

THE New Era

NOVEMBER

2004

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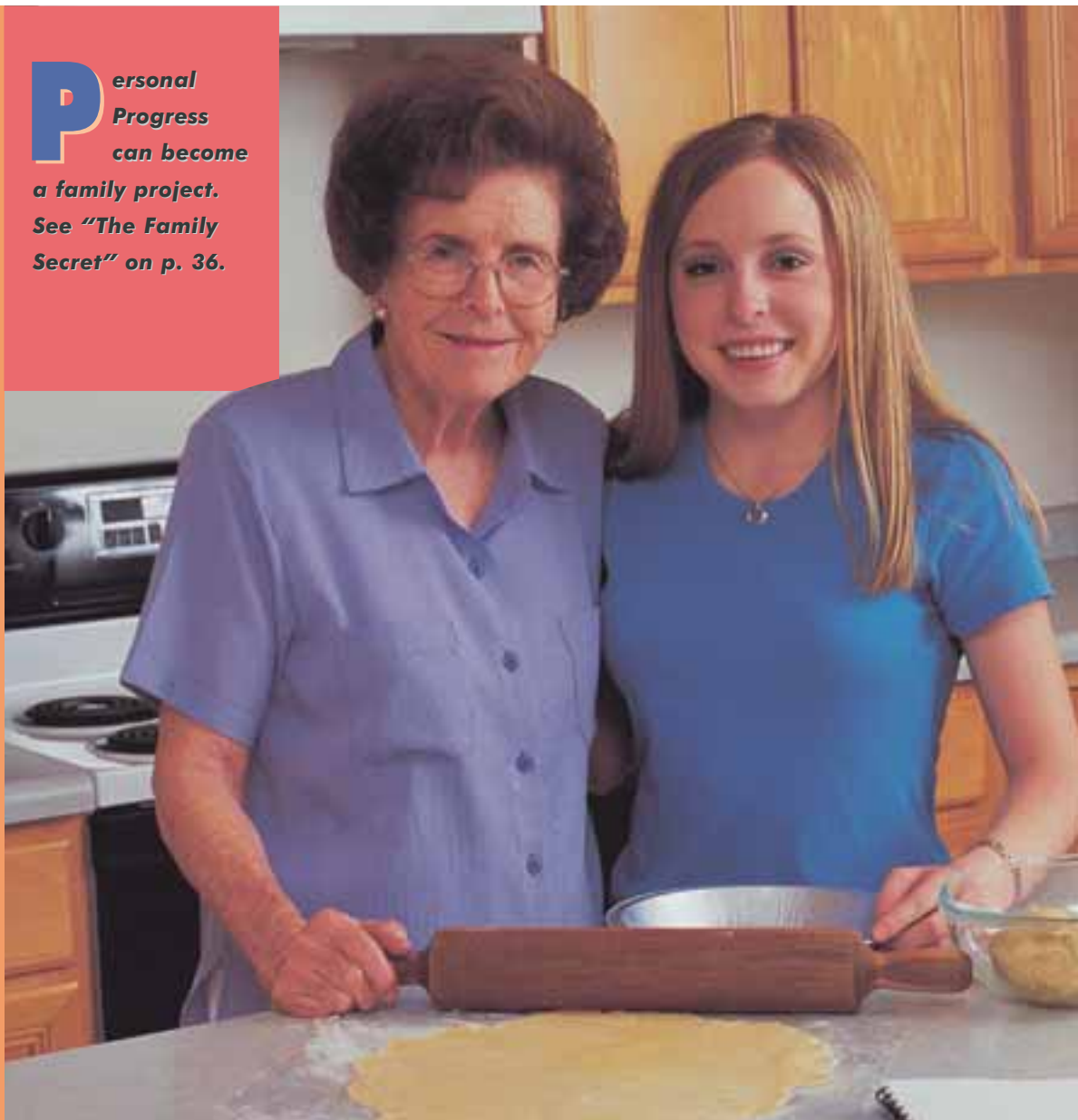
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10 WAYS TO A DIFFERENCE

BY PRESIDENT JAMES E. FAUST
Second Counselor in the First Presidency



In exercising faith, we become cheerful and optimistic, charitable and courageous, because faith is the moving cause of all these virtues.

The influence of just one good woman is often subtle but can have tremendous consequences.

My dear young sisters, you are an indispensable part of what the Church and the world will be. As I have traveled to Church assignments in various parts of the world, I have met some of you and have been impressed by your steadfastness.

I can say without hesitation that you can have “a perfect brightness of hope” for your future and endless joy if you “press forward” as righteous daughters of God (see 2 Nephi 31:20). You are young women of virtue and of great promise. May I encourage you to strengthen the virtues you have already acquired and resolve to develop many others.

I would like to speak of some of those virtues. Many people do not fully understand the meaning of virtue. Virtue encompasses all traits of righteousness that help us form

our character. An old sampler found in a museum in Newfoundland, stitched in 1813, reads: “Virtue is the chiefest beauty of the mind, the noblest ornament of humankind. Virtue is our safeguard and our guiding star that stirs up reason when our senses err.”

Virtues That Help You Be Happy

May I suggest 10 virtues that each of you can pursue in your quest for excellence and happiness:

1. Exercise Faith

I list the virtue of faith first because it is the most important. The Prophet Joseph Smith taught that faith in the Lord Jesus Christ is “the foundation of all righteousness.”¹ I promise you sweet young ladies if you will strive to live the commandments, your faith will continue to grow. In exercising faith, we become cheerful and optimistic, charitable and courageous, because faith is the moving cause of all of these virtues.

2. Be Honest with Yourself

A young woman on a university volleyball

MAKE



team tells of the time when she and her friend Muki were playing together in a championship match:

“I remember it being a close game. . . . Gracie [on our opponents’ team] rounded her approach, jumped, and smacked the ball as hard as she could. . . . The line judges signaled out, and the head official raised his finger to show a point for [our team]. We began giving our usual high fives when we noticed that Muki was hand-motioning to the official that she touched the ball on her block. Muki was calling her own touch.

“The quiet, withdrawn Muki had showed an act of integrity and honesty like I had never seen before. Gracie was so impressed that she talked with Muki after the match. . . . Muki later gave Gracie a Book of Mormon. I don’t know if Gracie has read the book . . . , but I

You can accomplish your goals and enhance your natural strengths through the habit of self-discipline.



do know that Gracie was touched by Muki's example, as we all were."²

You cannot be honest with others unless you are honest with yourself.

3. Be Chaste

In "The Family: A Proclamation to the World," we read, "The sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife."³ Furthermore, the Lord says in the Book of Mormon, "I, the Lord God, delight in the chastity of women" (Jacob 2:28). Intimate relationships between men and women outside the bounds the Lord has set bring great misery, shame, degradation, and unhappiness to those involved.

In contrast, when these sacred gifts are exercised as the Lord intended within the bounds of a temple marriage, they bring us

our greatest joy and happiness. We become co-creators with God in having family and posterity. Chastity before marriage followed by fidelity after marriage is a sacred passport to self-respect and happiness for everyone. I refer you to the excellent counsel on sexual purity contained in the pamphlet *For the Strength of Youth*.

4. Be Humble

Humility is all about keeping one's balance. For example, when you receive a compliment, receive it graciously, but don't let it go to your head. You young ladies have learned much, but you have more to learn. A person who is humble is teachable. Indeed, the Lord has promised, "For my Spirit is sent forth into the world to enlighten the humble and contrite" (D&C 136:33).

5. Develop Self-Discipline

You must have the strength to discipline yourselves so that you can accomplish your goals and enhance your natural strengths. Habits of self-discipline formed while you are young will become part of the makeup of your character for the rest of your lives. The character thus formed from self-discipline will rise with you in the Resurrection (see D&C 130:18). The principle of work is part of self-discipline.

6. Be Fair

We need to be fair and compassionate in our dealings with other human beings. The Savior gave us the parable of the unjust servant who owed a large sum of money. His master forgave him the debt, but that same servant went out and had a fellow servant put into prison for a much smaller debt. Their master rebuked him for not showing

the same compassion that he had himself received, and then sent him to the same fate as his fellow servant (see Matthew 18:23–34). If you will be fair to other people, they will more likely be fair to you.

7. Strive for Moderation

Part of the spirit of the Word of Wisdom is moderation in all things, except those things specifically forbidden by the Lord. It is well to avoid extremes in dress, hairstyles, makeup, conduct, speech, and music. Extremes may attract the attention of some, but they are more likely to turn off those you really want to impress.

When I was a young man, my friends and I went to an amusement park, where we rode the flying saucer. It was shaped something like an upside-down plate that went round and round. Most of us tried to get to the middle so we wouldn't be thrown off by the centrifugal force as the saucer picked up speed. Sometimes those on the edge would grab a friend who was closer to the middle, but that would pull them both completely off the saucer. I soon recognized that the centrifugal force was far less powerful in the middle. I was quite safe in the center even though the saucer was still spinning. But it was risky when someone on the fringe latched on to me. I learned that safety comes from staying close to the center.

8. Be Clean

President Gordon B. Hinckley gave some excellent counsel when he said: "Be clean in dress and manner. . . . The age in which we are living now has become an age of sloppy dress and sloppy manners. But I am not so concerned about what you wear as I am that it be clean. . . . Be sure of your personal

cleanliness."⁴ Remember that you and the Church will be judged in part by your cleanliness and neatness in appearance.

9. Live with Courage

You precious young ladies will need a lot of courage—courage to stand up to peer pressure, to resist temptation, to withstand ridicule or ostracism, to stand up for the truth. You will also need courage to face the challenges of life. One young woman who was a cross-country runner wrote: "I am often tempted to give up and quit during a race. During my first race this year, when I was just about to be overpowered and stop running, the words to the third verse of 'How Firm a Foundation' (*Hymns*, no. 85) filled my mind. The words gave me the courage to finish the race."⁵

Remember that you and the Church will be judged in part by your cleanliness and neatness in appearance.





A Woman's Influence

We frequently find that the influence of good women is underrated. It is an influence that is often subtle but yet has tremendous consequences. One woman can make a great difference for a whole nation.

Esther, a Jewess in the Old Testament, saved her people. When the Jews were in captivity, Esther was married to King Ahasuerus. The king signed a decree that all Jews were to be put to death. Esther's cousin Mordecai urged her to intercede with the king on behalf of her people by saying to her, "Who knoweth whether thou art come to the kingdom for such a time as this?" (Esther 4:14). Esther, at the peril of her own life, pled with the king that her people should be spared. The king listened to her entreaty, and they were saved. One woman can make a great difference, even for a nation.

These are challenging times. I believe your spirits may have been reserved for these latter days; that you, like Esther, have come to earth "for such a time as this." It may be that your most significant, everlasting achievements will be your righteous influence on others.

I testify that if you practice these virtues, you will be able to "press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men" (2 Nephi 31:20). **NE**

From a March 2003 general Young Women meeting address.

NOTES

1. *Lectures on Faith* (1985), 1.
2. Private letter written by Michele Lewis, 12 Aug. 1996.
3. *Ensign*, Nov. 1995, 102.
4. "Be Ye Clean," *Ensign*, May 1996, 48–49.
5. "Feedback," *New Era*, Aug. 1990, 3.
6. *Merriam-Webster's Collegiate Dictionary*, 10th ed. (2000), "grace," 504.

It may be that your most significant, everlasting achievements will be your righteous influence on others.

Fear not, I am with thee; oh, be not dismayed,

For I am thy God and will still give thee aid.

I'll strengthen thee, help thee, and cause thee to stand, . . .

Upheld by my righteous, omnipotent hand.

10. Grow in Grace

We are told in the Doctrine and Covenants that we are to "grow in grace" (D&C 50:40). Grace is a God-given virtue. It is a disposition to be kind and to do good. It is a charming trait or accomplishment, "a pleasingly graceful appearance."⁶ Charm is attractiveness that comes from a feeling of personal dignity, an inner beauty that comes from a feeling of self-worth. It has been said that your expression is the most important thing you can wear. A fine young single man I know has a list of qualities he is looking for in his future wife. Cheerfulness is at the top of the list.

LIKE AN Angel

BY LAURALEE STEPHENSON

The true gift is in the giving.

A violent wind pulled at my hair and hurled me towards the automatic doors. "I hate hospitals," I murmured to myself as I entered. "Why do I always have to be sick?" I was at Primary Children's Medical Center in Salt Lake City for yet another round of tests, which would later reveal that I had epilepsy. I felt as if all I ever did was spend time in the hospital.

On this autumn day, I was feeling particularly unpleasant and detested the fact that at 14, I was still forced to stay at a hospital that I thought was just for babies. It just wasn't fair! How could all my other friends live in one big whirlwind of teenage fun while I was forced to bear such a heavy burden?

In the midst of my self-pity, my eyes were drawn to a boy who was about five or six years old, sitting in a wheelchair in the gift shop with his mother.

"Please, Momma," he said softly, holding up a toy, "please can I get this?"

His mother looked at the toy, then at the little boy and said, "No, sweetheart, we can't afford that."

Although I was sure he was disappointed, the little boy's reaction surprised me. He smiled and set the toy back on the shelf.

As his mother wheeled him back down the hall, I picked up the toy, paid for it, and rushed out of the gift shop. When I caught up with them, I handed the little boy the toy and said, "This toy wants to go home with you!"

The little boy's face turned serious, and he said, "You got this for me?"

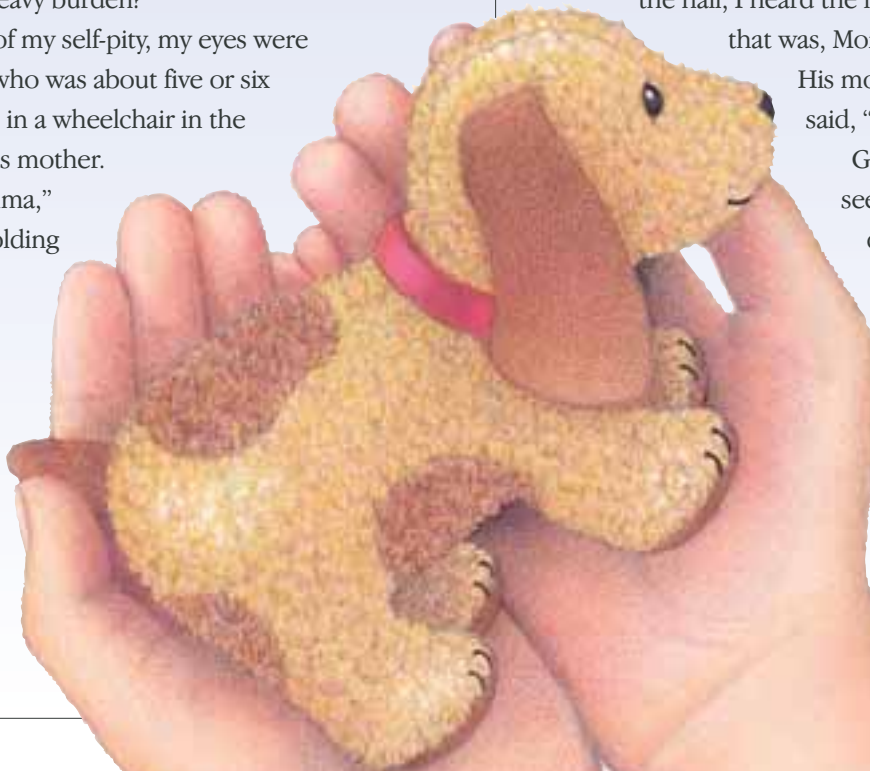
I smiled and looked at his mother, who had tears coming down her cheeks, but she was smiling.

I turned to walk away, and as I turned the corner down the hall, I heard the little boy say, "I know who that was, Mommy. That was an angel."

His mother laughed quietly and said, "I know."

Giving him a small gift seemed to make a big difference, not only for him but for me too. At that moment, I forgot to be selfish, and despite the fact that my problems didn't magically disappear, I suddenly felt a whole lot better. **NE**

Lauralee Stephenson is a member of the Hobbs Creek Ward, Layton Utah Northridge Stake.



ELDER DAVID B. HAIGHT

COMMITTED TO SERVE

A kind, humble servant of the Lord, Elder David B. Haight of the Quorum of the Twelve Apostles passed away on 31 July 2004 at age 97. He will be remembered as a family man with a warm sense of humor who devoted his life to serving the Lord. An Apostle for the last 28 years, Elder Haight also served as a stake president, mission president, and priest quorum adviser.

When David was a boy, he dreamed of playing professional baseball. He thought the greatest moment of his life would be to hit the game-winning home run in game seven of the World Series.

When he was older, he changed his mind about this dream. One day Elder Haight was sitting with his wife and



David and Ruby Haight with their children, Bruce, Robert, and Karen.



three children—one of whom was about to be married—in a sealing room of the Los Angeles Temple. Looking around the room, he thought, “David, you had your priorities all mixed up. Being a hero in a worldly event isn’t the great moment of life. . . . The great moment . . . is

here, . . . because all I have that is really important is in this room. All of my children are committed to the Church.”¹

Born on 2 September 1906 in Oakley, Idaho, David enjoyed serving others during his Aaronic Priesthood years. He said, “We accounted for all of our members and would see that they were all at church. We enjoyed being together. We chopped wood for the elderly and the widows, filled the coal bins at church, cleaned the meeting-house, swept the steps, raked the

graveyard, saw that the sacrament trays and lace sacrament cloths were clean. . . .

“We were part of the Church and the Church was part of us. We knew it; we felt it! We held the priesthood of God!”²

During high school David played basketball and football. The school bought some inexpensive jerseys for the 12 players on the football team. But the players had to wear their basketball shoes. Their chemistry teacher, the only one at Oakley High who had actually seen a



Young David played the violin and participated in scouting and sports.



Elder and Sister Haight were married on 4 September 1930.

football game, taught them a few simple plays.

The school's first-ever football game was against Twin Falls, the previous year's Idaho state champs. David was amazed as he saw 39 players in full uniform run onto the field to warm up.

David explained: "After two plays we didn't have any desire to have the ball—so we would kick it, and soon they would score. When they got the ball, they would run a baffling play and score. Our problem was to get rid of the ball—it was less punishing."

In the final minutes, one of David's teammates intercepted a pass and ran for his life. He scored, making the final score 106 to 6. About this game, Elder Haight later said, "In all things success depends upon previous preparation."³

After high school, David studied business at Utah State University. He graduated, found a job at a Salt Lake City department store, and was put in charge of hiring new employees. That's when he met his sweetheart, Ruby Olson.

After spring term at the University of Utah, Ruby was hired to work at the store where David worked. He soon asked her to lunch. They dated for a year and were married in the Salt Lake Temple on 4 September 1930. Elder Haight said, "Ruby and I were married the right way,

sealed in the temple with its divine covenants and commitments that promote trustworthiness, faithfulness, devotion, and dedication."⁴ He and Ruby enjoyed 74 years of marriage. They have 3 children, 18 grandchildren, and 78 great-grandchildren.

In his career, Elder Haight was a successful businessman and served two terms as mayor of Palo Alto, California. He resigned as mayor when he was called to preside over the Scottish Mission.

Elder Haight's family and the Church were important to him, even more so after an experience he had while serving in the U.S. Navy during World War II. One night, while flying over the Pacific Ocean on his way from California to Hawaii, he looked out the plane's window and saw flames coming out of an engine. "It was spewing so much fire that I thought the plane was on fire, which caused me great concern. I wondered about my family, whether I would see them again," he recalled.

David couldn't sleep that night, so he prayed. "I made a commitment to the Lord that if I got out of the war alive and back with my family, the Church would always come first in my life. . . . Before then it seemed to me that I didn't have my priorities in proper order. That night I reappraised my life and recommitted myself to the Lord."⁵

The plane arrived safely, and Elder Haight kept his commitment to the end of his life. **NE**

NOTES

1. In C. Terry Warner, "Elder David B. Haight," *Ensign*, Oct. 1976, 7.
2. "The Responsibility of Young Aaronic Priesthood Bearers," *Ensign*, May 1981, 42.
3. *Ensign*, May 1981, 42.
4. "Seek First the Kingdom of God," *Ensign*, Nov. 1995, 74.
5. *Ensign*, Oct. 1976, 7.



The Hights enjoyed family time at their cabin each summer.

Elder Dieter F. Uchtdorf

Elder Dieter F. Uchtdorf was sustained as a member of the Quorum of the Twelve Apostles during general conference on 2 October 2004. At the time, he was serving as a member of the Presidency of the Seventy. Elder Uchtdorf, who turns 64 this month, was first called as a Seventy in April 1994 and before that served in Area Presidencies in the United States and Europe.

Before being called as a full-time Church leader, Elder Uchtdorf was an airline pilot for Lufthansa German Airlines. During the last seven years of his career at Lufthansa, Elder Uchtdorf was chief pilot and senior vice president of flight operations.

Born in Czechoslovakia on 6 November 1940, Elder Uchtdorf is a native of Germany. He is one of only a few modern-day Apostles born outside the United States. Elder Uchtdorf was six years old when his family joined the Church in Zwickau, East Germany; he had to wait two years to be baptized.

Elder Uchtdorf went to school in Germany, where he was educated in engineering. He later studied business administration and international management. He joined the German Air Force and later received his wings in the United States as a jet fighter pilot in 1962.

He and his wife, Harriet Reich, are the parents of two children and have five grandchildren. **NE**



“Go to our Heavenly Father in prayer; communicate with Him daily. Draw close to Him, and He will draw close to you. Ask about your studies of the scriptures, about your feelings and your questions, and He will answer. He is waiting, He is real, and He is there.”

—Elder Dieter F. Uchtdorf of the Quorum of the Twelve Apostles, “Making Choices for Eternity,” *Ensign*, Oct. 2002, 29.

Elder David A. Bednar



Elder David A. Bednar was sustained as a member of the Quorum of the Twelve Apostles during the second session of general conference on 2 October 2004. Elder Bednar, 52, had been serving as president of Brigham Young University—Idaho and as an Area Authority Seventy.

Born in San Leandro, California, Elder Bednar is the youngest of three children. As a youth, he participated in Scouting and played quarterback on his high school football team.

Elder Bednar served a mission in Germany. After returning home, he earned a bachelor's

and master's degree from Brigham Young University in organizational communication. He earned a PhD in organizational behavior from Purdue University in 1980.

Before taking leadership of Ricks College in July 1997 and guiding the school in making the transition to a four-year university as BYU—Idaho, Elder Bednar was an assistant professor at Texas Tech University and a professor of management at the University of Arkansas. He taught courses in communication, organizational behavior, and team management. He twice received the outstanding teacher award in the College of Business Administration and was recognized as an outstanding teacher at the University of Arkansas.

Elder Bednar says the things he learned in his career prepared him to help build the kingdom of God. “In the process of giving up whatever our profession has been and putting the responsibility to be a witness of the Savior first, then those appropriate skills can be brought back to assist in building the kingdom,” he says.

Elder Bednar has served as a bishop, stake president, regional representative, and Area Authority Seventy. Elder Bednar and his wife, Susan Robinson Bednar, were married in the Salt Lake Temple in 1975 and are the parents of three sons. They also have three grandchildren.

Commenting on his new calling, Elder Bednar says there are “thousands of men better qualified, more able than I, but I do know from whence the call has come. And so I’m honored to respond. I look forward to serving.” **NE**

“The gospel of the Savior is not simply about avoiding bad in our lives; it also is essentially about doing and becoming good. And the Atonement provides help for us . . . for the entire journey of life—from bad to good to better and to change our very nature.”

—Elder David A. Bednar of the Quorum of the Twelve Apostles, “In the Strength of the Lord,” *Brigham Young University Speeches, 2001–2002*.

ROLLING WITHOUT ROCK

BY KENNETH MCKINNEY

My old style of driving was driving the Spirit away, so I decided to do something about it.

When my car broke down beyond repair, I knew it was time to buy a new one. After months of searching for a used car I could afford, I finally settled on a conservative four-door sedan.

When I got the car, a thought occurred to me: “This is a nice car. Maybe I should only play nice music in it.” So at that point I made a new rule for myself: no hard rock music in the car.

This was difficult for me at first because I had become used to hard rock music. But I started listening to big band music, LDS and other Christian music, and talks by Church leaders and speakers. Before I knew it, I had gone without listening to hard rock music in my car for a year and a half.

With these new kinds of music in my car, I can see some great changes in my life. My challenges with morality and sin have become much easier to conquer. I realized how much rock music had influenced my past decisions. I used to jump in my old car, turn on my music as loud as I could, and then drive to places that I knew I shouldn’t go.

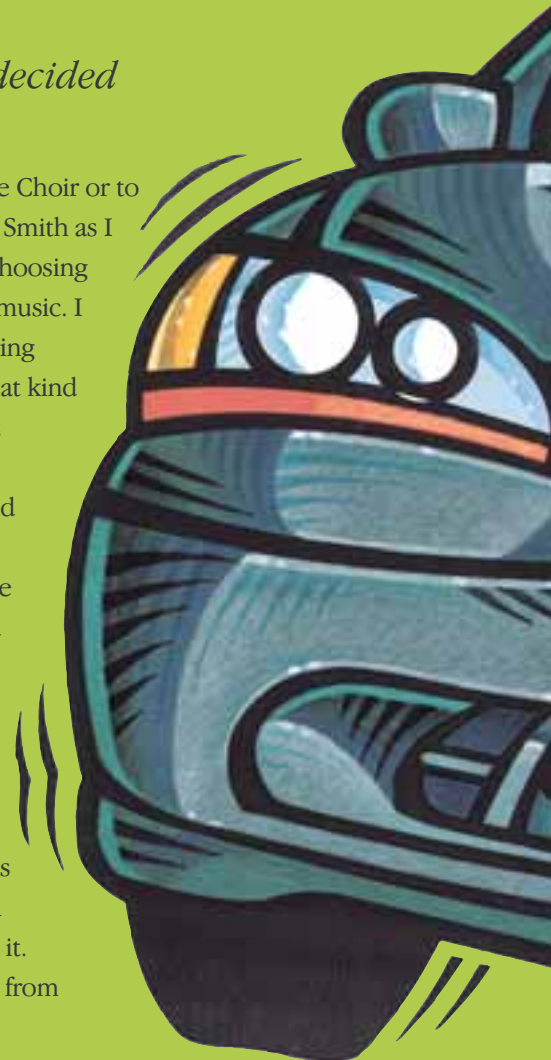
But now, as I listen to good and sacred music in my car, I find that music protects me from temptations. I find myself more able to listen to the promptings of the Spirit.

It’s now an automatic choice for me to listen to the

Mormon Tabernacle Choir or to learn about Joseph Smith as I drive, rather than choosing to listen to my old music. I find myself wondering why I listened to that kind of music in the first place.

I now understand why modern-day prophets encourage us to listen to good music. The difference in my life before and after my decision proves to me that hard rock music has a negative effect on those who listen to it. Believe me, I know from experience. **NE**

Kenneth McKinney is a member of the Morgantown Branch, Hopkinsville Kentucky Stake.



MUSIC AND SELF-RESPECT

“Young people, you cannot afford to fill your mind with the unworthy hard music of our day. It is not harmless. It can welcome onto the stage of your mind unworthy thoughts and set the tempo to which they dance and to which you may act.

“You degrade yourself when you identify with all of those things which seem now to surround such extremes in music: the shabbiness, the irreverence,

the immorality, and the addictions. Such music as that is not worthy of you. You should have self-respect.

“You are a son or a daughter of Almighty God. He has inspired a world full of wonderful things to learn and to do, uplifting music of many kinds that you may enjoy.”

—President Boyd K. Packer, Acting President of the Quorum of the Twelve Apostles, “Inspiring Music—Worthy Thoughts,” *Ensign*, Jan. 1974, 28.

I used to jump in my old car and turn on rock music as loud as I could. When I bought a new car, I thought, “This is a nice car. Maybe I should only play nice music in it.”



Q & A

“I love my family, but it’s embarrassing to say it. How can I let them know I love them without saying it?”

NEW ERA

T rue story: Two 14-year-old friends, Scott and Mark, left Scott’s house. They hopped on their bikes and started rolling down the driveway. Scott’s little sister opened the front door and called to her brother, “I love you.” Scott stopped and called back, “I love you too. See you later.”

With practice, it had become easy for Scott to tell his family he loved them. Other teens find it hard to express their love. Fortunately for them, there are plenty of ways to say “I love you” without even speaking a word.

Say It So They Can See It

One of the best ways to share your love is to do something your family member appreciates. Maybe your mom would appreciate it if you vacuumed the carpets. Maybe it would mean a lot to your dad if you helped him clean the yard. Or maybe your younger brother would love it if you played soccer with him.

Get to know—by asking or noticing—*how* your family members would like to receive your expressions of love. Some people like to

■ **Express your love for your family by doing what they appreciate.**

■ **Show your love in ways that “speak” to your family members: a note, service, a hug, time spent with them, and so on.**

■ **The more you show your love, out of love, the better your relationships will be.**

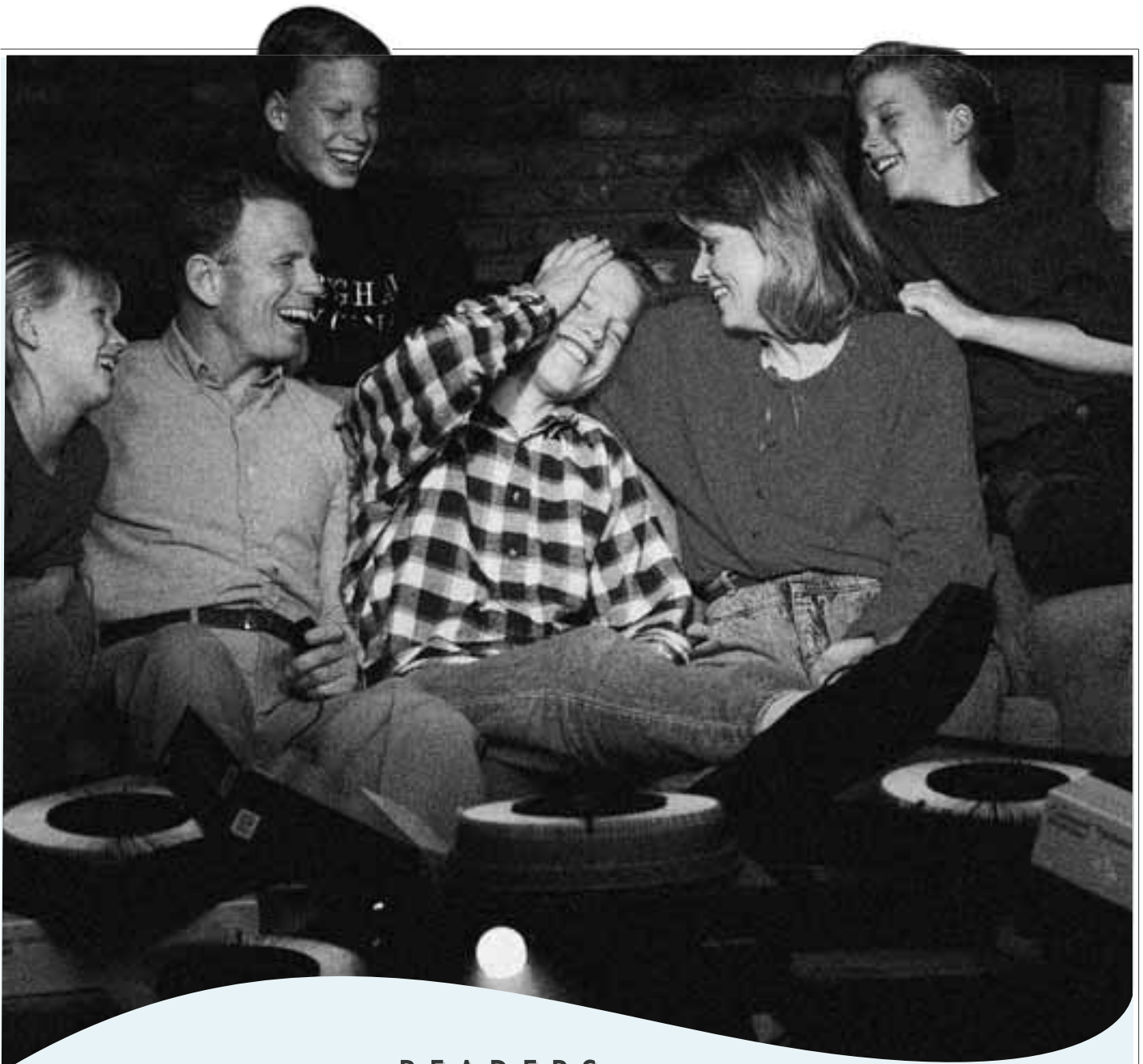
see that they are loved. If so, maybe a gift or act of service—things they can see—would convey your love. Some people like to *hear* that they are loved. If so, give them a sincere compliment, tell them you love them, or remember to speak to them in a kind tone of voice. Others like to *feel* that they are loved. For them a hug might be best.

The idea is to show your love in a way that’s meaningful to your family members.

Say It out of Love

Even though you feel embarrassed to tell your family you love them, do it anyway—because you love them. That effort will show how much you truly care. Plus, the more you tell your family you love them, with or without words, the easier it will become and the more love you will feel for them.

Another true story: Ashley had been at college and away from home for a month. As she sat in her dorm room, feeling lonely, her roommate brought in the mail and tossed Ashley a package. In it was a hand-written



READERS

note and Ashley's favorite candy bar. The note, from Ashley's younger sister, said, "I hope you will enjoy your present. This is a short letter, but I miss you. Love, Maria." (See Ashley Eggers, "Love, Anonymous," *New Era*, Feb. 2001, 26.)

That gift helped Ashley realize that even though she was far from home, her family loved and remembered her. It made Ashley's day because her sister wasn't embarrassed to express her love. **NE**



Sometimes just a simple "I love you" will do the job. I've found it's easiest said by writing a note to a family member and leaving it somewhere they will find it. As I've done that I've noticed any tension or friction is eased, and the Spirit dwells stronger in our home.

Heather Vawdrey, 17, Marysville First Ward,
Marysville Washington Stake

Telling someone you love them doesn't mean you have to say it. By caring and

doing kind things for them, you can show your love. After a while, you'll feel more comfortable speaking it instead of just showing you care.

Natalie Thomas, 14, Rochester First Ward,
Rochester Minnesota Stake



It was very difficult for me to tell my family I love them, even though they would say it to me. I decided I needed to fix this problem

by showing them through my actions that

I love them, and the words would follow. The more you serve someone, the easier it is to express your feelings and love to them.

Elder Doug Atkinson, 19, Washington Everett Mission

You can show your family how much you love them by appreciating them or by doing service for them. Jesus gave service to everyone. They could feel His love through His actions. Your family knows that you love them and can tell by what you do for them and by the small hugs you give them.

Rachael Guinn, 15, Del Mar Park Ward,
Aurora Colorado Stake



As a new member and the only member of the Church in my family, I'm trying to tell my parents I love them, but I'm having a hard time.

Now that I am a full-time missionary, the only way to tell them that I love them is by writing a letter with my testimony, saying how much I love them, thanking them with all my heart, and telling them how grateful I am to our Heavenly Father for giving me my parents.

Elder Angelito C. Ong, 21, California Carlsbad Mission

You don't have to say "I love you" to show someone that you love them. Show your family that you care for them. Help them and be kind to them. You can leave a small note on your parents' bedside, saying simply, "I love you" and sign it. They will know that you mean it.

Tamanna Kalra, 15, Goa Branch, India Bangalore Mission



You could say "I love you" every day, or before you go to bed you could hug or kiss them. If someone is having a bad day at work or school, you could leave a note on their bed. You could

help your brothers and sisters with their homework or chores. You could listen to their problems. If you need more suggestions, ask your Young Men or Young Women leaders.

Britanie Ames, 14, Benson Ward, St David Arizona Stake



***Y*our most important friendships should be with your own brothers and sisters and with your father and mother. Love your family. Be loyal to them. Have a genuine concern for your brothers and sisters."**

—President Ezra Taft Benson (1899–1994), "To the Youth of the Noble Birthright," *Ensign*, May 1986, 43.

I find it hard to express my love vocally, especially to family members. However, I love my family very much, and I express it through my actions, for example, by listening to and obeying my parents' counsel. Small things—like praising my mother for her fine cooking or expressing appreciation when my sisters make something beautiful—are my ways of telling my family I love them. Actions speak louder than words, although loving words don't hurt either!

Keshia Lai, 17, Woodlands Ward,
Singapore Singapore Stake



I have a hard time telling my four brothers I love them. So when I want my brothers to know I love them, I will usually show it, instead of saying it. I will make their beds for

them, play a game with them, or stand up for them when they need it. We also have a mailbox in the house that we put notes or surprises in, telling how we love each other. I love my family a lot.

Kyle Niebergall, 13, Roosevelt Eighth Ward,
Roosevelt Utah West Stake

Answers are intended for help and perspective, not as pronouncements of Church doctrine.

WHAT DO YOU THINK?

Send your answer to the questions below, along with your name, birth date, ward and stake (or branch and district), and a photograph to:

Q&A, New Era

50 East North Temple Street, Floor 24

Salt Lake City, UT 84150-3220, USA

Or e-mail:

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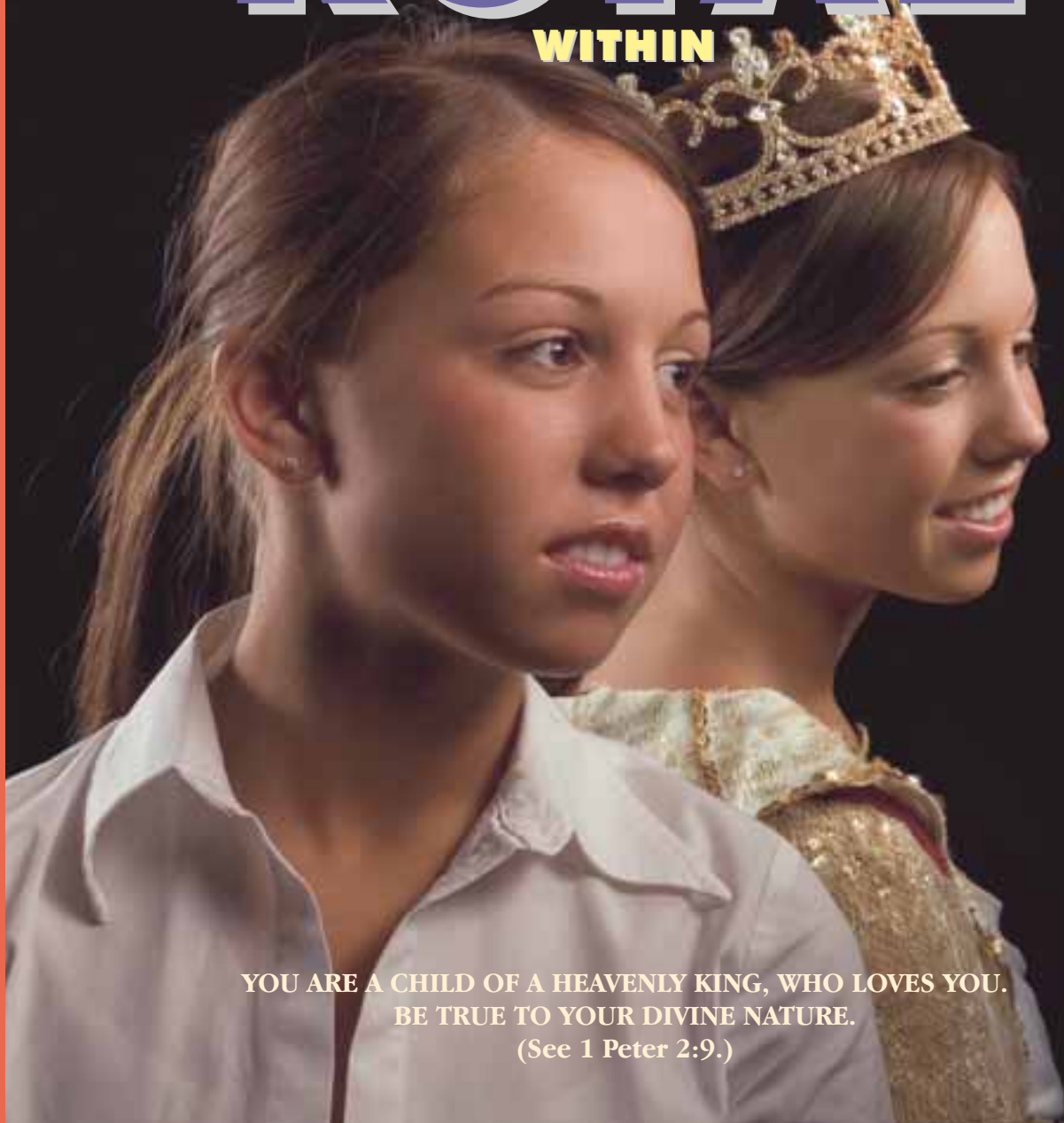
Please respond by 15 December 2004.

QUESTIONS

"How do you know you're forgiven when you repent?"

"How can I help motivate my family to have family home evening, family prayer, and family scripture study?"

BE
LOYAL
TO THE
ROYAL
WITHIN



**YOU ARE A CHILD OF A HEAVENLY KING, WHO LOVES YOU.
BE TRUE TO YOUR DIVINE NATURE.
(See 1 Peter 2:9.)**

LEARNING FROM DIABETES

BY KRISTI LINTON
Church Magazines

I was shocked when I learned I had diabetes, but growing up with this illness has helped me, as well as others, learn valuable gospel lessons.

Chris Hatch (opposite page, in foreground) is healthy and fit as he runs a marathon. As a teen Chris didn't take care of himself as he should. But when he started to read the Book of Mormon, his life and attitude changed. He became more diligent in everything, including taking care of his diabetes.

It was Halloween, and I was sick. While all my friends were hoarding and consuming pounds of candy, I was giving myself insulin shots, munching on set amounts of sugar-free candy, and moaning because I could no longer eat my favorite candy bar. My life as a 10-year-old couldn't have been worse. But now, 12 years later, I realize it couldn't have been any better.

On 10 October 1991 I stared blankly at my doctor when he said, "You have type 1 diabetes." He didn't say, "You have a virus that will go away in a week" or "Here are some antibiotics for your infection." He was telling me I had diabetes and that I would have it for the rest of my life.

That very moment my life changed forever. I went from barely thinking about what I ate to giving myself shots, testing my blood-sugar levels, and eating limited foods in limited amounts. I quickly learned that everything from exercise to stress affected my blood sugar, and I couldn't go anywhere or do anything without monitoring it. I had to be responsible 100 percent of the time, a skill that didn't come quickly.

But behind all of the physical tasks, I found something deeply spiritual. I found that when I was obedient, I was blessed.

Whether I chose to indulge in double-fudge brownies instead of sugar-free pudding had effects that could last up to five or more hours and eventually five or more years. I soon learned that by sticking to short-term restrictions, I was freed from long-term complications. I felt more awake and energetic, and my confidence even increased as I chose to make wise decisions regarding my health.

Because type 1 diabetics only make up about 0.3 percent of the population in the United States, it's easy to feel alone. But there are many in the Church who are pulling through, anchoring themselves in the gospel, and finding joy in the journey they call diabetes. I know, because I talked with a few of them.

Chris Hatch: Staying in Control

Chris had a hard time with his diabetes when he was a teenager. Living the lifestyle of a teenager—eating out at 2:00 a.m., having a crazy sleep schedule—was hard on his body. For most of his teenage years, he tried to deny that he even had a disease.

At college, a good friend helped Chris make some big changes in his physical and spiritual health. "Up to that point," Chris



PHOTOGRAPH COURTESY OF THE DESERT MORNING NEWS



says, “I had never really taken the gospel or my life seriously. As I started to read the Book of Mormon for the first time, I felt my whole life changing. Not only did I feel the enlightening effects come into my life that one feels when reading the Book of Mormon, but I also started to feel more concern for my body and my life.”

Chris says his decision to read the Book of Mormon led to other decisions that helped him become healthier. For

the first time in his life, he started testing his blood-sugar level not just several times a week like he used to, but several times a day. He says, “I began to feel so much better as I started to take care of myself.”

After Chris finished reading the Book of Mormon and received an answer that it is true, he decided to serve a mission. “Serving a mission can be tough,” Chris says. “Every day brought something new for me and my diabetes to try and conquer.” But he believes the Lord blessed him to maintain control. “Constant fluctuations in schedules, modes of transportation, and eating would lead most diabetics to out-of-control blood sugars, but the Lord was watching over me as I served my mission.” Since Chris started taking better care of himself, his health has been

DIABETES: WHAT IS IT?

Diabetics’ bodies don’t produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches, and other nutrients from food into energy needed for daily life.¹

If diabetes is left untreated, blood-glucose levels remain high and create damage that can lead to serious nerve, heart, eye, or kidney problems. But if people with diabetes get proper treatment, stay informed about the disease, and take care of themselves, they can live long, healthy lives.

About 130 million people worldwide have diabetes. Of the 11.1 million diabetics in the United States, it is estimated that 5–10 percent have type 1 diabetes and that 90–95 percent have type 2.

THE SYMPTOMS OF DIABETES

Classic (usually linked with type 1):

- Unexplained weight loss
- Increased thirst
- Frequent urination
- Increased hunger

Common (usually linked with type 2):

- Fatigue
- Blurred vision
- Frequent infections and poor wound healing
- Numbness and tingling in hands, legs, and feet

NOTE

1. International Diabetes Center, Internet, www.parknicollet.com/diabetes/aboutdiabetes/basicfacts.html



almost perfect.

Chris is grateful that he was not only able to serve a mission but that he was able to serve with all of his strength. “The work never suffered as a result of my having diabetes. I saw God’s hand in my missionary work every day, and I still see it now.”

Adrienne Openshaw: Make the Best of It

For a girl who directs high school plays, sews costumes, memorizes Shakespeare, studies Russian, and performs on her school’s dance team, it’s a wonder she finds time to do anything else—especially take care of her diabetes. Adrienne was diagnosed with diabetes when she was 11, but she hasn’t let that get her down.

“There’s really no point in being sad about it,” Adrienne says, “because it’s not going to change it. You might as well make the best of the situation and do things a normal kid would do.” She makes sure to take care of herself physically and spiritually. She tries to do constructive

things that make her happy. “If you do all you can, pray, and have faith in Heavenly Father,” she says, “then He’ll help you accomplish the rest.”

Adrienne has been a resource to many around her. Before moving to Utah, she was asked to teach a class on diabetes at a science museum in Minnesota. “It’s fun being able to bring something exciting out of a trial like this,” she says.



She’s also discovered that the gospel is a strength. “The Savior went through a lot more than I did. And I know that He always understands. You try your hardest, and if that’s all you can do, then don’t stress.”

Matt Anderson: Positive Attitude

Fourteen-year-old Matt Anderson from Bountiful, Utah, is one tough character to shake. Matt was diagnosed with diabetes on a Saturday. He spoke



in church the next day. His mom explains, “When the bishop called and asked if Matt still wanted to speak, Matt’s reply was, ‘Sure, Bishop, it’s already written!’ ” Matt’s talk was on gratitude.

Matt’s positive attitude and strong testimony of the gospel are anchors in his life. “Now I’m just thankful for every day,” he says. “I’m thankful for the power of prayer.”

After receiving a blessing in the hospital, he remembers waking up during the night. “The hospital was all quiet, and I felt this real peace come over me. A true peace. And I wasn’t

Adrienne Openshaw (opposite page, with her mother, Shannon) finds that there is really no sense in feeling sad about something she can’t change. She places her faith in her Father in Heaven to give her strength.

Matt Anderson (left, with his family and playing soccer) feels this trial has brought his family closer.

Emily Pond Ricks (with her husband, Kyle) draws a gospel analogy of the thirst she felt before her diagnosis with a thirst for gospel truths. She has found living water in the teachings of Christ.

scared.” Matt says the priesthood blessing gave him strength to give himself shots and to start testing his blood-sugar level.

“This trial has been a blessing in my life,” Matt says. “It has made me conscious of the gospel more than ever. It has brought me closer to my mom and dad and my sister. I play sports just as much as I did before, and I’m still really close to my friends. I know we have trials for a reason.”

Emily Pond Ricks: No Longer Thirsty

Emily had just returned from a choir tour with BYU—Idaho’s Vocal Union and was planning on spending some time at home in Colorado. “During the trip I just didn’t feel myself,” Emily says. “I was so thirsty. I was drinking at least 20 glasses of water every day, and I was wondering what was wrong. After I was hospitalized, they gave me insulin, and I thought, ‘I’m myself again!’”

Emily’s optimism, along with her family and new husband, has helped to keep her going. “I really try to focus on what I can eat rather than what I can’t, and then I’m fine,” she says.

“After I got home from the hospital I was so grateful not to be thirsty anymore,” Emily says. “Then I thought about Christ and how He is the Living Water. I realized that there are so many people who are so thirsty that they drink

and drink, but it goes right through them. And I was so grateful to know that I have the living waters.”

Learning from the Test

People often ask me how I got diabetes. The truth is, no one really knows. I just believe it’s part of this earthly test. The Lord knew there was no better way for me to learn that sacrifice brings blessings, and self-discipline even greater freedom. I know that if we take care of what we have, the Lord will bless us even more. I have a testimony that this gospel is true and that it connects all that is physical to all that is spiritual. I have a testimony that it is through Jesus Christ, our Savior, that we are able to overcome all things. He, our Master, our Lord, and our Redeemer, is the Rock upon which we are sustained. **NE**



PHOTOGRAPH BY PEPPER NIX

How to Be a BETTER STUDENT

School, homework, and studying. You probably already know a lot about these three things, but you can always use a few good tips on becoming a better student. Here are some from the youth in the Yokota Military Branch, Honshu Japan Military District, on how to study effectively.

- ✦ Be organized. Write down the dates your assignments are due and when you will have tests on a calendar or other place where you will be reminded often of your deadlines.

- ✦ Turn your homework in on time.

- ✦ Get a good night's sleep before tests.

- ✦ After you have studied by yourself, studying with a classmate or group can help you better understand hard concepts. Quiz each other.

- ✦ Procrastination is your enemy. Avoid it.

- ✦ Study for a set amount of time each weekday.

- ✦ Take notes in class and from your textbooks on the most important lesson points. You can also make flash cards to remind yourself of key concepts.

- ✦ Use any study guides or hints your teacher has given you.

- ✦ Have a positive attitude. Complaining will only make learning harder.

- ✦ Pray for help. The Lord will help you if you do your part.

- ✦ Exercise. A healthy body will help you be more alert and awake to study.

- ✦ If you're having trouble understanding something, ask the teacher or one of your parents for help.

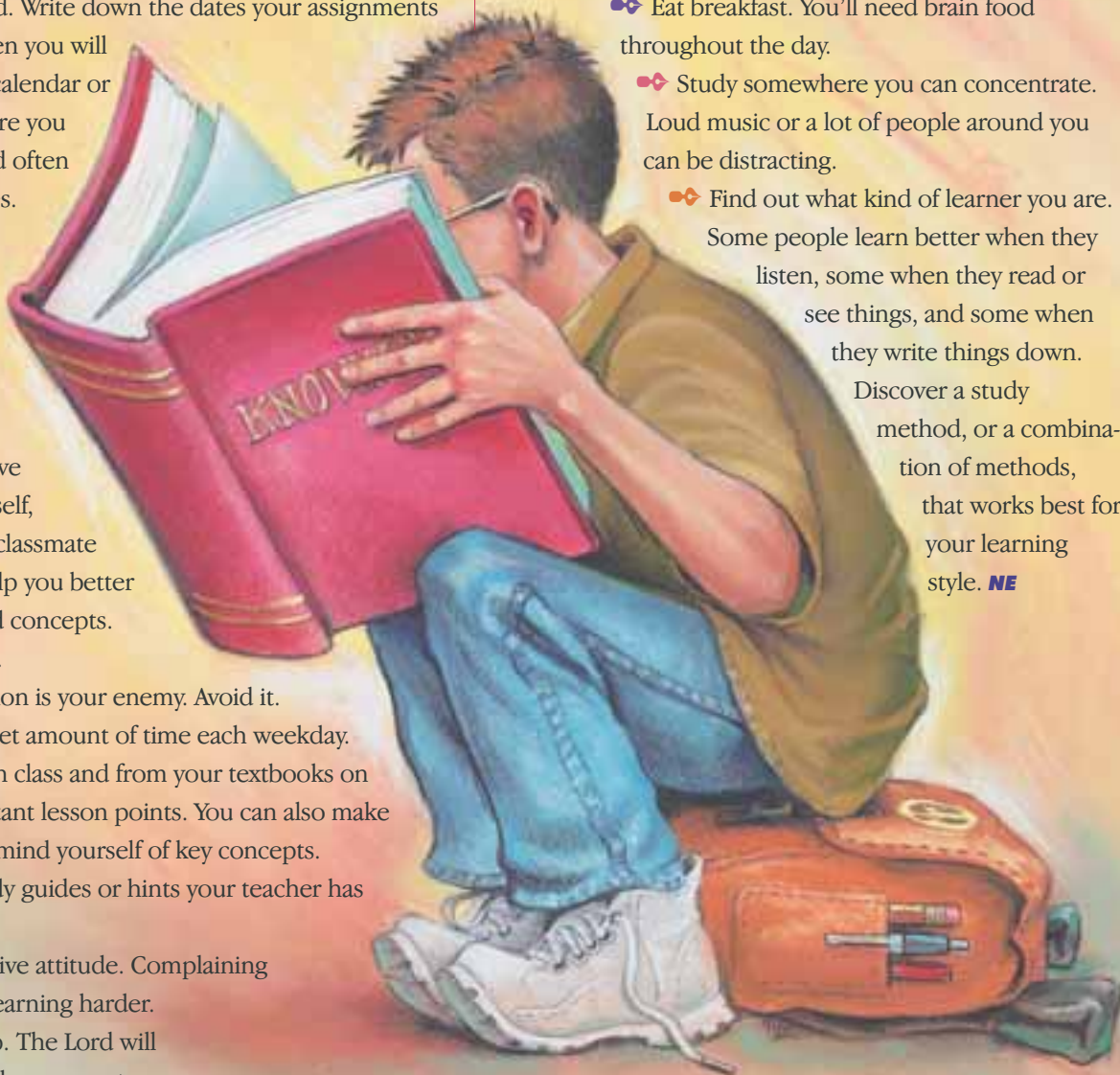
- ✦ Read. Even when it's not an assignment, reading good books will increase your comprehension and vocabulary.

- ✦ Eat breakfast. You'll need brain food throughout the day.

- ✦ Study somewhere you can concentrate. Loud music or a lot of people around you can be distracting.

- ✦ Find out what kind of learner you are. Some people learn better when they listen, some when they read or see things, and some when they write things down.

Discover a study method, or a combination of methods, that works best for your learning style. **NE**



Just like in any sport, it takes serious preparation to serve on the Lord's team.

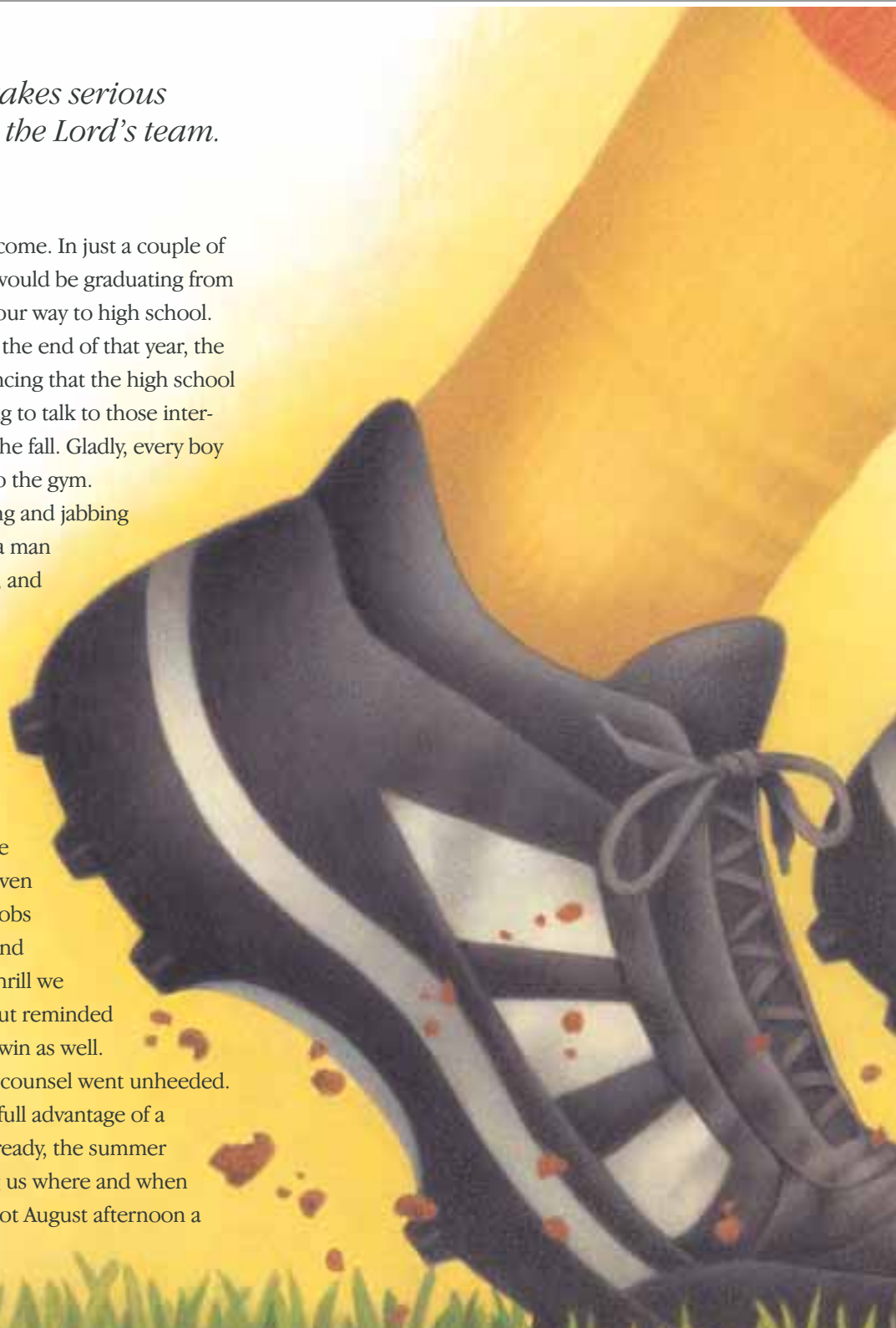
BY RANDY L. BOTT

We were as tough as they come. In just a couple of weeks my friends and I would be graduating from eighth grade and be on our way to high school.

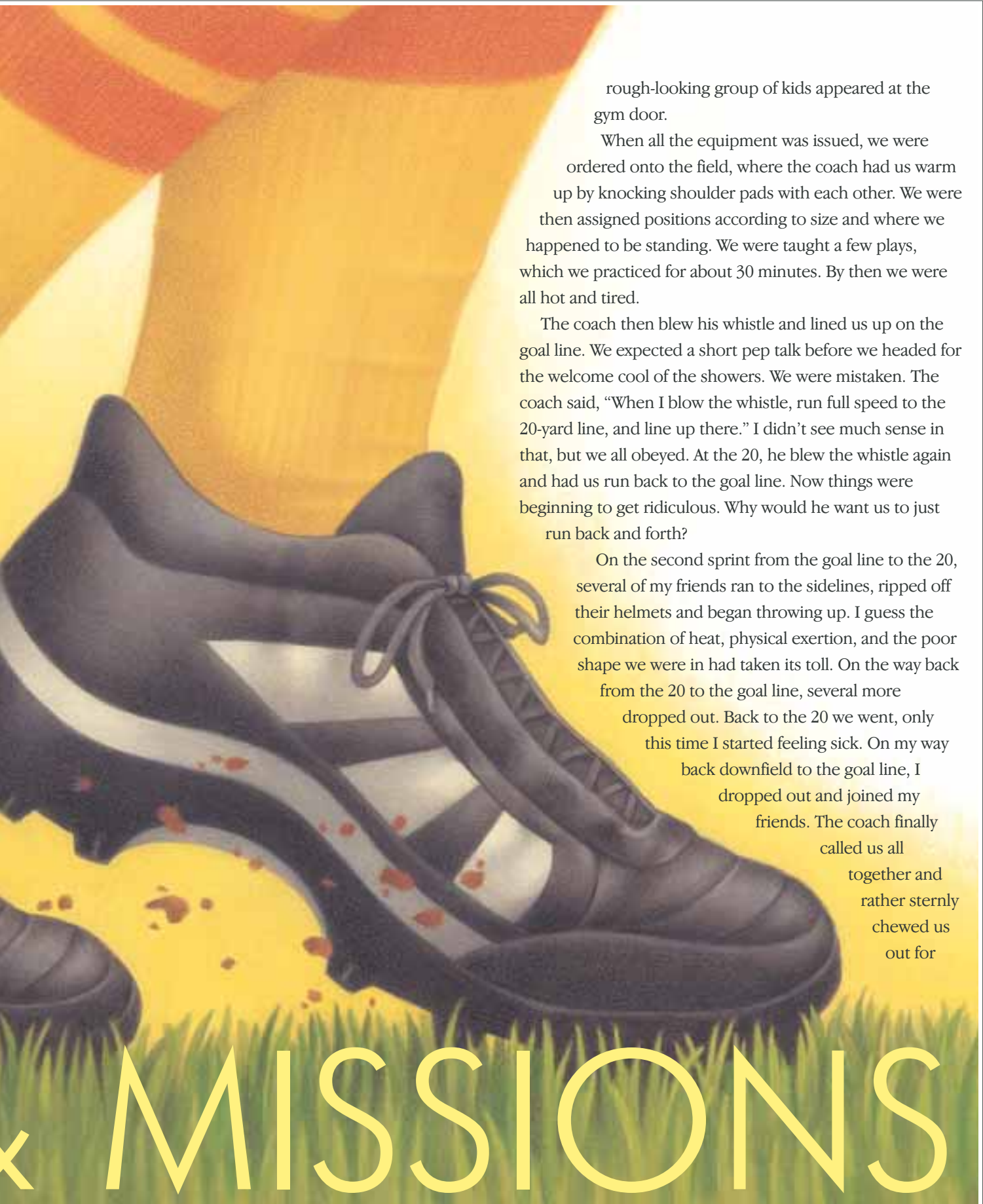
One day during music time toward the end of that year, the teacher thrilled the boys by announcing that the high school freshman football coach was coming to talk to those interested in trying out for the team in the fall. Gladly, every boy in class joined the mass exodus into the gym.

We sat noisily on the floor, poking and jabbing each other when this mountain of a man walked in. He squared off, faced us, and said, "Men, if you want to play high school football, there are a few things I want you to do." He outlined some basic conditioning techniques and cautioned us against eating too much candy and drinking too much soda pop. He told us to run every day and ride our bikes as often as possible. He even suggested we lift weights and find jobs that required discipline, strength, and stamina. He talked of the fun and thrill we could get by playing and winning but reminded us that the opponents were out to win as well.

As you might guess, the coach's counsel went unheeded. We ate candy, goofed off, and took full advantage of a leisurely summer. Before we were ready, the summer was over and a letter came advising us where and when to pick up our football gear. On a hot August afternoon a



FOOTBALL &



rough-looking group of kids appeared at the gym door.

When all the equipment was issued, we were ordered onto the field, where the coach had us warm up by knocking shoulder pads with each other. We were then assigned positions according to size and where we happened to be standing. We were taught a few plays, which we practiced for about 30 minutes. By then we were all hot and tired.

The coach then blew his whistle and lined us up on the goal line. We expected a short pep talk before we headed for the welcome cool of the showers. We were mistaken. The coach said, "When I blow the whistle, run full speed to the 20-yard line, and line up there." I didn't see much sense in that, but we all obeyed. At the 20, he blew the whistle again and had us run back to the goal line. Now things were beginning to get ridiculous. Why would he want us to just run back and forth?

On the second sprint from the goal line to the 20, several of my friends ran to the sidelines, ripped off their helmets and began throwing up. I guess the combination of heat, physical exertion, and the poor shape we were in had taken its toll. On the way back from the 20 to the goal line, several more dropped out. Back to the 20 we went, only this time I started feeling sick. On my way back downfield to the goal line, I dropped out and joined my friends. The coach finally called us all together and rather sternly chewed us out for

x MISSIONS

not taking seriously his challenge to prepare. He finished his speech by informing us that we would meet at 6:00 a.m. the next morning for a three-hour workout and more wind sprints. Several players assured the coach they wouldn't be there. They walked to the locker room and turned in their gear.

True to the coach's word, we started practice at 6:00 a.m. It wasn't nearly so hot, but the wind sprints made a bunch of us sick all over again. When the coach announced another practice at 4:30 that afternoon, another half dozen guys quit.

The 4:30 practice was terrible. My muscles were sore. I even had soreness where I didn't know I had muscles. By the next morning almost half the team had dropped out. But after a week the soreness was gone, the practices started to be fun, and the anticipation of the first game increased our excitement. By the end of the season we

determined that the coach was right. Football was fun.

Later, as a mission president, I thought back on those experiences the same way I think about mission preparation. Too many young men and young women think all they have to do is show up and they will be prepared to serve a mission.

Every month we went through one of the most enjoyable rituals you could imagine. My wife, my assistants, and I would go to the airport and welcome to the mission a new group of missionaries from the Missionary Training Center. They varied in size and shape, but they all shared one thing in common—they were excitedly scared.

Many had waited a lifetime for that very moment. Others had only recently decided to serve. Some were well prepared, while others were woefully unprepared. In my first interview with them, I always asked how the missionaries felt. The nervous energy and excitement filled the air with electricity. They sensed that more diligent preparation would have been very helpful.

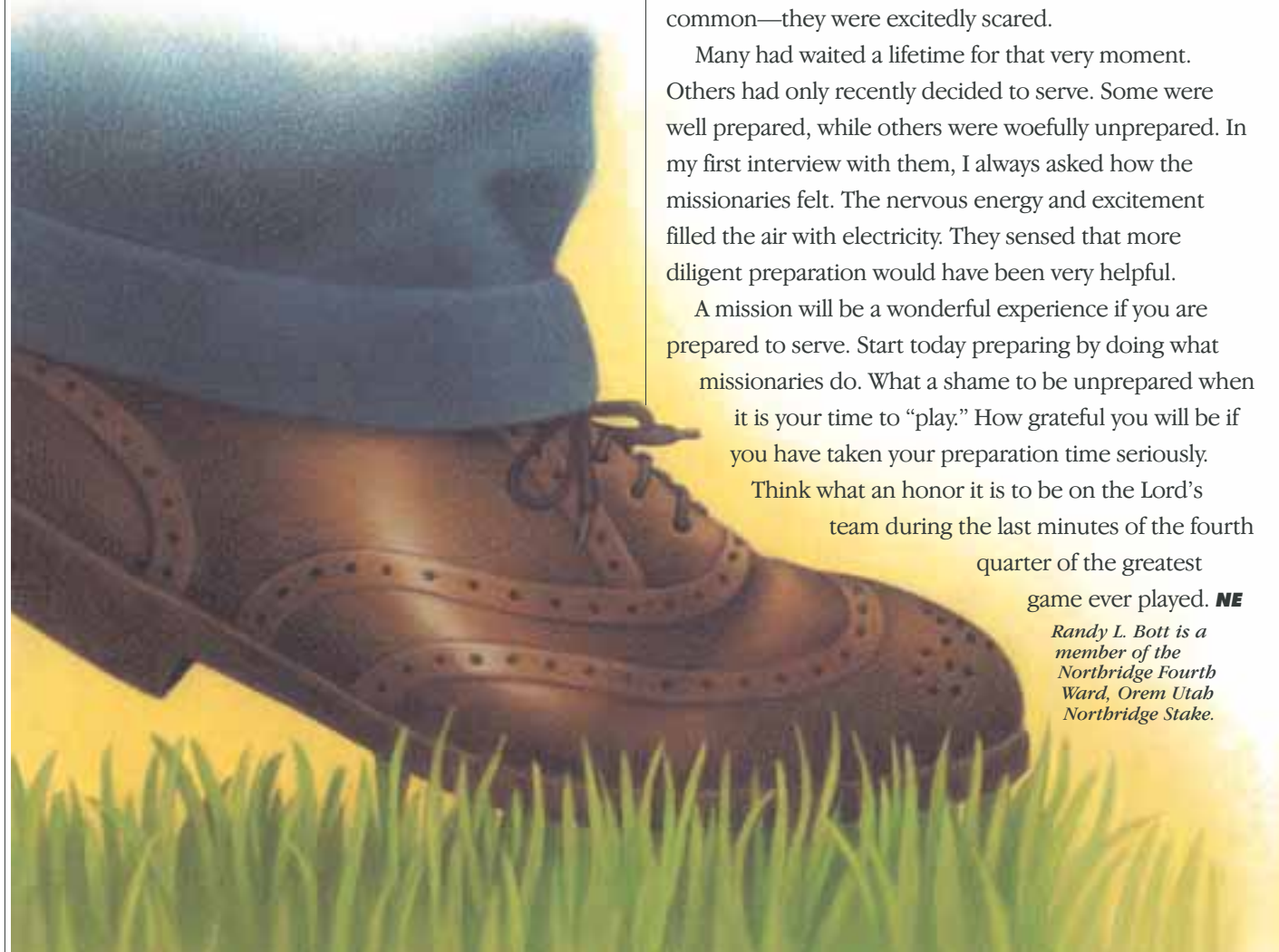
A mission will be a wonderful experience if you are prepared to serve. Start today preparing by doing what missionaries do. What a shame to be unprepared when it is your time to "play." How grateful you will be if you have taken your preparation time seriously.

Think what an honor it is to be on the Lord's team during the last minutes of the fourth quarter of the greatest game ever played. **NE**

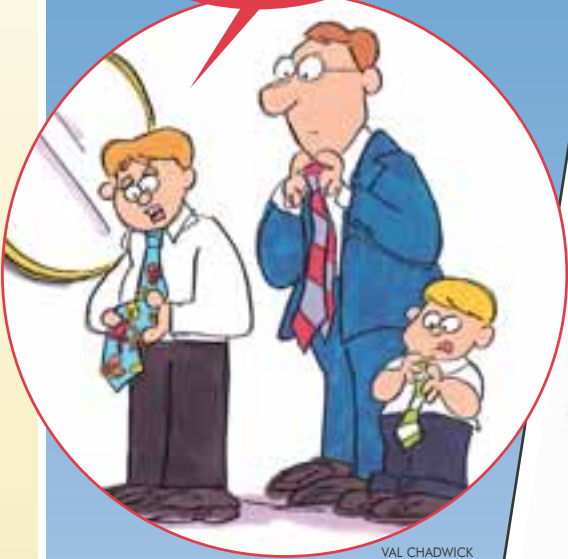
EXTRA! EXTRA!

You can find other articles on this topic, such as "Preparing for Missionary Service" (*Ensign*, May 2003) by Elder Daryl H. Garn, in the Gospel Library at www.lds.org.

Randy L. Bott is a member of the Northbridge Fourth Ward, Orem Utah Northbridge Stake.



"I've spilled so much food on my tie I don't know whether to put it in the closet or the refrigerator."



VAL CHADWICK BAGLEY



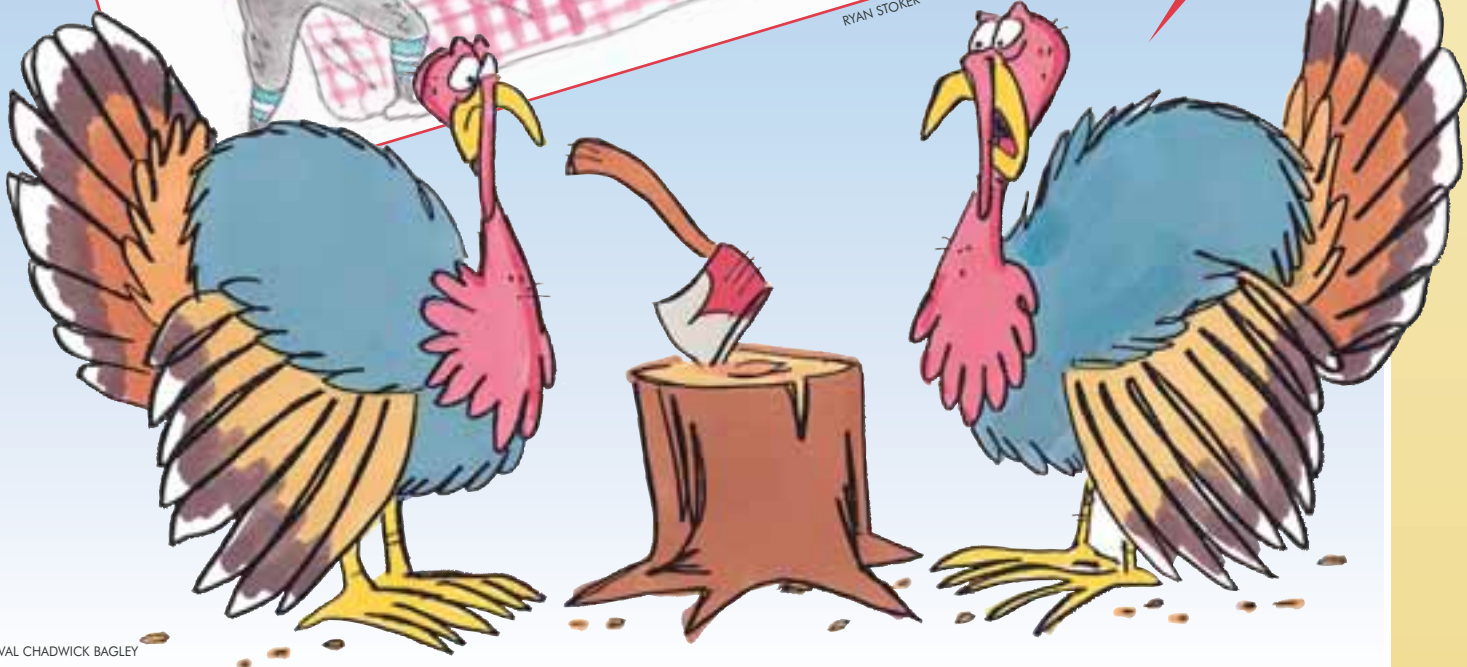
ERIC NELSON

"Okay! Okay! Don't pass the salt."



RYAN STOKER

"I don't know about you, but I sure don't have a whole lot to be thankful for."



VAL CHADWICK BAGLEY



WHO? YOU!

BY SHANNA BUTLER
Church Magazines

Yes, you. The choices you are making now about your education and future career are important. Here's how some young men and young women in the Chicago Illinois Stake are preparing to make those important decisions.

Now that you're a teenager, people have probably stopped asking you what you want to be when you grow up and have started asking you much harder questions like "Are you going to college?" "Are you prepared to take the standardized tests you need for admission?" "What are you going to study?" "Have you thought about internships or trade schools?"

If all those questions make you want to scream and run away from getting more education, that's normal. Your education and career choices are a big deal, but preparation can take the fear out of making those big decisions. So don't run away just yet.

What?

What to study is a major question for many teens. The young men and young women in the Chicago Illinois Stake spent two days at youth conference learning about different careers and options for their higher education. The stake also has a great mentoring program to help the youth succeed in school. It pairs high school students with qualified mentors. The program is part of the commitment the stake has made to improve

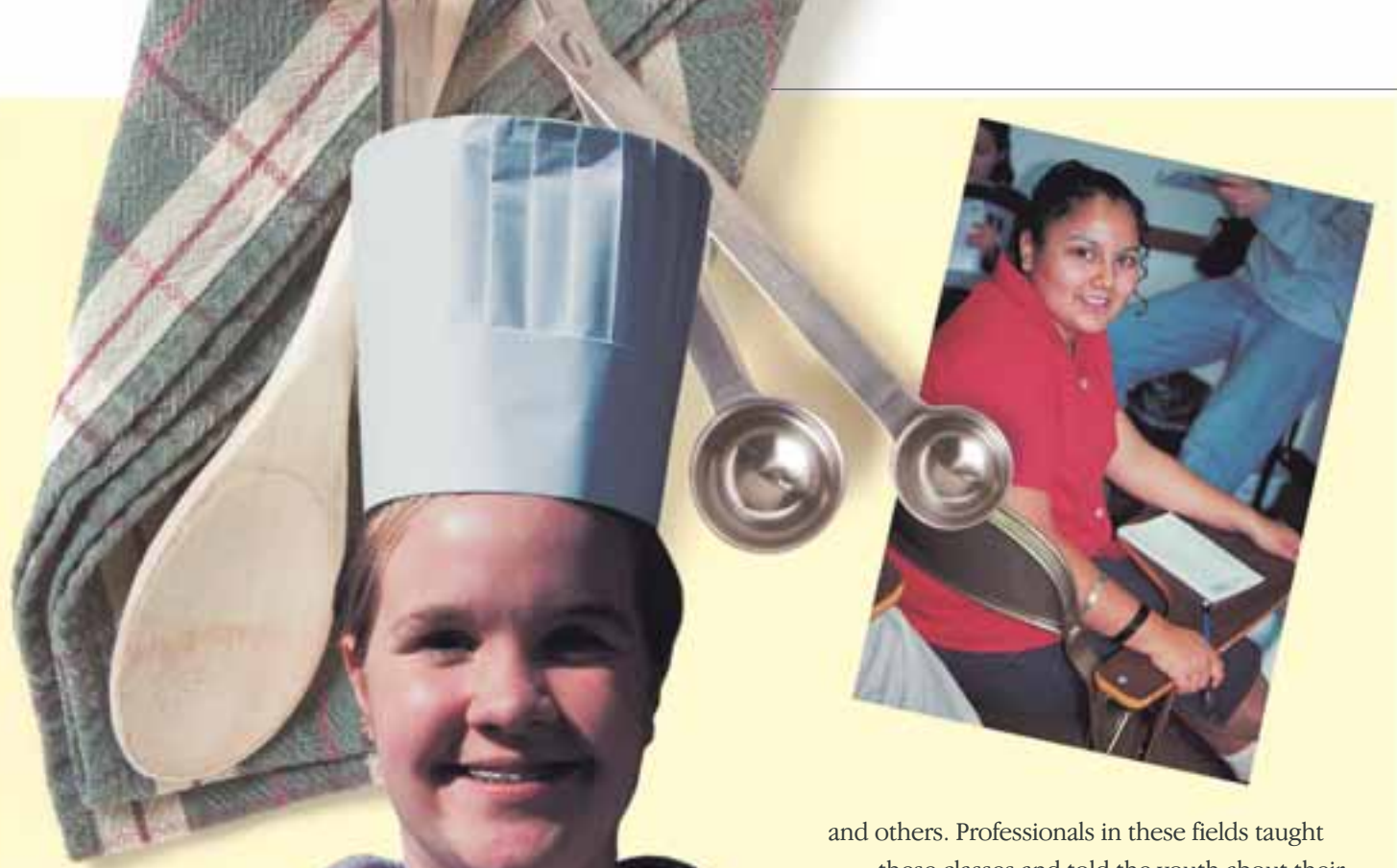
educational opportunities for its youth.

Nikki McCurry, 17, has been in the mentoring program for a year and a half to try to be better qualified to go to college. "For me, it's important to go to college," she says. "I want to do something with my life."

Through the help she got at the mentoring program, Nikki brought her grades up from Cs, Ds, and Fs to be on the B honor roll at her high school.

Vivian Alvarez, also 17, says, "I was doing horribly in my math classes. I wanted to improve myself." And she did. She studied harder and participated in the mentoring program to get a good score on her standardized tests, and now she's preparing to attend college in the fall. She encourages all youth to continue their training after high school, whether at a college, technical school, or other institution.

Eventually, Vivian wants to be the one giving the grades. At stake youth conference she attended a class that taught her what it's like to be a teacher. She and the other youth attended other career orientation classes, including accounting, military, culinary, medicine, graphic design, law enforcement,



and others. Professionals in these fields taught these classes and told the youth about their lines of work.

Helen Hitimana was glad she came to youth conference: “Before this, I never really thought about what I wanted to do with my life.” She and the other youth at the conference gained more focus on what they were interested in and how they could develop their talents and choose a profession.

When and How?

Elder L. Tom Perry, of the Quorum of the Twelve Apostles, has said, “It is never too early to determine the direction you want to prepare yourself for. Don’t wait until you register for college to decide what you want to study.”¹

Christian McConner-Hughes, 17, just got accepted to BYU—Idaho. He wants to study Japanese and become an interpreter. He’s been a part of the Chicago Illinois



“Our young women’s primary orientation toward motherhood is not inconsistent with their diligent pursuit of an education, even their efforts in courses of study that are vocationally related. . . .

“One of the most important purposes of a university education is to prepare men and women to be responsible and intelligent leaders and participants in the lives of their families, in their Church, and in their communities. That kind of education is needed by young men and young women alike.”

—Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, “Women and Education,” *Ensign*, Mar. 1975, 56.

Stake’s mentoring program for a few months. A good student, Christian needed to catch up a little on his physics homework, so he signed up for the program right away.

Christian has also prepared for his future by attending seminary. Craig Nelson, who is responsible for the career counseling center at LDS Business College, says, “Seminary and institute provide a great rounding to your education that you can’t get any other way.”

Education in both spiritual and academic things is a great way to prepare for the future. You also need to be financially prepared. “You have to look realistically at how you are going to pay for your education,” says Brother Nelson. “The money does not appear magically.”

No preparation will ever appear magically, but careful planning and faith can carry you through your education and your career. President Boyd K. Packer, Acting President of the Quorum of the Twelve Apostles, said, “We encourage our youth in every country to get an education. Even if at times it seems hopeless. With determination and faith in the Lord, you will be blessed with success. It is a dream well worth pursuing.”²

Where?

After you’ve decided what you want to do and you’re prepared to do it, it is important to find a school that will teach you the skills and knowledge you want to acquire. “Whether you go to a trade school or to another kind of school, the idea is to find the level of education that matches what you want in life,” says Brother Nelson. “When the opportunities present themselves, you

want to be as skilled as you can to take advantage of those opportunities.”

Brother Nelson recommends visiting the institution you want to attend and getting a feel for it before you make a decision. If you can’t visit in person, many institutions have Web sites where you can find out more about them.

Why?

The Lord Himself has said, “Seek ye out of the best books words of wisdom; seek learning, even by study and also by faith” (D&C 88:118).

The Church places great emphasis on getting an education. President Gordon B. Hinckley says, “Education is the key to opportunity.”³ And Elder Russell M. Nelson, of the Quorum of the Twelve Apostles, says, “Because of our sacred regard for each human intellect, we consider the obtaining of education to be a religious responsibility.”⁴

You’ve probably already heard the saying that you can’t serve from an empty platter. The Lord expects us to be the best we can so we can help His children, bless and support

our families, and build His kingdom.

So the next time someone asks you what your plans for the future are, running away is not an option. Follow the examples of these Chicago youth, and start preparing now for your future career. **NE**

NOTES

1. “Youth of the Noble Birthright,” *Ensign*, Nov. 1998, 73–74.
2. “To Be Learned Is Good If . . .,” *Ensign*, Nov. 1992, 73.
3. *Teachings of Gordon B. Hinckley*

EXTRA! EXTRA!

To learn a little more about education, read *For the Strength of Youth* page 9.

Also read “Pathways to Perfection” (*Ensign*, May 2002) by President Thomas S. Monson and “Where Is Wisdom?” (*Ensign*, Nov. 1992) by Elder Russell M. Nelson in the Gospel Library at www.lds.org.



WHAT DO YOU WANT TO DO?

Here are a few general questions you can ask yourself as you try to decide on your future career and education. Remember to let the Spirit guide you as you make these important decisions.

- What are my interests and talents?
- What do I really enjoy doing? (Or try a process of elimination. What don't I want to do?)
 - What kind of person do I want to be?
 - What experiences have I enjoyed while completing my requirements for Duty to God or Personal Progress?
 - Am I giving myself opportunities to learn and experience new things?
 - Am I taking the right kinds of classes in high school?
 - Am I applying myself in school, or am I just getting by?



WRITE ON!

It's time to prepare your entry for the BYU English Department writing contest for high school students. This is the first year that entries are not restricted to LDS students only.

Cash prizes will be awarded in the categories of fiction, poetry, personal essay, and critical essay. You may submit only one entry per category.

Submit your entries between 1 January 2005 and 31 January 2005. You can get all the rules and an application form at the contest Web site: <http://English.BYU.edu/awards/LDS.htm>.

Or you can contact Professor Elizabeth Wahlquist at RE:WRITING Chair, 3125 JKHB, Brigham Young University, Provo, UT 84602, USA. You can also call (801) 422-4938 or e-mail her at elizabeth_wahlquist@byu.edu.



THEY SPOKE TO US

General conference talks have messages directed to you. See "They Spoke to Us" in the November *Ensign* and *Liahona* for specific talks like these:

■ Elder Richard G. Scott of the Quorum of the Twelve

Apostles tells how you can know if you've been forgiven in "Peace of Conscience and Peace of Mind."

■ What's so bad about pornography? Read what President Gordon B. Hinckley says in "A Tragic Evil among Us."



LOVE AND CHARITY

With the theme "a love of God and of all men" (2 Nephi 31:20) for their values night, the young women of the Glasgow Scotland Stake were asked to bring at least one toiletry item to help with a service project. The results far

outstripped the expectations of their leaders. With 28 girls in attendance, they filled 29 small boxes to overflowing. The young women decorated boxes with wrapping paper and stuffed them full of toiletry items. Then they donated the filled boxes to several charities.

WHERE CAN I TURN FOR PEACE?

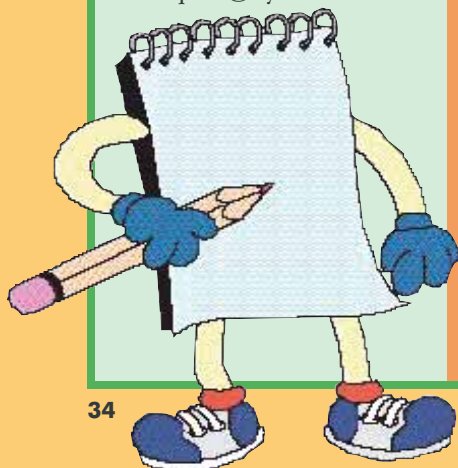
In 1971, Emma Lou Thyne and Joleen G. Meredith, members of the Young Women's Mutual Improvement Association General Board, wrote a hymn for a Laurel conference. Even though the hymn's title is "Where Can I Turn for Peace?" the two women called it the "telephone hymn," because they composed it together over the telephone. They wanted the hymn's message of peace to teach that though everyone has difficult moments, the ultimate source of peace and comfort is the Savior:



"Gentle the peace he finds for my beseeching. Constant he is and kind, Love without end" (see *Hymns*, no. 129).

INFO SOURCE

If you need to look for a job, teach a lesson on food storage, or research a practical topic, www.providentliving.org would be a great place to start. This Church Web site offers information on many topics, such as social and health issues like exercise and diet, and financial advice like ways to save for a mission. It even gives ideas on ways to serve people. You can also access this site by clicking on the Provident Living link at the Church's main Web site, www.lds.org.



BOOK OF MORMON HERO

Read about my life and try to figure out who I am. Then discover more about me from the scripture references below.

- I am the lesser-known brother of a famous prophet of God.
- I helped keep the sacred history of my people.
- Over 400 years after my death, Moroni, the son of Mormon, used me in his writings as an example of great faith in Jesus Christ.
- My father asked me never to forget the words of King Benjamin.
- During my early years, my father was elected chief judge in a contentious political campaign.

- One night, one of my father's faithful servants saved my father's life.
- At a young age, I preached the word of God among my people.
- My older brother is mentioned in the scriptures more often than I am, but we worked closely together.
- The prophet Mormon wrote of me that I was "not a whit behind" my brother in power and authority from God.
- During my life, many of the Lamanites and Nephites were members of

the Church and lived in peace.

- After being cast into prison, my brother and I were encircled about as if by fire but were not burned.

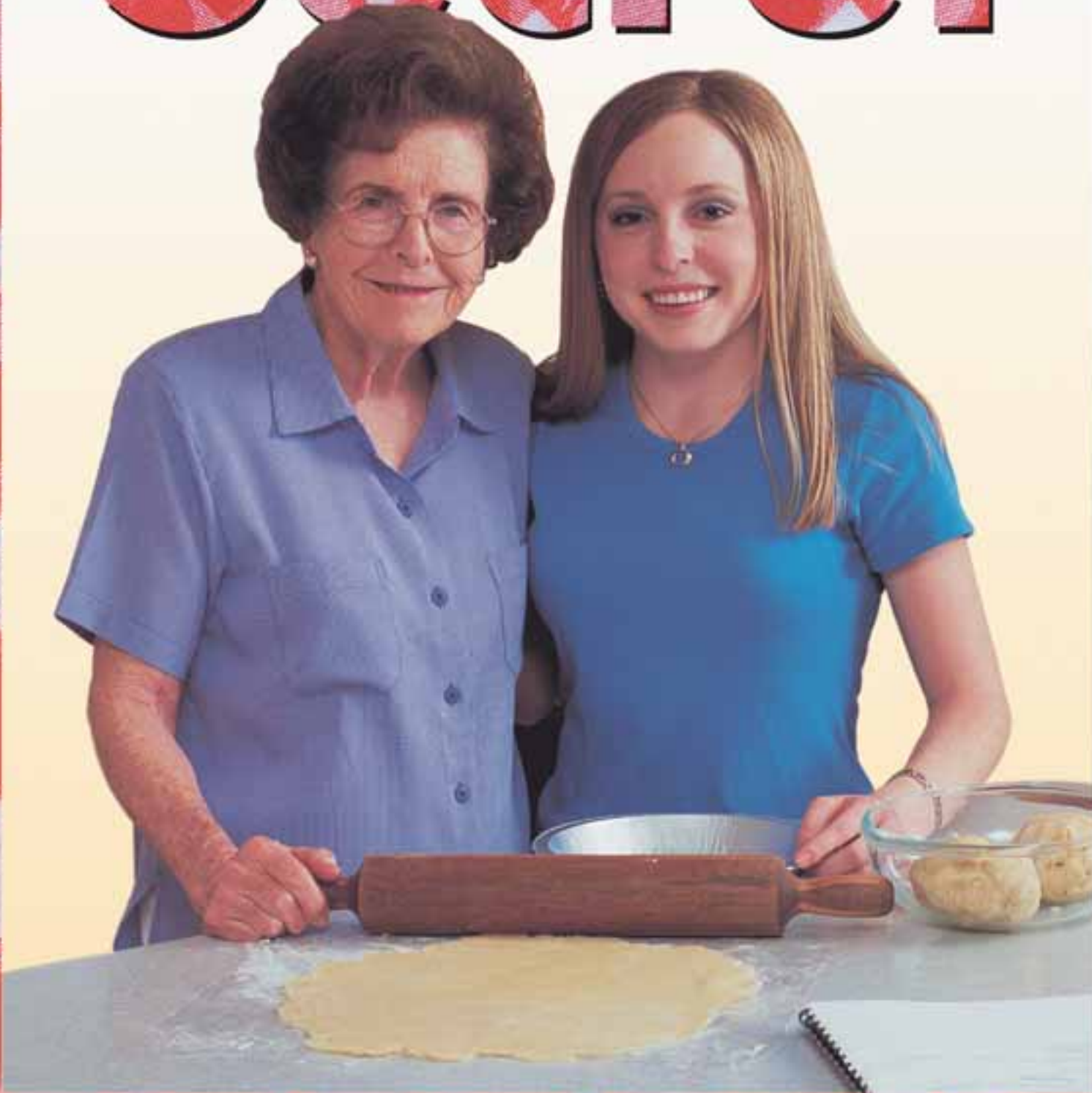
- In my later years, the Lamanites became more righteous than the Nephites.
- When I think of my name, I remember the first father of my people.

Answer: Lehi, son of Helaman and younger brother of Nephi (See Helaman 2:1-9; 3:20-21; 4:14; 5:4; 6, 9, 13-52; 6:1-14; 34-40; 11:1-19; 16:25; Ether 12:14.)



WHO AM I?

THE FAMILY Secret



BY JANET THOMAS
Church Magazines

These cousins used Personal Progress to preserve Grandma's delicious family secrets.

About a year ago, Whitney Walton, 16, her four sisters, six aunts, and all her girl cousins were gathered together to learn a family secret.

The secret had been a treasure in the family for more than 50 years. It was something that everyone enjoyed, and they all wanted this secret to be passed down in the family. They didn't want it lost. A single person had the key to unlocking this secret—Whitney's grandmother Ilean Corbridge.

On this one day, because of Whitney's Personal Progress project, Grandma Ilean had agreed to reveal her secret to all her daughters and granddaughters. Grandsons could have come, but they preferred to wait with their dads for the results. The group was gathered to learn how to make Grandma's rolls—those light, buttery, baked-to-perfection rolls that for years and years had become an essential part of every family dinner and were everyone's favorite for slathering with homemade jam.

How did they convince Grandma to reveal her secret? The new Personal Progress program in Young Women encourages families to become involved in the projects and goals set by the girls.

Grandma Ilean Corbridge agreed to reveal the secrets of her baking, to the delight of her granddaughters: Whitney, Kaylen, and Kelsey Walton; Holly and Suzie Skinner; and Kylee Simkins. They measured and stirred and, as Suzie said, "We learned the secret to the magic rolls."



PHOTOGRAPHY BY JOHN LUXE; STILL-LIFE PHOTOGRAPHY BY CHRISTINA SMITH AND MATT REIER



Knowledge sometimes cannot be written down. Nothing beats being shown Grandma's way of doing something, such as making a pie, especially when so many warm family memories involve good food.



The Walton family of Vernal, Utah, took this suggestion to heart. Whitney and her mother, Kathy, thought it would be great to learn the homemaking skills perfected by Whitney's grandmother. They asked her, and she agreed to share what she knows.

"My cousins and aunts and I love getting together and just having fun," said Whitney. "We thought we would get everyone together to learn how to make rolls. My grandmother is really good at making pies, too. And she quilts a lot." Grandma helped them do all of these things.



In preparation for the day they were to get together with their grandmother, Whitney made invitations and got the ingredients together for the rolls and pies as well as the materials for the quilt. She then typed a cookbook—a copy for each person—with recipes from her grandmother and from her aunts. For the event, she picked the home of one of her aunts that was the most centrally located. But some still had to drive several hours to meet on that day. They were happy to make the trip.

It was a fun day. Everyone got to see up close just how Grandma could sense when the roll dough had the right amount of flour so it wasn't too stiff. They learned to cool the milk so it wouldn't kill the yeast. And the girls learned how to roll out the dough to just the right thickness and how to cut and fold over the circles of dough for uniform, beautiful rolls. Plus they got to try making her pie crust. "My favorite pie is banana cream," said Whitney, "but we each had a turn in helping make everything."

Whitney's parents have searched for other ways to help their daughters fulfill their Personal Progress goals. One day at church in the Glines (Utah) Fourth Ward, the Waltons listened to a ward member tell of her troubles in keeping up her yard and flowerbeds. Whitney's dad, David Walton, suggested that Kaylen, 14, might plan a Personal Progress project in Good Works that would help this ward member. Kaylen thought it was a great idea.

"My dad and I went over and planned with her what we could do," Kaylen said. "We put down black plastic and had rocks brought in. We planted new flowers. My mom and sisters helped. And her neighbor and home teachers came also. She was so appreciative of what we did. I baked cookies to thank everyone who helped."

The Walton girls have found that it's more fun to plan projects in which the family can help. Now that their sister Kelsey has turned 12 and is in Young Women, everyone in the family is looking for more ideas for doing Personal Progress projects as a family. **NE**



GRANDMA'S ROLLS

In a saucepan, combine:
2 cups milk
½ cup shortening
½ cup sugar
Bring to a boil, then cool.

In a small bowl, combine:
1 cup lukewarm water
2 heaping Tbsp. yeast
2 tsp. sugar
Set aside and let dissolve.

2 ½ tsp. salt
3 beaten eggs
7–9 cups flour

When the milk mixture has cooled to lukewarm, pour into mixer. Add a cup of flour, all of the yeast mixture, salt and three beaten eggs. Beat until smooth. Add flour a little at a time while mixing until dough pulls away from the sides of the bowl but is not stiff.

Place dough in a greased bowl, cover with plastic wrap that has been sprayed with cooking spray, and let rise in a warm place until dough has doubled in size. Punch down, cover, and let rise again until doubled in size.

After dough has risen a second time, divide in half. Place on a floured board or counter. Roll out until ½ inch thick, and cut into circles. Place on a greased cookie sheet so rolls are almost touching. Let rise about 30 minutes.

Bake at 375° F for 12 to 15 minutes until golden brown.

Progress in MALAWI

BY AMY BUSH KIRBY

I was leaving for Malawi, Africa, in less than six hours, and my bags *still* weren't packed. I had purchased the biggest suitcases available at the local thrift store and crammed my belongings into the smallest space possible. I had saved the bulk of my

travel allowance to buy school and medical supplies that Malawians desperately needed.

Staring at piles of books, pencils, medicines, and bandages, I agonized over what items would improve the quality of life most for the people I was going to serve as an





English teacher. What would make the greatest contribution toward individual and national progress? I packed and deliberated through the night, finishing just moments before my ride to the airport arrived.

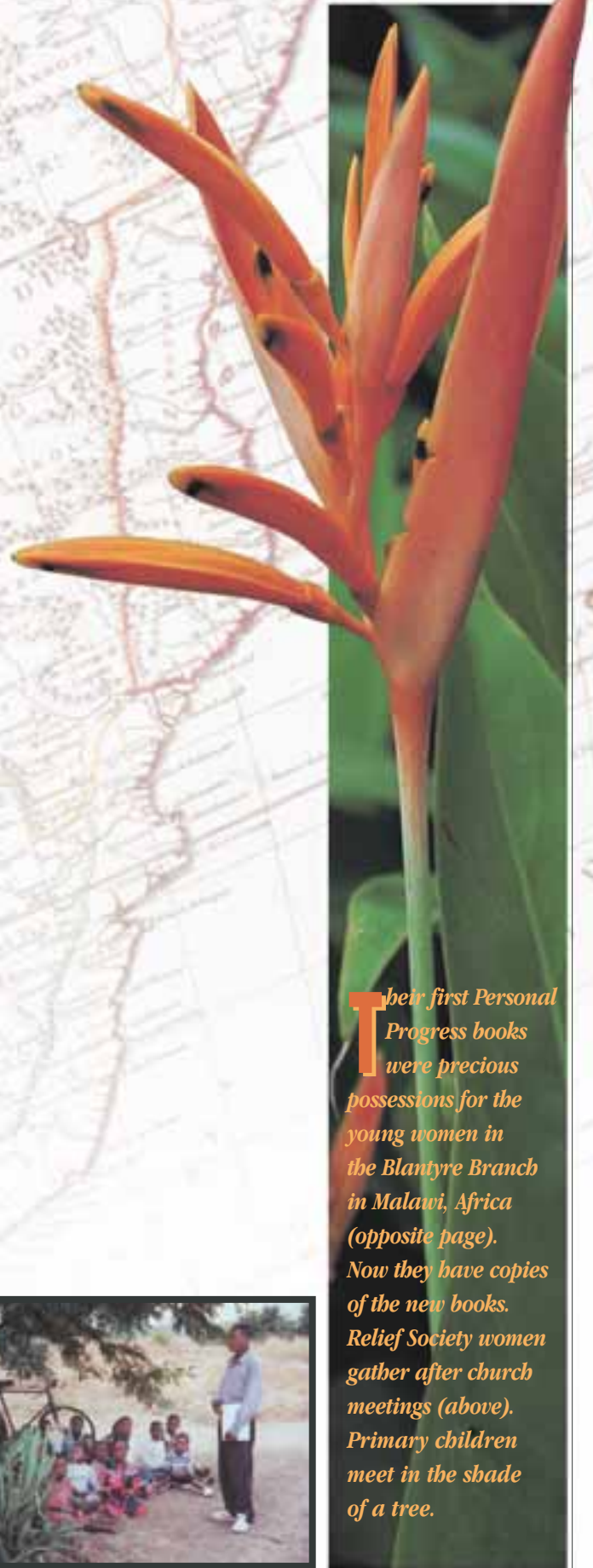
Forty-three hours and thousands of miles later, I arrived in Malawi—the “Warm Heart of Africa”—a country known for its generosity in accepting refugees from neighboring countries plagued by war, famine, and floods. Although I was not a refugee, I experienced the same warmth and acceptance from nearly everyone I met. This was especially true within the Church.

After a long day of bus rides, I was greeted by two brothers who had borrowed bicycles to transport me the remaining miles to the Sitima Branch. We bumped along a red dirt path past baobab trees and mud huts. Upon our arrival, the branch members literally greeted me with open arms. On the Sabbath day, the branch held sacrament meeting under a canopy of thatch with the congregation seated on woven grass mats. The meeting place was humble, but the Spirit was rich.

I was enjoying a similar spirit in the Blantyre Branch when Sister Frampton, a senior missionary, approached me with a big smile and a Personal Progress book.

“We just received these!” she said. “It looks like a wonderful program, but it wasn’t around when I was young. It would mean so much to the girls if you could share your experiences with Personal Progress!” She squeezed my shoulder and bustled off to greet someone else.

During sacrament meeting I stared at the book like a long-forgotten but familiar friend. I traced the letters on the cover: P-R-O-G-R-E-S-S. Malawi’s constant contrasts of poverty and rich traditions forced me to consider this word daily, but never in this light. I opened the book and



Their first Personal Progress books were precious possessions for the young women in the Blantyre Branch in Malawi, Africa (opposite page). Now they have copies of the new books. Relief Society women gather after church meetings (above). Primary children meet in the shade of a tree.





Members of
the Sitima
Branch in
Malawi gather for
sacrament meeting.

pored over the words I once skimmed as a Beehive. The introductory message burned with new clarity and brightness, as if I were discovering it for the first time.

As I addressed this group of Malawian young women, I knew something momentous was occurring, and the girls sensed it too. They received the books with such reverence and gratitude that I felt a twinge of guilt remembering my own tattered book, stashed in a dusty box.

For most of these girls, these were the first books they had ever owned. They opened them tenderly, and I read aloud, “You are a beloved daughter of Heavenly Father, prepared to come to earth this particular time for a sacred and glorious purpose” (*Young Women Personal Progress* [2001], 1). My voice cracked, and the words on the page blurred as my eyes

filled with tears. The Spirit was unmistakable as it testified of the truthfulness of this message.

I remembered the supplies I had packed and delivered months ago. The people had accepted them graciously and put them to use immediately, but I felt frustrated I had nothing more to give.

I looked into the shining eyes of these beautiful Malawian young women. There was no second-guessing, no frustration, just an overwhelming sense of peace and hope for genuine, lasting progress. Here in a tiny room in the Warm Heart of Africa, a few of Heavenly Father’s daughters were embarking on a journey that will bless their lives and countless others with opportunities for eternal progress. **NE**

Amy Bush Kirby is a member of the Ka’u Ward, Hilo Hawaii Stake.

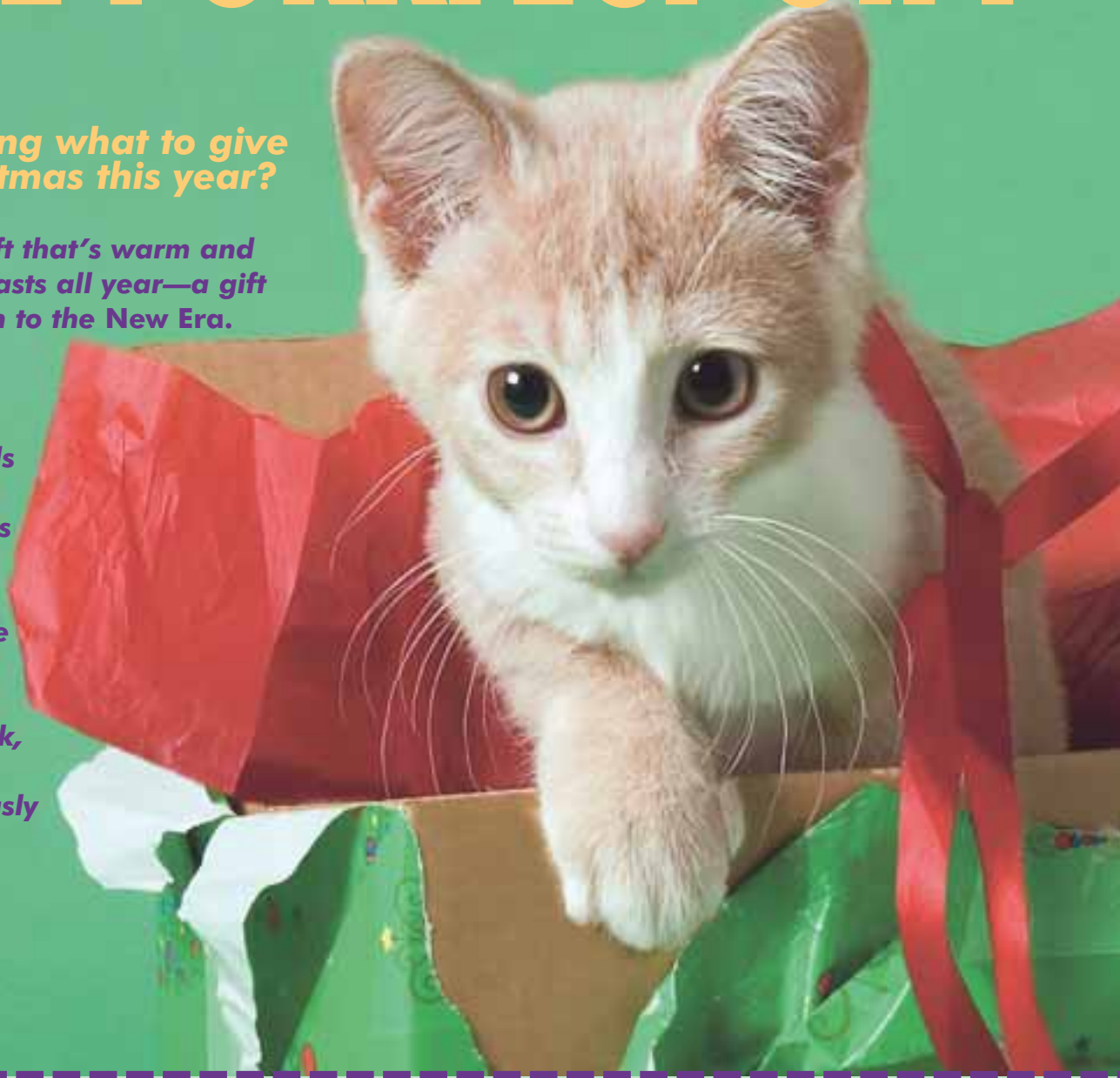


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IT STARTED WITH JEAN

BY HARTT WIXOM

Not long ago I received a telephone call from a remarkable woman named Jean who asked if she and her daughter could visit me.

More than four decades ago, I had baptized Jean. As we discussed the gospel lessons in 1956, Jean's

four-year-old daughter, Sherrie, sat on her mother's knee. Now, Sherrie is grown with five sons. All have served missions. Jean and Sherrie told me that at least 67 people have joined The Church of Jesus Christ of Latter-day Saints because of Jean's conversion.

I labored for 10 months in Decatur, Illinois, having five companions during that time. We were quite discouraged in 1956 when with all our efforts, only Jean's baptism resulted. She joined the Church with this remark: "I have been waiting for many years to find the faith that explains how

everyone who ever lived, or will live, can have the chance to be saved in God's kingdom. No other church could do it. I know you have the true Church."

"How grateful I am," said her daughter, Sherrie, "that you stopped by and taught my mother the true gospel of Jesus Christ."

Suddenly, all the doors I knocked on during my 10-month stay in Decatur were worth it. **NE**

Hartt Wixom is a member of the Ivins 10th Ward, Ivins Utah Stake.



YOU'RE NEW, AREN'T YOU?

BY STEFFANY A. SAVAGE

During my world literature class one day, I felt the Spirit prompt me to leave and go to the restroom. I was in the middle of taking a test, and since it was only the second day of school, I didn't want to make a bad impression on my teacher. But the longer I sat there, the more I felt I needed to leave. So I got a pass to go to the restroom. Several girls were there, including my friend Kelsey. As I was washing my hands, I saw a girl about my age with tear-stained eyes standing in the corner. No one seemed to notice her.

I smiled at her, and all of a sudden I could feel exactly what was wrong. "Is everything okay?" I asked.

The girl gave no answer. I knew immediately what to say, almost as if the Spirit were there saying it. "You're new, aren't you?" I asked.

Almost instantly she sobbed and nodded but still didn't say anything. The Spirit told me she was having a hard time making friends. "Are you having a hard time making friends here?" I asked.

Then she spoke with relief that someone actually cared enough to notice her. My friend Kelsey and I quickly introduced ourselves, and Kelsey invited the girl to sit with her at lunch.

This made me realize the truth

OUR POPCORN DISASTER

BY STEPHANIE ROLZ

One Sunday evening after church, my mom was making popcorn on the stove. The phone rang, so she went to answer it, leaving the stove unattended. My sister and I were in a room next to the kitchen.

Out of the corner of my eye, I thought I saw my four-year-old brother, Spencer, walk around the corner into the kitchen. As I glanced in that direction, I heard an explosion. I saw the kitchen walls turn bright orange. My sister, Mallory, ran into the kitchen and saw that the popcorn had caught on fire. I ran in, thinking my brother was in there. He wasn't, so I didn't think any more about it then.

My mother grabbed the flaming pan and threw it into the sink. Luckily, she stopped herself before turning on the water, knowing that water would spread a grease fire. I

of the scripture, "I will not leave you comfortless: I will come to you" (John 14:18). The Lord always knows when we need Him, but sometimes

grabbed the fire extinguisher and put out the flames before the curtains could catch fire. After the shock of the fire wore off, I discovered that Spencer had been downstairs the entire time and hadn't been in the kitchen. My sister also thought she had seen Spencer at the same time I did. I believe we were being prompted to look in that direction to protect ourselves.

During that week, I had been reading a book about a flash fire, which got me thinking of how I would react to a fire. Just days before the incident, I had checked our fire extinguisher.

I thought I was being paranoid, but the prompting kept coming back for me to make sure it was working. I was prepared to grab it and operate it properly when I was faced with the fire. I am so thankful my Heavenly Father is always there for me and that I listened to the Holy Ghost. **NE**

Stephanie Rolz is a member of the Highland Fourth Ward, Pocatello Idaho Highland Stake.

it's through other people that He comforts us. **NE**

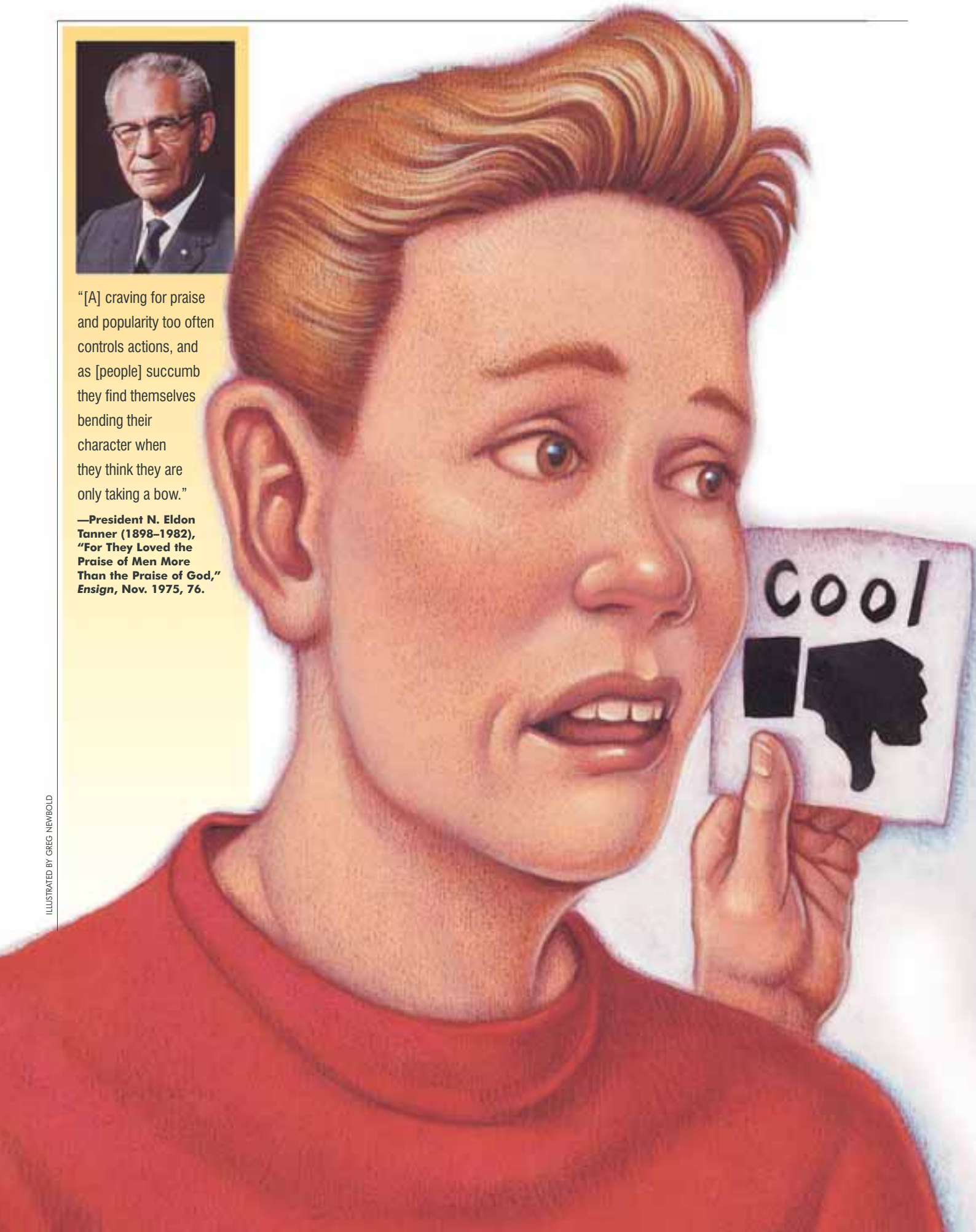
Steffany A. Savage is a member of the Broomfield Second Ward, Westminster Colorado Stake.





“[A] craving for praise and popularity too often controls actions, and as [people] succumb they find themselves bending their character when they think they are only taking a bow.”

—President N. Eldon Tanner (1898–1982), “For They Loved the Praise of Men More Than the Praise of God,” *Ensign*, Nov. 1975, 76.



FAILING POPULARITY 101

I had never failed a class until Popularity 101. I didn't know such a class existed or that I was even enrolled until the grades started coming in: kind of nerdy, jokes aren't funny, uncoordinated, goofy hair, and so on.

The problem with this class is that there's no teacher, there's no textbook or study material, and the grading is based entirely on the opinions of your peers. In the beginning I didn't even know what popularity was. All I knew was others had it; I did not.

The grading got tougher at age 13, when I began junior high school. Apparently, there wasn't anything cool about me. I was becoming desperate. I was ready to do anything to be accepted. In my math class, I saw popular kids cheating on

BY ADAM C. OLSON
Church Magazines

*I was willing to
do anything
to be accepted.
But would
that mean failing
a more
important test?*

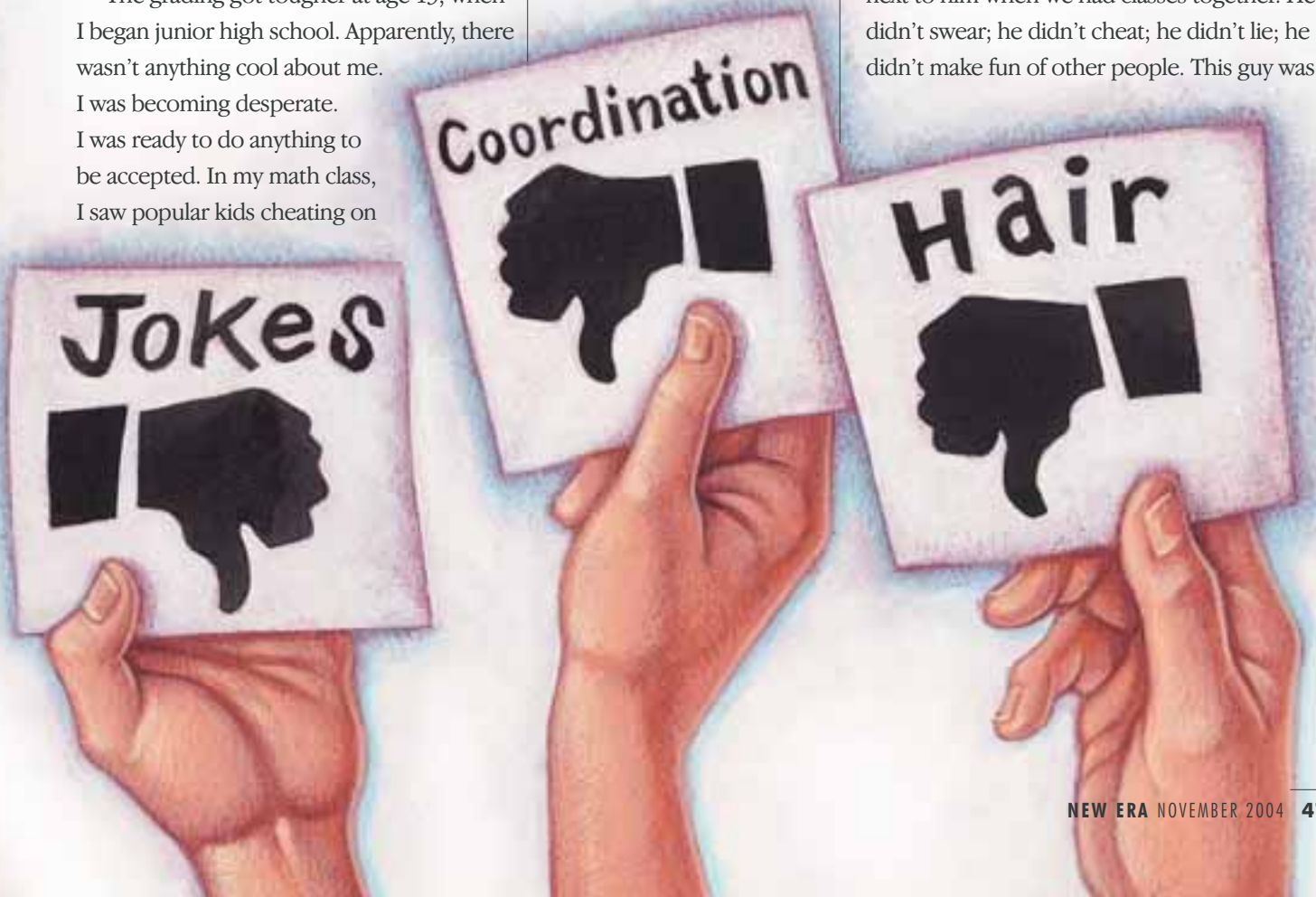
homework. Everyone was doing it. It seemed a small price to pay to be part of the group.

"Are you cheating?" asked Curtis, the student next to me.

"No," I lied, amazed at how easily one dishonesty followed another.

I realized two things at that moment. First, "everyone's doing it" is a poor excuse. What I was doing was wrong no matter who was doing it. Second, not "everyone's doing it." Curtis wasn't cheating, and he had lots of friends.

I started watching Curtis. I tried sitting next to him when we had classes together. He didn't swear; he didn't cheat; he didn't lie; he didn't make fun of other people. This guy was





Popularity is dangerous especially because it focuses us on ourselves rather than keeping us attentive to the needs of others. We become preoccupied with self and with being noticed, letting those in real need ‘pass by’ us, and we ‘notice them not’ (Mormon 8:39). It is a sad fact, therefore, that popularity gets in the way of our keeping both of the two great commandments! (See Matthew 22:36–40.) . . .

“Jesus gave us the ending demographics: wide is the gate and popular and broad is the way that leads to destruction (see Matthew 7:13). The narrow and straight way that leads to salvation, alas, is the path less traveled by. Hence, there is no way we can both move with the herd and also move toward Jesus.”

—Elder Neal A. Maxwell (1926–2004), “Popularity and Principle,” *Ensign*, Mar. 1995, 15.

straight out of the *For the Strength of Youth* pamphlet. I wanted to be just like him.

Then one day something amazing happened.

It was lunchtime, the worst part of the day. “Cafeteria” was just another name for “Popularity Exam Room.” As I was once again faced with choosing to sit alone or to sit with people who challenged my standards, Curtis invited me to sit with him. His friends accepted me.

I’m convinced that single act saved me. While many of those I could have hung around with passed Popularity 101, many of them are in danger of failing life—having chosen paths that led them into serious problems such as addictions to tobacco, drugs, or pornography.

Through Curtis, I learned I could have fun and keep high standards. I learned that doing what’s right is cool. And I learned a secret about popularity—it’s Satan’s counterfeit for true friendship.

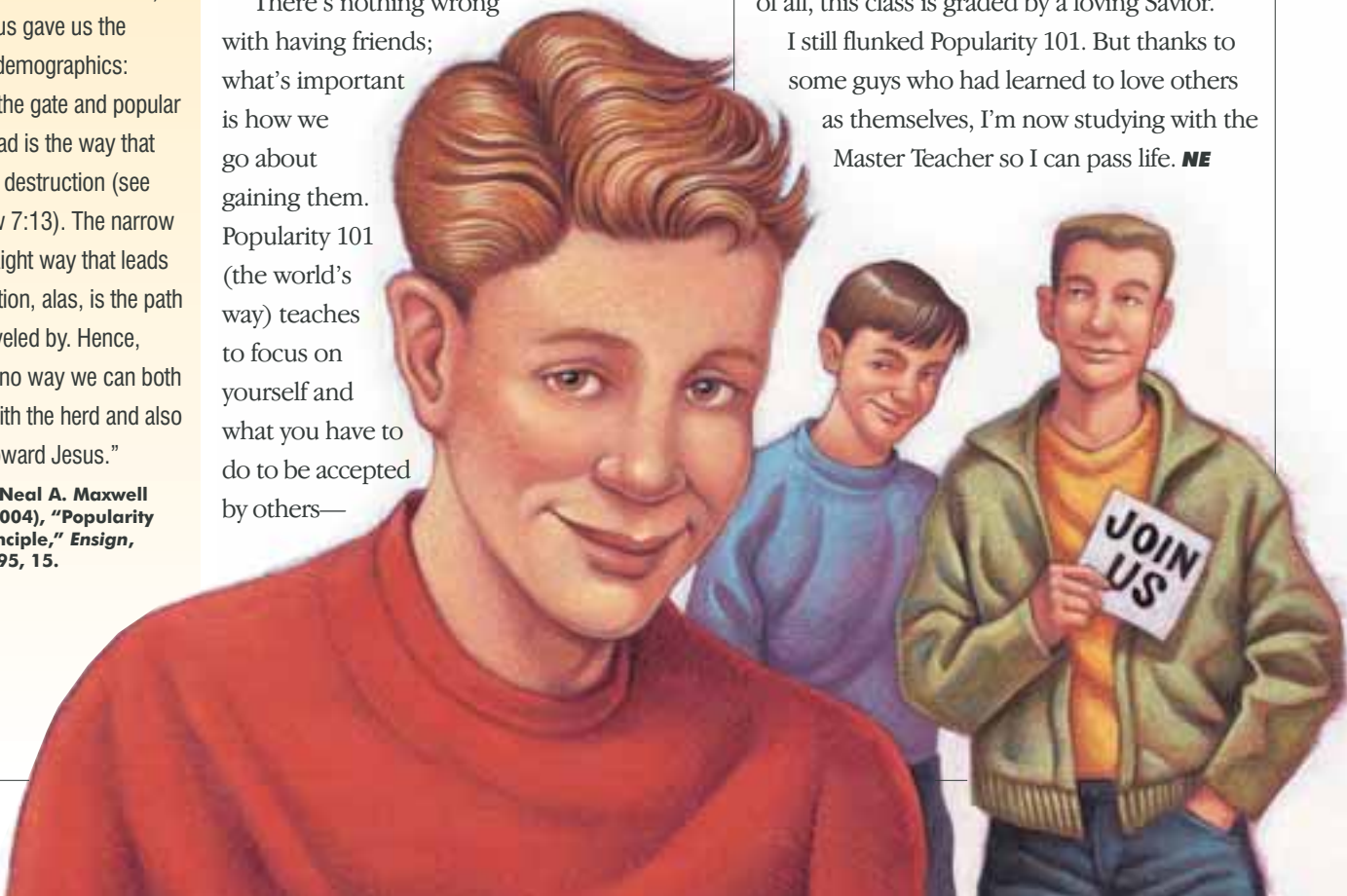
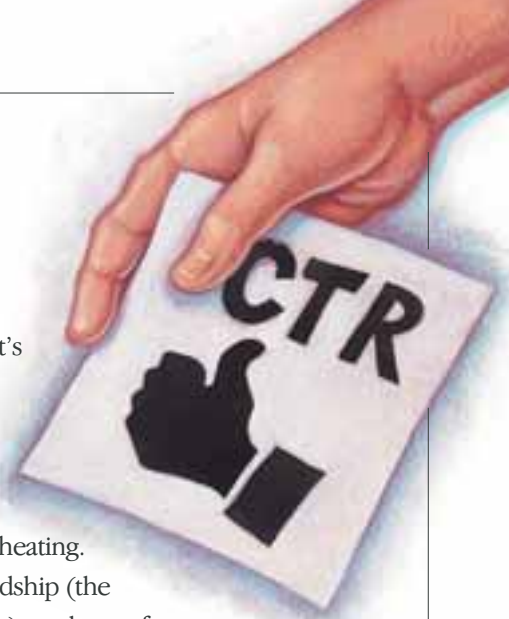
There’s nothing wrong with having friends; what’s important is how we go about gaining them. Popularity 101 (the world’s way) teaches to focus on yourself and what you have to do to be accepted by others—

whether it’s swearing, drinking, smoking, or in my case cheating.

True friendship (the Lord’s way) teaches to focus on others, to lift them so they feel accepted by you. This is accomplished through love, kindness, sincerity, and, like Curtis, having the Spirit so others feel comfortable around you.

Curtis and his friends weren’t enrolled in Popularity 101; they were enrolled in Living the Gospel. This class has all sorts of helpful textbooks—the scriptures, Church magazines, *For the Strength of Youth*. Classes are offered at general conference, in seminary, and every Sunday at church. There’s a tutor who will work with you anytime—the Holy Ghost. Best of all, this class is graded by a loving Savior.

I still flunked Popularity 101. But thanks to some guys who had learned to love others as themselves, I’m now studying with the Master Teacher so I can pass life. **NE**



Mutual Activity Idea

- Be some child's angel like the author was in "Like an Angel" on page 9. Check with a local hospital, day care center, or shelter. Gather gently used toys from home and donate them as appropriate.

Personal Progress and Duty to God

- Read "The Family Secret" on page 36. Look through your Personal Progress or Duty to God book and find goals you could do that

could involve your family. Make plans and go for it!

Family Home Evening Idea

- Read the Q&A on page 16 about letting your family know that you love them as the introduction to a family discussion on how each member of the family feels love. Have each member of the family tell what he or she enjoys most about every other member of the family.

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SUNDAY LESSON HELPS

In addition to the Resource Guides (printed in May and November in the *Ensign* and *Liabona*), Young Women and Aaronic Priesthood teachers may find these additional resources helpful in enhancing lessons 42–50.

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Lesson 42 Follow the Brethren

Shanna Butler, "Voice Lessons," *New Era*, Sept. 2004, 42.
 Keith Crockett, "Follow the Trail," *New Era*, Mar. 2004, 42.

Lesson 43 Spiritual Preparation for a Mission

Randy L. Bott, "Football and Missions," this issue, 26.
 Shanna Butler, "Mission Made Possible," *New Era*, June 2004, 12.

Lesson 44 Preparing Now for Temple Marriage

The entire October 2004 special issue of the *New Era* is devoted to dating and preparing for temple marriage.

Lesson 45 Effective Home Teaching

James E. Faust, "Good Shepherds," *New Era*, Mar. 1996, 4.
 Thomas S. Monson, "Home Teaching—a Divine Service," *New Era*, Nov. 1998, 4.

Lesson 46 Avoiding Degrading Media Influences

Elise Fisher, "R Fight," *New Era*, May 2004, 32.
 Idea List: "Prime Time," *New Era*, Feb. 2004, 13.

Lesson 47 Clean and Appropriate Speech

Q&A: ". . . what about other kinds of swearing?" *New Era*, Mar. 2001, 16.

Lesson 48 Maintaining Righteous Standards

Jeremy Robertson, "The Sign on the Wall," *New Era*, Aug. 2004, 30.

Lesson 49 Honesty and Integrity

Howard W. Hunter, "Be Honest with Yourself," *New Era*, July 2003, 36.
 Arianne B. Cope, "Crunch Time," *New Era*, Apr. 2003, 26.

Lesson 50 Valuing and Encouraging People with Disabilities

Connie Myers, "Friends in Room 102," *New Era*, Aug. 2004, 32.

Adam C. Olson, "Standing on Faith," *New Era*, June 2004, 20.

Young Women Manual 2

Lesson 42 Gratitude and Appreciation

Q&A: ". . . How can I let [my family] know I love them without saying it?" *New Era*, this issue, 16.

LaRene Porter Gaunt, "Out of the Ashes," *New Era*, May 2004, 20.

Lesson 43 Wise Use of Leisure Time

Adam C. Olson, "Failing Popularity 101," this issue, 46.
 M. Russell Ballard, "Go for It!" *New Era*, Mar. 2004, 4.

Lesson 44 Developing Talents

Janet Thomas, "The Family Secret," this issue, 36.
 Q&A: ". . . what if [I] don't have any [talents]?" *New Era*, Jan. 1996, 16.

Lesson 45 Participating in the Cultural Arts

Janet Thomas, "Sing out Strong," *New Era*, Sept. 2004, 20.

Lesson 46 Financial Responsibility

Kristi Linton, "Money Matters," *New Era*, Sept. 2004, 34.

Lesson 47 An Uplifting Environment

Jeremy Robertson, "The Sign on the Wall," *New Era*, Aug. 2004, 30.

Lesson 48 Communication Skills in Leadership

Idea List: "Ten Terrific Teaching Tips," *New Era*, Sept. 2004, 44.

Lesson 49 Valuing and Encouraging People with Disabilities

Connie Myers, "Friends in Room 102," *New Era*, Aug. 2004, 32.

Adam C. Olson, "Standing on Faith," *New Era*, June 2004, 20.

DANCING ATTITUDE

As soon as I saw the dancers on the cover of the August *New Era*, I wanted to read it. I look forward to the monthly youth dances in my stake. My friends and I have so much fun, but it's not because we know how to dance. It's because of the attitude we have before we go. We know that we're going to have more fun out on the floor than if we're standing by the wall. It is a great way to get to know people. Girls shouldn't be scared to ask guys to dance. Just open up, and you'll have an awesome time!

*Brooklyn Davies, Red Deer First Ward,
Red Deer Alberta Stake*

OVERCOMING ENVY

I would like to thank Rosalyn Eves for the Instant Messages story "I Envy You" (Aug. 2004). Lately I had been getting envious of the girls in my Beehive class for their clothes. One Sunday when I got home, I was so depressed that I just plopped on the couch and started reading the *New Era*. The first thing I turned to was the comics, thinking they would put a smile on my face. But somehow I ended up reading the Instant Messages. The first one was on envy. As I read I thought of how I too have been envious not only of my Church friends but also my nonmember friends. I then knew that I had to do what Rosalyn did.

Name withheld

A BEAUTIFUL POEM

Thank you to the *New Era* for putting out a magazine that is so spiritually edifying. I love to receive this every month and to find how all the stories and articles relate to my life. I just wanted to let you know how much I enjoyed the poem "I Was Not There" (Aug.

2004). The message it brings across is amazing. Thank you, Kristy, for writing such a beautiful poem. It is so true. We weren't there, but through the Spirit we know that the scriptures are true and describe actual events.

*Heather Burgess,
Rancho Vista Ward,
Lancaster California Stake*

A BETTER MISSIONARY

"Someone to Listen" from the August 2004 *New Era* really helped me have a better knowledge of how to reply to others' questions about the gospel. It also helped me not to be discouraged when some may not respond the way I desire. I used what I learned from this article the next day when I had a missionary opportunity.

*Brittany Moore, Osceola Ward,
Des Moines Iowa Stake*

ELDER HOLLAND'S ARTICLE

Every month I can't wait to get another *New Era* magazine. I recently read the article written by Elder Jeffrey R. Holland ("Remember How You Felt," Aug. 2004). I liked it a lot.

*Dallin Waite, Craig Ranch Ward,
North Las Vegas Nevada Stake*

Correction: Brittney Harper's name was misspelled in the August issue. We apologize for the error.

We love hearing from you. Write us at the following address. Please include the names of your ward and stake (or branch and district).

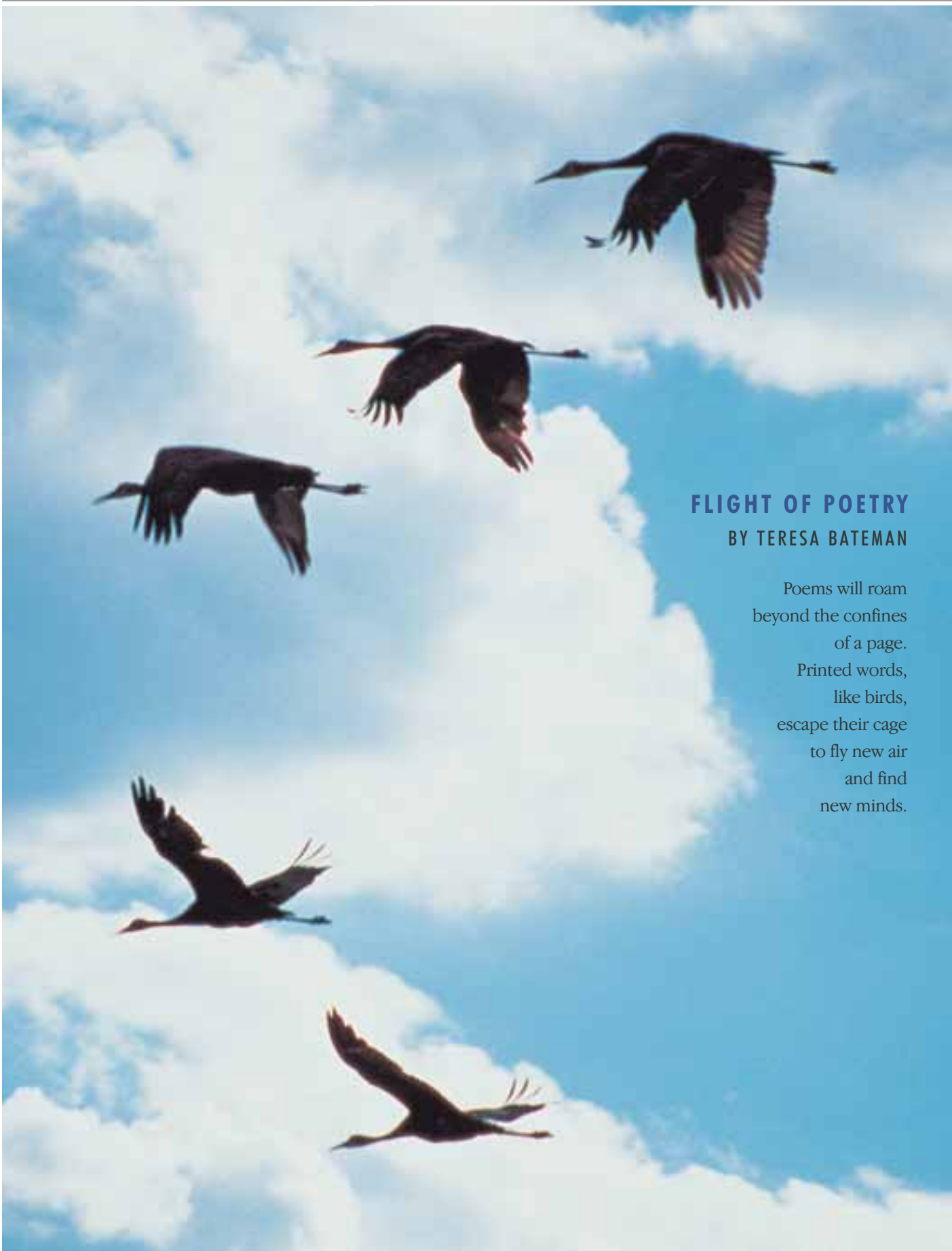
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Submissions may be edited for length and clarity.



*"The August 2004
New Era
really helped me
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knowledge of how
to reply to
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about the
gospel."*



FLIGHT OF POETRY

BY TERESA BATEMAN

Poems will roam
beyond the confines
of a page.
Printed words,
like birds,
escape their cage
to fly new air
and find
new minds.



*“My cousins
and aunts and I love
getting together
and just having fun.
We thought
we would get
everyone together
to learn how to
make rolls.”*

See “The Family Secret,” p. 36.