

ISSUE 1

YOUTH ZONE



THE
STARFISH



"IF LIFE
GIVES
YOU
LEMONS
MAKE
LEMONADE!"



BUILD A
BETTER
WORLD

TRUE
GREATNESS



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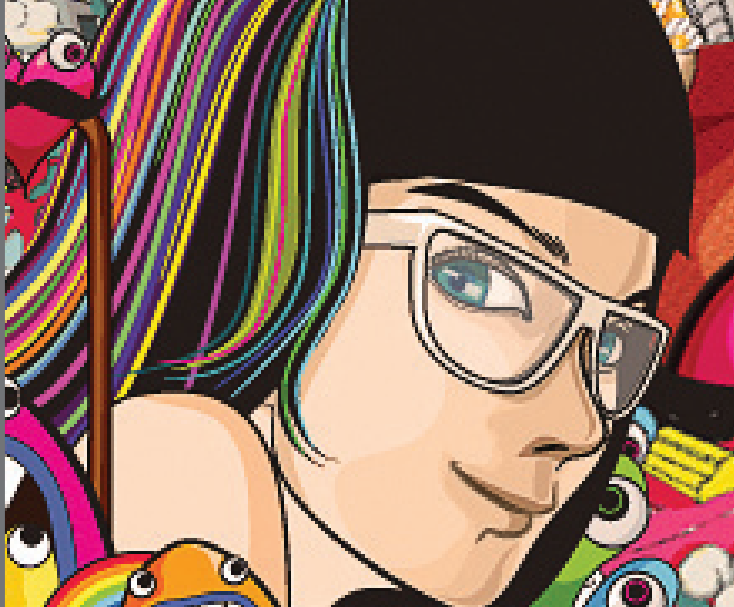
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>> FROM THE EDITOR:

Do you ever wonder if you are too small or too young to make a difference? Well, guess what? You are not! In fact, no matter how young you are, you can have a deep effect on others.

You may think that you have not learned enough, and that you don't know how to make a difference, but when you show you care about others, even in little ways, that's exactly what you are doing.

Our world needs more active people who volunteer and are willing to show outgoing concern for others. The stories, poems, and articles in this first issue of Youth Zone have many tips on how to make the world a better place. We hope they will motivate you to reach out and make a positive difference in our world.

If you have a success story to share, please tell us about it. You can email it to youthzone@motivatedmagazine.com.

We can't wait to hear from you!

Christina Lane

FOR YOUTH ZONE

All Are Significant

By Joann C. Jones

During my second year of nursing school our professor gave us a quiz. I breezed through the questions until I read the last one:

Q: “What is the first name of the woman who cleans the school?”

Surely, this was a joke. I had seen the cleaning woman several times, but how would I know her name? I handed in my paper, leaving the last question blank.

Before the class ended, one student asked if the last question would count toward our grade.

“Absolutely,” the professor said. “In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say hello.”

I’ve never forgotten that lesson. I also learned her name was Dorothy.



The Starfish

By Loren Eisley, Adapted

One day a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean. Approaching the boy, he asked,

"What are you doing?"

The youth replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."

"Son," the man said, "don't you realize there are miles and miles of beach and hundreds of starfish? You can't make a difference!"

After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the man, he said,

"It made a difference to that one."

ACTIVITY CORNER

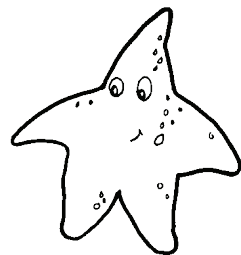
MAKE A STARFISH NECKLACE

This pebbly-textured starfish is easily made from white glue sprinkled with sand or glitter. It is fun to wear, display, or hang in a window.

Activity courtesy of: www.enchantedlearning.com

Supplies you will need:

- White glue
- A toothpick or small stick
- Waxed paper
- Sand or glitter
- 1 paper clip
- Yarn



1. Working on the piece of waxed paper, carefully squeeze some white glue in the shape of a starfish. If you need to adjust the shape of the starfish a bit, use the toothpick.
2. Fold the paper clip into a "V" shape. Put the ends of the paper clip into the glue at the end of one arm of the starfish.
3. Sprinkle the glue lightly with sand (or glitter). Gently shake off the excess sand (or glitter).
4. Let it dry completely (this takes at least overnight, sometimes longer).
5. Carefully peel the waxed paper off the back of the starfish.

You now have a pebbly-textured starfish to wear, display, or hang in a window.



What One Man Can Do

A true story, Author Unknown

During the last half of the eighteenth century, a man named John rode up and down through the English countryside.

He felt very sad when he saw the poverty, drabness, and unattractiveness of the village life.

One day he had the idea of distributing flower seeds to the housewives, and offering prizes for the most beautiful gardens.

As a result, today the English countryside has the reputation of being the most colorful in the world.

One man, almost single-handedly, changed the nature of the rural districts of an entire country.

ACTIVITY CORNER

WRITE A NUMBER (1-4) IN EACH OF THE RED DOTS TO MATCH THE STORY'S ORDER OF EVENTS.



MUSIC THAT MADE A DIFFERENCE

By Martin, Pakistan

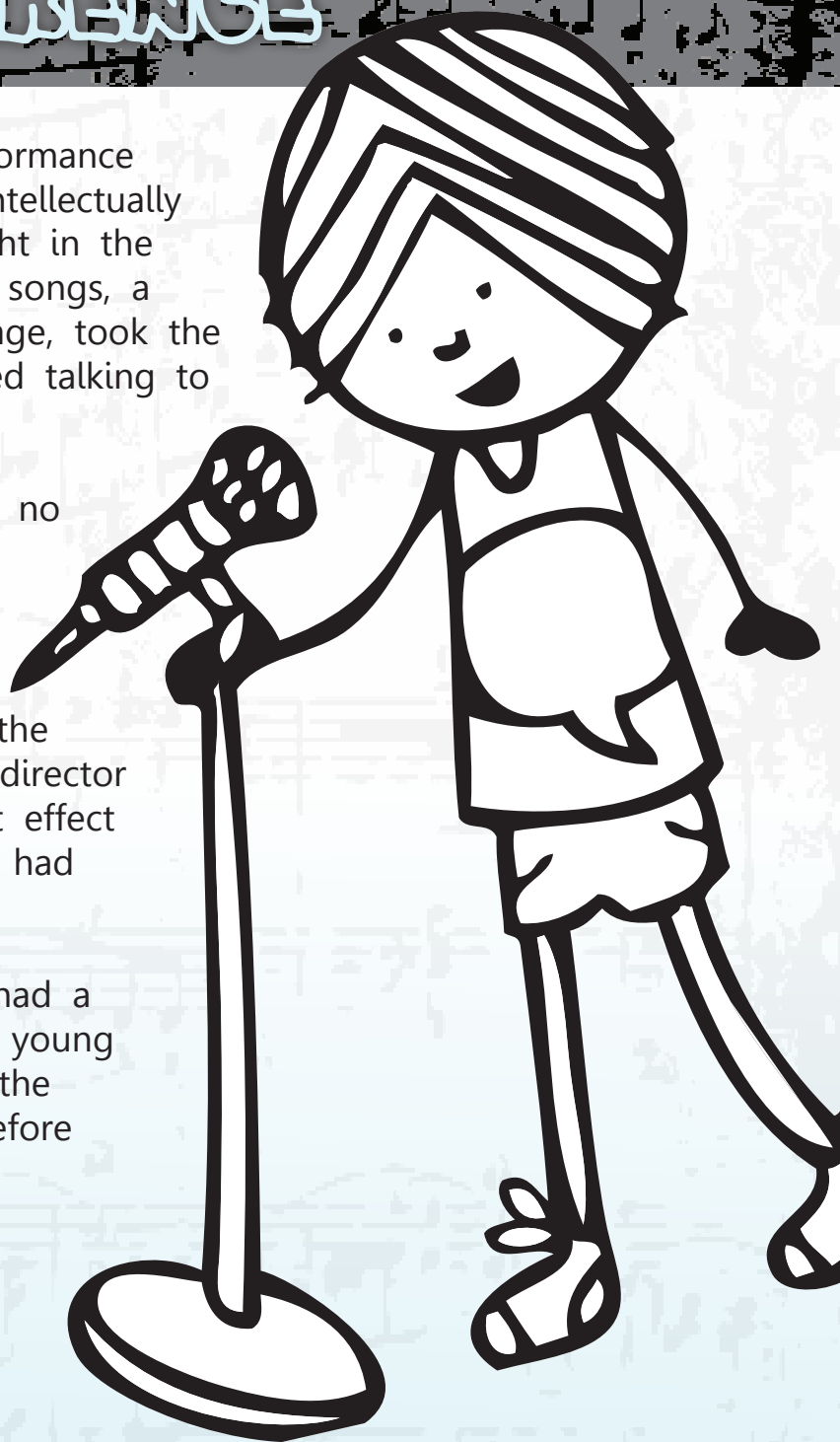
During a musical performance at an institution for intellectually challenged people, right in the middle of one of the songs, a student got up on stage, took the microphone and started talking to everyone.

What he said made no sense, but when he finished, everyone applauded.

After the program, the performers asked the director of the institution what effect he thought the songs had on his students.

"Your performance had a wonderful effect! That young man who interrupted the program had never before spoken in his life!" the director said.

What miracles music and a little bit of love can do!



“If Life Gives You Lemons, COLOR!”

By Kate Allt, Adapted

NBC, July 2010

Eight-year-old Abby Enck thought of an inventive way to raise money for purchasing crayons for children receiving hospital care. Here is how she did it: Plenty of primary school kids run lemonade stands during the summer. Few turn those lemonade stands into charitable franchises that help sick kids.

But 8-year-old Abby Enck found a way to use her refreshing entrepreneurial enterprise to bring some color into the life of her 6-year-old brother Cameron and his buddies at the Children’s Hospital in Park Ridge. Cameron was born with Cerebral Palsy*.



Cameron was diagnosed with the disease when he was just one week old. Big sister Abby has accompanied him to almost all of his appointments, and she noticed that the kids at the hospital liked coloring.

So when Abby made \$4.50 from selling delicious lemonade to neighborhood locals, she decided to use the money to buy boxes of crayons for Cameron and the other kids at the hospital.

“Cameron’s doctor loved it,” Abby said. “I really like to color, and I thought the kids would love it too.”

When 2010 rolled around, Abby thought she could beat last year's donation.

So rather than sell lemonade on her own, she created "lemonade kits" consisting of a bottle of water, a packet of lemonade, and a homemade tag that explained her goal. Abby made 52 kits and recruited family and friends to help sell them for \$1 each.

The franchise idea turned out to be "crayon boom-town", and Abby has been able to purchase 869 boxes of Crayola Crayons so far this year. She hopes to make it to her goal of 1,000 boxes in the next few weeks.

Officials at the hospital are thrilled.

"What's special about this donation is that she took it upon herself and made it personal," the communications manager Nate Llewellyn said.

"Coloring is a great creative outlet for kids," Llewellyn said. "It helps them work through any issues they may be going through and take their mind off mental or physical pain. It really creates a sense of home, safety, and comfort for them."

Becki said Abby handled the whole operation herself: She created a to-do list, compiled a list of family and friends that she planned to reach out to, designed a company logo on the computer, and came up with a slogan: "If life gives you lemons, COLOR!"

Abby says the best part about making the kits is buying and donating the crayons.

When her mother asked what she had learned from the project, the 8-year-old replied, "Everybody can make a difference."

Abby delivered the next batch of crayons to the hospital on July 25, 2010. She also continues to be a supportive, caring sister.

"We are so proud of her, and we know that whatever she does, she'll go onto great things," Becki said.

"She's just got a great compassion for people."

Abby already has big plans for next year.

She's going to upgrade from handing out crayons to handing out DVDs!

***CEREBRAL PALSY:**
A CONDITION CAUSED BY
BRAIN DAMAGE THAT
AFFECTS MUSCLE
CONTROL.


Tips for Making a Difference


NOT ALL OF US CAN DO GREAT THINGS, BUT WE CAN DO SMALL THINGS WITH GREAT LOVE.

— MOTHER TERESA


Build a Better World

Author unknown

God said to build a better  world,

and  I said, "How?"

The  world is such a sad and unkind place,

and  I am so small and useless,

there is nothing  I can do."

But God, in all His wisdom said,

"Just build a better you."



1. Speak to people and communicate
2. Smile at people
3. Be friendly, helpful, and alert to give service
4. Be generous with praise, encouragement and appreciation
5. Be genuinely interested in the feelings of others
6. Avoid arguments

ANYWAY

People are often unreasonable, illogical and self centered;

Forgive them **ANYWAY**.

If you are kind, people may accuse you of selfish, ulterior motives;

Be kind **ANYWAY**.

If you are successful, you will win some false friends and some true enemies;

Succeed **ANYWAY**.

If you are honest and frank, people may cheat you;

Be honest and frank **ANYWAY**.

What you spend years building, someone could destroy overnight;

Build **ANYWAY**.

If you find serenity and happiness, they may be jealous;

Be happy **ANYWAY**.

The good you do today, people will often forget tomorrow;

Do good **ANYWAY**.

Give the world the best you have, and it may never be enough;

Give the world the best you've got **ANYWAY**.

You see, in the final analysis, it is between you and your God;

It was never between you and them **ANYWAY**.

Paradoxical* Commandments

By Kent M. Keith, written when he was 19, and first published by the Harvard Student Agencies in 1968.

Mother Teresa thought the Paradoxical Commandments were important enough to put up on the wall of her children's home in Calcutta. This is the version Mother Teresa posted.

*Paradoxical: seemingly contradictory, but nonetheless possibly true.

Louis could have gotten down and discouraged, but he didn't. He decided not to waste his life feeling sorry for himself because he could not see anymore.

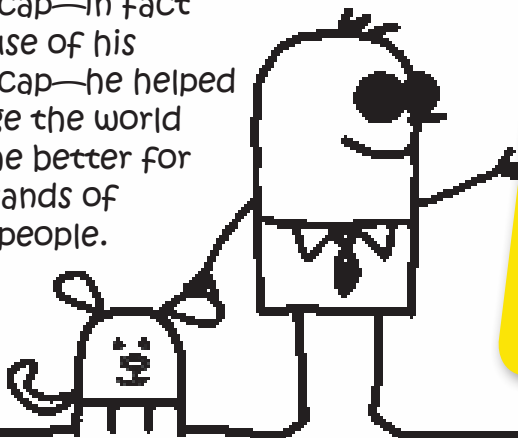
One thing Louis wanted to do was read, but without being able to see, that seemed impossible. Still he dreamed of finding a way to help blind people read easily. He tried one method after another, but without success.

Then one day, he heard of a captain in the army who had found a way of sending messages to his soldiers at night. He did it by making holes in a piece of cardboard so as to form letters on its surface. Louis knew at once that this was the answer he was seeking.

It took him ten years to work out this system, but he kept at it steadily, and at last he had perfected it.

That blind boy's name was Louis Braille (pronounced "Bray-ill") and the method he developed is known as the Braille Alphabet. Today blind people around the world are able to read specially prepared books, which are printed in Braille so they can feel the letters.

In spite of Louis' handicap—in fact because of his handicap—he helped change the world for the better for thousands of blind people.

[illegible][illegible]

TALK ABOUT IT

Talk with your family, friends, or classmates about Louis' positive attitude, and his refusal to be discouraged about his special challenge. How do you react when you are faced with sickness, or a problem you cannot solve?

a b c d e f g

h i j k l m n

o p q r s t u

v w x y z

ACTIVITY CORNER

WRITE A NOTE TO A FRIEND OR A CLASSMATE USING THE BRAILLE ALPHABET. REMEMBER TO INCLUDE THE BRAILLE ALPHABET AT THE END OF YOUR NOTE, SO THAT THEY CAN FIGURE IT OUT.

THOMAS EDISON

In 1847, a seventh child was born to Samuel and Nancy Elliot Edison. Thomas Alva was a mischievous and inquisitive child. His parents placed him in formal school at age seven, but his active, creative nature was stifled in a rigid educational setting.

Nancy Edison, a former schoolteacher, trained her youngest son in the basics and fostered his creative, inquisitive nature. Edison said of his mother, "She instilled in me the love and purpose of learning."

The results of Thomas Edison's love for learning are legendary. After beginning work as a telegraph operator in 1863, Edison invented improvements to the telegraph. He went on to improve fire alarm systems, stock tickers, and the telephone transmitter, and to invent, among other things, the phonograph and the incandescent light bulb.

Thomas Edison obtained the most U.S. patents* ever given to one person, and ranks as one of the greatest inventors and industrial leaders in history.

* Patent: the exclusive right granted by a government to an inventor to manufacture, use, or sell an invention for a certain number of years.

FLORENCE NIGHTINGALE

On May 12, 1820, a baby girl was born in Florence, Italy, to wealthy British parents. Named for the city in which she was born, Florence Nightingale was brought up to be an intelligent woman of good society. Both her mother and her father contributed to her academic and social training. While Mrs. Nightingale instructed Florence and her sister in social graces and the skill of running a large household, the girls' father taught them English grammar, history, philosophy, Latin, French, Greek, German, and Italian.

When she was 16, Florence felt called to a special life work: easing the suffering of the sick and dying. She began withdrawing from society life to concentrate on studying health and reforms for the poor.

Florence Nightingale did much to introduce sanitary nursing methods to the whole world, especially to the battlefield. Among her many public honors, she became the first woman to receive the British Order of Merit.



ACTIVITY CORNER

DO THIS ACTIVITY
WITH YOUR
TEACHER OR WITH
YOUR PARENTS



MAKE A ... LIGHT BULB LIGHT UP!

YOU CAN MAKE A LITTLE LIGHT BULB LIGHT UP
WITH THINGS YOU CAN FIND AND MAKE AT
HOME.

MATERIALS:

- A SIZE D BATTERY
- A SMALL LIGHT BULB
- TWO STRIPS OF ALUMINUM-FOIL WIRE YOU
MADE BY ROLLING TWO PIECES OF
ALUMINUM FOIL VERY TIGHTLY INTO
TWO CORDS
- TAPE

INSTRUCTIONS

1. TAPE A STRIP OF ALUMINUM WIRE TO
EACH END OF THE BATTERY.
BUT DON'T FORGET TO TAPE THEM TIGHTLY!
2. TIGHTLY WRAP ONE STRIP OF THE WIRE
AROUND THE TOP PART OF THE LIGHT BULB.
YOU CAN USE TAPE IF NECESSARY.
3. FINALLY, TOUCH THE BOTTOM OF THE LIGHT
BULB TO THE SECOND WIRE AND THE LIGHT
BULB SHOULD BURST INTO LIGHT.

TRUE GREATNESS

By Nyx Martinez

In ninth grade, one teacher stood out to me more than all the rest. We called him Uncle Jo.

Uncle Jo was a funny guy, aging in years but a kid at heart. He made those boring history books seem exceptionally fun and put the sparkle into everything about life.

Uncle Jo cared for a boy named Mikey whom we called "the special child." Mikey was indeed special, for he had autism*, which left him unable to care for himself.

So it was our teacher, Uncle Jo, who fed him, dressed him, walked him, and read him stories. I admired Uncle Jo for his love for Mikey, but a few weeks later, I was proud of my teacher, because those were his last days on earth, and he had spent them for somebody else.

Shortly after, Uncle Jo slipped into a coma that would end his life. I later found out that he had been battling cancer.

Uncle Jo taught me many subjects in school, but for all those lectures, it was his example of sacrifice that taught me the biggest lesson. Here was a dying man who spent his final days not making his atmosphere a more comfortable place for himself, but for a helpless child.

A very great man made his mark in history then, and engraved that mark in my mind, to remember for many more years to come. I realized at that early age how precious one's life is, and how short its span may be. One day Uncle Jo was up and about, and the next ... he was gone. He understood that the present day was all he had to make the most of, so he put his best efforts into that day, no matter how lowly the task.

Today, I close my eyes and think back to that time, and then it's as if I see the image of Uncle Jo's face and the twinkle in his eye as he smiles, "Life is too short to spend it only on yourself."

It is the deeds you do, the words you speak, and the love you give that will be treasured forever.

*AUTISM: A DEVELOPMENTAL DISORDER THAT CAN CAUSE PROBLEMS WITH COMMUNICATION AND SOCIAL INTERACTION. CHILDREN WITH AUTISM OFTEN SHOW REPETITIVE BEHAVIORS.

KINDNESS THEMES

“Do you want to do something kind, but just can’t think of what to do?”


Below are some ideas from a variety of people, courtesy of www.helpothers.org.

Deliver fresh-baked  cookies to an elderly person or lonely neighbor.

Stop by a  home for senior citizens, and visit a resident with no family nearby.

Have a  clean-up party in the park or at the beach.

Give your extra  toys to children at an orphanage.

Collect good second-hand  clothing from family and friends for the needy.

Offer to bring  food to a friend or a neighbor who is moving.

Have a food drive; ask  family and friends to bring non-perishable food items to donate to needy families.

Collect used and new  storybooks and set up a nice library in a school with no books.

SMALL PLACES

¹ A life need not be great to be beautiful. There may be as much beauty in a tiny flower as in a majestic tree, in a little gem as in a great jewel.

² A life may be very lovely and yet be insignificant in the world's eyes.

³ A beautiful life is one that fulfills its mission in this world.

⁴ Those with only ordinary gifts often think that they cannot live a beautiful life or make a difference in this world. But the smallest life that fills its place well is a beautiful life indeed.

