

Are You Optimistic? Sure You Are! Find Out Inside

CELEBRATING POSITIVE CHOICES

Listen

Weed
Out
Weed

Samantha & Carri's
**GETTING
PRIX-PARED**

**Stress
Busters**

The Art of Making a
Comic Book

Life List: 100 Things to Do

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Packed with
TRUE STORIES

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YOUTH TO YOUTH



Here's the thing

The Possibilities Are Endless

You know, the great thing about summer is, well, for one thing, it's a pretty long vacation. But it's the endless possibility of that vacation that's the really exciting thing. Three short months that seem to fly by, but who can tell now what they'll hold? Will you go on a trip? try a new sport? learn to sing? play in a band? discover you're a sudoku fanatic? bungee jump? go backpacking in the wilds of Alaska? That last one's my dream, but you can borrow it if you'd like. Be sure to send me pictures and a "wish you were there" postcard.

So you've got three whole months ahead of you. What will you do? Not sure? Totally clueless? If you need some ideas, why don't you check out the article "100 Things to Do: My Life List." Once you get a good handle on coming up with your own list, you'll have plenty to do whether you check your items off in order or bounce back and forth on your list. If you're having trouble coming up with 100 things you'd like to do, you can always flip through some of our back issues. *Listen* is dedicated to bringing you loads of positive things you can fill your life with. Just call us your Big Idea Book of Fun.

No matter what you end up doing this summer, I hope that through our travels this year in the pages of *Listen* you've learned that it doesn't pay to mess up your good times with drugs, alcohol, or tobacco. Those dudes will ruin your good times—every time.

So what are you waiting for? It's summer already. Have a great time, and I'll see you back here next year. Same time, same place.

Until next time, have fun, be cool, and make good choices,

Celeste Perrino-Walker
Editor

MAKING MY
LIST AND
CHECKING IT
TWICE—



PHOTO BY RACHEL WALKER

The Big Kahuna

TALES

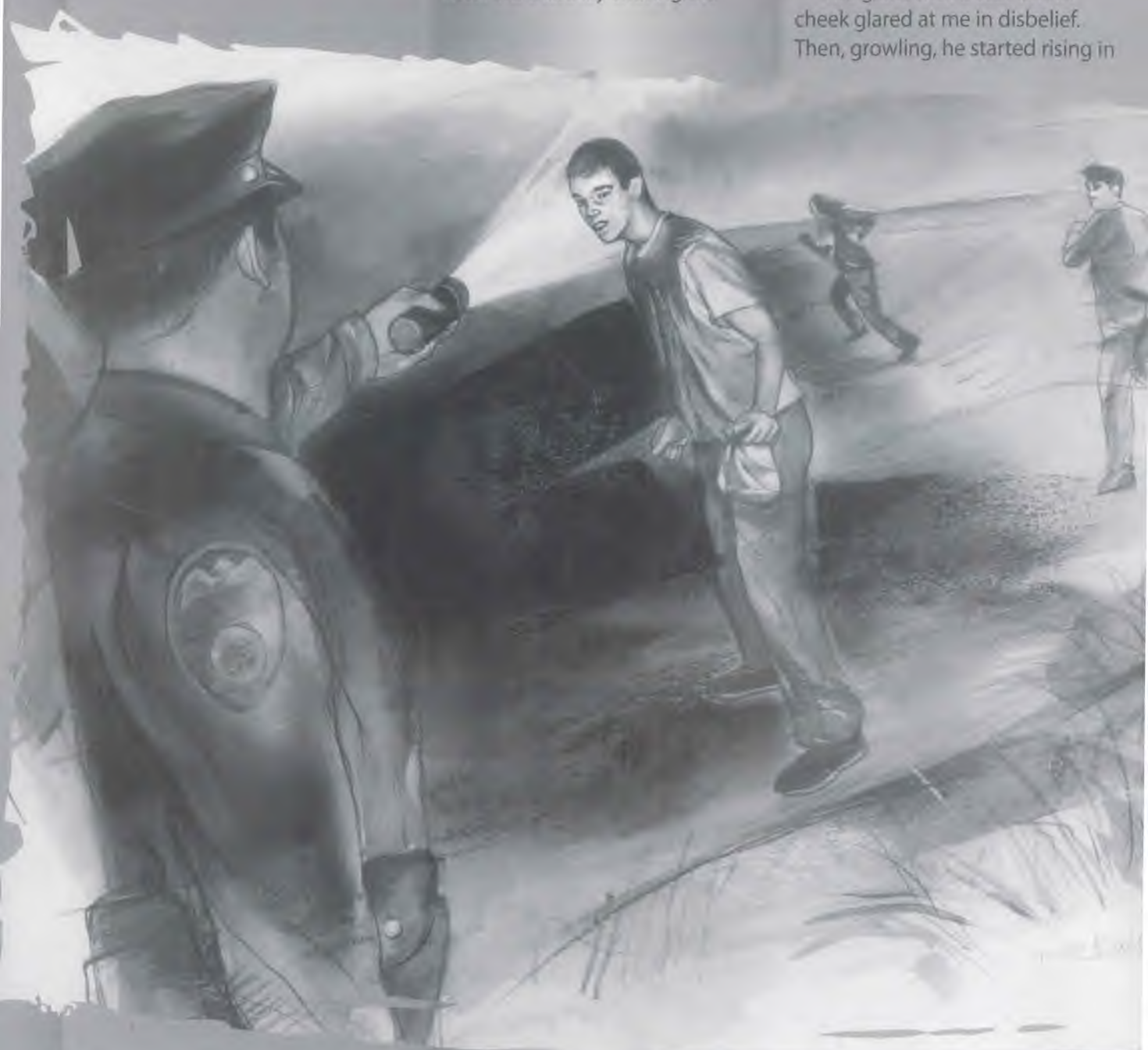
[By Jimmy Lumpkin]

About midnight the booking officer finally finished checking me in. The Hilton (it wasn't). The whole place stank like dirty laundry and had way too many guests. In the pale light I marched along the row of bunks until I found the one assigned to me. And there lay snoring the

biggest, meanest-looking man I'd ever seen.

I finally got up enough nerve to shake him awake. "Excuse me, but you're on my bunk."

The giant with a scar on his cheek glared at me in disbelief. Then, growling, he started rising in



slow, jerky movements that reminded me of Frankenstein. That's when another inmate rushed over to save me. "The kid didn't mean anything, Jake."

Grabbing me by the elbow, this older guy led the way to an empty bunk in the corner. "Kid, you don't want to mess with Big Jake. Just go back to your assigned spot in the morning at roll check. That's the way we do it in the county jail."

"Jail?" It just dawned on me that my parents didn't even know I was here.

Earlier that evening when I had asked to make a phone call, the officer had answered gruffly, "Not tonight. Maybe in the morning—if you're good."

I guess most people thought of me as "a good kid." I attended church regularly and never got in trouble at school or with the police, either, until tonight.

Lying there on my bunk, I stared at the cracks on the ceiling and thought about how I got busted. It happened while I was partying at the beach with some other teens.

"It's no biggie," I explained earlier to my parents. "We're just going to cook hot dogs and maybe go swimming. Is it OK if I spend the night with Fred?" He's my cousin, just out of high school.

Mom frowned. "I don't like for you to be in the water after dark." "A lifeguard's on duty."

He left at 10:00. That's when

some older kids showed up. One of the boys started passing around a bag of mushrooms. They were the illegal variety that caused mild hallucinations.

I'd heard the mushrooms could make you sick, or even die if you ate too many, so I decided not to swallow more than two or three. As it turned out, I didn't even taste one.

Darting from behind parked cars and bushes, the police swarmed all over us. Some of the kids tried to run, but didn't get far. No one knew who brought the mushrooms, or at least they weren't telling. But I got caught holding the bag.

Literally.

It contained so much of the illegal substance the officers arrested me for "possession with intent to sell."

Next morning I finally got to make that phone call, but my folks didn't arrive at the jail until late afternoon. "We had to borrow \$2,500," Dad explained. "That's the required 10 percent of the bail bond."

Mom frowned. "Mushrooms? I thought you put those on pizza or maybe a steak."

All the way home I waited for my folks to yell at me. Instead, Mom cried and Dad just looked disappointed.

A couple of months crept by while we waited in suspense for my hearing. My parents had to raise a lot of money for the lawyer.


"I'm going to pay back every penny of it," I promised, "even if it takes me the rest of my life."

When my court date finally came, I pleaded guilty to the "possession" charge but not the "intent to sell." My coach and pastor pleaded with the judge on my behalf.

Since it was my first offense, the judge released me on probation. Mom and Dad had to sign me up for professional counseling, though, which cost more big bucks.

I'm still on restriction. School won't let me participate in athletic events. My folks don't allow me to go anywhere except to class and church. But, worst of all, the parents of my best friends won't let them associate with me.

Still, I guess I got off pretty easy. Some states have mandatory prison sentences for substance abuse. Anyway, I've learned my lesson. Using illegal stuff like mushrooms and pot is wrong. I don't ever want to be around that junk again. Even after I get off restriction, I'm not going to teen gatherings where no adults are present. Most of the kids are OK, but you never know what might happen. It takes just one user to get everyone in trouble.

A night in the county jail costs a lot more than at the Hilton, and isn't nearly as nice. Frankenstein can keep my bunk. 

You've been warned about "party drugs" like ecstasy. You know they can be deadly after only one use.

By comparison marijuana isn't so bad, right? Wrong! Marijuana, a depressant made from cannabis, or hemp, leaves, is illegal and dangerous. If you've been tempted to try pot, here are 10 reasons to weed out weed from your life.

1. It's illegal. Although only a citation in 12 states, in the other 38 states possession of marijuana ranges from a misdemeanor to a felony with jail time. On March 29, 2004, two teenagers were arrested at a border checkpoint between New York state and Canada for smuggling 17 pounds of pot with a street value of \$70,000. They were charged with criminal possession of marijuana, a felony in New York state.

2. It's impure. Pot from Canada, the biggest supplier after Mexico, is stronger, five times stronger, than the pot smoked in the 1970s. Since the FDA doesn't regulate illegal substances, pot can be laced with other hallucinogenic ingredients like household chemicals or embalming fluid. There's no way you can tell for sure what you're really smoking.

3. It's a driving hazard. "Marijuana impairs your coordination, motor abilities, and perception; driving . . . under its influence can be dangerous, even life-threatening." Canadian member of Parliament Peter Goldring opposes legalizing small amounts of marijuana, as doing so could "put a whole new spin on the word 'highway' and put Canadians at risk of death and injury at the hands of

stoned drivers." Just as with alcohol, getting caught results in loss or suspension of license, a fine, and arrest.

4. It's addictive. According to the Institute of Medicine, "your brain develops a tolerance to cannabinoids . . . a group of compounds related to THC, marijuana's main psychoactive ingredient. This means that over time some people may need to do more pot to get the same high." "Nine percent of young users will get addicted." In other words, they will have cravings and withdrawal symptoms, like "restlessness, irritability, nausea, cramps, insomnia, and mild agitation."

5. It's an anesthetic. Dr. Peter Rogers, of the American Academy of Pediatrics Commission on Substance Abuse, says, "It numbs your mind, so kids with big problems are very attracted to this drug." Pot users escape from problems instead of learning healthy coping skills.

6. It's a gateway. Some experts believe that pot leads to using stronger, more dangerous drugs. According to the National Household Survey on Drug Abuse, "marijuana smokers are 16 times more likely than nonsmokers to be offered hallucinogenic drugs, and

they are more likely than nonusers to try other drugs."

7. It harms mental health. Pot alters the serotonin levels in the brain, making you feel relaxed or high, but Dr. Sanjay Gupta, CNN medical correspondent, cites new studies that "show clear links between its heavy use and serious mental health problems." According to the *British Medical Journal*, "one in 10 people who used cannabis before the age of 15 developed schizophrenia by the age of 26. Cannabis users in general are at least six times more likely than nonusers to develop schizophrenia," a disease "involving hearing voices, disorganized speech, withdrawal, and paranoia."

Another study, done in Australia on 1,600 high school students, "found that all of these boys and girls, particularly girls, were more vulnerable to the symptoms of depression later on in life if they were frequent or even daily marijuana users."

8. It threatens physical health. There are plenty of short-term health risks. Marijuana can make you feel sleepy, lose coordination, have trouble remembering and learning, have increased appetite and pulse rate, be paranoid or have panic attacks, and

Weed Out

[By Mary Ann Jeffries]

Weed Out




WARNING: The treatment of the water, whether by heat, chlorine, or other, and the removal of the water from the water supply, will continue to be a problem. It is a problem of the water supply.

have hallucinations (see things that aren't there). And you're five times more likely to have a heart attack in the first hour after smoking marijuana.

Since marijuana smoke contains 50-70 percent more cancer-causing chemicals than tobacco smoke, long-term health risks include lung and throat cancer, heart problems, blocked blood vessels, and permanent memory problems. Only three joints a day can damage your lungs as much as a whole pack of 20 cigarettes! Additionally, pot can trigger lung infections, pneumonia, bronchitis, emphysema, and bronchial asthma, and give you a daily cough.

9. It affects fertility. Male users have decreased testosterone and "only about half as many sperm per volume of semen as the control group." Dr. Lani Burkman says, "Women who smoke marijuana were also vulnerable to lower fertility," including irregular periods, "miscarriage, and lower birth weight."

10. It increases crime. Trafficking, the buying and selling of illegal substances, supports gang life and may lead to other crimes like illegal possession and trading of weapons, even murder.

Smoking pot may seem to be harmless fun and a good way to chill out after a busy week at school. While it is certainly not as immediately dangerous as using Ecstasy, the risks to your health and safety are too high. It's time to sort the facts from the myths and weed out weed from your life. 

Samantha Getting PRIX-PARED

A rider in a dark shirt and helmet is jumping a brown horse over a white fence with a red flag on top. The background is a lush green field with trees.

By Michele Deppe

"He's perfect" coos 15-year-old Samantha Harris. She proudly shows off a glossy photo. No doubt about it—he is gorgeous. Now, before you imagine that Samantha is drooling over a picture in a teen mag, let's just say that the object of her affection is of the four-legged equine variety.



OLYMPIC HOPEFUL EQUESTRIAN

"Majestic Moments—we call him Mo—is a Dutch Warmblood," Samantha explains. "My trainer brought him from Holland. We originally purchased him for hunter equitation, but he just got extremely fit, and he turned out to be a wonderful jumper as well."

So this season I've been doing jumping with him, and he's so much fun. I think he really likes it; it's freer, and he can really let himself loose. Mo's a real athlete."

And Samantha is his perfect match. Although she has been competing "seriously" for only three years, Samantha bested more than 450 riders for the title of Grand Champion, as the Varsity High Point Rider for Southern California. In the riding-club-saturated counties of Los Angeles and Ventura, that title really means something. Samantha and Mo are working their way up!

The sophomore attends an all-girl school that sponsors an equestrian team. She began riding with the team in the seventh grade, and her progress up the ranks has been swift. The team is part of the Interscholastic Equestrian League, and Samantha has achieved champion status all four years.

Recently she was awarded a scholarship from the West Coast Active Riders (WCAR). Instead of being the academic variety, the scholarship is actually a fund to help recipients cover their pricey showing and stabling fees at higher-level horse shows.

SAMANTHA HARRIS PLOTS HER COURSE

The WCAR does insist that their winners have excellent grades, though, and a strong desire to compete in A-Level horse shows. Samantha has proven herself in both areas. She maintains a permanent spot on the honor roll, with a GPA above 4.0. She has earned the President's Education Award, and is a founding member of a political club called the Junior Statesmen of America.

School isn't the only place where Samantha strives to make the grade. She is a student of Mark Watring, the renowned trainer from Puerto Rico. As a two-time Olympian and gold medalist at the 2003 Pan-American Games, Mr. Watring has a lot of wisdom to pass along to Samantha. He is well known among the Grand Prix show jumping elite, and he and his horse, Sapphire, have claimed thousands of dollars in prize money.

Samantha's current riding goal is to qualify for a



cool to make the 2008 Games, but I just don't think that realistically I'd have enough time to prepare."

Samantha plans to attend Pepperdine University, close to home. "I don't know what I'd like to major in," she says. "But I really love history. I've been taking an advanced European history class this year. I like to learn from history, and its relation to current problems."

"I originally wanted to be a large-animal veterinarian, but my vet, and all of the vets I've talked to,

and her family regularly participate in hunger programs. She and her mom have shipped care packages to a group of United States Marines in Iraq. The packages contained socks, treats, toiletries, phone cards, and some of Samantha's handmade holiday ornaments. Another creative outreach that Samantha organized was a prom dress donation to benefit girls at the local battered children's center. Her efforts have been recognized by her hometown.

Although she isn't sure exactly where life outside of the riding arena will take her, she knows that she isn't going to let bad solutions creep into her life.

"I think I've learned some valuable things about handling stress," Samantha reflects. "It's good to have an outlet, like riding, talking to friends and family, and helping other people. And there is so much information available, and good counseling through most schools, that I think that there really isn't much of an excuse to start smoking, drinking, or doing drugs. And you just don't realize how much damage you're doing to your body, either, until it's too late. My grandfather actually smoked for, like, 40 years, and he quit in the early nineties. But 10 years later, he was diagnosed with lung cancer. He lived for only 10 months after the doctors found it."

Samantha also says that animals play a huge role in helping her keep a positive perspective. "The most relaxing thing I can do is just go hang out with my horse. And we have two boxers at home. I love our dogs. I can't imagine what I'd do without animals!"

spot on the WCAR's Prix de Nations team that will go on to compete at the prestigious Spring Meadows horse show in Canada. In show jumping, riders strive for "no faults." For every pole you knock down, points are added to the score. Mo can rack up points for bad behavior if he refuses to jump a fence. And there are penalties when the horse and rider take too much time to complete the course. So Samantha's goal is to earn a "perfect zero" in competitions!

Wating's pupil has plotted a course for future success. "I am already planning to take a year off from school between high school graduation and beginning college," says Samantha. "That year will be dedicated almost exclusively to riding, and training full-time with my instructor. I plan to keep riding through college, and, hopefully, if all goes well, I'd like to participate in the 2012 Olympics. It would be

say that I wouldn't ever find time to ride if I chose that career. I'd like to stay within the horse industry somehow, but I haven't figured all of that out yet."

Even with riding six days a week and maintaining excellent grades Samantha *makes* time for extra-equestrian activities. She has collected more than 200 sleeping bags for homeless people, and she



By Michele Deppe, D.T.R.

The Electric Beach Is a Bummer

Warm weather has arrived, and everybody wants that sun-kissed look. Teens head for local tanning salons in droves. But indoor tanning could be a life-or-death decision.

Tanning salons want you to believe that tanning is safe. Even healthy. Why would they lie? Simple. Fake baking is a \$2 billion-a-year business. More than 29 million Americans use tanning beds. That's not even counting tanning beds used at home. *Cha-ching!*

Feel the Burn

The younger you are, the more vulnerable your skin is, and 80 percent of damage occurs before age 18. The most common form of cancer is basal-cell carcinoma, which is strongly linked to exposure to UV rays before the age of 20. That's why Governor Arnold Schwarzenegger passed a law in California requiring tanning salons to get parental consent for teens aged 14 to 18.

That Not-so-Healthy Glow

Melanoma is the deadliest form of cancer, and it is the leading cause of death in women ages 25 to 29. Tanning just once a month doubles your risk of developing melanoma. A study with young adults in Sweden showed that the people who used tanning beds 10 times a year were seven times more likely to develop cancer, and melanoma risk increased by 800

percent.

Ultraviolet rays from tanning beds, booths, and sunlamps penetrate three times deeper into the skin than natural light, and are deemed carcinogenic (cancer-causing) by the Department of Health and Human Services.

Although genetics and repeated sunburns are the leading causes of skin cancer, scientists say there is a definite link between indoor tanning and malignant melanoma and other types of skin cancers.

Base Camp

Many people believe that it's healthy to get a "base" tan, to minimize burning. But there is no such thing as a safe tan. Tanning causes premature aging, weakens the immune system, can damage eyes and blood vessels, and puts you at risk for skin cancer.

Your skin may look great now, but the damage is lurking underneath. A computer technology called Visia can show wrinkles that are on the way.

Taking Your Vitamins

You might have heard that tanning provides healthy vitamin D. Experts insist that eating vitamin D-rich foods (such as cereal, eggs, fish, or dairy products), or taking a multivitamin is a better way to get

this nutrient. It takes much less sunlight to obtain vitamin D than it takes to get a tan.

There is also a common belief that tanning beds are an excellent cure for seasonal affective disorder (SAD). Some patients do require light therapy, but the bulbs used filter out harmful UV rays. Also, dermatologists find that tanning beds actually make acne worse. The thickening from tanning makes pores harder to cleanse.



Screen It

Most teens are getting wise to the lies about tanning beds. Instead, they're using sunscreen and heading out into the fresh air to have fun without the worries of fakin' bakin'. It's the best way to avoid the dangerously dark consequences associated with tanning beds. ☺

Michele Deppe, D.T.R.
(Dietetic Technician,
Registered)



You have a science project due tomorrow, the soccer championship this weekend, and your mom is yelling at you to clean your room. You feel ready to explode. It seems that nowadays there's so much to do—between schoolwork, activities, and part-time jobs, there's very little downtime. But controlling stress is an important thing. Stress has been linked to illnesses like heart disease, depression, and substance abuse. This is a good time for you to take control of your stress before it controls you.

Quiet Your Mind

Chances are if you feel stressed out, your mind is frazzled. Instead of sleeping, you are visualizing football plays for Sunday's game. While waiting for the school bus, you are memorizing algebraic equations. The best treatment for this ailment is quiet time. Find a quiet spot, sit in a comfortable position, and relax. Picture a place that makes you feel peaceful. Another helpful technique is to relax every part of your body, starting with your toes and moving your attention all the way up to the top of your head. I bet you've already forgotten your worries.

Rejuvenate Your Mind

Exercise might sound like a lot of work, especially when you are feeling overworked. But believe it or not, exercise revitalizes your mind as much as your body. Exercise activates mood-boosting chemicals called endorphins. Any type of exercise will do the trick. Play a team sport, go for a jog with a buddy, or skip rope in your back-

yard. Just get those endorphins kicking. Take a warm shower or bath afterward for a double whammy to your stress.

Do Something

What you need is to change your focus. Do something different. Many swear by the restorative powers of knitting and gardening. If that's not up your alley, grab a friend and see a movie. Or better

yet, volunteer your time to help others. Not only will you get your mind off your own woes; you will feel better about yourself. You might realize your troubles are not so bad after all.

Do Nothing

Stress is often related to basic overload—you are trying to do too much. According to Dr. Christopher Trigani, a licensed psycholo-



Stress Busters

[by Jeannette Lang Malizia]

gist at Jersey Shore Medical Center in Neptune, New Jersey, and professor of psychology at Georgian Court University in Lakewood, New Jersey, you need to ask yourself, "Am I enjoying what I am doing?" Dr. Trigani suggests to "choose your priorities in order to keep a balance in your life." You may love playing soccer, but playing all year is too stressful. If you feel you are overtaxed because of your activities, try asking your parents for a "time out," suggests Dr. Trigani. Talk about either giving up some overwhelming activities or negotiating time off once a week.

Be Proactive

Sometimes we stress out because we feel a lack of control. It is important to pinpoint the cause of your stress. Is it the upcoming chemistry test? Is it the fight you had with your girlfriend? Work to resolve your problem practically. If you are stressed about a difficult decision, make a list of pros and cons. Brainstorm solutions to a conflict. Write a to-do list to tackle an overwhelming task. Another important way to be proactive is to talk about your stress. Find someone you can trust—a parent, a friend, a teacher—and talk about how you feel. Simple self-expression releases a heavy load. Plus, in sharing with others, you may realize that you're not alone.

Unfortunately, there is a lack of role models when it comes to managing stress. Many people, teens and adults, let stress rule their lives. Try some of these tips now before stress rules and maybe ruins yours. 🍌

When Stress Is Dangerous

Sometimes stress can become too much to handle alone. Left unchecked, stress can interfere with your life so much that you'll need more than a little exercise for a jump start. If you start to see some of the following changes in yourself or a friend, talk to someone about seeking professional help.

- Trouble sleeping
- Mood swings and outbursts
- Inability to concentrate
- School grades plummet
- Poor health in general

? I have to fly in a plane to go on a vacation. I've never flown before, and I'm really scared. I don't want to look stupid in front of everyone else on the trip. How can I get over this?

! I was nervous about flying the first time, but when you start doing it four or five times a year, it becomes as mundane as brushing your teeth. Flying can be stressful, but look at it as a new adventure. You've got a great new experience, and you even get free peanuts!

Since I fly often, I didn't know how to answer this question, so I asked a friend of mine how she dealt with it when she flew for a school field trip. Her best advice: tell everyone. I laughed; that's silly, right? Honestly, she claims that once everyone in her group knew she hadn't flown before, it became much easier. Two other people admitted they had never flown before and were a little nervous. Knowing you aren't alone in this new experience will make things smoother.

She said that watching the other planes and asking people about their experiences while she waited to get on the plane really eased her mind. So talk to the people going with you. Ask questions and don't feel shy about not knowing. They didn't know, at one time, either!

? I have a fairly good friend, and we are pretty close. The only problem is that whenever I'm with her, I constantly feel like she is judging me and wants to be better than I am. She has been very competitive lately about her social life, bragging about all the boys she meets and all the parties she gets invited to. My senses are telling me to break off the friendship before I get hurt, but summer has just started, so I won't have anything to do! What should I do?

! I've had a friend like that for years. He and I always ran with the same crowds and were always in advanced classes growing up. We competed on everything: grades, social status, even our college résumés! Our competition made us both better at what we were doing. By competing with him, I pushed myself to be better.

However, when we were sophomores, things got out of control. We started fighting when one of us had a lower grade or something. We talked about it. I called him up one day after a particularly mean argument and apologized. To my amazement, he apologized too, for egging me on and bragging about our differences. That conversation really strengthened our relationship.

Afterward, when he got a better grade than I did on a test, we made it a point to sit down and go over the problems and rework them so I would know how to solve them. When I got invited to a party, I asked the host if he could come also. When you feel that you're losing it because of competition, sit back and talk to her. She probably doesn't mean to push her new social quests on you.

Hey!
Nat

By Natalie Jacobs



Your Inner Critic: Thumbs Up or Thumbs Down?

Take this
quiz
and find
out!

Some days the movie of your life is an Academy Award-winning performance. Other days earn Razzies. Your inner critic is always watching, waiting to judge you for every missed cue or botched line, and often leaves you wishing for a stunt double. Does your inner critic need to be fired? Take this quiz and find out!



1. At parties I:

- a. hide in a corner.
- b. help in the kitchen.
- c. dance all night.

2. In a crowd I think, "I am _____."

- a. no one
- b. someone
- c. a star!

3. I _____ being me.

- a. loathe
- b. like
- c. love

4. The mirror is:

- a. public enemy number one.
- b. a necessary evil.
- c. just a reflection.

5. If I am myself, other people will:

- a. run away.
- b. wonder if I'm sane.
- c. enjoy my company.

6. If I can't do a good job, it's:

- a. no big surprise.
- b. not worth doing.
- c. worth a try for the experience.

7. If someone disagrees with me, it means:

- a. I'm an idiot.
- b. I could be wrong.
- c. everyone has different views.

8. My body is a:

- a. nightmare.
- b. reality.
- c. dream.

9. I fear my friends will reject me:

- a. always
- b. sometimes
- c. never

10. I _____ to try new things.

- a. loathe
- b. like
- c. love

11. Success is _____ for me.

- a. impossible
- b. possible, but hard work
- c. easy

12. My inner voice tells me I'm

- a. worthless
- b. average
- c. unique

SCORING:

For every **A** answer, give yourself **0** points.
For every **B** answer, give yourself **2** points.
For every **C** answer, give yourself **3** points.

0-12: Thumbs down! You don't value yourself enough to score an audition for a walk-on part, much less a starring role in your own life. Talk to someone you trust about the inner critic who is booing you off the stage. Practice your self-esteem-building lines: "I accept myself. I deserve to be loved and respected. I can be successful."

13-24: One thumb up! Understanding that you have a contribution to make to the world is a great step toward having positive self-esteem, but you need to practice tuning out the critic and tuning in to your strengths.

25-36: Two thumbs up! Wow! Your strong sense of your self-worth, your special talents, and your confidence results in rave reviews from your inner critic, and you're your own number one fan!

10 Tips for Increasing Your Self-esteem

1. Say "No!" to perfectionism. Nobody is perfect!
2. Appreciate your unique traits.
3. Compliment yourself.
4. Develop hobbies you enjoy. You need to have fun!
5. Spend time helping others.
6. Try for your personal best—stop comparing yourself with others.
7. Set realistic expectations—don't be so hard on yourself!
8. Focus on inner beauty, not outer beauty.
9. Exercise—you'll be healthier and less stressed.
10. Emphasize your strengths, not your weaknesses.

CHATROOM

BY DALLAS WOODBURN
ART BY ANNIE HILL

my buddies
and i r plan-
ning a fun
prank--u know,
a way 2 say
goodbye 2 this
school so ev-
eryone will re-
member us. r u
4 in?

4
sure!!!
count me
in!

girlsrcool114: can you believe we're
graduating in a WEEK?!

discodiva87: it's crazy.

sk8erboy101: the year went by so fast!

bballer2005: we need to do something
<go out w/a bang!

discodiva87: hold on a sec, josh ...
what r u guys planning 2 do?

seanthesenior3: nothing 2 big . . . TP
the trees in the quad, spray-paint
"SENIORS RULE" in2 the lawn. don't
worry, it'll b harmless.

bballer2005: see, chloe? it sounds
fun! i'm in!

girlsrcool114: we'll get back 2 u,
sean.

bballer2005: y r u being such party poopers?

discodiva87: these pranks can get out of hand,
josh ... i know sean means it 2 b harmless
and fun, but it doesn't always end up that
way.

girlsrcool114: yeah, sometimes they cross the
line from pranks to vandalism.

sk8erboy101: and u know how the school punishes
vandalism, don't u, dude? suspension, maybe
even expulsion. i wouldn't risk it,
especially right b4 graduation. u've come
this far, u don't want 2 mess up now.

bballer2005: *sighs* u guys r such worrywarts
sometimes! nothing bad will happen. it's the
last week of school--loosen up and live a
little!



glad u could make it, dude. here.



what*s this?

spray paint, 2 write stuff on the lawn.



r u sure we won*t get in trouble 4 this?



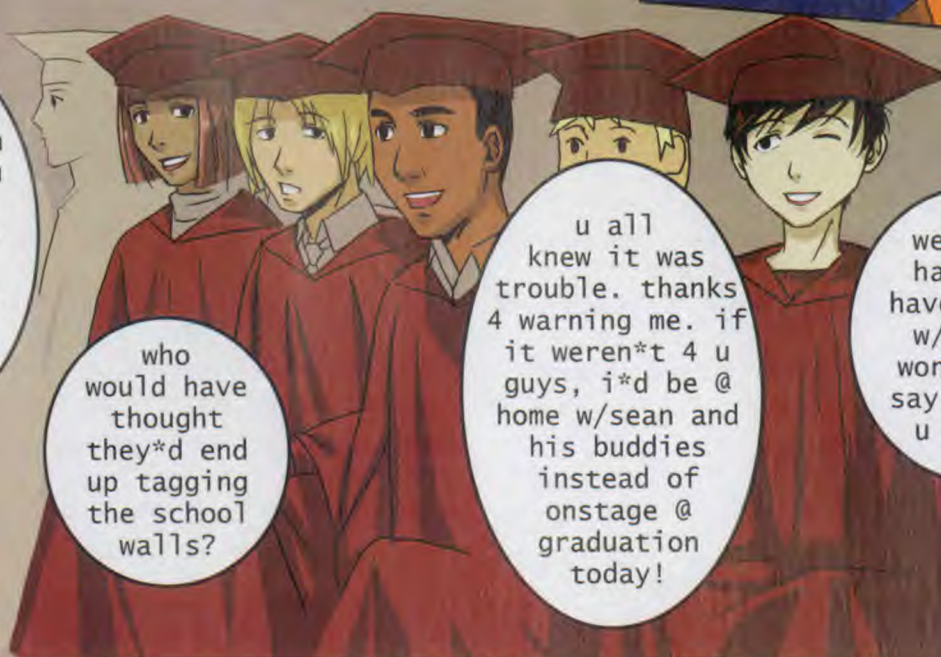
'course not--the grass will grow back. no big deal.



maybe they were right. maybe this isn*t such a good idea.

josh, i*m so glad u decided not 2 go thru w/sean*s prank.

who would have thought they*d end up tagging the school walls?

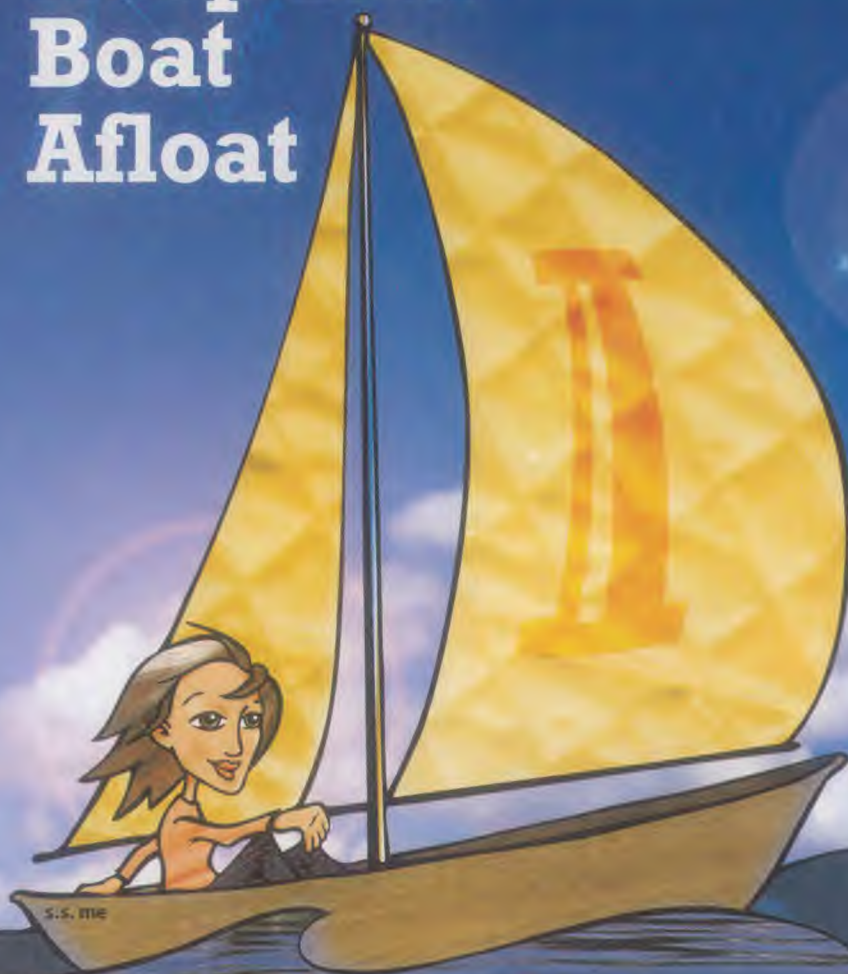


u all knew it was trouble. thanks 4 warning me. if it weren*t 4 u guys, i*d be @ home w/sean and his buddies instead of onstage @ graduation today!

we're so happy to have u here w/us, we won*t even say we told u so. :)

Golf-Esteeem:

Keep Your Boat Afloat



[By Keri Collins]

Sometimes life is smooth sailing:

calm waters, sunny skies, and heading in the right direction. Other days it's like Gilligan's "three-hour tour": wind-tossed seas, stormy weather, and going nowhere. People need high self-esteem the way motorboats need engines—they provide the power necessary to propel us forward. Our self-esteem, or how we feel about ourselves, is positively or negatively impacted by the messages we receive and choose to believe. Just like a boat engine takes fuel and maintenance to run well, our feelings about ourselves are powered by the information we take to heart. More than attracting crushes, or wearing the latest fashions, positive self-esteem begins with respecting yourself.

Maybe you believe your value as a person is beyond your control, determined by how you fit society's definitions of success or beauty. Perhaps you've been torn down by others so often that you believe their harsh opinions. While you may not be able to change their negative input, you can change how you fill the tank on your motor. Don't give negative messages more importance than the good things you know about yourself. Will you focus on your strengths or your weaknesses? Concentrate on what you do well, aspects of your personality that you like, and celebrate every success, no matter how small.

Self Check

What's the big deal about positive self-esteem, anyway? Writing it off as warm fuzzy feelings dismisses significant facts about the differences between people who value themselves and those who feel worthless. Individuals with low self-esteem are more easily swayed by peer pressure, and are more likely to try drugs and alcohol, or engage in criminal behavior. Increased risk of sexually transmitted diseases and unplanned pregnancy are also related to low self-esteem. Valuing yourself makes it easier to stand your ground, to make good choices that will positively impact your future. Teens with high self-esteem perform better in school and find it easier to make friends. Those who believe in themselves adjust to failures, disappointments, frustrations, and mistakes more easily, and have a higher rate of perseverance—working at something until they succeed.

Besides filtering out the harmful stuff that can clog your fuel lines and prevent your motor from functioning properly (like those media messages promoting unrealistic standards of physical beauty), choosing supportive friends to help you with day-to-day maintenance of your self-esteem can mean the difference between your life feeling like a cruise in the Bahamas or a trip on the *Titanic*. Friends who share your interests and care about your happiness will support you in being your true self, not a person defined by the expect-

ing yourself to others and finding fault rather than appreciating your unique qualities. When mapping out who you want to be and where you want to go, however, set realistic goals. No one can sail alone around the world in a day. Changing a D in math to a better grade will take time. Hitting more three-pointers takes practice. Strive for your personal best, for accomplishments and improvements, rather than perfection. If there's something about yourself that you can change, make a plan. If there's something you can't

Valuing yourself makes it easier to stand your ground, to make good choices that will positively impact your future.

tations of others. Do your friends bring out the best in you? Must you act differently in order to secure their approval? Compromising your beliefs or giving up who you really are to please your friends is like paying a mechanic to damage your engine. The price is too high, and does more harm than good. And a boat without a working motor is at the mercy of the tides and winds of life.

As captain of your vessel, you're in charge of charting your course. As a teen, you're trying to figure out who you are and where you fit in the world. It's natural to have constantly changing feelings about how you look, because your body is changing in ways that are beyond your control. It's also easy to be tough on yourself, compar-

change, work on liking yourself the way you are.

You must maintain the boat inside and out, and keep the engine in top shape. Eating well, exercising regularly, and getting enough sleep will give you strength, stamina, and energy. Don't let fear of failure prevent you from trying new things, because you'll never leave the dock, and what fun is that? If you feel like you're sailing alone, reach out to new friends. If stress has a storm brewing, use it to help you do your best work rather than allowing it to blow you off course. Most important, if your motor refuses to run and you feel like your ship is sinking, seek help from an adult you trust, a counselor, or a therapist to help you repair the damage. 19

It's a typical day for 16-year-old Sondra Clark. She attends morning classes at school, eats lunch with her friends, and then races off to meet a newspaper reporter. A reporter? Because Sondra has written six books and is a motivational speaker, she frequently gets asked to give interviews. "I found I miss less school if the reporters come to me, than if I have to drive across town to meet them," Sondra says. She gives an interview while the newspaper photographer snaps a few pictures. Then it's back to classes.

After school her mother takes her to an after-school program for at-risk students. Sondra encourages them to stay active in school, sports, or other fun activities. Dinner is quick, and then Sondra returns to school for drama practice. "It sounds like I have a busy

life, but actually I seldom feel rushed. I guess when you are doing something you feel is worthwhile, then it doesn't seem like work," says Sondra.



Ever since she was 11, Sondra has helped children in developing countries get an education. She is a spokesperson for Childcare International, a faith-based relief organization that encourages people in the United States to sponsor a child so that child can get an education and medical care. "During my Christmas vacation in 2001, I visited Childcare International's programs in Kenya and Uganda. I thought I'd seen poor people in my own community," says Sondra, "but nothing

could match what I saw in Africa. Children slept on broken wooden slats with filthy mattresses. Most couldn't afford the money needed for tuition, books, or uniforms."

In Uganda, Sondra took a float plane to reach a remote island on Lake Victoria. She brought craft supplies to share with the children she met. To her surprise, children didn't know what to do with the items. "Many kids didn't know how to take caps off markers to draw a picture. They didn't understand how to cut string with a pair of scissors," says Sondra.

Visiting schools in Africa gave Sondra a new appreciation for her own school. Several African schools she saw had no running water or electricity. The floors were dirt with rough cement walls. "I saw how few books the schools had, so when I got home, I collected 300 books to send back to

Sondra Clark:

You Can Change Your World!





the schools I visited," says Sondra. "Shipping was expensive, so I wrote a letter to DHL Shipping, and they sent everything over to Africa for free!"

Last August Sondra flew to Peru to visit Childcare's feeding program. Every morning they serve breakfast to 11,000 children in the slums of Lima, Peru. "I got to help serve breakfast to hundreds of children. They all lined up so patiently and thanked me for the food I gave them. What really affected me was that this was the only food most children had all day."


Because of Sondra's volunteer efforts to help the children she met in Africa, she's raised more than \$80,000 for Childcare International. She frequently appears on television shows such as the CNN, 700 Club, Discovery Channel, and PAX TV. In addition, Sondra has

published six books that can be found at major bookstores around the country. In her fourth book, *You Can Change Your World!* (Baker Publishing), Sondra gives kids more than 150 ideas on how they can get involved in volunteer activities at their school, church, and community. "You may not be able to travel to Africa, but you can volunteer in other ways," says Sondra. "How about getting your friends to plant some colorful flowers around your school entrance? You could volunteer to walk dogs at the local humane society. If you have a musical talent, sing, or play an instrument at a nearby nursing home."

Sondra frequently gives speeches to community groups and schools across the country. She speaks to middle and high school youth groups about the impor-

ance of volunteering. Students enjoy asking Sondra questions about her trips to Africa and Peru, as well as her experiences writing books. "I always tell kids anything is possible if they give it hard work and effort. When I write my books, I set a goal of writing a certain number of pages a day. Pretty soon my book is ready to send off to the publisher!"

"People tell me I have an unusual life," says Sondra. "But I think I've been given wonderful opportunities, and I've taken advantage of those opportunities. It would be easy to say I don't want to get up at 4:00 a.m. to be on a TV show or decide I'm scared to speak at a conference with 2,000 people. Instead, I look at each situation as a new opportunity to encourage people to be the best they can be." 📖



Curt
VanderWaal

Rachel
Bishop

What's up with that???? up

whatsup@listenmagazine.org

Lately, when I've been watching movies, I've been seeing the brands of alcohol and cigarettes in the shows. Isn't that illegal?
—Terrence

Not illegal, but definitely immoral in our opinion, Terrence. The movie and TV producers will tell you that this makes the film or show feel more authentic, but tobacco and alcohol companies pay big bucks for the chance to put Marlboro cigarettes or Budweiser beer in the hands of famous movie stars. Such stealthy advertising tries to subconsciously get you to associate the product with the movie or star that you like. You

may not run out and grab a six-pack after the movie, but it may make it more likely that you will feel a little less opposed to trying the product. One recent study found that teens who watched the most smoking in movies were almost three times more likely to start smoking than those who viewed the least. Once you start, the odds of getting hooked or getting into trouble shoot up pretty quickly.

Last month I tried a bottle of Bacardi Silver Raz, and I really liked the taste. I couldn't taste much alcohol, so I'm guessing it's not as dangerous as a beer, right?
—Bailey

You're definitely not alone, Bailey—about one third of teens have now tried these "alcopops." Teen girls in particular like the smooth and fruity taste of drinks like Smirnoff Ice and Captain Morgan Gold, saying they are easier to drink than beer or liquor. Younger drinkers often think that alcopops are cooler and less harmful. Think again—each bottle has about 4-8 percent or more alcohol, the same as most beers. So these so-called softer drinks aren't any better for you, and they

are more likely to lure people who don't like beer or harder liquor into downing more drinks and eventually drinking harder liquor products. A recent study by the American Medical Association found that one in six girls who tried alcopops said they were sexually active after drinking, and one in four said they either drove or rode in a car with someone who had been drinking. So while you might think that alcopops are less dangerous, they can still lead to some bad outcomes.

My friend tried some flavored cigarettes. He had Beach Breezer, Twista Lime, and Mandarin Mints and he said there were other weird flavors, like chocolate and root beer. They don't seem as bad as regular cigarettes, and the ads say they aren't addictive—are they?
—Cole

Well, Cole, let's just say that tobacco companies have never been known for their honesty. Although they have all promised not to target kids under 18, "bidis" and other so-called nonaddictive cigarettes are a back-door way to get kids hooked early. They have at least as much nicotine as the normal brands of cigarettes, and kids who smoke them are just

as likely to become addicted as any other smoker. That means they also face the same risks for cancer, emphysema, and heart disease. Just remember that these cigarettes are being made by the same companies whose top executives solemnly swore, in front of Congress, that their products weren't addictive (yeah, right!).

100 THINGS TO DO: *My Life List*

[By April Aragam]

Sounds like a lot of things, doesn't it? I thought so too, but once I got started making my list I learned how many things I really wanted to try. You probably won't come up with 100 things in one day; it could take months or years to build a list that big. My list hasn't reached 100 yet, but maybe in a few years it will go over. As time goes by, your interests will grow, and you will have more to add to that list. For my list I am using a notebook instead of just paper. I think it will last longer and make my goals seem more special.

Maybe you're wondering what kind of things to put on your list. There are a few different levels that you can work on: things you want to try, things you want to learn, places you want to visit. Here are a few ideas from my personal list to help get you started: learn how to knit, learn to speak Tagalog, and visit Japan. I might try my hand at knitting and decide it's not for me, but at least I gave it a go. That's all right. The point is to try new things.

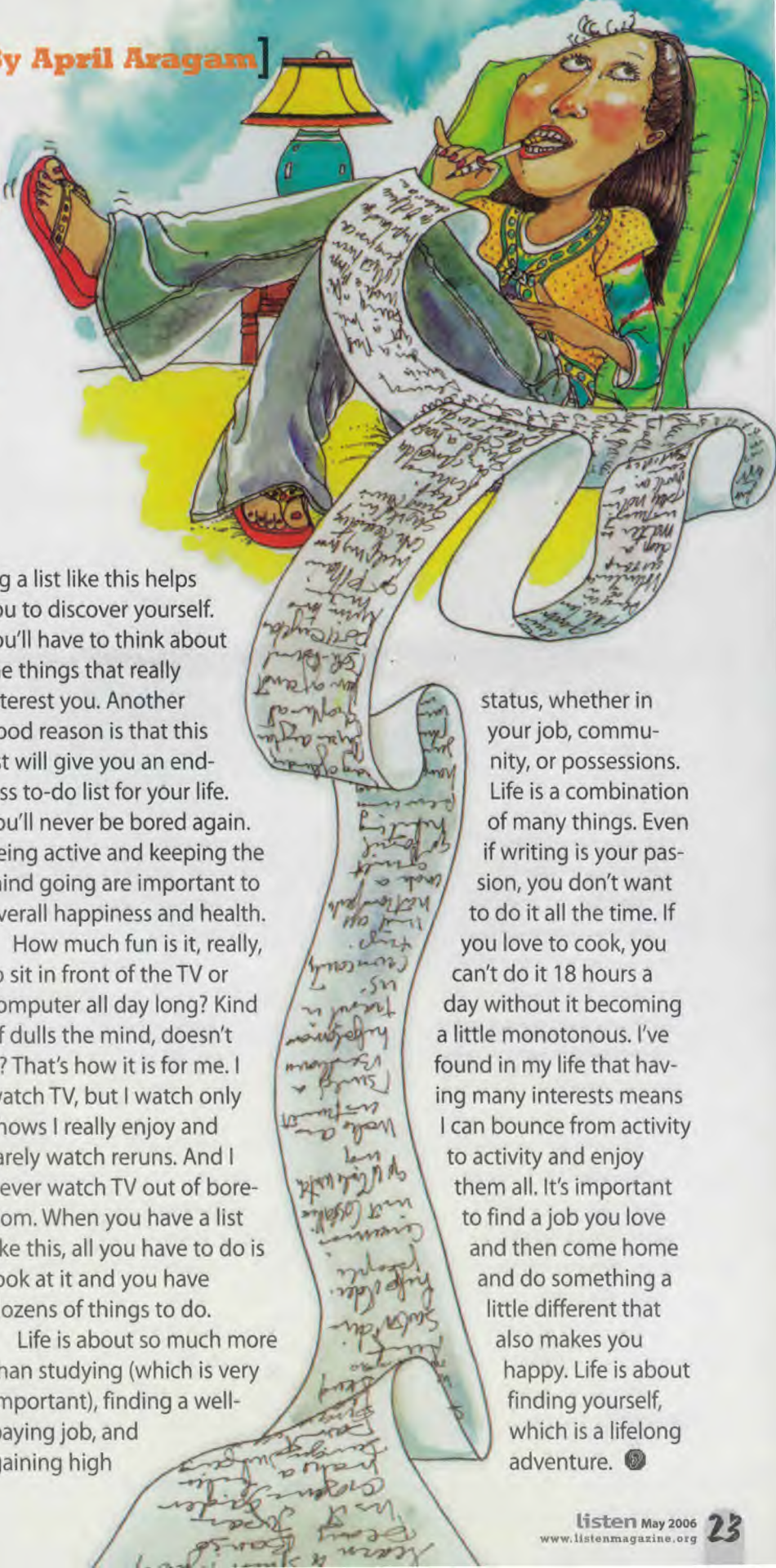
Wondering why you should create this list? Good question. Creat-

ing a list like this helps you to discover yourself. You'll have to think about the things that really interest you. Another good reason is that this list will give you an endless to-do list for your life. You'll never be bored again. Being active and keeping the mind going are important to overall happiness and health.

How much fun is it, really, to sit in front of the TV or computer all day long? Kind of dulls the mind, doesn't it? That's how it is for me. I watch TV, but I watch only shows I really enjoy and rarely watch reruns. And I never watch TV out of boredom. When you have a list like this, all you have to do is look at it and you have dozens of things to do.

Life is about so much more than studying (which is very important), finding a well-paying job, and gaining high

status, whether in your job, community, or possessions. Life is a combination of many things. Even if writing is your passion, you don't want to do it all the time. If you love to cook, you can't do it 18 hours a day without it becoming a little monotonous. I've found in my life that having many interests means I can bounce from activity to activity and enjoy them all. It's important to find a job you love and then come home and do something a little different that also makes you happy. Life is about finding yourself, which is a lifelong adventure. ●



DRAWING INSIDE THE BOX

By Tim Morgan

COMICS.

It probably makes you think about caped superheroes trying to save the world while keeping their identities secret. Or you may have thought about the daily or Sunday comic strips, a few panels that are sure to bring a smile to your face.

The stories that comics tell are as varied as the people who write and illustrate them. In many ways, comics are wide open to new ideas—both in terms of the subjects covered and the way the story is told. With some work, talent, and ambition, you can break in.

Getting started with comics is easy—and cheap. According to Marty Kelley, a professional illustrator who teaches classes in comics at the New Hampshire Institute of Art, all you need to begin is a cou-

ple of pencils or pens and a pad of paper. Even “professional” gear—special brushes and basic inks— isn’t very expensive.

After you have your gear, you’ll need to find a story to tell. You can get really creative here! Editors agree that a great story will get noticed, regardless of where it came from. What is a great story?

you may ask. Comics don’t have to be about superhuman powers or impossible scenarios. A great story comes from you—where you’ve been and what you’ve experienced.

Consider Liz Plourde, who turned her experiences as a college student into a series of short stories. After about two years of editing her stories and assembling them into one-page comics,

Plourde's work was published in an anthology. "You never know who's going to help you succeed," Plourde says. "Just have fun and share your passion with people who inspire and appreciate you."

Not so confident about your artwork or storytelling? Taking some art and/or creative writing classes would help, as would reading short stories, stage plays, and movie scripts, and of course, other comics.

So you've actually produced some comics that your friends, family, and teachers think are great. They're laughing in all the right places, people are repeating your clever dialog in the hallways, and you're feeling pretty good about it. Now what? It's probably time to

think about where you'll go next, which brings us to one of the most exciting things about comics—conventions!

A convention may range from a few dozen independent publishers and artists (at which you can learn a lot), to a huge gathering in a major city, complete with

editors from Marvel or DC speaking or roaming the aisles. Some of the larger conventions even attract famous people.

Conventions can be expensive—a day pass could set you back \$25—but they're a great way to network, and there are ways to cut the costs. Some conventions seek volunteers to help control lines, hand out flyers, or run errands for the guests in exchange for free admission, T-shirts, and other "staff-only" goodies. Who knows—you may be asked to grab a soda for your favorite artist!

The best advice for attending a convention is to be prepared. Grab a portfolio at an office supply store and bring samples of your work. Chris Campanozzi, editor at Open Book Press, recommends that aspiring artists bring their work to a copy shop, make some handout-



HOW TO DRAW COMICS

(Adapted)

BY IAN C. THOMAS



sized copies, and leave them with editors. Check out the "artist alley," where the pros hang out and show off their work.

If you see a professional whose work impresses you, don't be afraid to ask them to take a look at your work. Remember, most of the people at these conventions—on both sides of the tables—are comic fans at heart. Many are happy to check out the work of an aspiring artist, but not everyone

will. Be polite, and if they say no, thank them and move on.

As you can see, comics offer an exciting way for you to express yourself. The only limits are those you make for yourself.

To learn more:

The Art of Cartooning

By Roger Armstrong, Walter T. Foster, Don Jardine, Jack Keely, Ed Nofziger

www.walterfoster.com

Fact Attack

Every year the Caroline and Erwin Swann Foundation at the Library of Congress awards a \$15,000 fellowship to assist a graduate student researching caricature or cartooning. The Caroline and Erwin Swann Foundation Fellowship Program is open to all. Visit www.loc.gov/rr/print/swann/fellow.html for more information.

ARE YOU Optimistic?

[By April Aragam]

Your attitude can draw people to you or send them running. Are you an optimist—someone who looks for the good in a situation? Take our quiz and find out.

SCORING:

If you answered mostly A's, you lean toward being negative. You can take any situation and make it seem bad.

If you answered mostly B's, you are an optimist. You see the sunny side of things and it makes you feel good.

Being optimistic not only benefits you but those around you as well. People are drawn to an optimistic attitude. Someone who complains and criticizes all the time is no fun to be around. Instead of telling someone they "can't," say "I believe you can." You'll be a good friend and give someone the encouragement they need. Be an optimist, and you will attract good things.

1. Your class is doing oral reports on famous people in history. A couple of your classmates went all out and put together displays to go along with their reports. You:

- ☐ (a) wonder why you didn't think of that. Now you're convinced that you'll get a bad grade.
- ☐ (b) don't worry about it. You did what was required and know you've prepared well for your report.

2. You wake up Monday morning in May and it's cold and rainy. You:

- ☐ (a) know that is a sign of how rotten the day is going to be, and you'd rather go back to bed.
- ☐ (b) have a great outfit to wear on a day like this. You're glad you don't have to wait until autumn to show it off.

3. Your friend failed her math test and is nervous about the makeup test. You:

- ☐ (a) tell her these tests are totally impossible to pass.
- ☐ (b) offer to help her study, and express that you know she'll do better next time.

4. Your boyfriend calls you and says "we need to talk." You:

- ☐ (a) know he is going to break up with you, and wonder what you did wrong.
- ☐ (b) are excited he called. You love talking to him.

5. You tell your parents that you want to be a writer. They tell you that's not practical or secure and suggest you try something more reasonable. You:

- ☐ (a) think you were silly for even imagining you could be a writer.
- ☐ (b) consider your parents' wise advice but think your dream and passion are worth struggling for.

6. For your birthday your boyfriend gives you a card, roses, and a wrapped package. You:

- ☐ (a) wonder when he's really going to surprise you. This stuff is so predictable.
- ☐ (b) love how thoughtful he is. He remembered that you love roses, and you're excited to see what's in the box.

7. You and your best girlfriend are trying on swimsuits when she makes a comment that you might want to go with a one-piece. You:

- ☐ (a) think she's being an awful friend to say something like that.
- ☐ (b) are glad that she is so honest with you. You'd rather have the sad truth than look like a fool on the beach!

YOU ARE AN OPTIMIST.

YOU SEE THE SUNNY SIDE OF THINGS...



4:30

a.m. was dark and chilly. Mountain crests silhouetted the starry blanket above. Dad and I boarded the bus and watched miles fly by that we would soon retrace on foot. My breathing was shallow. *Can I do this?* I wondered.

This was the St. George Marathon. Twenty-six-point-two miles. That's like running across 384 football fields in one shot . . . for fun.

We were dropped off at the mountaintop. Runners were stretching, waiting for a portable toilet, or warming themselves around the bonfire. Yanni's electric guitar blazed through the loudspeakers. Excitement ricocheted across the mountain peaks as the minutes ticked down.

Dad and I pinned on our race numbers.

"Ready?" he asked, eyes sparkling.

I never planned on running a marathon. I saw the commitment

required, and laughed when Dad waddled around after races. But when he described the agony of hitting the wall,¹ and of the exhilaration of crossing the finish line, I felt like an outsider. When I turned 16, I wanted to do more than hear Dad's stories. I needed to *know* what it was like, and I knew I never would until I ran one.

The gun fired. Thousands of footfalls pounded the road. My adrenaline screamed to run with the pros, to pretend running a

The Run of My



marathon was no biggie. But Dad's words flickered: *Let them pass. Don't burn out before the end.*

My footsteps soon pounded solo. Vaseline squished through my toes, slathered on to prevent blisters. The sunrise reflected off the crimson peaks, its warmth enveloping me. I found strength in the mountains. I felt I could run forever. There was rhythm. Right foot. Left foot.

The marathon really began four months earlier with three miles a day. I kept adding miles until I ran

seven a day. On Saturdays I built my endurance running 10-, 15-, and 20-milers.

The 20-miler was the most challenging practice run. After 15 miles I wanted to walk. *This is where the real training starts*, Dad had said. *Your body's fighting mind and spirit.* I trudged on. There were hills to climb. I didn't want to. Dad smiled. *Meet the wall, Angela.*

Eight miles into St. George, a different hill loomed before me. I couldn't see the end of it this time either. I inched up, climbing a mile of forever. My goal became to make it to the top. Left foot. Right foot.

My lungs cheered when I could look downhill into St. George's valley. The midmorning sunrise lit my path, but my feet were the only scenery I could focus on. My quads complained about the relentless downhill. I ran anyway. Right foot. Left foot. Things became mechanical. Water at the aid station. Left foot. Right foot.

Each footstep added up. Right foot. Miles burned through my body. My muscles tensed up. Left foot. If I stopped, my legs would quit. I was hungry. Exhausted. Right foot. Water. *Where is that finish line?* Left foot. *Find it. Cross it.*

Let's walk, Dad.

No, no, Angela.

But I can't run anymore.

It's just up the hill.

I can't do it, Dad.

Yes, you can. We can make it.

I could hear applause and whistling. My mind battled once more against spirit. *Just run to the people.* Right foot. Louder cheering. Left foot. It was the town. Gathered to root for us. Colorful

banners.

"Almost there!" someone shouted.

I want to stop, I thought. Right foot. *When is this over?* Left foot. *This mile. Forever.* Right foot. *Finish line?*

I spotted it. With the last of my energy I sped toward it. Left foot. I wanted to laugh, to cry. No energy for either. Right foot.

Suddenly Dad was running beside me.

"Looking good, Angela."

I ran, wobbled, beside Dad to the finish line. Right foot. Left foot. *Concentrate... finish line.* Left foot. Right foot. *Almost... Right foot... there... Left foot. Two... more... steps... and I can stop.* I gulped down oxygen. The time board flashed 5:15:00.

My hands shook while I guzzled down pop and orange chunks. The rest of me throbbed, but I felt awesome. I did it! I sighed and let endorphins² drug me full of runner's high.

Dad hugged me. He said nothing. He didn't have to. His proud eyes spoke for him.

I still think 26.2 miles is a long way to run. Other parts of my life are hard, too, like that marathon. But when I want to give up, I keep moving. Right foot. Left foot. I look to Dad and others I love for strength. Most important, I know what it means to hit the wall, and to finish something despite it. And I'm a better person for it.

¹ After physically exerting yourself longer than your body has calories for, your body turns to its fat stores for energy. This idiom comically describes what this feels like.

² A chemical your body produces that minimizes pain.



Poetry

Time Forever

By Eric Triller

I'm walking through the woods
And brush the raindrops off my face
The sun has fallen
And the crickets sing at the base of the trees
A wonderful night
Just hangin' with the ones I know
And as the moon comes up

I reflect on the time we've had together
And wish it would never end
I don't need to tell you what time it is
Because when you're with friends
Time stops
And you have that time forever

I walk down the hall at school
New face flashes every few minutes
But the ones I see most frequently
Are the ones that have been there
Through the bad and the good
I will never forget when

I reflect on the time we've had together
And wish it would never end
I don't need to tell you what time it is
Because when you're with friends
Time stops
And you have that time forever

Although they may go and you may stay
They will be with you forever because
You can think back to the time
When time stopped

You're sitting there in a church
And the walls they go so high
And you wish that time would stop
So you could never say goodbye

I reflect on the time we've had together
And wish it would never end
I don't need to tell you what time it is
Because when you're with friends
Time stops
And you have that time forever

Time stops
And you have that time forever
Forever



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There's No "I" in Team *Quiz*

Do you take competition too far? Take our quiz and find out. We dare you!

PRIORITIES

What Are Yours?

Samantha Harris and
Majestic Moments

How you would rate your priorities? Write the appropriate number for each item. Use the blanks for those priorities you would include.

- ☐ Being popular
- ☐ Being honest
- ☐ Family
- ☐ Career
- ☐ Being successful
- ☐ Being famous
- ☐ Being healthy
- ☐ Being kind
- ☐ Graduating
- ☐ Making good choices
- ☐ Being dependable
- ☐ Graduating with honors
- ☐ Being friendly
- ☐ Making a lot of money
- ☐ Helping others

☐ _____

☐ _____

☐ _____

You may or may not be training for the Olympics, but hey, you're still important! Your priorities impact your life and the lives of those around you. Your priorities can either make this world a better place because you lived in it, or just the opposite. "You are special! Just like everybody else." Today is the first day of the rest of your life. It's your choice. Make it a good one! And remember, "A Winner Will Listen!"



Photo courtesy of Scott Harris



www.listenmagazine.org

• www.healthconnection.org