

CELEBRATING POSITIVE CHOICES

listen[®]

Touchstones

**Crack!
You're Dead**

**How to Keep
Chaos Away**

**If You
Can Walk,
You Can
Snowshoe**



CATRIONA
Le May Doan
Staying Real

contents

LISTEN MAGAZINE • VOLUME 56 • NUMBER 5

FEATURES

- 4 • **TOUCHSTONES**
I didn't care if I never saw my sister again after what she'd done.
- 10 • **CRACK! YOU'RE DEAD**
Read this article before you decide to experiment with cocaine or any other addictive substance.
- 14 • **HOW TO KEEP CHAOS AWAY**
Owning a planner won't get you organized, but using it will.
- 16 • **STAYING REAL**
Catriona Le May Doan shares how she overcame disappointment.
- 20 • **THE TRUTH ABOUT ADS**
Ads are constructed to entice you to buy a product; are they telling you the truth?
- 22 • **NEWBIE ALERT**
"Access Denied" is not a message you want to see on your computer.
- 24 • **IF YOU CAN WALK, YOU CAN SNOWSHOE**
It's an activity that is fun for everyone—as long as there's snow!



DEPARTMENTS

- 3 • **JUST BETWEEN US**
It Is Best Not to Start
- 7 • **ASK GARY**
Drugs at School
- 8 • **CHOICES**
What a Deal!
- 13 • **LISTENING**
Pain
- 28 • **PRIME TIMES**
Getting On by Getting Along
- 30 • **FOLLOWING YOUR DREAM**
The Truth Sets Us Free
- **COVER PHOTO**
Bernard Brault



LIKE WHAT YOU SEE? Get one year of *Listen* for US\$26.95 (nine issues). Choose one of the following options and subscribe today.
1 Online at www.listenmagazine.org
2 Toll-free at 1-800-548-8700
3 Send in the information below.

Name _____

Address _____

City _____

State _____

Zip _____

Enclose check or money order and mail to: Listen, P.O. Box 859, Hagerstown, MD 21741. Please add US\$6.50 for addresses outside the U.S.A.

DON'T MISS THE NEXT ISSUE!

EDITOR
Anita Jacobs

DESIGNER
Doug Bendall

EDITORIAL SECRETARY
Tanya Faith

VP PERIODICALS
Richard Coffen

ASSISTANT VP PERIODICALS
Howard Scoggins

SALES DIRECTOR
Ron Clark

EDITORIAL CONSULTANTS

Winton Beaven, Ph.D.

Larry Becker

Hans Diehl, Dr.H.Sc., M.P.H.

Winston Ferris, M.A.

Allan Handysides, M.B., B.Ch.

Peter N. Landless, M.B., B.Ch.

Thomas R. Neslund

Stoy Proctor, M.P.H.

Francis A. Soper, Litt.D.

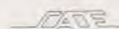
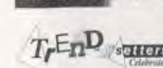
DeWitt Williams, Ph.D.



MEMBER OF THE
PARTNERSHIP
FOR A DRUG-FREE
AMERICA



YOUTH TO YOUTH



IT IS BEST NOT TO START

"The death was accidental," Thomas Young, medical examiner for Jackson County [Missouri], reported in the *Kansas City Star*. "Former Kansas City Royals catcher Darrell Porter died last week of 'toxic effects of cocaine.'" Porter was found lying facedown next to his car. "Drug testing from samples of blood obtained from the autopsy reveal evidence that Mr. Porter used cocaine shortly before his death. The levels are consistent with recreational use and are not abnormally high," stated Young.

Porter's behavior before he died indicates that he suffered from "excited delirium," a brain condition that causes bizarre behavior and high body temperatures brought on by using cocaine. It frequently causes sudden death.

Porter played for the Royals and later for the St. Louis Cardinals. He was named the most valuable player of the National League playoffs and of the World Series in 1982. Throughout his baseball career he used alcohol and drugs, a habit that worsened as his fame grew, until finally he acknowledged an addiction to cocaine and entered rehab. He wrote a book that detailed his traumatic struggles with addiction and recovery.

Since he had spent time in rehab, everyone thought he had turned his life around, even becoming a spokesperson on the dangers of drug abuse. I imagine that he was very sincere, but somehow he just couldn't shake the terrible hold his addiction to cocaine had on him.

Some of the side effects of cocaine addiction include increased body temperature, heart rate, and blood pressure; constricted blood vessels; and dilated pupils. Many addicts report that they never seem to achieve the pleasure of their first hit. And when they try to stop using cocaine, they become depressed, causing them to continue using to help their depression.*

I think Darrell would be the first to tell you that he wishes he had never tried that first hit. He would probably say that he wishes he had turned and run the opposite direction as fast as he could. As a former teammate of Darrell's said regarding the temptation to try drugs: "It is best not to start."

*National Institute on Drug Abuse

Anita Jacobs



Touchstones

by Elisabeth S. Gioeli

I remember the first day that I saw my sister Anna after she had checked herself into rehab. Mom had begged me to go with her, saying Anna needed to know that I was there for her. I'd finally agreed to go, much against my will. So here I was sitting silently in the passenger seat of our VW van, bouncing along the freeway toward Touchstones, the rehab Anna was in. The only sound in the van was Mom humming a Joni Mitchell song along with the hum of the motor. I just sulked. I thought of all the things that I could be doing instead of driving two hours through hot and smoggy Riverside to see Anna.

In my mind I kept going over every reason I should never speak to Anna again my entire life. She had stolen money from me and Mom, she'd run away, she'd hung out with people who'd embarrassed me, and her most recent act of rebellion was to shave her head. Somehow through all the bad things she did she always managed to get our parents' sympathy. I was livid. *Why does Anna always get attention when I'm the one who is doing things right?* I wondered. *Well, she won't get any*

extra attention from me, I decided. It was kind of funny, but not the good kind of funny. In the past three years we had gone from being best friends to total enemies. And during the past year we had progressively stopped talking to each other. In the past six months we had barely even crossed each other's path. I had not even seen her since she'd shaved her head. That was probably the only thing I was looking forward to in this whole trip.

I came out of my self-pitying daydream as we pulled up to what appeared to be a regular house.

"Is this it?" I asked. "I was expecting something a little more like a jail." Mom laughed. I guess she thought that I was joking. Inside there was a small waiting room with a couch. I gratefully plopped down onto it. Mom went up to a window protecting a small office. It kind of reminded me of the one you see at the dentist's office. Mom started talking to a thin, elderly man behind the window. He disappeared, and she came to sit next to me. "Aren't you excited, sweetie?" Mom asked. She placed a loose strand of hair behind my ear. I just gave her a tight smile.



Rachael Santillan

Just then a door to the left of the waiting room opened, and Anna came bursting through, followed by the same older man I'd seen before. I was just about to get off the couch when Anna tackled me in a huge bear hug.

"Hey, baby," she said, giving me a huge smile. I could not help smiling back. I didn't know what else to do, as she'd caught me by surprise. When

wanted to know.

"Mom, do you mind if Liz and I spend a little time together?" Anna was asking.

"That's fine," Mom answered. "I have to talk to your sponsor anyway."

"Come on," Anna said, grabbing my hand. I followed my sticklike sister outside to a little swinging bench on the patio, where we sat down facing each other. She asked me about a couple of people at home. We were just making small talk when in the middle of the conversation she just stopped and looked at me. "You know what amazes me?" she asked. I looked at her curiously.

"What?" I asked.

"I spent the past six months doing an eight-ball of cocaine a day and drinking a fifth of vodka. I'm lucky to be alive." She laughed a sad little laugh. "I got drunk one night and woke up with my head shaved. That morning when I looked in the mirror, disgusted with myself, I remembered something that you'd said one time when you were mad at me. You said, 'No matter where you go, your problems will always follow you unless you learn to live with yourself.' That morning I decided to check myself into a rehab because I wanted to stop running." A tear was rolling down her cheek and her lips were quivering, but she kept talking. "A lot of why I'm here is because of you," she said. "I want to make amends to you right now for all of the pain and embarrassment I have caused you the past few years. And I want to thank you for being my sister."

Those few words finally broke the barrier of hostility and pain between us. I started bawling right there, and this time it was my turn to grab her into a big bear hug. We sat there crying and holding each other. I had never felt less deserving of someone's love in my entire life. But for whatever reason Anna felt that I'd made a difference in her life, I was grateful. I was grateful to have my sister back.

Anna is now 18 years old. She works full-time and has just graduated from high school. She has been sober for two years. She and I are once again the best of friends. 🐾



Rachael Santillan

she finally let go to give Mom a hug, I caught a glimpse of her "waify" body. What I saw shocked me. My five-foot-six little sister looked like she weighed about 90 pounds beneath her loosely hanging clothes. Her hair was just starting to grow back. It gave her a sort of half-starved look. And her big brown eyes looked even bigger with her hair gone. I couldn't believe how skinny she was. It was then that I realized that I really had no idea why she was in rehab. It had to be more than a little partying that had gotten her there. I had never even bothered to ask. Suddenly I really



Drugs at School

I'm 16, and my parents seem to think it's a piece of cake to turn down offers of drugs at school. They don't realize how impossible it is. How can I convince them otherwise? *Shannon*

It's a cop-out to believe that you do not have the choice whether to put unhealthy and illegal substances into your body or not. The decision is up to you. It's far easier to walk away from a dangerous situation than to face the consequences later on. True, drugs are more prevalent today than they were when your parents were in school. But this doesn't mean that rejecting offers of them is a losing cause. Other people's problems do not have to become your own unless you allow them to control your actions. Take charge of your life and choose wisely. You'll find out it's not really that impossible.

Ever since my first year of high school when I got in trouble for using dope, the teachers have treated me as though I'm an addict and a lowlife. I cleaned up my act and made positive changes this past year, but they still

look at me as a loser. It's unfair. How can I make them know I've changed? *Ed*

I'll agree that labels are unfair and extremely difficult to shake. You are to be commended for taking action in your life and turning it around. It's too bad that your teachers don't see it as you do. The only course for you to take is to continue making positive choices and show obvious signs that you are against the druggie lifestyle. You might also consider meeting with each of your teachers and explaining to them that you are not the same as you were when you got into trouble. It could be that they have not been paying attention to you and your glowing changes. They may need to be reminded that judging others for past mistakes is hurtful and unfair. Meanwhile, pat yourself on the back for all the hard work you have done at arriving where you are today. Don't ever falter in giving yourself credit.

I've tried to stop smoking a few times, but always end up giving in to cigarettes at some point or other. Part of

me wants to quit, but part of me doesn't. Can you help?

I'm 17. *Nicola*

It takes most smokers several attempts at quitting before they are successful in the long run. Just because you've relapsed doesn't mean you should give up. It's far easier to quit at your age than to wait until you're an adult. I suggest that you think hard about what circumstances in the past have caused you to go back to smoking so you can avoid them in the future. Also, surround yourself with friends and family who can be supportive of your gallant efforts. Finally, celebrate each day of your achievements. Reward yourself with a new blouse, your favorite magazine, or the latest release of your favorite group's CD. Each day lots and lots of teens give up the nasty and dangerous habit of smoking, and you can too. ☘

Go ahead, ask Gary his advice on some of those big questions. 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.



Game host: Welcome to *What a Deal!* the TV show that tests your smarts against a panel of everyday people just like you who are here to answer questions about a drug called ecstasy, available everywhere in our everyday world.

Starting from the top left is Bill, the computer guru from California; then Jerry, a writer from Georgia; and Sam, a whiz kid from Connecticut. In the middle row left is Lisa, a bookworm from Missouri; Mr. Temple, a science teacher from Florida; and Max, a varsity basketball center from Hawaii. Beginning the bottom row on the left is Tiffany, a track star from Iowa; Mrs. Smith, a parent from Oregon; and finally Jack, a biker from Arizona.

Our first contestant is So-cool. And now that you've met everyone, here's how the game is played: I ask a question and choose one of our panel members to answer. Then you, So-cool, must decide if the answer our expert gives is right or wrong. Three right answers in a row, and you win! Johnny, what are our prizes today?

Announcer Johnny: Today's winner gets their very own game of life! That's right, a living and breathing life with all the perks. That life may include extreme skiing in the Alps, snorkeling in the Caribbean, rafting down Idaho's Snake River, or a trip to Disneyland!

Game host: Wow! Talk about ecstasy! How cool is that, So-cool? But what if So-cool loses?



Announcer

Johnny: Today's loser wins a lifetime supply of teenage Alzheimer's disease. That's right, a Swiss-cheese brain, resembling old-age dementia—for the rest of their life!

Game host: What a deal! OK, So-cool, if you're ready? Let's begin.

Question 1: If you can grow marijuana and cocaine in your garden, what kind of plant produces the drug MDMA, or more commonly known as ecstasy, Adam, or just E? Top right-hand box, Sam from Connecticut.

Sam: My mother grows an ecstasy plant in her kitchen herb garden. She calls it an ecrustasia neuro-axon.

Game host: Do you agree or disagree?

So-cool: I disagree.

Game host (audience applauds): You're right, So-cool. Ecstasy doesn't grow from a plant, but is a synthetic drug made in an illegal laboratory. With no government controls, these crooked chemists mix it with everything from acid to methamphetamine and worse. Put an X in the upper right-hand corner.

Question 2: These labs are run by a bunch of guys just wanting to make an extra buck or two, right, Tiffany from Iowa?

Tiffany: Yeah, that's right. These dudes know kids just want to have fun.

So-cool: I agree.

Game host (*buzzer—audience groans*):

Wrong! These criminals, including members of the Italian Mafia, the Japanese Akuzi, and international political terrorists, make huge profits from kids who just want to have "fun." What these kids don't know is that when taking XTC or E, it's goodbye, fun; hello, depression. Sorry, So-cool. I guess you weren't so cool on that one. Let's try another question.

Question 3: Jack from Arizona, name three dangerous side effects from taking E.

Jack: Uh, let me think. You won't pass a drug test at school? (*audience laughs*) No, seriously. Three bad side effects from taking E are dehydration, seizures, and permanent damage to the brain cells that regulate your mood, your memory, your sleep, and your appetite.

So-cool: Yeah, man, right on.

Game host: Right! (*cheers from audience*)

Place an X in the lower box on the right.

Question 4: For the win: true or false—

Drinking a lot of water after taking ecstasy can eliminate the danger of dehydration. Max, from Hawaii, can you answer this one?

Max: Sure, dude. Every athlete knows you drink gallons of water when you work out.

So-cool: Right! I won! I won!

Game host (*buzzer—audience groans*):

Wrong, So-cool! Drinking too much water after taking ecstasy can kill you, because the blood would contain an unusually high concentration of the hormone vasopressin and the body would retain more water, diluting the sodium and other salts in the blood, which can cause the brain to swell. This causes additional damage to the brain and nerve tissue. Talk about getting a swelled head!

Question 5: OK, Bill from California, true or false: ecstasy is new on the drug scene.

Bill: False.

Game host: All right, So-cool. Do you agree or disagree.

So-cool (*thinks for a minute*): I agree.

Game host: Right! Put an X in the upper left-hand corner. (*applause*) Ecstasy was first produced in 1914 by a German drug company and was used for psychotherapy patients. It

became known as a party drug in San Francisco in the early 1960s.

OK, So-cool, you're on the right track.

Now, let's go with Jerry, from Georgia. For a win—Jerry, why is ecstasy also known as the dating drug?

Jerry (*laughing*): Because your date loves it and will love you forever for giving it to them.

Game host: So-cool, agree or disagree?

So-cool: Oooh, this is a toughie. I have heard E called the dating drug, or was it called the date-rape drug? I'm not sure. But Jerry looks cool, so I think I'll go with his answer. Yes, your date will love you for slipping it into their soda.

Game host (*buzzer—audience boos*): Not for long. You were right when you said E is sometimes being called a date-rape drug. Rape is a felony crime, whether done forcibly by a stranger or by a date at a party.

OK, So-cool, you have one more opportunity to try and win *What a Deal!*

Question 6: Mr. Temple from Florida—for the win. Is a rave the best place to see for yourself the real effect the use of ecstasy can have on a human brain?

Mr. Temple: No, that's temporary. If you really want to see what happens to a user with E on the brain, visit an Alzheimer's care nursing home. XTC permanently damages the cells that release serotonin and dopamine (neurotransmitters) to the brain cells. When viewed through a hospital's imaging machine, the E user's brain has irreversible holes in it—like a chunk of Swiss cheese, much like the imaging of the brain of an advanced case of Alzheimer's.

Game host: For the win, So-cool. Do you agree or disagree?

So-cool: I agree!

Game host (*audience cheers*): You are absolutely correct, So-cool! Put an X in the middle. (*crowd cheers*) You are today's winner of *What a Deal!* What is the first thing you're going to do with your prize?

So-cool: I'm going to Disneyland! (*cheers*)

Game host: And you, So-cool, now that you know the truth about ecstasy and what it can do to your life, can enjoy Disneyland and 1,001 other fun things life has to offer! 🎉



CRACK! YOU'RE DEAD

by Loma G. Davies Silcott

When Len Bias was 22, he had everything he could possibly want. He had just graduated from college, was dating an attractive young woman, and was the first-round draft pick of the Boston Celtics. Life held great promise for Len until crack cocaine ended it abruptly early the morning of June 19, 1986. Len had been up all night celebrating his Celtics' contract. About 6:00 a.m. he used some crack (some say for the first and only time). By 8:54 a.m. Len Bias was dead.¹

The Killer

Whether users snort, swallow, smoke, or inject cocaine, they are cashing in brain cells. Long-term use can cause a chronic sore throat and inflamed sinuses. Some users even develop holes in the cartilage of their noses from the extremely sharp, though minute, edges of the cocaine crystals. Cocaine can set off a heart attack, worsen existing heart problems, or cause violent brain seizures. Current research also indicates that high doses can result in permanent brain damage.

Dr. Charles Welti, deputy chief medical examiner of Dade County, Florida, describes the pattern of cocaine use and its physical effects on individuals who have snorted two to four lines of cocaine, not an unusual amount. Sometime later they snort one or two more lines of cocaine. An hour may pass without any problem, when without warning they go into a grand mal seizure similar to a full-blown epileptic seizure. This can be followed by respiratory collapse and sudden death.²

Kimberly Bray, 19, of Miami, was such a victim. She mainly used cocaine on weekends. One evening she decided to relax with some of her friends. At a bar in south Miami she had a few glasses of red wine. Later she went to a party at a friend's house, where she snorted some cocaine and then lay down because she was tired. She had a minor seizure and apparently got up for a while. When she lay back down, she had a violent seizure that literally shook her off the bed. Although her friends tried to revive her, she died at the scene.³

Synthetic High

How long cocaine's immediate euphoric

effects last depends on the route of administration. The faster it is absorbed, the more intense the high, but the high doesn't last as long. For example, a high from snorting may last 15 to 30 minutes, while from smoking it may last five to 10 minutes. Also, the longer cocaine is used, the shorter the high.

Of more concern, users that ingest high doses of cocaine and use it for long periods of time can experience paranoia. In fact, smoking crack cocaine can produce a particularly aggressive paranoid behavior in users. In addition, when those addicted to the drug stop using, they often become depressed. Cocaine-related deaths are often because of cardiac arrest or seizures followed by respiratory arrest.⁴

Almost without exception, the more cocaine the user consumes, the more extraordinary the symptoms. Some scientists think that cocaine can skew the brain chemistry enough to stir up an underlying disorder such as schizophrenia.

Profiles of Addiction

Not everyone dies from cocaine use, but the drug takes its toll in other ways. By the time John Phillips of the singing group The Mamas and the Papas checked into a hospital on September 4, 1980, he and his wife were spending \$1 million a year on drugs. Although he is six-foot-five-inches tall, he weighed only 140 pounds. The vein in his arms up to the elbows had been destroyed by years of cocaine and heroin injections. His hands were turning black from lack of circulation, and for a time the doctors feared that he would lose the use of them.⁵

Addiction can occur rapidly and is severe. Even the recreational user who uses only on weekends can become addicted. Long-term use can alter the brain's chemistry so that the individual may have long-term and possibly permanent cravings for cocaine.⁶

An Impartial Drug

Cocaine abuse, once a pleasure of rich people, now crosses all social and economic barriers and is taking its toll on the lives of women. Not only does the woman herself suffer severe health and emotional problems, but a pregnant cocaine user endangers the life of her unborn baby. In fact, she risks miscarriage, severe hem-

orrhaging, premature birth, and stillbirth. Furthermore, a baby who survives is not only born premature with a smaller than average head, but is smaller in size than its peers and may exhibit withdrawal symptoms. A crack baby may also have developmental difficulties as it grows.⁷

Crack

Crack is much more addictive than cocaine. While it may take a while for a cocaine snorter to become addicted, a crack user may become addicted the first time.

Another concern is the paranoia and agitation connected with a crack high, often leading to violent crimes. Users will lie, cheat, steal, prostitute themselves, or do whatever it takes to be able to repeat the high.

All anyone has to do is look at the chaos baseball player Darryl Strawberry has made of his life because of crack cocaine. He lost his baseball career, has spent time in jail, and has been under house arrest for crack-related crimes.⁸

Staying Straight

We must be careful not to give in to the temptations of our drug-oriented society. Recreational drugs are all around us, and the media constantly bombards us with ads for drugs that they say can improve the way we feel, either physically or mentally.



Psychiatrist Mitchell Rosenthal states that people, particularly in the United States, "believe that you don't have to feel uncomfortable if you have the right doctor, the right drug connection, the right pusher. We have lost touch with the fundamental notion that people can operate not always feeling totally

well. Taking cocaine is not the answer. In the end it leaves you psychologically bankrupt."⁹

Before you decide to experiment with cocaine or any other addictive substance, ask yourself whether you really want to end up like John Phillips or Darryl Strawberry or worse, like Len Bias. Or do you want to enjoy your life without the pain and suffering caused by cocaine and crack?

It's your life. The choice is yours. 🌀

¹David Leon Moore and Doug Smith, "Bias' Family, Friends Must Live It Daily," *USA Today*, June 8, 1987, p. C1.

²Forest S. Tennant, Jr., M.D., *Over-view of Cocaine*, Oct. 15, 1976, pp. 6-8.

³*Ibid.*

⁴"Cocaine and Crack: Just the Facts," p. 2. www.tcada.state.tx.us/research/facts/cocainefacts.html, 10/26/00.

⁵Mary Vespa, "Mackenzie Phillips and Her Rock Legend Dad Toil to Escape the Rack of Drugs," *People*, Mar. 2, 1981, pp. 20-24.

⁶Cocaine and Crack, p. 4.

⁷*Ibid.*

⁸"Darryl Strawberry Leaves Hospital After Cancer Surgery," CNN.com, posted October 16, 1998. www.cnn.com/US/981016/strawberry.home, Oct. 26, 2000.

⁹"Cocaine: Middle Class High," *Time*, July 6, 1981, p. 61.

Getting Help

If you or someone you know has a problem with cocaine or crack, help is available. For more information, contact the following sources:

- Your local Council on Alcohol and Drug Abuse.
- Other sources can be found at the public library and in the yellow and blue pages of your phone book under drug abuse.

You can also access reliable information instantly from the Internet from the following:

- National Clearinghouse for Alcohol and Drug

Information's home page has information on inhalants and other substances of abuse. Their Web site is www.health.org, or call 1-800-729-6686.

- National Institute on Drug Abuse has national statistics and the latest research available at www.nida.nih.gov, or call 1-888-644-6432
- Partnership for a Drug-Free America has a drug database to help parents identify specific drugs, their effects, and drug paraphernalia. www.drugfreeamerica.org or 1-212-922-1560.

Choices

Choices I've made in my short life:
Not to drink, smoke, or do drugs.
Are these the right choices?
Does it make me uncool?
I can speak only for myself.
I pray for the strength to keep the
morals I so strongly believe in.
I know these things are the right
way to go,
All I have to follow is my heart
and conscience.

Patrick Harris, 14
Indianapolis, Indiana

Did You Hear?

Hey! Did you hear about him?
About that new guy, the one
named Jim?
She told me a story and said to
pass it on.
I thought about all the pros and
cons.
Gossip is hurtful, cruel, and mean.
And it definitely rejects others
and many teens.
It hurts others and yourself.
So if you hear a secret, keep it on
the shelf.
To stop gossip, don't pass it on.
Then you won't hurt Susie or
Nancy or Don.
I turned to her saying, "I won't
pass it on. It won't be me."
I made the right choice because
gossip is not the key.

Mary Stephon, 14
Indianapolis, Indiana

A Friendship Forgotten?

Stop!
You really need to think.
Are you going to let this person go?
Your friendship has been on the
brink.
You've been best friends since
kindergarten,
But now you are in high school.
You really want to fit in,
But your friend doesn't seem to be
cool.

One day you see your old friend.
She's in the middle of a crowd.
You hear nasty words and chants,
As they call her name out loud.
You stand there in silence.
Many thoughts go through your
mind.
You care for her and you know it.
You can't leave her behind.
You rush to the crowd and say to
them,
"What are you trying to do?"
You give her a hug and whisper in
her ear,
"I'll always be here with you."

Kristen Vercruysse, 14
Indianapolis, Indiana

Pain

My mother's mad—I'm sad.
She's right—I'm wrong.
I can't sustain
this moral pain;
It's too much to contain.
All I need is love.
All I want is attention.
May I mention, I'm a teen?
Not wanted.

Chris Martinho, 12
O'Brien, Oregon

To Those Seeking the Approval of Others

To those seeking the approval
of others,
There are some things you
must know.
For you to be accepted by your
friend shouldn't be a burden,
It should be something that
just flows.
Often the things that the "in
crowd" require you to do
Are things that actually could
hurt you.
Whether it be inhalants, nar-
cotics, or an alcoholic drink,
It doesn't take much to put
your life on the brink.
Remember that not all kids do
drugs, smoke, or drink
booze,
But if in your attempt to fit in,
these things you choose,
At the end of this great race,
you most likely will lose.
The message here is to heed a
simple warning:
Cigarettes, crack, weed, beer,
or inhalants
Can and will send you to an
early grave,
And the road to your grave is a
foolish one for you to pave.

Tim Wyciskalla, 14
Indianapolis, Indiana

Jayne chats on the phone with one of her friends, while in the background her mom is yelling for her to start her homework. "I have no time for fun," Jayme says. "With school and my afternoon job, I'm lucky to squeeze in 10 minutes for what I want to do. Mom tells me that I should be more organized. How am I supposed to do that with all I have to do?"

to forget. Below is an example of a checklist to help you plan your day. Add to it or take away to fit your personal needs.

Hygiene:

- Shower and wash hair morning or evening.
- Brush and floss teeth morning and evening.
- Use an antiperspirant/deodorant every day.

HOW TO KEEP CHAOS AWAY

by Jean Ann Williams

Is chaos controlling your life? Are you near burnout in a blur of projects and commitments? If you are like Jayme, read on and learn some great tips for organizing your life.

Do you need more time for personal projects? Phoning or visiting your friends? Adding photos in your scrapbook? Sleeping in on weekends? Make a plan for the fun stuff. Do you find yourself opening your books to begin studying at midnight? You need to make a plan for the have-to stuff.

Dig out the planner/organizer that you tossed into your closet or that is gathering dust under your bed. Or grab a notebook and make your own planner. Now that you've found it, don't lose it. Owning a planner won't get you organized. But *using* it will.

If you plan your day, you'll keep chaos away. So find a quiet place and outline a schedule that will work for you. It's a challenge, but you can do it. The results will balance your fun and relaxation time with your responsibilities.

Pencil in an hour-by-hour, day-by-day schedule a week in advance. Then check your planner daily. That way you'll keep track of what's packed into a day. Once it becomes a habit, you can loosen up and write in only the things you're likely

- Change underwear and socks daily.

Nutrition:

- Eat a nutritious breakfast.
- Including a natural multivitamin is beneficial to your daily diet.
- Eat smaller, more frequent meals rather than stuffing yourself. It helps avoid that sluggish, tired feeling. A banana is a good pick-me-up.

Homework:

- Complete your homework long before midnight. Write in your planner a time to hit the books that works best for you. Stick with it!
- To finish long-term homework/projects on time, include the date due in your planner with a weekly countdown penciled in.
- Schedule time for a study group with friends. A good place to meet and do research is your local library.
- To prepare for school each day, organize books, clothes, etc., the night before.

Work Time:

- Clean bedroom and make bed.

- Limit your after-school job. Avoid overscheduling. You're a student first and employee second.
- Help with dinner, clear table, take out trash.

Fun Time:

- Read a good book. Visit friends. Chat on the phone. Work on a photo/scrapbook or other hobby.

- Include something fun each day.
- When you begin planning your days, pencil in appointments, then outings and activities that you do on a routine basis. It's best to get those time slots down first. Then you can see what's left, helping you decide when to say yes or no to something new. If your parents don't mind when you get a chore done, you can play around with

- Attend club meetings/youth group functions.
- Play in after-school sports. How about tennis or jogging? Take routine walks with friends or alone to meditate.
- Use your talents to help others, the environment, or community projects.

Here Are Some Tricks to Help Keep Chaos Away:

- Get enough sleep. Listen to your body. It will give signals that it needs to rest. Read or do some type of relaxing project to help you wind down for the night. Staying up too late can cause you to be tired and irritable the next day. Give this new habit a week or so, and you may find it agrees with you.
- Fix a meal to feed your body and brain to make them active and focused (it takes only 15 minutes each morning). This is a positive after you've had a good night's rest.
- Whatever your home responsibilities, be sure to include them in your planner. You don't want your parents grumbling at you for jobs left undone. And just think of the reward for being organized—more free time.

that time slot. After that, see where to fill in for the free time.

- Carry your planner wherever you go. Or check your schedule at home before deciding whether or not to add one more thing and when.
- Before your head hits the pillow at night, organize any planner changes for upcoming days. Be sure to keep a good eraser. Life has a way of altering our plans.

Knowing your schedule can help you say yes or no. Daily planning will help you remember appointments and keep commitments, which makes you a more reliable person. A written plan for your day may help you avoid burnout. It can keep you more focused for the goals you have set.

Jayne wrote out a schedule and now enjoys more free time. "Keeping my schedule on track with a planner works for me. I now have time for fun and am not stressed out all the time," she says.

Do you know how to balance your fun time with the have-to stuff? Are you ready to keep chaos away? Are you willing to plan your day? If so, grab that pencil and create a schedule that is custom-made to fit you! ✍



Matthew Stockman / Getty

Staying Real

by Shirley Byers Lalonde

Catriona Le May Doan
shares how she overcame
disappointment.

With three medals, two of them gold, in the last two Olympic Games and numerous medals in World Cup wins, Canadian speed skater Catriona Le May Doan, 31, has been called the fastest woman on ice. But in a career that has spanned 17 years, she has had her share of disappointments, too.

Catriona has participated in four Olympic games, beginning with the games in Albertville, France, in 1992. She describes her experience at those games as more of an eye-opener. She says, "I was a rookie, and even qualifying for the games was a major accomplishment."

Two years later it was the winter games in Lillehammer, Norway. This time with a little more experience behind her, she was one of the favorites to win gold in the 500 meters—an event that had become her speciality. But it was not to be. Early in the race she caught an edge, hit the ice, and slammed into a barrier, finishing last.

In fact, overall Catriona placed no better than fourteenth in her first two Olympic events, but she didn't give up. She kept going and kept on doing her best. Four years later at the 1998 Olympic games in Nagano, Japan, she won that illusive gold medal in the 500 meters. And a bronze in the 1,000 meters.

Catriona also won the 1998 World Sprint championships overall title, and was named Canadian female athlete of the year in 1998 and 2001.



Jamie Squire / Getty Images



Bernard Brault

To be a champion speed skater, or a champion in any area, takes a great deal of determination. Catriona spent at least six days a week training to race. That is several hours each day, cycling miles, skating laps, improving her technique, and pushing her body and mind to the limit. "Skating is not a hobby for me, but the focus of this stage of my life," she states. "It's a full-time commitment."

"My career has covered many different aspects," Catriona says. "I have gradually climbed the ladder of success, but not without my share of disappointments. You learn to deal with the ups and downs with the help of your support team around you. It is always hard [to not do as well as you'd hoped], but in the end you learn from it all."

At both the 1999 and 2001 World Single Distance championships she won gold in the 500 and took bronze in the 1,000. She also dominated in the 500-meter during the 2000-2001 World Cup season, winning nine of 10 races on the circuit. She capped off the 2000-2001 season by setting a 500-meter world record (37.29 seconds) at the 2001 World Single Distance championships in Salt Lake City. In an incredible 2002 season Catriona captured the World Cup championship title in the 500-meter distance. She broke her own world record in the 500-meter with a time of 37.22 at

the World Cup race in Calgary, Alberta, and she has dominated this distance over the past two seasons with a 20-race victory streak. For Catriona, "it was a dream season."

Going into the 2002 Olympics in Salt Lake City with that record, plus being the only Canadian to defend a gold medal title at any Olympic Games, Catriona was the obvious choice to carry Canada's flag in the opening ceremonies. But would she do it? Athletes are notoriously a superstitious group of people. Some have good-luck pieces they carry with them, and some follow a certain ritual before every competition. Many would have refused to carry their nation's flag in the opening ceremonies of any Olympic Games, not because they don't love their country, but because they believe it is a jinx. "Carry the flag and say good-bye to any medal hopes," they would say.

But not Catriona. With her golden smile she proudly carried Canada's Maple Leaf. There was no jinx, for a few days later she won gold in the women's 500-meter speed-skating event. "Carrying the flag is the biggest honor that an amateur athlete can be given," she says. "I have never believed in the jinx and am now proof that there is no jinx!"

Catriona knows firsthand that losing is tough. But sometimes winning can be tough too, for it creates a certain expectation. Catriona says, "It's often harder to deal with the successes after you have been at the top. Everyone, including yourself, expects you to stay there."

Through it all, though, Catriona has strived to remain the same person she was before becoming an Olympic gold medal champion. She takes every opportunity she can to visit her old high school in Saskatoon, Saskatchewan, and speak to the students. After a recent visit she said, "It's been a while since I was here as a student, but it's always fun to see them [the students] and to let them [the students] see that you're a normal person."

We do tend to think of celebrities of her magnitude as above normal, of somehow living a special privileged life, untouched by the pain and struggles that the rest of us go through as children and as young people. The stars always make the team, they're always the first ones chosen for games in the gym, they're blessed,

they're golden.

But that's not usually the case, and it wasn't in Catriona's life. "I had the same struggles as most other kids," she says, "trying always to be my best, dealing with not being the best at times, fitting in, and so forth.

"I hope that people see me as who I am," she adds. "I hope they see that I love to be around people, that I am committed to my goals, that I am a Christian who tries to be a good example to others. That doesn't mean that I don't make mistakes, but that I can get past them, and that the people around me are very important to me."

Family is also important to Catriona. The youngest in a family of three girls, Catriona grew up in Saskatoon, Saskatchewan, where she started skating as a member of the Saskatoon Lions Speed Skating Club. She began her career as a junior competitor in 1985. Catriona credits her sister Ailsa, the first in the family to start speed skating, to turning her on to the sport. A year later she decided to try it. She loved the feeling of flying on ice and decided to keep going with it.

Both of Catriona's parents, Iain and Shona Le May, are from Scotland. They, as well as Catriona and her two older sisters, Fiona and Ailsa, have dual citizenship in Scotland and Canada. Catriona gives her parents top marks for guiding her through her childhood and the ups and downs of adolescence. "I had great parents," she says. They, as well as her sisters and friends, were her role models.

Catriona married Bart Doan in 1996. Bart is a professional rodeo rider who also helps maintain the ice in the rink where the skaters perform. That is where he and Catriona met.

For Catriona, there was no specific "aha!" moment when she realized that speed skating would play a big role in her life. "I grew up participating in many sports," she says, "but when I made the national team [speed skating] and moved to Calgary, I knew that most other sports were second to speed skating."

Something else that she has known from the beginning is that she would play clean. Catriona is drug-free, and it is important to her that young people know that. "I am proof that you can achieve your dreams in a drug-free way. I hope that kids realize that their health is most important and that to achieve their

dreams in a drug-free manner is possible."

In addition to being a world-champion athlete, Catriona is also a talented motivational speaker, exploring with her audiences the method of achieving personal excellence while challenging and motivating people to achieve their full potential. In June 2002 Catriona was presented with an honorary degree from the University of Calgary, where she gave the convocation speech to the graduating class. Her other interests include golf and horses.

Catriona is identified by her bubbly smile. "I love to smile, and it's something I'll always do," she says in all seriousness.

"I want people to look at me and say, 'She's so happy. What's so good?' Especially since we live in a world where people are so worried and quick to be unhappy," she adds. "I'd like to be remembered as a winning skater and a woman who always smiled."

What's so good about Catriona's life? "Being loved," she says, without hesitation. "I can't ask for more. No matter what happens in work, finances, in sports, or in anything, if I'm loved, I'll be fine."



I am **proof** that
you can achieve
your **dreams** in a
drug-free way.

What's next for this Olympic gold medal winner? She hasn't decided that far into the future yet, but does plan to continue speed skating for at least one more year.

"Having goals is essential for everyone," Catriona said in an interview with the *Saskatoon Star Phoenix*. And with three Olympic medals, many World Cup championships, and record-setting races, Catriona's still setting and achieving her own goals.

"I don't think you ever finish, because you continue to set goals, and you continue to work toward them," said Catriona, the world's fastest woman on ice. 🌀

When Kaitlyn was 13 she was tall and thin, blond and high-cheekboned. She was well on her way to a career in modeling. She was featured in a catalog, and her agent was quite confident he could get her into magazines.

Then Kaitlyn hit puberty, and suddenly she was "too fat" by modeling standards. If you checked a weight chart, you'd find that she was a little under her ideal weight. But by their rules she was too chubby to be a model.

Many teen girls strive to have bodies that look like their favorite models, but for the majority it's an unreachable goal. Twenty years ago the average model weighed 8 percent less than the average woman; today she weighs 23 percent less. That's about 30 pounds less. To keep thin and to keep working, many models exercise compulsively, starve themselves, and deprive their bodies of essential nutrition.

Males are stereotyped in a different way. On a CBC television program, recruiters from a modeling agency told a good-looking 19-year-old that he'd be perfect for the business when he had a few more years on him. They told him to come back and see them when he was about 30, stating that the average couple portrayed in an ad features a girl of 14 with a 32-year-old man.

Ads do not show realistic images of men or women. They also encourage self-centeredness and make promises that can't be kept—they lie.

How do they encourage self-centeredness?

While your parents, your teachers, and your pastor tell you to practice the golden rule and to think of others, many ads encourage exactly the opposite attitude. Look out for number one. Heather Locklear, in a commercial for L'Oreal hair color, boldly states, "I'm worth it!"

A magazine ad for shoes is even more blunt, "We are hedonists and we want what feels good." (A hedonist believes that pleasure is the chief god in life.) Phooey on caring about other people or the golden rule; live to please yourself.

Isn't it good to have a healthy self-image? Yes, but a self-image based on hair color or a pair of shoes is not healthy. A genuine sense of self-worth comes from within, never from a product.

They Lie?

Technically companies can't lie about their products. They can't say this car will give you a new life packed with adventure. They can't say that this makeup will transform you into Sarah Michelle Gellar. They can't say this beer will turn your life into one long party complete with beautiful friends. Because of the phrase "truth in advertising," they can't say those things.

But that doesn't stop them from implying them. By combining the right words and images, ad writers know how to get their message across. "At some point you just know who you are," reads the caption for a Jack Daniel's whiskey ad. There's a picture of two shadowy-looking bottles in the background while the

The Truth

About Ads

by Shirley Byers Lalonde

name Jack Daniel's is front and center. Below the picture are the words "For us, that was 1866." At first glance it may seem the words are referring to the whiskey company. But couldn't it also apply to the reader? Couldn't it mean that if you know who you are you'll drink Jack Daniel's? The company can't say that if you use their product you'll know who you are, but that's exactly what they're implying.

More Lies

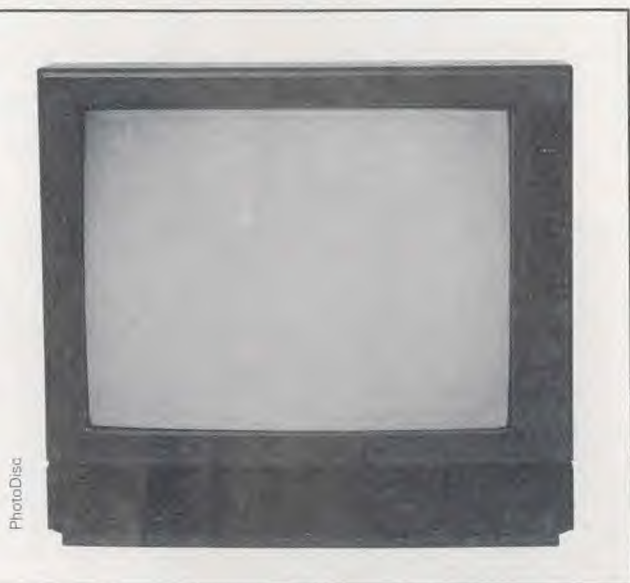
Advertisers, especially those for alcohol and tobacco, claim that advertising doesn't influence young people; it's peer pressure that starts them

drinking and smoking. Yet advertising costs millions of dollars. If it doesn't affect us, why would they spend that much money? Yes, peer pressure exists, but a lot of it is created by advertising.

The tobacco industry *wants* you to buy its products. It needs you to buy its products, because every day it has to convince 3,000 people to start smoking simply to replace those smokers in the U.S. alone who died or quit.

The sooner they can get you hooked, the more likely you are to stay hooked. They know that 90 percent of smokers start smoking before they are 18 and 60 percent before high school.

Tobacco advertising is full of deception. Two of the biggest are that it gives the percep-



tion that more people smoke than actually do, and it makes smoking look cool. For example, a Camel ad that ran from 1988 to 1997 featured Old Joe, a cartoon camel, doing lots of cool things, such as playing in a rock band, shooting pool, and riding a motorcycle.

Before this campaign Camel wasn't a popular brand with teens. Of smokers under the age of 18, less than 1 percent smoked Camel. But soon after Joe Camel came on the scene, the percentage of teen Camel puffers shot to 33 percent. The campaign was finally abolished in the U.S., but only after years of citizen protest against it.

If you're not convinced that advertising affects you, consider this: 86 percent of all teen smokers in the U.S. smoke the three most advertised brands—Camel, Marlboro, and Newport.

Alcohol, not heroin or cocaine, is the most commonly used drug in North America. It is also one of the most heavily advertised products—more than \$1 billion a year on advertising.

Alcohol ads always show attractive young people enjoying themselves. They don't show the beer bellies, red faces, or sad faces of the alcoholics. They don't show the children born to women who drank while they were pregnant. Many of these babies are born with fetal alcohol syndrome (FAS), which affects them for life.

Another lie never spoken openly but nonetheless perpetuated by advertising is that beer and fast driving are a fun combination. An American Automobile Association study of beer commercials found that beer is often linked with images of speed, including speeding cars. A recent TV commercial showed race car driver Danny Sullivan speeding around a track with shots of a beer logo everywhere.

Ads are everywhere. To escape them totally, we would have to leave this planet. And they can affect us. But we can make the choice whether to let advertising rule our lives or to think for ourselves. Here are some suggestions to help you.

- Know and understand the truth. Ads are constructed to entice you to buy a product. To make you believe you must have that product.
- Analyze the ads you see. Look carefully at the words and pictures. Ask yourself, What is this ad trying to tell me? How is it trying to convince me to buy the product? Is it telling me the truth? Or is it appealing to a need that it can't satisfy?
- Keep it real. Know that who you are is not defined by the jeans you wear or the car you drive. Inhaling toxic smoke or drinking alcohol will not make you cool. It could make you sick, it could make you dead, but it will not make you cool.
- Learn as much as you can about how advertising works. Jean Kilbourne, a renowned speaker and writer on this topic, has written a book, *Deadly Persuasion*, to help you be informed. Be informed. Make your own decisions. Don't fall for the advertisers' traps. 📖

Sunday afternoon found Tony Davis leaning on the GO button of his computer, trying to get into his favorite hangout, the StopBugging Me chat room. Unfortunately the room was full. But suddenly in the left-hand corner of his monitor an instant message (IM) appeared from Dirtman, a newbie from StopBuggingMe.

Dirtman: Hey, Tony, get in here, man. Some wannabe is threatening your friend BarfMan. You have to see this.

ToDav: Who is it? What's happening?

Dirtman: Some guy is telling Barf that he's going to mess up his computer and stuff.

ToDav: Mess up his computer? How?

Dirtman: You know, hack him.

ToDav: Barf won't open e-mail from people he doesn't know.

Tony heard his mom calling to him. "Just a second, Mom."

ToDav: Hey, I have to go. BBL.

It was the next day before Tony had time to log online, but nothing happened. When he typed in his password, a message appeared on the screen: "Access denied." Tony tried several times to make sure he wasn't mistyping. Finally in frustration he called his Internet service provider (ISP). The words "Account terminated for violation of member rules," greeted him.

"What are you talking about?" Tony asked.

"According to our records, last night you were reported by numerous members for harassment and threats."

"But I wasn't even online last night."

"Perhaps someone used your computer, or maybe your password was stolen. That's a common activity nowadays."

"If you know that, why can't you do something about it?" Tony complained.

"Look, it's your computer; your responsibility. You need to know how to take care of it, or this won't be the last time you'll have problems. This account is now terminated."

Tony hung up the phone in disbelief. *How could this happen? I didn't open any e-mails.*

It was harder telling his dad what had happened, but when Tony's dad got off the phone with the ISP, he was just as confused and angry as Tony. He did manage to reinstate the account, but he told Tony that he was setting up the following rules: no

chat rooms or IMs until we have a security plan. And they'd devise a security plan together after Tony did the research.

That night Tony created a new screen name, TonysBadBreath, and went to www.google.com, his favorite search engine. He typed in "hacking," which resulted in more than 813,000 sources. The first entry looked promising, "AntiOnline." The words "Hackers Know the Weaknesses in Your System, Should You?" appeared on the screen. For the next hour Tony discovered how others can get access to your computer or your account. He got some information, but he wanted to know more.

Over the next several days Tony was able to track down exactly how his account was accessed. It had to be from the IM that Dirtman had sent. Tony learned too late that his service provider's IM software had a security leak and that there was a patch available to fix it.

The safest thing to do was not respond to IMs from people you don't know very well. Tony found more information about security problems and patches. A few tips he picked up included: Combine letters and numbers in your password. Change your password frequently. Your ISP will never ask for your password.

At school the next day Tony found his friend Carmen.

"Hey, do you know anything about keeping safe from hackers?" he asked her during their lunch break.

"I have virus protection software, if that's what you mean," she replied.

"I mean more than that."

"Why more? I haven't had a problem."

"You're lucky." Then Tony told her about almost losing his account.

Carmen dropped her sandwich. "Wow! That could happen to anyone."

"I'm researching security issues. You want to help?" Tony asked.

"Help you, meaning what?" Carmen questioned.

"I figure that if a couple of us do research and pool our info, it won't take so long. I'll ask Andre and Julio to help. Let's meet after school Friday and share what we've learned."

"Sounds great," Carmen said.

Friday found them in a conference room at the public library. Tony took charge. "OK, let's get

Newbie Alert



Zach Shuta

started. Carmen, you go first.”

“I used to send my photo to anyone until I read that some people take those photos and use them illegally—such as posting them on adult sites or passing them off as their own. What’s scarier is that someone, knowing my name or high school, can use the photo to track me down.”

Andre cut in, “I found some good info about profiles: don’t use your name or even a part of your name, don’t include your hometown, and don’t ever put in your school name.”

“Good points, Andre,” Tony said. “Denise, what’d you find?”

“Don’t make it easy for predators,” she said. “If you have a screen name such as SkaterDude, don’t use skating lingo as a password. The same goes for a pet or favorite anything—don’t connect your screen name with your password.”

Tony then shared his information about instant messages and checking your ISP’s home page for patches. “Julio, what’d you find?”

“You can be easily fooled with e-mails. An e-mail may profess that you won a prize or pretend to warn you that you are going to lose your account. A few ISPs use colored envelopes to identify it’s from them. Never open an e-mail with attachment unless you know the sender. People can be tricky. Say I received an e-mail from ToDav. I know that’s Tony. It could also be someone using

the same name but have a different domain such as Hotmail. This works only if the domain name isn’t in the e-mail address. Tony’s domain name is Cybertrail.

“I could go to another domain, such as Netdom, and create the screen name ToDav@Cybertrail. It looks as though Tony sent an e-mail to me.”

“Wow,” Tony said. “We’ve come up with some good info. I couldn’t have done this alone.” Looking around the table, Tony said, “We need to share this information.”

“We could start a newsletter, and other kids could tell their experiences,” Carmen suggested.

“What if we put on skits showing people how to protect their computers?” suggested Andre.

“That would be fun,” replied Carmen.

“Or do a site with cartoons,” Julio added.

“These are good ideas. Let’s think it over for a week and then decide,” Tony said.

Later Tony shared the information with his dad. Looking over Tony’s notes, his dad was very impressed.

“I had help, Dad,” Tony said. “Some of my friends did research also.”

“Maybe we should thank Dirtman.”

“I doubt I’ll see him around again,” Tony said. “But if I do, I’m ready for him now.”



by Benjamin Allen

Snowshoeing? Are you for real? Does anyone do that anymore? In an age of skiing, snowmobiles, ATVs, and four-wheel drives, snowshoeing, you say? Isn't that something that American Indians used to do? Snowshoeing? Hmmm.

Hmmm indeed! Far from being some anachronistic relic of a bygone era (such as those bicycles of yesteryear), snowshoeing is a fabulous, fun-filled sport that, rather than being edged out by snowmobiles and ATVs, continues to grow in popularity not just in the United States but around the world, or at least the areas of the world where there's snow. And that's about all you need—snow (along, of course, with snowshoes), which is one reason it's so popular an activity. Though the saying "If you can walk, you can snowshoe" is a bit simplistic, it does catch the essence of this sport, which is its simplicity. And yet, don't be deceived by that simplicity: snowshoeing is a great winter sport that can be about as exciting and as much fun as you want to make it.

"I still feel that the biggest attraction of snowshoeing is its simplicity," wrote snowshoeing enthusiast Carl Heilmann on his own snowshoeing Web site. "Snowshoeing is the easiest for folks of all ages to enjoy a winter snowfall, whether walking, running, jumping, or climbing! Snowshoeing can be as easy or



If You Can
Walk, You Can
SNOWSHOE



learning curve. Though you need to use your head, have some common sense, and take safety precautions, snowshoeing is safe and easy to learn, and best of all, it doesn't take a huge investment, such as in snowmobiling. For a couple of hundred dollars you can get new, state-of-the-art snowshoes, and before you know it you're out having a great time, either by yourself, with your family, or with a bunch of friends.

There are numerous advantages to this sport, one being that you can go places where snowmobiles and cross-country skiers can't,

as rigorous as you like, and compared to other winter activities, it's gentle on the body's muscles and joints."

What is snowshoeing, you ask? Well, it's using snowshoes. What are snowshoes? They're special shoes for walking in snow. But can't you walk through snow in boots? Sure you can, and those who have done it know how much fun and relaxing and easy it is to plod through snow that swallows your knees with each painful, gut-wrenching step. In contrast, snowshoes enable you to walk not so much through snow as across it, a difference akin to riding a bicycle through a swamp as opposed to crossing it in a canoe.

Snowshoeing is a combination of running and hiking, only on snow. And the great news about snowshoeing is that it almost doesn't matter what kind of snow it is: you can adapt to almost any kind. Plus there's no really hard



such as thickly wooded terrain that would keep others out. Snowshoeing has been dubbed "winter hiking." Those of you who love hiking don't have to be shut down and locked in when the snow falls. Instead, you can put on your snowshoes and head for the peace, serenity, and beauty that you found in the woods before the snow fell. Only your snowshoes allow you to find a different kind of peace, serenity, and beauty—the

kind that only the woods in winter can offer, a peace and serenity not found with the sound of snowmobiles tearing up the air.

For some people, going hiking with snowshoes is almost a mystical experience. The cushioned silence of the winter forest, the

beautiful contrast of trees, sky, and rocks against the pristine white snow, presents stunningly beautiful images for those who step into the picture itself with a minimal amount of noise and disruption.

Snowshoers say that snowshoeing is harder to describe than it is just to do it. And though relatively simple, good snowshoeing does require technique, which comes with practice, not telling how to do it. And yet, even if you don't have good technique, you can still have a blast snowshoeing. Some would even call snowshoeing an art form. Whether ascending or descending a slope, whether the slope is steep or easy, whether the snow is hard or soft, whether there are logs or rocks or trees in your path, whether the snow is powdery or has deep and hard crusts—all these factors, and others, come into play in how you display your technique or art.

For instance, there's a move in which you kind of kick your way up a steep slope. You just sort of kick a hole in the snow with each step and create a "staircase of steps" right up the side of the slope. Or you can traverse a slope, that is, tackle it horizontally, somewhat like the way a ship can sail into the wind. You name it, and if it can be tackled with snowshoes, there's a technique or art form to handle it.

Plus, all sorts of snowshoes are available for you, depending upon the kind of snowshoeing you want to do. Other factors are your size, weight, and so forth. Years ago there were two traditional distinct styles of snowshoe, the bearpaw with a curved heel and the teardrop style with a tail. Today there are all sorts of snowshoes from which to choose, with a variety of styles, made from various material, and using various kinds of bindings. In other words, you shouldn't have any problem finding the kind that will work best for you.

They shouldn't be too hard to find, either. Because the sport is big, there is plenty of information for anyone wanting to learn. The Web is filled with sites containing all sorts of material about snowshoeing, not to mention plenty of places looking to sell them to you as

well (there are about 20 manufacturers around the world making and selling snowshoes and snowshoe equipment). There are also books that can guide you along as you seek to learn about this great winter sport. Thus, if you are willing to take some time and do some reading, you can learn what you need. In fact, some would recommend, if possible, even taking a seminar on snowshoeing.

Snowshoeing, of course, isn't for everyone, such as those who are in the tropics or in a Florida swamp. Otherwise, if you are reasonably healthy and fit, and can get into most snow conditions, you can experience for yourself what fun snowshoeing can really be.

As with every sport, it comes with risks; not many, not a lot, but the risks are there nonetheless. And though one does not often hear of a snowshoer slamming into a tree, proper snowshoeing does demand taking precautions. This includes making sure you have the right clothing (remember, this is a winter sport, snow is cold, and you need to be properly dressed), taking the right extra equipment, knowing the weather conditions, and being aware of any avalanche threats, to mention a few.

All of this can be learned by anyone willing to take the time. And anyone smart enough to see the potential fun, challenge, and thrill found in snowshoeing more than likely would be smart enough to take all the needed precautions for this exciting outdoor winter sport that, if done right, promises you a great time! 🏔️

The Web

Here are a few Web sites with a gallery of photos to whet your interest. So get those snowshoes on and begin the adventure!

- www.carlheilman.com/snowshoe.html
- www.mountaineers.org/snowshoe/gallery.html
- www.snowlink.com



Getting On by Getting Along

by Michele Deppe

Mac Powell believes that friendships make the world go round, and that our relationships are the reason that we are here. You know, *here*. On Planet Earth.

If relationships are part of our purpose, that explains why our friendships have a special place in our lives. "Time goes by so quickly," Mac says. "I just went to a high school reunion, and I couldn't believe all of the stuff that has happened in my life and in everyone else's since we left school. A lot of the decisions I made in high school have directed my life. I didn't realize it at the time how stuff that I did then would matter now. And how those people I knew then would continue to affect me later on."

Mac Powell has made good use of his time since high school graduation. As lead singer of the ultracool band Third Day, Mac has covered a lot of miles since he and Mark Lee, the band's guitar player, started their own garage band in high school. Third Day has crisscrossed the country on tour, been featured on CNN and NBC's *Today Show*, written and performed a



**Here's Mac
fronting the
band.**

song for Coca-Cola, and climbed the billboard charts. The group has also collaborated with Jars of Clay and Sixpence None the Richer on the multigroup album *City on a Hill*.

To add to their list of accomplishments, Third Day was named 2002 Group of the Year, as well as having the best rock album and best rock recorded song, and Mac received best male vocalist of the year.

Third Day recently released the album *Come Together*, which is expected to sell like hotcakes and go gold like *Offerings*. Mac's rough-hewn voice is tinged with a soft Southern accent, sort

of like their latest record. "We stepped out of our comfort zone a little bit musically," says Mac, whose favorite artists include Pearl Jam, the Beatles, and Sheryl Crow.

Although high school helped Mac land a spot in Third Day, he indicates that he does have a few regrets. "I didn't drink, and I wasn't even aware of anybody around me doing drugs. I struggled more with hormones taking over," he confides. "Now I think that saving yourself for marriage is the best gift you can give to your future mate, and to yourself, for that matter."

Mac says that he is amazed at how much those early relationships shaped his life. "You remember the stuff you did, and the people you were with, for years afterward. That is why you need to take a good look at what influences you and what you'll be likely to regret later on."

On the other hand, Mac also believes that living in the here and now is important. "If you've messed up before, ask for forgiveness, focus on now, and go on."

Besides acting appropriately on dates, most relationships boil down to one thing: getting along. "Unity is so important, and that is what I wrote about a lot for our new album," Mac says. "It's important not to judge other people, even mentally. And if someone comes up to me and wants to talk negatively about someone else, I won't listen to it."

Mac's lyrics for the song "Get On" illustrate that point:

"I'm working overtime
To get away from slander,
To stay away from lies.
I won't listen to you criticize.
Get on, get on, get on away from me
If you're trying to bring me down."*

Mac says that being part of a band can teach you a lot about unity. "We're like a family, ya know? We fuss at each other, and we fight sometimes, but we really value our friendships.

If we sold tons of records but didn't become better people, better friends, in the process, then it would be a waste."

There's a certain accountability that comes with having close friends. "I think it must be a lot easier being in a band than being a solo artist," Mac surmises. "We support each other. And if I get an attitude, the minute I start thinking, *I am the man*, then the rest of the

band gives me a swift reality check!" Mac says that as they've gotten older their friendships have changed because of wives and kids, but the guys and their families still hang out together even when they're not on the road.

Unity is important in a community sense, too. In the wake of September 11's terrorism, Mac is using music to encourage groups to put aside their differences. Forging new relationships built on a foundation of compassion and understanding is more important than ever. The title

track of Third Day's new album includes Mac's compelling chorus to motivate people to reach out to each other:

"We've got to come together
'Cause in the end we can make it all right.
We've got to brave the weather
Through all of the storms.
We've got to come together. . . .
We've got to learn to love."*

Relationships start with the attitude you have in your heart. And Mac believes that dying to yourself, whether you are trying to live for God or to help others, means that you have to sacrifice always wanting everything your way and learn to give to others."

For Mac those kinds of friendships are what make life worth living. And those relationships make for some pretty good song lyrics, too. ■

"You remember the stuff you did, and the people you were with, for years afterward. That is why you need to take a good look at what influences you and what you'll be likely to regret later on."

* ©2001 New Spring Publishing, Inc./Vandura 2500 Songs (ASCAP) (Administered by Brentwood-Benson Music Publishing, Inc.). All rights reserved. Used by permission.

It is a blustery winter morning at Dangerous Reef. Wearing jeans and a sweatshirt, I lean against an idle shark cage on *Alcyone's* stern, sipping a cup of steaming hot chocolate that has a slight fishy flavor. The pungent smell of rotting fish floats heavily in the air, wafting from a rusty bait bucket a few feet away. The foul odor permeates the whole ship, yet is necessary for attracting great white sharks. The stink of decaying fish smells like a delicious bouquet to a shark. Using the wind and tide, we're spreading an odor corridor miles long. Any shark that stumbles into that corridor will eagerly follow the tempting stench to its source.

Peering hopefully over the side, I look for any morning visitors, and suddenly see a dark shape rising rapidly to the surface. My heart leaps in anticipation as the creature surfaces and barks at me. Hoping for a shark, instead I am looking into a large pair of inquisitive eyes peering at me from the choppy water. A fur seal pup lifts its whiskered muzzle into the air and snuffs loudly.

Fur seals also find the disgusting aroma of rotting fish enticing. I reach into the bait bucket and lift out a decomposing mackerel. As I flip the squishy fish toward the fur seal, it swims forward eagerly, then pauses to stare into the dark water, and suddenly flees toward Dangerous Reef. Beneath the floating mackerel a dark shadow torpedoes upward. It is an 18-foot-long great white shark, lunging out of the water. Its gaping mouth swallows the fish as white teeth glisten in the morning light, then clash together loudly. Only four feet away the massive tail throws a broad slash of foaming white water. I jump back, but I'm too late. The ice-cold salt water splashes across the stern, drenching me, my sweatshirt, and jeans.

Rushing for the bridge door, I throw it open and eagerly ring the ship's bell, shouting, "Shark! Shark! All hands on deck."

There is instant pandemonium as the crew spills through the narrow hatch. At the lead is Bob Talbot, world famous for his photographs of whales and dolphins. The great white is chewing on *Alcyone's* hull right next to the swim step. The shark is in a feeding frenzy and looking for the food source that is leaking blood into the water. Since the blood is coming

from the metal ship it fits the shark's logic to bite it.

Bob quickly jumps down onto the swim step, which is only eight inches above the water and a mere two feet from the ship-chewing shark. Bob likes extreme close-up, super-dramatic photography. The shark helps him by turning and crashing mouthfirst into the side of the swim step.

The TRUTH Sets Us FREE

by Steve Arrington

Soon the aggressive shark is joined by several toothy, equally aggressive friends. There are now three people crowding the small platform. Capkin attaches a line to a bait fish and uses it to lure the sharks in even closer. Bob is leaning outward, shooting dramatic close-ups of a 17-foot-long great white. The shark is passing right under his feet. It is a very exciting moment.

All at once Bob loses his balance and with his arms waving he falls onto the back of a great white shark. Bouncing off the tall dorsal fin, he slides into the water, where he is struck by the shark's tail. A great white shark can turn around in its own length. Anxious hands quickly reach down to help as Bob surfaces, gasping for air. Capkin and Terry grab hold of him and lift so hard that Bob all but flies out of the water, literally landing upright on his feet.

Bob is in a total state of shock. He looks at his soaking-wet camera and then peers over the side at a great white that is in pursuit of another shark.

"How did you fall in?" asks Capkin.

"I don't know," Bob says, looking confused. "I guess I just fell."



But just before Bob fell I had seen a fourth person step onto the platform. He was behind the others shooting a video with one eye closed. When the shark swam under the swim step, the video man had taken a step forward and reached out to steady himself. That hand landed on Bob's shoulder and accidentally shoved him into the water.

I wait until the other man is alone. "I saw that it was an accident," I offer.

"Yeah, he just fell in," the other man says lamely.

I shake my head. "No, you shoved him accidentally, trying to keep your own balance."

"No way!" the man argues.

"Look, you didn't do it on purpose, Bob will understand that," I reply. "But you've got to tell him."

"I didn't do it," he rages, and then storms below, slamming the metal door.

I find Bob in his cabin and tell him what really happened. Though angry that the man didn't take responsibility for his actions, Bob understood that it was an accident. Later that day I see the two of them talking together quietly. The video man looks rather sheepish and unsettled, but with the truth now known, the moment will soon pass. However, if he had kept refusing to tell the truth, it would have burdened him for the rest of his life. It would have also been a barrier to his friendship with Bob.


Relationships can never be built on half-truths. Trust is something we earn so people can depend on us. One of life's lessons is that lies enslave us, while the truth sets us free. 🐋



Canada Youth Challenge

listen *winner*

Preventive Drug Education that works.



Educators
move to inform
students with
Listen.




Leaders in
local, state, and
national government
endorse *Listen*,
further assisting
everyone's
efforts.



Local
businesses make
a wider use of *Listen*
possible by sponsoring
schools and youth
groups across the
U.S. and Canada.



Parents
block bad
influences by
getting *Listen*
in their
homes.



Students
make good
choices by
reading
Listen.

To subscribe,
sponsor, or for
more information call
1-877-388-5788