

OCTOBER-NOVEMBER

Youth 82



**What Is
Your Greatest
Challenge?**

**Is It Wrong to Be a
Cultured Individual?**
By Herbert W. Armstrong

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EDITOR-IN-CHIEF: **Herbert W. Armstrong**
 MANAGING EDITOR: **Dexter H. Faulkner**

ASSOCIATE EDITOR: **Mike Bennett**
 GRAPHICS: **Michael Hale, Greg Sandilands**
 EDITORIAL STAFF: **Charlene Bentley, Nathan Faulkner**
 CONTRIBUTORS: **You the reader**

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 PUBLISHER: **Herbert W. Armstrong**
 TREASURER: **Leroy Neff**
 PRODUCTION DIRECTOR: **Roger Lippross**
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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., Salisbury
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COVER: Music recitals and fine clothing — are such things extravagant? "Is It Wrong to Be a Cultured Individual?", starting on page 1, explains what the Bible teaches on this subject. Photo by Hal Finch and Roland Rees.

Letters

Easy to understand

I want to tell you how much I LOVE your [Herbert W. Armstrong's] articles in the *Youth 82* magazines! They are so easy to understand for us kids.

I am 15 and I especially loved your article in the June-July edition of *Youth 82* on "Why God Is Not Real to Most People." I am trying to make God more real to me and your article is such an inspiration!

Shari Palm
Northport, Wash.

"A Touch of Class"

I am writing this short note for your article, "A Touch of Class," in the June-July issue of *Youth 82*. It is good for me because I know that every time I feel lazy or bored, I can always refer back to this article.

I have always wanted to set my standards high and setting the right goals has done that for me. I do thank you for this article and am hoping that more will come out in the future.

Terry Kushniruk
Crooked River, Sask.

Thank you for the article, "A Touch of Class," by Richard Rice. It shows people how hard work turns out beautiful.

My sister and I both take piano lessons. It is hard work, but music is beautiful and my father enjoys it.

It is the same as the article. It takes work to do things like Tommy did in the article.

Jennifer M. Trzyna
Derby, N.Y.

"What's It Like . . ."

I really enjoyed the article in the June-July issue: "What's It Like to Be a Teen in Chiang Khong, Thailand?" It showed me what life is all about in Thailand.

Since I have been getting *Youth 82*, I have enjoyed the articles about being a teen around the world.

Vernon Bynoe
Raleigh, N.C.

Helpful in school

I like reading the *Youth 82*. Some of the articles in there are helpful in social studies and science. My friends are receiving the *Youth 82* and it is fun because we can talk about the stories. I'm 13 years old and it is fun to be in a group like that — it makes you feel like you belong to something.

Teresa Janz
Turlock, Calif.

Is It Wrong to Be a Cultured Individual?

By Herbert W. Armstrong

Is it wrong to be a cultured individual?

Is it wrong — is it extravagant — to purchase quality things? Some people pride themselves on lack of culture and good breeding. They actually brag, “We’re just poor folks.” They spurn good-quality merchandise, saying, “That’s too rich for my blood.” They shop for bargain prices, condemning better quality as “extravagance.” They accuse a well-dressed person of being “stuck-up.”

Does God love the poor and hate the rich? People speak of “God’s poor.” Must one be poor economically, ignorant educationally, uncouth socially, in order to please God?

It’s true Jesus said, “How hardly shall they that have riches enter into the kingdom of God!” (Mark 10:23). But He also clarified His statement by adding: “How hard is it for them that trust in riches to enter into the kingdom of God!” (verse 24).

In this world we have the poor, the ignorant, the uncouth and the uncultured. And at the other extreme we have the rich, the social snobs, the intellectuals.

What is right?

We say at Ambassador College that we teach not only how to earn a living, but also how to live! The college motto is: “Recapture True Values.” Out of what textbook do we teach the true values? In what textbook do we learn how to live?

Actually, the only source of this most necessary

knowledge might seem a little strange to students of the average university. It is the **ONLY** textbook that imparts the most necessary of all knowledge: What is the meaning — the purpose — of life? What are the true values? What is the right way to live — the way to peace, happiness, prosperity, security — the comfortable, interest-packed, enjoyable and abundant life?

Why should the one book — the Holy Bible — that holds all the right **ANSWERS**, the only rational answers, be overlooked by so many?

The Holy Bible is, actually, the foundation of knowledge. So what is the answer that comes from the Textbook of the very Creator about this matter of culture, good breeding, dress, education, financial prosperity?

Actually, surprising though it may be to some, the Bible teaching upholds prosperity, culture, education and right knowledge, acquisition of good quality merchandise and proper attire. The Bible reveals human nature as being lazy, slovenly, yet full of vanity and greed.

When people *brag* about being poor, uneducated and uncultured, that is merely **VANITY**. It is usually to excuse shiftlessness, neglect, lack of effort.

Now is God lazy? Jesus said, “My Father worketh hitherto, and I work” (John 5:17). What was God’s work? That of Creator and Ruler over His creation.

What about quality? Was His work well done or poorly done? After the creation in the first chapter of Genesis, “God saw every thing that he had made, and, behold, it was **VERY GOOD**” (Genesis 1:31). God placed the first

man in the Garden of Eden. It was undoubtedly the most beautiful garden ever to exist on earth. God planted it. God gave the first man a job in that garden. That job was not to be lazy, shiftless and let



Photo by Hal Finch

the garden go to weeds and ugliness — but to “dress it and to keep it” (Genesis 2:15).

In creating, God had to think, plan and design what was to be created. For example, look at a beautiful rose or a lily. There’s nothing inferior there.

His instruction to the workman: “Whatsoever thy hand findeth to do, do it with thy might” (Ecclesiastes 9:10).

Jesus prior to His ministry was a carpenter, a builder of buildings. In Nazareth the best and finest buildings were built of stone. The little synagogue (mentioned in Luke 4:16) was very probably one of the stone buildings that Jesus helped to build.

A man once accused me of being a “perfectionist.” But Jesus Christ *commands* that we be perfectionists: “Be ye therefore perfect, even as your Father which is in heaven is perfect” (Matthew 5:48).

Jesus Christ is still a Builder. He rose from the dead. He is ALIVE TODAY. Today He is building a SPIRITUAL building — His Church, to *become* the Kingdom of God. It must be the FINEST (Ephesians 2:20-22).

Just what is the difference between best quality and cheap merchandise? All merchandise comes out of the ground. Quality products are simply those resulting from more careful and conscientious selection of materials, which are made into an object with more thoughtful and more painstaking craftsmanship. Inferior merchandise comes from indifferent selection of materials and less conscientious and careful workmanship. God’s way is the quality way!

Is good quality “extravagance”? Many people do not realize the true meaning of the word *extravagance*. Webster’s definition: “A spending of more than is reasonable or necessary; excessive expenditure; wastefulness.” God’s quality, then, is NOT extravagance unless it is excessive.

But what if you can’t afford the best quality? Then purchase only what you are able — always live

within your means — and be satisfied with such as you have. But, be industrious, doing what you do the best you can, and, if you really live God’s way, in due time He will prosper you so that you can afford better.

Yet never set your heart on physical things. In the quotation from Jesus mentioned above (Mark 10:23-24), it was not the possession of wealth that Jesus said would keep a man out of the Kingdom of God — but the TRUSTING in those riches. Jesus said that we should “beware of covetousness: for a man’s life

**It is God’s will
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grateful, give
Him thanks ...**

consisteth not in the abundance of the things which he possesseth” (Luke 12:15). David warned us that, when God prospers us, we should be careful not to set our hearts on the prosperity.

Through John, Jesus says, “Beloved, I wish above all things that thou mayest prosper and be in health” (III John 2). Look at the prosperity of the patriarch Joseph: “And the Lord was with Joseph, and he was a PROSPEROUS man ... the Lord made all that he did to prosper” (Genesis 39:2-3). Job was the wealthiest man in the East. After he learned his lesson, God gave him double his original wealth. The greatest national prosperity was promised by God to the descendants of Abraham if they would diligently follow His way.

Prosperity is not a sin. It is a

BLESSING. God is the Giver of abundance and prosperity. But carnal man usually sets his heart on the wealth, instead of on serving God. He makes it an idol in which he trusts. That is the sin.

It is God’s will that we prosper, be obedient to Him, with our hearts set on Him, relying solely on Him. Then when we prosper — when God gives abundance of good things, of good quality — He wants us to be appreciative, grateful, give Him thanks and enjoy what He has blessed us with, all the while trusting and worshiping Him and realizing we shall have the material things but a short time.

One businessman whom God had blessed with a very nice home well furnished with good-quality things put it this way: “My attitude toward my home is like it was when I was assigned to a very fine hotel room for the night. I said: ‘I will enjoy it these few fleeting moments, give God thanks, be appreciative, try to use it as facilities for serving God, obtain a good night’s rest, and then leave it and go on my way in the morning, never looking back with any regrets at leaving it.’ That’s my attitude toward my very nice home. If I had to leave it forever tomorrow morning, there would be no regrets — just thanksgiving that God let me enjoy it for the little time I had it. This life doesn’t last long — and we soon leave everything in it. I’m merely a transient sojourner here, looking forward to something more real and permanent in God’s Kingdom.”

But what about one who never had this understanding of how to view material things — and now realizes what has been lost? It may be no fault of the person at all. But everyone should do all he can, from the time he awakens to this truth. Forget the past. Begin where you are, and start living God’s way!

What about good manners and proper attire?

There is much sophisticated
(Continued on page 27)

What Is Your GREATEST CHALLENGE?

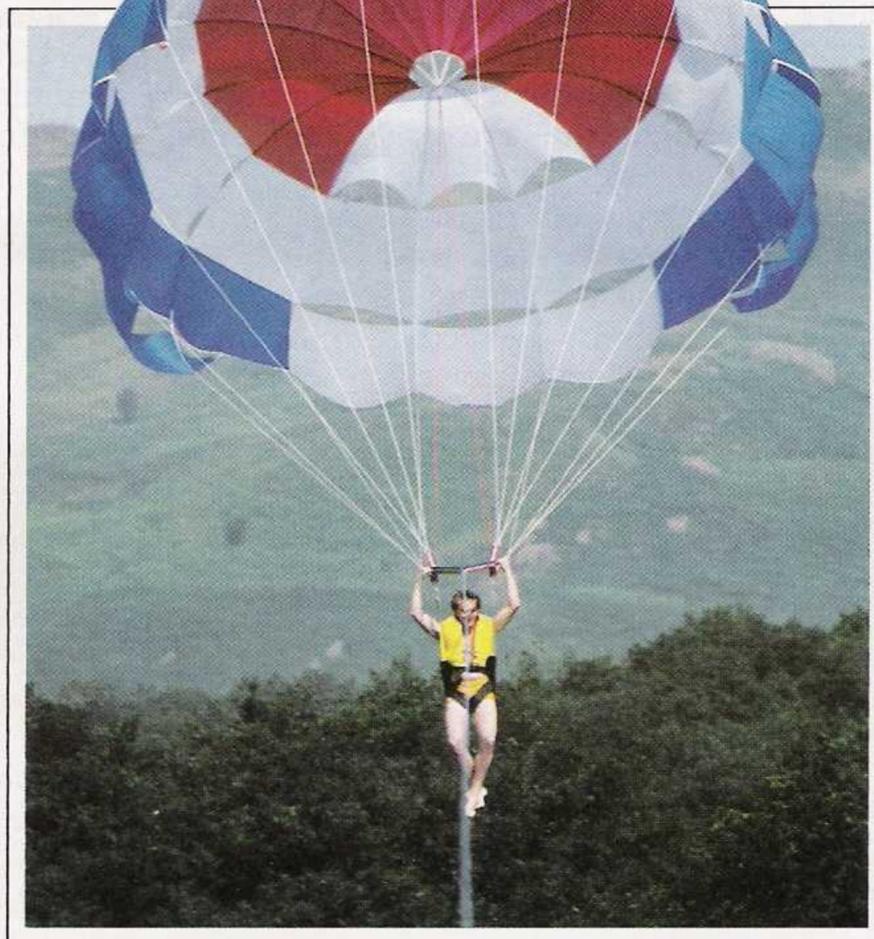
What is the most exciting, compelling and challenging activity you can imagine?

Is it free-falling through space at 100 miles per hour? An around-the-world trip in a hot-air balloon? Or making a 360-degree revolution on a roller coaster?

I met a man recently who, in his teenage years, made a list of more than 125 things he would like to do during his lifetime. In the 30 or so years since then, John Goddard has accomplished more than 100 of them.

Most of the items that he had listed were feats of daring that tantalized his fancy during his early years. These included exceeding the speed of sound in a military jet, a canoe trip down the full length of the dangerous Nile River in Egypt and investigating remote cultures in places like New Guinea and Africa. To fulfill other goals, he climbed Mt. Everest, swam in the ocean while clutching the dorsal fin of a whale and broke land-speed records.

He has filled his life with many daring adventures. He yearns for new worlds to conquer. Few



By Ellis LaRavia

people have set such difficult goals for themselves and then have been determined enough to accomplish them.

Do these things seem exciting to you? I think so. The pursuit of the unknown and the quest for adventure stir the heart of any young person.

Learning to rule your mind

It is important to set goals in your life. It is even more important to set meaningful goals

that give purpose to life.

You have the opportunity to set worthwhile and achievable goals that many other teenagers are unaware of. If only they knew!

Think about it! What is your greatest challenge? Whatever it is, you won't accomplish it without learning an important skill — how to control your mind!

Why is this the most important? Let's consider the possibilities. Take the example of John Goddard who made the list of achievements that he wanted to pursue during his life. This took a lot of

thought, much planning, great perseverance and persistence. He had to rule over his mind and pursue his goals when other things would have interfered if he had allowed them.

This young man chose to direct his thoughts and attention to achieving the adventuresome things in life. It took hard work and discipline to attain the fulfillment that he has to date.

What he has accomplished during his lifetime is amazing. But it isn't the goals or objectives that he has set for himself that are most important, even though they are tremendously exciting. It is the disciplining of his mind —

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learning to rule himself — that is most important!

Let's apply this concept to your life. What goals have you set in your life? Can you imagine anything greater that you could do than ruling your mind? I don't think so.



Let's look at a specific example. One goal you have is to honor your father and mother as God commands. This is a very worthwhile goal. It is difficult to achieve but not impossible.

Let's conduct an experiment. Start out with a simple rule in your household. Perhaps it has to do with going to bed at a certain time. You may feel that it is too early. You probably have other rules governing dating, use of the car, cleaning your room.

Whatever the rule — implement it. Discipline yourself to do it fully, as much as is humanly possible. Remember — it is easy to cheat on or violate a rule. It is the doing of it as fully as possible that is the test.

Then you will be preparing to realize the greatest satisfaction you can know. You have honored your father and mother and in the process learned to discipline and control your mind.

This is a goal that you can set and achieve. By doing this, you can help make everyone in the household happy.

There is a fascinating story of another young man who had determined to become the best jockey ever to ride a horse. He lost his first race. Then he lost his

second race. He lost 10 races . . . 20 races . . . 50 . . . 100 . . . 200 races. He lost 50 more races.

In all, he lost 250 consecutive races before winning his first race. In spite of this start, his determination saw him through and he went on to become the leading jockey of his day. His name was Eddie Arcaro.

Willing to persist

This young man was willing to persist in his goal even though he lost 250 races. He was totally dedicated to it. He finally felt the exhilarating reward of achievement. There is nothing more gratifying except to have an even greater goal and to achieve it.

Learning to rule our own minds so that we can accomplish whatever right goal we set for ourselves is the greatest achievement a human being can have. That's exactly what building character is all about.

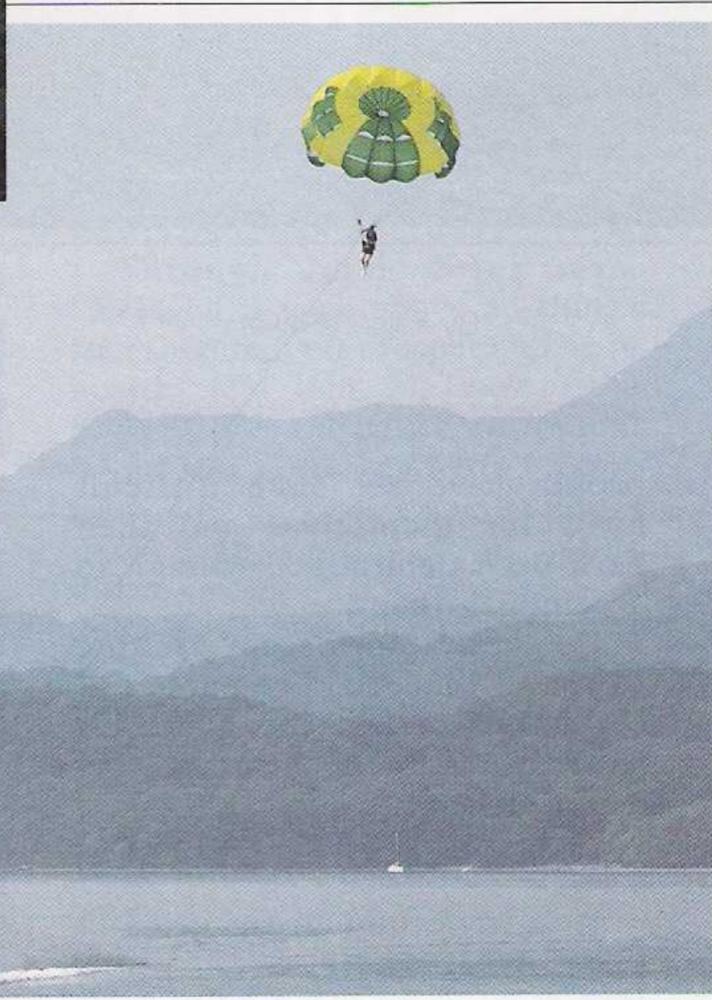
And there are so many things accomplished by building character — learning to do what is right. First, it is pleasing to God. Building character fulfills the purpose for your human life so God can give you eternal life.

Second, it helps create harmony and happiness in your family household.

Third, it helps fulfill you personally and gives you joy, happiness and peace of mind — all of the things you really want. Others don't even know how to achieve this now, but they will someday.

The best way to prove this principle is by doing it! Try it! Persist in it! We can find an even greater fulfillment than either the adventurer or the jockey. And everyone can achieve this goal regardless of race, sex, background, age or previous experience. It takes your will and determination. Then, as you seek Him, God will help you achieve this, your greatest challenge! □

Parasailing is one of many exciting and daring activities. What do you consider to be the greatest challenge? (Photos by Nathan Faulkner)



SMOKING

STOP BEFORE YOU START

Are you thinking about taking your first puff? Who's making the decision for you?

By Michael Snyder

Do you like being manipulated? Do you consider yourself a conformist?

These are important questions — as far as developing a smoking habit is concerned, your quality and length of life can depend on the answers.

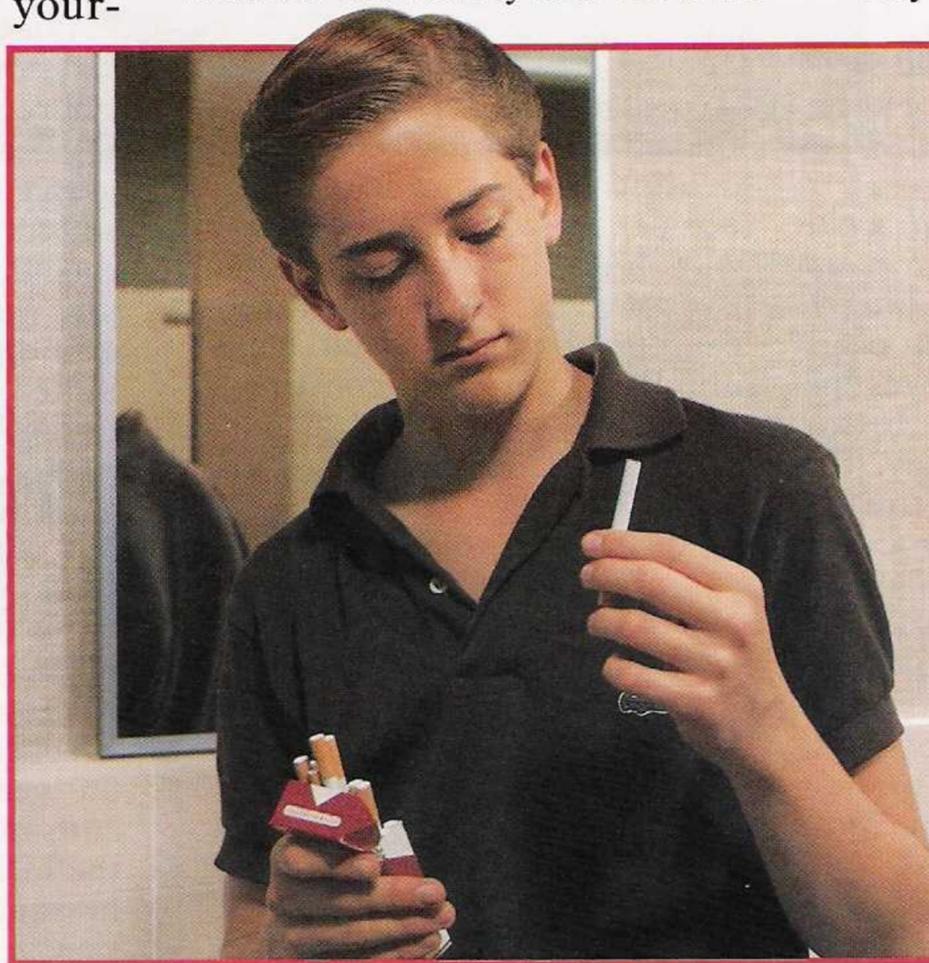
If you live in one of the Western countries of the world or in the People's Republic of China, you've found you live in a virtual prosmoking environment. In the United States alone, people smoked more than 600 billion cigarettes in 1981. Laid end to end, these cigarettes would form a line more than 25 million miles long — long enough for more than 50 trips to the moon and back!

No physical benefit

This is an amazing paradox when you consider the fact that smoking — whether cigarette, pipe or cigar — has no physical benefit.

Everett Koop, surgeon general of the United States, declared in March, 1982, that "Cigarette

smoking is clearly identified as the chief preventable cause of death in our society and the most



important public health issue of our time."

Strong words these. Dr. Koop went on to point out that tobacco use "is responsible for some 340,000 deaths in this country annually."

But to you, death from a heart attack or collapse from wheezing lungs may not mean much — you probably see schoolmates smoke away on pack after pack. Nobody dies; they just cough a little bit.

Let's understand what's hap-

pening when someone smokes a cigarette.

Say you watch a schoolmate light up. What you don't see is more than 1,200 chemicals wafting into one of the body's most sensitive areas. Delicate membranes designed to help clear the body's air intake of microscopic debris are quickly overpowered and chemically paralyzed.

While the smoker calmly exhales smoke through his nostrils, his blood pressure is rising between 10 and 15 points, as his heart begins pulsing an extra 25 beats each minute.

As he continues to smoke, within seconds his skin surface temperature drops between five and six degrees. Minute

amounts of nicotine coursing through his veins force tiny blood vessels in his eyes to contract, thereby impairing vision.

Continued over a period of time, a smoker develops a nicotine addiction. He (or she) physically craves the chemical. As time passes, the heavy smoker experiences dozens of related respiratory and other diseases. These may range

from a scratchy cough to



chronic bronchitis to fatal melanoma tumors.

At the crossroads

With this in mind, why would anybody want to smoke?

A major factor is that you live in a prosmoking society. Despite a slight decline in the number of smokers worldwide, people now generally smoke more — about 17 percent more than in the 1970s.



Stop Smoking- HERE'S HOW

If you're a smoker and want to stop, put into practice these principles given in the *Plain Truth* magazine:

- *Clearly define and write down your objectives for not smoking.* List health, family, financial, spiritual and other reasons. Keep your eyes on your goal — don't let it disappear or become hazy. Try to look beyond the initial difficult days to the time you will be happily unshackled from nicotine addiction.

- *Stop smoking completely.* Tapering off the amount you smoke doesn't work for most people. It's not easy to quit "cold turkey," but it's the most successful way.

Find someone to help you positively and be a support. Commit yourself — throw away and destroy all pipes and tobacco stock.

- *Avoid compromising situations.* Don't let friends, relatives or stressful situations cause you to give in. Experience has shown that many former smokers quickly relapse to their former habits after "just one little puff." Avoid situations where you would previously light up.

- *Don't be discouraged or*

fearful of failure. If you happen to slip, don't give up. The actual unpleasantness of nicotine withdrawal usually subsides within 72 hours after your last cigarette, but the psychological temptations remain much longer. You may initially experience constipation, restlessness and other withdrawal symptoms, but they will shortly subside.

- *Seek additional information and suggestions from health agencies or clinics.* Detailed plans to help you stop smoking are available, many of them free.

- *Utilize the power available to you from God!* God's Word — the Bible — reveals powerful spiritual weapons that you can use to overcome nicotine addiction and other wrong habits. God promises to help those who humble themselves and seek Him in prayer (Psalms 103:11-14, Isaiah 55:7-8).

If you'd like to know how to use this awesome source of real power, write for our free reprint articles, "How to Be an Overcomer" and "How You Can Be Imbued With the Power of God." (See inside cover for addresses.) □

With all this evidence against it, there is only one reason people — including you and I — would begin smoking: conformity.

Yes, rather than demonstrating independent thinking, a person who begins smoking follows only a present trend of society. Smoking, it seems, is viewed by today's society as a sign of adulthood. Rich, affluent adults are often stereotyped as smokers.

And study after study shows that most smokers begin their habit before they reach 20 years of age. By the time they understand the dangers of a smoking habit, many teenagers have developed a nicotine addiction that is difficult to overcome.

Plus, consider that it's very difficult to stop smoking when you're bombarded by professionally guided exhortations to buy tobacco products. While tobacco advertisers claim they don't encourage people to begin smoking, they spend more than \$500 million a year in the United States alone in product advertising. With that same \$500 million, you could fly from New York to London 625,000 times or put yourself through 125,000 years of college.

So why smoke? *Youth 82* Editor-in-Chief Herbert W. Armstrong occasionally smoked when he was younger, but almost 35 years before the milestone antismoking report published by the U.S. surgeon general in 1964, he squarely confronted the question:

"I then asked myself: 'Why do I smoke? Is it to express outgoing love to God?' Most assuredly not! 'Am I smoking to express outgoing love and concern for the welfare of other humans?' I had to answer in the negative."

Thus Mr. Armstrong concluded that smoking is "a form of self-desire" and benefits no one. In fact, as we saw earlier, smoking only hurts — one British study claimed smoking a pack of cigarettes a day shortens the

(Continued on page 27)

“I heard you were still alive . . . ” read the front of the greeting card. It pictured a funny, forlorn-looking cartoon character sitting in the middle of a field.

Inside, the card continued: “. . . or is someone just spreading rumors? Please write and let me know!”

My friend is trying to tell me something, I thought to myself. I got the message. I wasn't writing as much as I should have been.

You remember *letters*, don't you?

Letters are those nerve-racking scourges English teachers use to torture innocent students: “Those margins aren't wide enough! The date doesn't go there! This isn't the proper salutation!”

Letters are those productions a lot of us might place right up there with certain other all-time-favorite activities like going to the dentist or taking out the garbage.

On the other hand, letters can be pleasant surprises to which you devote immediate, intense attention, whenever you find one in the mailbox addressed to you.

Writing and, of course, receiving letters can be worthwhile, interesting and, yes, even fun.

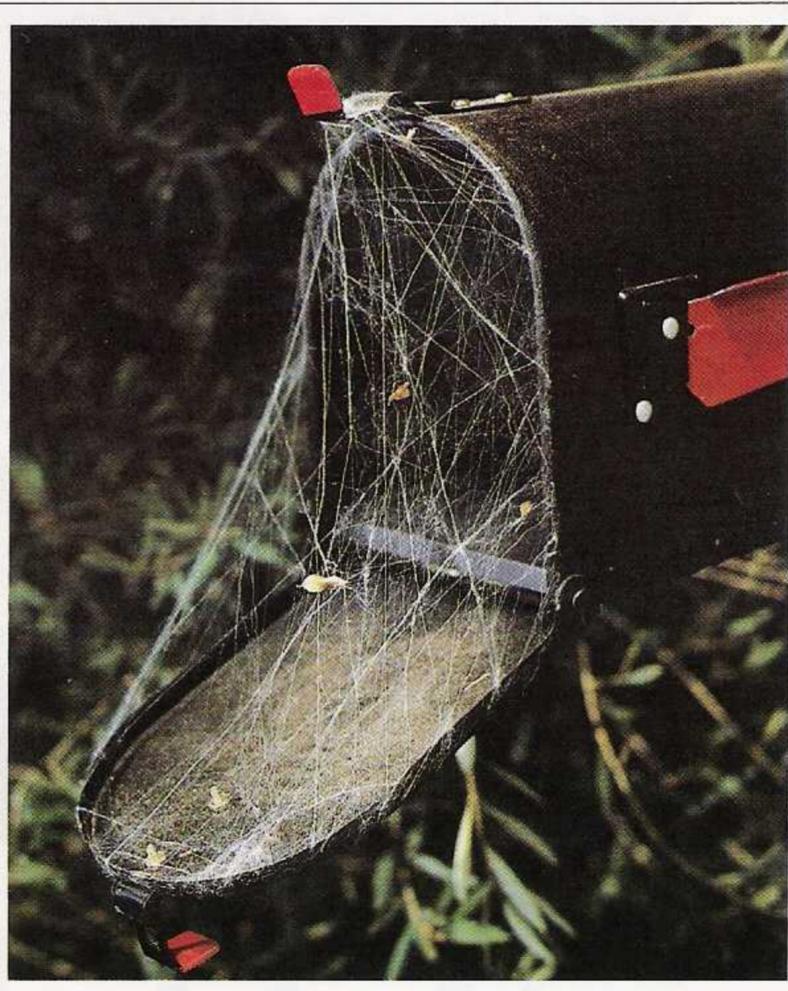
“Who have I got to write to?” you may be wondering. “And what would I write about? I don't know what to say.”

Well, first, think of the people you know and care for who are separated from you for some reason — parents, grandparents, brothers, sisters, close friends, former classmates, people you've

met at summer camp.

They may live quite a distance away, attend school elsewhere or be on extended trips. Maybe you are away from home yourself, and can't have as much personal contact with your family as you'd like.

In all these cases, letters are the thrifty alternative to the telephone.



‘I Heard You Were Still Alive...’

An encouraging look at the (sometimes forgotten) art of writing letters.

By Norman Shoaf

Reaching out and touching someone is fine until the bill reaches out and touches your pocketbook. And you can say a lot more for the price of a stamp.

By writing letters you can maintain and strengthen family ties when your family is separated. You can keep in touch with

friends who move away or whom you meet in your travels. And you can make new friends, even in foreign countries, by developing pen pals.

As Proverbs 25:25 says, “As cold waters to a thirsty soul, so is good news from a far country.” Even receiving a postcard from you while you're on vacation can make a friend's day.

You may not feel you have anything to say — anything the other person would want to know about. But think: When you receive a letter, aren't you interested in what the other person writes? People are interested in hearing about other people, and friends are happy to hear about all kinds of things going on in the lives of their friends.

Remember that people feel complimented when you take them into your confidence. So give of yourself in your writing, and those who receive your letters will benefit. You will, too.

Talk about what you're doing, thinking, feeling at the moment. Talk about your activities. Others would probably be very interested, although you may not realize it, in your hobbies, your job, school, other people you've met, places you've visited, what's going on in your city or town.

Of course, be sure to show interest in the other person as well. Ask questions — sincerely, of course — and your correspondent will have ideas around which to build his reply. Use tact and discretion.

In short, just be yourself. Writing a letter should be like carrying on a conversation, only in writing. What would you say if
(Continued on page 27)

A well-set table complements every meal by providing utensils needed and creating a comfortable atmosphere. Follow these guidelines to make your meals more enjoyable!

By Sandi Borax

Did you know that forks have only been in use by the common people for a little more than 400 years?

Or that a majority of people in medieval England never ate off of a plate in their lives? Instead they ate their food off of round, flat slices of bread called trenchers.

And if a family couldn't bake this bread, they simply ate out of hollows carved in their wooden tables! Not a bad way to save on doing dishes, and they never had to clear the table either!

This, however, would not be an acceptable way to set a table in our society. We have certain standards to follow that have developed over a period of years and that seem to work best in our society. As with rules for etiquette, they are made out of courtesy for others.

Studies have shown that your food will be more thoroughly and easily digested if you take time to eat and are careful about your surroundings.

Don't make a habit of rushed meals, even if you are eating alone. Go ahead and sit down to a well-set table and enjoy your meal as much as time allows. Mealtime should be a time of relaxation and enjoyment — a time to get better acquainted with friends and family.

Besides providing all the needed tableware for a meal, the table setting should be pleasing to the eye and add to a comfortable atmosphere.



All Set To Eat!

There are several types of service used for meals in the Western world and they belong in two groups: formal and informal.

The service used in a formal setting is called Russian or Continental. This is seldom used in homes, but many restaurants

serve their meals in a variation of this style. Strictly formal meals require that all food is served from the kitchen by waiters or waitresses (or maids, in the home). A formal meal consists of many courses and the place settings are larger than we would



Left: All set for the evening meal — family style — with an informal setting. A basket of fresh fruit along with homemade place mats and napkins polish off the table. Below: Attractive settings for one and two make use of creativity. Flower vase is a pitcher purchased at a flea market.



need for an ordinary meal as more utensils are needed.

Settings for every day

The informal setting is the one you use every day for your family meals. It is the setting you probably use even for the special meals and occasions you would consider formal — you just add a few extra touches and use the best you have to make the meal more special.

Under the heading of informal service are the family, English, plate and buffet styles.

Family style, often called country-style service, can be used for any meal at home. Dinnerware (dishes), flatware (cutlery) and glassware are placed at individual settings. The food is placed on the table before the family is seated. Each person serves himself to the food, then passes the dish to the person next to him.

Following the English style of service, the host serves the main

dish onto the dinner plates (which have been stacked in front of his place setting) and then passes them to the hostess who serves the vegetables and other dishes.

Plate service means that plates are filled in the kitchen and then placed on the table in front of the guests or at their setting before they are seated.

The buffet style of service is appropriate for nearly any type of meal, and is especially popular in the summer and for large gatherings. All of the food is placed on a table or buffet (hence the name), and guests circulate around the table serving themselves.

Informal does not mean sloppy! These styles of service are called informal because servants are not needed — they are a less complicated way to take a meal. Your settings for every meal

should be of quality and well set. Special meals will probably be eaten with an informal style of service but using your best tableware.

Getting set

A table setting, also called a cover, should be arranged to allow 20 to 30 inches for each person.

You may want to protect your table with a tablecloth. This also adds to the beauty of the setting and softens sound. The tablecloth should be centered on the table, and should hang no more than 16 inches over the ends for an informal setting.

Place mats or lengths of fabric called runners perform the same job. A place mat should be large enough to hold an individual setting, but not so large that it overlaps the adjacent one. Table runners are relatively easy and inexpensive to make. You can arrange them in a variety of ways to add to the attractiveness of your table.

The dinner plate is placed directly in front of each person in the center of the cover, with its bottom edge 1 inch from the edge of the table. Flatware is placed perpendicular to and 1 inch from the edge of the table. The forks are set to the left of the plate and the knife and spoons to the right. The knife is placed closest to the plate with the cutting edge facing inward.

If more than one fork, knife or spoon is needed, the general rule is to set them in order of use, with those being used first on the outside. A salad fork is not needed unless the salad is served as a separate course.

The water or beverage glass should be placed above the point of the knife. If more than one glass is used, the others are placed above the spoons, below and to the right of the first.

The salad bowl may be placed in the center of the cover if it is eaten as a first course. If not, place it above and to the left of the forks, or straight to the left of the forks if a bread and butter plate will be used. The bread and

(Continued on page 28)

Youth 82 photos

NEWS THAT AFFECTS YOU

The Ayatollah and Your Fuel Tank

• It may sound strange, but an incident that occurred 1,302 years ago may directly affect your future.

Most of you looked (or still look) forward to the day when you could get behind the wheel of an automobile.

But what if fuel became so expensive that your parents had to cut back considerably on their driving? Your use of the family car would probably be severely limited or eliminated altogether.

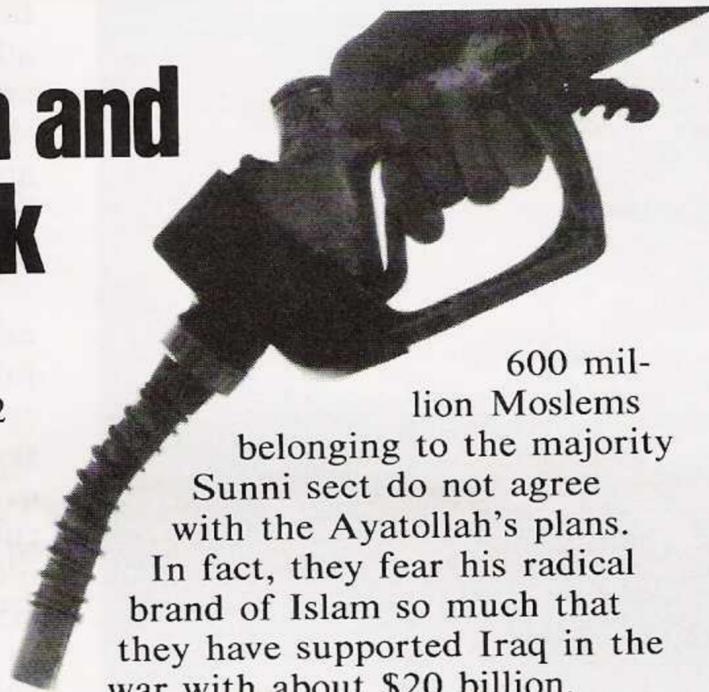
What could cause this situation? Much of the answer lies with the Ayatollah Ruhollah Khomeini, the political and religious leader of the nation of Iran.

In 1980, Iraq invaded Iran. Now Iran has gained the upper hand in the war. This has the whole world concerned that the war could disrupt the flow of oil from the Middle East and cause the little oil that might get to the rest of the world to be very expensive.

Many Arab leaders fear that the war may be the renewal of a centuries-old struggle in the Moslem religion.

As self-proclaimed leader of Islam's 150 million Shiite Moslems, Ayatollah Khomeini has led a crusade to unite all of Islam and stamp out Western influence in the Moslem world.

On the other hand, the other



600 million Moslems belonging to the majority Sunni sect do not agree with the Ayatollah's plans. In fact, they fear his radical brand of Islam so much that they have supported Iraq in the war with about \$20 billion.

The war has reopened an old wound in the Moslem world — a wound that dates back 1,302 years.

When the founder of Islam, the Prophet Mohammed, died in A.D. 632, conflicts arose among his followers.

The Shiites believed that the leadership of Islam should remain in Mohammed's family. The other group, the Sunnis, wanted new leadership.

After a brief civil war, the argument seemed to die down until A.D. 680 when Mohammed's grandson, Husain, and 72 of his relatives were killed at a place called Karbala.

This incident caused a great deal of uproar in the Moslem world, and resulted in the Shiite-Sunni split still present today.

Through the centuries, the Shiites have mourned the massacre of Husain for 10 days culminating in the *Ashura* or "Feast of the 10th of Muharram." This year, the 10-day commemoration will begin on Oct. 19 and will run through

Oct. 28.

During this time, emotions run high. It is this same emotional fervor that led to the Iranian revolution in 1978 that brought the Ayatollah to power. And with Iraq losing the war, many Sunni Arabs are worried that the Iranian Shiites may try to take over the entire region. If this were to occur, the entire world would feel the effects at the gas pump.

To think that a 1,300-year-old incident could have so much effect on you today is hard to believe, but it's frighteningly true.

— By Dan Taylor □

Volcanoes—Clouding Your Weather?



• Will you and your friends be out shoveling snow earlier this winter just because of a volcano?

In the past, major volcanic eruptions have changed weather

patterns. Some scientists think recent explosions may again cause early frosts in parts of North America.

In early April the devastating El Chicon eruption in southeast Mexico spewed billions of tons of volcanic debris into the upper atmosphere, an amount 10 times greater than the Mt. Saint Helens, Wash., eruption two years ago.

A resulting massive cloud of volcanic ash and sulfuric acid (now crossing the Northern Hemisphere) blocked out sunlight, causing lower temperatures this past summer in areas of the United States.

Lower temperatures could "be significant for farmers living in areas with a short growing season in the United States, Canada and Europe," Brian Toon, a National Aeronautics and Space Administration (NASA) scientist, reported.

An 1816 eruption in Indonesia resulted in "significant localized cooling in New England and Western Europe," Dr. Toon stated. Intermittent frosts in the summer of 1816 brought famine and food riots to Europe.

Imagine what would happen if many of the world's more than 600 "active" volcanoes came to life. How seriously would this affect our weather and food production, not to mention many other aspects of daily life?

Bible prophecy reveals that volcanic and earthquake activity will soon increase with serious effects on our world (Matthew 24:7, Isaiah 29:6).

You can understand these events prophesied to occur by reading the *Plain Truth* magazine. Each month *The Plain Truth* clearly points out the meaning of present world conditions and describes a wonderful new world to come — and in your lifetime! If your family does not receive *The Plain Truth*, why not send for a free subscription? — By Jeff Caudle □

COUNTRY IN FOCUS: Iraq

The land that is now Iraq has far more than 1,001 tales to tell. The well-known tales of the *Arabian Nights* with Sindbad, Aladdin and Ali Baba have nothing over the real history and the current headlines of this region of the world.

In recent months, the far-away country of Iraq has been thrust into the headlines of your daily newspaper because of its long, desperate war with its neighbor to the east, Iran.

Iraq lies in the very heart of the Middle East. In ancient times, the land of Iraq was known as *Mesopotamia*. *Mesopotamia* means "the land between the rivers." The rivers in question are the Euphrates and the Tigris.

These mighty streams are the lifeblood of Iraq. They rise far to the north, in the snowcapped, 10,000-foot peaks of eastern Turkey. From there they flow southeastward across Iraq's arid desert lands into a marshy delta, where they join as one to form the Shatt al-Arab. This broad waterway — the scene of recent fighting with Iran — then empties into the Persian Gulf.

Historians call the land between and around these rivers the "cradle of civilization." Here stood the world's first cities, important cities like Babylon, Ur and Nineveh. The excavated ruins of these ancient capitals can be viewed today.

Moving forward in history, we discover that the famous medieval city of Baghdad was founded on the Tigris in the

8th century A.D. Baghdad is the fabled city of the *Arabian Nights* stories. Today, Baghdad is Iraq's capital and largest city.

Modern Iraq's 13 million people are mainly Arabs. Nearly all of Iraq's people are Moslems, followers of the seventh-century Arab prophet Mohammed. They are almost equally divided into two Moslem sects, the Sunnis and the Shiites (see "The Ayatollah and Your Fuel Tank," page 10). The two holy cities of



Shiite Moslems — Najaf and Karbala — are also located in Iraq.

Iraq covers an area somewhat larger than the state of California. Not surprisingly, nearly 90 percent of its people live along the life-giving Tigris and Euphrates rivers, economically the richest section of the country.

Agriculture provides the livelihood of the majority of Iraqis, most of whom are poor and illiterate. Iraq is the world's leading grower of dates, producing nearly 80 percent of the world's supply. But petroleum is the country's most important natural resource and its major source of income.

Keep your eyes on your daily newspaper. The ancient land of Iraq will continue to play an important role in current world affairs. — By Keith W. Stump □

Parents Are People Too

Your parents would probably be the first to admit that they're human. Since they're not perfect, how should you respond?

By Alan Dean

"They don't really love me — they're always getting on my back!"

At times it seems Mom and Dad can be unreasonable. Dad blows his stack or Mom becomes touchy over a seemingly minor mistake.

Aren't parents supposed to be kind, loving, tolerant and in control? True, parents should be consistent and loving, but they

to get upset, perhaps moody and touchy.

This combination of weary parents and growing teenagers can be explosive, leading to arguments that neither parents nor teens really want.

God commands us to honor our parents (Exodus 20:12). It may not always be easy, so let's take a look at some points that will help you minimize conflicts and develop a good relationship with Mom and Dad. To do this we need to see what motivates parents — what makes them tick.

1. *Remember — parents really care about their children.* Parents want to see their children do well, be happy and have a better life than they have had.

Sometimes parents want their children to succeed so much that they over-react to mistakes.

It may not seem like it at the time, but the real motivation behind this is love for you.

2. *Remember — parents need to know their children love them.* Parents need to hear their children say "I love you" or to be given a big hug or a surprise — just to let them know that they are appreciated.

Think of all the things you have to appreciate them for: taking care of you when you were a totally helpless baby, feeding and housing you, buying you clothes, taking care of you when you were sick — the list is a long one.

3. *Remember — parents have to battle with their human nature.* Parents are not perfect. They make mistakes. They can let down the standards they teach you. But it doesn't help anything if you follow or complain about a bad example. Why not concentrate on the good things parents do? You might be able to encourage them to win their battles!

4. *Remember — parents relax when there is cooperation and communication.* When the whole family works in harmony, obeying the family rules, with everyone pitching in to help around the house, life becomes smooth and happy.

Communication is important too. Parents want to hear about what's happening in the lives of their children and to talk about the things that are important to them.

5. *Remember — parents are loyal to their children and deserve loyalty in return.* If someone tries to hurt their child, parents are protective. When their child succeeds in school or sports, parents are proud.

Do you stand up for your parents? Do you take the right kind of pride in your parents' accomplishments?

6. *Remember — parents want to have fun, too.* They want to laugh and have a good time. So why not do things together? Parents really love to be with their most loved people — their children. So talk and joke with them, play games, go places, have picnics — do things together.

Above all, remember — parents are people too! They are the people who care more about you and your success and happiness throughout your life than any other people on earth. Appreciate them. □



don't always act as they would like to. Sometimes they get tired and cranky.

Being a teenager isn't easy, either. The hormones are pushing the body through great changes and more and more pressures are placed on today's teens. It's easy

Africa's GENTLE GIANT

By Keith W. Stump

The giraffe is certainly one of the earth's stranger creatures. When people first see one at a zoo, their general impression is, "It's all legs and neck!"

That's basically true. The giraffe is by far the tallest living creature on earth.

Have you ever wondered where the name *giraffe* came from? It is derived from the Arabic word *zirafah*, which can mean "creature of grace" or "one who walks swiftly." In Swahili — an African language spoken in areas where the giraffe lives in the wild — the tall beast is called *twiga*.

The scientific name for the giraffe is *Giraffa camelopardalis*. In the Latin language, *camelopardalis* means "spotted camel." This name goes back to the days of ancient Rome. The emperors of Rome occasionally exhibited strange animals in the Colosseum during the halftime break between gladiator fights. When a giraffe was first shown there, the odd creature was advertised as a camel-leopard. To the Romans, the giraffe looked like a camel with a stretched neck covered with spots like a leopard!

The giraffe is found in the wild only in Africa, south of the Sahara desert. It lives in herds in the grassy savanna or open bush country.

Full-grown male giraffes weigh up to 1½ tons and attain a height of 18 feet (5.5 meters) or more,

Here is a "tall" problem for evolutionists!

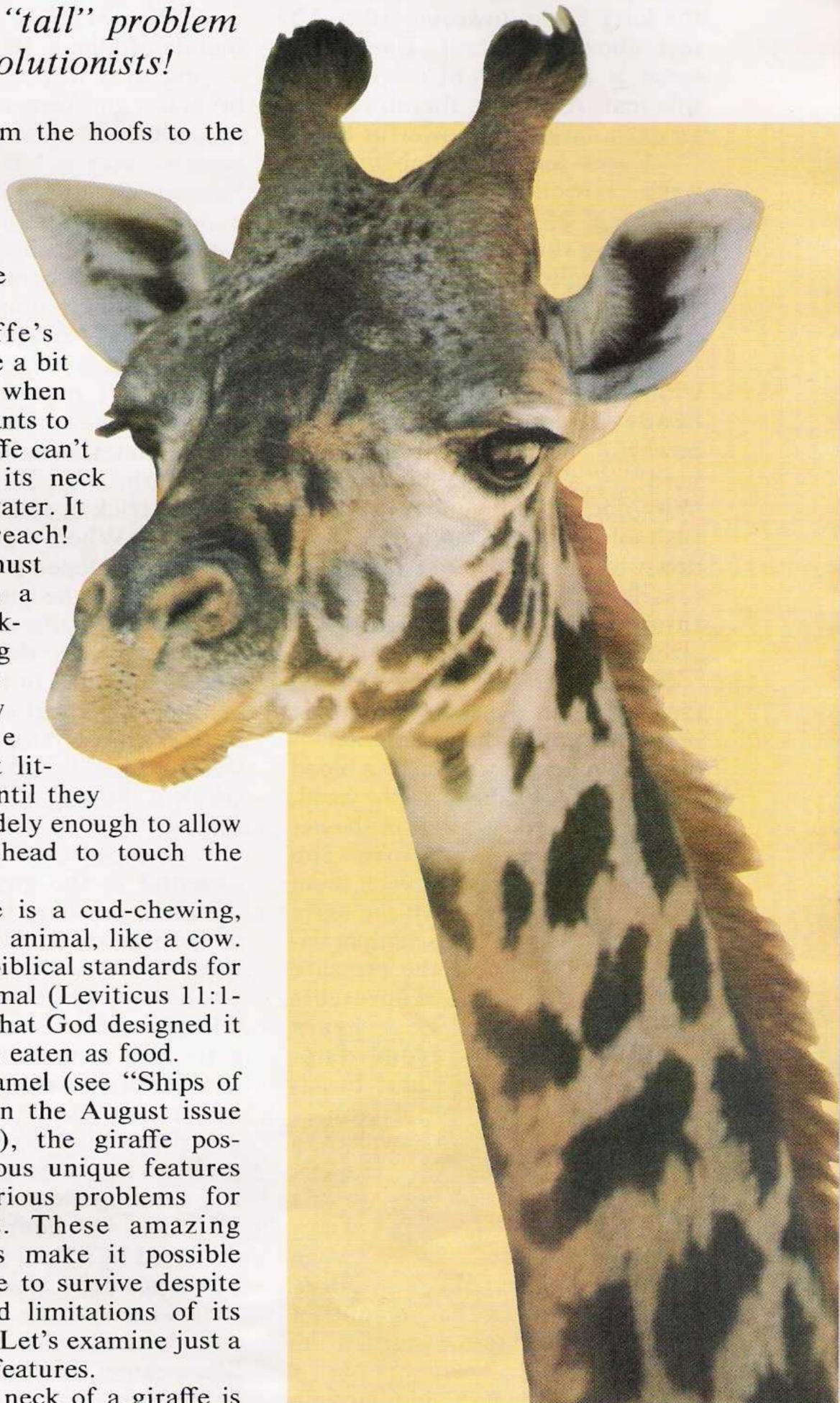
measured from the hoofs to the horns. This is more than three times as tall as the average man!

The giraffe's long legs pose a bit of a problem when the animal wants to drink. A giraffe can't simply bend its neck down to the water. It just won't reach! The giraffe must therefore do a split. This awkward drinking position is achieved by inching the forefeet apart little by little until they are spread widely enough to allow the lowered head to touch the water.

The giraffe is a cud-chewing, cloven-hoofed animal, like a cow. It meets the biblical standards for a "clean" animal (Leviticus 11:1-3), meaning that God designed it so it could be eaten as food.

Like the camel (see "Ships of the Desert" in the August issue of *Youth* 82), the giraffe possesses numerous unique features that pose serious problems for evolutionists. These amazing characteristics make it possible for the giraffe to survive despite the perils and limitations of its environment. Let's examine just a few of these features.

- The long neck of a giraffe is



useful in allowing the animal to see potential enemies approaching. It is a kind of built-in lookout tower. The long neck also permits the giraffe to find food in lofty treetops other animals cannot get to.

But the neck also poses a definite design problem:

The heart has to pump blood through that long neck way up to the lofty brain, towering 10 to 12 feet above the chest. Enormous force is necessary to accomplish this feat. A giraffe, therefore, has an extra-large and powerful heart — 2 feet long, 10 inches wide, with 3-inch-thick walls and weighing 25 pounds! It is not surprising that the giraffe has the world's highest blood pressure — three times that of a healthy man.

But did you ever think about what happens when a giraffe bends down to drink? That powerful heart is still pumping hard — aided now by gravity. Why doesn't the sudden forceful rush of blood through the neck down to the head burst the blood vessels in the brain and cause an immediate — and fatal — stroke?

The answer? At the base of the giraffe's brain is a spongy complex of arteries called the wonder net — and it is indeed a wonder! As blood

rushes down to the head, the arteries in the net

expand into the spaces between them and soak up the extra blood. This temporarily reduces the pressure and protects the brain from damage! In addition,

valves in the neck's artery partially close when the head is lowered. This traps just the right amount of blood so as not to overburden the wonder net.

Likewise, the large jugular vein

that carries blood back to the heart from the brain is also fitted with special valves that close when the head is lowered. This prevents the blood from rushing backward into the brain and adding to the pressure from the arteries. Without these ingenious features, a giraffe would die the first time it stooped to take a drink!

• The giraffe's diet consists mainly of plants. Its primary food — and what it likes best — is the branches and leaves of the thorny acacia tree. If most other animals were to take a bite of this tree, they would shriek in excruciating pain! But the giraffe — like the camel — has tough hairs on its lips to protect them from cuts. Its rough 18-inch tongue is coated with a thick covering of rubbery saliva so that even the sharpest spikes can't hurt it. The giraffe can thus chew thorns and other coarse materials without injury to its mouth.

This trick is vital to a giraffe's survival. When water is scarce, the giraffe depends on the water contained in the plants it eats. A full-grown giraffe eats 75 pounds of plants each day. Using the water contained in these plants, it can go weeks and even months if necessary without drinking water. This is often crucial to survival during the annual dry season.

• Another anatomical feature essential to the giraffe's survival are its large, sharp hooves that are as hard as stone. Were it not for these hooves, the giraffe would probably be extinct. Why? Giraffe meat is succulent and extremely tasty to lions.

With its keen sight, smell and hearing, a giraffe is always on guard and can usually avoid the problem by keeping out of range and running away if necessary (at 35 miles an hour!). But when cornered by a lion, the giraffe still has a powerful weapon. Just one swift kick with its hoof can crush a lion's skull. Had the giraffe toes like a camel, it would be virtually defenseless! But with its hooves, a

giraffe has a powerful defensive weapon.

• The giraffe is equipped with an effective form of camouflage — its spots. A giraffe's checkered body makes it difficult to be seen when standing among trees or in brush. The long necks can easily be mistaken for tree trunks. The spots can be mistaken for the shadows of branches.

These are just a few of the remarkable features that equip the giraffe for survival. Without them, the giraffe would be easy prey to an unfavorable environment and animal predators.

Did "nature" give the giraffe these remarkably coordinated abilities and characteristics gradually, by means of blind evolutionary processes over eons of



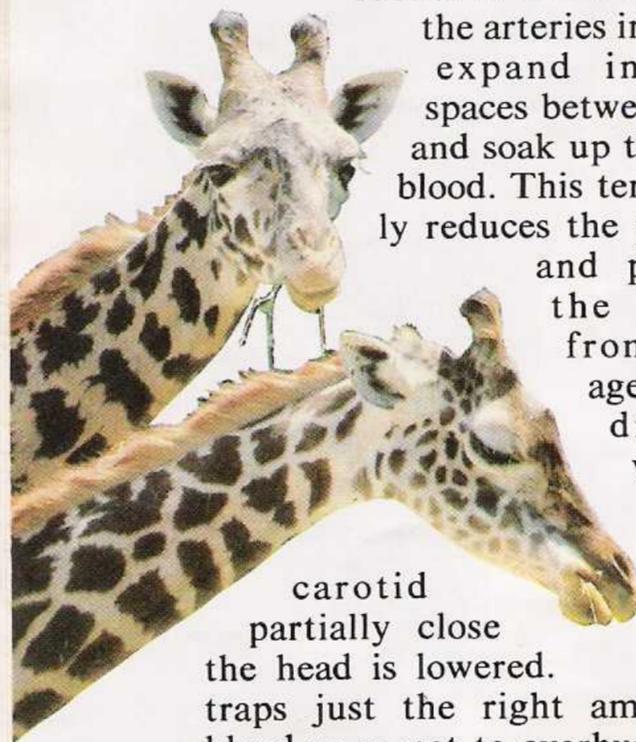
time? Did they develop by mere chance? Were they achieved by trial and error?

By no means!

Evolution is at a loss to account for it! The giraffe defies evolutionary explanation! Logic itself rules out any such interpretation.

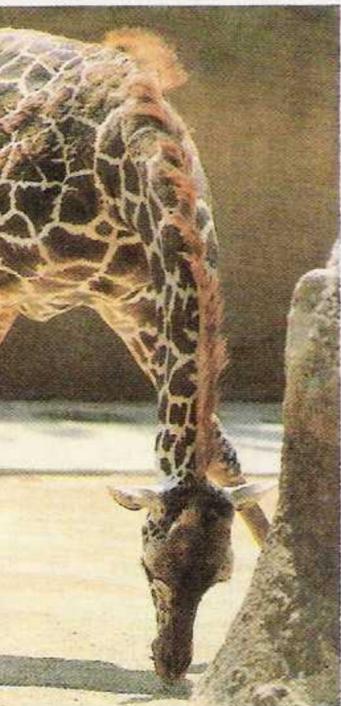
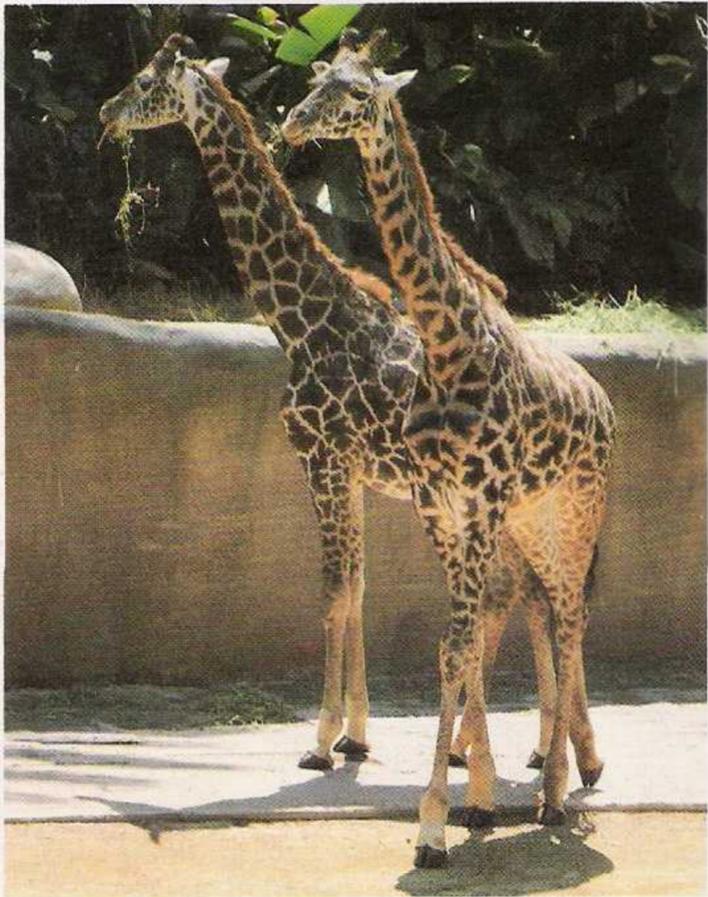
An "early" giraffe in an "intermediate stage" of evolution could never have survived to evolve further into the animal we see today! Without full survival equipment from the very beginning, it would have long since become extinct.

Look back over the various features of the giraffe discussed in this article. Ask yourself what would have happened if an



evolutionary ancestor of today's giraffe had not yet evolved those characteristics. The answer: It would not have survived to evolve any further!

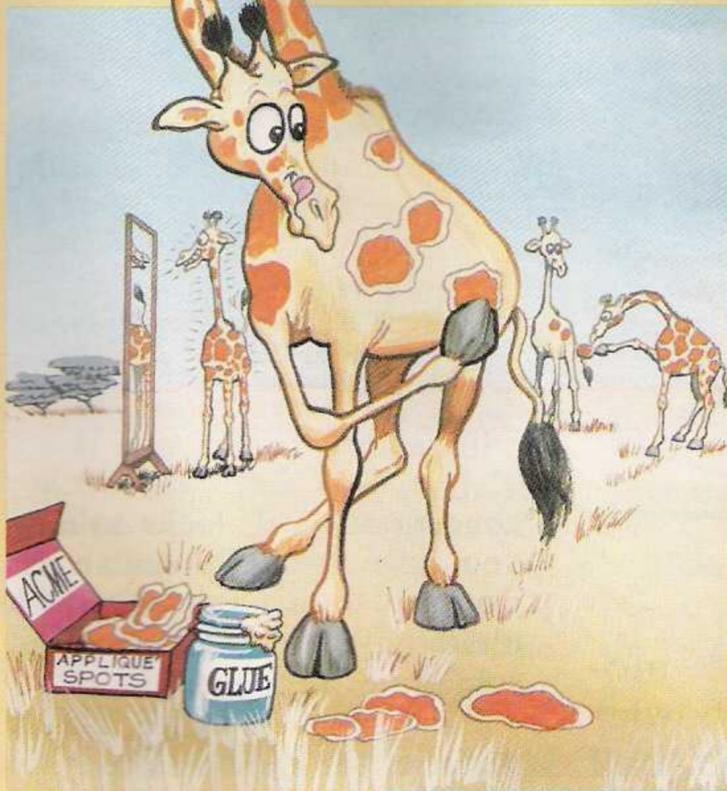
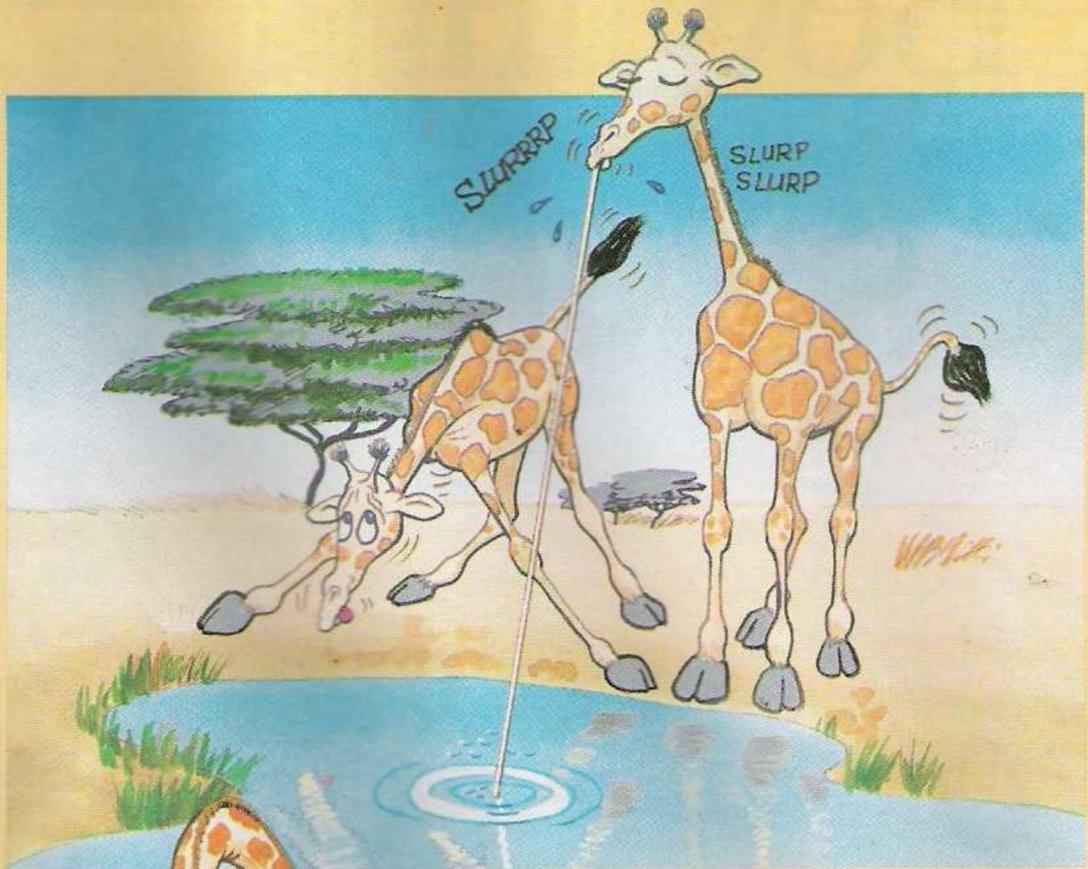
The Bible demolishes any such evolutionary nonsense. It declares that God — the Master Designer — created the giraffe complete and perfect from the beginning



They're all legs and neck! Giraffes are by far the tallest animals on earth and so they require several unique features in order to survive. Did these features just evolve by chance? (Photos by G.A. Belluche Jr. and Hal Finch)

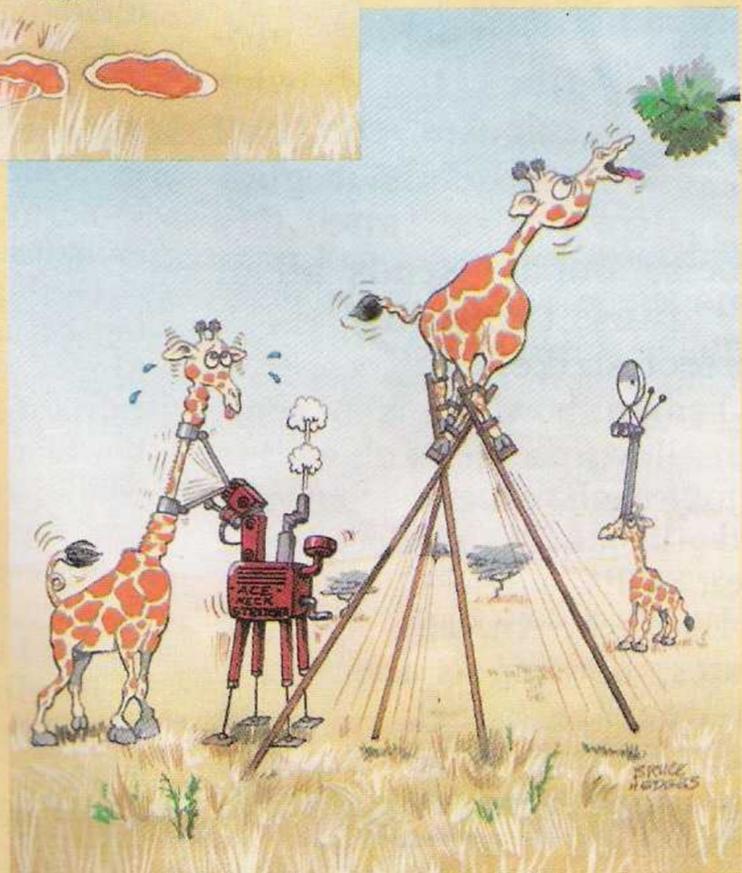
(see Genesis 1:24-25). It has been adapted to its environment all along.

The amazing giraffe towers above the theory of evolution. It is a strong witness to divine creation. There is an indisputable Intelligence behind its design. That Intelligence is God, who made the earth and every creature on it! □



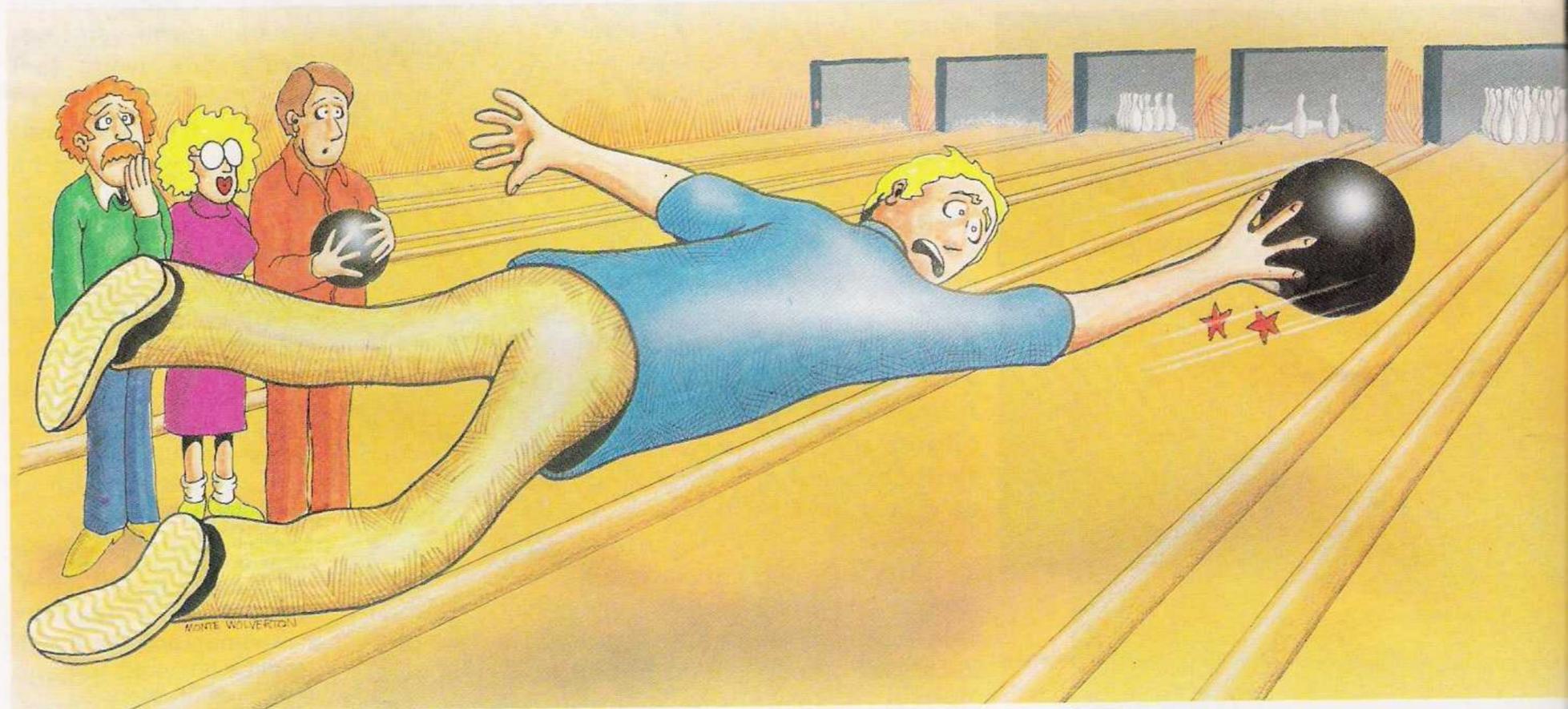
A giraffe's long legs and long neck pose a problem when it gets thirsty. (That is, if it doesn't have a straw!) If a proto-giraffe had not yet "evolved" some of the ingenious features that protect it from a stroke, the first time it stooped for a drink would have been its last!

Could giraffes have "discovered" by trial and error that camouflaging themselves with spots would help protect them from predators (above)? Do you think giraffes would have survived very long without equipment like a long neck, enabling them to reach food high in the treetops and see potential enemies approaching (right)?



Illustrations by Bruce Hedges

Bowling: It's Right Up You



By Ron Toth

With fluid motions the bowler releases the ball and sends it gliding down the lane. Its precise impact sends all of the pins tumbling — a perfect strike!

Tenpin bowling is a sport that allows people of all ages to enjoy each other's company and the thrill of developing their skills.

In fact, in the United States, bowling is the No. 1 all-weather sport — with about 60 million bowlers rolling more than two billion games each year.

Bowling is a game that blends skill, timing, coordination and

concentration. It looks so easy — you have two chances to knock down 10 pins — but how challenging and frustrating it sometimes becomes!

The sport is quite old. Evidence of the game has been found in ancient Egypt and forms of bowling were played by the Romans.

During the Middle Ages, bowling became so popular that many kings had it outlawed. King Edward III of England prohibited bowling for a time because men would rather bowl than go to archery practice. Archery was considered more important for the defense of the nation, but the men enjoyed bowling much more.

Bowling became so popular that, according to tradition, Sir Francis Drake would not go to battle against the Spanish Armada until he had finished his game!

The Dutch brought bowling to

the United States in the 1600s. They used nine pins set in the shape of a diamond.

In 1841 the state of Connecticut prohibited bowling at nine pins because it had become associated with betting. The story goes that in order to continue to bowl without breaking the law, someone added another pin, put the pins in the shape of a triangle, and thus tenpin bowling was formed.

In 1895 the American Bowling Congress (ABC) came into being. Now the world's largest sports participation organization, the ABC standardized the rules and equipment and the modern form of tenpin bowling has remained the same ever since. Bowling with 10 pins is now played throughout the world.

Bowling is easy to learn, and it doesn't cost much money. Most often two people can bowl three games each for under \$10. If you

r Alley

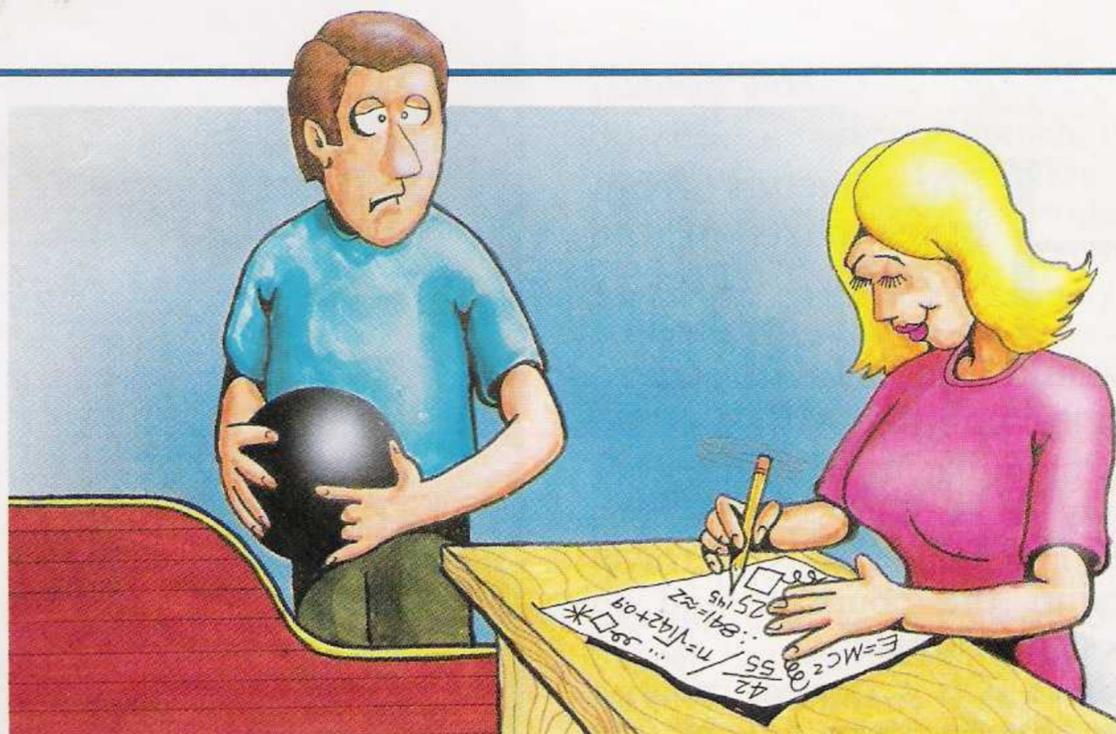
only bowl once in a while you can go down to the alley, rent your shoes and use a house ball. If you plan to bowl to master the game, then you should consider investing the money to buy yourself a ball and shoes. But for most weekend bowlers, the bowling alley will supply everything you need.

It's one thing to go to the bowling alley and throw the ball and knock down pins; it's another to develop your bowling skill. It's better to learn how to bowl right the first time than to have to unlearn bad habits later on.

Most bowling alleys give free instructions to beginners. They will teach you how to bowl the correct way, along with proper bowling etiquette. This will give you a firm foundation.

Once you have the foundation laid, not only will you bowl better, but you'll also enjoy the game more as well.

Bowling is exciting and challenging, and a lot of fun. Try it — bowling might be right up your alley! □



Adding It All Up

Keeping track of your bowling score may be easier than you think. A game of bowling consists of 10 parts, called frames. Both a frame score and a running total are recorded on the score sheet.

In a frame, each player has two chances to knock down 10 pins. Each pin knocked over counts a point.

If you knock down all 10 pins with your first ball, it's called a strike. If it takes you two chances to knock down all the pins, it's called a spare. If you fail to knock down all the pins, it's called a miss or open.

Let's look at an example game recorded on the score sheet below.

In the first frame Jim knocked over seven pins with the first ball and two pins with the second ball. This gives him a score of 9 points for the first frame.

In the second frame, the first ball took out nine pins and the second ball picked off the remaining one, giving Jim a spare (marked with a "/"). Spares entitle you to a bonus, allowing you to count the 10

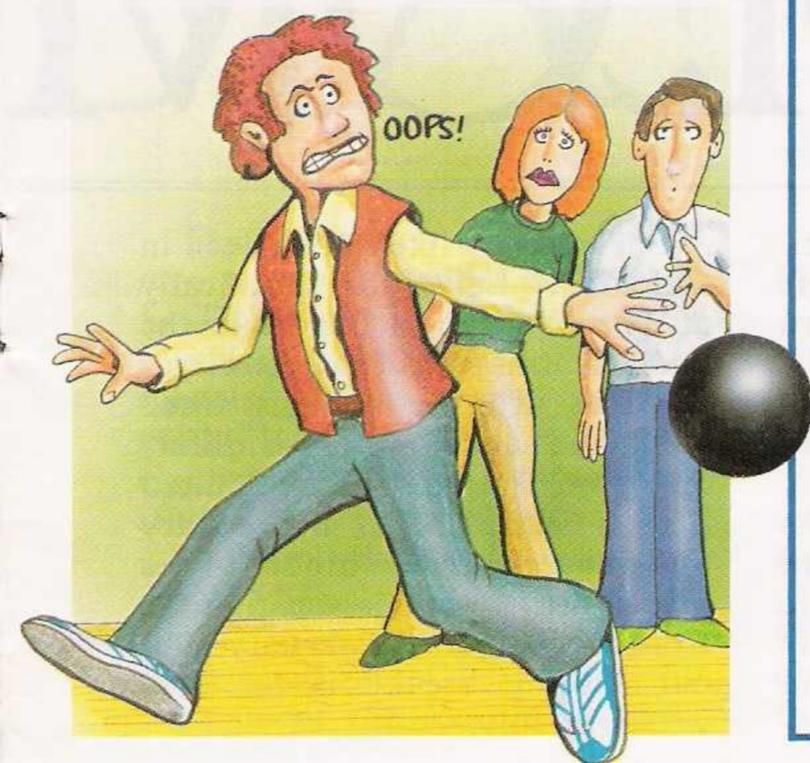
pins you knocked over to get the spare plus the number of pins you knock over with the next ball.

Since Jim's first ball of frame three knocked over all the pins (a strike is marked by an "X"), this means you add the 10 pins for the spare and the 10 pins for the next ball and get 20. Add this to the 9 points from frame one and you have the running total in frame two of 29.

Since Jim had a strike in frame three, he didn't need to throw a second ball, but he did get a bonus. While the spare allows you to add the points of the next ball, a strike lets you add on the next two throws. Jim threw two balls in frame four, knocking down a total of eight pins. These 8 points are added as a bonus to the 10 pins knocked over in frame three for a total of 18. To get the running score as of frame three, add $18 + 29$ to get 47.

See if you can figure out how the rest of the frames were scored. If you have any problems at a bowling alley, you can always ask for help. □

	72	9/	X	62	9-	9/	9/	7/	9/XXB	
JIM	9	29	47	55	64	83	100	119	139	167



By Millie Gonzalez

Hola, friends from other parts of the world! (That's Spanish for hello.) I would like to invite you to visit Colombia with me.

Colombia is a country of many faces. The scenery constantly changes as you travel around the country, and so does the climate!

Since it is a tropical country, the climate does not mainly depend on the seasons of the year, but on the altitude of the area you are in. Because of the high, rugged mountains, there is great variety in the weather from one part of the country to another.

Bogota, the capital and largest city of Colombia, sits on a plateau more than a mile and a half above sea level! It's about 8,660 feet or 2,640 meters high.

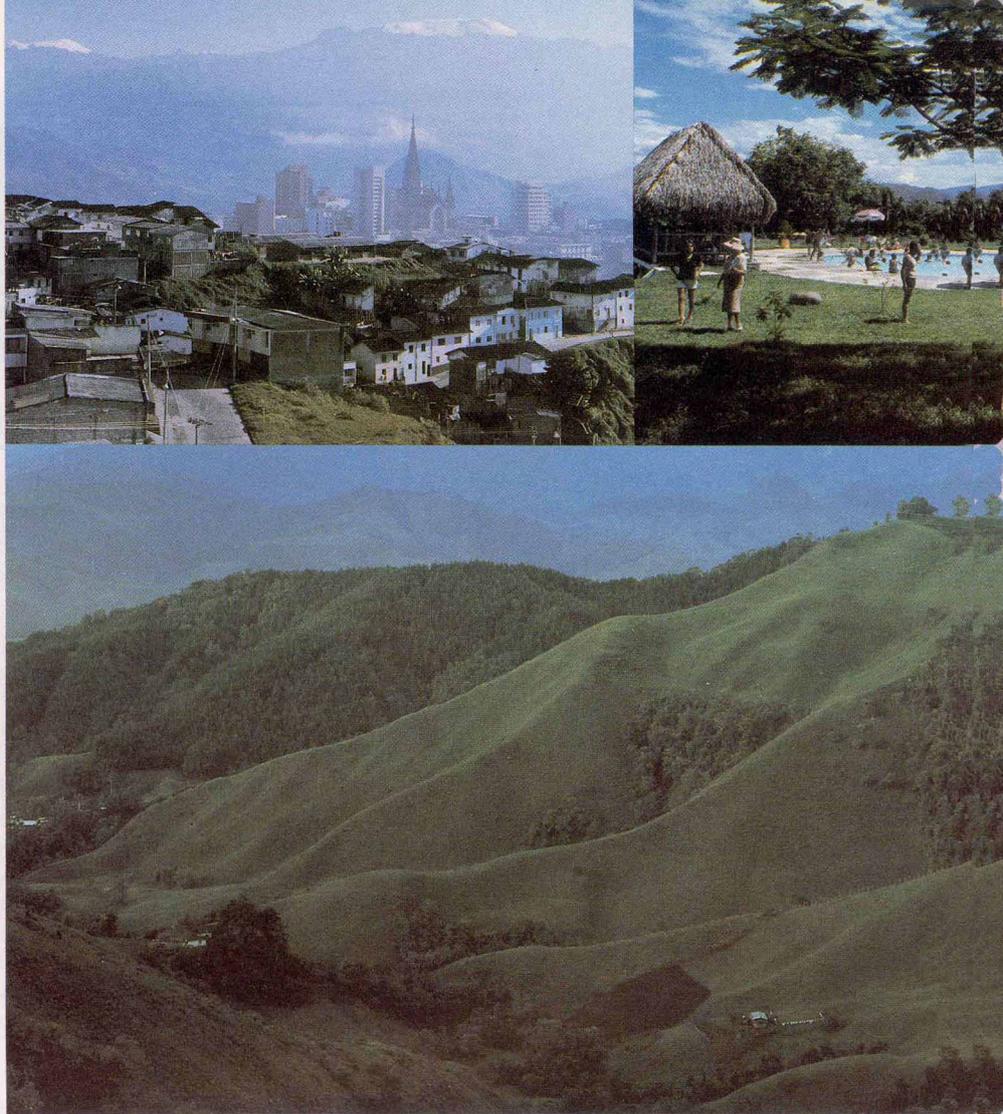
And so, in spite of being near the equator, Bogota could be called the "land of eternal winter." (Actually, temperatures average about 58 degrees Fahrenheit or 14 degrees Celsius, but compared with the rest of the country, this is definitely the cold zone!)

The mountains also provide ideal conditions for growing coffee, helping make Colombia the second largest coffee producer in the world. Coffee has traditionally been the largest export and so the ups and downs in world coffee prices have had major effects in Colombia.

What do you think of when somebody mentions Colombia? Do you picture it as some exotic unexplored area, with primitive Indians living in straw huts? Or do you think of coffee plantations and high mountains? Or what about the beautiful tropical coastline along the Caribbean?

All of these are part of this country of great contrasts. There are indeed primitive tribes of Indians living in unexplored areas of the Colombian Amazon region and in the forests along the Pacific coast.

But there are also modern



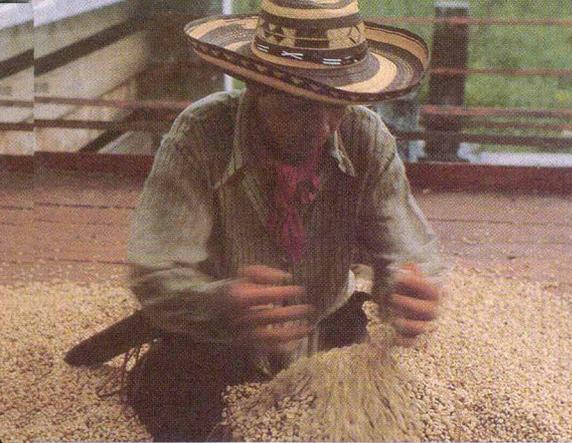
What's It Like to Be a COLOM

cities like Medellin, Cali, Manizales and many others where life goes on as in any other Western nation. In Bogota, for example, there are more than 30 universities and colleges, many with very high academic standards.

There are also great contrasts economically and socially. In some cities you will see severe poverty and also elegant private clubs and country clubs rivaling any in the United States.

So, what's it like to be a teen in Colombia? Let's look specifically at what it's like in Bogota in the north central part of the country.

What are the schools like? Well, the school system is different from the one in the United States. Classes begin in February and end in November. This means our "summer vacation" is from December to February, and our "spring break" is for four weeks in July.



Clockwise from lower left: Cattle ranches in the central range of the Andes mountains, near Manizales (upper left); Melgar, a popular vacation spot; turning the coffee beans so they dry evenly; scenes in and near Bogota. (Photos by Keith Speaks, Jesus E. Prieto and, upper left and right and lower left, courtesy Trujicolor Manizales, Colombia)



years of psychology, six years of Spanish, two years of French, two years of ethics, two years of religion, a class about Colombian society, two years of algebra, geometry, trigonometry, analytic geometry and calculus.

Not all of a teenager's time is spent going to school, although a great majority *is* spent doing homework and studying for finals. Some of the activities that teens enjoy in their spare time are bowling, movies and ice-skating. Soccer is the national sport and Bogota has many open areas where teens get together to play the game.

Hot chocolate and arepas (cornmeal cakes) are popular after-school snacks. Pizza is also popular among teens in Colombia.

Hikes up in the mountains are also popular and so are sight-seeing tours to museums and other places of historical significance.

Movies are fairly inexpensive (less than one U.S. dollar), so many teens spend time at the theaters. Even though prices are lower than in the United States, coming up with the money can be

difficult for many Colombian teens because summer jobs are generally not available. Only a select few teens can work.

Bogota is fairly cool all year round, but other cities at different elevations have different climates. For example, Medellin, the textile capital of Colombia, is called the "city of eternal spring," and Barranquilla on the Caribbean coast could be called the "land of eternal summer." Teens living in Bogota like to

travel to warm places during their vacations.

I hope you've enjoyed this brief visit to Colombia. There's so much more to tell, but it's time now to say *Adios!* □

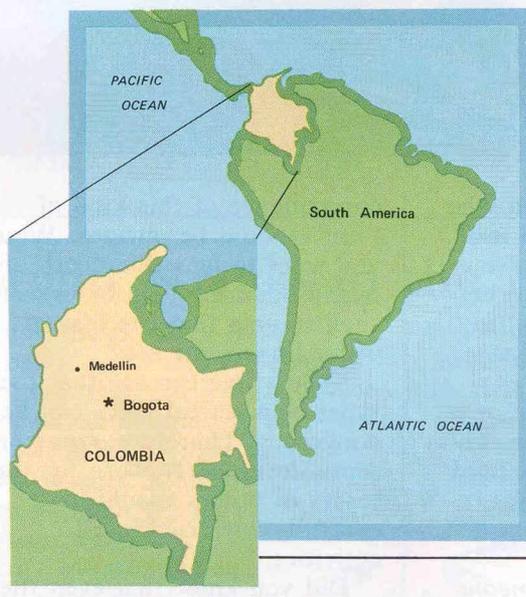
Teen in BIA?

The elementary school is called *primaria* and includes grades 1 to 5. Then comes *bachillerato*, a combination of middle and high schools, which is split into six grade levels. This means that Colombian students only end up studying 11 years instead of 12.

But don't think that means it is easy! The class load is heavy, similar to university class loads in the United States.

Some of the required courses

during the six years of *bachillerato* include: Colombian and world geography, two years of biology, Colombian history, two years of chemistry, two years of physics, two years of philosophy, two



Map by Greg Sandilands

News & Reviews

Are You an Impractical Joker?

Do you enjoy pulling gags on your friends or classmates? Or are you often the brunt of these practical jokes?

While most pranks are innocent and harmless, some can be carried too far and result in permanent injury.

That's what we want to look at briefly — the need to exercise wisdom when engaging in fun and games with your friends.

Let's consider a few examples of the types of tricks that are dangerous:

Pulling a chair from under someone who's sitting down. This may be humorous to the person playing the trick, but would you want to be responsible for a broken arm or injuring someone's spine for life?

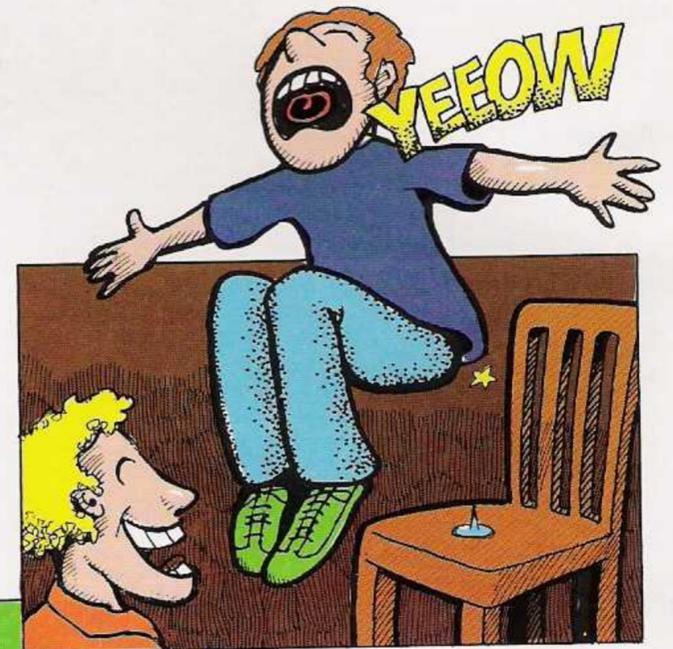
Placing a tack on someone's seat. Seemingly an innocent joke, but again would you want to inflict hurt, pain or tears just for kicks? I know a person who still has a chunk of pencil lead embedded in his hip because a prankster thought it would be funny if he placed a pencil in this fellow's chair as he was sitting down.

Throwing a piece of ice or a hard snowball at someone. This can be most dangerous. A hard piece of ice can lacerate the skin, injure an eye or cause a concussion.

Throwing a ball at someone who is not looking and telling him to catch. Again, this joke may seem harmless, but should the ball hit the person in the face it could loosen his teeth or break his nose.

Tossing a firecracker at someone. Such a prank could produce permanent damage by bursting an eardrum, destroying an eye, mutilating or burning someone's face.

Throwing a person in a pool who can't swim or holding someone's head under water. The



arrows, so is he who deceives his neighbour, and then says it was in fun."

These verses describe the person who derives pleasure from hurting others or using them as a brunt of embarrassing or painful tricks. For a certainty, he's not loving his neighbor as himself (Matthew 22:39).

So in games, frolic and fun, be careful not to go beyond

certain limits. Think twice and discipline yourself! Don't be the cause of a dreadful injury to a friend! — By Richard Rice □

The 'Convenient Listening' Syndrome

Have you been exposed to the "convenient listening" syndrome?

The major symptom is a feeling that someone isn't really listening to what you're saying. In fact, it's a little like talking to a wall! Your friend might nod reassuringly, but

consequence of this kind of "fun" should be obvious. Would you want to have the death of a friend haunting you, or to cause such trauma that the fear of water lingers for life?

Clearly, we can see that these types of practical jokes can be dangerous. Therefore, common sense, love and concern for the safety of others should be carefully exercised in all activities.

Did you know that even the Bible speaks against the practice of playing dangerous practical jokes? This admonition is found in Proverbs 26:18-19 (Moffatt translation): "Like a lunatic who lets fly deadly brands and

it's easy to see that his or her mind is many miles away. Perhaps you are, on occasion, an offender too.

Why don't we listen to each other? Often it's because we're so wrapped up in thoughts about ourselves and things that are happening to us. It's not that we mean to ignore the other person!

Here are some tips to help you become a better listener:

Listening takes *concentration*. Keep looking at the speaker. If you lose your focus, it's easy to drift off to daydream land.

Second, respond in a way that shows you think the speaker's ideas are important. But don't let your own thoughts get so carried away that you can't wait to let them out. Interrupting is not a quality of a good listener!

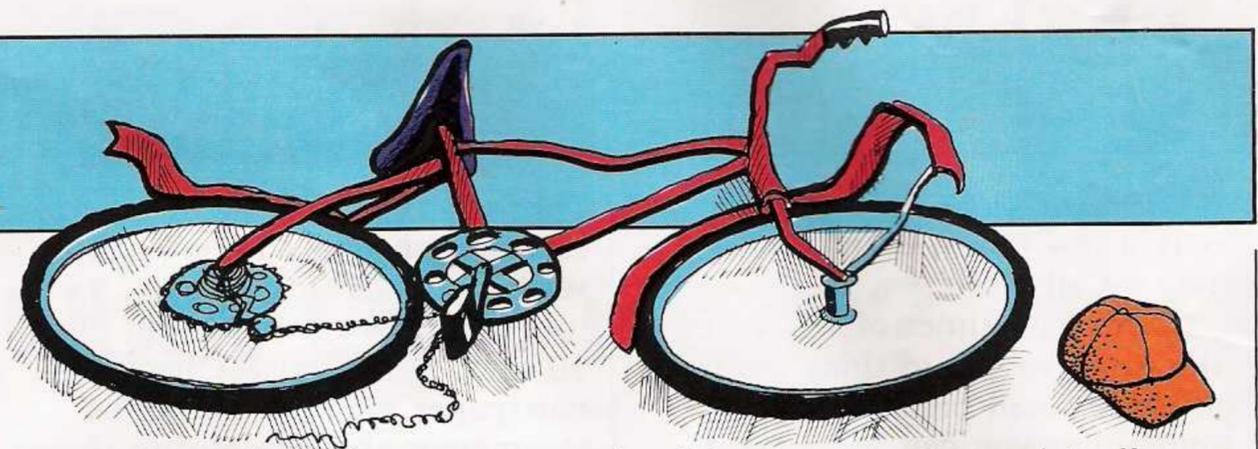
Do you allow your friend



to search for the right words in the middle of a thought? We humans jump at every chance the person speaking gives us to talk about ourselves. This isn't listening — it's competing for air time.

If you have been guilty of the "convenient listening" syndrome, make it a goal to become a considerate listener. If you do, you are more likely to receive the same consideration in return.

— By Debbie Burbach □



Proverbs for Today: Wisdom Cries Out

"I know better," I said to myself as the friend who was riding on the back fender of my bicycle begged to be let off before we started down a long, steep hill.

"I know better," I thought. "He thinks he will fall off and get hurt, but I know he won't."

But he did!

And, that night, while I spoke to my friend on the telephone from his hospital room where he lay, dizzy, vomiting blood and in pain with a fractured skull, I dearly wished that I had listened to his pleading in my ear and had let him off the bike as he had asked.

Good advice is many times a lot like my friend's pleadings in my ear — that is, it is not hard to find; it is simply hard to act on. In fact, good advice — wise

advice — sometimes virtually inundates teenagers, from their parents or their teachers or their minister.

That's why Solomon said, "Wisdom crieth without; she uttereth her voice in the streets: She crieth in the chief place of concourse, in the openings of the gates: in the city she uttereth her words" (Proverbs 1:20-21).

Yes, sometimes good advice is all around you — whispering in your ear. The test of a wise young person, however, is not whether he has heard good advice, but whether he takes it.

My friend long ago recovered from his fractured skull. The incident has all but been forgotten. But I never want to forget the lesson of listening to good advice when I hear it.

There was a time when I neglected good advice when it whispered in my ear, but no more. Now, I really *do* know better! — By Bernie Schnippert □

Schnippert □

Bright Streaks in the Night Sky

Watch the sky on a clear, moonless night and the chances are good that you will see a few meteors, sometimes called "shooting stars." Bits of stone usually no larger than an apple seed, meteors enter the earth's atmosphere at nearly 100 times the speed of a bullet.

After entering the atmosphere, a meteor is heated by friction to the point that it flashes brilliantly. If it is small, it will burn up before

reaching the earth's surface. If large, a remnant may survive to strike the earth's surface



as a "meteorite."

About 25 million meteors, bright enough to be seen at night, occur every 24 hours over the entire earth, although you might see

(Continued on page 22)

News & Reviews

(Continued from page 21)
only a few dozen even if you stay up all night.

At certain times of the year the earth runs into thick swarms of these small particles and sometimes you can see several flashes a minute. This is known as a meteor shower.

In the Northern Hemisphere, especially bright showers can be seen each year around Oct. 19 to 23 in the east and about Dec. 10 to 13 in the east. Check your newspaper for information on the meteor showers during these times of the year. — *By Richard A. Sedliacik* □

Therefore, information from one side of the body reaches the opposite hemisphere sooner than it reaches the hemisphere on the same side!

So for a right-handed person, the dominant hemisphere would be on the left side while for a left-handed person, the dominant hemisphere would be on the right side.

However, this does not apply to everyone. A few people have what is known as inverted handwriting. In this case, the dominant hemisphere is on the same side as the hand used for writing.

There is, however, another way to figure out which hemisphere is the dominant hemisphere.

If a right-handed person is looking at a picture, his eyes will shift from the right to the left because the right or minor or creative hemisphere is being used more.

If a right-handed person is working on a math problem, however, his eyes will shift from left to right, because the left or dominant or arithmetic hemisphere is being used more. The same principles apply, in reverse, for the left-handed person.

So try these tests on yourself to find out what "mind" you're in. About 19 of every 20 people are right-handed. If you're left-handed, consider yourself lucky — at least you're in your right mind! — *By Debbie*

Yavelak □



Are You in Your Right Mind?

Have you ever wondered whether you're "in your right mind"? Especially as you're about to do something crazy, like tell the 8-foot-tall, 300-pound school bully to get lost?

Well, all kidding aside, there is a way you can find out whether you are in your right — or your left — mind!

As you probably know, the brain is divided into two halves called hemispheres, the right and the left. They are connected down the middle by a nerve track called the corpus callosum that contains 200 million nerve fibers. Each hemisphere performs opposite yet complementary functions of the same task. When they are combined by the corpus callosum, they make up a normal human brain.

Research has shown that one hemisphere is the dominant hemisphere while the other is the minor hemisphere. The dominant

hemisphere is responsible for our verbal understanding of language, math, science and logic. The minor hemisphere is responsible for our nonverbal understanding of concepts and ideas, our perception and our appreciation and enjoyment of art and imagination.

But how do you know which hemisphere is which? Well, first of all, each hemisphere controls the opposite side of the body. For example, the right hemisphere controls the left side of the body while the left hemisphere controls the right side of the body.

FRISBEE'S FRIENDS



BY CAROL SPRINGER



Teen Bible Study

Why Obey God Today?

Prepared by Richard A. Sedliacik

Youth is a time to enjoy yourself, but it is also a time when you begin to plant the seeds of success or failure. These are the years when choices can be especially critical to future success and happiness.

How can you avoid making decisions that lead to unhappiness, frustration and disappointment? What can you be doing today to prepare for a happy and productive life both now and in the future?

Before reading further, be sure to get your Bible and a pen or pencil. Look up and read each scripture reference given in answer to the questions. And why not write out each scripture as the kings of ancient Israel were instructed to do (Deuteronomy 17:18-20)? This will help you remember the important concepts you will be studying.

1. How did the apostle Paul describe the time in which we are now living? II Timothy 3:1-4.

The conditions in today's perilous, lawless and pleasure-seeking society were prophesied more than 1,900 years ago. We are constantly reminded of the slums, decay, disease, sorrow, anguish and crime that run rampant in the world today.

People of all ages, especially in the Western world, seek the temporary and fleeting thrills that do not result in lasting happiness. Millions end up suffering from the harmful effects of tobacco, alcohol and drugs. Venereal disease is a growing health problem that afflicts hundreds of thousands of young people in the United States and around the world.

2. Why do some people live happy and productive lives while others suffer frustration and sorrow? Galatians 6:7-8.

There is a cause for every effect! Decisions you make today can lead to

success and happiness, or to frustration and heartache in the years to come.

3. Young people naturally desire to enjoy themselves. But is God concerned about how they go about it? Ecclesiastes 11:9-10. What should a person begin doing early in life? Ecclesiastes 12:1.

King Solomon, known for the great wisdom and understanding God gave him (I Kings 3:5-13, 4:29-31), instructs young people to remember the God who created the vast universe and all that it contains. Besides acknowledging that He exists, remembering God also means being thankful to Him for your existence, for your parents and for the material things you enjoy.

4. What does God promise those who do remember Him and strive to please Him? Proverbs 3:1-6. Does God promise to bless those who earnestly seek Him and desire to obey His law? Psalms 119:2, 34:7-10, 112:1-3, I John 3:22. Will He even grant the desires of our hearts if they are good for us? Psalms 37:3-4.

God wants us to live successful, happy lives — to enjoy good health, a challenging career, a beautiful marriage and happy children. He promises blessings and special protection to those who seek to do His will and keep His commandments!

5. Are various Bible examples preserved for us so that we can see the end results of both obedience and disobedience to God? I Corinthians 10:6, 11. How can we learn from these scriptures? Same verses and II Timothy 3:16.

6. What did God offer the people of ancient Israel if they would obey His commandments? Leviticus 26:3-13. And what would they bring upon themselves for disobedience? Verses 14-20. (Read verses 21-39 for additional



Why is it important to obey God now, in our modern world? (Photo by Nathan Faulkner)

Teen Bible Study

details.) Did God leave it to the people to choose the way of life they would pursue? Deuteronomy 11:26-28, 30:19-20.

God commanded the people of ancient Israel to choose the blessings that would come from obedience to Him. But Israel chose to disobey God. The people, therefore, suffered from terrible troubles including wars, famine, diseases, and were eventually taken captive just as God warned them. Their suffering resulted from the choice to follow their own ways, rather than obey God.

7. What did God warn Adam and Eve? Genesis 2:16-17. What choice did they make? Chapter 3:6. What was the result of their disobedience? Verses 16-19, 23-24.

Adam and Eve were driven out of the Garden of Eden because they chose not to obey God! They came under a curse for their disobedience to God and their lives became difficult and unhappy.

8. Why was Abraham blessed greatly by God? Genesis 22:15-18, 26:3-5.

Abraham obeyed God's laws and taught his son Isaac to obey them too (Genesis 18:19). God, therefore, prospered him and made promises of national greatness to him and his descendants.

9. Were Daniel and his three friends given positions of great responsibility because of their obedience and trust in God? Read Daniel 1, especially verses 19-20. Also notice chapter 2:48-49. Did God protect them from harm? Daniel 3:14-28, 6:16-23.

Sometimes it is not easy to obey God as these four men discovered. But they chose to obey God regardless of the consequences. They knew that obeying God was the most important thing in life!

10. Why did God select David to replace Saul as king of Israel? Acts 13:21-22. What did David do every day? Psalms 119:97. Why? Verses 98-100. Did David learn about God and begin to obey Him as a youth? Psalms 71:17.

David often thought about God's commandments and how to apply them in his daily life. His basic motivation and intent in life was to serve and obey God.

11. How did David respond to and view God's law when he was older? Psalms 119:60, 101-105. Will David be king over Israel in the world tomorrow? I Chronicles 28:4, Ezekiel 37:24-25.

12. Did King David instruct his son Solomon

to keep the commandments of God? I Kings 2:1-3. Why? Last part of verse 3.

13. Did King Josiah — a descendant of David — and the people of Judah make a covenant to keep the commandments of God? II Kings 23:1-3. What reforms did his zeal for God's way lead him to accomplish when he was just 20 years of age? II Chronicles 34:1-7.

Josiah became king when he was only 8 years old. At age 16 he began to develop a burning desire to follow the example set by his ancestor David. He began to seek and obey God with all his might!

14. Is it God's will for us to keep His commandments today? I John 5:3. How are they described? Romans 7:12.

15. Did Jesus Christ set an example of keeping God's commandments? John 15:10. Did He clearly show that we are to keep the Ten Commandments? Matthew 19:16-19. What kind of life does Christ want us to experience? John 10:10, second part of the verse, III John 2.

Jesus Christ came to earth about 2,000 years ago to show mankind how to live life to the full. God wants everyone to follow the way that leads to happiness, abundance and eternal life!

If people everywhere obeyed God's laws, there would be no war, no unhappy families, no divorce, crime, violence or stealing. People would be honest and concerned for each other's welfare and property.

16. What did Solomon conclude is the whole duty of man, whether young or old? Ecclesiastes 12:13-14.

We have seen that it is extremely important to remember God while one is young — to begin learning and following the ways that will lead to an abundant, happy life both now and in the future.

Why not take that first step? Start obeying God now — no matter what obstacles are in your way. It will take effort on your part, but keep trying, and God will back you all the way.

God wants you to have all the benefits that come from following His wonderful way of life. And you will have a head start over those today who don't know or don't care about God's way. You will be recapturing true values and building lasting character by living the way that will soon be the standard of society in the world tomorrow! □

Dear Youth 82,



Q. I'm 13 years old in about a week. A real cute boy in school asked me to a movie, but my parents say no — that I'm too young to date. I don't see how dating this boy can hurt anything. What do you think?

A. Parents and teens often disagree about the best age to start dating. Ever wonder why? The reason is that parents and teens look at dating differently. Teens view dating simply as a chance to have fun at some activity in the company of someone of the opposite sex. Parents view dating as a complex social relationship, accompanied by emotions and physical pulls that require a great amount of maturity to be handled properly.

To be frank, the parents' view is the more realistic one. Being alone with another young person on a date is much different than a little boy and girl building sand castles together on the beach while their parents watch from nearby. With the new-found emotion of sexual awareness does not automatically come either the knowledge or character to properly channel those feelings.

To gain the proper knowledge, a young teenager must learn by reading and listening to his parents. Character also comes with time.

When each individual teen should begin to date is a decision that should be left to parents who have good judgment based on an understanding of the human mind as explained in the Bible. Perhaps the age will vary for each individual, but pre-high school graduate teens usually profit

more from group dating or social events than pairing off by themselves at unsupervised activities.

Q. I know that the Bible says that we should honor our father and mother, but I have a problem. I do not know and have never known my father. How can I honor him?

A. A lot of young people face the same situation you face. Because of divorce or death, many teenagers grow up in one-parent families. The key is to honor the parent you do know, and don't worry about what is beyond your control.

The command for you to honor your parents (Exodus 20:12) is not merely for their benefit (so that they'll receive obedience from their children), but also for yours. It is intended to teach you respect for all types of authority. We can learn that lesson if we honor teachers and others in authority.

Of course, God is our spiritual Father, and we can always honor Him even if we don't have any physical parents! The point is that if we learn to respect authority in general, we are doing our best to keep this command and can reap the blessings from obedience.

Q. I picked up a copy of *Youth 82* at a friend's home and skimmed over a few articles. Frankly, I think a lot of what you say is baloney. You don't let kids have any fun. I date who I want, when I want and I do what I want on a date. Drugs, sex, whatever — I have any kind of fun I want and stay out as late as I want at night. My parents

couldn't care less, and they're glad that I'm having fun.

A. We're sad that your parents don't care, but we do, and so does God. Since we care, we'll be frank.

Ministers earn their salary by counseling people like you who have unfortunately reaped the havoc and heartache that your life-style brings upon a person. People like you do what they want when they are young, then come for help when the heartache and misery set in.

Unless you change your ways, some poor counselor will have his hands full trying to piece your life back together a few years from now. What a man sows, he reaps (Galatians 6:7). You are sowing agony and you will reap it, too (Proverbs 1:24-33). You cannot escape it unless you change.

We suggest you start now by subscribing to and thoroughly reading the articles in *Youth 82*. If you do, we know you'll be surprised by the practical, positive and fun way of life it teaches. Give it a try. □

Address your questions to: Dear Youth 82, 300 W. Green St., Pasadena, Calif., 91129. The answers were prepared by Bernie Schnippert, a minister of the Worldwide Church of God.



CLIMB FOR THE TOP

By Larry Dietrich

Breathing heavily in the thin mountain air, we stopped again to rest our weary legs. How much farther? Would we be able to make it all the way to the top of Mt. Whitney's 14,496 feet?

We've got to — this is the summer we've all been waiting for!

I remember thinking, so this is what the seven laws of success [described in the booklet of that name] are all about. And, believe me, we had to use all seven.

"Time to climb!" someone yelled. All 16 of us from the Long Beach, Calif., Boys' Backpacking Club fought the altitude that made our lungs crave oxygen.

I reflected on how we had first set the goal a year before to climb California's Mt. Whitney, the highest point in the continental United States. Then we had spent much of the year carefully planning and studying facts for our climb. Necessary permits were acquired nearly six months in advance.

We drew up checklists for everything from clothing to supplies. We also took increasingly difficult practice hikes to help prepare us for the big climb — Mt. Whitney.

Now, some of the younger boys were struggling with the nauseating altitude sickness. Got to keep them fired up. "Just think about

reaching the top!"

The trail snaked around a sharp bend that even in July was covered with patches of snow and ice. Then, there it was! Mt. Whitney's immense peak stood grandly before us. Surely we can



make it now. But only after another half hour of painful progress did we pass the sign that read: Mt. Whitney summit — 2 miles. Some of the hikers were slowing down.

My mind wandered back to two days ago. We were all smiles, our healthy bodies adjusting to the altitude and refreshed by the clear air and clean streams at our base camp.

This morning, though, after a fitful night's sleep in tents, we awoke light-headed and thirsty. Got to drive on — only two more miles to go!

We should be making better time, we thought. We carried only light snacks and water and wouldn't be able to eat a full meal

until we got back to camp.

So we encouraged the stragglers to try to walk faster and farther between stops. "Rest only long enough to catch your breath." With everyone prodding each other, perhaps we could overcome the headaches and weariness.

We had made it through yesterday, when we had had to crisscross swift, icy streams by stepping cautiously on treacherous snow bridges that spanned them. We had probed their firmness with walking sticks, but negative thoughts had kept creeping in: What if we fell through and plunged into the rushing water? What if we slipped on the steep slopes?

We had reminded ourselves, however, to ask God to protect us while we did our best to be cautious and safe.

Keep going — today we had to keep that thought constantly in mind. Suddenly we heard a cry above us, "Just a little farther and you'll have it made!"

Some of our group had already reached the top and were assuring the rest of us that we only had a few yards to go.

We made it! The exhilaration quickly diminished the pains and aches that tried so hard to discourage us along the way.

Seven men and nine boys (ages 11 to 17) had set out to climb a mountain — 16 men returned. We had conquered ourselves and achieved our goal! □

Cultured

(Continued from page 2)

“culture” in this world that is pure snobbery and vanity. But TRUE culture is based on God’s great law: “Thou shalt love thy neighbour as thyself” (Matthew 22:39). That part of culture and good manners that expresses concern for one’s neighbor in politeness, graciousness, pleasantness, smiles and service is true culture.

What about dress? Yes, one should dress according to the occasion, and also within reason — according to his pocketbook. On our Ambassador College campuses, during work hours, students dress in the proper work clothes for the job. During classes, they do not “dress up,” but men often come in shirt sleeves and open collars — yet clean, neat and orderly. For an evening function, they dress up in whatever is their best — and if they cannot afford better than they have, that’s quite all right.

But for a wedding or graduation exercises, they should dress properly — in the best they have. Is that being “stuck-up”? Never! Jesus gave a parable picturing the wedding between Himself and His Church. The king in this parable is God, and his son is Jesus Christ. Notice:

“And when the king came in to see the guests, he saw there a man which had not on a wedding garment: And he saith unto him, Friend, how camest thou in hither not having a wedding garment? And he was speechless. Then said the king to the servants, Bind him hand and foot, and take him away, and cast him into outer darkness” (Matthew 22:11-13).

The Bible teaches the principle of proper attire according to the occasion. Bodily apparel is also used in the Bible to symbolize character. There is a kind of pride that is NOT vanity, but rather concern for others and respect toward God. That kind of pride we should have. □

SMOKING

(Continued from page 6)

smoker’s life by more than an hour! If you smoke two packs a day, you shorten your life about a month every year!

It’s a terrible thing to be shackled to nicotine addiction, spending thousands of dollars on cigarettes.

So if you want to practice some real independent thinking and action, don’t smoke. If your friends insist you smoke to be part of their group, find some new friends.

In today’s prosmoking society, it’s not easy to buck the system. But it can be, and is, done! Educate yourself further on the dangers of smoking to help you resist peer pressure — write your country’s cancer or health organization for information about smoking. We also have some free booklets that can help you live a vigorous, happy life. If you’d like them free with no future obligation, write immediately for *Principles of Healthful Living* and the *Seven Laws of Success*. (See inside cover for addresses.)

If you want to see the real cigarette country — not the rugged landscape or mountain stream pictured in cigarette advertising — visit your local hospital’s cancer ward. Instead of finding slim, tanned men and women with cigarettes carefully positioned in their hands or mouths, you’ll see some discomfiting examples of disease brought about by wrong choice.

Make smoking your personal choice — don’t allow others to decide what’s best for you and intimidate you into developing a high risk habit. Weigh the facts and make your own decision. For the sake of your health and enjoyment of life: If you’re not smoking, don’t; if you’ve started, stop.

It takes courage and concentration to buck this world’s self-destructive ways — but you can do it! □

‘Still Alive..’

(Continued from page 7)

you were actually with the other person?

Be natural. Those letter-writing rules your English teacher raves about will help, but far more important is whether your concern for the other person and your willingness to share come across.

Once you start writing, be constant at it. Don’t slack off and don’t make the people you are writing to wait eons for replies. Send some word, if only enough to show that you are still alive, as I should have done for my friend. Answering promptly and writing often shows the other person that you think he or she is important.

Of course, when you write a letter, put some thought into it. Spend enough time with your message, however brief (your letter doesn’t have to be book length), to make it worthwhile.

Use simple language in your letters, and write in a friendly, positive tone, even though you may have some heavy things to say. Don’t write to impress but to say clearly what you want to say. Share yourself and your personality.

Before sending your letter, read it over and imagine how it would sound if you were receiving it. Is that the way you want to come across? But remember, it doesn’t have to be perfect — make sure you get it in the mail.

Why not look up the address of someone who hasn’t heard from you for a while and write a letter now? You may find yourself writing to a close relative or dear friend! The shock of receiving a letter from you probably won’t knock the person over (at least we hope not!), but it probably will make his or her day.

So you want to get more practice for your letter-writing skills? Why not send us a letter telling us what you think about this issue? The address is on page 25. □

'Hey, Mr. Goliath'

(Continued from page 29)

been in the army *since* he was a boy!"

But David persisted. "When I am taking care of my father's sheep," he said, "and a lion or a bear comes and grabs a lamb from the flock, I go after it with a club and take the lamb from its mouth... I have done this to both lions and bears, and I'll do it to this heathen Philistine too, for he has defied the armies of the living God! The Lord who saved me from the claws and teeth of the lion and bear will save me from this Philistine!"

Saul finally consented, "All right, go ahead," he said, "and may the Lord be with you!"

Then Saul gave David his own armor — a bronze helmet and a coat of mail. David put it on, strapped the sword over it, and took a step or two to see what it was like, for he had never worn such things before.

"I can hardly move!" he exclaimed, and took them off again. Then he picked up five smooth stones from a stream and put them in his shepherd's bag and, armed only with his shepherd's staff and sling, started across to Goliath. Goliath walked out toward David with his shield bearer ahead of him, sneering in contempt at [what he saw as a] nice little red-cheeked boy!

"Am I a dog," he roared at David, "that you come at me with a stick?" And he cursed David by the names of his gods. "Come over here and I'll give your flesh to the birds and wild animals," Goliath yelled.

David shouted in reply, "You come to me with a sword and a spear, but I come to you in the name of the Lord of the armies of heaven and of Israel — the very God whom you have defied. Today the Lord will conquer you and I will kill you and cut off your head; and then I will give the dead bodies of *your* men to the birds and wild animals, and the whole world will know that there is a God in Israel! And

Israel will learn that the Lord does not depend on weapons to fulfill His plans — He works without regard to human means! He will give you to us!"

He was saying in effect, "Don't you *ever* talk that way about the God of the universe, who has become a Friend to me. You'll see who's powerless! You're going to have a splitting headache in about 30 seconds! And you deserve it!"

As Goliath approached, David ran out to meet him and, reaching into his shepherd's bag, took out a stone, hurled it from his sling and hit the Philistine in the forehead. The stone sank in and the man fell on his face to the ground. So David conquered the Philistine giant with a sling and a stone. Since he had no sword, he ran over and pulled Goliath's from its sheath and killed him with it, and cut off his head. When the Philistines saw that their champion was dead, they turned and ran.

An example of courage

What an example of courage — and of standing up for what is right — David set for us today!

Are you facing a giant? One that seems 9-feet tall? We all face problems, temptations in the area of moral standards such as drinking, smoking, drugs, sexual immorality and so on. Some of us have to face "giants" such as fear of failure, fear of being hurt, moving to a new place, fear of being different or even fear of people.

We all have our problems. Chances are you've already bumped into one of these giants this week. Is the intimidation reaching unbearable proportions? Do your ears ache from their threats? Don't run and don't try a bigger club either. Remember David's example of faith in God!

God does not promise us an easy time during our life in this world. But He does promise to fight our battles for us — to deliver us from every trouble and affliction. God has promised to deliver us out of them *all* (read Psalms 34:19). Why not be like David? Let God be your giant-killer! □

All Set To Eat!

(Continued from page 9)

butter plate is placed above the forks with a butter knife placed across it.

Napkins are placed either to the left of the forks with open edges facing the plate and edge of the table, or in the center of the cover on the dinner plate.

Just before the meal, fill water glasses, place hot pads and hot foods on the table. If you are serving catsup, pickles or any other food from a jar or can, transfer it to a serving dish before placing on the table — you'll have a few more dishes to wash, but a good-looking table is worth it. Exceptions to this rule would be when you are setting up a picnic or barbecue.

To set a buffet table, place the main dish and dinner plate at the head of the table, followed by the vegetables, salad and condiments. The flatware and napkins should be last. Beverages may be served on a separate table or on the buffet. Dessert can be set out in front of the beverages on the buffet line, or brought out later.

Finishing touches

To finish off the table, you may want a centerpiece. The name is misleading because it can be placed in the center of the table or the side or end, depending on where it is needed and where it looks best.

A centerpiece should allow eye contact across the table. It should be in scale with the table and dining room size and should complement the table setting and menu. If you use candles, they should be long and tapered, or very short. Candles at eye level are distracting. Women's home magazines are good sources of ideas for centerpieces.

While you won't put the same amount of effort into the setting for every meal, try to make every meal you eat pleasing to the eyes as well as the taste buds. Use creativity and good ideas from other sources to upgrade the quality of your meals. □

BY THE WAY...

'Hey, Mr. Goliath. David Here'

By Dexter H. Faulkner

All of us at some time in our lives have either read or had read to us the biblical story of David and Goliath.

As a young man growing up on a dairy farm, I used to ponder and try to visualize, while doing my early morning chores, what took place between David and Goliath. Faced with problems of my own (which at that time seemed like 9-foot giants) I would ask myself how David was able to face and conquer that giant Goliath.

Goliath always reminded me of the huge cross-eyed javelin thrower I once saw at a school track meet. He didn't set any records — but he sure kept the crowd wide awake!

Bloodcurdling threats

For 40 days and nights Goliath stomped along the slopes of the Valley of Elah throwing out his bloodcurdling threats and shouting blasphemies across the creek with a bass voice like a 1,000-watt speaker system at infinity.

He was not only ugly, he was huge, well over 9-feet tall in his stocking feet. His sandals must have been big enough to use as surfboards. His armor included a bronze coat of mail probably weighing 200 pounds, a solid-iron spear (the head

alone weighed 25 pounds) and a big bronze helmet and shield.

Goliath was the pride of the Philistines, their champion, and if you didn't believe it, all you had to do was ask him or anyone in King Saul's army (that is if you could find them).

The camp of the Israelites sat paralyzed in their tents. The only noise heard from the Israelite troops was the chattering of teeth and the knocking of knees — in unison. The Israelites were scared to death!

Goliath was very successful with his basic strategy of intimidation. His threats boomed across the valley producing the desired result — great fear. The inspired record found in I Samuel 17 informs us that Goliath was running the show for 40 long days. The dawn of that 41st day, however, was the beginning of the end for the giant from Gath.

An innocent errand

Just a few miles away a handsome, muscular teenager — the runt in a family of eight boys — was sent on an errand

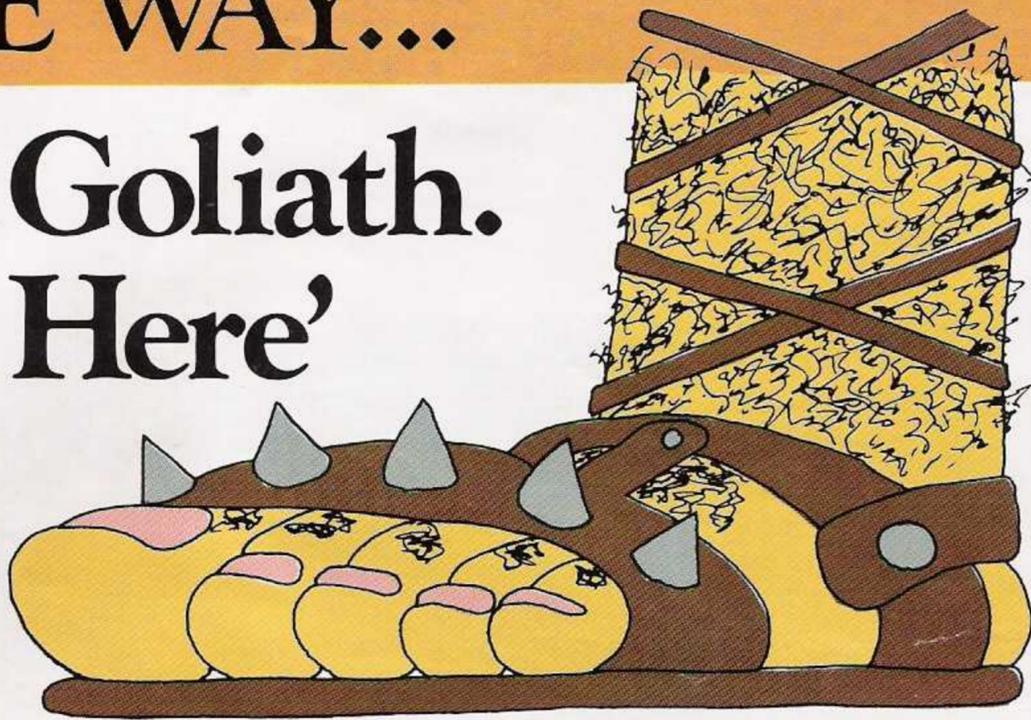
by his father. That innocent errand proved to be an event that would go down in history as a living example for all of us.

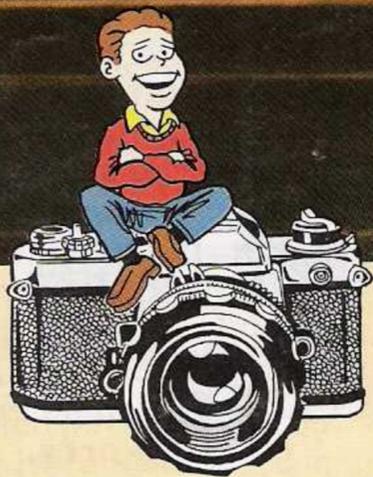
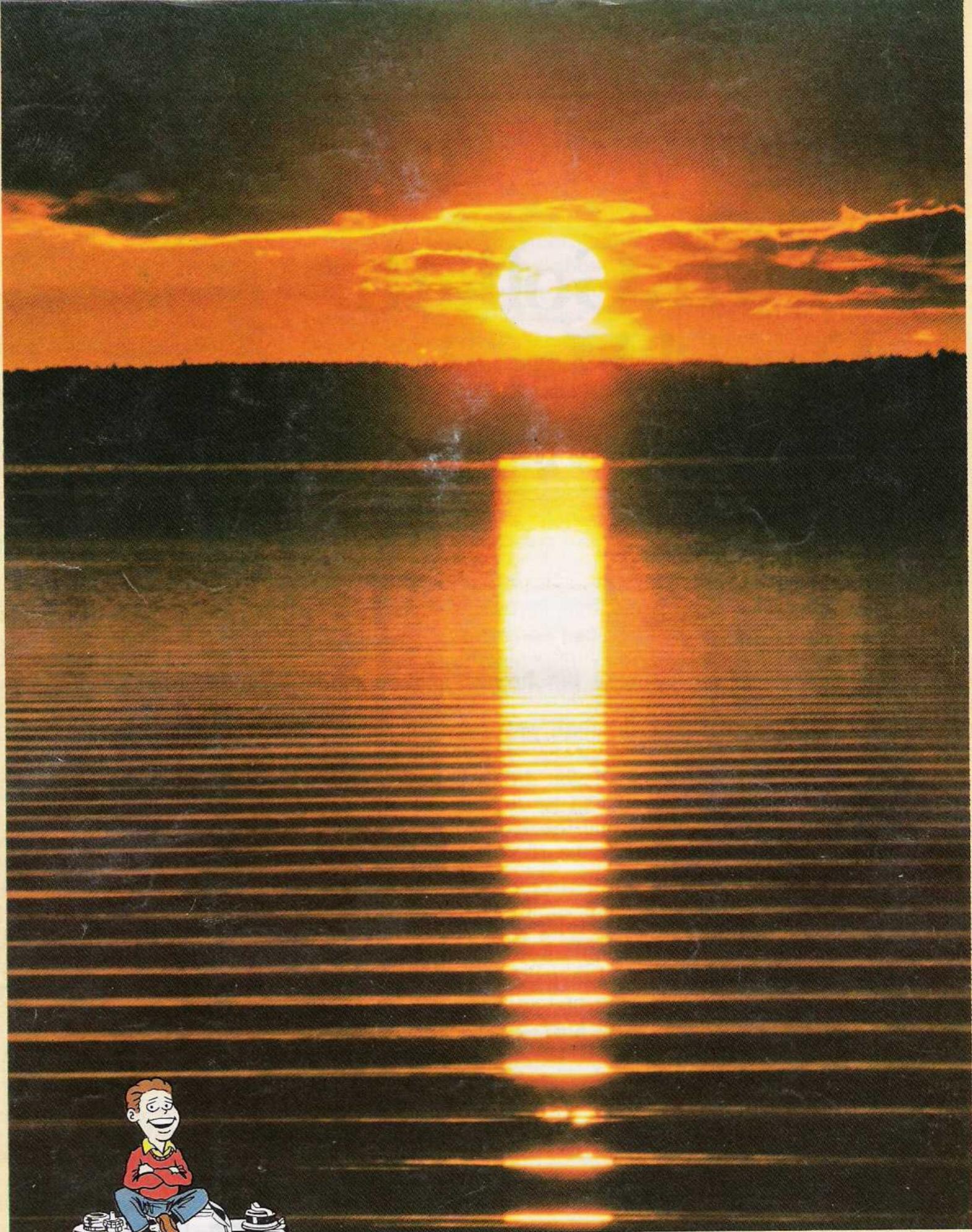
You might say David was "fresh in from the farm," yet he had an awesome respect for God. David stopped and stared in disbelief when he reached the battleground. For a young man whose courage and untarnished character had been developed in the solitude of the wilderness by secret acts of bravery, the scene before him was staggering. He simply could not believe his eyes.

Refusing to accept his brothers' rationalizations or listen to the giant's loud threats, David saw through the Philistine strategy and withstood it through sheer, solid faith. Now the story really gets going. I used to read and reread this part in I Samuel 17:32-51 (paraphrased):

"Don't worry about a thing," David told him [King Saul]. "I'll take care of this Philistine!"

"Don't be ridiculous!" Saul replied. "How can a kid like you fight with a man like him? You are only a boy and he has
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YOUTH ON CAMERA

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MICHAEL ANTHONY STEPHENS
PO BOX 1039
JAMESTOWN TN 38556