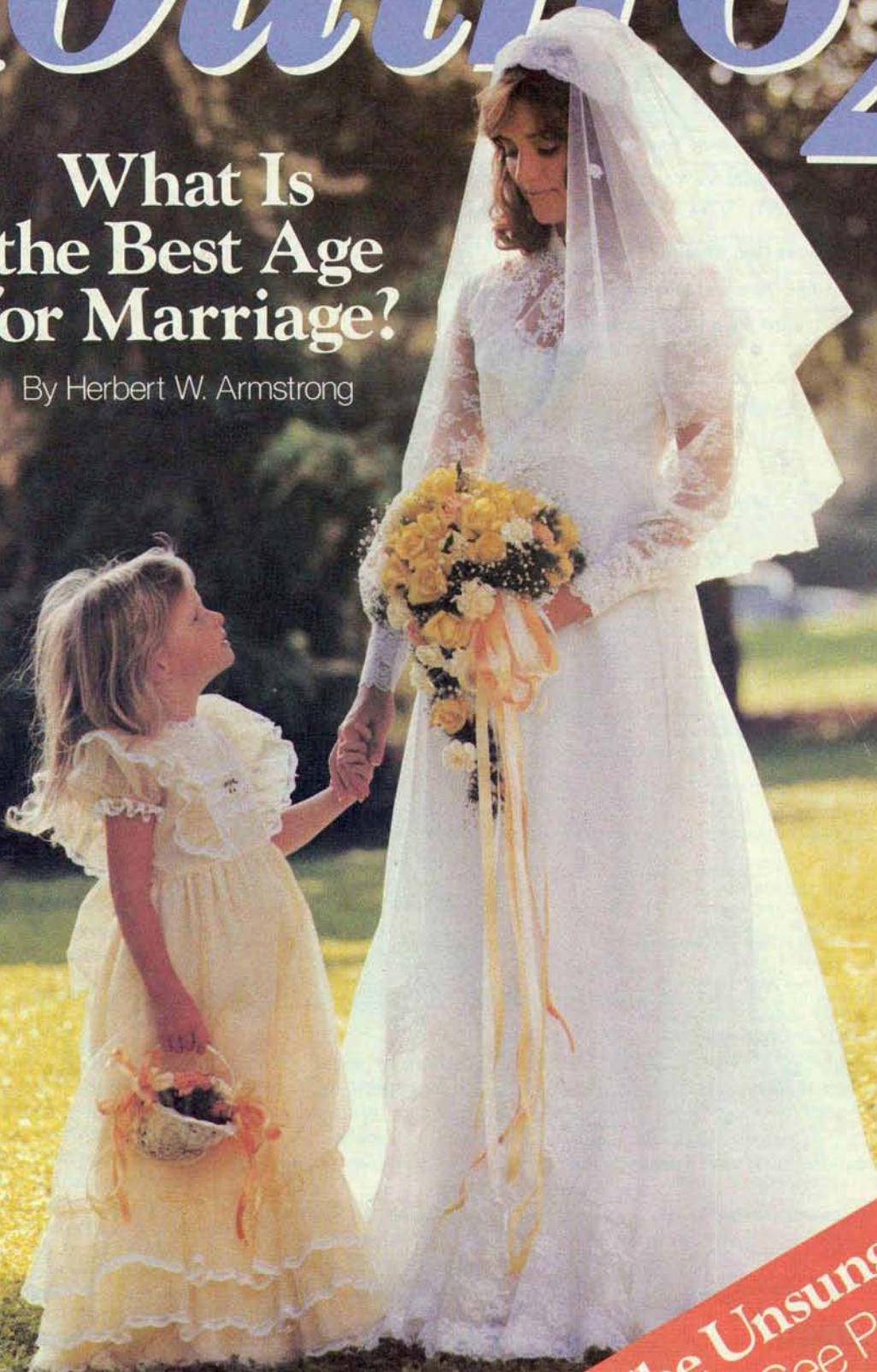


Youth 82

What Is the Best Age for Marriage?

By Herbert W. Armstrong



The Unsung Heroes
See Page 3

March

Youth 82

VOL. II, NO. 3

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COVER: "What Is the Best Age for Marriage?" Herbert W. Armstrong answers this question from his wealth of counseling experience, starting on page 1. Photo by Roland Rees.

Letters

No magazine like it

By chance I read your publication *Youth 81*, which was brought home by my cousin, who borrowed it from one of her friends. I found it to be inspiring and I believe there is no other magazine like it. Not only in its physical qualities but more especially its contents, which are inspiring and a good "parent" especially for young people like me who lost her father early. Now I found someone out there to guide me!

I am 17 years old, just graduated from high school. I stopped going to college due to financial lack; thus, I have to earn for this year and resume going to school in the city by next school year. Being out of school activities now, I would like to read and read so as to polish my mind with good materials. Would it be possible for you to include me as one of your subscribers to *Youth 81*?

Flora M. Dasep
Atok, Philippines

'Baby-sitting: A Survival Guide'

I'm very excited about *Youth 82*. If the January issue is anything to go by, it's going to be a great year!

I especially appreciated the article "Baby-sitting: A Survival Guide." I had always been a bit hesitant in the past about bringing up the subject of my fee. Oftentimes I would come away feeling dissatisfied. Especially if the kids were real terrors! But now I know that I have no reason to be shy, as long as I go about it the right way.

Thank you for some great tips and a fine article. I also think that the Teen Bible Studies are a great idea.

Monica Shaw
Pasadena, Calif.

'How Do You Answer?'

I . . . enjoyed the article by Bernie Schnippert entitled, "Those Tough Questions About the Church — How Do You Answer?" [December]. I'm involved in athletics for both school and YOU [Youth Opportunities United]. I've recently had to explain to my ninth grade volleyball coach about the Sabbath and not being able to participate in Friday evening activities. She has been very understanding and has moved Friday's games to an earlier time for me. I am very thankful for this. Friends and teachers have also approached me and asked me questions about the Church. I am doing my best to answer their questions and God has been working everything out.

Janice Garrett
Long Island.

What Is the Best Age for Marriage?

What are the chances of a teenage marriage succeeding? Is there a BEST AGE for marriage? Here are the answers, from a wealth of counseling experience.

By Herbert W. Armstrong

"I thought I couldn't live without Archi," said Gloria. "So I got my mother to sign for the license. I am 16, and Archi is 19.

"Of course my folks didn't want me to get married. But I threatened Mom that if she didn't sign, I'd run away or get pregnant. Now we've been married two months, and nothing is like I thought it would be.

"Marriage isn't a bit like I supposed. I don't know just what I supposed it was — but more fun — more romance — different. The day after the wedding I knew it was all a big mistake. And it's only been getting worse. Archi's mad at me, and swears at me because I don't know how to cook. I never made a bed in my life till we were married, and then I found I didn't know how. You know how it is. My mom did everything for me — washed my clothes, ironed them — even bought them. I never had any responsibility at home.

"And now all Archi and I do is fight! He wouldn't give me any

money when he had a job, and he doesn't have any now. He leaves me alone evenings, and he runs with his boy friends; and he's even dated some old girl friends. I don't want to tell my folks what a mistake I made. What shall I do? Nothing's like I thought it would be!"

What are the chances of teenage marriages being happy and succeeding?

Is there a BEST AGE for marriage?



But first, WHY are so many marriages failing today? WHY the alarming increase in UNHAPPY marriages, broken homes, divorces?

No one reason — there are SEVERAL causes. One of the greatest is marrying TOO YOUNG! The actual RECORDS — the FACTS — show that slightly fewer than half of such marriages last.

Primary causes

A young man and young woman "fall in love" — or at least *think* they do — and marry. In his mind, she *belongs to him*, is allied to him and, as long as things go well, like part of him. He is the same to her.

But just as soon as things go wrong — perhaps she denies him his desires — perhaps he doesn't give her any money, or fails to be considerate — just as soon as one steps on the other's toes — then the sense of alliance is broken. Then SELF wells up *against* the other. Then the other is no longer PART of self.

In other words, just what is this thing they usually mistake for LOVE?

It is NOT really LOVE. It is, rather, a sort of sense of being enamored — captivated (taken captive by),

Photos by Roland Rees

inflamed with passionate desire, blinded by unreasoning ardor. It is a being impassioned with anticipated rapturous delight. In plainer language, it is an aroused anticipation of what one expects to GET, RECEIVE, to HAVE from the other.

Real and *true* love is basically an OUTGOING CONCERN. It is OUTgoing, not INcoming. When it is INcoming — as "love" falsely so-called is in almost every romance — it is in fact LUST, not truly LOVE!

Just as long as she pleases him — as long as she gives him that delightful sense of enamored, of luscious enjoyment — he thinks he loves her deeply. In reality, he loves what he receives from her. This, in turn, gives him the feeling that she is a PART of his extended SELF. He loves SELF — and as long as she is able to remain, in his sight, that allied part of SELF, he will feel that he is in love with her. This works both ways. As long as she is pleased with him — receiving FROM him

other what satisfies his or her SELF, the marriage will last.

Another basic factor has been religion. Up until World War I the religious teachings of the Western world injected a sort of inbred conviction that marriage MUST be maintained "until death do us part." A large portion of marriages *endured*, due to this conviction, which today would end in divorce.

Another factor, very prominent as a CAUSE today, is the economic one. Formerly women were mainly dependent on their husbands for economic security. The very factor of SELF-PRESERVATION held them to their husbands — drove them to try to "satisfy him" under circumstances in which the modern wife would rebel. Today, with so many wives being employed, being independent, they are far less impelled to satisfy their husbands against their own desires, and far more ready and willing to leave them and break up their homes. They probably weren't real HOMES, anyway, with the wife employed outside the home.

Another prominent factor is this modern "50-50" idea about "who wears the trousers." When the husband abdicates his responsibility, the wife takes it over. Men were intended, by nature, to take the lead and the responsibility.

All these — and more — are CAUSES of broken families today. And they are the BAROMETER of the CRASH of civilization — the HANDWRITING ON THE WALL forecasting a death sentence on modern society!

Of course another MAJOR cause is "the new morality," which is simply misnaming cesspool immorality!

But put all these factors together with the immaturity, the unpreparedness, the inexperience of teen marriages, and one should have little difficulty understanding that a teen marriage has less than a 50-50 chance of surviving!



what she desires — retaining the sense of alliance — she will feel she is in love with him.

The SELF is simply carnality. It is human nature.

What chance, then, does the average marriage have? There are more factors than this one involved. But, so long as each receives from the

Is there, then, a BEST AGE for marriage?

There is!

Some time ago I officiated at a wedding in stately Memorial Hall at the former Ambassador College campus in England. My next-to-youngest grandson, Richard David Armstrong II, then age 2½, thought the ceremony so very nice, he said:

"Mommie, I want to get married!"

"Well!" answered his mother, a little shocked, a little amused, "and whom do you want to marry?"

"Karen," replied little Dicky promptly.

"But Karen has just been married. She can't marry anybody else, now."

"Well then," decided Dicky, "I'll marry Sheila." Sheila is a very nice Irish colleen, and was then a student in the college.

"But Sheila is grown up now, and in college," protested "Mommie." "What if she won't have you?"

"Then I'll marry you, Mommie," came the quick decision.

We may smile at the idea of 2 or 3 year olds getting married. It would be a bit irregular! Marriage is not for children! Marriage is for ADULTS. Marriage is pretty serious business!

Age for acquiring knowledge

Human beings know *nothing* at birth. We have to learn, or be taught — EVERYTHING! Without any knowledge, or with erroneous knowledge, we are helpless — as newborn babes. But there are some things many fail to learn. One of these is the right age for marriage.

Whatever an adult knows, true or false, has come into his mind since birth.

It may sound surprising or incredible, but a person actually learns more during his first year of life than in any succeeding year. If a 1-year-old baby could talk plainly with complete and adequate vocabulary, you'd be completely amazed at how much he has learned that first year!

The second year he learns a trifle less than the first, and the third year a little less than the second. Gradually, his capacity for learning decreases year by year, if only slightly. This is hard to believe for the simple reason

(Continued on page 19)

By Clyde Kilough

Some heroes you hear a lot about. But what about those who aren't recognized — the unsung heroes?

How many of you know who Fernando Valenzuela is?

Ask just about any teenage boy in the United States, especially in California, and chances are he can tell you right off the bat (pardon the pun) all about him.

Fernando Valenzuela is a hero.

Why? He led the Los Angeles, Calif., Dodgers baseball team to the world championship last summer, setting several records along the way, and became an overnight hero to young people and adults alike.

He is one of a variety of people the world calls heroes. A hero, according to the dictionary, is one admired for his achievements or qualities. This usually means people admired for such things as their beauty, daring, dedication, money, strength, success, intelligence, personality or courage.

We all have heroes, which is not necessarily wrong. What is interesting, though, is to understand why we select the people we do to become our objects of admiration.

Different factors determine who our heroes or heroines will be. Would you, for instance, if asked to list your heroes, count Yassar Arafat or the Ayatollah Khomeini? Millions of other people would. Adolf Hitler was hated by many, yet at the same time he was a beloved hero for others.

It depends, you see, on which side of the fence you're on, your point of view and what you're looking for, doesn't it?

Spotlight on the **Unsung Hero**

Who are your heroes? Who are the people you look to for leadership examples? Whom do you admire and why?

You need, we all do, heroes today, people who will set the right examples and show you the way in this troubled time.

You need someone who pushes on when everything tells him or her to give up, because the time will come when you'll need to push on and everything will tell you to give up.

You need examples of people with courage to stand up in the face of adversity, because you will face adversity.

You need examples of hard work paying off, because you'll wonder at times if what you're doing is worth the effort.

You need examples of people doing right when the pressure was on to do wrong, because you will certainly face pressure to do wrong.

You will face many situations in life when it would sure help to have an example to look to. It's only natural to look up to somebody. Who will that be? And, most important, can you ever be a hero yourself?

Real heroes are not always widely recognized. Many people just look at the surface and have shallow heroes. They admire the wrong people — false heroes — for the wrong reasons.

What is a true hero?

Several surveys in the past few

years show that most teenagers list movie stars, athletes and rock musicians as their most admired heroes. Generally these are people who become idols because they are funny, have money, win games, have sex appeal, are beautiful or handsome.

People look up to them mainly because they are popular, not because of what their values are.

Popularity, however, does not make a true hero! The opposite is also true: Many true heroes are not popular or well-known. The true heroes in life are often overlooked.

Another way someone becomes a hero is simply by being in the right place at the right time and doing a heroic act. For instance, in combat a soldier might throw his body on a hand grenade to save his buddies. He receives a posthumous medal, is a hero for a short time and is soon forgotten.

Or, someone may rush into a burning house to rescue a baby and becomes an instant hero. Quite often they'll say, "I just did it without thinking." They performed an act that, while admirable, if they had had time to think, they might not have done. One act, of and by itself, does not make one a true, lasting hero for life.

On the other hand, now and then you find true heroes. That is, someone who day in and day out sets an example of leadership. They may not be rich, flashy, beautiful or popular, but they are consistently

setting an example by their qualities and achievements — an example worth following.

What makes these true heroes? The basic qualities of true heroism (or, leadership — they're the same) are: 1) fearing God, with courage, 2) being service minded, 3) being honest and truthful, 4) being humble — not conceited and vain and 5) being willing to seek help and advice.

Rarely do you find all these traits in one person. But when you do, you find genuine heroism — a lasting example, not a flash in the pan.

Today you may occasionally find a world leader who has some of these traits. Unfortunately, these men and women are becoming all too scarce. History, however, offers a number of accounts of people you can read about, learn from and follow.

Spend some time reading about individuals like Abraham Lincoln, Golda Meir, Winston Churchill, Horatio Nelson, Anwar Sadat, Florence Nightingale, Anne Frank. Examine the qualities that made them heroes and leaders. Their stories are encouraging, inspiring and point out areas you can strive to develop in your life.

Of course this doesn't mean you worship them and do exactly as they did in every aspect of life. Any human hero will have failings. That's why you don't worship humans. You can learn from them, though.

A good book about heroes

Take time also to read a certain particularly good book about heroes. In it are many stories about people who have a lot in common with you.

It covers a lot of history and was written by an expert on the subject who got the firsthand, on-the-spot accounts.

The author's name is Jesus Christ and His book is the Bible. He is an authority on the topic of heroism because 1) He personally set the highest standards of heroism, 2) He has seen everything there is to see in other peoples' examples and 3) He's the One who counts — if you don't rate in His book, you don't rate at all.

Christ made sure we were left with a lot of stories about heroes. Some of these stories cover several chapters, others only a verse or two. Some of the names you're familiar with, some you can't even pronounce. All, however, can be learned from.

Just to name a few of the unsung, but true, heroes, how many of you know the stories of Josiah, Benaiah, Joshua, Jonathan, Gideon, Barak, Ezra, Ebed-Melech, Barzillai, Asa, Mordecai and Zadok?

What about these women: Abigail, Puah, Shiphrah, Huldah, Hannah, Esther, Deborah, the widow of Zarephath, the wise woman of Abel?

Once you understand their lives and backgrounds, you understand they certainly displayed heroic qualities. You can probably start an interesting family Bible study by going to Mom or Dad and asking, "Could you tell me about Huldah and Barzillai?"

Let's look at a few of these examples of true heroism.

Surely you are familiar with Hananiah, Mishael and Azariah. No? Daniel 3 tells the story of these three

youths, better known as Shadrach, Meshach and Abed-nego (look at Daniel 1:6-7 to find out why they each had two separate names). Here are three young men who had the courage to stand up and do what was right when the ultimate pressure was on them — the threat of losing their lives in a fiery furnace if they did not bow down to an idol.

Many lessons of heroism are in this story. Going along with everyone else is easy. These young men could have reasoned that it was not that big a deal to bow down with everyone else, but deep inside they knew that it was, and they were not willing to compromise.

It's the same today. What really takes courage — a bit of heroism — is to stand up in front of the crowd when the pressure is on and refuse to vandalize, take drugs, smoke or do other things that you know deep inside are wrong.

Sometimes the biggest hero is not the one who scores the winning goal in front of the whole school, but the one who simply says no in front of one person.

Does God notice?

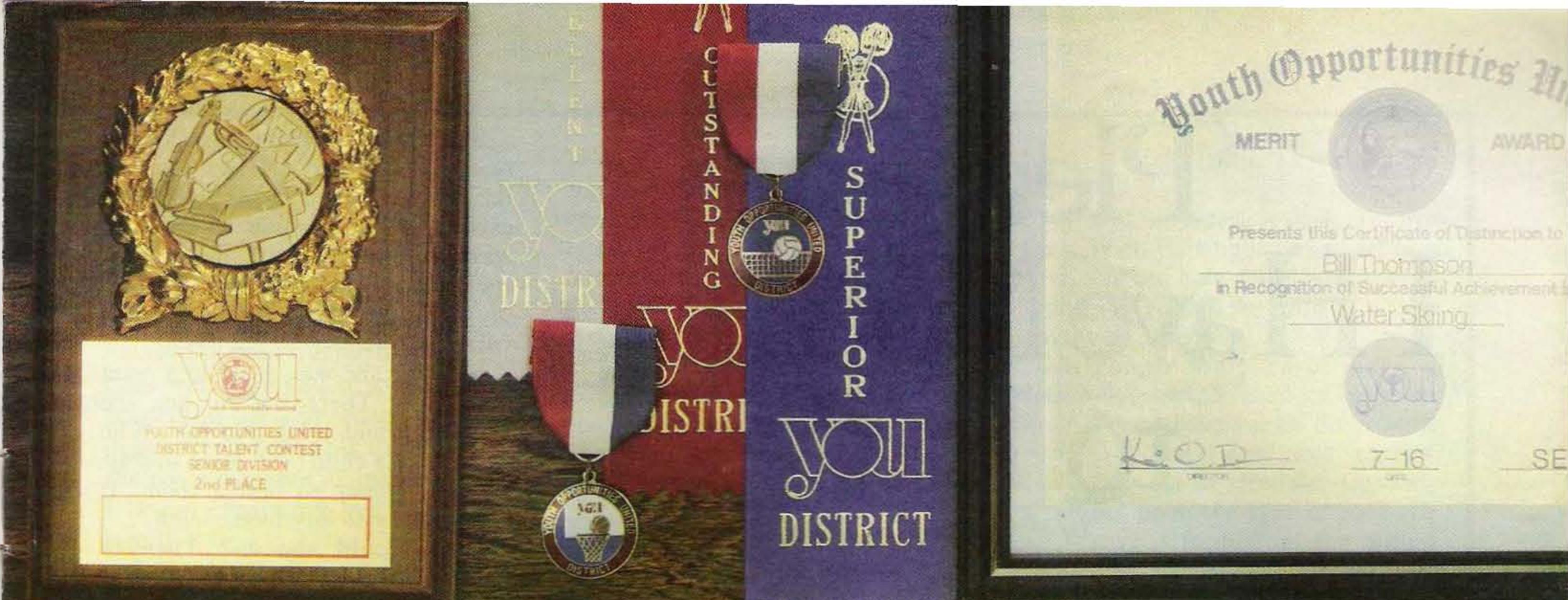
Acts 5 shows another example of heroism. The apostles had been thrown in prison and an angel was sent to open the doors so they could escape.

The angel didn't say, "Hey guys, run for it while you have the chance." They were told to go right back again and do what they were thrown in prison for. They were ridiculed, threatened and eventually beaten, but maintained the attitude expressed in

(Continued on page 18)



How much do you know about the hero Gideon (Judges 6-8)? In these illustrations by Basil Wolverton (left to right), Gideon watches as his offering is mysteriously consumed, destroys a pagan image, examines the dew-soaked fleece and discovers the enemy army.



What Makes a Winner?

Society pressures us to win at all costs. But can you be a winner if you finish second, fourth or last?

By Darris McNeely

Winning isn't everything — it's the only thing."

This was the philosophy of one of the United States' most famous football coaches, Vince Lombardi. But is this so? In sports, and life, is a winner the individual or team that always finishes first, or makes the best score?

Society tells us that a blue ribbon or gold medal is the sign of a winner and the only goal worth achieving. Teams compete for the World Cup or the World Series ring as if that is the ultimate reward. Second-place teams are then left with the "agony of defeat."

Just what is it that makes a winner? Is a winner the girl who breaks the finish tape first, or the boy who vaults the highest? Could it be that a winner can finish second, fourth or last?

Today there is obvious pressure to win at all costs. People struggle to be No. 1, to get that scholarship or negotiate the highest possible salary. If a team doesn't finish in first place then the year is lost. The boy who fails to get a college scholarship

might suffer the disapproval of an overly expectant father.

A recent college football all-American was a first-round draft pick by a professional team. The young man delayed reporting to the pre-season training camp while he demanded a million-dollar contract. That's rather high considering he had yet to play his first minute of professional football.

It all boils down to the basic difference in practicing a give way of life as opposed to a get approach. Herbert W. Armstrong, founder of Ambassador College and Editor in Chief of *Youth 82*, has stated that today everything is based on competition or getting.

He points out that "get means you take, you receive, you acquire, you accumulate, you add to what you have, you pile up all you can for your own and for yourself. That's all selfishness." Today's sports contests are based on this philosophy of competition. It is another form of the get way of life, permeating athletics and every sector of society.

In the United States, last year's baseball strike is a case in point. For more than a month both sides, players and owners, were inflexible in

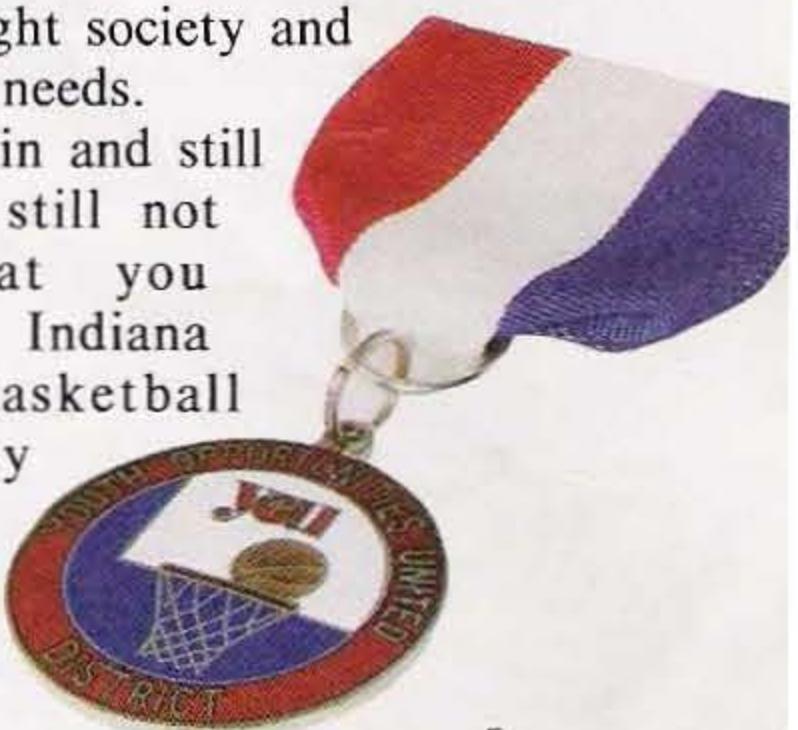
their demands upon one another. Each wanted to get as much as they could.

One television sports commentator reflected that the whole strike could have been settled earlier had both sides been willing to give just a little. His partner in the broadcast booth retorted, "Such an attitude is impossible in today's highly sophisticated and technological age." The give way is impossible in the climate of today's sports.

An American sports magazine, *Sports Illustrated*, last year ran an article calling for a new "Game Plan for America," a change in the nation's approach to sports. Instead of winning at any cost, the emphasis should be on the lessons of sports — discipline, clean competition and teamwork. These are the values that will build a right society and serve its social needs.

"You can win and still not succeed, still not achieve what you should," says Indiana University basketball coach Bobby Knight. "And (Continued on page 18)

Photo by Roland Rees



'Please... I Have Nothing to Eat'

By Clayton Steep

It was rush hour in the Paris subway system.

The narrow underground corridors leading from one train platform to another were packed with people. People walking briskly, hurrying to catch whichever train would carry them to wherever they wanted to go.

A person suddenly stopping in his tracks would have risked being overwhelmed

and flattened by the human tidal wave coming right behind.

Moving along at a good pace, I caught out of the corner of my eye a figure sitting hunched over on the concrete floor next to the wall, barely out of the path of the blur of feet. It was a young girl, about 15 or 16 years old, maybe 17, maybe only 14.

The collar of her oversized, shabby raincoat was pulled up around her neck. Her head was bent forward and the part of her face that was not hidden by her disheveled blond hair she shielded from view with her left hand.

She held her right hand out in front of a piece of cardboard on which was scribbled: "Please . . . I have nothing to eat."

I'm not used to seeing things like that. I was several yards down the corridor before I began to wonder if what I had seen was real. The distance quickly lengthened.

In a few moments I was standing in a crowded train speeding through underground tunnels.

Then the wheels of my mind began to race. It was as though my thoughts were trying to keep up to the clickety-clack of the train. I stared out the window as one object after another whizzed past.

Why was she there? I asked myself. Actually I could pretty well piece the story together. I had seen several television documentaries about runaways.

She had set out on her own for one reason or another and had come to the big city, lured by its lights and excitement, its promises. After all, it was the logical place to come anyway; she certainly would not have made it on her own in a small country village.

So there she was, alone in a giant metropolis. There was no one she knew or could trust. No job. Who would hire a child? No place to stay. It takes money to rent a room. It takes money to buy food.

What could she do? Turn to stealing? Get involved in drugs or worse? Why didn't she go home? Ah, that was the source of the problem: She had no home. She may have had a house where she lived. But it probably wasn't a home or she no doubt would not have left it.

What a bleak future she faces. What an empty life. Any one of the teenagers in God's Church has so much he or she could give that young girl.

I wish, oh, how I wish, as I sit thousands of miles from that subway station, that I could see her once more. That I could clasp her outstretched hand, lift her up and give her a meal somewhere.

And while she was eating I would explain to her some of the simple and wonderful truths the young people in God's Church have the privilege of hearing each week.

You know the ones I mean. The hope of a peaceful world soon to come — a time when no child and no teenager will be without a home filled with love. Knowledge of how to someday receive eternal life and be a member of God's Family. I would want to tell her that a loving God cares about her now and promises to hear and answer the heartfelt prayers of young people.

Think of all the great and beautiful things you as a young person know because you are associated with God's Church. In fact, why not make a list of all the blessings you have, physical and spiritual? Just jot them down. And think about them.

And think about the young girl huddled on a filthy, drafty concrete walkway who perhaps even tonight is still cold and hungry and very, very lonely. □



By Tony Styer

"I'll go," I volunteered.

Our YOU (Youth Opportunities United) group, after exploring the cave for several hours, came to where the cave was supposed to end, at least according to our map. But we discovered a hole near the ceiling of the room we were in and now I began cramming my body into it.

I found myself in a crawl-way, which continued around a corner ahead. I wormed my way down it, using my toes and stomach. My back rubbed the ceiling above me and the voices of my friends became a garbled murmur as I inched away from them.

Then I heard another sound, a faint rumbling. I went forward a few more feet. Now it was clearer—it sounded like water splashing. I was excited and I called back to my friends: "Somebody come up here. I think I hear water!"

Our YOU group coordinator's voice echoed down the passage, "I'm coming!"

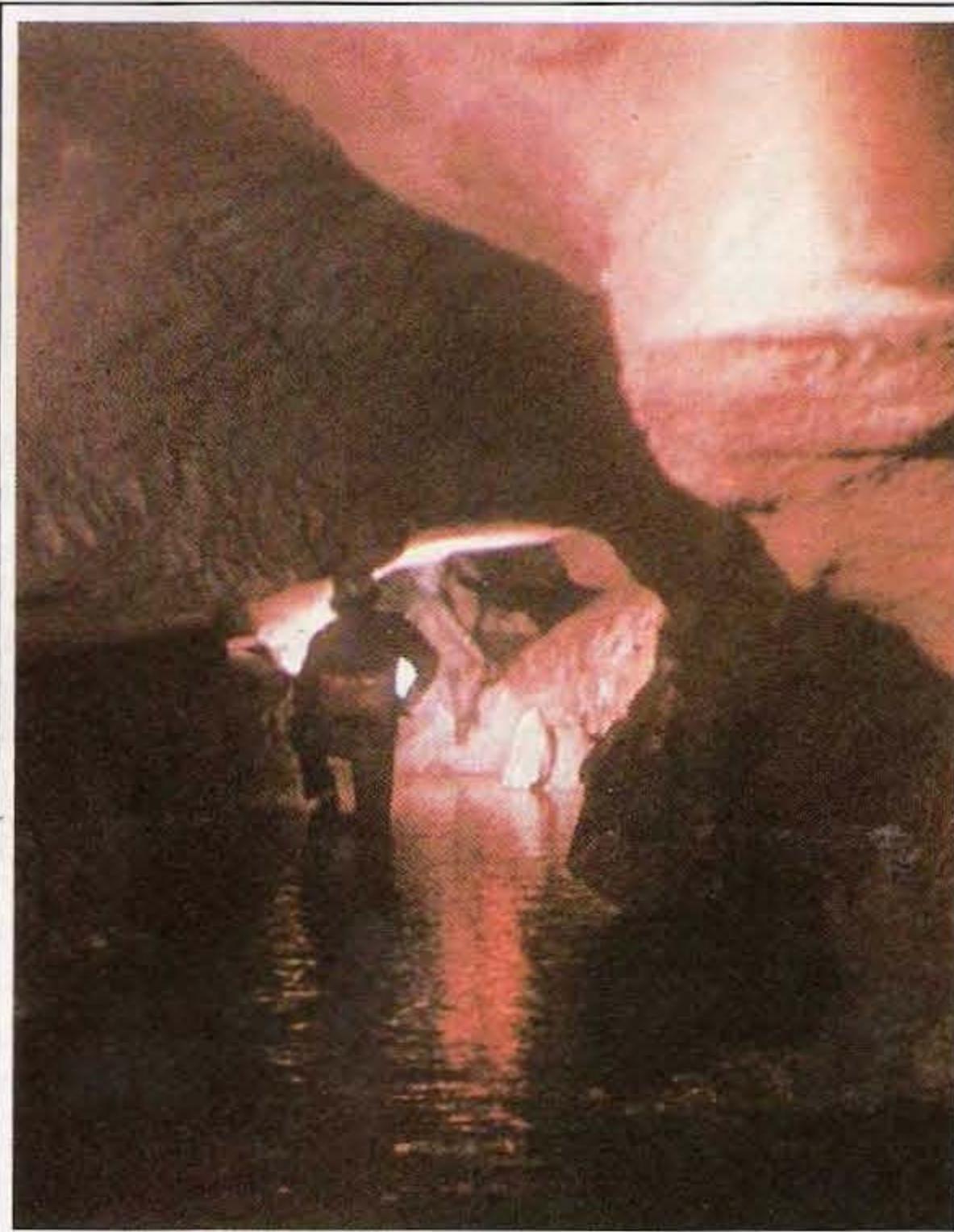
I heard the scuffling sounds of his approach grow nearer, and soon his light came into view. We inched our way slowly toward the sound, both of us making comments from time to time about what might lie ahead.

Suddenly, our heads burst into an open area. Pure blackness lay ahead of us. Using all the safety precautions, we inched forward and peered over the precipice we had come to.

Our lights dimly showed us our discovery. A huge chamber lay about 75 feet below us. The room was so big that our lights couldn't reach the far wall. A silvery stream of water fell from the ceiling to a shimmering pool below. All we could do for several minutes was lie there, dazzled by the beauty of the scene below.

We had made a discovery! We had gone beyond the spot where the cave was supposed to end, and discovered a huge room. And we would later return with the proper equipment to rappel into the room and find even more passageways.

Spelunking (caving) is not only an exciting and unusual sport, but it is becoming more and more popular. The fun of exploring and discovering



Caving— Exploring the Underground World

is bringing many people down into the strange world underground.

What is a cave like?

Many people have misconceptions about what a cave is like. Hollywood productions often portray caves as paved rooms with strange creatures

lurking within them. That's not the way it is.

First of all, a cave is dark. *Totally* dark. With your light turned off in a cave, you can hold your hand right in front of your eyes and not see anything.

Although some caves have a relatively smooth mud or pebbled floor, others have rough floors with rocks to climb over and narrow canyons to straddle. Depending upon the type of rock the cave is formed in, the ceiling can be perfectly flat or covered with beautiful stalactites. Gypsum crystals and helictites adorn some cave walls and ceilings.

Caves maintain the same temperature year round. Most caves are from 54° to 58° Fahrenheit (about 12° to 14° Celsius), although in warmer or colder regions the cave can be considerably warmer or colder.

Although some caves contain bats, mice and small insects such as crickets and tiny bugs, there are no fearsome creatures to be found. Animals and snakes from outside may wander into the entrance of a cave, but they don't go farther in than the point where the light from the entrance disappears (which is generally near the entrance).

And the creatures that do inhabit a cave can be fascinating. White crickets are usually easy to find. And in caves with streams flowing through them, it's not uncommon to find a totally white, blind crayfish.

Often, bats hang from the ceiling, and occasionally one will be flying about. It's important not to disturb them, as their hibernation habits are easily upset. They, in turn, will rarely disturb you.

Some people believe that caves are mazes of passages criss-crossing each other in a confused manner. This is

seldom true. Most caves consist of a single passage, with perhaps one or two branches. Side passages often quickly rejoin the main (trunk) passage.

There are, of course, exceptions. The Flint-Mammoth Cave System, in Mammoth Cave National Park, Ky., is the longest known cave in the world. It has nearly 230 explored miles of passages, with approximately one mile of new passage discovered every year. This does not

mean the cave reaches for 230 miles across the United States, however. The entire cave is contained in three ridges. The passages lie above, below and beside each other, like a pile of spaghetti.

When experienced cavers do find themselves in a cave confusing to them, they don't draw arrows on the walls. They place markers at confusing junctions to help them find their way out. If they must draw an arrow, they do it on a small, flat rock that can be turned over on the way out. Only the most inexperienced carry balls of string to lead them back out — any cave small enough for a ball of string to be of any help is too small to get lost in. The beauty of too many caves has been ruined by thoughtless writing on walls and string left behind.

Another thing helpful in avoiding confusion is to look back at where you've been.

Passages often look very different when you come upon them from the opposite direction.

How do I start?

You may be saying to yourself: I'd like to try that. How do I start?

First, you must find a cave. In most places in the world, you aren't too far from one. Often you can find out from long-time residents of your area where a cave may be located.

If you can't find

anyone in your area who knows where to find a cave, try writing to the National Speleological Society in Huntsville, Ala. They have files listing thousands of caves, and can probably tell you where to find one in your area.

Always start with a well-explored cave. Don't enter a completely unknown cave and wander around. You need to become accustomed to the techniques of caving before you go into unexplored areas. It would be good to take a tour through a commercial cave first to see if you really want to go caving. If you feel a touch of claustrophobia on a commercial tour, you definitely shouldn't try cave exploring.

When going caving, always wear old clothing. Dress warmly, but don't overdress; a light jacket or the equivalent will usually be plenty. It is best to wear boots for easier walking and gloves to protect your hands.

Before you enter a cave, here are some important safety rules that you should always observe.

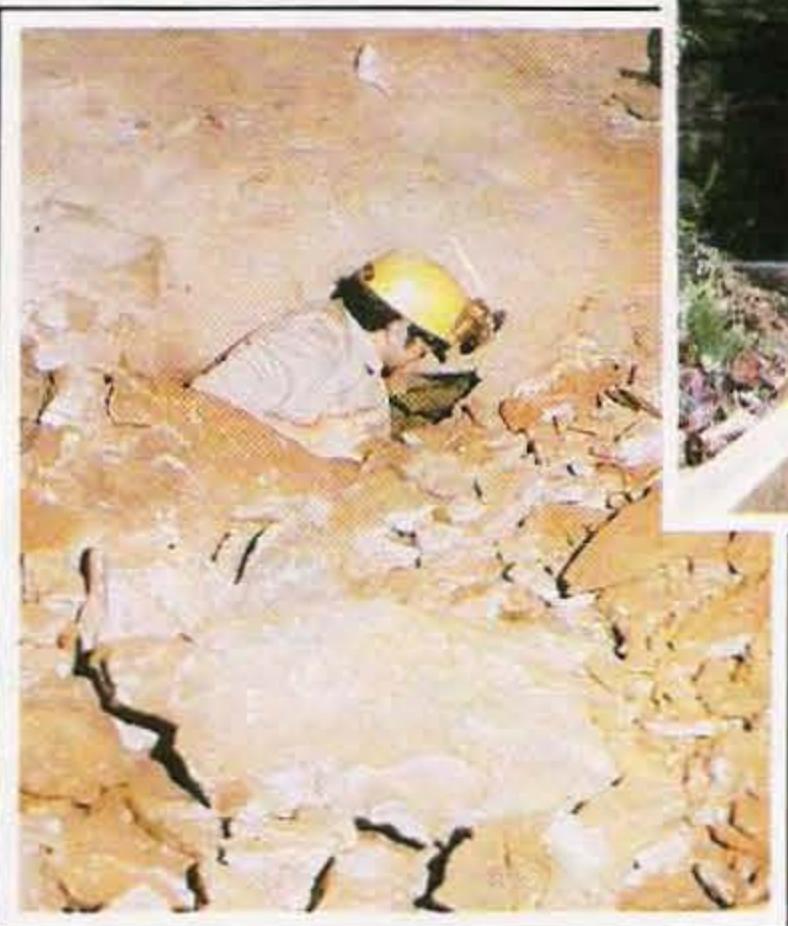
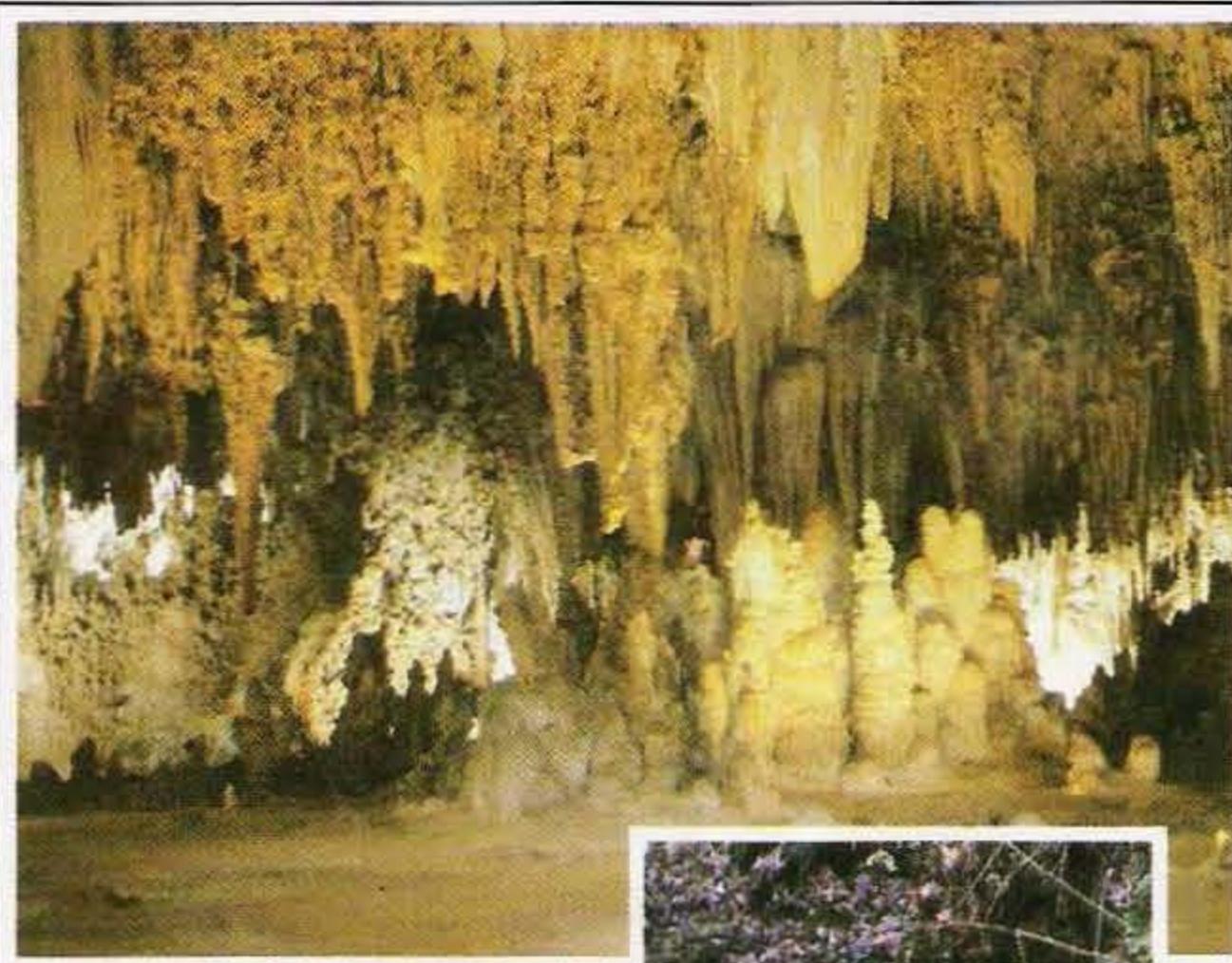
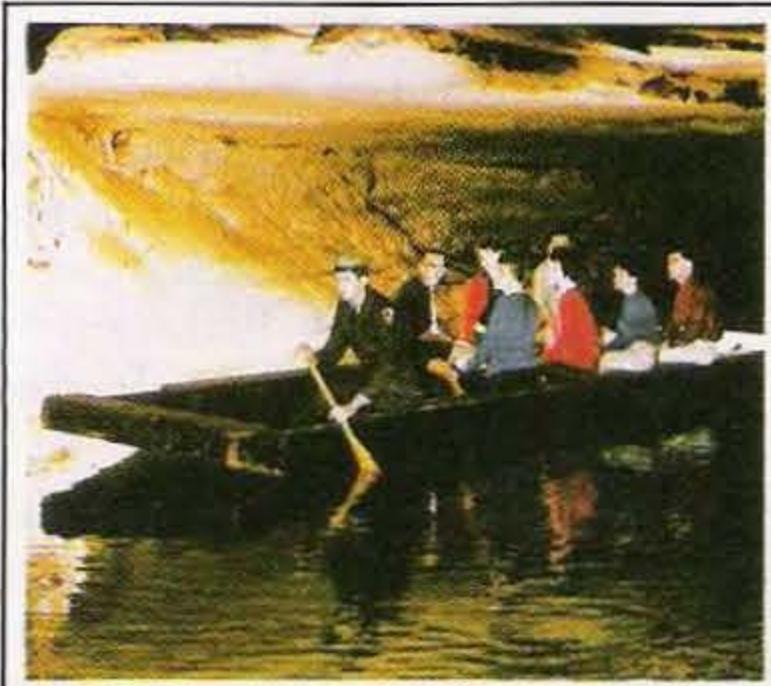
1. Never go caving alone. Always go in a group of at least three, with an experienced adult leader. If your group is larger than six, split into several groups with an adult leader in each. Too many people in a caving party can be hazardous.

2. Have the proper equipment. A helmet is a must. This is not to protect you from falling rocks; rocks seldom fall in a cave. (Mine shafts are not caves. They are man made and imperfect, and often do collapse. You should not enter one of these.) The helmet is to keep you from bumping your head.

- Also, always have at least two sources of light for each person. Preferably your main light should be attached to your helmet to keep both hands free.

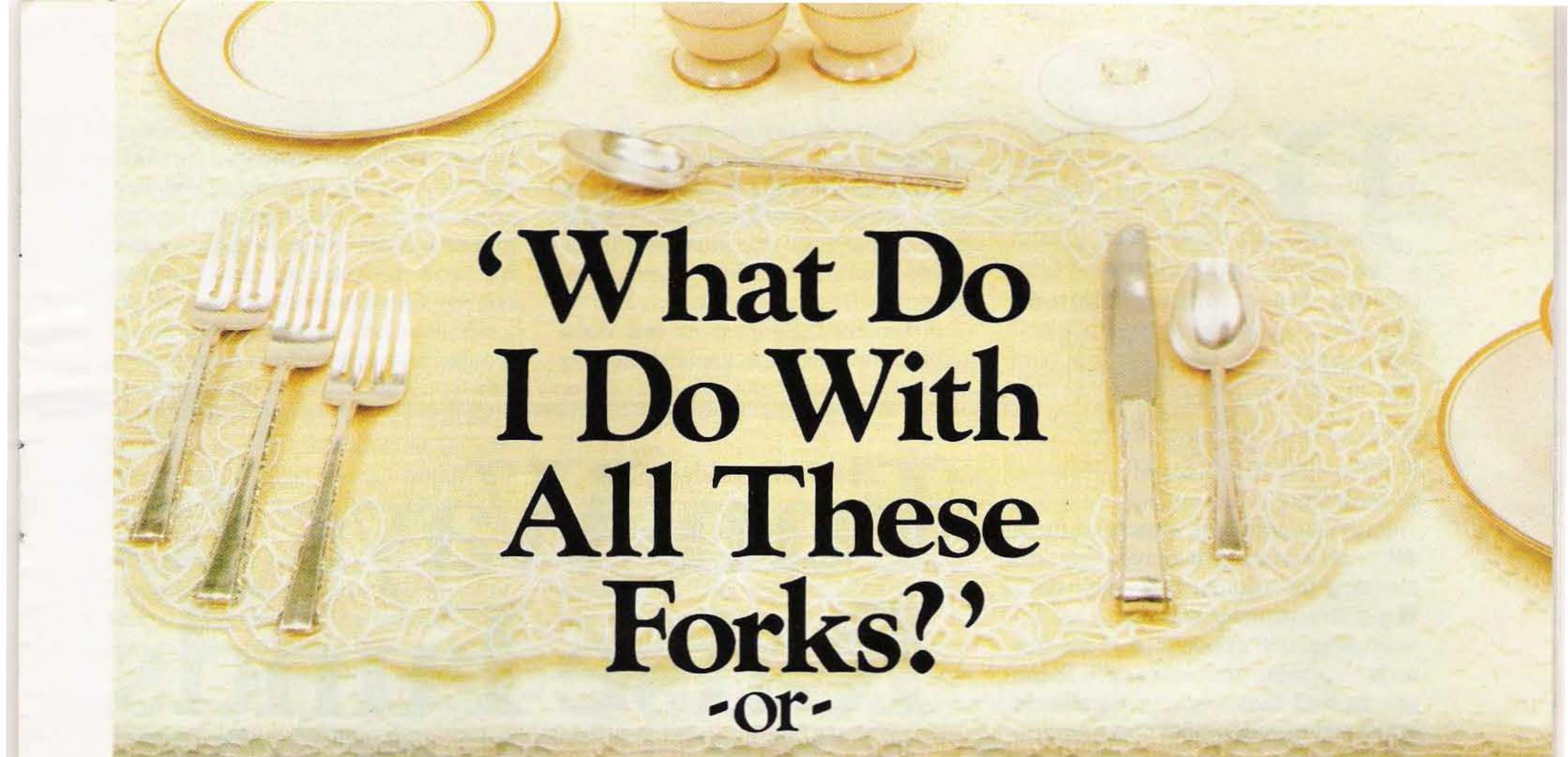
3. Never attempt a climb or drop without the proper equipment or without having had the proper experience above ground. On one occasion, our whole **YOU** had rappelled into a pit-cave. When we were ready to exit, we found that two of us had not learned how to "prusik" (ascend) on a rope. Had they been unable or too scared to learn, it would

(Continued on page 18)



Photos by Tony Stryer and Mammoth Cave National Park

From top: Echo River, 360 feet underground at Mammoth Cave, Ky.; King's Palace, Carlsbad Caverns, N.M.; entrance to Crystal Cave, Ky.; cave exploration in Cleveland Avenue of Mammoth Cave. Page 7: Exploration and mapping in Mammoth Cave.



'What Do I Do With All These Forks?' -or-

How to Survive a Formal Dinner Gracefully

By Kris Hendrick

What a crisis! You're invited to go to the fanciest restaurant you've ever been to in your life.

What do you do? The classiest place you've ever gone to was a fast-food restaurant for a burger.

Suddenly all of your mother's comments on polite eating habits pop into your head. Things like: "Please chew with your mouth closed" and "Don't forget to use your napkin!" Things you never thought you'd remember. Now it seems they'll come in handy, so you arm yourself with them and, with a bit of renewed confidence, you prepare for the evening.

But what a sight greets your arrival! On each side of your plate are assembled more eating utensils than you've ever seen. You feel like asking the rest of your party if they really wouldn't rather go back to the fast-food place you passed on the way, but instead you just muddle through.

Don't let this happen to you! Before you end up in this predicament, why not take a look at a few

simple tips that will make dining out an exciting, pleasant adventure?

There are simple rules that restaurants generally follow in setting their tables and serving food. These rules are part of etiquette, and they help standardize the polite way of eating. Of course, different areas and countries may have some different rules, so check to see what rules are unique to your area. Here are some rules that generally apply to formal dining in the United States.

- Each eating utensil is generally used for one course, or segment of your meal, such as the salad course or the dessert course. All you have to remember about the utensils is that they are used from the outside in. The utensil that is farthest from your plate should be used first.

- Dessert utensils can be placed above your plate or brought out with your dessert. Also, the salad fork may be brought out specially chilled with your salad.

- Other hints as to the use of a particular utensil can be found in its shape. For instance, the soupspoon is usually larger and has a rounder base than the teaspoon, and the

salad fork is smaller than the dinner fork.

- Generally you should not eat with your fingers, but there are some exceptions, such as beef ribs, quail, breadsticks and finger salads. Most other foods should be eaten with a fork or spoon.

- While eating, rest soiled utensils on your plate so as not to soil the tablecloth.

- If you get an olive pit or fish bone in your mouth, discreetly, using your napkin to cover your mouth, remove the foreign object and place it inconspicuously on your plate.

- Of course, if all else fails, be observant. If there is a host or hostess, or someone else who appears to know what they are doing, follow that person's lead. At least two of you will be making the same mistake if you're wrong.

Now when you have the chance to visit a fine restaurant or go to a formal dinner, you don't need to wonder what to do. With the help of these tips, more research in a book about etiquette and some practice, you'll be able to really enjoy your next meal at a fancy restaurant. □

Do you have enough money? You don't? Then probably your group — be it your team, club or YOU (Youth Opportunities United) group — doesn't either, right? For some reason the most exciting and interesting activities always seem to take more money than your group has available.

Perhaps extra cash is needed for a dance or uniforms or maybe you are planning for a long-range goal, such as a group trip this summer.

So why not check into some fun ways to raise that money? Some groups find that working together in the right fund-raising project can be almost as much fun as the activity they are raising money for. Be sure to check out your ideas with your group leader, of course.

Your plans and methods of fund raising will depend on several factors — the size of your group, geographical location (it would be hard to shovel snow in Hawaii), opportunities available.

Have a specific goal in mind, such as the amount you need to raise, and use progress reports to encourage each other so the enthusiasm won't lag before the fund raiser is finished. Intermediate goals can also generate enthusiasm; for example, you could celebrate when you reach the halfway point.

The following suggestions should help you get started, and perhaps spark other ideas you might be able to use.

Concessions. Everyone likes to eat anytime, anywhere. One of the most profitable ways to boost the kitty is to sell concessions. One obvious time to sell is at sporting events. Another good time would be during a car wash. You might have each group member bake and donate his or her specialty to sell.

Pie auction and cakewalk. One fund raiser that went over well in our church area was a pie auction and cakewalk. We com-

bined this with a talent show, and the response was overwhelming.

First we entertained everyone with skits, songs and other talent. (Don't be surprised if you discover some hidden abilities you didn't know your group had!)

After the talent show we conducted a cakewalk, a game similar to

for \$10 each. The highest bidder bought his wife's raisin pie for \$21! Not only did we raise enough money in one evening for a trip, but it was an excellent chance to get together, have fun and provide an entertaining evening for others.

Theme dances and suppers. Some groups have found that events like

Fun Ways to Raise Funds for Your Group

By Wilma Niekamp

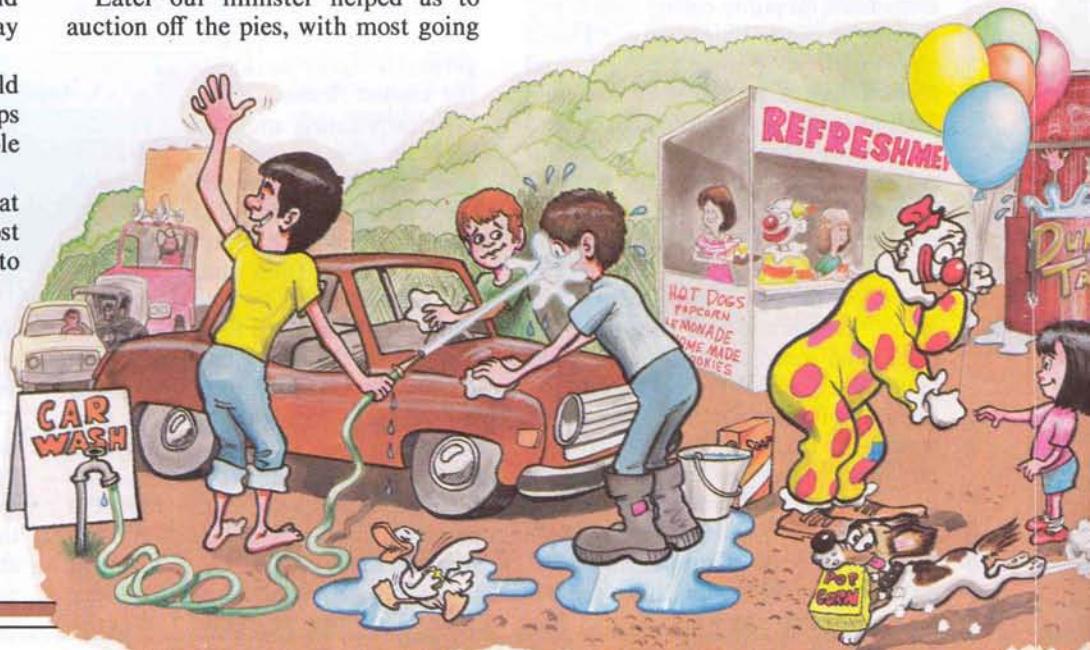
musical chairs. All you have to do is number pieces of cardboard from one to 20 and tape them in a circle on the floor. Each time the music stops, a number is drawn and whoever is on that number wins a cake.

Participants pay a quarter for each time they "walk," and most people are determined to keep playing until they win a cake.

Later our minister helped us to auction off the pies, with most going

spaghetti suppers prove quite lucrative. Suppers can be combined with other fund-raising events.

The members sell tickets for the supper, anticipate how much food will be needed, then prepare and serve the meal to the guests. A typical menu would include spaghetti, French bread, salad and pie. You might provide entertainment or



music for dancing after the meal to round out the evening.

If your group has access to a large enough area, ideally a barn, barn dances can be successful. The girls make a box supper (like a picnic lunch) and decorate the box, then the young men have a good time bidding against each other for the boxes.

Taking inventory. Some of the larger department stores employ extra help when it comes time to take inventory of their stock, usually in January and July. The Personnel Department of these stores can inform your group of the details. They will want to know the name of the organization, the name of a responsible individual through whom they can work and the number of people, age 16 and up, for whom they will need training supervisors. Some stores might ask your group back for the following year when you show up on time with smiling faces and do a good job.

Clean-up projects. Other people's trash will be your treasure when you clean up the grounds after a fair. Some sports arenas also allow groups to clean up after the big game. You'll need some big trash bags, some brooms and you're on your way.

Detasseling corn. If you live in a farming area like the Midwest, opportunities like hoeing weeds out of beans, gleaning corn in the fall and detasseling it in the summer could blossom for your group. One summer our YOU cheerleaders hoed weeds out of a farmer's bean fields every

day for a week to purchase new uniforms. The girls grew much closer through this experience, a side benefit of fund-raising events.

Wood-cutting party. When cold winter winds begin to blow, home owners start turning up their thermostats. But with the high cost of fuel and electricity these days, more and more people are buying wood-burning stoves and using their fireplaces.

That's where you come in. A wood-cutting party can be quite fun if you top it off with a hayride or wiener roast that evening. If someone already has the wood cut, he might pay you for stacking it.

House painting and cleaning. Come springtime, many people decide a fresh coat of paint and a spring housecleaning are in order, but think it is too big a task to tackle by themselves. If members of your group show that they are willing to use their muscle power, you're in business. Later, when you're out there on the basketball court in those new uniforms, you'll wear them with pride, knowing that you worked hard for them.

Car washes. This is an old solution to the "no money" problem, but if you could put a new twist on it, your profit might be bigger than expected.

Choose a bright, spring day when everyone is suffering from spring fever — everyone but you, that is! Make sure you have enough space to

operate and the needed facilities — outside water faucets, brushes, chamois cloth, buckets, soap. A gas station is convenient for you and your customers as they can drive away with both a full tank of gas and a clean car.

As an extra drawing card you might dress up several members as clowns and pass out balloons, or sell cookies and cold drinks while they wait. Make sure your car wash is widely advertised with posted signs and announcements, and pick a location along a busy street. Customers might even tip you extra if you do a particularly good job.

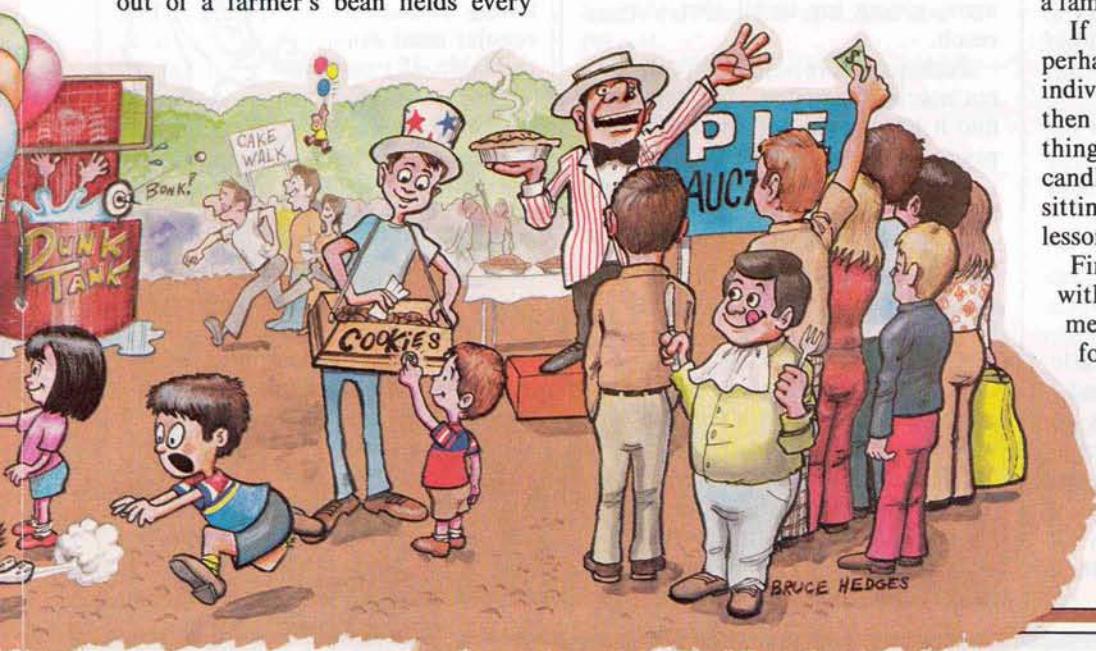
Flea markets and outdoor fairs. If you are feeling really ambitious, you might want to work on a flea market or outdoor fair. It's a takeoff on a garage sale, only you'll be offering new items as well as secondhand. People with arts and crafts abilities might donate their works of art. Refreshment booths will attract people who come just to browse. You can combine this with several games like a dunk tank, hoop game, darts, a pie-eating contest or a log-sawing contest.

Aluminum and paper drives. Although buyers only pay a few cents a pound for aluminum or paper, think how much of both we use and throw away each day. This project wouldn't bring large profits at once, but if every family participated, you'd have quite a few pounds collected over a year's time. As an added incentive, give a prize for the most pounds collected by a family and a group member.

If your group is rather scattered, perhaps members can raise money individually with their own talents, then all pool their money. Several things you can do on your own are candle making, calligraphy, babysitting, running errands, giving music lessons and plant sitting.

Finally, make sure you check first with the proper government department to see if a permit is required for whatever you'll be offering to the public.

Then go to it — with everyone working together it'll be a lot of fun. And just think of that special activity the money you earn will make possible! □



News & Reviews

First-Class Friendships—by Mail

Have your friends moved away or gone off to college? Did you make some new friends at summer camp or some other group outing?

If so, probably the last thing you said to each other was, "Don't forget to write!"

Since the days of King David (about 3,000 years ago) and before, men have communicated by letter (II Samuel 11:14). Today's writing materials and modern methods of delivery make it much easier for us to keep in touch than it was in ancient times.

Letters are not all that expensive either, even in the face of recent postal rate hikes. It's well worth the price to have a personal message from your own hand delivered to the doorstep of that special friend, even though he or she may be a town or even a continent away! And all this in a matter of days.

So get out your address book, and let's get started.

Most people write an average, notebook-paper-and-pen letter. Why not aim a little higher and produce a masterpiece that will really brighten someone's day? Why settle for writing just an ordinary letter? This doesn't mean that you must have stationery from Buckingham Palace, but why not let your letters to your special friends be special too?

What can you do to make your letters special?



The first thing that comes to mind when planning a special letter is colorful artwork. Can you draw? Fine! Send your friends samples of your work.

Even if you're not an artist (many of us aren't), don't let that stop you. Many people have a camera. Take some pictures of your family, friends or group activities, and send copies to your friends.

Or try to be creative in your use of words or change the shape of paragraphs (circles, spirals). Maybe even write your letter on a balloon!

Besides making people feel special, your creative letters will be effective tools for achieving the goal of developing closer, lasting friendships.

Don't forget people you know who are sick or lonely. Your

letters will be like little rays of light to those who may have none, giving joy to all that they reach.

Perhaps you're saying, "Well, I'm not much of a writer." Maybe you find it hard to fill up even half of a page. Here are some tips.

If you are answering a letter, use that letter as an outline for your own. Be sure to answer all of the other person's questions, and try to comment on whatever they may have said.

And don't be self-conscious! Good English skills come with practice. Just make it a point to write from the heart.

No matter how you decide to do it, go ahead and send a letter. Remember those parting words from your friend: "Don't forget to write!" — *By Mike Bedford* □

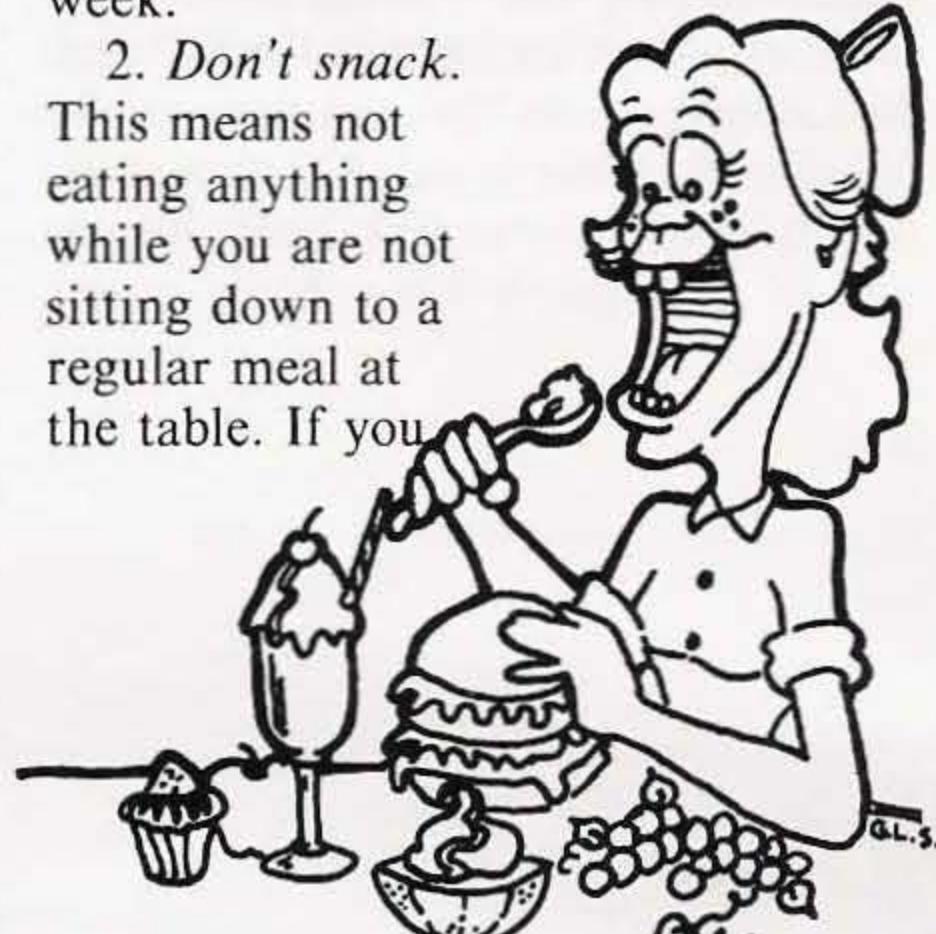
Fighting the Battle of the Bulge: Sensible Tips for Dieting

Have you looked in the mirror recently and discovered an extra bulge where you don't want it? Have those after-school snacks finally settled around your waistline?

If so, a few weeks of dieting should take care of the problem. Below are seven dieting tips to help you conquer the battle of the bulge.

1. *Count your calories.* Keep a diary of every morsel of food you pop into your mouth. Did you know that one peanut has five calories? Just one handful of peanuts might have as many as 150 calories! A daily allowance of 1,200 well-balanced calories for girls (slightly more for boys) is a safe way to take off about two pounds a week.

2. *Don't snack.* This means not eating anything while you are not sitting down to a regular meal at the table. If you



eat three balanced meals a day, you can easily exist from lunch to dinner without cookies and chips after school.

3. *Don't skip meals.* One key to weight control is moderation. Gorging at lunch and skipping dinner is not the definition of moderation. Furthermore, you'll

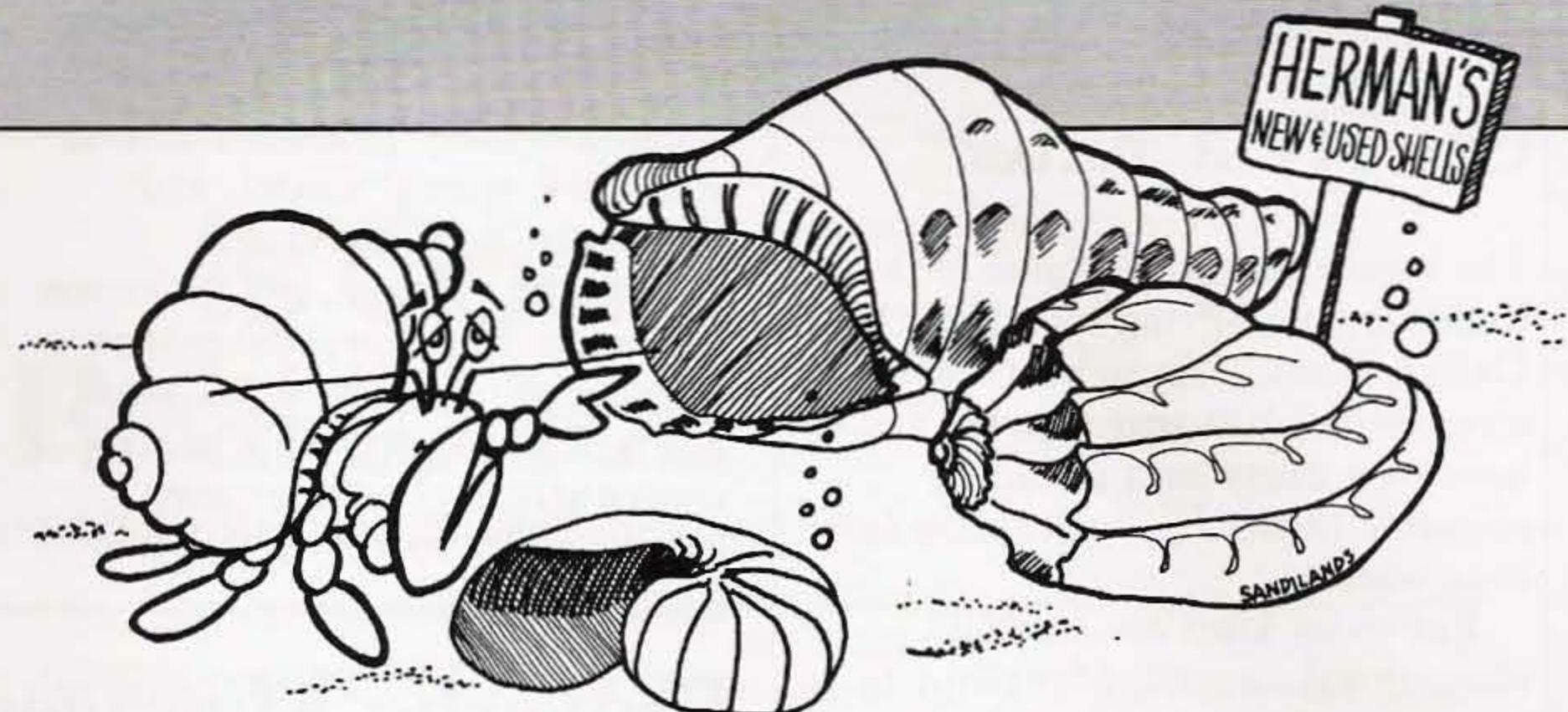
probably be more tempted to have a before-bed snack. Mealtimes are also a good time for the family to sit down, talk and relax together. Just don't finish off the leftovers while you're talking!

4. *Cut down on your sugar intake.* Sugar does little for you nutritionally, but it can pile on those extra pounds fast. If you are accustomed to having a sweet treat after a meal, opt for a piece of fresh fruit instead. As stated in our booklet, *Principles of Healthful Living*, which you can send for free of charge, sugar makes up half of the average American total caloric intake. What a waste!

5. *Keep your eye on the portion size.* One serving of mashed potatoes does not cover half your plate. Losing those extra pounds means cutting out second helpings.

6. *Combine diet with exercise.* Expend calories by physical activity is as useful as cutting down on second helpings. Exercise doesn't have to mean grueling calisthenics every morning. Softball, riding bikes, ice skating — there are many fun ways to exercise.

7. *Avoid fad diets.* Fad diets usually concentrate on one food, cutting out the other food groups and resulting in your body's loss of important nutrients. Not only do fad diets ruin your health, but once you return to a normal way of eating the weight is gained right back. Some advice from the *Principles of Healthful Living* booklet is to avoid a radical



God's Amazing Creatures: The Hermit Crab

If you go to the shore some sunny afternoon and see a shell scuttle by, seemingly on its own power, don't panic. The shell is actually home for a hermit crab.

There are two main types of hermit crabs — those that spend most of their lives on land, and those that spend most of their lives

departure from present eating habits. After all, with the other delicious food God has blessed us with, who would want to eat only grapefruits for two solid weeks?

If these seven tips are applied, you'll have no problem seeing the results in a few weeks. So take heart, diet one day at a time and be patient.

You didn't gain those 10 pounds overnight and you know that they won't just melt away overnight. Dieting is truly a character building experience! — By Wilma Niekamp □

in the water. But no matter what type of hermit crab, all wear a shell from another sea creature.

Normally crabs are covered with a hard, protective shell, but the abdomen of a hermit crab is very soft. This would leave it extremely vulnerable to attack from fish and birds, as they would snap up the defenseless creature for a tasty treat.

As a substitute for a natural shell, hermit crabs use the shell of a gastropod mollusk, such as a snail or limpet.

These shells are in many shapes and sizes, so the hermit crab chooses the shell it will wear depending on how it fits.

Hermit crabs can be very small or very large. The largest type is so big that it must use a coconut shell for its mobile home. The right claw of a hermit crab is larger than the left, and is used for capturing food and blocking the entrance to its shell.

Hermit crabs grow by shedding their skins, or molting. As the months go by, the hermit crab's skin gets tighter and tighter until one day it just splits.

When the hermit crab emerges from its old skin, it is larger and must find a larger shell to live in. Hermit crabs usually find this shell before they molt, and move in as quickly as possible after they shed. Once a crab is in its shell, no amount of coaxing can bring it out. — By Kris Hendrick □

FRISBEE'S FRIENDS



BY CAROL SPRINGER

News & Reviews

Go Fly a Kite!

The windy month of March is the traditional kite-flying month in the United States. Throughout their more than 2,000-year history, kites have seen many uses including scientific research, construction and even warfare.

But today kites are basically recreational aircraft. Many commercially made kites of different shapes and sizes are available in stores that must be assembled using some simple instructions. Taking off from one of these basic designs, you can design and build your own special model.

Why not let your imagination soar in making your own kite? A kite's shape and size can be varied widely. Some kites have been built with toothpicks, while others have weighed nearly a ton.

And what about its artistic design? You can experiment with various lightweight and beautiful coverings, perhaps painting it and adding touches such as a tail.

Communities across the United States even have contests for kite designers with various categories such as for the most artistic, the highest flying and the most unusual design.

Whether you decide to go with

a commercially produced kite or your own special model, kite flying can be a lot of fun. Remember, though, not to repeat Benjamin Franklin's dangerous kite-flying research — electricity and kites can mix with hazardous consequences. For your own safety, make sure you don't:

- Fly your kite near wires of any kind.
- Use metal in constructing your kite.
- Fly your kite in a thunderstorm or in threatening weather.

This is one aircraft you don't need a pilot's license for, so why not go fly a kite! □

Proverbs: Messages for Today

The PTA. Every young person who has been to school has heard of the PTA — the parent-teacher association.

And a PTA meeting is a place where parents and teachers go to sit on opposite sides of a table to discuss the students — you!

But the initials PTA can lead you to a mistaken assumption. They can tend to make you think there are two totally separate groups of persons in our life — parents on one hand and teachers on the other. But that's wrong.

For, parents ARE teachers, too!
Yes, parents are teachers, too.

That's why Solomon wrote, "My son, hear the instruction of thy father, and forsake not the law of thy mother" (Proverbs 1:8).

Solomon knew young people would listen to teachers in school because they have the title "teacher." But Solomon also knew that we might forget that our parents are teachers and

therefore tend to ignore Mom or Dad's advice.

Many young people have done just that. They have forgotten that the most important teachers in their life are their folks. They are the most important because they teach you the most important subjects — like values, proper habits, discipline, morals. And character!

"My son, hear the instruction of thy father, and forsake not the law of thy mother." These words should help us change our thinking. No longer should we think of parents on one side and teachers on the other, like the PTA. But rather, we should rearrange our thinking. Maybe to do it we can rearrange the letters from "PTA" to "PAT."

For, Parents Are Teachers, too! — By Bernie Schnippert □

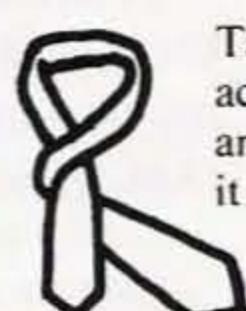


Is This Knot for You?

There are many ways of tying a tie. Here's one, the Half-Windsor, that gives a medium-size, symmetrical knot. Below (left to right): What you should see in a mirror.



Begin with wide end of tie on your right, about a foot below narrow end.



Take wide end across narrow and then bring it underneath.



Pull up and pass it down through loop.



Pass wide end around front from left to right.



Then bring it up through the loop.



Bring down through knot in front and tighten. Draw up to collar.

Teen Bible Study

Is God Real to You?

Prepared by Richard H. Sedliacik and Staff

Youth 82, in conjunction with the Ambassador College Bible Correspondence Course Department, presents short monthly Bible studies designed especially for teens.

Are you like many people who say, "I believe in God, but He seems so far off — so unreal to me"?

They wonder: "Where is God? Has He gone off somewhere? Why doesn't God materialize or reveal Himself in some way? How can an invisible God be real to me?"

But think about it for a moment. These same people believe in what they can't see. Air, wind and electricity simply cannot be seen. Yet these things are very real to them.

God is composed of spirit and therefore cannot be seen by human eyes. But He has definite form and shape, inhabits a specific place and shines as the sun in glory! This study will show there is a way God can become very real to you. You can even know Him personally!

But before you read further, be sure to get your Bible and a pen or pencil. Look up and read in your Bible the scripture references given in answer to the questions. Then write them down in a notebook so you can review your studies later. Writing out the scriptures will also help you to remember what you have learned. Now let's begin.

1. In the first three chapters of Genesis we learn that Adam and Eve sinned against God by partaking of the forbidden fruit of the tree of the knowledge of good and evil. What did they then do when they heard God coming? Genesis 3:8.

They hid from God! God had been teaching the first man and woman in the Garden of Eden. He wanted them to get to know Him and His way of life. But when they rebelled against their Creator, they felt guilty and wanted to hide from Him.

2. What did the Israelites do after God spoke His Ten Commandments to them from Mt. Sinai? Exodus 20:18-19.

When the people saw the thunder and lightning and other evidence of the almighty God "they removed, and stood afar off." Here was man plainly seeking to cut off all personal communication with God. Here was man telling God to get lost!

This is typical of how all mankind has been reacting to the presence of God since that incident in the Garden of Eden. Ever since Adam, the world in general has been playing the game of "hide-and-go-seek" with God!

3. What is God compared to? I John 1:5. Is this why men try to hide from and even deny the reality of God? John 3:19-20. Has mankind cut itself off from God because of its sins? Isaiah 59:2.

Since Adam and Eve, men have been tricked by Satan into sinning. Therefore mankind is accustomed to living a way of life the Bible refers to as "darkness." But God never sins. His way of life can be compared to a bright light that shows the way out of darkness, or sin.

4. What is one of the reasons Jesus Christ was sent to earth? John 1:18.

Jesus, one of the two eternal members of the God Family, became flesh and blood. He came to earth to reveal the Father to us, as well as to die for the sins of all mankind, opening the way to receiving the Holy Spirit and complete understanding of the reality of God and His purpose for mankind.

5. Besides these many revelations from God that are recorded for us in the Bible, is there a tangible way we can understand the invisible things of God and the absolute reality of His existence? Romans 1:19-20.

Think about the physical universe and all that it contains. Look at the intricacy of nature around you. Think about your marvelous body and the incredible complexity and capabilities of your mind. Here is awesome proof of the reality of the great, all-knowing, universe-ruling Creator!

From the forces that bind atomic nuclei and run gigantic stars, to the laws that sustain incredibly huge galaxies; from our marvelous, life-sustaining earth, to the vastness of space; from the existence of physical laws like gravity and inertia, to the order and harmony they sustain; from the beauty of creation, to a mind that can try to comprehend it — all testify to the presence and power of our almighty Creator and shout the conclusive evidence of His existence!

6. Since the evidence of God is clearly seen

Teen Bible Study

everywhere by His creation, why isn't God real to the world today? Has mankind become willingly ignorant of the reality of God? Romans 1:21-25. (Reading the rest of this chapter will show some of the results of this choice.) How does God describe one who refuses to accept such obvious proof of His existence? Romans 1:22, Psalm 14:1.

The apostle Paul clearly shows that mankind has become willingly ignorant of the reality of God's existence.

Yes, the ancient philosophers knew God. They examined the world in which they found themselves and discovered order, harmony, system and design. God was in this sense revealed to them. How? Because the existence of order, harmony, system and design absolutely demand a supreme Architect and Designer — a supreme Creator!

But these same men flatly rejected the evidence rather than answer to a higher authority. For if they admitted God exists, they would have to obey Him! And so they held back or suppressed the truth in unrighteousness (Romans 1:18). They convinced themselves, against the facts and their own better judgment, that God doesn't exist. Those who reject such obvious evidence indeed look foolish and silly to God.

7. How did God show His incredible greatness, power and wisdom to Job? Job 38:1-6. (God's speech to Job continues through the end of chapter 41.)

Many today are like Job. He thought he knew a lot about God. He was pretty well convinced about the reality of God's existence. But after a long series of eloquent arguments between Job and his friends, God personally spoke to Job from a whirlwind and pointed out a few things he had never considered before.

God focused Job's mind on His material creation by asking him some embarrassing questions.

Before hearing these questions, Job had talked about God, heard about Him and discussed Him at great length. But the real God was not absolutely real to him. This really shook Job up as he finally came to see God in a completely new light (Job 42:1-6).

Now Job came face to face with God through His material creation. He saw for the first time the true picture of the awesome Creator, the almighty God. His conscious mind had not really grasped the reality of this God of whom he spoke. Job was now humbled and deeply convinced of the absolute reality of the great, all-powerful Creator, God!

8. Can those who seek to become personally acquainted with this same God really find Him? Isaiah 55:6-7. But must one put forth effort — stir himself up — to seek Him in a personal way? Isaiah 64:7. Is God not far from anyone who will earnestly seek Him? Acts 17:26-27.

God is not uninterested or unavailable to His human creation. He is not too busy to hear the prayers of sincere people who really want to know Him. But one must stir himself up to seek God. God is there — He is real — but He must be sought! We must put forth a concerted effort to seek Him in a personal way.

You definitely can get to know God! God is there in heaven and once real personal contact is established, He will be real to you in an intimate way.

9. Does God promise to bless those who truly seek Him wholeheartedly, and desire to actually do His will? Psalm 119:2, I John 3:22.

God is as near as the next fervent, sincere prayer. Those who seek God earnestly — with zeal and persistence — will be blessed, both in this life and on into eternity.

Once you come face to face with the reality of God's existence and have a glimpse of our heavenly Father's goodness and power, you can begin to trust Him to bless you (Hebrews 11:6).

10. But do you realize that our conversation with God is not one sided? Do you know God speaks to us today? Read Hebrews 1:1-2 to find out how God speaks to mankind.

God has revealed His will and plan for man through His Son who came down to earth and lived among men. He then inspired various men to record the words of Jesus for us today (II Timothy 3:16-17). Now we are able to learn of God and His purpose for mankind through His written Word.

In a very personal way, God reveals Himself and speaks to us through the pages of the Holy Bible. We become acquainted with God by talking to Him in prayer and by reading what He says to us in His written Word.

By reading the Bible, we can come to know the mind of God. We can understand His character and how He thinks. And through His inspired written Word, God shows us how we can have happy, productive lives and tells us what He has promised to do for us if we will obey Him.

So get acquainted with the great Creator, Ruler and Sustainer of the entire universe. Begin to understand the living God's great love and wisdom. Then you will know how much He takes *delight* in the youth who will seek to know Him, talk to Him, love and obey Him! □

I don't think I'd have won without the help of the other contestants. There was a basic attitude of helping and giving — wanting to relax [the other contestants] before they went on stage, and hoping they'd do their best."

These words from co-winner Joshua Griffin of Pasadena, Calif., summed up his view of the annual YOU (Youth Opportunities United) Talent Contest.

The 18-year-old Pasadena Imperial School senior tied for first place by playing his original drum composition, "Drum Train." The other first-place winner was Elisabeth Prevo from Dayton, Tenn.

"Drum Train" is a trip through the imagination. "Let the music tell you the story. 'Drum Train' takes us on a musical, geographical tour," explained master of ceremonies Fred Stevens.

The train's motion and the stops in various cities are simulated by characteristic drum rhythms and styles. Josh explained that his drum teacher wanted him to appreciate all kinds of music. "So I play and listen to all kinds of music. That's how I came up with the idea of using drums to simulate a train ride."

During the past 10 years the performer has designed signs for his father's sign business. He has many pencil and charcoal drawings displayed on his walls and in drawing pads.

Josh also plays flag football for his school and runs track and plays basketball in YOU.

Josh ascribes much of

the credit for winning first place to his parents, James and Juanita Griffin. "I got discouraged many times, but my parents gave me encouragement and ideas."

Multitalented co-winner Elisabeth Prevo had to choose between entering the contest by performing on the piano (which she has played for seven years), the flute (four years) or the oboe (six years).

It seems her decision to go with the oboe and a piece entitled "Csardas" by Monti was favored by the judges, for they awarded the 17 year old a share of first place and the accompanying 1½-year scholarship to Ambassador College.

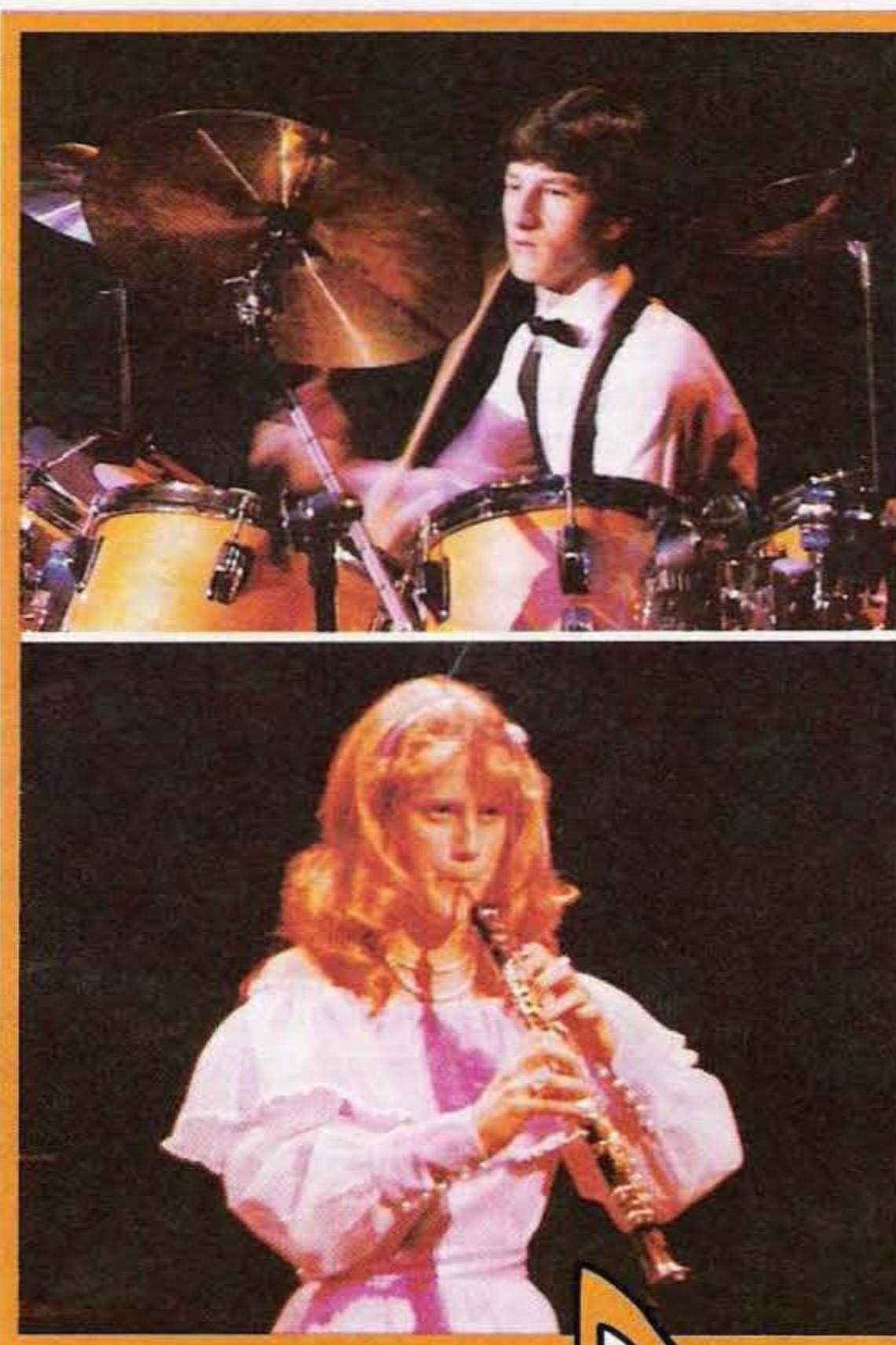
Elisabeth felt the camaraderie between contestants contributed to being relaxed and confident backstage. "We all hoped the other would do well, especially since Mr. [Herbert W.] Armstrong [Editor in Chief of *Youth 82*] was there. I knew I was performing in front of God, too."

Elisabeth's oboe instructor is a professional oboist with the Chattanooga, Tenn., Symphony Orchestra, and Elisabeth aspires to one day perform in a symphony or teach music. She plays the oboe and piano for special music at church, and performs in talent festivals and in her high school band.

Elisabeth, her sister Tammy and her brother Jon attend the Chattanooga church with their parents, John and Mary Prevo. Elisabeth is active in the ladies' club,

Bible baseball, the cheerleading squad and the volleyball team. She also enjoys horseback riding.

She maintains a 3.8 grade point average at Rhea County, Tenn., High School; is a member of the math club and takes classes in Spanish. □



Taking Note of Two Talented Musicians

By Jeff Zhorne

Unsung Hero

(Continued from page 4)

verse 29: "We ought to obey God rather than men."

To say that is one thing. To do it is something else. Sometimes something heroic.

God does look, He does notice and He takes note of who is obeying and not obeying Him. He knows that on a human level it sometimes takes extra strength, courage and dedication to do so. He sees those who stand out among all the rest.

Hebrews 11 is a chapter He gave us that deals extensively with true heroes. Some of these — David, Daniel, Samson, Elijah, among others — performed mighty and famous deeds. Some others, however, were counted as heroes for simply enduring and going through some tough times. We don't even know their names, but they were heroes just the same.

The lesson: Heroism isn't always glamorous. Sometimes nobody even knows about it — except God.

You can't go out and try to be a hero to try to impress someone. What it takes to be a true hero — someone who habitually does what is right, especially when under pressure — is often tough and unglamorous.

No one is ever elected to the office of hero. No one can just become one overnight. You, though, can be a hero. What you have to do is decide to try to come up to God's standards of heroism. In other words, find out what's important and right, set your mind to do it and then do it when the pressure is on.

Study heroes and leadership. Read examples of great people through history, especially those that God has preserved in the Bible.

Recognize the little-known heroes living around you today and keep in mind the following anonymous quote:

"Greatness is a matter of quality, not of size. Many men are big who will never be great. Greatness is not a matter of the space we occupy, but the kind of person we are, in whatever place we find ourselves. Greatness is not a matter of having our names printed in big type, but a question of attempting great tasks with a humble mind and great courage." □

Winner

(Continued from page 5)

you can lose without really failing at all."

These words are similar to the philosophy of Baron Pierre de Coubertin, the founder of the modern Olympic movement. He stated that "the important thing in the Olympic Games is not winning but taking part."

He recognized athletics as the tool by which leadership and teamwork could be developed. In the idea of different nations coming together in peaceful competition he saw the dream of world peace and mutual understanding.

In all of sports there is perhaps one event that brings out the positive qualities that sum up the purpose for athletics and Baron de Coubertin's purpose in organizing the Olympic Games. It is the marathon race — 26 miles, 385 yards of running that require every ounce of physical and mental energy available in a human. Paul often used this kind of endurance running as a comparison to the Christian life in his letters (I Corinthians 9:24-25, Hebrews 12:1).

The marathon has long been considered one of the premier events in the world of sports. In the Mexico City Olympic Games of 1968, it was the setting for a remarkable example of human endurance that fitly pictures the baron's philosophy, and should make us rethink our concept of what makes a winner.

The race began at the Plaza de la Constitucion in downtown Mexico City. As the runners paced their way toward the city's southside, the high altitude and thin air began to take their toll. Runners began dropping out, including prerace favorite Abebe Bikila of Ethiopia, who was going for the unprecedented third straight marathon victory.

Two hours and 20 minutes after the starting gun, Mamo Wolde of Ethiopia was the first to cross the finish line inside the Olympic stadium and clinch the gold medal. Within minutes, the silver and bronze were captured, and the remaining runners finished.

The traditional presentation of medals and playing of the national

anthems were held and the stadium lights began to dim. Most of the crowd had gone when the few remaining spectators noticed one more runner entering the stadium.

John Stephen Akhwari of Tanzania was slowly making his way toward the finish line. His right leg was bandaged, and his face reflected the pain of a body crying for more oxygen in the thin atmosphere. With the finish line in sight, he alternately walked and limped, and occasionally stopped to muster strength to continue. Triumphant, he crossed the finish line, completing his goal.

Thus with courage, dignity and discipline, John Stephen Akhwari symbolized the excellence of the human spirit and did not give up. He fought a good fight and finished his course, thereby also becoming a winner in the real sense. Competing fairly and enduring valiantly to the end are the signs of a true winner. □

Caving-

(Continued from page 8)

have been time consuming and embarrassing to have had to call a rescue service for help.

4. Don't go caving if rain is in the forecast. Caves don't always flood, but it's wise to be safe.

5. Always let a responsible person know where you're going and when you plan to return.

Listed below are certain rules of etiquette to follow when caving:

1. Always ask the landowner's permission before entering a cave and thank him upon leaving.

2. Never mark arrows or names on rocks or leave trash around. Most caves are not so complicated that you could get lost in them. If they are, place markers at confusing junctions.

3. Never harm the wildlife inhabiting a cave. This is not only cruel — it's illegal.

4. Never break off formations; they take hundreds of years to grow back, if they grow back at all.

5. Remember the cavers' slogan: "Leave nothing but footprints, take nothing but pictures, kill nothing but time." □

Age for Marriage

(Continued from page 2)

that a 2 year old *adds* his second-year acquisition to what he learned the first year, the third to that, and so through the years his *total* store of knowledge increases continually.

But a person past 60 cannot learn something new in a field new and strange to him as readily as a young person of 22 or 23. Does this mean that a well-educated man of 60 knows less than a young man of 22? Of course not. Other things being equal, he knows infinitely more — because he has the accumulated knowledge of all those years since age 22 *added* to what he knew then — and he has learned much by *experience*. That is one reason wisdom comes with age!

Of course, by age 16, the young person may think he *knows it all*. Many, in their own minds, know more than Dad or Mom. You see, what they do not yet know, they don't *know* that they don't know! But there is still much to learn.

But by age 16 the average normal young person of good mind is ready to *begin* a little more advanced study into more solid fields.

When bodies mature

But along in these early and midteenage years, usually 12 to 14, the physical body suddenly speeds up its growth and development. The teenager at this point sprouts up much taller within a single year, with *bodily* changes from child to man or woman.

Suddenly the young person feels "grown-up" — adult. He usually does not realize that at this stage the body makes a rather sudden leap toward maturity, *while the mind makes no corresponding advance!* The mind continues on at only the same year-to-year *gradual* development. The *mind is still more child than adult*. Its interests are still mostly having fun, games, entertainments. Sexual maturity is suddenly reached, long in advance of mental, emotional and spiritual maturity.

A human being is not a mere body. The married state needs maturity of mind, emotions and spiritual qualities

as much as physical adulthood.

A boy or girl is physically able to become a father or mother years before he or she is qualified to assume the *responsibilities* of parenthood.

But, suddenly becoming taller and physically developed, the boy or girl *feels* mature. A new awareness of the opposite sex is present. What the young person of this age does not yet know, I repeat, he usually fails utterly to realize.

The attraction of the other sex acts as a magnet. The girl dreams of her Prince Charming, desire is awakened in the boy to hold an attractive girl in his arms.

The girl often falls in love with love, a certain boy being the focal point of her fantasy. Of course she only sees this particular boy as she imagines him to be, not as he really is. She is dead sure she is in love. And no one can awaken her from this entrancing dream. There are many facts of reality about this puppy-love affair of which she is totally unaware.

But, again, what she doesn't know that her parents see so plainly, she simply doesn't know that she doesn't know! She has to outgrow it! The very *fact* that she is not mature enough to recognize her immaturity is proof that she is still too immature for marriage.

At this stage, the parents have a problem on their hands, and need great wisdom to deal properly with it.

The preparatory years

But when does a child become an adult? When is one ready for marriage? Marriage is in itself a career. One is not ready to enter upon any profession or career until after full preparation. This *preparation* may be divided, roughly, into three stages. First, that of infancy, preparing the child for school. Second, elementary and preparatory schooling prior to, thirdly, more advanced education and special-

ized training for the adult life's work.

There are really three stages, roughly, of mental development that parallel these stages of preparation. First, the change from babyhood to boy- or girlhood around age 6. Then the mind as a rule has absorbed enough elementary and semimature knowledge by age 16 to *begin* more mature thinking and learning. Age 16 is a crucial year in mental development.

But the mind does not really mature, on the average, until age 25. At age 25 a more definite adulthood of mind, attitude, interests, is reached. The mind becomes more set in its ways.

The years between ages 16 and 25 are the *vitally important* years of adult preparation for life's work. These are the *crucial* years of *PREPARATION*. During these years the mind is capable of *acquiring* faster than at any other stage of



life the advanced knowledge needed *before beginning* one's adult career — whether it be business, profession, occupation or marriage. Before age 16 the mind has not acquired the basic elementary knowledge needed as a foundation for entering more advanced study — and the mind has not developed in serious comprehen-

sion to the level of advanced knowledge. After age 25, the mind that has stagnated since age 16 finds it difficult to enter upon more mature study.

Before age 16 the mind simply is not mature. At age 16 it is merely prepared to begin acquiring the more mature preparation for either career, business or marriage.

It should be borne in mind I am speaking of average ages. There are, of course, exceptions to all rules — but in my experience about 99 in 100 follow this pattern.

Another stage of maturity seems to be reached at about age 30. I have noticed that, although most young people reach a certain mental maturity at age 25, a far more complete maturity of mind, personality, performance and influence on others is reached at age 30.

By age 30 the man or woman has added five years of practical experience, in addition to further study, to the preparatory knowledge and final

than he is. But as soon as young women are past 20 to 25, female vanity usually causes them to want to be considered younger than they are!

The right age for marriage

The fact that man attains a more complete maturity of personality, leadership and influence by age 30 seems fully recognized by the Eternal God. In ancient Israel the Levites were ordained to full priesthood at age 30 — although they were put into physical service at age 20.

Jesus Christ, the Example of the Christian world, did not begin His active ministry until age 30. All years prior to that were years of learning and preparation.

Apparently the Bible has not given specific and direct instruction or command as to the proper age for marriage. God did not even count people in the census, as adults, until age 20. While there appears to be no

punishable prohibition against marriage prior to age 20, there is every indication that on God's instruction juveniles were considered children until 20. At 20 they were considered of age. *This by no means implies they were expected to marry by age 20!* Rather that they were expected not to marry until at least 20 — OR MORE!

Based on actual experience, my judgment — and I think it is sound judgment — is that until out of the teens a boy or girl is too young to marry! And it is also my judgment — based on lifelong experience counseling on marriage problems of hundreds of people — that even 20 is too young to be the best age for marriage.

Two factors are the major causes of broken marriages, or of unhappy problem marriages, in the hundreds of cases that have come to me for advice and counsel: sex ignorance

and marriage prior to age 20. Quite often these two are merged in the same case. A majority of all unhappy or broken marriages that have been brought to my attention were those of people who married too young!

Only too well I know that teenagers who think they are in love will not listen or heed. That very FACT proves they are too young for the responsibilities of marriage. Marriage is so much more than romance, necking, lovemaking and immature emotional bliss. Thousands of young people have gone ahead heedless, and been sadly disillusioned to learn that lesson TOO LATE!

But in my judgment, except in rare cases or circumstances, even 20 is too early an age for marriage. I can only give my judgment. But it is based on experience. It is based on facts and knowledge. It is based on what biblical revelation God has given us. It is based on hundreds of case histories.

But here it is, and young people will do well to heed it — and later be glad they did! The best age for a man to marry is around 24 to 26, after he has devoted those top aptitude years between 16 and 25 for mature education, experience and preparation — after he has acquired the knowledge, preparation and preliminary experience to assume adult responsibilities — after he is able to assume the responsibility of supporting a wife — and family! And the best age for a girl to marry is between 23 and 25, when she has utilized those top aptitude years for preparation, and is prepared to assume the duties of wifehood and motherhood — the responsibilities of planning, decorating, arranging a home, keeping it and being a help and inspiration to her husband.

Mrs. Loma Armstrong and I were married when we were both 25. We were mature enough to assume the responsibilities. Our marriage was happy, and blessed beyond words to describe. In fact it was happier after age 70 than ever before, because it had grown constantly more and more happy. WHAT A BLESSING!

Wouldn't you like yours to be equally so? Then heed! Use wisdom! □



reaching of mental maturity attained at 25. Prior to 25, the young man is often called just that — "young man" — by older men.

Somehow, the vanity in a young man of 18 and older makes him want to be considered mature — as a completely adult, fully experienced MAN. He wants to be considered older

BY THE WAY...

'Late' Is a Four-Letter Word

By Dexter Faulkner

"**H**e always keeps me waiting!" "We never get anywhere on time." "She thinks she can show up for dinner any old hour she pleases!" "Why can't he let me know when he's held up after school?"

Have you heard your parents, friends or even classmates make statements like these? People who are always late have lost friends, jobs, even potential mates. Also, according to etiquette books, being on time is simply good manners. We should always strive not to be late.

You may have heard the story of the boss talking to a teenage office worker.

Boss: "You're 25 minutes late, young man. Don't you know what time our people start to work around here?"

Employee: "No, sir. They're always at it when I get here."

It's an old story, but it has a good point. We need to be aware of our problem.

If getting there on time is something you can't manage, following are some points to help you mend your ways before it's too late, again.

- Being on time is being responsible. It's a sign of maturity. We need to realize that people depend on us.

Put yourself in their shoes. What if you were waiting on your mom, for example, to bring the car so you can take your driver's license test? The seconds tick by, minutes pass, the time for your

appointment comes and goes. You have to wait until later, and all because she's late.

How would you feel?

- Don't live your life haphazardly. Be in control. People respect people who know where they need to be at any given moment and who make it a point to be there.

Shakespeare counseled: "Better three hours too soon than a minute too late." How's that for being in control?

- Be more aware of your problem. The latecomer needs to discover a pattern for his or her lateness.

You should compile a list of the situations for which you arrive consistently late, and then examine it. When you are late, pause to reflect on your possible motives for being tardy.

- Watch out for procrastination! Do you put off leaving early enough because at your destination you face an unpleasant task? One sage individual put it this way, "Procrastination is a thief of time." Difficult responsibilities should be tackled first. Otherwise, you spend more time fretting and worrying over them than it takes to do them.

- Set deadlines for what you want to do. Make them known to the people around you. Ask them to help you not to be late.

- When you know you are going to be late, let someone know. Most people (moms especially) appreciate a person who gets there



on time and when he or she can't make it, uses the phone. It may cost you a dime or maybe a little more to make the call. Still, that isn't much for a friend's, boss' or mom's peace of mind. Such thoughtfulness shows respect and concern for others. It doesn't go unnoticed.

If you have a problem being late, a simple working formula is to count time back from the deadline rather than up to it: "I'm due home after practice at 7:30, 20 minutes on the bus makes it 7:10, five minutes from my school, plus time if I want to stop and buy some notebook paper...." Mentally scheduling your time makes you less apt to dismiss the evening's travel as a 20-minute bus ride. When you approach time in this way, you allow flexibility and you usually won't be late.

There's no question that people who are always late are being inconsiderate and ill-mannered. Ben Franklin had strong feelings about this subject. If you want to be admired and liked, in addition to being healthy, wealthy and wise: "Then do not squander time, for that is the stuff life is made of." Being on time should become such a part of you that *late* will become a forgotten four-letter word. □

Illustration by Bruce Hedges



**YOUTH ON
CAMERA**

Photographer — Nathan Faulkner
Age 19
Pasadena, Calif.