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AND LOOKIN'  
GOOD!



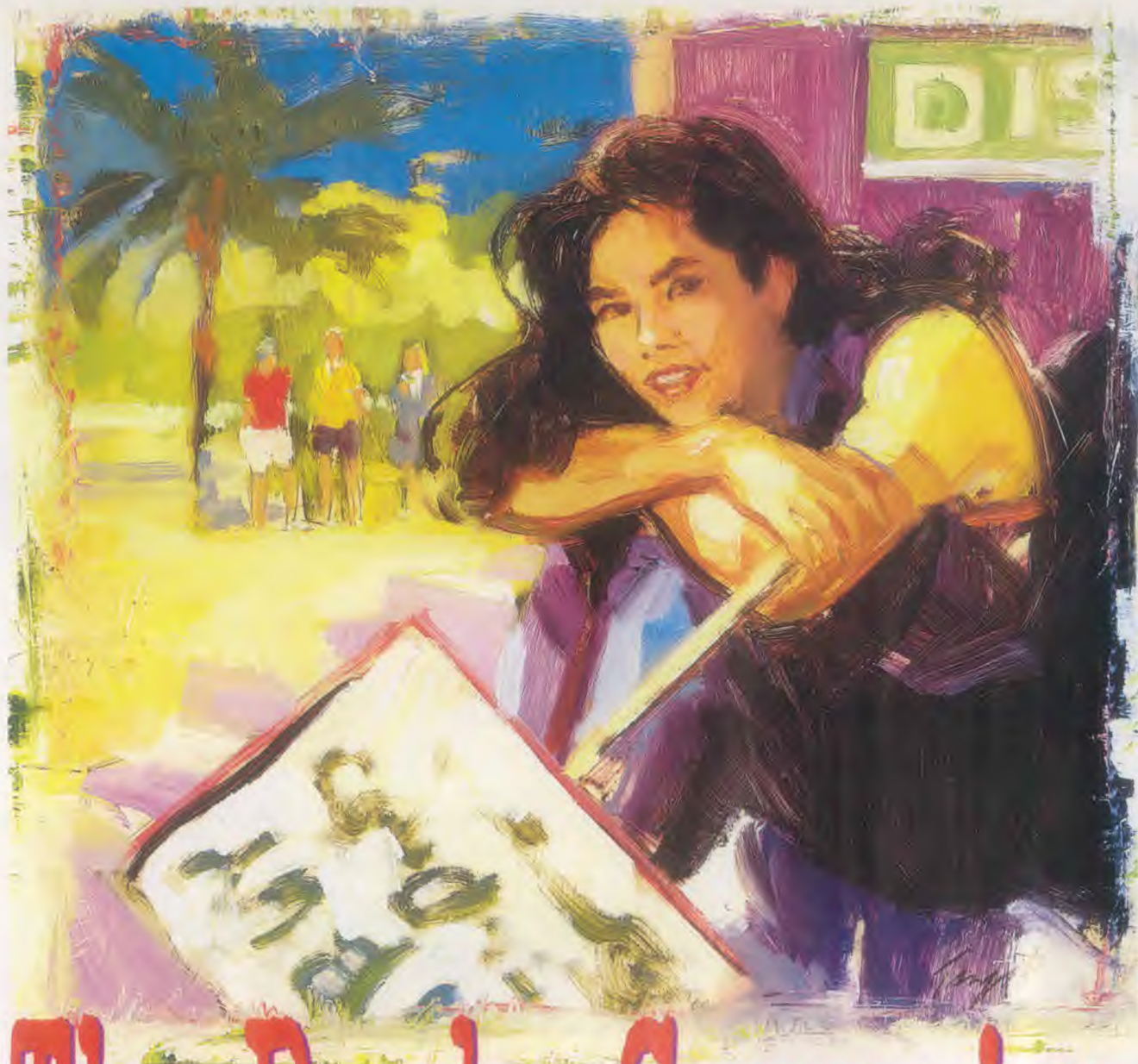
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REBEKAH KELLER  
MISS CALIFORNIA





# The Burke Campaign

**KATHIE DE MELLO TAKES ON DISCOUNTABLES.**

Somebody famous once said, "The only thing necessary for the triumph of evil is for good men to do nothing."

**C**ivics course at Hamakua High had a certain predictability. Seniors were always asked to write a paper on local aspects of contemporary American problems. Hardly sur-

prised by the assignment, Kathie DeMello figured Hawaii's battle with the marijuana problem made drugs an obvious choice. She looked forward to doing a little library work on the project. In the

library, that is, where no one ever told you to "speak up."

However, she hadn't counted on Mr. Kurohara, the new social studies teacher. It turned out that he was big on "practical research."



He wrote a challenge on the blackboard: "The only thing necessary for the triumph of evil is for good men to do nothing."—Edmund Burke."

"Everyone," he said that wet January morning, "will do one community service activity in the same area covered by your research paper. Of course, people writing on the same subject might want to do their volunteer work together."

It turned out that the other "drug" writers were Rodney Pacheco, Tony Esteban, and Jeremy Ah Fong. However, they were already part of the football team's outreach program, and anyway, Kathie didn't expect the three cutest guys in class to include her in anything.

A few days passed with no particular inspiration until Kathie's mother brought her a national news magazine.

"There's a story about this group in Chicago trying to ban the sale of drug paraphernalia, Kathie. Why not put that in your report?"

"Does Hamakua sell that stuff? I need a local tie-in."

"I don't know. Why not check it out?"

So Kathie visited shops. She spotted lots of cigarette papers in Discountables. Surely Hamakua couldn't have that many people rolling legal cigarettes.

For once Kathie had something to share in class.

"Terrific," Mr. Kurohara said. "What next? Remember Burke: 'The only thing necessary for the triumph of evil . . .'"

"I guess I'll write a letter to the manager."

"Great!"

A week later, when the subject

**T**here was a story in the paper about a Chicago group trying to ban the sale of drug paraphernalia.

of term papers came up, Tony asked, "Did you get an answer to your letter?"

"No, not yet," Kathie had to admit.

"Hey, guys," he called to the others, "Discountables blew her off."

Rodney and Jeremy walked over. "Maybe you should write a follow-up." And they began enthusiastically to compose the letter for her.

At home Kathie debated throwing the letter away. However, it was the first time these guys had paid her any attention since third grade. She couldn't chicken out.

When Kathie brought the answer to class, Jeremy grabbed it and read it to the others. "Dear Miss DeMello: Thank you for pointing out the negative aspects of selling cigarette wrapping paper. We at Discountables share your concern about drug use in our community. We will certainly give your ideas careful consideration. Yours truly, Myles Wilson."

It failed to impress the class.

"Big deal."

"Typical brush-off."

"Now what?"

Did these guys think she was some kind of one-woman protest movement? Their interest was nice, but how far was this supposed to go?

"We could go with you

to see him."

Saturday with Rodney sounded wonderful, but maybe not, if it included a humiliating encounter with some store manager. "No, I'll go alone."

She wrote out what she wanted to say and called for an appointment. She arrived early, her palms damp and her heart pounding. *I can't do this*, she thought. *I'll make a fool of myself.*

Then she noticed that the jewelry counter featured gold-dipped marijuana leaves and razor-blade necklaces. So Discountables worried about drug use? Didn't those necklaces say "Drugs are cool"? Before she lost her nerve, Kathie headed back to the office.

Mr. Wilson was not helpful. "Look, kid, we don't sell drugs. The pendants are just novelty items, and you don't know what people use the cigarette papers for. Next you'll tell us not to sell plastic bags."

Kathie left in angry tears. She had a right to question store policy. Customer pressure had changed national advertising campaigns before. Why not in Hawaii?

Next day in art class Jeremy noticed Kathie sketching. "Those look like protest signs," he remarked.

"I'm picketing Discountables," she announced.

"You're going to march up and down in front of a store with a picket sign? This I gotta see." He seemed impressed.

"Then come to the mall after school," she challenged.

"Awesome! Hey, Rod, guess what?" Jeremy charged off with the news. Soon the whole school knew that mousy Kathie DeMello



was staging a protest march. A caravan of cars followed hers to the mall. She had extra signs, but no one offered to carry one. Instead, they observed her from 20 yards away.

She'd barely started when a security guard approached. "What are you doing?"

"Protesting the sale of drug-related materials at Discountables." Kathie had practiced her speech all the way over.

"You can't do that in here. This is private property."

"A shopping mall is open to the public." Kathie's voice started to squeak.

"You're obstructing traffic and causing a nuisance. Leave, or I call the cops."

Kathie dragged her extra signs back to her car.

"That's OK, Kath; you tried." Rodney patted her arm.

Kathie was secretly relieved. The five minutes of picketing had seemed endless. Now she was off the hook.

That night at supper her father said, "Myles Wilson called me this afternoon. He said my daughter had picketed his store. I wish you'd told me, Kathie."

"I'm sorry if I caused you trouble."

"You didn't. I'm proud that you're standing up for your convictions. I'd just rather have heard about it from you."

Kathie blushed. "It's over now anyway. A security guard threw me out. He said it's illegal to picket."

Her mother objected to that. "It's not illegal. Our environmental group picketed the sugar mill. We just had to make sure we stayed on public land and didn't block traffic."

"That's right," her dad agreed. "I'm sure you can stand by the entrance to the parking lot. I'd

**Mr. Wilson was not helpful. "Look, kid, we don't sell drugs," he said.**

love to see Wilson's face tomorrow. He had the nerve to threaten not to buy DeMello fruit nectar."

"Daddy!" Kathie squeaked in surprise at his support and was dismayed at the threat he'd received.

"Kathie, if you can conquer your shyness for principle, I can lose a few sales," her dad smiled.

So the next day Kathie found herself opposite the entrance to Discountables. The student spectators were prepared. In fact, they were having a tailgate party in the parking spaces closest to her.

Kathie felt stupid. She couldn't even walk back and forth, or she'd "impede traffic." She held up her sign—"Discountables Profits From Drug Users." Not catchy, but clear. She didn't see anyone familiar in the crowd.

Suddenly "her" guys pulled up in their cars, brakes squealing. "We got the *Banner* to send out a reporter," called out Jeremy. Kathie looked down at her rumpled school clothes. Before she could run, though, the reporter and a photographer arrived on the scene.

Picture-taking was a bit of an ordeal, but the interview was OK. The reporter took her letters to Mr. Wilson, his reply, and some notes about her meeting with the manager. The interview was almost over when Mr. Wilson himself appeared.

When the reporter spotted him, he asked, "Mr. Wilson, do

you have any comment on this demonstration?" He gestured to the 50 or so students watching the show. Kathie giggled. He thought they were protesters too!

Mr. Wilson was a different man. "I've been concerned for some time about possible misuse of our merchandise. This sign of community interest gives me the ammunition to convince our stockholders to make changes." Then he put his arm around Kathie and posed for more pictures.

That night when Kathie's mother heard about it, she said, "What a hypocrite!"

"The main thing is, Kathie won, right, honey?" Dad was more practical.

"Yeah, I guess I did," said Kathie thoughtfully.

Her civics report got an A+, and her dad gave her a big hug. She would have preferred one from Rodney, but apparently only in novels does the handsome hero suddenly notice the quiet heroine!

That A+, though, helped make her valedictorian. As Kathie sat on the stage waiting to deliver her speech, she thought back over the past semester. Four months ago she couldn't have done this. Tonight she had bearable butterflies, and she suspected a very different Kathie DeMello would enter college in the fall. She stood up and walked to the podium.

She began, "The only thing necessary for the triumph of evil is for good men to do nothing." Those words have been attributed to a man named Edmund Burke. But they are more than words; they are a reality that I have already proved for myself."

And you know, those guys, those three cute guys, were actually smiling at her and nodding agreement. ▀



# Be There



*"What I really want," said Tony, "is to belong to the family, but still be myself."*

**"I'm gettin' kicked out of the house," said Tony.**

ony didn't just *come* to the guidance office; he practically *crashed in* with the comment "You have to give me a school dropout form."

He flopped down on a beanbag. So I sat down on one facing him.

"So let's talk about the 'how-comes' of your decision," I suggested.

"Well, ya see, I'm gettin' kicked out of the house."

I said, "Tony, I'm going to change the subject a bit.

**B Y M E G H I L L**



What's the one wish you might have about the way you want your parents to be?"

"Well, I'd want them just to be there."

"When you get home from school, for instance?"

"Well, no, not exactly. You don't want your mom always squawkin' about dropping your crummy friends. Stuff like that."

I nodded. "So what about your dad? Go places with him, maybe?"

Tony shook his head. "When you're in high school, you'd rather go places with your buds."

"So how do you want your parents to 'be there'?"

Tony said, "You just sort of want to know they're around. Not where you can see 'em, exactly, but where you could see 'em if you wanted to."

At that point I interrupted. "Tony, it seems to me you keep telling ways you want your parents *not* to be there."

on his sweater cuff.

"So why were you told to move out?"

Tony quit raveling the yarn and started shooting the staples out of the stapler on my desk. Finally he said, "Well, you see, I was picked up on this drug charge."

"How did your parents react?"

"React! They practically had a stroke. Said I wasn't a member of their family anymore. Said if I was going to be a pothead, I could do it somewhere besides in *their* house."

"So are you a pothead?"

"Well, I went to this one party and smoked a joint. Big deal!" Tony abandoned working on the jagged tear in his notebook cover. "Hey, what are you thinking?" he asked.

I patted his hand. "I was just thinking how difficult it is to be a parent. And how difficult it is to be a son or a daughter."

and bail us out."

"The point is, they came," I replied.

"They weren't going to. They said I was no son of theirs if I was mixed up with drugs. The cops told 'em they had to come or I'd be booked, and that would go down on my record. So then they came on the double."

"Tony, how do you wish your parents would have reacted?"

"Well, I wish they'd have said something like . . ." Tony paused and stared wistfully out the window.

"Like what, Tony?"

I prompted.

"Like what Luther's dad said."

"What did he say?"

He said, "This is our son, and we'll take him home and talk things over."

I said, "I expect your parents were frightened. Adults have a right to get scared, the same as kids."

"Well, sure. I guess so."

"Is there anything else you mean when you say you want your parents to 'be there'?"

"It'd be nice if they weren't always criticizing a guy. Maybe say they're proud of something I do."

"How long since you told your parents you were proud of them?" I asked.

"Well, that's not the kind of thing you tell your parents," Tony said. After a pause he added, "I s'pose I could, though."

"I suppose."

Tony unraveled a few more layers of knitting on the sweater cuff.

I said, "You mentioned that 'being there' means you can depend on someone. Could that sort of work both ways?"

Tony wrinkled his nose. "You mean *they* need to be able to depend on me?"

I smiled. "Could be. Maybe we should make an appointment for a



"They said if I was going to be a pothead, I could do it somewhere besides in their house," Tony said. "So are you a pothead?" I asked.

"Well, what I really want is to belong to the family, but still be myself."

"I see," I said. "So teenagers begin to outgrow childhood before parents outgrow parenthood."

"Hey, you've got that right."

"However," I went on, "leaving home is best when parents and kids aren't mad at each other."

"Hey, I'm not leaving home; I'm getting kicked out!" Tony picked nervously at a loose thread

"Yeah." Tony sighed. "So the question is What do I do?"

"Let's get back to the scene of the crime. What, exactly, happened?"

"Well, a bunch of us kids got together at this house, and, well, we smoked a few, that's all. Then some jerk tipped off the cops, and pretty soon there they were. The next thing we knew, we were at the police station, and our parents had to come down





**“I was thinking how difficult it is to be a parent. And how difficult it is to be a son or a daughter.”**

conference with your parents.”

“They prob’ly won’t come.”

“Suppose I find out.” I reached for the phone. “What’s your number?”

“They’ll be at work,” Tony told me nervously.

“Could I call your father at work?”

Reluctantly Tony gave me a number to call. He looked uneasy when his father answered the phone, but his hands were still during the conversation.

I explained who I was and my reason for calling. The relief in Mr. Barela’s voice was pathetic. “Why sure, we’ll come in any time. You name it. Tony’s always

been a pretty good kid—up until lately, anyway.”

“Did you ever tell him that?”

“Well, no. A kid is supposed to be good.” In answer to my silence he added, “I guess we could tell him, though.”

“I guess. Now, when would you and Mrs. Barela like to come?”

“What’d they say?” Tony asked as soon as I hung up.

“Your dad said he and your mom would be happy to come in tomorrow after school. Is that OK with you?”

“Yeah, I guess so. Sure. Is that all my old man said?”

“He said you’re a good kid.”

“He didn’t!”

“He did.”

“Well, you can never tell about parents.”

“And you can never tell about kids,” I reminded him.

Tony stood up and strolled out of the office with a casual wave of his hand. “See ya tomorrow.”

Tony’s cuff was hanging loose from his sleeve, my stapler was empty, and there were patches of notebook cover on my office floor, but Tony and his parents were willing to meet and talk things over. I suddenly had the feeling the world might get put back together after all. ■



C H O I C E S

K A Y D . R I Z Z O

# A FRIEND INDEED

Giving casual advice is fun, but what do you do when the problem is bigger? Like how do you choose between loyalty and saving his or her life?

**R**emember when you and your best friend shared secrets at the back of the class at your elementary school? If you're a girl, you talked about your latest crush, about the new kid on the block, about who made first string for girls' volleyball, or about the latest blue jeans craze at the Gap. If you're of the male gender, you might have talked about your latest crush, about the new girl in your

homeroom, the junior varsity lineup, or the incredible jeans jacket you got at the Gap.

Giving advice on the opposite sex, clothes, and sports is fun, but what do you do when the problem is bigger and much more serious? How do you choose between loyalty and saving his/her life? How far does friendship go before you have to draw a line? You have been sworn to silence. How would you handle each of the problems

listed below? What steps would you take to help your friend?

- ☐ 1. Your friend tells you that he/she thinks he/she has a drinking problem.
- ☐ 2. Your friend tells you that she/he eats too much and binges.
- ☐ 3. Your friend suspects he/she has a sexually transmitted disease (STD).
- ☐ 4. Your friend tells you that he/she is being sexually abused by an adult relative.
- ☐ 5. Your friend talks about running away from home.
- ☐ 6. Your friend brags about drinking and driving.
- ☐ 7. Your friend confesses that he/she is pushing street drugs at school.
- ☐ 8. Your friend is pregnant.
- ☐ 9. Your friend tells you that he/she shoplifts.
- ☐ 10. Your friend tells you about the high-tech computer hacking he/she is into.
- ☐ 11. Your friend talks a lot about the best ways to commit suicide.
- ☐ 12. Your friend confesses that the bruises he/she always seems to have are a result of physical abuse by a parent or guardian.
- ☐ 13. The love of your friend's life is pressuring her/him to have sex.
- ☐ 14. Your friend tells you that he/she is making a "love connection" on the Internet. The computer couple have had some pretty "hot" sessions already. Now his/her Internet "friend" is wanting to meet him/her and to know his/her phone number and real name.

## ADVICE:

● **First**—listen: If you said that the first thing you would do is *listen*, you're a friend indeed. Just listening until he/she has talked it all out sometimes brings a person to his/her senses. Expressing the problem out loud will help your friend to evaluate his/her feelings and perhaps come up with a wise



solution by himself/herself.

● **Second**—your advice: Your advice should be for your friend to get professional help. Each of the problems listed above is bigger than either of you can handle. When possible, go with your friend to give him/her moral support.

● **Third**—breaking your vow of silence: Your word must be broken when and if someone's life is in danger. When the problem is too big for you to solve, try talking your friend into getting the help he/she needs. If you can't talk your friend into that, ask advice from a responsible adult friend without giving away your friend's identity. If all else fails, you may have to risk losing your friendship rather than allowing your friend to lose his/her life.

Keeping a vow that will put your life or your reputation in danger is a vow that should be broken. If your friend is willing to violate your friendship by endangering you, he/she is not much of a friend. Remember, you can do a lot for a friend, but you also must be responsible for yourself.

### LIFE-THREATENING PROBLEMS

*Alcoholism and eating and bingeing* are obsessions that can and do kill, as can an STD left untreated. Talk about *running away* from home and about *suicide* is never a joke. Such threats must be taken seriously. If your friend admits to being *pregnant*, you can't supply all her needs. She needs special attention from a doctor. Without the proper prenatal care, both her life and that of the baby are in danger. She also needs love and support from her parents, as well as emotional support from you, her friend.

If your friend confesses to any of the life-threatening problems, commend him/her for recognizing that he/she might have a problem in this area. Convince him/her to get professional help, and, if



**I**f your friend is willing to violate your friendship by endangering you, he/she is not much of a friend.

possible, parental help, as soon as possible. Then be there for him/her. Assure him/her that he/she is still a good person, worthy of your friendship.

### LEGAL PROBLEMS

*Drinking and driving*—“Friends don't let friends drive drunk!” *Shoplifting*—Remember, you pay for your friend's little game every time you shop in the stores from which he/she takes his/her “five-finger discount.” *Pushing drugs*—Your friend can find himself/herself in jail for a long, long time. Ignoring the seriousness of the crime makes you an accomplice. At the least, knowing that kids got hooked on the junk and their lives were ruined will haunt you for life.

*Computer hacking* may seem like a fun game, but the United States government isn't laughing. They will prosecute.

### POTENTIALLY DANGEROUS PROBLEMS

*Sexual abuse and physical abuse* are very personal problems that are difficult for your friend to talk about. Usually he/she has been

threatened not to tell anyone for fear of further abuse. The fact that he/she reached out to you is a step in the right direction.

Perhaps he/she is ready to talk to someone. Make sure it's a professional counselor.

**Sexual Pressure:** Pressuring someone into having sex is uncool. The person doing the pressuring doesn't really care for your friend enough to respect his/her wishes. Advise your friend not only to resist, but to dump the jerk. Waiting until marriage to have sex is not only the smart thing to do, but also a lot more fun.

**Internet Info:** Giving out personal information on the Internet is not only stupid but dangerous. No matter how well you think you know the person at the other end, you are risking your life and the lives of your family by sharing any identifying information with strangers, either in person or on the Net.

Be a friend indeed. Help those you care for, listen to their problems, give advice when you can, but be wise enough to know when the problem is too big for you to handle. ▀

## PHONE-LINE HELP:

Here are a few numbers that can help you advise your friend and provide someone to be there for your friend as well.

**Sexual abuse and rape:** The Rape Crisis Center of Washington, D.C., 1-202-333-RAPE.

**Suicide or running away:** The National Run-away Switchboard, 1-800-621-4000; or Covenant House, 1-800-999-9999.

**Eating disorders:** The National Anorexia Aid Society, 1-614-436-1112, or the National Food Addiction Hotline, 1-800-USA-0088.

**Substance Abuse:** The National Alcohol and Drug Addiction Hotline, 1-800-544-1177.







# Making the RIGHT CALL

Friends gotta stick together  
and do what's best . . .

**Y**es, Mike, for the tenth time. It's OK that we're in here,"

reassured Derek. "It's late and no one's around. Besides, I already told you the coach made the last cut today and nobody said anything to me. That means I made the team."

Both boys paused, breathing in the heavily pungent aroma of the locker room. Derek swiped at his forehead with the back of one hand, clearing away the beads of perspiration. It was hot and humid in the locker room!

"Come on, my locker's over here," called Derek. "I think they put all the freshmen way down back." Then as he led Mike around a corner toward the rear of the locker room, they heard the faint sound of voices floating out of the dimly lit shower area. Both boys froze, surprised by the sudden intrusion into their private tour.

"Let's go," said Mike. "There's someone else here." His eyes were wide behind the lenses of his thick black-rimmed glasses.

"Hey, wait a minute," said Derek, hesitating a moment. "I think I recognize one of those voices."

Shrugging off Mike's restraining grip, Derek moved closer to the showers. Carefully he peeked around the corner. Then he drew his head back as if his face had been slapped. Turning back, he grabbed Mike's arm and pulled him toward the double doors that led out to the parking lot.

When they were safely outside,

Derek leaned back against the building. Puffing from the exertion, he took in great gulps of air, exhaling loudly. Vapor from his breath puffed upward in the chilly air, up toward the twinkling stars in the early-evening sky.

"What is it, Derek?" asked Mike anxiously. "What did you see?"

"It was Zack Taylor," said Derek. "But I didn't recognize the other guy."

"What were they doing in the showers?" asked Mike, sure that something serious had happened.

Derek swallowed hard, still trying to breathe normally. "I saw Zack holding a needle—you know—like a syringe," he explained. "It looked like he was getting ready to stick it in his leg."

"Let's get out of here before someone sees us," suggested Mike, suddenly apprehensive.

Derek quickly agreed, so both boys raced to the bike rack. Then they pedaled furiously out of the parking lot, with Derek leading the way, and didn't stop until they

turned into Derek's driveway 10 minutes later. Derek's key turned easily in the front door lock, and after a stop at the refrigerator for drinks they headed up to Derek's bedroom.

"So what do you think?" asked Mike. He paced back and forth in Derek's room, waving his hands in the air. "Do you think they saw you?"

"No, I don't think so," said Derek, "but I can't be sure."

"What kind of drugs could they be using?" asked Mike.

"I think it must be steroids," said Derek. He hated the sound of the word. It made him sick to think his teammates might be using drugs.

"Oh, no, I can't believe it," said Mike. "Not in our school."

"Zack's the best center in the division, maybe even the whole state," said Derek. "He's the main reason our basketball team went to the finals the past three years in a row."

"Now we know why he seems so pumped up," said Mike. He

T E D B E G N O C H E



drained his soda can and carefully balanced it atop Derek's crowded dresser. "So what are you going to do?"

"I don't know," said Derek. "I want to tell the coach, but I'm scared to. What if I'm wrong? And besides," continued Derek, "I'm new on the team, and I don't want to start off on the wrong foot by causing trouble." Derek's soda can joined Mike's briefly on the dresser, then fell to the floor with a loud bang.

"No way," said Mike angrily. "I can't believe you're even thinking about telling Coach." He turned his back to Derek and stared out the bedroom window.

"Mike, don't you remember that article in the school newspaper?" asked Derek.

"Yeah," said Mike. "Just last week. But I really didn't read it. I just skimmed over it. I didn't think it was such a big problem, especially around our school."

"I know," said Derek, slowly shaking his head. "I read the whole article, and it was pretty scary stuff." He shuffled through stacks of papers on his desk, sending pens and pencils flying in every direction. Finally he produced a torn and wrinkled copy of the Franklin High Forum, holding it out for Mike to see.

Mike took it, squinting to read the small print in the pale light from Derek's desk lamp. As he read, Derek paced back and forth, wrestling with his racing thoughts.

"There, you see?" cried Mike. "It says right here, 'Aggressive behavior is a possible side effect.' I'm telling you, you're playing with fire."

"Keep reading," said Derek. Mike sat down on Derek's bed and went back to reading. Derek busied himself again straightening up his desk, trying to make some order out of the mess.

When Mike was finished, he stood up. "I still think it's a mistake to tell Coach," said Mike.

**I saw Zach holding a needle—you know—like a syringe.... It must be steroids," Derek said.**

"That aggressive behavior thing really scares me. What if Zack finds out you told, then beats you up? And since we're always together, if he beats you up, he'll probably beat me up too. I don't like it."

"Mike, I know you read the part about how serious the side effects of steroids can be," said Derek. "They can do serious damage to your bones, ruin your liver, all kinds of weird stuff. I can't pretend this didn't happen. I'm scared to do something, but I'm scared not to do something too."

"Well, I guess it's your call, but you know how I feel," said Mike. He wormed his way into his hooded sweatshirt and headed for the door. "I have to get going. If my mom gets home before I do, she'll kill me."

"OK," said Derek. "I'll meet you at the picnic tables after supper."

"I don't know," said Mike. "I'm feeling a little sick to my stomach right now. If I'm not there, don't wait up." He banged down the stairs and ran out the front door without saying goodbye. Derek watched from his bedroom window until Mike and his bike faded into the gloomy darkness.

Derek tossed and turned all night long, sleeping very little and thinking a great deal. He didn't want to lose his best friend, but he also didn't want to see anyone get

hurt. On the way to school Derek thought some more, and by the time he arrived he was determined to tell Coach Webber his story. He racked his bike along with all the others, but didn't see Mike's bike anywhere. He checked the picnic tables just to be sure, but Mike was nowhere around.

Derek went straight to the coach's office without even stopping at his locker. He balled up his fist and rapped on the coach's door, ignoring the icy knot in his stomach. Coach Webber called him in, and Derek took a tentative step forward.

"Good morning, Derek," said the coach. "What brings you here so early?"

"I need to talk to you about something, Coach," said Derek. He frowned at the sound of his squeaky voice.


"Sit down, Derek, and tell me what's on your mind," said the coach.

Derek told, leaving nothing out, mostly without the coach's interrupting. When he finished he tried to swallow the lump in his throat, but it was firmly stuck.

Coach Webber came out from behind his desk and laid his big hand on Derek's shoulder. "Derek, I know that was hard for you to do," he said, "but believe me, you did the right thing. This is a serious matter. I'll look into it right away."

Derek stood up, and the coach opened the door to let him out. "Thanks again, Derek," he said, "for being so courageous."

As the door closed behind him, Derek felt as if a great weight had been lifted off his chest. He made his way through the crowded corridor, and when he arrived at his locker, he found Mike waiting for him.

"How'd it go, Derek?" asked Mike. Derek smiled widely. On the way to class Derek gladly told his best friend about his visit with the coach. 



# Steroids are for wimps

# BULKING UP

# NATURALLY

D E B O R A H J . M Y E R S

**T**hey're everywhere: on television, in magazines, out on the street, and even at your own school. "They" are the athletes with the hard, bulging muscles—the kind that give them the attention anyone would want. Somehow a

body like that is harder to get than it seems. You get seriously serious about working out and pumping up. But you don't grow as quickly as you want. You don't want to wimp out, yet you aren't as successful as you want to be. At this point far too many teenagers

decide to shortcut the work of body building by taking steroids.

Steroids were originally used only for medical purposes. People struggling with cancer, anemia, and other diseases are sometimes prescribed certain types of steroids. Oral contraceptives are

- *Serious side effects of steroid use include malfunction and/or cancer of the kidneys, liver, testicles, endocrine failure, cardiovascular damage, and shrunken or shriveled penis.*

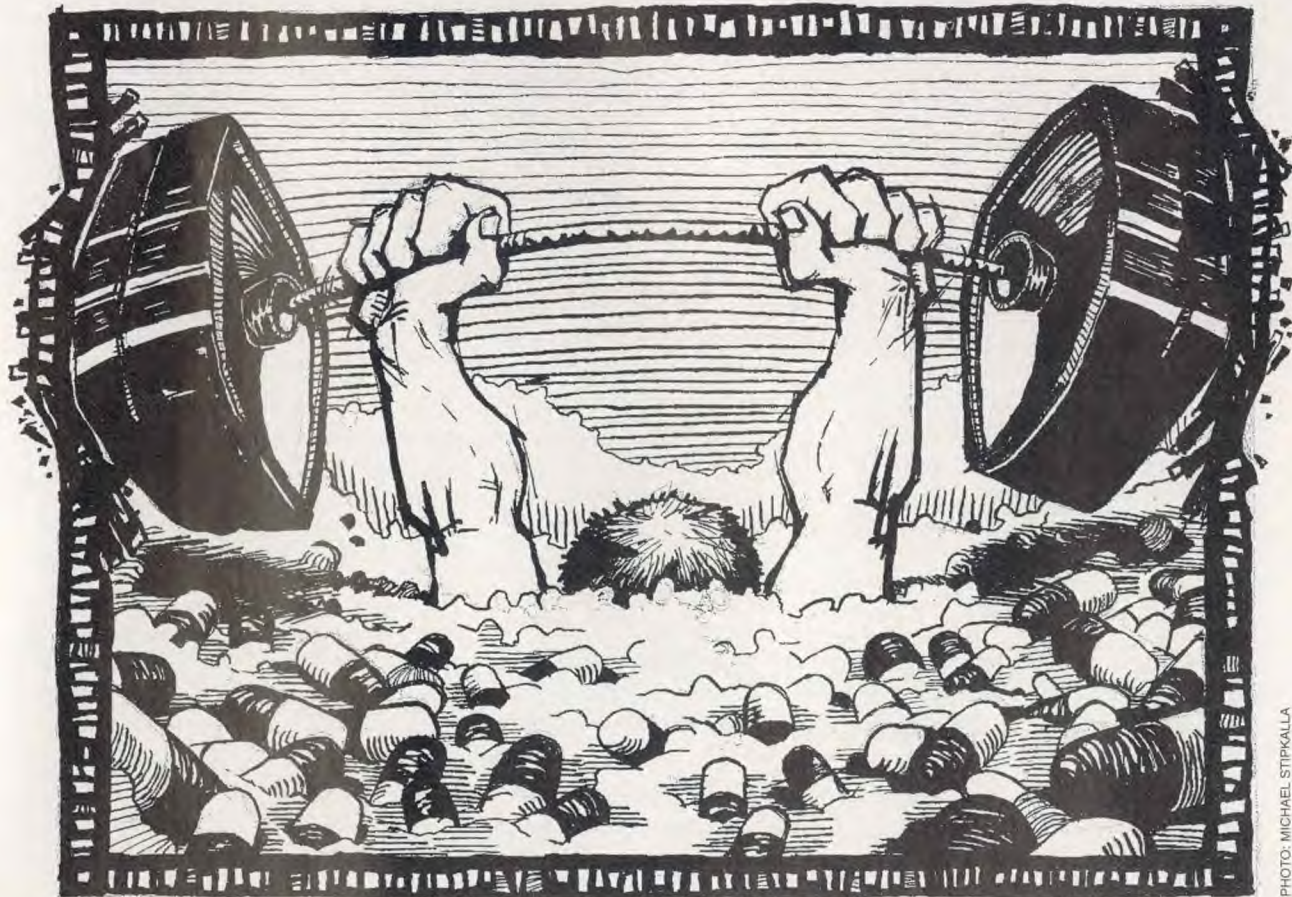


PHOTO: MICHAEL STIPKALLA



another form of steroids. Then approximately 40 years ago some people began to use steroids for nonmedicinal reasons. With no doctor guiding the drug's use, steroids taken to promote size and athletic performance are often taken in extremely high doses, sometimes as high as six times that which would be prescribed for any medical condition. Many athletes who abuse steroids see only the positive muscle-mass-building benefits from the drug.

But steroid abuse has two types of side effects. Temporary side effects are the conditions that diminish and eventually go away when the user quits the drug. Athletic steroid abusers may experience some or all of the following: oily skin and hair, acne, bloating, frequent urination, increased appetite, hair growth or loss, aggression, irritability, headaches, muscle spasms, stomach discomfort, restlessness and sleeplessness, increased or decreased sex drive, euphoria, rise in blood pressure. Perversely, many young athletes are all too willing to endure these inconveniences and discomforts on the chance that they will increase their body's size.

Then there are the permanent side effects of steroids, which do not go away when steroid abuse is discontinued. These include: malfunction and/or cancer of the kidney, liver, and testicles; tightened and torn muscles, ligaments, and tendons; endocrine failure; shrunk and/or shriveled penis; cardiovascular damage and malfunction; high cholesterol levels; obesity.

Unfortunately, many promising athletes abuse steroids and end up with a body that is much worse off than before they used the drug. They sacrifice their health, and in some cases their lives, for dreams of athletic glory.

Ted Myers, winner of five state-level high school body-



**T**hey sacrifice their health and in some cases their lives for dreams of glory.

building championships, relates how steroid abuse affects his sport. He estimates that in "open" teen body-building competitions (competitions at which no drug testing is done), steroid use is as high as 70 percent. At "natural" body-building shows (where testing is mandatory), Ted was never aware of any steroid use, although it is possible to cheat on drug tests. Some athletes use various means of tampering with their own urine or substitute clean urine for their drug-evident urine. By beating the drug test, athletes on drugs can give themselves an unfair short-term advantage over clean competitors. Of course, in the longer term the drug will eventually compromise both the sport performance and their health—maybe even proving fatal.

Teen athletes who use steroids have different reactions to the use of the drug and also experience different negative side effects. More because of their age than because of the effect of the drug, teens can grow muscle quickly for a longer period of time than adults. But the negative side effects impact teen users in a slightly different and more damaging way.


Many teen steroid users do not grow to their fullest height potential because the drug causes their bones to quit growing too soon. But their organs grow at an accelerated rate, which may contribute to a heart attack. Ted says that many uninformed teens have ignored these serious health threats because they will do anything to increase in size and athletic performance.

During his high school bodybuilding and football careers, Ted was pressured to take steroids at least two or three times each year. After he weighed the health hazards and risk of being caught, he realized it is really smart to avoid using steroids.

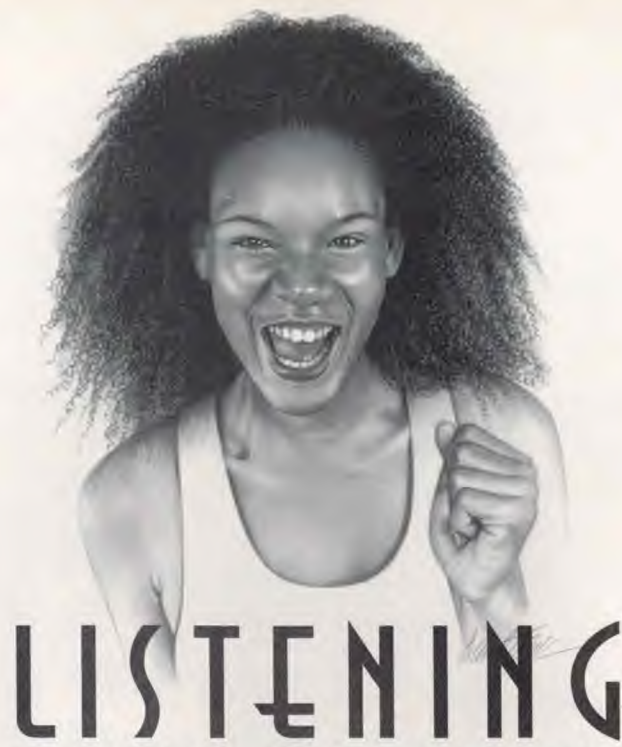
**Ted recommends the following steps for teen athletes who want to build lean, muscular bodies naturally:**

- 1. Do dietary research for yourself. Learn what builds muscle and reduces the fat.
- 2. Develop your own workout.
- 3. Consult a personal trainer at a serious gym, preferably one where a majority of the lifters are not body builders, but are power lifters. Don't go to "one of those health clubs yuppies go to."
- 4. Lay down what you want to accomplish and stick to it.
- 5. Eat properly.
- 6. Stay off drugs and alcohol.
- 7. Don't slack off.
- 8. Get enough sleep.

Ted also adds that "you can still have fun and get out and about, but once a week is enough."

The sleek, hard, athletic body isn't easy to obtain. Athletes must be dedicated to their sport to make the sacrifices that are necessary. Taking steroids to improve athletic performance or physical appearance seems like a shortcut to some, but it is really a dead end. So take care of your body and improve yourself by bulking up naturally. 





# LISTENING

FEEDBACK FROM READERS



*Listen magazine reaches a milestone this year—the big 50. We were presented with a cake, but no balloons or clowns to help us celebrate! However, we do have the satisfaction of publishing a magazine that for 50 years now has helped teens find answers to some of life's pretty big questions.*

## Nature

The sea is as blue as the sky,  
And the trees are as green as the grass.  
Life is as free as a bird;  
The wilderness is hardly soft.  
Nature calls out as animals appear,  
With the sounds of rain falling on the ground.  
The smell of dew upon the grass  
Makes nature the most relaxing place to be.  
All life is brought into the wilderness,  
Where flowers bloom as the rain falls down.  
How quiet and peaceful is life in the world of nature.

Chad Plath, 18  
Hutchinson, Minnesota

## DREAMS

Dreams . . .  
so mysterious . . .  
so dark . . .  
foggy black nights,  
when the moon shines bright.  
Dark,  
ugly,  
scary,  
beautiful  
dreams  
of  
monsters,  
dancers,  
dreamers.  
In foggy black nights  
I dream.

Garrett Spitz, 13  
Manhasset, New York

## Mother

Give flowers to your mother  
before it is too late.  
Don't wait till she's gone  
to put them on her grave.  
Don't take her for granted,  
for she is your chosen one—  
A mother to all of her children;  
and a gift from God above.  
When all tides turn against you,  
she'll be your guiding light.  
So cherish her, friends,  
before she's gone away.

*(Glenna is a student at the Vieux-Fort Comprehensive Secondary School. She learned about LISTEN magazine through a fellow classmate and decided to send us one of her poems.—Editor.)*

Glenna Bernadin, 13  
St Lucia, West Indies



MISS CALIFORNIA



HAWAII





**B**right, warm, and witty, Rebekah Keller could be anybody's best friend. She's the type of person you could laugh with, tell your deepest secrets to, and talk to for hours. Talented, beautiful, articulate, and graceful, Rebekah also happens to be the 1997 Miss California and the fourth runner-up to the 1998 Miss America.

"Since I was a little girl, I always wanted to be Miss America," she says with a smile. "I watched it and loved the talent part. It was my favorite part of the competition."

Talent is something Rebekah's got plenty of. Raised without a television, she kept busy with just about every parks and recreation class she could find in Lakewood, California. Things like tap, ballet, jazz, sewing, cooking, ice skating, swimming, and the like—in addition to French horn and voice lessons taught by her mother.

Her enthusiasm to try new things played a large part in catapulting her into the pageant limelight. "I had been getting letters [from pageants] since I was 8 years old," she says, suspecting that a fellow churchgoer referred her name. "But my father said, 'Absolutely not. I don't want you to have that pageant image.'" But when I was 12 I begged my mother to let me enter the Miss Southern California National Pre-Teen. After much prodding, Karen Keller signed Rebekah up for the contest and didn't tell her dad until the night of the competition. Of 72 contestants Rebekah went home with the title. "So then my father thought pageants were the greatest things since sliced bread," laughs Rebekah.

Rebekah earned such titles as Miss Lakewood, Miss Long Beach, and Miss Azusa, all of which led her to the Miss California pageant—her first of two attempts for the crown. "The first time I was at Miss California, it was just a completely new thing for me," she recalls. "And when I made top 10, I got so excited, I think it hurt

*(Continued on page 18)*

**KEL**

**LER**





**I**t seems that more and more, if you want to get a job, you need to have a degree. Eventually \$4.25 per hour is not going to cut it, if you ever want to have a family."



my ability to compete. When they called my name to the top 10, I was bawling; I was a complete wreck. When I went out to sing, my voice was all dry, and my nerves were upright. So I realized I had to learn to take my emotions in a positive way so that I could still go out onstage and perform."

That she did. Inspired by her first attempt, along with the \$4,500 she won just by making top 10, the following year Rebekah won Miss Los Angeles County, Miss California, and went on to become the fourth runner-up to Miss America 1998.

*Listen* asked Rebekah what it's like in the upper echelons of pageantry. Catty? Cutthroat? "I found that a lot of the girls were just looking for a good friend, as I was," says Rebekah, who palled around with Miss Hawaii, Erica Leilani Kauffman. "Sure, we were there to compete, and of course, we would all love to become Miss America, but you know that only one girl is going to go home with the crown. So why not make the friendships and have all the memories possible, instead of going and focusing on just one thing?"

Optimism seems to be Rebekah's

trademark. Especially since during her pageant years she had to fight through what is called "alopecia areata," a disease that attacks the head and causes hair loss. "One of my fellow lifeguards I worked with noticed it," tells Rebekah, a summer swim instructor. "I flipped my hair over as I was drying it, and they said, 'Wow, did you get in a fight?' And they were laughing, because that obviously is not me. And I said, 'What are you talking about?' They said, 'You have this perfect quarter size of hair gone.' I never look at the back of my head, so how would I know?"

She went home, checked it out, and realized something was wrong. Doctors confirmed that she had the disease. It continued over the next three years, spreading all across the back of Rebekah's head. Though the treatment eventually caused her hair to grow back, the process was difficult. "It was very scary," she recalls. "This was when I was going for pageants and wanted to be a model, and all of a sudden I'm losing my hair, which is such a big part of your appearance. It was my first year of college, and I was very self-conscious about it at first. At that age you don't want to be different—especially, if you're a girl and it's your hair."

But she learned to accept it and not let it hinder her. She continued to compete in pageants, strategically styling her hair in a way to hide the disease. "It was a lesson to me that it's so much more important to work on your insides," says Rebekah in retrospect. "Because you can get into a car accident anytime, or anything can disable the way that you look. So it's so much more important to work on your spirit. I was really getting wrapped up in wanting to be a model and doing well in pageants, so it was a good lesson for me. I learned that things like that are not so important. Your outward beauty can fade anytime. I just used it as a tool for helping me to focus on the things in life that are most important."

These days even pageants focus on characteristics other than looks. "Everywhere I go people say to me, 'Oh, you're a beauty queen, right?' And I reply, 'Well, actually, no. We're trying to get away from that stigma.'" With 40 percent based on talent and 30 percent for the interview, it means that 70 percent of the Miss California/Miss America pageants' judging has nothing to do with beauty. "Beauty does play a part [30 percent], because everyone wants an attractive woman as a representative," adds Keller. "But most of us



# MISS CALIFORNIA

compete for the scholarships and the platform—the fact that you spend your year speaking on something you feel passionate about.”

Rebekah's passion for this year is “mentoring,” establishing guidance programs for young people. “It’s so good for kids to be connected with adults,” she says sincerely. “Especially because most of the kids I run into don’t have a two-parent family or even a stable one-parent family. So it’s so important that they have some type of an adult they can lean on for guidance.”

Active with several volunteer-mentoring programs of her own, Rebekah is also merging with California governor Pete Wilson’s Mentoring Initiative to establish 250,000 mentors in California by the year 2000. She speaks all over the state to service clubs and organizations, and participates in various public service announcements.

Not surprisingly, Rebekah has a few mentors of her own. “Besides my parents—that’s kind of an obvious one—there was my fifth-grade teacher, Mr. Wind. Everyone loved Mr. Wind because he had a way of making you feel like he was picking you out individually and making you feel special,” she says. “Even though he did that with the whole class, you always thought, *Oh, he likes me*. And because of him, when I was growing up I wanted to be a teacher.”

As a sixth-grade teacher at Central Valley Christian School in Visalia, California, Rebekah achieved her goal. She enjoyed teaching and directing young people up until her reign as Miss California. She offers some sound advice for youth trying to decide what they want to do in life.

When it comes to selecting a career, Keller realizes it can be a tough choice. “When you’re young, it’s hard to decide what you’re going to do for the rest of your life. That’s why I think volunteering can help. If you think you want to do this or that, find an adult in that field—a lawyer, a doctor, a teacher—and just be their shadow for a couple weeks or a month, and ask, ‘Is this something I would really want to do?’ That’s something that’s really helpful in being able to decide on a career choice.”

Like most teens, Keller has had to face some tough choices of her own. “I was our high school nerd. I had a lot of friends, and I had a good time. But I was the one who wouldn’t go out partying, and I wouldn’t drink, and I didn’t want to go out and do things that my parents wouldn’t approve of and that

I knew were not right. So then a lot of the ‘popular’ groups didn’t want to have anything to do with me, because I didn’t want to have anything to do with what they were into. And it was especially hard as I got older, as a junior and senior, I really wanted to be a part of the group, yet I didn’t want to compromise myself and the things that I believed in.

“If you are a young person and you’re going through ‘I want to be accepted by this group, and I know what they’re doing’s not right, but that’s what I have to do to get accepted,’ don’t do it. Because it’s not worth it to compromise. I would rather be respected than liked. Because eventually we grow up and become adults, and you’re going to look back and wish you hadn’t done certain things. Because all the choices made affect you eventually. I didn’t want to be a part of the drinking or the party scene. And it was hard. I was teased a lot for not doing certain things. And you do have to be strong and say, ‘It’s OK if they don’t accept me. Somebody will someday.’ And I found a group of friends who had the same thinking that I did. And it ended up paying off, and I’m glad that I didn’t do the things others wanted me to do.

**D**on’t worry so much about how other people are looking at you,” she continues. “Focus on who you want to be when you grow up. Are you making the right choices to be that person? One thing that my parents always told me: ‘If people don’t like you for who you are, and they’re making you do things you know are wrong, why would you want to be around them, anyway? Are those really the type of friends that you want, who don’t even accept who you are, but are trying to change you? It’s not worth it. There are going to be people out there who will love and respect you for who you are, and the things that you stand for. So don’t ever compromise those.’”

The youngest of four children, Rebekah gained a lot of strength from her family while growing up. “We had a blast doing things together as a family,” she says of her family vacations to Yellowstone and the Grand Tetons, and singing together as a group. But she also realizes that family relationships are not always easy.

**O**ne thing that’s helped with my own family is my parents asking me to do certain things, to obey them. What brings down so much tension is trying not to rebel against parents, even though you may be upset with a certain situation you’re in.

Try to make the best of it. And try to work with your parents and love them. Perhaps they’re not showing you the love that you want, but try to love them anyway. Try to do your best at school, excel at the things you’re involved with, whether it’s sports or whatever, and just focus on making yourself the best possible person you can.”

A student at Azusa Pacific University, Rebekah also feels strongly about the value of education. (Miss California/Miss America scholarships always go directly toward education.) “Without education I don’t really think that you can further yourself in our society,” she says. “It seems that more and more, if you want to get a job, you need to have a degree. Eventually \$4.25 per hour is not going to cut it, if you ever want to have a family.”

Rebekah plans to take advantage of that by earning her master’s degree in education. But she says that the value of education is not limited to making a living. “You can relate with other people. Also, in life situations you’re prepared to deal with different things; it helps you to grow up, to mature, to understand what’s going on in the world around you. Even as simple a thing as voting intelligently requires an understanding of the realm of politics. When you choose your president, or governor, or mayor, it’s so important to be educated about all these types of things. Because whether or not you, as a young person, believe it, it’s going to affect you. And it’s important to know what’s going on and to be educated.”

One thing Rebekah would like you to know about her is that even though she has experienced a fair amount of fame and good fortune in her life, her trials have been equal to her status. “There have been so many hard times that I’ve gone through, and I haven’t won everything that I’ve done, and I haven’t always done well at everything that I’ve done. I’m just like anyone else, and have experienced things that everyone has had to go through. But you come to these points and you have to make choices. And I had those choices just as you do. And it just depends on how you choose. If you’re looking up to me and thinking, *Boy, I wish I could be like her*, you can. It’s so possible. I don’t think I’m anything special; it’s just that you have to make the right choices and be proud of who you are, proud enough not to do things that are damaging to you. Respect yourself enough to give yourself the best in everything, in every circumstance.”



# FACTOIDS



## CHEWING TOBACCO DOESN'T HELP BALLPLAYERS

New research proves that a wad of chewing tobacco does nothing for the prowess of baseball players. Tobacco chewers scored a lower mean batting average. Nonchewers had a higher fielding average. Little difference was found among pitchers in terms of earned-run averages. The American Dental Association, which conducted the study, did find that chewers showed more signs of precancerous lesions, tooth wear, and gum problems than nonchewers.

*New York Times*

## R. J. REYNOLDS GOES MOONLIGHTING

Catchy brand names like Jumbos, Politix, Bees, and Sedona sprouted a while back under the guise of a new cigarette enterprise called

Moonlight Tobacco Company. It has the trappings of a smaller, more forward-thinking company. But the ploy is old, and so is the parent corporation. It's just R. J. Reynolds, still pushing Camels, Winstons, and Salems, but trying on a new image with new names and a new logo.

*New York Times*



## PRINCIPAL HELPS SEVENTH AND EIGHTH GRADERS KICK THE SMOKING HABIT

Principal Juanita Lampi, of Loggers' Run Middle School in Boca Raton, Florida, launched a program called "Hi! I.Q." (I Quit) to help her seventh and eighth graders kick the habit. Sixteen to 23 students attend the 20-minute sessions. They say, "I don't want to stink. I don't want to die. I don't want to cough every morning. I want my boyfriend to think I smell good," says Lampi.

*USA Today*



## AMERICA'S TEENS UNEDUCATED

America's adolescents are alarmingly uneducated. Ninety-four percent of high school seniors are unable to use basic algebra; 68 percent don't know when the Civil War was fought; roughly half attribute Karl Marx's teaching to the U.S. Constitution.

## USE OF ILLEGAL DRUGS ON THE RISE

Use of illegal drugs, such as marijuana, LSD, inhalants, and stimulants, is on the rise again—particularly among younger teens. One third will have used marijuana by the time they are high school seniors; more than 90 percent will have tried alcohol. Time to reverse the trend, teens.

*Richmond Times*

## DIM VIEW OF TOBACCO STAND

"More laws won't keep kids from smoking," says journalist Tony Snow. "They get cancer sticks because they think smoking makes them look cool. A fashionable teenager can do more to promote cigarette usage than \$5 million worth of Joe Camel ads. . . . Ironically, the president has increased the prestige of smoking by making it look like a greater act of rebellion than it was before."

ICPA



# ASK GARY

**I can't understand how people can continue to use drugs when they know they could eventually lose their friends, their family, and their lives. Why can't people stop when things start to go haywire? What would cause someone to continue taking drugs, despite knowing that things will never get better?** *Lynnette*

Researchers define addiction as a loss of control of drug-taking behavior in spite of negative social, legal, health, and spiritual consequences. What begins as a voluntary behavior often becomes involuntary. No one really knows for sure when the invisible line will be crossed from experimental use to addiction. Everyone is different, and depending on the type of drug used, as well as the amount and frequency, it becomes impossible to know when your life will start on a downhill slide. Once most drug users find out, it's often difficult to make a decision to come clean. Of course, it doesn't take being at the point of addition for problems to materialize. Even first-time users of illicit substances, including alcohol, can experience serious consequences.

**I read in the news that since marijuana was legalized in Holland, use of it has actually declined and fewer people are getting hooked. Is this true, and if so, shouldn't we make it legal here, too?** *Liz*

Don't believe everything you see or hear. Even news reports can be misleading and inaccurate. The truth came out when the Dutch Network of Research, Health Leiden, and the Netherlands Institute of Mental Health conducted a survey of young people between 11 and 18 throughout Holland. The results? Marijuana

use more than doubled between 1990 and 1995. This proves only one point—legalizing any type of illicit drug will serve only to increase its use.

**Some of the local kids I hang out with talk about smoking blunts. Do you know what they are?** *Tuan*

A blunt is a cigar that has been split down the middle, emptied of tobacco, and then filled with marijuana. You don't say whether you are a pot smoker yourself, but it's never too late to make the change toward a drug-free lifestyle. You won't regret it when you do.

**I'm a 16-year-old addict in treatment for my drug problem. Until I came in here, I never realized how much I had messed up my life and almost ruined my family. Could you please let everyone who experiments with drugs know that it's sometimes hard to stop after the first time, and before long it becomes a bigger problem than ever expected? I thought I had my drug use under control, when in reality it had me under control. I hope no one has to go through what I did before I came to my senses.** *Sharon*

Consider it done. Your letter speaks louder than anything I could say. There's an old saying that goes: "First the person takes the drug, then the drug takes the person." Being in control of one's own life is important. Congratulations on getting your feet back on solid ground. You can, and will, make a difference to those who think tobacco, alcohol, and other drugs are safe. Hang in there. Life will just keep getting better day after day. ■



**G**o ahead, ask Gary his advice on some of those big, serious, touchy questions. This guy enjoys the rough-and-tumble of helping teens with some serious problems. Gary Somdahl is a dad who puts his skills as a licensed youth chemical dependency counselor to the real-world test all the time. His latest book is *Drugs and Kids*.

Send your questions to:

**ASK GARY,**

*Listen* magazine,

55 West Oak Ridge Drive,  
Hagerstown, Maryland 21740.



# LOOKING FOR THE RIGHT COLLEGE?

[www.college.go](http://www.college.go)



Are you clueless about how to choose a college? Well, don't feel bad. You're not alone. Each year across your state, across the nation, around the world, high school kids are trying to decide what they want to do after high school.

More kids are realizing that with only a high school diploma their job choices are limited. Generations past, a high school diploma opened many doors. Unfortunately, that's no longer true. If you want to be earning more than a minimum wage as an adult, you need to consider additional education after high school.

Your choices include military service training, technical schools, community colleges, state and private colleges, and universities. If you decide to join the military, you can explore the many options available in the Army, Navy, Air Force, Marines, or Coast Guard. Additionally, besides on-the-job training, you can arrange for money to be used toward your college education when your tour of duty is up. So if discipline, structure, and travel intrigue you, see your local recruiter for more information. (Be aware that by joining the military you give up certain rights that are guaranteed to Americans. Some people have even had conflicts with religious beliefs;

ILLUSTRATION: MIKE CRESSY

P E N N Y      E H R E N K R A N Z







so it's important to check out the situation carefully before you sign up.)

Technical schools are good choices if you're interested in a specific field. Unfortunately, they don't give you the broad-based education of a liberal arts school. And once you graduate, you will be limited to finding a position in the field you've chosen.

As soon as possible, plan on taking the SAT I test. Later you may also wish to take the SAT II and the ACT tests. Actually, you can take the SAT I test as early as your freshman year. Although there's no guarantee, kids generally increase their scores each time they take the test. Practice SAT tests are now available through the Internet at <http://www.testprep.com>. You can also access information about SAT tests and registration and try the "Test Item of the Day," at the College Board Online site at <http://www.collegeboard.org>.

When you actually take the test, you'll have an opportunity to list such interesting fields as engineering, computers, or medicine. Colleges across the U.S. obtain this information from the College Board, and then mail information about their schools to students who have indicated an interest in programs in which they specialize. And as well as the speciality schools, liberal arts colleges and universities will also send information your way.

Community colleges can be useful in a variety of ways. Tuition there is generally a lot less than a traditional four-year school. A number of careers can be mastered within a community college two-year program. Nursing, secretarial, auto mechanics, landscaping, and alcohol/drug counseling are just a few of the two-year programs available at many community colleges. So if your college budget is limited, a community college may be your choice for two of



**M**ore kids  
are  
realizing  
that with  
only a high  
school  
diploma that  
their job  
choices are  
limited.

your four college years. You can take many of your basic classes locally, thereby saving thousands of dollars. However, be sure to check with the four-year college you plan to attend to be sure which classes they will accept. Not all colleges will accept community college credits.

If you select a four-year college, you'll want to consider many things besides the cost. Do you want to be very far from home and family? Do you want to go to a large school (10,000 or more students), a small school (under 2,500 students), or something in between? Do you want to rub shoulders with students whose academic ability matches yours? For example, if you scored a 480

in math on your SAT, you would probably struggle at a school whose average student SAT math scores were above 650. Are you interested in playing sports? Do you want an active social life or a quiet academic life while at school? [Now, there's a question any get-up-and-go high school grad is going to trip over! Ed.] Do you want a coeducational experience, or do you prefer an all-men's or all-women's college?

**W**ith all these things to consider, where do you go for help? Actually, there are several resources available to you. You can research colleges of your choice on the Internet, through books, and by talking with college students.

After taking your SAT test, you may receive information from the Consortium of Private Colleges and Universities. They send out, free of charge, the magazine *Private Colleges & Universities*. The 1997 issue contained profiles of 80 colleges, plus articles about admissions, financial aid, sports, majors, and careers. After reading about the colleges, you can get additional details by filling out the "express card," enclosed with the magazine, or use COLLEGEXPRESS at the World Wide Web site at <http://www.collegexpress.com/info> to request information. To access this information, you need a computer with a modem (preferably 14.4 kbps or faster), an independent or commercial service provider to link you to the Internet, and a browser (generally supplied by your online service).

Another paper copy resource, *The Fiske Guide to Colleges*, lists approximately 300 colleges. It breaks them down by state, by price (inexpensive, moderate, expensive, very expensive), and "best buys." With so many choices, it's obvious that not all schools are right for all students. *The Fiske Guide* contains a rating



system that's based on academic strengths, social life, and quality of life. Also, be sure to check out other college guides at your library or counselor's office.

If you have access to the Internet at school or home, there are several sites that link you, free of charge, to thousands of colleges and universities worldwide. The Planet Earth Home Page at [http://www.nosc.mil/planet\\_earth/uni.html](http://www.nosc.mil/planet_earth/uni.html) offers you a university phone directory and reference. Also at this site is an alphabetical listing of links to academies, universities, and colleges with other helpful college and university resources.

Another site to check out is at [www.globalcomputing.com/universy.html](http://www.globalcomputing.com/universy.html). Here you'll find numerous listings. Click with your mouse on the first letter of the college you'd like to find out about. For example, you're interested in Cornell. Just click on the letter "C," and a list of all colleges beginning with the letter "C" that have a Web site will be shown. Click on the name of the college, and you'll be linked to their home page.

At [www.mit.edu/people/ecemello/univ\\_full.html](http://www.mit.edu/people/ecemello/univ_full.html), you'll find global links to more than 3,040 colleges and universities. A database of 4,000 colleges and universities is located at [www.universities.com](http://www.universities.com). At this site you can also sign up to receive free information. Net site [www\\_net.com/univ/index.shtml](http://www_net.com/univ/index.shtml) is another alphabetical listing of schools. At this site, however, the breakdown is by categories, such as schools that are historically Black, computer science, Ivy League, business, Catholic, technical, community colleges, medical, and women's.

Check out [www.sunstartech-net.com/Education.html](http://www.sunstartech-net.com/Education.html) for a comprehensive listing of educational resources such as dictionaries, quotations, access to libraries,



## **T**he federal government offers several financial plans... grants, loans, and work-study programs.

online classics, and links to other college resources. At this site you'll also find online sample SAT tests, listings of university home pages, and specific links to Christian colleges and universities and information about Black and Hispanic colleges and universities.

**Y**ou may be wondering how you're going to pay for all of this. Both of the guides previously mentioned offer advice. You can also obtain online financial advice at the Internet College Exchange at [www.collegenet.com/](http://www.collegenet.com/). At this site you'll find a college search, scholarship search, and information about financial aid.

The federal government is also eager to help students pay for college, and offers several financial plans, including grants, loans, and work-study programs. See if you can get a copy of *The Student Guide to Financial Aid*, published by the U.S. Department of Education. The phone number for information is 1-800-433-3243. If you have access to a computer, you can get an online copy of the guide at [www.ed.gov/prog\\_info/SFA/StudentGuide](http://www.ed.gov/prog_info/SFA/StudentGuide).

Financial aid information is

available at any school in which you are interested. Contact the financial aid administrator and ask for an application form. State student incentive grant programs are available for state schools. Information about the Robert C. Byrd Honors Scholarship Program may be obtained at your local high school counselor's office.

Many students and parents believe that state schools are more affordable than private schools. In assuming this, you may be passing up an education at a school you're interested in simply because you think you can't afford it. In fact, private schools offer *better* financial packages than state schools, because they generally have better funding. Some additional books to check out for financial aid information are: *Don't Miss Out: The Ambitious Student's Guide to Financial Aid*, Octameron Associates, P.O. Box 2748, Alexandria, Virginia 22301, and *Applying for Financial Aid, ACT*, P.O. Box 168, Iowa City, Iowa 52243.

Of course, at this point you may feel lost in a maze of questions. But there are lots of people willing to help you with your choices. Check out the Web sites listed above, page through the college guides, and talk to your school counselor. You've seen the television ads with famous personalities saying "Be cool; stay in school." Ensure your success in an ever-more-competitive job market; continue to stay in school and further your education. And my last tip: If you're like most of the once-bewildered high school grads who went on to college, you'll find it probably the most rewarding time of your life. ▀





U.S.A. Olympic Synchronized Swimming Team





# SYNCHRONIZED SWIMMING

A lot more than treading water

**E**ver heard of synchronized swimming? We're talking a unique sport that combines the beauty and finesse of a theatrical ballet with the athleticism and competitiveness of a 400-meter freestyle event (and with very few breaks to breathe).

Synchronized swimming is a sport requiring overall body strength and agility, grace and beauty, split-second timing, musical interpretation, and a bit of drama. It is an uncommon sport in which power, strength, and technical skills are displayed in an artistically choreographed piece. The competitive rules and manner of judging are similar to its counterparts, figure skating and gymnastics.

There are three events recognized internationally

World champion synchronized swimmer Nathalie Schneyder-Bartleson says, "We really try to blend—to look like one unit." Synchronized swimming is a demanding sport that combines strength, skill, and grace.



in synchronized swimming: solo, duet (two swimmers), and team (eight swimmers).

Duets were dropped in 1996 for the more television-friendly event. On May 20, 1997, the International Olympic Committee reinstated duets

hard for at least that amount of time, and add grace and flair too, just to complicate the effort.

The routines demonstrate what has made synchronized swimming ("synchro") so popular with audiences.

Routines are enhanced by

the musical program, the use of organized and expressive movements, patterns, rhythms, and audience contact. "We really try to blend—to look like one unit," explains world champion Nathalie Schneyder-Bartleson. With eight swimmers all doing the same routine and creating dynamic shapes and figures, it can be really exciting to watch.

Nathalie explains that the pressure to perfect oneself can be quite intense in synchronized swimming. In fact, sometimes aqua perfectionists find themselves falling into the trap of eating disorders, drugs, or alcohol. "I have found that when people aren't achieving what they feel they should be achieving, they tend to turn to some kind of vice, whether it be drinking, drugs, food, workaholism, or whatever," says Nathalie, who regularly speaks to youth groups about these topics. "Drugs are only a dead-end road. They are so destructive. I've seen some of my friends and former teammates turn to drugs because they were trying to relax from all the tension, and it's done nothing but cause them harm and negatively affect their performance. There are other places people can turn to help them relax. Instead of relying on some-

• *In the 1940s, Esther Williams U.S.A. 100-meter freestyle champ and Olympic contender, was credited for popularizing synchronized swimming performances at the World's Fair in San Francisco and subsequent MGM movies. Today the tradition is carried on by Olympians like Nathalie Schneyder-Bartleson (picture below in competition).*



in response to increased international spectator interest. So the 2000 Olympic Games will offer both duet and team competition.

Performing a strenuous routine while maintaining an effortless appearance is a very difficult and important quality expected by the judges. To understand the physical demands and endurance needed to perform the 3.5- to 5-minute routines, try running without breathing

**D**rugs are only a dead-end road. I've seen some of my friends turn to drugs, and it's done nothing but cause harm and negatively affect their performance."

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thing like drugs or food, take a hike, read, help the homeless, or get more involved in your sport. Even though you may think you know a lot about your sport, there's always more to learn on many different levels."

**N**athalie adds that balance is the key. "There are so many expectations for teenagers today—from parents, teachers, friends, and from themselves to do well in school, to be cool, to do well in sports . . . but the key is to relax and find out what really makes *you* happy. Most of us know what's really right for us. And I've found that it helped me to focus on my strengths, look for the positive in every situation, and be honest and humble in negative situations. For instance, if I'm not getting along with a coach or a teammate, rather than blaming everything on the other person, I acknowledge that I have a part in *every* situation—good or bad. And in every situation I have the power to create some sort of positive change, too.

**I**t takes humility and honesty, but it can be done." Then you can *really* dive into life!

**I**n every situation I have the power to create some sort of positive change."

Nathalie Schneyder-Bartleson, World Champion

## FLASH POINTS IN THE HISTORY OF THE SPORT

**1907:** Annette Kellerman attracted national attention at the New York Hippodrome with the first underwater routine.

**1916:** Katherine Curtis instituted synchronized swimming as an integral part of the University of Wisconsin's physical education program.

**1939:** The first known synchronized swimming competition in the United States was a dual meet between Wright Junior College and the Chicago Teacher's College held May 27, 1939, at Wright Junior College in Chicago, Illinois. Eleanor Holm Jarrett, 1936 Olympian, performed at the 1939-1940 World's Fair in New York, popularizing synchronized swimming nationwide.

**1940:** Esther Williams, U.S. 100-meter freestyle champ and Olympic contender, was credited for popularizing synchronized swimming in the United States, through her performances at the World's Fair in San Francisco and subsequent MGM movies.

**1941:** The AAU (Amateur Athletic Union) adopted synchronized swimming as an official competitive sport for duet and team events. The first synchronized swimming championship was held March 1, 1940, in Wilmette, Illinois. Because of World War II, no national events were held again until 1946.

**1955:** The Pan-American Games in Mexico City, Mexico, included synchro as an official event for the first time. The U.S. won all three events in its first official international competition.

**1956:** The first age group rules and competition were set up in the U.S. Synchronized swimmers from Athens

Club of Oakland, California, demonstrated at the Olympics in Melbourne, Australia.

**1959:** The first junior Olympic rules and program began.

Annette Kellerman and Katherine Curtis were honored in the U.S. Synchronized Swimming Hall of Fame.

**1967:** Pam Morris was the first synchronized swimmer accepted into the International Swimming Hall of Fame.

**1971:** The first National Junior Olympic championship was held in Norfolk, Virginia.


**1973:** The first World Synchronized Swimming Conference was held in Ottawa, Canada. American Kathy Kretschmer won the World Solo Invitational competition held in conjunction with the seminar. The first World Aquatic Championship was held in Belgrade, Yugoslavia. Led by four-time gold medal winner Teresa Anderson, the U.S. team swept all events, and their gold medals pushed the U.S. Aquatic team (swimming, diving, water polo, and synchro) to the overall victory at the championships.

**1984:** IOC officially accepted the solo event into the 1984 games two months before the games began. Synchronized swimming premiered at the XXIII Olympiad in Los Angeles, California.

**1989:** The U.S. for the first time since 1975 swept all events at the IV FINA World Cup in Paris. The first FINA Junior World Championship was held in Cali, Colombia, with the U.S. team sweeping all events.

**1990:** The U.S. wins the solo and duet title at the sports Goodwill Games debut.

**1991:** At the XI World Aquatic Championship in Perth, Australia, the U.S. team captures the World team title. Karen and Sarah Josephson win their first-ever World Duet title. Based on their performances, the U.S. is now ranked number one in the world.

**1996:** After qualifying for the Olympics with the first perfect score in Olympic qualifying history, Team U.S.A. scores the first-ever perfect routine score in Olympic competition and captures a gold medal at the centennial Olympic Games in Atlanta, Georgia. 



# JUST BETWEEN US

## BUT WHY SO INTERESTING?

Teachers: a word with you, if I may. (Other oldies and teens can switch off here, unless you want to get the lowdown on what the teachers know.)

Just for a moment, forget that *Listen* magazine is interesting, dynamic, upbeat, and just all-around entertaining for teens.

Focus instead on the proven reality that *Listen* is probably the most effective drug education and lifestyle enhancement tool available for high school-aged teens. A big part of its effectiveness in a classroom drug education/health class scenario is that it's based on an ongoing curriculum. Actually, twice a year, as part of our teacher's guide, we include an overview of important elements covered. Some of the very basic threads present in every issue of *Listen* magazine are: role model personality interviews; stories with real-world situations showing good and bad choices; up-to-date authoritative facts that tell the real situation on drugs and drug-related behaviors; some super, upbeat, outdoor, and hobby-type activities that are totally drug-free and are mind-enlarging, and practical self-help life skills-type articles. Remember, every issue has these elements. Additionally, there are all sorts of great features like factoid pages, advice columns, editorials, and the fabulously successful Choices column.

Your monthly teacher's guide has been prepared by a Ph.D. in education to facilitate your use of these valuable elements. The teacher's guide is not complicated. We know your time is limited, and we want to make the use of *Listen* magazine a "can do" experience.

We know that teens love *Listen* magazine. That goes without saying. But we want to make it as easy as possible for you, the teacher, to enjoy *Listen* and the process of teaching *Listen* to a classroom of teens.

One other interesting fact that you might want to share with your teacher friends in other grades: *Listen* magazine has a younger sibling named *Winner*. *Winner* comes with available teaching guides for grades K-3 and 4-6. This means that *Listen* and its junior edition now present a complete drug-education program for K-12. That's good news for teachers. It's good news for teens. And ultimately it's good news for communities.

And yes, when all is said and done, *Listen* magazine is a fun read.



### L I N C O L N   S T E E D

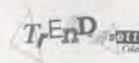
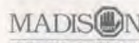
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MEMBER OF THE  
PARTNERSHIP  
FOR A DRUG-FREE  
AMERICA







# A MOTHER'S DAY THANK-YOU

## DRUG-FREE BECAUSE

Article by Nick Rogers

**I** am a normal 17-year-old young adult who plays varsity baseball, goes out with friends on the weekends, maintains a GPA of 3.5, attends church regularly, and is just waiting for the last few days of school before he graduates this June.


My mother has had a great influence on me, because for most of my life she has brought up my older sister and me by herself, teaching us proper values and beliefs. She always told us the right things to do. "Say no to drugs." "Be home on time." "Clean your room." While others were out doing drugs and drinking, I was practicing baseball or doing homework. My mother has had a terrific impact on me. By allowing me just

enough freedom to get by, but not so much that I run wild, she has developed a great person. I don't have the need for drugs to make me "feel good."

Throughout my teenage years I have heard some people claim that drugs can make you "feel good" or make you "happy" when you are

sad. Yet I also heard that they deteriorate the brain and slow down body functions.

I just know that everything I do, my mom will appreciate if I do my best. If all parents would allow their kids some free time while still expecting them to do their homework and chores, then I believe there would be far fewer kids messing with drugs. Develop a high self-esteem in your kids from the day they are born, and they will feel good just by doing everyday activities. Yes, I may have been blessed with the ability to play ball and keep my priorities straight, but it was my mother's reinforcing these values at home that has made me a better person.

Happy Mother's Day, Mom! 







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