes if you don't say it, you
can end up hurting yourself. But how do you say
no without offending others?*

By Graemme J. Marshall

Daily we are caught up in situations where we should, and even want to, say no, but don't.

Often our difficulty is caused by not wanting to be badly thought of. Yet, we end up hurting ourselves.

Consider some of the following to see if you get taken advantage of by failing to say a polite, but firm, no:

"I knew he was driving too fast, but I didn't know what to do about it."

"I realized it was illegal to drink, but the others wanted to."

"I didn't want to buy it, but the salesperson pressured me."

"I didn't agree with the group, but I didn't want to stand out as being different."

"I shouldn't have eaten that extra dessert, but everyone else wanted a late snack."

Situations like these often place us in compromising positions with our beliefs, family rules and personal desires. There are reasonable and friendly ways of saying no. You may find one of the following useful the next time

you are faced with the problem:

1. *Go by the rules.* Put your refusal on an impersonal basis. This helps lick the problem when you feel you are being pressured into something whether at school or with friends.

When faced with invitations to smoke, to try drugs or improper dating, explain that your family has specific rules that you stick to. So the answer is no.

Going by the rules can also be used when you are faced with people who drive dangerously, drink too much or who exert unwanted influences on you.

An excellent example to follow is that of Joseph in Genesis chapter 39. When pressured by the boss's wife to do wrong, he didn't weaken about what he knew was right. He politely refused — saying that her proposal would be sin against God. It would be against his Father's rules. Joseph's life-style didn't allow that sort of thing.

When the temptation was repeated, he then avoided the source — he kept out of her way (verse 10). When trapped alone with her in a compromising situation he simply had to flee the

scene (verses 11-12).

2. *Say no by showing what needs to be done for a yes.* What do you do when a salesperson pressures you to buy something you don't want? Explain that if you are shown the exact thing you want for the right price, then you will buy.

Don't give in to doing things against your will. The story of Samson in Judges 16 tells the sorry consequences of his giving in when he should have stayed firm to his convictions.

On three occasions Delilah asked him to reveal the secret of his strength. Each time he side-tracked her until finally, under the pressure of constant daily nagging, he wilted. He gave in. And he suffered much for it (verses 4-5, 15-17, 21).

God's ways of a good and upright life have much higher priority than the pressures that try to get us to give in. Be firm when right is right and don't say yes to wrong.

3. *Say no by asking others to walk in your shoes.* This is refusing by helping other people appreciate your problem in having to say no. What would they do if they had your homework to complete? What would they do if they had an exam coming up and were now asked to go out?

What would their answer be if they had to face your problems? It is a matter of what is the right and proper thing to do at the time. This helps them to understand why you say no to their request.

Along with asking others to walk in your shoes, try to walk in theirs. Try not to come across as if you think you're better than they are.

When faced with a sensitive situation of refusing without offending — be firm — but kind. If being enticed against your principles, be strong in character to choose right and say no to wrong.

And remember that a refusal is more acceptable when given in a warm and friendly manner.

So, when faced with having to say no — do it gracefully. And add a smile! □

By Jeff Zhorne

Go to 20 . . . random access . . . formatted floppy disk . . .

Is it possible to make sense out of seemingly garbled computer talk? Who wants to, anyway? Aren't computers just a fading fad or used only in big businesses?

Fact is, these electronic calculating machines have been doing some pretty amazing things for quite a while now, and experts say computers are not only here to stay, but they'll be used even more.

When the first computers were built in the 1940s, manufacturers thought about 100 of them would serve all the scientific and manufacturing users in the United States. Now there are 100,000 computers in U.S. schools alone! More than two million computer units were sold in the United States just last year.

Suddenly teens too young to drive a car are earning adult wages creating computer programs for big corporations. Even preteens all the way down to age 3 are matching color sequences, assembling songs from tune fragments, unscrambling words and a host of other things on the computer.

Prime job requirement

Instead of heading for the athletic field, increasing numbers of teens and even preteens are pulling up chairs in front of video screens and typing commands into a computer.

They may be missing out on some athletic development, but they could be developing a distinct advantage in the future job market. *Newsweek*, a mass-circulation U.S. newsmagazine, referred to one study that predicts 75 percent of all jobs will involve computers in some way within two years. "People who don't know what they do and how to use them will be at a disadvantage," the article continued.



Program Your Career

With more and more jobs depending on computers, knowing a little about these helpful machines could really pay off.

As far back as 1968 computer analysts were saying that being familiar with computers (computer literacy) would become essential. That day is practically here — and it's beginning in elementary and high schools.

"By the end of this decade, we'll see some colleges and universities that will refuse to teach the basics of computers [because students will be expected to already know the fundamentals]" says John W. Hamblen, chairman of the computer science department at the University of Missouri's Rolla campus.

"Within the next five to seven years . . . computer literacy will become a prime job requirement," one computer specialist stated.

Statisticians are forecasting that from now until 1990, thousands more computer jobs will be available every year than qualified people to fill them.

As factories around the world become equipped with programmable controls to operate lasers, industrial robots and inspection and quality control equipment, the jobs the human workers do will change.

Increasing numbers of careers are already becoming more dependent on computer technology, which means you will probably have to know about computer terms such as hardware, software, disk drives, magnetic tape, downtime, documentation and perhaps program writing.

This article will by no means

Photo by G.A. Belluche Jr.

provide a complete glossary of terms. There's plenty of information about that in books, magazines and journals. Instead, we want to point out the importance of becoming aware and keeping up with the technological advances that affect us all.

So what about it? Do you know enough about computers to make a smart career decision?

Computers in your future

The list of computer-related jobs seems endless. Some people build, repair or sell computers. Others work as data entry clerks or computer operators. There are computer programmers, systems analysts, systems installers and managers.

Many people interact with computers every day if they sell airline tickets or auto parts, handle hotel or automobile reservations or work in a department store.

Only recently have computers become used so widely. I remember six or seven years ago, hand-held calculators were just becoming popular in my high

school trigonometry class, but even then only a few students had them. Now many students have calculators and also access to microcomputers in their schools. There's about one computer for every 400 pupils in the United States.

Prices for the computer have dropped, making personal computers affordable for people to calculate and print their budgets, write perfect letters, store recipes or learn new subjects by computer-assisted instruction.

In addition to flying airplanes, regulating traffic lights and making telephone connections, computers are used in building automobiles and making video games work.

Have you ever withdrawn or deposited money at your bank's automatic teller? If so, you're directly communicating with an on-line computer. When the clerk at a grocery store runs a food item over an electromagnetic sensor, an optical scanner reads the label of the can or package and in a split second sends the information to a computer that quickly and accurately determines the cost and subtracts the item from inventory.

So in a way grocery store employees can benefit if they know a little about the workings of a computer. If the scanner won't read labels correctly, they may be able to determine whether it simply needs cleaning, is out of adjustment or needs to be repaired.

What you can do

In the face of today's burgeoning technology, what can you do to familiarize yourself with computers? Should you learn how to write computer programs?

(To dispel some fallacies: 1. You don't have to know a thing about programming to use a computer and 2. Programming,

though not simple, is nothing more than applied math, logic and common sense.)

For more detailed information about computer literacy, you might want to read an article in the July-August issue of *The Plain Truth*. (Write to us if your family doesn't already have a free subscription. The addresses are listed on the inside front cover.)

With summer almost here in the Northern Hemisphere, check into computer summer camps or courses to learn hands-on operation and programming. You'll be surprised how much you learn just practicing on a terminal (a keyboard that sends messages to the computer).

Texas Instruments operates a computer club called The Advantage Club, targeted to those 8 to 15 years of age. Club classes teach the fundamentals of computing and programming. Members receive T-shirts and computer newsletters.

If there are no computer clubs or computer stores in your area, check out the library. Don't forget about magazines and newspapers — more and more are featuring computer-related articles.

Or you might express interest in computers to your school's teachers or administration. Perhaps they are considering offering computer classes. If they already do, consider enrolling.

Remember that programming computers is not easy, so don't just take the easy classes in school. You'll be able to understand and use computers much more easily if you develop good math, reading and writing skills. And, of course, you'll need to learn to type!

The world of computers is only in its infancy. Though it may be too bold to say that paper and pencil will one day become obsolete, certainly computers will find their way into more and more parts of our lives.

Perhaps only a 10th of all the uses for the computer have been discovered. So, if you're up to it, take the plunge into the exciting world of computers! It just may be the career for you. □



Computers are used in many ways in getting this magazine to you. Above: The computer that typesets the articles. (Photos by G.A. Belluche Jr.)

Above right: The computer prints address labels for mailing. Above: Terminal operators input addresses of new subscribers.

Working in a Restaurant- Here Are Some 'Tips'

By Karen Meeker

Today's job forecasts seem grim, especially for teens.

But there is a business that often hires part-time workers and it's in virtually every town. Restaurant work is a field teens can realistically consider.

People have long enjoyed the universal custom of dining out. It has become a social occasion affecting practically every corner of the globe.

About 1765, A. Boulanger, a soup vendor in Paris, opened the first dining room known as a *restaurant*, from the French *restaurer* — to restore. It must have been a good idea, for today we see countries literally saturated with eateries of every shape, size, menu, cost and decor. And people from all walks and stations in life frequent them.

Success in the restaurant business revolves around tasty food, attractively served in pleasant surroundings. In order to provide this service, the cooperative efforts of several individuals are required. Therefore, several types of jobs may be available under one roof. The following may help you decide if this is a field for you to consider.

The front of the house

Those who deal directly with the public, the cashier-hostess (host), waiters and waitresses and busboys, are said to be at the front of the house. Their purpose is to

give the customers what they want, making sure that eating this meal is a personal, pleasant and comfortable experience.

As the hostess-cashier is usual-

good health and stamina, a good memory, organization, coordination and good math skills are definite assets on this job. Add neatness and cleanliness as well as

a pleasing personality and you have the resources needed to tackle a challenging job.

One real plus to these jobs is that you can get on-the-job training, something not available or even acceptable in many jobs today. It's great to gain a skill and experience, and get paid for it.

Those waiting tables are usually paid an hourly wage plus tips. The initial wage may not seem like much, but tips can more than

compensate depending on the area and the type of restaurant.

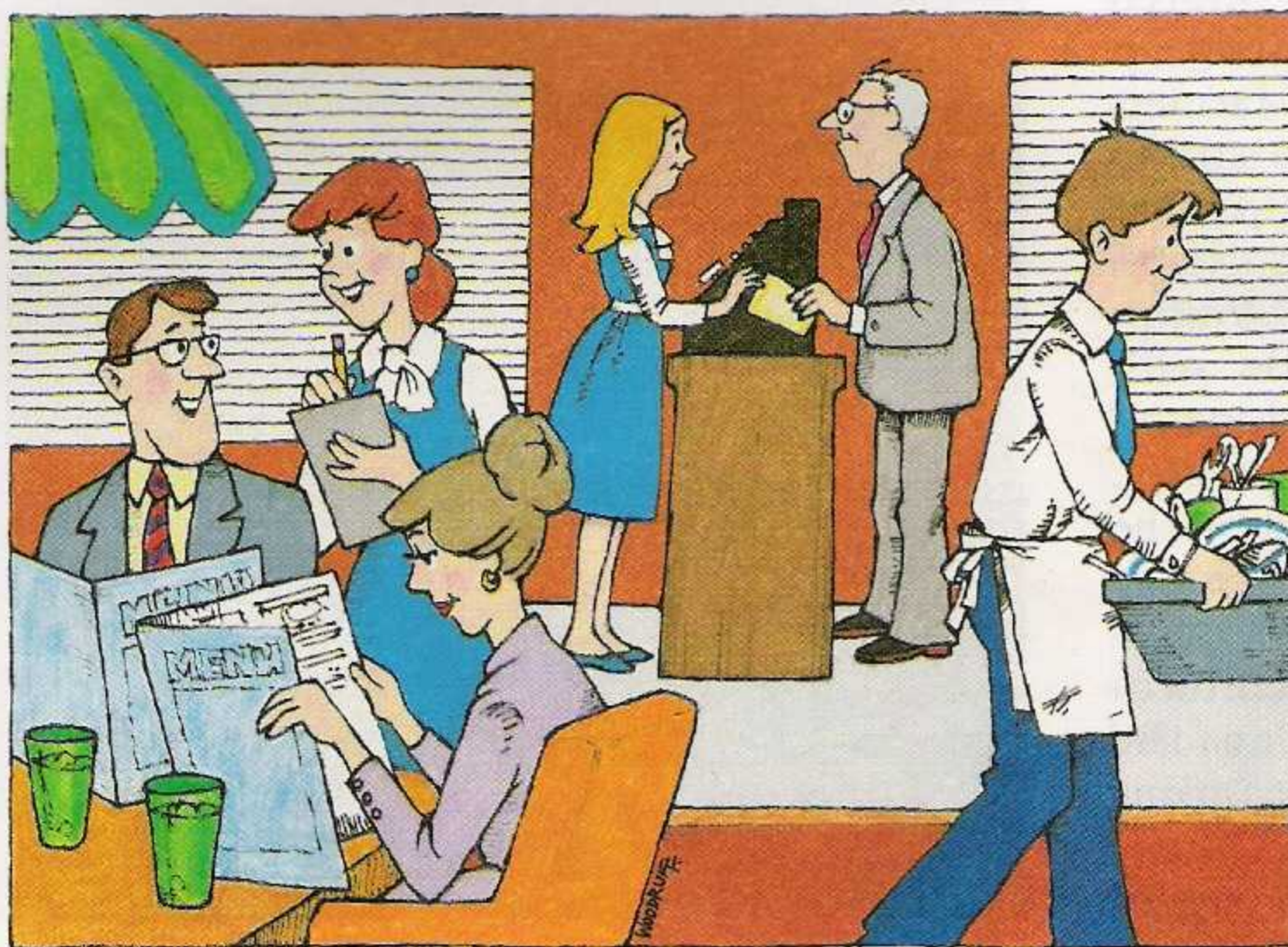
Busboys are a key to the smooth steady flow of customers, for as soon as one group leaves, these workers clear the table and ready it for the next. Qualifications include speed, coordination, neatness and a willingness to work long hours on your feet.

The back of the house

Cooks and chefs have a great deal to do with the success or failure of a restaurant, for the reputation of the quality of the food served keeps people coming. If you have a love of cooking, this may be an area to consider. On-the-job training or vocational schools offer the main education most cooks receive.

Once again, people in this field should be able to work under

You can see that, along with



(Continued on page 28)

Illustration by Mike Woodruff

“D

WKW radio brings you today's news: Typhoon Yol-ing was last reported 395 kilometers southeast of Manila. Winds are up to 165 kilometers per hour.

“Here in Metro Manila classes have been canceled, with signal No. 3 raised over the whole of southern and southeastern Luzon . . .”

News like this is welcome relief for thousands of Filipino children — no classes for a day or two.

But for the Filipino farmer, typhoons bring floods and strong winds that destroy the crops that our economy depends on.

Of course, life in the Philippines is not just a battle with typhoons, though from June to January they do strike frequently. This wet season is followed by the other season of the year, the dry season.

But seasons, peoples, cultures and landscapes differ on the scattered islands that make up our nation.

The Philippines is a group of more than 7,000 islands lying in the Pacific Ocean about 500 miles off the coast of Southeast Asia. Of all these islands, only about 1,000 are inhabited.

The 48 million people who live in the Philippines make up a unique mixture of Malay-Polynesian-Indonesian-Negrito-Chinese-Indian-Japanese-Spanish-American peoples.

Where did all these peoples come from? Many centuries ago, small groups of people migrated from various parts of Asia to these tropical islands.

By A.D. 1000, Indian and Chinese merchants and explorers had already begun trading with these islands. The islands first became known to Europeans in 1521 through the explorer Ferdinand Magellan. In 1542 they were named *Las Filipinas* in honor of the crown prince of Spain, later King Philip II.

Spain ruled the Philippines for



What's It Like to Be a PHILIPPI

more than three centuries. Because of this Spanish influence, it became the only Roman Catholic country in Southeast Asia.

After the Spanish-American war ended in 1898, the United States controlled the Philippines until independence in 1946, except for a brief period of Japanese occupation from 1942-1945.

In 1981 martial law, imposed in

1972 because of unrest and violence, was lifted.

Because of the influence of Spain and the United States, parts of our culture have become Westernized. Young people, especially in the cities, keep up with the latest music, dance, art and fashion from abroad.

But still today, with deep roots and history in Asia, more than 40 separate cultural groups inhabit



Manila (lower left), the Philippines' largest city, is quite a modern metropolis. On the other hand, about 70 percent of the people in the Philippines live in the countryside where farming continues to be an important family occupation. Bottom center: Brightly ornamented jeepneys, a version of wartime American jeeps, are a popular form of transportation in the Philippines. (Youth 83 photos)

wash laundry by hand near a well or stream. They also help prepare meals outside on small woodburning stoves.

Each region of our country has developed its own unique form of cooking, making Filipino cuisine a spicy blend of Spanish, Chinese and Malay cooking.

Rice is our staple food but fish is a big favorite too. Filipino fishermen may catch nearly 2,000 varieties of fish off our shores. They use nets hung from bamboo frames to trap the fish.

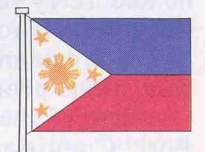
Rural families, though often poor, consider it such a great honor to have guests that they may bring out their most expensive and long kept household belongings to entertain them.

Both in rural and city areas, young people must attend elementary school six years and high school four years. Because about 80 different dialects are spoken among our peoples, students study in English, the language used in business and the media. The official Philippine language, Pilipino (based on Tagalog meaning, "river dweller"), is also widely spoken and used in the schools.

After high school, jobs are often scarce, so many teens move into the cities for better opportunities.

In our capital, Manila, the city streets are as full of life and excitement as any other major Western city — motorcycles, taxis, buses, cars and trucks roaring and honking through the maze of traffic.

People seem to be walking and running everywhere at
(Continued on page 28)



Teen in the NES?

the islands.

So what's life really like for teens in the Philippines? What do young people there like to do that is different from other places in the world?

Let's look first at the countryside of the Philippines where about 70 percent of our population lives and works.

Most families grow crops — rice, abaca (Manila hemp), sugar

cane, bananas, pineapples, coconuts and vegetables — for their income. We also raise carabao (a smaller type of water buffalo), fish, goats, ducks and chickens.

During the rainy season, farmers plow their fields behind carabao, churning up the mud to prepare for planting. Later women and teens carefully plant tender rice seedlings in a few inches of mud and water.

Until they marry, many young people live with their families in a *nipa*, a bamboo and thatch-roofed hut built up on stilts.

Early each morning women go to village markets to buy the day's food — pineapples, mangoes, buffalo meat, chicken, rice and vegetables. Small stores on street corners sell food items, soy sauce, soap, spices, utensils and a hundred other assorted items.

Since many Filipinos have no washing machines, young women

By K. Neil Earle

March, 1977. The cancer wing of the Royal Columbian Hospital, New Westminster, B.C., Canada. Terence Stanley Fox, 18, is stirred by a compelling idea.

Ever since the operation that removed his right leg above the knee on March 8, Terry Fox knows his high hopes to play basketball for Simon Fraser University are shattered.

Now a far grander dream is forming in his sober, determined mind. A magazine article on Dick Traum, a one-legged New Englander who ran the New York marathon, perked his interest. "I can do that too," Terry tells a visitor.

Painful chemotherapy and the agonized moans of fellow cancer patients harden his resolve. The 18 year old, stamped with the clean, trim features and the bulldog determination of his father, pens a letter to the Canadian Cancer Society. "Somewhere the hurting must stop," he writes.

The letter outlines an awesome proposal: to jog on an artificial leg across the entire 5,300-mile span of Canada in a spectacular bid to dramatize the plight of the handicapped and to raise money for research.

The Society is not impressed; his friends are mildly skeptical at the handicapped teenager's grand scheme. So it would be up to Terry Fox to show it could be done. His parents support him. His basketball coach as well. He'd already had to eat his words when he told Terry years before that he was too short to play basketball.

The single-minded determination that propelled Terry to "Athlete of the Year" honors at Port Coquitlam High School



A Teenage D That Stirred a

energizes his training. First he reinvents running: two hops on the left leg, one painful skip on his artificial limb. Over and over and over again.

February, 1979. Half-mile daily runs begin. They seem an agony but eight months later he is covering 13½ miles a day. His family — with little financial help coming from anywhere else —

raises \$3,000 in dances and garage sales. Slowly the trickle turns into a small stream of support from local businesses. After this tiny start the Canadian Cancer Society belatedly pledges its support.

April 12, 1980. Terry Fox and a high school chum are in Newfoundland, Canada's easternmost province. He dips his artificial limb in the gray water of the



ream Nation

St. John's, Nfld., harbor. Vancouver, B.C., is 5,300 miles and six months away. The Marathon of Hope begins.

What would you have given for his chances? The solitary jogger was beginning with only \$400 worth of pledges but had delirious hopes of raising \$100,000.

For weeks he was only a minor celebrity. Even though he covered

In spite of skeptical friends and an initially unimpressed Canadian Cancer Society, Terry Fox dared to dream. His heroic run across Canada to raise money for charity stirred his nation. (Canapress photos)

28 to 30 miles a day through Nova Scotia, while the stump of his leg bled and blistered painfully, it wasn't until he loped into Grand Falls, N.B., that he saw his first big crowd.

After this came sheer downhill disappointment. One police department called him a traffic hazard. Bleak. Depressing. Disheartening. Mental toughness counted now. Intensity and sheer sincerity of purpose helped spur him along the St. Lawrence River section of the run.

Finally, outside La Chute, Que. — after the usual daily marathon — a radio station from Seattle, Wash., interviewed him for an open-line show. Momentum began to build.

Slowly but surely, Canadians, settling comfortably into their armchairs to watch the nightly news, heard more and more about the solitary jogger, silhouetted against the immense wilderness.

Yet, even in Ottawa, Ont., the national capital, a meeting with the prime minister who'd been poorly briefed was disappointing. "It wasn't what I hoped it would be," Terry commented charitably, "but he's a really nice man, and it was great meeting him."

By now Terry's own determination and intensity had hardened into granite as hard as the Canadian Shield he was entering. On he pegged, into the heartland of Canada.

Sores and cysts still formed; the stump pounded painfully, but Terry refused to see a doctor. He knew he would be told to quit. No such option existed in the mind of this incredible young Canadian.

July 11, 1980. The turning point! Toronto, Ont., one of Canada's major cities, took him to her heart. About 10,000 people jammed Nathan Phillips Square to see him jog painfully in the

stifling heat and to hear his sole, compelling message, his crusade for funds for charity. "I'm not going to make a cent out of this, not now and not ever."

That did it! The single-minded figure perched on the artificial leg, chest emblazoned with the Marathon of Hope T-shirt, penetrated the national consciousness like no one else in Canada's recent history. By the time Terry Fox hop-skipped out of Toronto he was a folk hero. Canadians from coast to coast gasped at his sheer, naked grit.

Even those who doubted the value of his quest had to admit that the shy young man with the distinctive gait was something special. Crowds flocked to him now. Motorcycle toughs and jaded truckers stopped to contribute. Amputees and handicapped individuals proudly jogged beside him, no longer ashamed of their awkward mechanical limbs.

Even more, millions were elated at the thought that Terry Fox had proved he could complete his run. He was going to do it! An entire nation formed a cheering squad, watched for him intently on the nationally televised news. The intense, determined lad hop-skipping painfully into the Canadian Shield inspired millions: the severely handicapped, the deathly ill, the out of shape. His name was a household word when the climax came Sept. 2, 1980.

After entering a hospital in Thunder Bay, Ont., for a supposed chest cold, Terry announced to a stunned nation the awful verdict: Cancer was spreading into his lungs. A month past the halfway mark — 3,336 miles out of St. John's, Nfld. — Terry Fox's personal marathon was over.

Yet the legend of Terry Fox was just beginning! The national media sponsored a mammoth telethon. \$23 million poured in. Terry was awarded the Order of Canada, the country's highest award for service; Canadian Press named him Canadian of the Year, the first nonpolitician since 1965; the United Nations featured him in a documentary on the Interna-



Top: Battling fatigue and the pain caused by an artificial limb, Terry Fox runs through Quebec province. Middle: From an ambulance stretcher in Ontario, Terry talks to reporters about the early halt to his marathon. Bottom: Governor-General Edward Schreyer decorates Terry with the Order of Canada. The Order is the country's highest service award. (Wide World photos. Bottom, Canapress photo.)

tional Year of Disabled People.

Terry Fox was now a national treasure. As his health worsened in the spring of 1981, reports of his condition counterpointed the nation's usual summer buoyancy.

It was as if sensitive Canadians could feel a little of their collective folk history slipping from them.

When the end came, on June 28, 1981, flags hung limply at half-mast across a stricken Canada. A weeping prime minister lamented the passing of an unusual 22 year old whose drive, self-sacrifice and sheer human decency propelled him into "the exceedingly thin ranks of the truly heroic." Terry Fox was gone, but his name would inspire his country for years to come.

What made Terry Fox a hero? He practiced most of the laws that lead to success. (These laws are explained in our booklet, *The Seven Laws of Success*. Send for a free copy.)

Lorne Davies, Athletic Director of Simon Fraser University, knew Terry Fox well. He was one of the special friends invited to Terry's funeral. His firsthand appraisal is interesting: "Attitude was the key," says Mr. Davies. "He was in excellent spirits whenever I visited him."

Terry's basically serious and single-minded approach to life was evident from the fact that, soon after his leg amputation, Mr. Davies visited Terry and found him sitting up in bed, studying. Even the Bible. "He was very serious about his studies!"

Perhaps the real lesson of Terry Fox's epic example is this: You're never too young to set out and accomplish a selfless cause. Terry's spirit was stirred by the sights he saw in the hospitals, the youths

suffering from pain, the children who didn't come back after operations. This helped galvanize his will to make an individual stand, a gallant gesture to rally people in the teeth of seemingly hopeless odds.

He didn't dream he would write a shining page of heroism in his country's history. Few real heroes ever do. Yet no one dramatized the unfortunate plight of people ravaged by disease more than Terry Fox. He proved that, in this age of bureaucracy and bewildering complexity, individual efforts still count. Teenage efforts count!

Terry Fox's life proves that the sincere pursuit of youthful goals can stir a nation. For as a U.S. President once wrote: "One man with courage makes a majority!"

Remember Terry Fox. You're never too young to stand up and be counted! Don't join those who use the excuse: "I'm too young to make some serious decisions. I'll have my fun now and think seriously about life later."

Sooner or later you'll have to stand up for your principles, the principles of God's way of life. When that time comes, remember that lonely, selfless stands taken by determined people make up the essence of heroism.

Life daily gives us opportunities to display courage. No television cameras may be there to record it. No government official may give you a medal for valor. Yet we all face stress and temptation. Remember at that time: You are being evaluated for a higher award than the Order of Canada. God has fantastic opportunities in store for you if you stick with His way (II Timothy 4:7, 8). Maybe the quiet, solitary courage of someone like Terry Fox can help us steel our will and stiffen our resolve.

God wants you to succeed — He will give you the help you need. Remember Terry Fox's youthful courage lighting up an entire nation. Dream your noble dreams, aim high and persevere. You can make a difference. One man with courage makes a majority. □



Dear Youth 83,



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

Q. My best friend has your magazine and we truly disagree with your answers. We don't think you know what you are talking about. When people are teens, they should do what they want. They should experiment to find out how to have fun and live the rest of their lives.

A. We get letters like this from time to time. And we realize that your feelings are genuine. We know that you, as a young person discovering life, merely want to be happy and therefore wish to try, or experiment with, lots of different things until you find what makes you happy.

In this sense, wanting to experiment is a natural reaction to growing up.

But the problem is that life is not that simple. Some types of experimenting, such as with drugs, can be harmful, even dangerous. But, many of the potential hazards are hidden.

So, please understand that we don't wish to keep you from fun, but merely from dangerous and harmful actions. To the contrary, we try our best to show how to have fun safely and how to build a solid foundation for success in life.

Q. How can I get my friends not to gossip and criticize people when we get together to talk? I feel like it is wrong to constantly complain about other friends in our conversations, but I don't know what to do about it.

A. We are pleased that you see that gossip is harmful. Frankly,

many adults don't realize the harm it can do, and even fewer make any attempt to stop speaking ill of others or passing rumors. Therefore, a young person such as yourself who wants to deal with this problem should be complimented.

To answer your question, when a conversation begins to turn to gossip, simply try to change the topic. If that doesn't work, then try openly complimenting the person who is the brunt of the gossip. A statement like, "I really like Sally, because . . ." will usually quickly deflate attempts to say bad things about her.

Another approach is to simply excuse yourself from the conversation when it begins to deteriorate. Of course, just announcing "I don't feel comfortable speaking about our friend like this" may do the job, but you must be prepared for some sharp retorts from your friends if you are that direct.

If they do become upset with you, try saying something like: "I don't like to talk bad about people. But at least you can be sure I won't talk bad about you to anyone else either!"

Q. I am 16 years old and I read your magazine from cover to cover every month. I thoroughly enjoy almost all the articles. I have applied the principles of living that you teach but still feel there must be more I can do. Where do I go from here?

A. Thank you for your interest. We are gratified when someone like yourself applies the articles in her own life.

Editor in Chief Herbert W. Armstrong is interested in today's young people, and therefore began *Youth 83* magazine to help the teens build a good foundation for life.

But teenagers are not his only concern. For many years he has published dozens of booklets on practically every subject of interest to older teens or adults. These include booklets on religion and social issues, a magazine directed at understanding world news in light of the Bible (*The Plain Truth*) and even a Bible Correspondence Course.

All of these publications are intended to help people grow toward the sound way of life taught in the Bible. Why not ask your parents to lend you some of the booklets or articles they have received from us, or send for them yourself? □

We welcome your questions and will use excerpts from as many as possible. Sorry we can't answer them all. Answers are prepared by Bernard W. Schnipert, a minister of the Worldwide Church of God. Address your questions to "Dear Youth 83," 300 W. Green St., Pasadena, Calif., 91129.



News & Reviews

Cutting Down Mowing Hazards

Blindness, mangled limbs and crippling burns — they're not just the results of warfare. Lawn-mowing accidents bring more than 60,000 casualties to hospital emergency rooms every year. You can avoid certain common hazards and keep from being one of these statistics.

Sandals, for instance, may keep your feet cool, but using a lawn mower is a poor way to clip your toenails. Wear sturdy shoes with nonslip soles.

Gather up any foreign objects from the lawn, including recreational equipment, gardening tools and loose rocks. Such objects become unguided missiles when propelled into the air by a lawn-mower blade.

Before you start, completely

mower's underside, turn the engine off and disconnect the spark plug. The fingers you save may be your own.

Take these precautions to heart and you'll finish cutting the lawn in one piece. — *By Dan Dragt* □

Put on a Picnic!

Picnic: a pleasant or amusingly carefree experience. An outing with food.

afternoon when your dad won't be busy with some major project, your brother isn't playing softball with his pals and you don't have to scurry off to piano lessons.

Next, pick a place to have your picnic. Perhaps you know of a certain park your mother finds really relaxing and peaceful. Maybe you'll want to go for a drive in the country, into the mountains or to the beach for your picnic.

You might even discover that the ideal spot for your picnic is



Spring and summer days often turn the mind to the out-of-doors. And what better activity to enjoy outside than a picnic!

Why not plan a picnic especially for your mother? If you do all the groundwork in advance, it can be enjoyable for you and your parents instead of a chore.

Make it easy for them.

First, pick a day and time that is most certain for all the members of your family to be together.

Pick a Sunday or some other

right in your own backyard.

Your family will enjoy the meal outdoors with everyone helping to prepare the food and set the table. Don't make Mother work, though. This picnic is for her.

Everyone knows that a picnic is fun, relaxing and it means plenty of tasty food. Good food makes a good picnic. Great food can help make a great picnic. For this special day, you'll probably want to fix some of your mother's favorite picnic foods. Sandwiches or golden fried chicken are good dishes for a picnic away from home.

fill the fuel tank. Refilling while the engine is hot can cause a fire or explosion.

Wet lawns are slippery and tend to clog the mower. If you must remove grass from the



If you're having the picnic in the backyard, you can help Dad grill hamburgers, steaks or hot dogs on a grill. These main dishes, accompanied by stuffed eggs, a favorite salad and tangy lemonade will all but round out your meal.

On this special occasion you can make or purchase a special dessert.

Your picnic will be such a fine occasion for a get-together with the entire family, why not share it with others? Invite your grandmother or that lonely elderly lady down the street.

These special family meals can be so much fun you'll probably want to do them all the time! —
By Wilma Niekamp □

Avoid Telephone Hang-ups

Have you ever called someone on the telephone, been greeted by a gruff, "Well, what do you want?" and regretted ever having made the call? Have you ever wondered how you come across to other people on the phone?

The way our personality comes across on the telephone is important.

It is often the first (and, unfortunately, if it was negative, the most lasting) impression people have of us. For this reason we want to have an especially pleasant and enjoyable phone personality.

There are several things to keep in mind in using proper telephone etiquette:

- Smile with your voice. Make that extra effort to sound pleasant and friendly.



Since the person on the other end can't see your reactions or facial expressions, your voice will have to carry the entire message.

- Be extra polite and courteous. When calling someone, identify yourself to the person who answers, then establish a rapport with that person, perhaps by asking how he or she is doing. After this ask for the person you called to speak to.

- Be careful to speak clearly. Don't slur your words together or talk too fast. Speaking too fast can come across as though you're rude and don't want to speak to the person.

- Pay attention to the other person. Don't try to eat, type a term paper or do anything else while you're on the phone. The person deserves your full attention.

- Be careful of the time you call. Don't call too late or at inconvenient times such as dinner time. If calling long distance, note the time differences.

If you follow these guidelines, you'll leave a better impression on others and maybe even open new friendships. — By Debbie Yavelak □

Going Bananas!

Banana bread, peanut butter and bananas, banana milk shakes, banana splits — what's your favorite way to eat this "monkey food"? Chances are that your grandparents, parents and you ate these yellow-skinned delights before you could even talk!

Have you ever wondered where bananas come from? Do you know how they grow or what they're good for? Let's learn some interesting things about this popular fruit.

Bananas first caught the world's

FRISBEE'S FRIENDS



News & Reviews

attention in the southeastern part of Asia, on the Malay Peninsula, many thousands of years ago. The Greeks, Romans and Arabs of the ancient world spoke of banana plants as remarkable fruit trees. The men of Alexander the Great's army enjoyed the bananas they found in India.

The people of Canada and the



United States, however, weren't acquainted with the banana until 1876 when one was displayed in the Philadelphia Exposition. A little more than a hundred years later they're everywhere!

You might find it surprising to learn that banana plants are the tallest herbs in the world. Believe it or not, they aren't considered trees because they don't have any wood at all. The stalk, which can grow to be 10 to 20 or even 30 feet tall, is composed of leaves wrapped tightly together.

The large flower spike at the top carries clusters of tiny yellowish blossoms. These produce 50 to 150 bananas.

Each bunch is made up of "hands" of 10 to 20 bananas, each one called a "finger." The baby bananas first point downward, but reach up to the sky as they grow. A good bunch has nine hands or more and weighs from 50 to 150 pounds.

Bananas are picked before they

are fully ripened. Harvesters call them "green gold" for this reason. Today more than a hundred varieties of bananas grow in assorted shapes, sizes and colors — even red!

You can buy the basic yellow bananas in three basic stages of ripeness: greenish, full yellow and speckled. Despite many false assumptions, all are good to eat. Green-tipped bananas are great for baking or boiling. Some people cook them with meat and main course dishes or serve them like vegetables.

Full yellow bananas are the most adaptable. You can cook them, bake them or eat them straight from the peel.

The occasionally disliked leopard-like spotted banana is wonderful in milk shakes or muffins. The sugar spots on the peel just tell you that the banana is tender inside, and at the peak of its flavor.

Inexpensive, low in calories and in many places available all year round, bananas are loved by many. They're nutritious, containing vitamins, minerals and six times more protein than fat. Even better, they taste good.

No wonder a lot of people are "going bananas"! — *By Debbie Burbach* □

Proverbs for Today: Don't Be Left in the Dark

There is no darkness on earth so totally black as that far beneath the surface, deep inside a cavern.

In some caves, visitors are given the chance to experience this inky darkness. When the lights along the tour path are turned off, you

are in for an eerie experience.

It is chilling to stand motionless in absolute blackness and imagine trying to find your way out. You have no clue at all where you're going — out, or back in.

God uses such darkness to represent living in this world's society. He claims to have made available a type of flashlight to guide us safely through life. King David had this in mind when he wrote, "Your word is a lamp to my feet and a light to my path" (Psalm 119:105).

Which brings us to this month's proverb: "For the commandment is a lamp, and the law is light; reproofs of instruction are the way of life" (Proverbs 6:23).

God's law is the light that will show us the way to conduct ourselves safely and successfully through life. The guidance and correction we receive through this light keep us from stumbling and injuring ourselves.

Whether or not you ever have an opportunity to experience the absolute blackness of a cave,



think about the lamp God provides to reveal the right direction in life.

With God's commandments to light your way, you will never be left in the dark. — *By Jim Roberts* □

Teen Bible Study

What Was Christ Really Like?

Prepared by Richard A. Sedliacik

What was the historical, literal Jesus Christ of the Bible really like? Was He the pale, weak, long-haired, effeminate-looking man pictured by artists centuries after His death?

It may come as a surprise, but this is *not* the Christ described in the Bible! The real Jesus was a rugged, dynamic individual who radiated true manliness — someone who would command our respect if we met Him today.

He spoke with an unmistakable ring of authority in His voice. He had great wisdom and knowledge, yet remained humble, warm, easy to get along with, nice to know!

In previous studies, we learned that Jesus Christ was the Word (Spokesman) who existed with God from eternity as the second member of the all-powerful God Family (John 1:1-3). Together they planned and created the entire universe.

But the Word divested Himself of His former glory and came down to this earth as a human being to give His life in payment for the sins of mankind (Philippians 2:5-8, John 1:14, 3:16, Romans 5:8-9). He was miraculously begotten in the virgin Mary and born as the human Jesus, the Son of God (Matthew 1:18-21).

In our last study we learned of the historical proof that Jesus Christ was a real person who lived and taught more than 1,900 years ago. In this month's study we'll learn the plain truth about what the most important person in all human history was really like!

But before beginning this eye-opening study, be sure to get your Bible, some paper and a pen or pencil.

1. What was Jesus like as a young person? Luke 2:40, 52. Was He obedient to His parents? Verse 51. Was He exceptionally intelligent? Verses 42, 46-47. As an adult, were people amazed at His God-given wisdom, knowledge and understanding? John 7:14-17, Matthew 13:54.

2. Did the prophet Isaiah, writing hundreds

of years before Christ came to earth, say that He would be especially handsome? Isaiah 53:2. Did Judas have to use a special sign to point out Jesus to His enemies? Matthew 26:48-50.

Jesus Christ was of quite ordinary appearance. He looked like any other average man in His community. He did not stand out in a crowd.

3. How can we know that Jesus did not have long hair? I Corinthians 11:14.

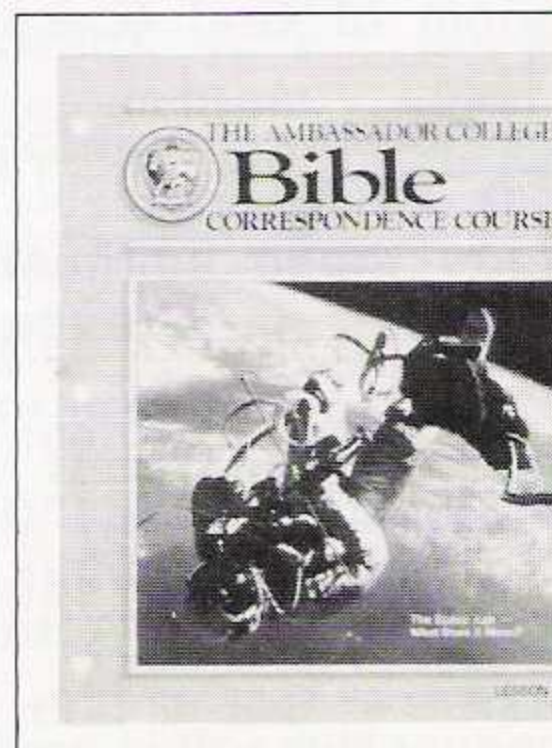
The apostle Paul knew what Christ looked like because he had seen Him (I Corinthians 9:1, 15:8). Paul would not have said that it is a shame or dishonor for a man to have long hair if Christ's hair had been long!

4. Did Jesus have an occupation that demanded much physical exertion and strength? Mark 6:3.

Jesus was a carpenter by trade. He worked with heavy stones and timbers for much of His life before beginning His 3½-year ministry at age 30. His hands must have been calloused and His muscles strong. As there were no electric tools back then, sawing and drilling were done by hand. This was hard work!

5. What other clues are there that Christ was a physically strong and healthy man? Mark 15:15, Matthew 4:1-11.

A physically weak person could not have survived the Roman scourge — a horribly severe beating during which pieces of flesh



ENROLL IN FREE BIBLE COURSE

This short Bible study is a sample of the study method used in each monthly lesson of the newly expanded Ambassador College Bible Correspondence Course. You can enroll in this free course by writing to the Youth 83 office nearest you. See the inside front cover for addresses.

Teen Bible Study

were ripped from the body — and then experience the excruciating pain of crucifixion. Nor could a weak person have fasted for 40 days before going on to win the most decisive spiritual battle of all time!

6. Was Jesus a leader of strong and rugged men? Luke 5:8-11. What did He nickname two of His disciples, giving us a clue to their personality? Mark 3:17.

Jesus was a real man — a rugged outdoorsman who could lead other equally rugged and masculine men like Peter, a strong, hardworking commercial fisherman.

7. Did Jesus have a powerful voice that could be heard by multitudes of people? Matthew 15:10.

8. Was Christ capable of expressing a wide range of emotions, including anger? John 2:13-17, Mark 11:15-17. Did He boldly thunder out in anger and righteous indignation when denouncing the hypocritical scribes and Pharisees? Read and summarize Matthew 23:13-33.

Jesus twice chased the money changers out of the Temple! He was angry at those who were polluting God's Temple, making it a house of merchandise and a den of thieves!

On other occasions, Christ boldly stood before the religious leaders of His day and publicly branded them as the hypocrites that they were!

9. But was Jesus equally capable of expressing feelings of sorrow and agony? Isaiah 53:3, Luke 22:44. Was He full of love, mercy and compassion? Mark 6:34, John 15:9-13. And did He cry? John 11:35.

Christ was loving, kind and helpful to His fellow human beings. On many occasions He healed the blind, lame, leprous, deaf and dumb, cast out demons and fed the hungry crowds who listened to Him teach about the good news of the Kingdom of God (Luke 9:11).

Yet Jesus always gave God the credit for these miracles (John 5:30, 14:10), realizing that the power to perform these spiritual works came from His Father in heaven through the Holy Spirit.

10. Was Jesus willing to spend time with people from all walks of life, including children? Matthew 9:11, Luke 7:36, Mark 10:13-16. Did He love to serve people? Acts 10:38.

Jesus knew how to conduct Himself in any

social situation. On many occasions He enjoyed good food and drink (Luke 7:33-34), yet He always exercised perfect self-control.

11. Did Jesus have clear understanding of human relationships and knowledge in many different fields? Luke 21:1-4, 12:13-21, Matthew 20:1-16, 23:23, Luke 19:12-26. (You may want to summarize in your own words the verses given in answer to these questions.)

Jesus' parables revealed His knowledge of financial matters, relations between employer and employee, and people's attitudes toward money, among other things. He used this knowledge to make spiritual points. He also knew at least three languages (Hebrew, Aramaic and Greek) and understood the Scriptures like no one else!

12. Did Christ teach obedience to the laws of the ruling government? Matthew 23:2-3, 17:24-27, 22:17-21.

Jesus taught His disciples to obey the laws of the land. He also set the example of paying tribute, or taxes, to the Roman government.

13. Did Jesus keep God's commandments? John 15:10. Did He instruct others to do likewise? Matthew 19:17. Because He was human, was He tempted to sin as we are? Hebrews 4:15.

Like any ordinary person, Jesus was tempted in all points. But He always rejected these temptations to sin because He called on the full power of God's spiritual strength (John 3:34) for the help needed to obey God perfectly.

14. Does Christ teach His true followers to strive to develop the character of God? Matthew 5:48. Should they be striving to live as Jesus lived, following His example? 1 Peter 2:21, 1 John 2:6.

Jesus is our perfect example of how to live and enjoy life. And He lived it abundantly! His entire life, glimpses of which we have just seen, was one of obedience to God and service to humanity.

The Jesus of your Bible is a true hero anyone would admire and look up to — someone we would want to imitate — an example to follow in all areas of life!

Why not read the gospels of your own Bible (Matthew, Mark, Luke and John) and come to know more fully the real personality and spiritual character of Jesus Christ? □

'KEEP YOUR EYE ON THE BALL'

By George Hague

"Don't hit it to my backhand!" I shouted, getting tired of this game called tennis.

Have you ever felt that way — especially after hitting all three balls into the weeds around the court?

If you have, you're not alone. It's easy to get discouraged. "How can anyone ever learn to play?" you ask yourself.

Well, it's easy to play tennis. I know. You see, I learned to play tennis against all the odds. And if I can play, anybody can.

Most of us beginners have the same problem — hitting the ball. For some reason, it can be awkward for even natural athletes. I, being an unnatural athlete, had the same problem. After reading books, talking with experts and learning through much trial and error, I found three tips that helped me.

Using these tips, anyone can play tennis. I proved it on myself. There is no reason you can't be on the courts too, and here's how.

Tip number one: **Keep your eye on the ball.**

It sounds basic, but I once saw a world-ranked player lose a tournament because he forgot it. Though the tip is simple, it needs explanation. Watch the ball wherever it goes on the court — especially when you are actually hitting the ball, when it connects with your racket.

If you do this, you will learn to hit the ball in the center of your racket called the sweet spot. This spot gives you the most power and control. Within minutes after trying this tip, I stopped hitting the ball on the frame of my racket and started using the strings. It

was amazing. I could hit a tennis ball!

Some people use the excuse that they would rather watch their opponent than the ball. But while you're watching your opponent, he'll be watching you miss the ball. Other people say that they look to where they want the ball to go. But if you keep your eye on where the ball is, not where you want it to be, you will be able to hit anywhere on the court. It sounded strange to me, too, until I tried it. With a little bit of practice, it works.

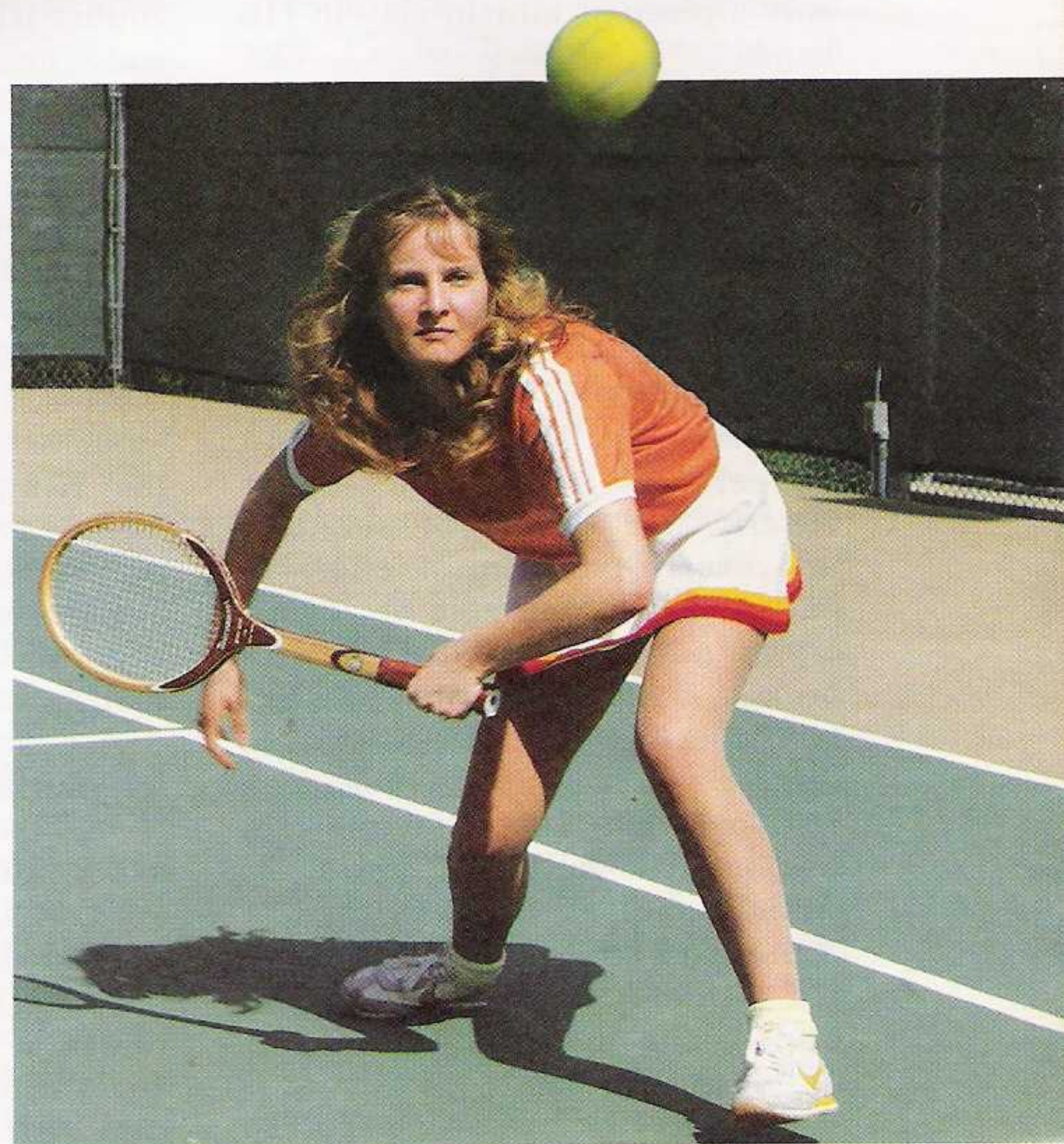
Tip number two: **When you hit the ball, step forward.**

When I first started playing, I used only my arm to hit the ball. After I was taught to step forward, I started using my legs and my weight as well.

Most people try to hit the ball using only their arm. This leads to poor control of the shot and a tired arm by the end of the match. But if you step forward, your weight and natural momentum will give you plenty of power with less effort. Step into the shot so that the ball hits the racket halfway through the step. On the follow-through, finish the step.

Tip number three: **Have your racket ready to hit the ball as it crosses into your side of the court.**

A major problem that I had when first playing tennis was my opponent. He hit the ball too fast.



I didn't have time to get ready to hit the ball. Actually, I had the time but didn't use it properly.

After you hit the ball, it has to cross over the net to the other player, and he has to hit it back over the net to you. That takes longer than you think. It gives you time to get your racket in position to prepare for your next shot.

Having your racket ready to hit the ball gives you time to think about your shot. You won't feel rushed. You can control the ball. You can decide where to hit it. It is under your power. You will be surprised what can be done with that extra time.

Of course, these three tips aren't all you'll need to play like a pro, but they can help you improve your game immensely.

Give them a try. You'll soon see results. In the meantime, tennis anyone? □

Photo by Hal Finch

Why Alive

(Continued from page 1)

family, this very pinnacle of character. God Himself will do this creating. HE will do the work. HE is the divine Sculptor. You are only a piece of human clay in His hands.

But this character will not be created in you unless and until you, yourself, make the decision — unless and until you simply hunger and thirst for the pure, holy character of God to be built within you — unless and until you crucify this mortal flesh and its cravings and desires and tempers — unless you repent bitterly and deeply of sin, and will exert your utmost effort to put it down and hold it under, crying out earnestly to God with broken, contrite heart continuously, believingly, trusting Him to forgive you and to fill you with His love, His understanding and wisdom, His faith, His power, to simply take you into His capable hands and to make of you what He purposes, and what you are utterly unable to make of yourself. Yes, you have your part in it — but it is God who will impart to you His righteousness — His very own holy and righteous character!

If you'll repent, and come to God through Jesus Christ as Savior, trusting in His precious shed blood for the remission of every sin you ever committed, trusting the risen, ever-living Christ as High Priest to come literally inside you, through His Holy Spirit, and to mold, fashion, shape your character — then you'll see that the Creator is still creating in you, the very highest work of all His entire works of creation!

Yes, Christians are being "created in Christ Jesus unto good works" (Ephesians 2:10) — "created in righteousness and true holiness" (Ephesians 4:24).

For this tremendous purpose, you were made of mortal clay — made a little lower than the angels. Yes, made subject to pride, vanity, passions and tempers, the lusts and desires of the

flesh. Character is something that cannot be instantaneously created. It grows, and is developed through experiences — and experiences require time.

It requires the human lifetime, during which one must suffer temptations, encounter obstacles, endure tribulations, overcome self. But you have GOD'S POWER to draw on. It isn't really you doing it — it's God. Your part is to repent, surrender fully, wholly, unreservedly into His hands — seek Him, cry out to Him, trust Him. You have your part in it, of course, else there would *be* no character!

And all this is why "it is through much tribulation we must enter the Kingdom of God" — and "many are the afflictions of the righteous, but the Eternal delivers him out of them all" — and "all who will live godly in Christ Jesus shall suffer persecution."

Are you persecuted, opposed, for your belief and Christian life? If not, you'd better fall to your knees quickly, and repent, and ask God to show you why you are not living godly in Christ Jesus! If you are, REJOICE — and read Matthew 5:10. But don't deliberately bring on persecution through lack of wisdom or through misdirected zeal!

Jesus Himself is our example. If they persecuted Him, so shall we be persecuted if we truly are His followers! Jesus SUFFERED! But it is recorded, "Though he were a Son, yet learned he obedience by the things which he suffered; and being made perfect, he became the author of eternal salvation unto all them that obey him" (Hebrews 5:8-9).

Again, "But we see Jesus, who was made a little lower than the angels for the suffering of death, crowned with glory and honour . . . for it became him . . . to make the captain of their salvation perfect through sufferings" (Hebrews 2:9-10).

Jesus *became* perfect! He was born human, and was not perfect. He was made perfect, through suffering — He learned by the things that He suffered!

So we suffer. We learn through suffering. It develops character.

If we suffer with Him, we shall reign with Him!

Do circumstances come up in your life — adverse circumstances that may first bring fright, consternation, worry, but that drive you to your knees seeking deliverance from God — circumstances that you later see were actually sent from God to punish you — to teach you a lesson — to bring you closer to Him? God says He chastens every son whom He loves! So don't grumble, gripe and growl, REJOICE!

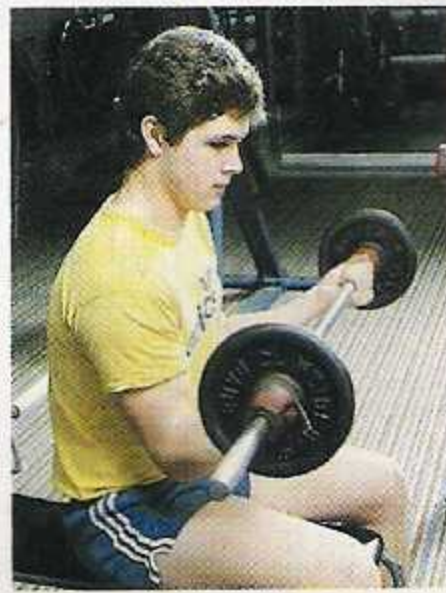
Do you have enemies? Can you see that the devil is literally after you, perhaps using deceived people under his sway, even though they pose as Christians? Well, rejoice! If Satan is angry with you, then you must be one of God's elect! Read Revelation 12:12-17. But you don't need to fight back against your enemies. God will fight your battles for you, if you'll just trust Him! Pray for your enemies — and be sure it's not a prayer against them. If their works are evil, do not fellowship with them — avoid them, but never be unkind to them. Everyone whom God is using, and who is accomplishing anything for Christ, will have enemies. But keep your heart filled with the love of God, your mind filled with His faith and trust Him!

Of course, you do have one enemy whom you, yourself, must fight — continuously, relentlessly. That enemy is your own SELF! You are your own worst enemy. If you, with God's help, overcome him, you shall sit with Christ on His throne, ruling over the nations!

God is the great Master Sculptor. We are His clay. If we submit into His hands, He will shape, fashion and mold out of our lives a beautiful, holy and perfect character that shall one day, when finished, become His crowning masterpiece!

It is for *that* purpose that you were born, and are alive. Don't let another day — not another hour or minute, pass by while you neglect or overlook that great purpose! Yield yourself fully to God — rededicate your life — reconsecrate yourself, utterly and wholly, and do it NOW! □

Keep in shape with exercise and sports. Physical fitness is an important part of real masculinity. (Photos by Craig Clark, G.A. Belluche Jr. and Nathan Faulkner)



many young men in today's modern society simply haven't been taught to work.

When you get out of your teens, you have about 50 full years of work ahead of you. No matter what career areas you work in during those years, early training in basic work skills will pay off.

Of course, you should be preparing for a specific career goal as well. Many of you will go on to college or university or additional special vocational training

where you will specifically prepare for your career. And since you could be spending almost 50 years at this profession, it might as well be one you enjoy.

We've already used David as our prime example in music and athletics so let's inquire about his work. Where did David learn the skills to equip him to become king over all Israel? Surprisingly, in the fields where he spent many hours as a shepherd tending the flocks. There, he learned dependability and concern. His ultimate career was not to be a shepherd in the field, but as a teen he received valuable training.

The skills of a trade and, more important, the attitude of work ethic and dependability can be acquired during your teen years. Let's notice another biblical example — this time Joseph.

Joseph was a son of a cattleman and sheep rancher. His father especially favored him above his other sons. As a result of this favoritism, his brothers were jealous. When he was 17, they

conceived a plot to kill him, but decided instead to sell him into slavery. You can read the story in Genesis 37:1-28.

When Joseph arrived in Egypt, he was sold to a man named Potiphar who was captain of Pharaoh's guard. Amazingly, Joseph rose from being a slave at age 17 to become second in command (prime minister) in the nation of Egypt by the time he was 30 (Genesis 41:41).

True, God guided Joseph and granted him special blessings. But Joseph did his part. Even when he was a slave and imprisoned on a trumped-up attempted rape charge, he applied the laws that lead to success. In each case he worked diligently and conscientiously at whatever job he was given. He also depended on God to bless him. And God did — abundantly.

You can learn basic work skills, too, and prepare yourself for success by working hard at whatever jobs you can find. Skills and good work habits learned even working around the home can be helpful in finding and keeping paying jobs.

And there are job opportunities around for a hard worker even in financially troubled times. Look around. You can sack groceries, deliver papers, pump gas, mow lawns, work on a construction crew, learn your father's trade, learn to repair small appliances, bicycles or even automobiles.

Finding work is up to you. If you can work with your father or someone you know who is skilled in a trade, so much the better. But the important thing is not to neglect this vital area.

We've only tried to cover in this article a few basic and key principles to becoming a man. If you'll apply these principles, you'll fill up your life and build a foundation for real success when you become a man.

Life itself is a tremendous responsibility. To find the real purpose is an obligation each of you has. Don't be satisfied to sit back and be weak and effeminate — set your course to be a man! □

Learning work skills and good work habits will prepare you to take your place in society and be a balanced, masculine man.



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Philistines. But you can take part in a variety of sports, athletics and exercise programs that will get and keep you in good physical condition. Not only will it reap immediate benefits, but it will make you a more balanced, well-rounded person.

You don't have to become the star athlete at your school in order to develop good masculine qualities. You may not have the skills to play on a World Cup champion soccer team.

Every young man can, though, profit from sports, develop coordination and through proper exercise stimulate mental skills. Exercise activity is another key to being a successful young man.

Work

There is an old proverb that says, "He who does not teach his son a trade might as well teach him to steal." There's a lot of wisdom in that old saying. Too

Some 'Tips'

(Continued from page 13)

pressure and in close quarters, functioning in a team atmosphere. Cleanliness and a keen sense of taste and smell plus the physical stamina to stand for hours are important considerations on this job. Teens can start as assistant cooks or in specialized areas in cafeterias or fast-food places.

Dishwashers and general clean-up people are sometimes the unsung heroes of the restaurant business because you don't serve much food if there are no clean dishes. As unglamorous as it may sound, this is an integral part of a smoothly functioning restaurant. And often these are springboard positions for other jobs after you have proved yourself a willing, responsible worker.

How to apply

Just watching the ads in the newspaper for job openings may not be enough. This is a competitive field and many are after the same jobs. Persistence and early applications may be the key to landing such a job.

Go to several restaurants and fill out an application early. They will be kept on file until an opening is available.

If you are called in for an interview, remember, first impressions count. Cleanliness is a cardinal rule in the food industry, so keep it in mind. Be prepared to give at least three references, complete with addresses and phone numbers and the dates and places of former employment if any. Presenting yourself as organized and ready with pertinent information can go a long way in that first impression. Don't be afraid to ask questions to clarify exactly what the job involves and its potential.

These are just a few of the areas you might consider for a summer or even year-round job. By applying perseverance and determination you could find yourself breezing through the summer with the good feeling of money in your pocket. □

PHILIPPINES?

(Continued from page 15)

once. Vendors peddle their goods along the streets, especially during the summer months when many tropical fruits are in season.

Our unique jeepneys — brightly ornamented versions of the wartime American jeep — are the cheapest and fastest way to get around town.

Students come to Manila for college or university study and to seek opportunities for work or study abroad. Many modern luxuries are available in Manila too.

After spending the day at school, some young people in the city play basketball, volleyball and *pelota* — a game similar to racquetball.

Sometimes we like to leave the city and see the beautiful countryside of the Philippines. Most of the islands are covered with forested mountains, with bubbling mineral springs, clean, blue waterfalls and open green rice fields.

One of our many volcanoes, Mayon, is known for having the most perfectly formed cone of any in the world.

We enjoy hikes in the mountains, camp-outs and fishing trips to the beach. We also enjoy visiting our relatives and friends.

Family life is important in Filipino society. Parents and the elderly are greatly respected. Sometimes they live in our homes after we are grown. This way they may see their children and grandchildren grow older around them. We spend many hours talking, sharing and enjoying outings together.

This is our country that some people call "the Pearl of the Orient Seas" — a mountainous gem surrounded by coral reefs, blue and pink waters, a country filled with lots of smiling, friendly people! □

This article was compiled from reports by Lili Acosta, Adora G. Angel, Ruel Guerrero, Myra Leslie Jiminez and Gra-cielo S. Laconsay.

After Mistakes?

(Continued from page 29)

she has done to herself physically. But, when she is old enough to become married and God has completely forgiven her and made her white as snow spiritually, she must look again to God to provide her with a kind and understanding husband.

And, remember, there's no double standard with God. No young man who has carelessly cast his virginity aside can expect and insist that his wife should not have made a sexual mistake. God doesn't overlook sexual sins in young men while horribly punishing young women for the same sins. Women have just as much right to expect virginity in their future husbands as men do in their future wives.

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

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

So to that young woman who wrote in, and to all who have made similar mistakes, believe God's promises and know He wants more than anything to forgive you. He's our Champion, our Defender, our Protector. Look to Him. He's more than willing to help us all straighten out the sordid messes we human beings bring on ourselves.

Don't allow past mistakes to keep you from pressing ahead to live your life as closely within God's laws as you are able, so that you may live the happy, successful life He has in mind for you. (If you would like more information, please read "Meet Mean King Manasseh" on page 2.) □

BY THE WAY...

'What After You've Made Mistakes?'

By Dexter H. Faulkner

Many of you readers have responded to my article, "Are You Sure Everybody's Doing It?" (December *Youth* 82). We've heard from those who felt they too were on the brink of making a wrong decision in their lives, from adults who wished they'd had that kind of encouragement when they were teenagers and from others who have already made some mistakes and regret them.

One young reader in particular felt it was too late for her. She had made a terrible mistake, immediately regretted it and now hates herself for it. She feels ashamed, dirty, scarred for life. She can't forgive herself and she's not sure God has forgiven her either.

She's too ashamed to tell her parents, doesn't want to hurt them, and she worries about what her future husband will think. She's scared and miserable and wishes the whole experience were a nightmare that would go away.

Every one of us has in one way or another amassed a huge debt of sin to Almighty God. And some, unlike this contrite young woman, have repeated the same sins over and over. Can God forgive us or has He turned His face away in disgust, leaving us to writhe in self-inflicted tortuous doubts? Listen to what ancient King

David of Israel had to say about his sins. He understood the feeling. "My iniquities [sins] have overtaken me, so that I am not able to look up; they are more than the hairs of my head; therefore my heart fails me" (Psalm 40:12).

Are there some sins that are even too terrible for God to forgive? No, Jesus Christ's death freed us from the torment of guilt, from the penalty of our sinful deeds — all of them. He died for all the sins of every human being who ever lived or will live on this earth. The death of God's only Son paid the enormous price for our breaking of God's good and righteous commandments.

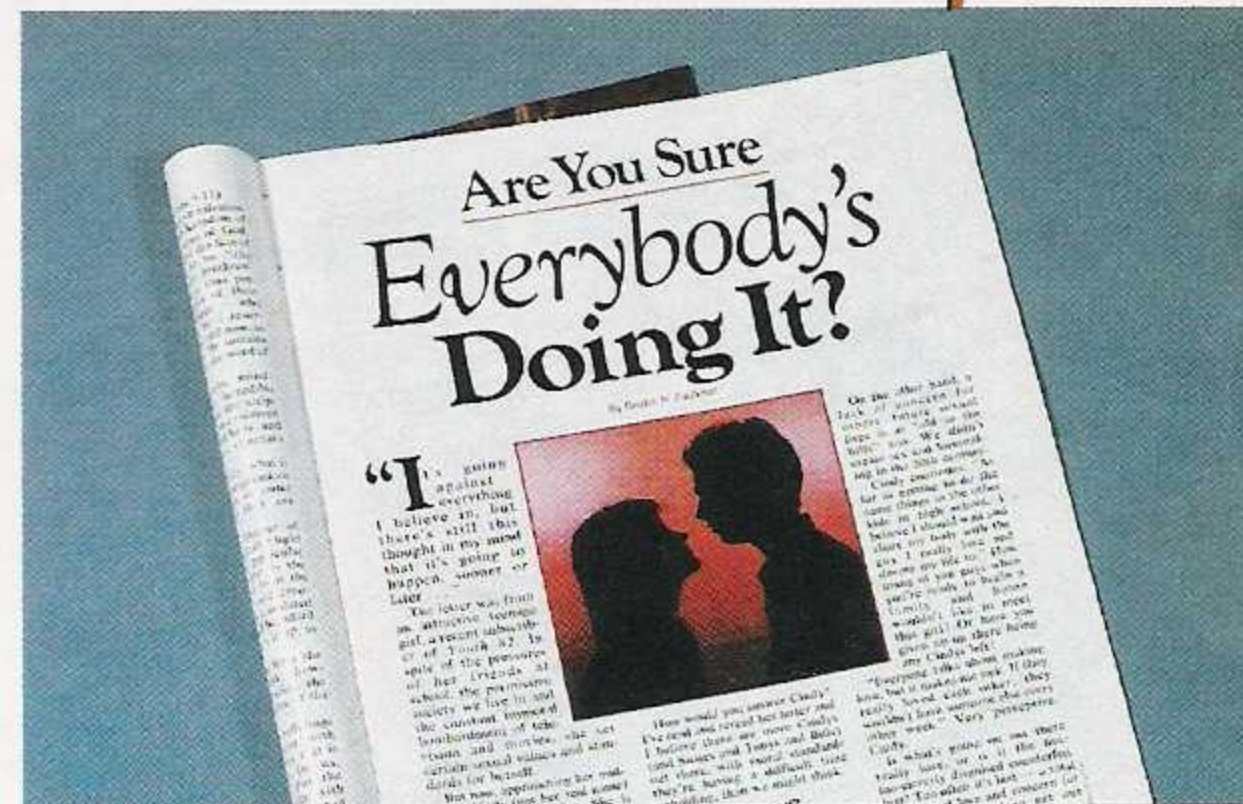
But to receive that forgiveness from God, there is something we must do. First, repent of the sin we have committed and second, have faith in God's forgiveness. What does it mean to repent? Repentance is a change of mind and attitude. It's a complete about-face from our sinful actions of the past. It's not just feeling sorry for what we've done because we don't like to suffer the effects of our actions. Repentance means we're sick of what we've done, so sick of it we're determined *never* to repeat it.

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

That's true repentance. Her attitude and mind toward God is to never again break His commandment against sex before marriage. Perhaps she sees that she has sinned against her Creator even more than against herself and those closest to her. God stands ready to forgive all the sins of a person in that frame of mind.

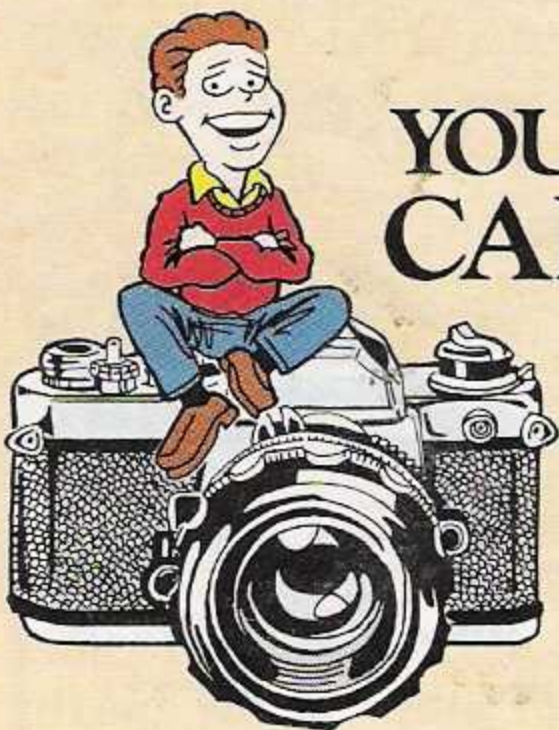
But the second condition is to believe God, to believe that Jesus Christ's sacrifice of His very life is altogether sufficient to pay the penalty of your sins. Some day, when this teenage girl is ready to make a real, lasting spiritual commitment in her life, she will have to come to complete reliance on the living Jesus Christ as her personal Savior. Every sin that she has ever committed will be completely forgiven by God, and she will be given the power of God's Holy Spirit to help her keep His righteous laws.

God doesn't want us to have to suffer as this young woman



has because of sin. That's why His commandments are there to protect us from hurting ourselves and others. But if we must learn our lessons the hard way — by experience — then He is most willing to forgive us. Of course, she can't undo what
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Photographer — Tina Lord
Age 18
Dublin, Calif.



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