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Selections from the **Eighth International Art Competition** are featured on page 30. See all of the art at [www.ArtExhibit.Lds.org](http://www.ArtExhibit.Lds.org).



### FOR YOUNG ADULTS

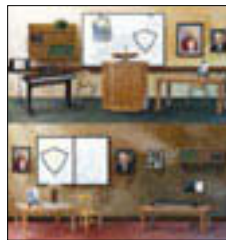
**"Neither Trust in the Arm of Flesh"** (page 40) is based on a commencement address given by Elder Russell M. Nelson in April 2009. To read the full text of the address in English, visit <http://speeches.byu.edu>.

### FOR YOUTH



**What kind of a friend are you?** Take an interactive online quiz to find out. Go to [www.liahona.Lds.org](http://www.liahona.Lds.org).

### FOR CHILDREN



**Do an activity** based on the story "Miguel's New Primary" (page 70). See if you can find all the similarities between two Primary classrooms at [www.liahona.Lds.org](http://www.liahona.Lds.org).

### In Your Language

To find online Church materials in your language, visit [www.languages.Lds.org](http://www.languages.Lds.org).

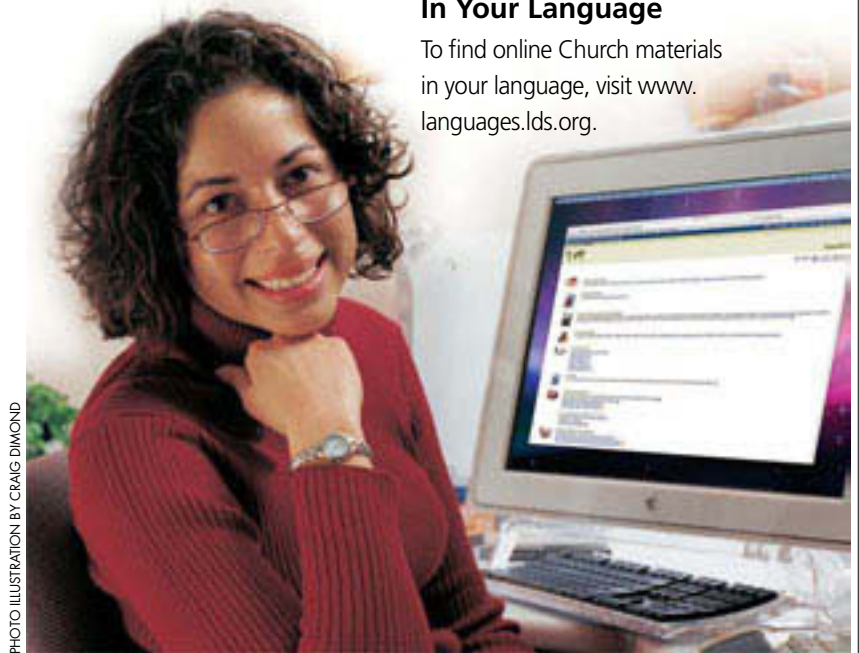


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