

CELEBRATING POSITIVE CHOICES

# Listen

Rollerblade  
**Queen**  
THERESA CLIFF

An Elegant Hand

BIGGER IS  
NOT BETTER







# BIGGER IS NOT BETTER

**I wish this were someone else's story.**

Intravenous tubing crisscrosses my body like an old-time telephone switchboard. I have injection scars from my calves to my buttocks. I can't even go to the bathroom by myself anymore. No, I'm not a cocaine or heroin junkie. I'm just someone who wanted to be noticed when I walked the halls.

When we were kids, my best friend, Joey Walters, and I admired sports heroes like Ed "Too Tall" Jones of the Dallas Cowboys and Lyle Alzado of the Oakland Raiders on TV as they swaggered their way through the football world. As we got older, we'd watch Hulk Hogan pose in front of the wrestling ring before body-slaming whoever was foolish enough to oppose him.

Trouble was, we were both pretty average-sized guys. By high school I was aiming to play middle linebacker and Joey was tearing up the weight room in hopes of becoming the next Mr. Olympia, the most powerful title in the bodybuilding world. I really looked up to Coach Hadley. He was six feet four and 265 pounds. People stared as he bulldozed through the halls in

between classes. They talked about how gigantic he looked. We wanted to be big too.

I also figured I'd have a much better chance with the girls if they could pick me out of a crowd of smaller guys. I knew size and bulging muscles won their eyes. So I joined Joey at the gym, checked out some muscle books, and bought a few magazines describing how to build bulk and mass.

With Joey's help I followed a strict pumping iron routine and scraped gobs of carbohydrate-rich, multicolored pasta across my plate daily. But I gained a measly three pounds in two months. I toned up somewhat, but wasn't much stronger, wasn't much bigger. Joey felt the same way.

Then I noticed that other guys at the gym were gaining three pounds in two weeks. We were missing out somehow. I thought I'd be a 100-pound weakling the rest of my life. Then Jimmy Pressive, this huge glutton-for-punishment monster from the gym, says to me, "Your problem is you don't have an 'in.' You'll never get big without supplements."

"What other help can I possibly get?" I

**BY ROID REGRET \***

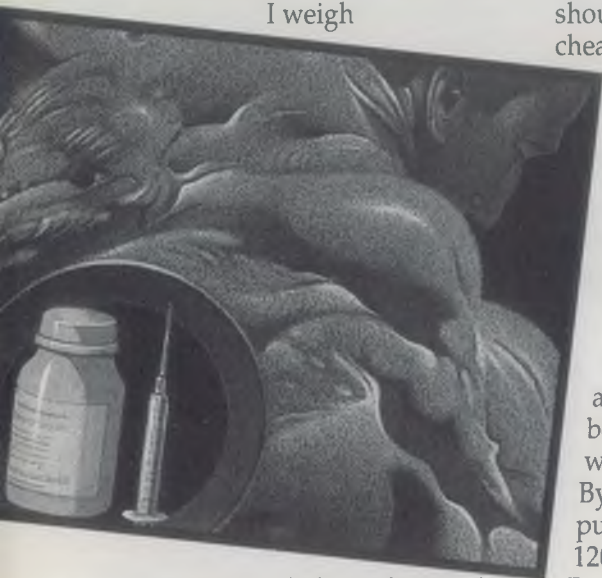
\* a pen name

LISTEN (ISSN 0024-435X) May 1995, Volume 48, Number 5. Published monthly by The Health Connection, 55 West Oak Ridge Dr., Hagerstown, MD 21740. One year \$24.97 (US); Outside US \$27.95 (US). Second Class postage paid at Hagerstown, MD. POSTMASTER send address changes to LISTEN, P.O. Box 859, Hagerstown, MD 21741. 1-800-548-8700, Alaska or Canada 1-301 790-9735. This publication is available in Microfilm from Xerox University Microfilms, 300 North Zeeb Road, Ann Arbor, MI 48106. (313) 761-4700. Printed in U.S.A.

ILLUSTRATION BY DAVID BECK/COVER PHOTOGRAPHY BY DAVE SHERWIN

asked sarcastically. "I'm in here six days a week, sometimes two hours at a time; I eat all the right foods; and I'm pretty sure I get more than my fair share of sleep. I couldn't do anything else—guys like you are just born big."

He shook his head. "Yeah, like I weigh



225 'cause my dad weighs 200! I don't think so. What you need is some 'roids, man. In six weeks you'll gain some real weight on those bones. An inch on your biceps and two on your drumsticks—guaranteed." That was good enough for me. I left the gym with \$50 worth of anabolic steroids. I couldn't wait to show Joey.

"Look what I got!" I shouted when he came over.

"What are they?" he asked, fidgeting with the small bottle.

"They're 'roids, Joey. That really huge guy at the gym said in six weeks we'll be able to lift 25 percent more than what we're lifting today, plus pack on more weight than we gained all last year. This stuff is our salvation, buddy. It's a miracle pill for guys like us."

"I don't know," Joey said, still toying with it. "I've heard some really bad things about people getting hooked and then going crazy. It's not a vitamin, you know; it's a drug. And we don't do drugs."

"This is different," I explained. "It's not like pot or coke or anything. And it's only for a while. Just try it with me for the next few weeks. Come on, let's gain some massive weight."

"Nope, it's not for me, bud." He tossed the bottle back. "And it shouldn't be for you. That's like . . . cheating. We can train harder."

"Joey, I just want to get up to 120. Then I'll quit. You take only so much over a period of time. It's called a cycle. There's a book on how much you need, when to take them. . . . You're gonna be left behind."

I couldn't convince him.

I started lifting before and after school, taking a few pills before each workout. In three weeks I moved up a pants size. By the end of six weeks I had put on 10 pounds—almost to 120, and I was really bulking up. Poor Joey gained barely two pounds.

When I started injecting the liquid form of steroids along with taking the pills (called stacking), it got harder to ignore the negative things happening to me. My back was covered in such an oily mess of pimples I could barely lie down on the weight bench. It was creeping onto my face. But when Diedre Hall, a knockout sophomore, came up to talk to me and told me how big I was getting, it didn't seem to matter.

I'd been told to wait a couple weeks between cycles, but after three days I'd begin losing weight. I felt I had to start right back up. Sure, I got those killer headaches and intense muscle cramps, but I figured it was just part of working out so hard. But not long after that I had trouble sleeping nights.

It didn't matter, though. I couldn't let myself shrivel back down to my old weight. I looked good. And for every 10 pounds I put on, Joey gained only two. I was up to 127. People stared. They

confirmed my workouts. Then I turned a corner that nearly cost me my life.

Down on Girard Avenue by the gym, Joey and I were talking when some older guys brushed past us. I'm sure the guy that bumped me didn't even mean to. I was filled with an overwhelming rage. I literally wanted to tear his head from his body. I slammed him into a brick wall headfirst and began pumping my fists into him. I couldn't stop.

Joey froze, looking bewildered. The guy's friends tore me off and then took a metal rod to both Joey and me. I was still swinging when I went into convulsions. I had a heart attack at the age of 15.

Joey got off lucky with 32 stitches and a broken collarbone.

For me, it was a different story. The doctor explained what happened. My blood pressure had gone sky-high and my cholesterol levels peaked. The added pressure from the muscle built around my heart forced it to work too hard to expand and contract. In addition, the steroids caused my growth plates (which determine how tall I'll get) to stop prematurely. Not only will I never slam a basketball; I'm now at special risk for cancer and tumors.

There's a long list of other things that aren't certain yet. I might never have a son to take to football practice. There's a good chance clumps of hair will fall out with every pass of my brush. I have terrible pains inside. I urinate blood. It's hard to say how much of the damage is permanent.

The depression is perhaps the worst. I see a withered body in the mirror. I know I'll never have people checking me out, letting me know how good I looked when I was on 'roids. And now I guess I really don't want to. I just wish someone had told me what could happen. I wish this were someone else's story. ■



# HOW TO LAND YOUR FIRST PART-TIME JOB

**Not enough jobs and too many applicants—familiar story, right!**

How can you convince an employer you're the right person to hire when lots of teens are applying for the same job? It might not be as hard as you think. The following seven tips will help you stand out from the others.

## **First Impressions**

That initial face-to-face meeting with a potential boss can determine whether or not you get the job. While buying a new outfit for your first job-hunting experience is a bit extreme, giving some thought to what you're going to wear isn't. For example, if employees at the grocery store where you want to work wear slacks instead of jeans, do the same when you go in to apply.

Now is the time to pull out and dust off your best manners. Take a deep breath and ask to speak to the manager. Extend your arm for a handshake, tell him/her your name (which is easy to forget when you're nervous!) and ask if they have any openings. Top it off with a simple "thank you" when he/she hands you the application. You've made it past the first hurdle with flying colors!

## **Be Prepared**

Take along any information you think you might need. Often requested are the days and hours you can work, names and phone numbers of references, emergency phone numbers, and your school's name, address, and phone number. Also, take

your Social Security card, student ID card, working papers, and driver's license, if you have one.

Having all this information on hand should speed up your chances of getting the job, since it will enable you to fill out the form immediately and hand it right back to the manager.



## **Previous Experiences**

Remember when you cared for your neighbor's first-grade son every day after school for two months? How about the year you were the assistant youth director at your church? And don't forget about all the pet-sitting and lawn mowing you've done!

These jobs show you're a responsible

PHOTOGRAPH BY JOHN BAKER

**BY ARLENE MARY OWEN**

person, with good work habits. So when you get to the part on the application that says "List past job experiences and responsibilities," go ahead, write them down.

Next on the form might be a section called "Other experiences and responsibilities." Mention your involvement with sports and clubs. Why? Because many of the things that helped you in these activities—like showing up on time, getting along with lots of different people, being willing to learn new skills, and participating even when you were not in the mood—are valued in the workplace.

#### **Line Up Your References**

Think you don't have any? Think again! Most clubs, sports, and neighborhood jobs involve adults who can give you a reference after knowing you. Plus, longtime acquaintances (your piano teacher, for instance) are usually happy to vouch for you.

Remember, talk to these people before you apply for any job. Never use a name or give out a phone number without the person's consent.

#### **Mean What You Say**

A little quiz: The manager wants to hire you and wants to know if you can work every Sunday morning and afternoon. But your soccer games are scheduled for every Sunday morning. Still, you really want this job. What should you do?

- a. Forget it. Tell her you can't take the job.
- b. Tell her you can work Sunday afternoons right now and can add the mornings toward the end of November.
- c. Tell her you can do it and then hope your soccer games get rained out.
- d. Quit the soccer team.
- e. All of the above.


If you picked b, you're on the right track; you explained your situation in a positive,

honest manner—very impressive! If the manager isn't desperate to fill that morning time slot, she might be willing to work with your schedule.

#### **Follow Up**

Unless the manager says "Don't call us, we'll call you," stop by a few days after handing in the application. Will she think you're bothering her? Probably not; in fact, you could get the job because you showed more interest than the other applicants. Of course, asking to speak to the manager of a fast-food restaurant during the dinner hour is not a good idea. Be persistent, but use common sense.

#### **Be Yourself**

You're well-mannered and eager to work. You can handle responsibilities and you have good references. Let your best qualities shine through, and it won't be long before you hear the exciting words "you're hired!" 

## **NEIGHBORHOOD KNOW-HOW**

You can rack up valuable experiences for a part-time job by working right in your own neighborhood. Here are 10 ideas to get you started.

#### **Baby-sitting**

Good baby-sitters are always in demand. If you like young children, this might be right for you.

#### **Car Washing**

Most people don't have the time to give their cars a weekly wash, but you do!

#### **Carpenter's Helper**

A neighbor may need an extra pair of hands to help build a deck or widen the family room. Why not yours?

#### **Dog Walking**

Dog owners are often hard-pressed to give their pets some daily exercise. Maybe you're the person to help.

#### **House-sitting**

Offer to bring in the mail, water plants, and feed the family pet for neighbors away on business or vacation.

#### **Indoor Housework**

A family planning a party or expecting weekend company may need some help to spruce up the house before the event, after the event, or both!

#### **Outdoor Housework**

You can sweep porches, paint fences, weatherproof decks, and spend a little time outside. What could be better?

#### **Party Assistant**

From helping with the games at a child's party to clearing the dishes between courses of a dinner party, assisting a host and hostess can be fun and rewarding.

#### **Tutoring**

Are you pretty good at math? Do you love to read? You don't have to be a genius to help young children with their basic skills. Just bring lots of patience.

#### **Yardwork**

Weed, trim, shovel, and mow your way through the neighborhood for extra money and exercise.

There's a key to getting jobs like these. Let people know you're available. A simple flyer with your name, phone number, and services offered is enough to get you started.


And there's a key to keeping these jobs. Be responsible: show up on time, call ahead if you can't make it. Do whatever you promised to the best of your ability, and all of these people will be your references when you start looking for a job beyond the neighborhood.





# CHRIS "AIRMAN" EDWARDS

## The King of Extreme Rollerblading



hey call him "Airman," and it's no wonder. While doing in-line skating stunts, he can catch air 13 feet over a halfpipe ramp, something no one else can do. Only 20 years old, Chris Edwards is the best vertical ramp and street skater in the world. Quite an accomplishment when you consider that he's been skating for only about seven years.

"I started skating when I was 13," Chris says. "I used to snow-ski when I was a kid, and that got me interested in skating."

About a year later he joined Team Rollerblade's junior team, thinking that would give him a chance to turn pro. "Back then," says Chris, "you didn't have to try out to join, because the sport was too new." They noticed Chris pretty quickly, and he was one of the premium skaters selected for Team Rollerblade, a troupe of professional in-line skaters who travel worldwide to represent Rollerblade products.

Team Rollerblade shows include both performance (routines that combine elements of hip-hop, figure skating, stunt maneuvers, and gymnastics combined with action music) and stunt skating (freestyle maneuvers and group stunts on a halfpipe ramp). Team skaters have been featured at many major events, including the Super Bowl halftime show, the Winter Olympics opening ceremonies in Albertville, France, the World Expo in Seville, Spain, the Tournament of Roses Parade, and NBA halftime shows. And they also played a major role in the teen-action movie *Airborne*.

Chris was the lead stunt double in the movie. He performed loads of breathtaking, gut-twisting, palm-sweating stunts. Things like racing downhill to the tune of 65 miles per hour and then skating under a fast-moving tractor-trailer. Fun feats like jumping completely over a car (you have to see it to believe it), and skating onto a car and off the second story of a parking lot, before dropping more than 15 feet onto a flatbed truck. ("No airbags or nothing," Chris grimaces. "And it wasn't cut, either. It was all one shot.")

"It was a lot of hard work," Chris says of the movie. "It took three months to do." Chris is also the stunt coordinator and lead stunt double in the 1994 movie *D2 Mighty Ducks*, which features some in-line skating.

"I did a couple little stunts," says Chris of the latest project. "They have me jumping over a crane and over a bench. Mostly I just helped the skaters skate and taught them how to do everything."

Chris has also been featured skating on television shows like *MTV Sports*, *World of Extreme*, and *Stuntmasters*. He's been in commercials for Sunny Delight, HBO, Kodak, and Coca-Cola. So

if you're any sort of tube freak, chances are you've seen him somewhere.

Although he has no actual training program, Chris skates every day for a couple hours. He's found that perfecting a stunt can take anywhere from one day to a few years. And it pays off for him. To date, he is the only Team Rollerblade member to master the Judo McTwist, a halfpipe trick with a 540-degree rotation, grabbing one skate behind the other leg and then landing frontward. And that's not all: he even helped Rollerblade's research and development department design the Tarmac CE, a rugged





street/stunt skate that Rollerblade named after him.

OK, so we can't skate like Chris Edwards. But LISTEN asked Chris if there is one skating tip, one pro piece of advice he had for our readers, what would it be? "Launching off a curb," he says quickly. "Head off the end of the curb or slanted part of the driveway. Aim for it, bend your knees, ride all the way off it, and at the very end just explode with your knees and lift them into the air. Either try to grab your skate or try to land. Focus on your landing and put your feet down. This way you'll get up to three or four feet in the air. Use your arms a lot too; lift your arms straight up in the air, pointing them toward the sun. That helps you get elevation."

Chris recently completed his own *Dare to Air* extreme skating video. It should be in local skate shops by now. It's a skate video, meaning that it isn't step-by-step instructional—but fun stuff of skaters' performing tricks. According to Chris, watching the skaters perform tricks can help you learn how to do them yourself.

There's got to be something inside that compels someone to skate really fast, jump really high, and then pretend they're a pretzel.

"The thing I like best about doing stunts is doing ramps," Chris confesses, "and the thrill of catching bunches of air, being way up in the air. I enjoy the ability to put my body into positions that there's no way I could put it into if I were just sitting on the ground."

So what's the hardest stunt he's done?

"My most challenging stunt is a 360-degree spin, then a trick called a rocket, which you do kind of like a pike in diving, except it's totally upside down. Then I do another 360-degree spin and land in the ramp backward.

"You don't teach yourself to do this stuff," Chris says. "You just do what you have to in your brain. It's a matter of practicing it. Different things lead into something else. A lot of stuff comes by accident."

Concentration, according to Chris, is a major component of stunt skating. So he stays miles away from anything that destroys concentration. "I'm totally against alco-

hol and other drugs," Chris says adamantly. "With them there's no way I could do the things I do. You really need to concentrate doing stunts. You've got to be a 100 percent sure of everything you're doing, and any sort of chemical influence is just going to totally mess everything up. It'll give you a false sense of security, and you need to have a true sense of security on all your tricks."


How does someone like Chris handle peer pressure? "I just say no," he

says simply. "That's

really all you've got to do. If you just say no, you may think all of your friends are

going to laugh at you, but they end up respecting you even more. It's just those first initial times you've got to say no. That's all it takes; after that all your friends know, and they won't offer it to you anymore. They end up respecting you because they're the ones who are lost, looking for something. They end up wanting to be more like you, knowing you've got something and you don't need all that stuff they're playing around with.

"Drugs and alcohol can definitely destroy your life and put you in places you never wanted to be. You definitely won't go anywhere, because it's not going to be you doing anything; it's going to be that chemical or whatever you've got inside your body taking over for you.

"I encourage everyone to find something that they love, and stick with it. Go for whatever your dream is. And remember, drugs and alcohol will mess up every single one of your dreams." 







# A Rollerblade Queen

**Theresa Cliff is gold all the way . . .**

Theresa Cliff, the first woman to win a 10,000-meter road race gold medal in the World Games for in-line skating, admits she is shy. "Off the course she may be shy, but on the skating surface you see a different Theresa," observes Doug Ingles, Theresa's coach at the 1994 World Games held last summer in Gujan-Mestras, France, and Team U.S.A. coach. "She is very aggressive when skating. Once she puts her skates on, she has tremendous confidence."

No doubt that confidence comes from years of skating practice and hard work. At the age of 13 Theresa began skating at a roller rink owned by her grandparents.

Her parents were one-time competitive speed skaters, so perhaps her love of skating was inevitable.

Now the years of practice and hard work are paying off for the 16-year-old high school junior from Cedar Springs, Michigan. Theresa took home two additional gold medals at last year's World Games: one for the 10,000-meter bank track and one for the three-lady relay

race. What makes her success even more incredible is the fact that she has been involved with in-line skating for only a few short years.

"I had competed professionally for years in regular roller skating and speed skating competitive events. But I didn't get my first pair of in-line skates until March 1992," Theresa says. "In June, just three

months later, I won a state championship for in-line skating."

"Even though an individual may be awarded a medal, it's very much a team victory," says Theresa's coach, Doug Ingles. "After all, we are skating against the world's best skaters and have to work together to

combat their strategies. One thing that helped Theresa be successful," Ingles notes, "is her commitment to her team, not only at the championships but during training."

Theresa has been clocked at speeds of up to 31 miles per hour, and with in-line skates stopping is a serious issue even though she jokes about it. In-line skaters wear safety helmets, but do not use knee



PHOTOGRAPHY BY DAVE SHERWIN

**BY AUDREY HINGLEY**



**Movin' out! Theresa (right) practices with friends Emily VanderSyde (left) and Cory Martin.**

pads because of problems with wind resistance. As a result, injuries can be frequent.

Theresa's mother, Darlene Cliff, admits she is concerned about the possibility of injury, but she emphasizes that she and the family—husband, Mark, and Theresa's 13-year-old brother, David—support and encourage Theresa as much as possible.

An A-B student who also runs cross-country and track at school, Theresa employs a grueling practice schedule to keep in shape for skating. She does weight training with arm and leg weights, and also rides a bike and runs. She usually trains two or three hours daily, but that is upped to four to six hours a day as competitions approach. She skates on both indoor rinks and outdoor roads. Twice a year she goes to the Olympic Training Center in Colorado Springs, Colorado, for four weeks of intensive training.

Although in-line

skating is not yet an Olympic sport, members of the Team U.S.A. world team are Class A members of the U.S. Olympic Committee, and participate in the U.S. Olympic Festival. In-line skaters are also participating members of the Pan-Am games, and Theresa qualified for the 1995 U.S. women's team for the Pan-Am games.

Theresa tried out and won a place on the 1994 team in her first attempt to make the team. (About

80 people tried out, with four women selected for the road team and four for the track team.) Twenty-three countries participated in the World Games, which attracted about 7,000 spectators and much media attention.

"Since I started competing on the professional circuit, I've done a lot of traveling," Theresa says. "I've been to meets in Texas, Nevada, Missouri, Illinois, Wisconsin, and California."

In what little spare time she has, Theresa likes to hang out with her friends or maybe go bowling. Her closest friends include nonskaters as well as skating buddies.

She shuns drugs, noting, "You don't have to do drugs to have fun. I'm interested in being fit and in taking care of my body."

Her long-term goals include majoring in business in college, being a World Team coach, and someday owning her own roller-skating rink. But she has other more immediate goals.

"I want to be the first woman from the U.S. to win more than 15 medals. One girl has won 15, so I want more," she says of the future.

It may not be an impossible goal.

"She has a shining future, and is definitely a star of the future," Coach Ingles says. ▀



**Three-year-old Theresa at a state contest.**



**Theresa and the members of her club.**



say, freddie!

say, cliff!

say, freddie!

**I've heard about a drug called BZD. What is it? What does it do?**

**--Inquisitive**

Dear Inquisitive:

BZD is a group of drugs in the benzodiazepine family. The drugs in this group have the ability to produce mild tranquilization through what is believed to be direct action on the receptor sites in the limbic system of the brain, an area below the cerebral cortex believed to be closely involved in emotional regulation. These drugs are thought to activate the body's own endorphins; thus they can be thought of as the keys that fit the brain's relaxation locks. Drugs in this group include Valium, Librium, Dalmane, Tranxene, Xanax, and Ativan. Sometimes drugs like these are prescribed by physicians to modify an already serious physical condition. But please, understand that it is always dangerous to take them without prescription. And all doctors agree that the best life is one in which drugs are not needed.

**I'm 24 and married to a man who will not stop using cocaine. He stops for a few months, then he starts up again. He gets a job and loses it by stealing money. He drinks every night. He does not take care of our two daughters. Our older daughter is 11 and is now also causing me a lot of trouble. She stays out for weeks at a time and won't come home. She says that she is angry at her father. What should I do?**

**--Troubled**

Dear Troubled:

It seems to me that your first concern is your daughter and her safety. As you

know, it is a hostile world, and she can be seriously scarred for life—emotionally, physically, and sexually. You should consider getting the Child Protective Services involved as soon as possible. They will be able to help you with options that will ensure her safety. Now, about your husband: It seems that he is seriously hooked. Cocaine is one of the most addictive substances known. You will not be able to change him or make him decide to change. This he must do on his own. Until that happens, the roller-coaster ride will continue. You must decide what you need to do in order to take care of yourself. You will need some help. Find it soon.

**I am 13 and my parents make me go to church every week. I hate it. I do not like spending all of that time in church. I could be doing something else constructive. My parents are too religious. What can I do?**

**--Grumpy**

Dear Grumpy:

It is unfortunate that some churches do not have well-rounded youth programs. Sometimes pastors and church boards forget how it was when they were young people. Your parents just want the best for you. They want you to become a strong young person with high moral standards. This seems like a challenge for you. Make written suggestions about what would make church more interesting for you. Send these suggestions to the pastor, the church board, and the youth director (if you have one). I'll bet you get a response. I will also dare to say that the church will begin to take notice of you, and you may be enjoying church soon. Just give it a try, OK?

say, cliff!

# LISTENING

## "Where Are You?"

Where are You, God?  
I need You now.  
I'm in such trouble,  
And I don't know how.

Where are You, God?  
Come, make things right.  
We've got to stop  
This awful fight.

Where are You, God?  
Help me somehow.  
I need  
You now.  
**Christy Dickerson,**  
13, Saraburi, Thailand

## Bosnia: The Holocaust

An erupting volcano spewing out hatred.

The years of genocide,  
The years of torment,  
How can you survive?

Women and girls in fear of rape.

Fathers telling their sons to tell the Serbs that they are Serbian.

Will it end?  
Can it end?  
Have we not learned?  
Isn't the Holocaust enough?  
You are the weeping willow,  
The bleeding heart.

With no water, no sun, you will die.

The weeds are climbing up, blocking the sunlight.

The carpenter ants have eaten through your trunk.

It is just a matter of time before you topple over, Bosnia.

Hold on, don't let yourself join the others.

Don't let thousands of innocent people die.

This can stop now.

This can stop with you!

Faisal Mahmood  
Short Hills, New Jersey

## LIFE

DEAR ENVIRONMENT,

WHY IS THE WORLD FALLING APART  
ENVIRONMENTALLY?

HOW COME THE OZONE LAYER IS DYING?  
SOON THE WORLD WILL BE GONE,  
LIKE A VOLCANO EXPLODING AND OBLITERATING  
EVERYTHING IN ITS WAY.

IS THERE AN ANSWER?

WHAT CAN BE DONE TO STOP THIS TRAGEDY?

LIFE IS TURNING SOUR LIKE A BAD APPLE.

PEOPLE ARE TAKING OVER NATURE.

KILLING TREES; WE NEED TREES.

TEARING DOWN RAIN FORESTS; WE NEED RAIN  
FORESTS.

THEY HELP KEEP THE OZONE LAYER HERE.

IF IT WEREN'T FOR YOU, ENVIRONMENT,  
THERE WOULD BE NO WORLD!

**MICHELLE JACOBS**, 14  
MILLBURN, NEW JERSEY



# Rewards

As a graduating senior reflecting on my high school experiences, I discovered something. I am sure others have discovered it too, but it is an idea that isn't discussed very often. Simply put, it is this: Material rewards, such as a varsity letter or a large salary, just aren't as important as the achievements and growth behind them.

I have earned several different awards while in high school because of my academic achievement and involvement. I have learned through the experiences that led to these awards, and they have developed my character into what it is today. However, the awards I received are merely temporary symbols of these lessons. I also have learned that the most satisfying experiences were those in which I worked for a cause or person outside of myself.

Sometimes life gives us a choice between personal desires and the needs of others. Self-serving choices may grant material rewards, but these awards will be meaningless without the knowledge that another person was helped or changed somehow through our actions. The rewards for serving others include unconditional love and acceptance, true friendship, and happiness. Defeating the self-satisfying urge is difficult, but never impossible. When we care enough to give of ourselves to others, our hearts become full of the most beautiful, truest, purest love imaginable. Don't ever miss the opportunity to have this feeling.

A close teacher of mine was recently faced with the choice between self and others. He had the chance to follow his star or continue to help his students find theirs. After months of indecision, he finally made up his mind to fulfill his dream, but then he realized something. Following his own dreams could never make him truly content—he needed to be there to help us dream ours. Some might say it is a waste of his time and talent, but you will never hear him or his students complain. True rewards are not held with the hands, but with the soul. My wish is that we would all choose "the road that makes all the difference."<sup>\*</sup>



**Erin Laing**, 17  
Glendale, Arizona

<sup>\*</sup>with apologies to poet Robert Frost

# the PRIME TIMES

REAL PEOPLE SPEAKING OUT AGAINST DRUGS

A LISTEN SPECIAL

MAY 1995

## Pete McLeod: Magical Drug-Buster

When Californian Pete McLeod sticks arrows in the school principal's head or cuts the math teacher's tie in half, no one reports him. Not even when he mutilates the head teacher's face or decapitates a student does anyone call the cops. They know it's only part of Pete McLeod's drug busting "Magical No Show"—a magical performance designed to persuade kids to say no to tobacco, alcohol, and drugs.

Pete has won the 1992 Magic Wand Award—a feat only 50 magicians in the world have pulled off. The "Wizard of No" tours schools, clubs, and colleges throughout the U.S. demonstrating, through magic, the dark side of drugs.

The "Magical No Show" starts when Pete staggers around the stage singing "100 Bottles of Beer" as though he's completely spaced out. Then he suddenly comes to his senses and says, "Beer companies want you to think when you drink, but you can't think when you drink." Next he pulls out a bottle of beer from his lunch sack and says,



"Alcohol, I don't need you at all." Making the bottle disappear, he shouts, "I wish everyone could do this trick."

Another of Pete's tricks follows. He produces three ropes: short, medium, and long in size, and asks the audience which size people smoke the most. After they're through guessing, Pete miraculously makes all three ropes the same length, and says, "One thousand people of all sizes die each day from tobacco-related diseases. It's just as if three 747 jets crashed each day. And the smokers' habit usually costs them at least \$2,000 a year." Pete ends the trick by pulling out his wallet, which suddenly catches fire and is smothered by smoke. He closes the wallet, and the smoke disappears. When he opens it up again, it is filled with money.

Pete leaves his most daring trick until last: The Drug Guillotine. Crazy volunteers line up to have their heads cut off and fall into a refuse basket, as Pete brings the big steel blade down on their necks.

PHOTOGRAPHY COURTESY OF PETE MCLEOD

BY CARL FLETCHER



"Be warned, this may happen to your brain if you take drugs," warns Pete, magically placing their heads back on their shoulders.

Pete's interest in magic began when a friend did a coin-vanishing trick. So Pete went out and bought a book on coin magic. He practiced hard, read as much as he could in his spare time, and mastered the art.

"The 'magic' I and most magicians practice is really sleight of hand," states Pete. "It depends on how quick you are. There's nothing spooky about it—it just took me a lot of discipline to acquire."

These days almost all magicians study magic solely to entertain people. Southern California is home to the Magic Castle in Hollywood. In order to join the Magic Castle, a magician has to audition before the silent four-member magic committee. When Pete went for his audition, the members never smiled, but sat with their arms crossed across their chests. Then before he'd finished his audition, they interrupted him, said they'd seen enough, and made him wait three hours for their decision. Pete was relieved when they told him he'd passed, as they fail at least 50 percent of the magicians they examine.

Along with his magical show Pete also runs a comedy act and a stand-up musical act. "Most magicians are a little more focused than I am," he says. "I do a stand-up music, magic, and comedy act."

"My love is a close-up act, right in front of the people's eyes. And I mean right up front," says Pete. "People think if they get up close, they'll be able to find out how I do it. But when they see me perform illusions with my sleeves rolled up and without any apparent trickery, they're amazed."

Yet Pete was amazing people long before he became a magician. For six years he toured the world as a guitarist and singer with the

Heritage Singers. And he won an Angel Award for writing a theme song entitled "Keep on Singing," which he wrote for the Heritage Singers' TV show. In 1986 he won a Best Album of the Year Angel

"I tell them that 'No' is a positive choice. And there are four ways to say it: 'no,' 'go,' 'tell,' and 'yell.' No is the first answer everyone should give. If the drug pusher persists, then go, walk away. If the pusher becomes a danger to you, tell a



Award for *Changes*, an album of original songs. Before that he was a professional gymnast. In between times he works as a credentialed counselor and youth pastor.

When I asked him why he'd taken to the road as a "drug-buster," he said, "To give kids a positive choice, and let them know the real truth about alcohol, drugs, and tobacco. A truth that the advertising industry rarely reveals. I also want to teach kids how to deal with drug pushers," he adds.

teacher, a law officer, or a pastor. As the last resort, scream and yell rather than take drugs from a pusher, and most likely that pusher will run away.

"Prevention is better than cure. Once a person is hooked, there are no magical solutions. There's no quick sleight of hand to get you out of drug dependency. The cure's a long process, and I'm trying to persuade kids never to risk getting addicted."

**A**NGIE CONFRONTED LYNN IN THE DESERTED COUNSELOR'S OFFICE ABOUT THE OUTCOME OF THE HISTORY TEST...

YOU WOULDN'T RISK  
OUR FRIENDSHIP  
BY TELLING...!

I DON'T KNOW -  
BUT YOU ARE  
RISKING A LOT  
MORE BY BEING  
DISHONEST!



**S**UDDENLY THERE WAS  
A SOUND BEHIND THEM  
AT THE INNER DOOR...





# OPTIONS 2

## Will Lynn risk a friendship by narking?

*Last month: Lynn is mad! Angie and four other friends cheated on Mr. Carter's history test and received A's, which forced Lynn's grade down to a C. Lynn works for Mrs. Capone, the school guidance counselor, whom she also considers a valued friend. Now Lynn is trying to decide what to do—keep Angie's secret? Tell Mrs. C? Tell Mr. Carter?* The story continues:

At the end of sixth period Angie appeared around the corner of the hall door. "Hi," she began. "You, uh, didn't tell Mrs. C about the test, did you?"

"Of course not!" Lynn's fingers hammered the computer keys. "At least not yet."

Suddenly Angie's voice dropped to a whisper. "Is Mrs. C around?"

Lynn shook her head, then gestured toward the darkened office behind her. "She had a bad headache this morning—said she might go home for a while."

"Good." Angie continued. "I talked with the others at lunch today. We're all sorry we wrecked your test grade. We just want a decent history grade ourselves this semester."

"Try studying," growled Lynn. "Funny

thing—it works and it's honest!"

Angie squinted in her friend's face. "You're still mad, aren't you?"

"Great deduction, Sherlock!" Lynn ripped the finished letter from the printer.

"So you got one lousy C. Big deal! I get them all the time."

Lynn ground her teeth. "I'm going to tell you straight up, Angie. At first I was mad because my grade should have been one of the highest. But after thinking about it all afternoon, I got angry for a much bigger reason!"

She continued, "Angie, it would be different if your dryer were permanently set on fluff, but you've got the smarts to make it. You don't need to cheat."

Angie folded her arms in disgust. "Lynn, aren't you making too big a deal of this? One lousy little history test—that's all. Just one lousy history test," Angie shouted.

"You know and I know this isn't the first time!" Lynn matched Angie decibel for decibel. "When do you plan to stop? Next year at college? 'Cheating is as habit-forming as street drugs. It may take longer than crack or cocaine

ILLUSTRATION BY KIM JUSTINEN

BY KAY D. RIZZO

to wreck your life, but in time it will destroy you. Just ask Leona Helmsley and the savings and loan pirates."

"Who—?"

"Oh, forget it," Lynn groaned, winding down her indignation a bit. She touched her friend's arm. "We've been friends too long for me not to



care."

"So what can I do about it now? What's done is done," Angie stared at a speck of dirt beneath her right thumbnail. "And don't tell me to turn myself in. Mr. Carter would flunk me for sure."

"You don't know that."

Angie snorted. "Well, I'm not going to risk finding out the hard way." She stopped and eyed Lynn suspiciously. "You wouldn't nark, would you? As you said, we've been friends for a long time. Are you gonna risk that friendship by narking?"

From behind the inner office door a spring squeaked. Both girls gasped and stared as the doorknob slowly rotated. Ashen-faced, they watched Mrs. Capone step through the doorway.

**Let's leave Lynn, Angie, and Mrs. Capone in a freeze frame and step out of the story to role-play. If you were Mrs. Capone, what would you do? Consider carefully**

**the risk each choice carries before you decide.**

**1. Pretend you heard nothing. Smile, breeze through the office, and out into the hall.**

**2. Demand an explanation. Reprimand Lynn for not reporting the cheating right away and suspend Angie from school.**

**3. Insist that Lynn and Angie reveal the names of the others involved, threatening to suspend the girls if they refuse.**

**4. Take the two girls to Mr. Carter to apologize for their dishonesty.**

**5. Call the girls' parents into the office for a conference over the problem.**

**6. Advise Angie to clear things up with Mr. Carter and encourage her to convince her four friends to do the same.**

**7. Any of the above along with organizing an honesty awareness week at the high school.**

**8. Other**

#### **IF YOU CHOSE:**

**1. The girls would either steer clear of you because of their embarrassment, thus ruining your relationship with them, or assume that cheating is OK, that you don't really care enough to deal with the problem.**

**2. Lynn would feel depressed for letting you down and might never trust you again. Angie would become angry at both of you and possibly alienate other students as well.**

**3. Both girls might become angry at being forced to nark on their friends, and whether or not they told, you would probably lose their trust.**

**4. Forcing Lynn and Angie to "do the right thing" might have the same effect as 1-3, as well as alienating them from Mr. Carter.**

**5. This could have the same effect as 3 and 4, especially if any of the parents overreact to the confrontation.**

**6. You risk the possibility that**

**the girls will not take your advice. Then you will be forced to reconsider 1-5.**

**7. This could go either way. If handled well, it might stop a few students who'd never tried cheating from starting. If handled poorly, it could become a joke and possibly cause the problem to escalate.**

**8. Results?**

**After you finish role-playing Mrs. Capone, become Lynn. Make a list of her options and the possible results. And last, imagine you are Angie. What are her choices and the possible results?**

I wish I could tell you that everything turned out beautifully for everyone, but life isn't always like that. Unfortunately, bad choices always damage relationships between friends and between family members.

Mrs. Capone chose option 6. She complimented Lynn for not being afraid to voice her objections to her friend, then told Angie that she wouldn't give Angie's or her friends' names to Mr. Carter, but that she preferred that Angie and the others do it themselves. She did say that regardless of Angie's decision, she would advise Mr. Carter to be more careful when disposing of blurred test papers and to be on the lookout in his classes for cheating.

Angie and the other students chose not to go to Mr. Carter. Fearing that Mrs. Capone might change her mind and tell Mr. Carter of their dishonesty, they all avoided her. Later, when Mr. Carter caught Angie copying test answers off her notepad, she imagined that Mrs. Capone or Lynn had said something to him. Lynn was forced to make new friends.

Lynn misses Angie. Her new friends can't fully take Angie's place. Angie misses Lynn, too. Whenever the girls pass in the hall or catch each other's eye from across the classroom, they remember—and feel a little empty.





# Mother's Day

**More than just a day on the calendar. More than a time to send cards.**

One of the Ten Commandments tells us to honor our mother.

Anna Jarvis wanted everyone to *do* just that. She worked hard to have a special day set aside to honor mothers.


Miss Jarvis, who lived in Philadelphia, wished to honor her own mother. But she saw the need to establish a special day for *all* mothers. So she began a drive to get her idea before the public. For many years she traveled around the United States delivering speeches. She wrote letters to newspapers and magazines. Finally, on May 9, 1914, the Congress of the United States signed a resolution setting aside the second Sunday in May as national Mother's Day.

Miss Jarvis's mother had been especially fond of carnations. She often gave flowers to those who had none, to shut-ins, and to the sick. She was known as an ideal mother, and her 11 children loved and adored her. Therefore, a white carnation was chosen as the

emblem for the day. A white carnation symbolizes a pure heart and the unselfishness of motherhood. President Woodrow Wilson was the first president to wear a carnation as a token of respect to all American mothers.

Today many people give their mothers gifts on Mother's Day. No doubt flowers are the most common of all gifts. Do you plan to remember your mother in a special way on Mother's Day? You should. If you have a gift in mind, remember something simple carries as much love as an expensive present.

Your mother would enjoy a gift you make yourself as much as, or probably more, than one you could buy. Instead of giving her a gift, you might want to do something special for your mother on her day. You could serve her breakfast in bed or do extra chores around the house.

There are many ways to say "Mother, I love you, today and every day!" 

**BY O. J. ROBERTSON**

# An Elegance

**Hey, forget chicken scratches and letters that look like a fly marched through the words. Try calligraphy for starters.**

How many times have you had to puzzle out what a person *wrote* before you could think about what he or she *meant*? So often it looks like a mess of chicken scratches, scribbles, and scrawls.

Clear handwriting leaps to the eye and tells the reader, *Look at this—here's something special*. College entrance essays, job applications, and letters of introduction or invitation are often handwritten. Chances are that your essay or application will receive more serious consideration if your script is clear and precise.

Messy handwriting, on the other hand, can give the unwanted impression of sloppy, disorganized thinking.

If *your* writing looks like a hieroglyphic from an Egyptian tomb, it might be time to learn calligraphy—the art of elegant long hand. It's fun and a great way to shape up the look of your writing.

In its simplest form calligraphy can be practiced by

anyone with a pencil and a piece of paper. And while there is certainly no need to rush out and spend a lot of money on the most expensive writing tool, you'll enjoy learning much more, with finer results, if you shape your work with a few basics.

## Materials

**Paper:** Any ruled paper can be used, but graph paper is best because it gives you control of spacing between letters and words as well as between lines.

**Pens:** Look for calligraphy pens in art supply stores, bookshops, and school stores. They can be purchased with the special writing tip and holder constructed as one piece or as separate units; buying separate pieces allows you to choose your holder and tip, but often means you must fill the tip with ink manually. Holders come in different shapes; make sure the one you've chosen feels comfortable in your hand before you buy it. One-piece

units can be bought with inkwells that are conveniently filled by cartridge.

**Writing Tips:** The most popular calligraphy tips are graded by letter and number: the letter refers to the shape and style and the number to the width of the tip. The *smaller* the number on the tip, the *wider* it is, and the *larger* you must make your letters. A C-4 or C-5 tip is fine for beginner calligraphers.

**Ink:** Black india ink is permanent and creates the clearest lettering, but other colors are available. When buying ink in bottles, choose one with an eyedropper built into the cap.

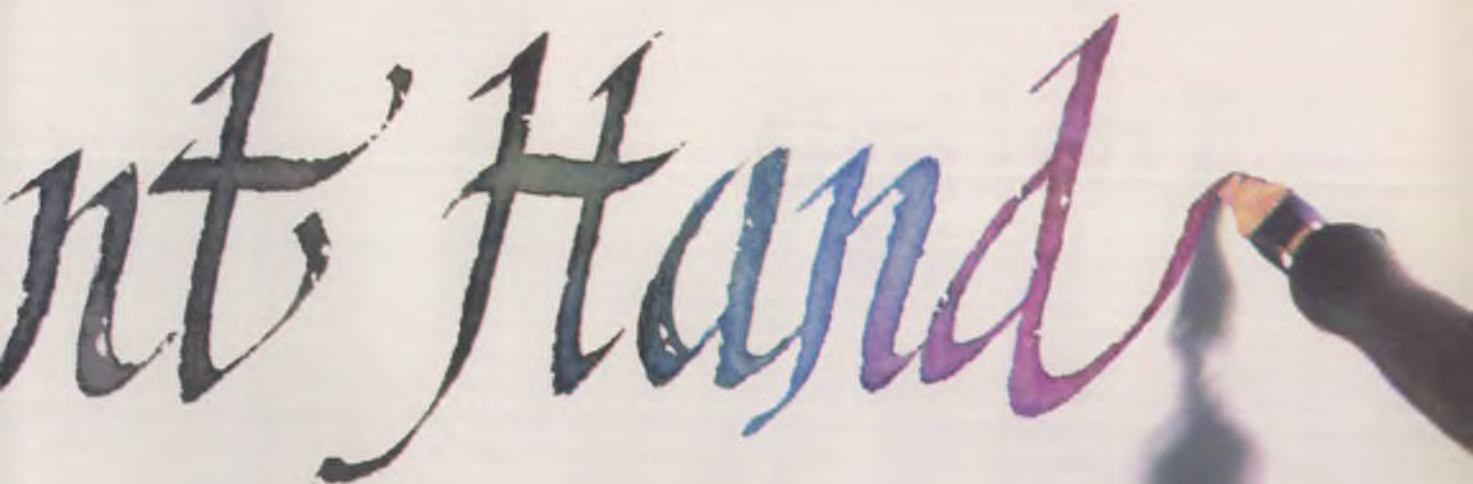
**What Else?** A clean rag, an old toothbrush, cellophane tape, and scratch paper.

## Technique

Using cellophane tape, secure the bottle of ink to the scratch paper and the scratch paper to the table; this will help prevent spills.

If your pen has an inkwell or uses cartridges, fill it





according to the instructions that come with the pen. If not, use the eyedropper in the lid of the ink bottle to place a *small* amount of ink—not more than two or three drops—into the well of the writing tip. Lightly make a few practice lines on the scratch paper to move the ink to the end of the writing tip.

Hold the pen so that the tip lightly rests on the graph paper at a 45-degree angle. Apply only enough pressure to make the ink flow evenly.

Draw some straight horizontal and vertical lines, using the graph paper lines as a guide. Every line should begin and end cleanly.

Don't be disappointed if at first your "straight" lines look more like ocean waves; practice will give you control. A helpful hint is to move your whole arm instead of flexing your hand from the wrist, and work s-l-o-w-l-y.

After straight lines, practice your handwriting. Work slowly at first, using the graph-paper guidelines. All capital letters should be the

same height. Many of the lower-case letters should be half this height. Different letters have different widths, but the spacing between letters and words should look even. Pay special attention to angles.

Firmly cap the ink bottle before pulling up the tape. If your pen has an inkwell or cartridge, cap the tip and put it away.

If you have been manually filling the tip, rinse the tip and holder under running water, scrubbing gently with an old toothbrush. Dry them well with a clean rag before putting them away. Be considerate of the other members of your household; wipe or wash the ink from the sink when you've finished!

### Style

After you've practiced one script to your satisfaction, you can begin learning another. While it's best to work on only one style at a time, there's no limit to the different styles of handwriting you can develop.

Become a script collector;

keep your eyes open for new handwriting styles. Bookshops and art stores often sell books of handwriting samples. Some are specifically written for calligraphy students, and some are catalogs for graphic supplies. Printshops and graphic shops that design announcements and invitations may offer samples of different scripts.

Pay special attention to advertisements as you flip through magazines—these can be a good source of ideas.

### Practice

No one can make you do it, but practice is the most important element in improving your handwriting. It's not as much fun as buying pens and inks, and it's not as easy as cutting out advertisements from newspapers and magazines. Practice is something you need to work at, and often.

Improving your handwriting is an accomplishment you can take pride in—you will have taught yourself a skill that you will enjoy all your life. ▀

# In-Line Madness

**Safe—yeah, if you follow the rules and skate smart!**

I can feel myself pick up speed as the road drops out from under me. I slalom from one edge of my lane to the other. This run is going to be ballistic. The sight of an oncoming car forces me over toward the side, but nothing except a wipeout can stop me now. I tuck myself into a ball and bomb the hill, whooshing past the oncoming car so close I could reach out and touch it.

OK, maybe not all in-line skating is this burly. Some of it is positively bonin' out.

I live in a very hilly place, but I didn't start learning to skate on the hills. Well, maybe a really little hill! When I started skating, there were snowbanks lining the road,

a great cushion for those unintentional times when you become bacon in a pan.

Believe it or not, in-line skating started back in the early 1700s, or at least that's when a Dutchman, wanting to skate in the summer, nailed wooden

spools to strips of

wood and attached them to the bottoms of his shoes. But it wasn't until 1863 that an American developed the first "normal" roller skates. You remember them, the ones with the wheels side by side!

In 1980—yes, this gets more interesting all the time—two ice

hockey-keen brothers found an early example of in-line skates while they were rummaging







through a sporting goods store. They saw in the design a terrific off-season training tool for ice hockey. They refined them a little and started producing the first rollerblade skates in the cellar of their parents' home.

Hockey players loved the skates and started attracting curious looks as they glided down Minnesota roads in the summer. It wasn't long before Nordic and Alpine skiers were using in-line skates in their training programs too.

Today, in-line skaters don't turn quite as many heads. You see them everywhere, even bombing mega hills in tiny little Vermont where I live. Serious athletes often include in-line skating in their training programs, but admit that they enjoy the sheer fun of skating as much as the actual exercise benefits of the workout. Fitness studies show that in-line skating can burn fat, increase aerobic endurance, and provide a better anaerobic workout than even running or biking.

**Getting Started.** The first rule of the road is: Skate smart. To do that, you'll need to wear protective gear. If you think that looks geekish, think about this: Team Rollerblade skaters, who skate nearly 2 million miles—which equals 80.3 trips around the world—and perform awesome tricks, wear full protective gear.

Why? Because the number one reason people skate is for fun. Wearing protective gear adds to the fun because it gives you confidence. Protective gear for in-line skating that will prevent major road rash includes knee and elbow pads, wrist guards, and a helmet.

Get outfitted when you pur-



**When turning to skate backward or just make a circle, begin the spin strongly and be careful not to drag the back foot or you'll stop (or worse, fall) before you complete it.**

chase your skates. If you already own skates, make sure you get some protective gear before you hit the road this summer.

"Wearing protective gear minimizes injury and promotes enjoyment of in-line skating," says Dr. Dave Thorson, a St. Paul-based family physician and member of Rollerblade's medical advisory panel. "Skating is a great way to combine fun and exercise, and wearing protective gear helps make skating an even more positive experience."

**Learn the Basics.** Before you tackle that first hill, make sure you know where your brake is, how it works, and if you can indeed stop yourself. Professionals recommend that you take a lesson to get started in in-line skating. Lots of community and adult education centers and local sporting goods stores (like maybe where you bought your skates) offer lessons.

**What to Wear.** You'll see people in-line skating in just about anything. Wear whatever you feel most


comfortable in. Lots of people wear a T-shirt and a pair of athletic shorts or long jams. Socks are a matter of discussion. Some people recommend cotton or lightweight socks, some a cushiony athletic sock, and some people skate barefoot. See what works best for you. Take a fanny pack with you to carry a water bottle (you'll need it), sunscreen, and lip balm.

#### **Where to Skate.**

Well, once you're good anywhere is great. Chris Edwards, the best vertical ramp and street skater in the world, is perfectly comfortable skating down stairs and off double-decker parking lots, but until you're as good as he is, you'd better stick to something

flat. Tennis courts, basketball courts, or parking lots are good, provided no one is using them. You can use the court lines to practice weaving, stopping, and jumping. When you're comfortable using your brake, you can head for the hills.

**About Brakes.** The most important feature on a skate is the brake. It doesn't matter how fast you skate if you can't stop. There are two basic brakes on the market. The typical brake requires that you lift your toe up to brake. The Rollerblade company has introduced an Active Brake Technology (ABT), which lets you keep all eight wheels on the ground when braking. Try out both types and see which you prefer.

In-line skating is one of the fastest-growing recreational sports in America. More than 12 million people have tried in-line skating and liked it. So, what are you waiting for? 





**Before you try jumping curbs, start by taking a little jump on a flat surface. When you can do that without falling, it's time to graduate to curbs, etc. Follow the advice of skating pro Chris Edwards when jumping off a curb: "Aim for the end of the curb, bend your knees, ride all the way off it, and at the very end just explode with your knees into the air. Focus on your landing and put your feet down. Use your arms a lot too; lift your arms straight up in the air, pointing them toward the sun. That helps you get elevation."**

## For More Info

**Rollerblade**, Customer Service: 1-800-232-ROLL. Rollerblade has a fitness brochure called "Roll & Tone" which outlines a 10-week in-line skating workout. To receive a copy, send \$1 check or money order made payable to Rollerblade along with a self-addressed, stamped business-sized envelope to: Rollerblade, P.O. Box 59224, Minneapolis, MN 55459.

**Bauer In-line Skates**, c/o Canstar Sports U.S.A., Inc., 50 Jonegin Drive, Swanton, VT 05488, or call 1-800-362-3146 or 1-802-868-2711. Send a self-addressed, stamped business-sized envelope for a free catalog and/or brochure.

**Ultra-Wheels**, First Team Sports, Inc., 2274 Woodale Drive, Mounds View, MN 55112-4900. Ultra-Wheels offers a full line of "Street Attack" in-line hockey accessories and protective wear. Write and request a consumer brochure.

**K2 Corp Exotech**, 19215 Vashon Highway, SW., Vashon, WA 98070. K2's skate is a little different from other skates. The boot is more like a hiking boot than a ski boot. Write for a 1995 brochure and list of dealers.

## Before You Glide the Glide, Talk the Talk

The following buzzwords were developed by Team Rollerblade to describe things you do while in-line skating.

**Bacon in a pan:** When a skater wipes out completely or slams the ground **HARD** (unintentionally, of course).

**Ballistic:** A very fast slalom run.

**Beefy:** Awesome, aggressive.

**Black ice:** A smooth, recently paved street.

**Bonin' out:** An ambitious, experienced skater attempting to skate at the speed of light.

**Buckled:** To have no style. Out of touch with in-line skating trends and vocabulary.

**Burly:** Awesome, aggressive.

**Fat:** While a skater is airborne, he/she does an awesome stunt or trick.

**Road rash:** The scrapes and burns from falling on unprotected flesh. Remember to always wear full protective gear!

**Stupid:** The most incredible trick ever attempted.

**Tweaked:** Describes a skater's body when it is completely torqued and cannot be twisted or bent in any other way without causing damage.

**Wicked:** A goofy, zany trick that would not have been attempted under normal circumstances.



**Bring the toe of your braking skate up when braking and sit back, as though you were going to sit in a chair. The steeper the hill, the harder you will have to press on the brake to stop or slow down.**

## "Can't Happen to Me!"



AIDS? Isn't that the disease that happens to druggies and gays? I don't hang out with those kinds of people. My friends and I are clean. Man, we shower and shampoo every day!

You might be surprised. Find out the truth about AIDS by taking this simple true-false quiz.

**1. The majority of AIDS cases reported are among homosexuals.**

T \_\_\_\_ F \_\_\_\_

**FALSE.** 75 percent of the world's AIDS cases are from heterosexual contacts.

**2. Females are at greater risk for contracting the AIDS virus through heterosexual contact than males.**

T \_\_\_\_ F \_\_\_\_

**TRUE.**

**3. It's possible to have the AIDS virus and not have AIDS.**

T \_\_\_\_ F \_\_\_\_

**TRUE.** The interval between being infected with the AIDS virus and developing symptoms of AIDS ranges from 5 to 10 years. If a person is sexually active with a number of partners who in turn are sexually active with other partners during those years,

imagine how far the initial virus can spread.

**4. Condoms always prevent the transmission of the AIDS virus.**

T \_\_\_\_ F \_\_\_\_

**FALSE.** Abstinence is the only **SURE** way to avoid contracting the AIDS virus sexually. Condoms have a 10-13 percent error margin. Imagine flying on a commercial jet on which a flight attendant announces before takeoff, "Our planes crash only 13 flights out of 100. The other 87 make it safely to their destination without any problem."

**5. A woman can reduce her chances of contracting the AIDS virus by taking birth control pills.**

T \_\_\_\_ F \_\_\_\_

**FALSE.** Birth control pills are **NO** protection from AIDS or any of the other sexually transmitted diseases. And none of the other birth control methods on the market are total protection from AIDS.

**6. You increase your chances of contracting AIDS by using alcohol or drugs.**

T \_\_\_\_ F \_\_\_\_



ILLUSTRATION BY KIM JUSTINEN

**BY KAY D. RIZZO**





**TRUE.** The use of drugs or alcohol impairs your judgment, thus increasing your risk.

**7. Teens represent the highest AIDS virus risk.**  
T \_\_\_\_ F \_\_\_\_

**TRUE.** The number of cases of AIDS among teens is doubling every year.

**8. You can tell by physical appearance if a person is carrying the AIDS virus.**  
T \_\_\_\_ F \_\_\_\_

**FALSE.** The AIDS virus has a drastic effect on the immune system long before any outward physical signs can be seen.

**9. It's possible to catch AIDS from a mosquito bite, or from shaking hands with or hugging another person.**  
T \_\_\_\_ F \_\_\_\_

**FALSE.** Catching the AIDS virus is not like catching a cold or the flu. It is contracted through sexual intercourse, by taking IV drugs, or by blood transfusion, or is passed on at birth from infected mothers to their babies.

**10. With all the scientific**



**research being done on AIDS, if I contracted the AIDS virus today, they'd find a cure long before I developed the disease.**  
T \_\_\_\_ F \_\_\_\_

**FALSE.** To assume that the cure for AIDS will be found in the near future is like playing Russian roulette with your life. Like the common cold, the AIDS disease is a virus, which means it mutates from form to



**form to form, thus making the solution of the problem increasingly difficult to pinpoint.**

If you are concerned about AIDS and would like further information, call the National AIDS Hotline: 1-800-342-AIDS (English-speaking) or 1-800-344-7432 (Spanish-speaking).



# JUST BETWEEN US

## "The Self-virus"

Got a letter from an AIDS victim today. He's a young man, but he's dying. Married a woman whose ex-husband turned out to be a bisexual. She was infected before their divorce and then afterward him.

This young man writes about going to AIDS support group meetings. Most of the people there, he says, were street hookers, drug addicts, and others who "were vindictive and careless about other human beings."

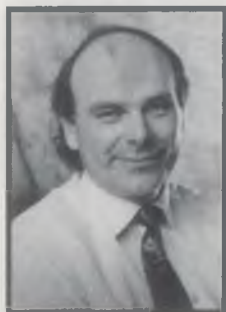
After the meeting he heard one hooker say, "If I give it to someone, it's their own fault, because they shouldn't be out with me, cheating on their wives or girlfriends." And a junkie said, "If they want to get high that bad, it's not my fault they'll get the virus, because I'm using the needle first, and I ain't telling them nothing." And another said, "I don't care now, man; I'm going to die anyway, so what do I care if someone is going to go with me? I'll take them all with me."

Scary! But I'm inclined to think that this vicious talk is really only an open form of the attitude and behavior that led to getting the disease in the first place. If you care for yourself, if you treat others as you would treat yourself, then irresponsible, often immoral behavior does not occur, and AIDS is less likely to happen.

The young man says that he goes to high schools and talks to the kids about AIDS and drugs. "I tell them," he writes, "how alcohol impairs one's judgment, and how this could be another way to come in contact with the virus. I also tell people that the best way to avoid getting the virus is abstinence."

I watched a dramatic video a few days ago. It showed a typical party scene in which a really cute young girl got drunk and headed off at midnight with her kid sister and drunk boyfriend on a crazy ride home that ended up in a train wreck at a crossing. In the video she was removed from the action and with a narrator sat watching as the events developed toward the tragedy. She watched the accident. She saw her parents weeping bitter tears at the funeral for her young sister. She saw her boyfriend's mother sobbing by the fresh grave. And she participated in the horror of family members gathering around her hospital bed as doctors struggled to save yet another teen accident victim. And the narrator kept asking her, "Why didn't you act differently? Didn't you realize how other people might be hurt?"

As the young man with AIDS wrote to me: "Please think it through. And remember this. The drugs and alcohol and even sex aren't worth leaving the people you love."



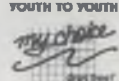
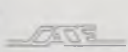
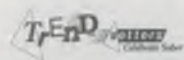
PHOTOGRAPH BY JOEL D. SPRINGER

## LINCOLN STEED

Editor **Lincoln E. Steed** Designer **Robert Mason**  
Editorial Assistant **Anita L. Jacobs**

### EDITORIAL CONSULTANTS

Winton Beaven, Ph.D.; Paul and Carol Cannon; Hans Diehl, Dr.H.Sc., M.P.H.; Robert DuPont, M.D.; Kevin Freeman; Winston Ferris; Patricia Mutch, Ph.D.; Thomas R. Neslund; G. L. Plubell, Ph.D.; Stoy Proctor, M.P.H.; Francis A. Soper, Litt.D.; Becki Trueblood; DeWitt Williams, Ph.D.; Lars Justinen; Ed Guthero



Listen is the official youth publication of the ICPA (International Commission for the Prevention of Alcoholism and Drug Dependency). The ICPA is an NGO of both the United Nations and the World Health Organization.



Say What!

# puzzle

by Richard Steen Williams

Here's some good advice that's never out-of-date. Answer the clue words, then transfer the letters to their designated squares in the grid. It will reveal something that cannot be repeated too often today.

1	2	3	4		5	6	7		8	9	10	
11	12	13	14	15	16	17		18	19	20	21	22
23	24	25	26		27	28	29		30	31	!	

The Beehive State

Group rendering a verdict

Thirty-eighth U.S. president: Gerald \_\_\_\_\_

Winter precipitation

Common operating system (initials)

Astronaut Virgil Grissom's nickname

"Equal \_\_\_\_\_ Amendment" (initials)

Japanese monetary unit

A charge for services

7	26	28	2
23	20	9	5
12	31	15	17
22	4	11	1
18	6	25	
21	24	27	
10	19	8	
29	3	30	
13	16	14	

## solution

	I	O	N		Y	A	S		T	S	U	J
	31	30		29	28	27	26		25	24	23	
S	G	U	R	D		D	E	R	E	F	F	O
22	21	20	19	18		17	16	15	14	13	12	11
	E	R	A		U	O	Y		N	E	H	W
	10	9	8		7	6	5		4	3	2	1

**YES** I want to get with the action. Sign me up. Here's \$24.95 for a one-year subscription to LISTEN.

☐ Payment enclosed; check or money order

**LISTEN MAGAZINE**

P.O. BOX 859, HAGERSTOWN, MD 21741

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone(\_\_\_\_\_) \_\_\_\_\_

*Listen*  
**MAGAZINE**

LISTEN personality features are just one part of a fast-paced, totally relevant magazine that celebrates positive alternatives for today's teen. There's a whole year of features, news, stories, and just good times ahead for you in a subscription to LISTEN. Why not treat yourself or a friend to one of life's natural highs!

# IN THIS ISSUE

LISTEN MAGAZINE, MAY 1995, VOLUME 48, NUMBER 5

## **BIGGER IS NOT BETTER**

*by Roid Regret 2*

I wish this were someone else's story.

## **HOW TO LAND YOUR FIRST PART-TIME JOB**

*by Arlene Mary Owen 5*

## **CHRIS "AIRMAN" EDWARDS**

*by Celeste perrino Walker 8*

The king of extreme rollerblading

## **A ROLLERBLADE QUEEN: THERESA CLIFF 10**

## **OPTIONS Part 2**

*by Kay D. Rizzo 18*

Will Lynn risk a friendship by narking?



ILLUSTRATION BY KIM JUSTINEN

## **MOTHER'S DAY**

*by O. J. Robertson 21*

Reminder: May is for Mom!

## **AN ELEGANT HAND**

*by Cecilia Cohen 22*

Hey, forget chicken scratches and letters that look like a fly marched through the words. Try calligraphy for starters.

## **IN-LINE MADNESS**

*by Josh Anthony 24*

Safe—yeah, if you follow the rules and skate smart!

**SAY, CLIFF! SAY, FREDDIE! 13**

**LISTENING** *Bosnia: the Holocaust 14*

**PRIME TIMES**

*Pete McLeod: Magical Drug-Buster 16*

**CHOICES** *"Can't Happen to Me!" 28*

**JUST BETWEEN US** *The Self-virus 30*

**PUZZLE** *Say What! 31*

# NEXT MONTH

## **A DANGEROUS DARE**

*Inhalents are far from a harmless way to get high.*

## **DARRELL GREEN**

*This Washington Redskins' star knows how to beat the odds.*

## **BAD BLOOD**

*A former gang member remembers the 'hood'.*