

GET A GRIP

A photograph of a hand holding a horizontal bar, symbolizing strength and grip. The hand is positioned in the center of the frame, with the fingers wrapped around the bar. The background is a solid, dark brown color. The lighting is dramatic, highlighting the texture of the skin and the bar.

"We must hold on tight to the iron rod and never let go."

Ann M. Dibb, second counselor in the Young Women general presidency,
"Hold On," *Ensign*, Nov. 2009, 80.