

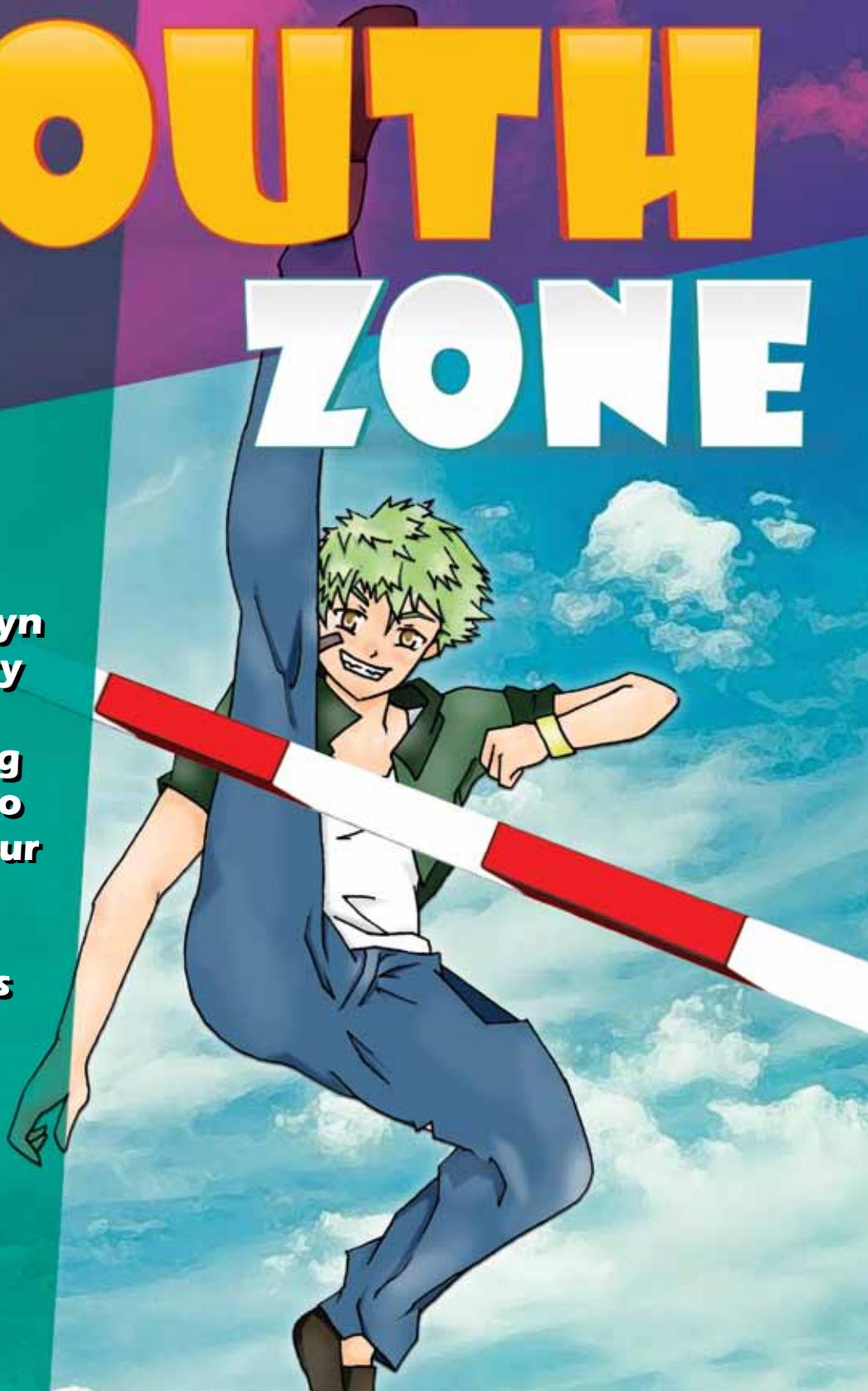
ISSUE 3

YOUTH ZONE

**The Brooklyn
Bridge Story**

**Overcoming
Obstacles to
Achieve Your
Dreams**

**Seven Steps
to Reach
Your Goals**





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FROM THE EDITOR:

Imagine running an obstacle course, and having to jump over all the hurdles put in your way. That can be fun, but it is also challenging.

If we were to ask a number of people if they would like to face obstacles, probably 95% of them would answer, "No, of course not! Why would I want to face obstacles?" But the reality is, we all face obstacles from time to time, some bigger than others.

While the word "obstacle" can make us feel discouraged, there's another way to look at it. You'll find from the stories in this issue of *Youth Zone* that with determination and perseverance, you can overcome any obstacle, and accomplish great things while you're at it.

I am sure that when you've finished reading, you will look at obstacles in a much more positive way, and hopefully you will even say, "Bring them on! I'm ready!"

We always appreciate hearing from you at youthzone@motivatedmagazine.com

Christina Lane

FOR YOUTH ZONE

The Brooklyn Bridge Story



In 1883, a creative engineer named John Roebling had the inspiration to build a spectacular bridge connecting New York with Long Island.



However, bridge building experts throughout the world thought that this was an impossible feat and told Roebling to forget the idea.

But Roebling could not ignore the vision of the bridge he had in his mind. He thought about it all the time and somehow knew it could be done. He just had to share the dream with someone else. After much discussion and persuasion, he managed to convince his son Washington, an up and coming engineer, that the bridge in fact could be built.

Working together for the first time, the father and

son developed the concepts and how the obstacles could be overcome. With great excitement and the thrill of a wild challenge before them, they hired their crew and began to build their dream bridge.

The project started well, but when only a few months underway a tragic accident on the site took the life of John Roebling. Washington succeeded him, but a short while later he was struck with a disease that caused a certain amount of brain damage, resulting in him not being able to walk, talk, or even move. Everyone felt that the project should be scrapped since the Roeblings were the only ones who knew how the bridge could be built.

In spite of his disabilities, Washington still had a burning desire to complete the bridge, and his mind was still as sharp as ever. As he lay in his hospital room, an idea hit him. All he could do was move one finger, so he decided to make the best use of it. By moving his finger, he slowly developed a

code of communication with his wife.

He touched his wife's arm to indicate to her that he wanted her to call his engineers. Then he used the same method of tapping her arm to tell the engineers what to do. It seemed foolish, but the project was under way again.

The Brooklyn Bridge shows us that seemingly “impossible” dreams can come true, no matter what the odds.

For 13 years, Washington tapped out his instructions on his wife's arm, until the bridge was finally completed.

Today the spectacular Brooklyn Bridge stands as a tribute to the triumph of one man's determination not to let circumstances defeat him. It is also a tribute to the engineers and their teamwork, and to his wife's love and devotion.

Fact Box

The Brooklyn Bridge is one of the oldest suspension bridges in the United States. It stretches over the East River, and connects the New York City boroughs of Manhattan and Brooklyn. It took 13 years to build, and was opened on May 24, 1883. On completion, it was the largest suspension bridge in the world, and the first steel-wire suspension bridge ever built. Originally referred to as the New York and Brooklyn Bridge, it was dubbed the Brooklyn Bridge in 1867. Since its opening, it has become an iconic part of the New York skyline. It was designated a National Historic Landmark in 1964.

Bridging Problems

By Peter Kelly, adapted

Believe it or not, they used to build bridges by first flying a kite from one side of the river or gorge to the other. Someone on the opposite side would catch the kite and tie a slightly stronger string to the end of the kite string. Then the men who had sent the kite over would pull the new, thicker string back across. The teams on each side would keep repeating the process, next with an even stronger string, then a cord, then a thin rope, then a thicker rope, and so on. Eventually they could pull a small steel cable across, then a heavier one, until finally they had a cable stretched across the river that was strong enough to support them and their tools and materials.—And it all started with one tiny kite string!

That's how obstacles can be overcome. Add a thread every day, and before long you'll see the results. Start bridging a problem by taking the first step, however small, in the right direction. Then keep at it until the obstacle lies behind you, and you're on the road to victory.

Let's Make a Kite

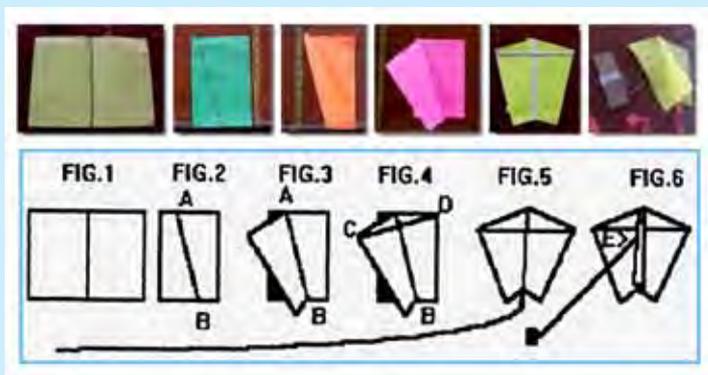


Directions:

1. Fold the sheet of 8 1/2" x 11" paper in half to 8 1/2" x 5 1/2".
2. Fold again along the diagonal line A in Figure 2.
3. Fold back one side forming kite shape in Figure 3, and place tape firmly along fold line AB. (No stick is needed here because the fold stiffens the paper and acts like a spine.)
4. Place wooden barbecue stick from point C to D and tape it down firmly.
5. Cut off 6 to 10 feet of plastic ribbon and tape it to the bottom of the kite at B.
6. Flip kite over onto its back and fold the front flap back and forth until it stands straight up (otherwise it acts like a rudder and the kite spins around in circles).
7. Punch a hole in the flap at E, about 1/3 down from the top point A.
8. Tie one end of the string to the hole and wind the other end onto the cardboard string winder.

Material list:

- 1 sheet of brightly colored 8-1/2"x11" typing paper.
- A thin 8" bamboo or wooden barbecue stick.
- A roll of fluorescent surveyor's flagging plastic tape (available in most hardware stores).
- A plastic bag cut in a 1" wide spiral all around will also make a great tail.
- A roll of 1/2" wide masking tape, or any type of plastic tape.
- A roll of string (at least 6 to 10 feet).
- A piece of 1"x3" cardboard onto which to wind the string.
 - Scissors.
 - Hole punch (optional).



Now go have fun and fly your kite!

Overcoming Obstacles to Achieve Your Dreams

By Jen Mueller, www.dailyspark.com

Amy Palmiero-Winters is someone from whom we can all learn a lot.

Amy had always been a runner, but lost one of her legs in an accident. The accident could have put an end to her running career, but she refused to let it stop her from doing something that she loved, and from inspiring others to do the same. In recent years, she ran the Chicago marathon in 3 hours and 4 minutes, which is thought to be the fastest time ever by an amputee. For those of you not familiar with marathons, 3:04 is REALLY fast—for anyone. My goal was to run the Columbus marathon last year in under 4:30, and I ran it in 4:27. It's one of my biggest personal accomplishments to date.

Last year Amy received the Runner's World Hero Award for her accomplishments. In her acceptance speech, she said, "Nothing good is ever easy and is ever done alone. We're only limited by ourselves."

*What goals would you like to reach?
Who or what inspires you to reach
your goals?*

Pop! Pop!

Pop!

By Tomoko Matsuoka, adapted



When we make popcorn, we pour oil into the pot, put it on the stove, and then add the kernels.

Even with the fire on, nothing happens right away, and we may wonder whether the kernels are any good, but within a minute or two they all start popping.



When we are young, studying and learning, we're like that popcorn on the stove of training, slowly soaking in the oil waiting for the right time to ... POP!



All the popcorn doesn't pop at once. At the beginning only a couple kernels have popped, just like the things we learn take time to blossom and show themselves useful. But soon, like that popcorn, there's going to be an explosion through us, and we're going to be poppin' all over the place!



Sometimes we can be tempted to give up, or feel that all our studying and effort doesn't seem to be making a difference, but we shouldn't give up! We need to be patient, our time is coming.

Let's keep going during this time of training and learning!

It won't be long before all that we've studied and worked hard for will pay off.

It's going to happen!



Perfect Popcorn!

By Elise, Web Reprint

Making popcorn from scratch can be tricky. Not only do you want as many kernels as possible to pop, but you also want to keep the kernels from burning at the bottom of the pan. Until my mother showed me her way of cooking popcorn, I usually took the easy way out and used (gasp!) microwave popcorn. Mom's method of making popcorn not only pops almost every kernel, it also prevents the kernels from burning. Here's how it goes. Be sure to ask an adult to help you with this project!

WHAT YOU NEED:

- 3 Tablespoons canola or peanut oil
- 1/3 cup of high quality popcorn kernels
- 1 3-quart covered saucepan
- 2 Tablespoons or more (to taste) of butter
- Salt (to taste)

WHAT TO DO:

- 1) Heat the oil in a 3-quart saucepan on medium high heat.
- 2) Put 3 or 4 popcorn kernels into the oil and cover the pan.
- 3) When you hear the kernels pop, add the rest of the 1/3 cup of popcorn kernels in an even layer. Cover, remove from heat, and count 30 seconds. (Count aloud!) This method first heats the oil to the right temperature, then, waiting 30 seconds, brings all of the other kernels to a near-popping temperature, so that when they are put back on the heat, they all pop at about the same time.
- 4) Return the pan to the heat. The popcorn should begin popping soon, and all at once. Once the popping starts in earnest, gently shake the pan by moving it back and forth over the burner. Try to keep the lid slightly ajar to let the steam from the popcorn release (the popcorn will be drier and crisper). Once the popping slows to several seconds between pops, remove the pan from the heat, remove the lid, and dump the popcorn immediately into a wide bowl. With this technique, nearly all of the kernels pop (I counted 4 un-popped kernels in my last batch), and nothing burns.
- 5) If you are adding butter, you can melt it by placing the butter in the now empty, but hot saucepan. Once melted, pour it over the popcorn and stir.
- 6) Add salt to taste.
- 7) Enjoy your Perfect Popcorn.

DID YOU KNOW?

- Who invented popcorn? Popcorn was invented over 4,000 years ago by Native American tribes in what is now Mexico and Central America. These people would use it for food, jewelry, and even as a way of telling the future.
- Why does popcorn pop? When the kernels heat up, the moisture inside them expands until it bursts out of the hard shell. In a fraction of a second the over-heated starch puffs up forming a white fluffy solid, then immediately cools off. So popcorn is nothing more than a tiny “frozen explosion.”
- Is popcorn junk food? By no means! Popcorn contains more protein than any other cereal grain, more iron than spinach, and plenty of fibers, vitamins, and carbohydrates. It also contains very few calories, making it a perfect in-between snack.
- How much popcorn do people eat? In the USA alone, nearly 20 billion liters (4.5 billion gallons) of popcorn are munched away every year. That’s enough to fill 18 Empire State buildings, 50 oil tankers, or 8,000 Olympic swimming pools. In other words, if all that popcorn rained down on your block during the night, in the morning the houses would be buried in over 100 meters of popcorn.
- What modern invention did popcorn help bring about? The experimentation of popping popcorn with microwaves in 1945 led to the creation of the microwave oven. Nowadays, it is one of the number one uses for microwave ovens.
- How high can popcorn kernels pop? Popcorn can pop up to 3 feet in the air.
- How big was the biggest popcorn ball? According to the Guinness book of records, the world’s largest popcorn ball measured 12 feet in diameter and took 2,000 pounds of corn to make.



FUN FACT!

The world largest popcorn ball’s edible sphere is a whopping eight feet in diameter, approximately 24.5 feet in circumference and weighs in at 3,415 pounds. To put it in perspective, the record-setting ball is almost 50,000 times larger than the normal popcorn balls distributed for retail consumption.

Let's Be Thankful

The story is told of an African king and his close friend, who had grown up together. The king's friend had a habit of looking at every situation positively and remarking, "Let's be thankful!"

One day the king went on a hunting expedition, and he gave his friend the job of loading his guns and handing them to him. Apparently the friend did something wrong at some point, because one gun misfired, and the king lost his thumb in the explosion.

"Let's be thankful!" the king's friend remarked as usual.

"No, let's not be thankful!" the king replied, and he was so upset that he sent his friend to jail.

About a year later, the king was hunting in an area that he shouldn't have ventured into. Cannibals captured him and took him to their village. They tied his hands, bound him to a stake in the ground, and stacked firewood around his feet. However, just as they were about to set fire to the wood, they noticed that the king was missing a thumb. The cannibals had a superstition that forbade them from eating anyone who was less than whole, so they untied the king and sent him on his way.

As the king traveled home, he was reminded of the event that had taken his thumb, and he regretted the way he had treated his friend. He went straight to the jail and released his friend.

"You were right," the king said. "I should have been thankful that my thumb was injured." And he proceeded to tell his friend about his brush with death. "I am sorry for sending you to jail for so long," he said. "That was very bad of me!"

"No," his friend replied, "I am thankful!"

"What do you mean, 'You are thankful'? How could you be thankful for spending a year in jail?"

"If I had not been in jail," the king's friend replied, "I would have been with you."



Nature Speaks



EAGLES...

The eagle is an interesting bird. She builds her nest in the tallest trees or on the loftiest mountain ledges. If you watch her build her nest you will notice that she first lays down thorns, jagged stones, and all kinds of sharp objects, which seem unusual materials for nest-building. Then she covers it thickly with wool, feathers, and fur of animals she has killed. The nesting place thus becomes soft and comfortable, a delightful home for the birds that the mother will hatch.

But the little creatures are not destined to remain in this inviting cradle. The time will come when the mother will stir up the nest. She will pick all the downy material out of the nest and cast it to the wind. She will begin to point up the sharp protrusions so that they will prick the eaglets. Up to this time, the tiny creatures have had their food delivered and dropped into their mouths. After the nest has been stirred up, the eagles become so miserable and unhappy they are willing to get out, and go somewhere else.

This is the mother's objective. It is not cruelty on her part, but rather an effort to produce discontent with the old life of ease, and to whet their desire to move on to maturity.



... AND BEES

A beekeeper told me a story of a hive—how, when the little bee is in its first stage, it is put into a hexagonal cell, and enough honey is stored there for its use until it reaches maturity. The honey is sealed inside a capsule of wax, and when the tiny bee has fed itself and finished eating all the honey, the time has come for it to come out into the open. But, oh, the wrestle, the fight, the straining to get through that wax! It is a narrow opening for the bee, so narrow that in the agony of exit, the bee rubs off the covering that hid its wings, and on the other side, it is able to fly!

Talk About It

Have you ever had a big problem or obstacle that was difficult to overcome? Did it turn out okay in the end? Talk about it as a family, with your friends, or in your class.

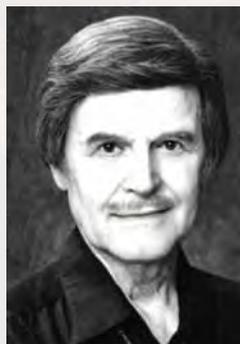
John Goddard
The man with 127 life goals
Excerpts from his website

One rainy afternoon, an inspired 15-year old boy named John Goddard sat down at his kitchen table in Los Angeles and wrote three words at the top of a yellow pad, "My Life List." Under that heading, he wrote down 127 goals.

These were not simple or easy goals. They included climbing the world's major mountains, exploring from source to mouth the longest rivers of the world, piloting the world's fastest aircraft, running a mile in five minutes, and reading the entire Encyclopedia Britannica.

Now, a generation later, he has accomplished 109 of these quests, and has logged an impressive list of records in achieving them.

Here is where you can find the "Life List" of this world-famous adventurer and motivational speaker:
http://www.johngoddard.info/life_list.htm



"From early childhood I had always dreamed of becoming an explorer. Somehow, I had acquired the impression that an explorer was someone who lived in the jungle with natives and lots of wild animals, and I couldn't imagine anything better than that! Unlike other little boys, most of whom changed their minds about what they wanted to be several times as they grew older, I never wavered from this ambition."

THE PLAN



Do you want to be able to...

- ...bake and decorate delicious treats?
- ...learn to play the guitar?
- ...learn another language?
- ...master some dance moves?
- ...be more outgoing and confident?
- ...learn to play a new sport?
- ...make a new friend?

- ...learn to touch type?
- ...draw caricatures?
- ...learn a certain computer program?
- ...learn basic photography?
- ...make macramé jewelry?
- ...write stories?

While these are different skills, they all have one thing in common: they are objectives that can be reached through planning, setting goals, and then taking steps to reach them! Planning is vital for acquiring and developing new skills.



SEVEN STEPS TO REACH YOUR GOALS

What do you want to do? Take some time to think and plan for what you want to accomplish or achieve.

What steps do you need to take? Write down steps that you need to take to accomplish your goal. For example, if you want to become a famous sports person or learn to play a musical instrument, you need to practice daily.

Is there anything that could stop you from reaching your goal? Think about any problem, cons, or things that might stand in the way of reaching your goal. Maybe you don't have a sports stadium close by where you can practice, or maybe you don't have the money to buy a musical instrument. If you know what the obstacles are, then you can look for solutions and ways to work through them.

When will you finish each step? Set a date for reaching your goal. This will help keep you focused and moving forward.

Whom can you talk to about your plan? Talk about your plan with your parents, a teacher, or a mentor, and ask for help when needed. Check back with your parents or mentor at regular intervals, to give them a chance to advise you as you go about enacting your plan.

Did you write it down? Document your plan and keep records. A checklist will help make sure that nothing is overlooked or left undone. As you check off items on your to-do list, you will be encouraged to see your project is nearing completion.

What will you do when you've reached your goals? Celebrate your success with those who advised and/or helped you along the way.

NOW TRY IT!

Think of one goal that you'd like to accomplish, confirm your plan with your parents, a teacher, or a mentor, and then go through the steps outlined above.



The bones in the body are two hundred or more,

But in sorting out people, we need only four:

Wishbone People

They hope for, they long for,
they wish for and sigh;
They want things to come, but
aren't willing to try.

Funnybone People

They laugh, grin and giggle,
smile, twinkle the eye;
If work is a joke, sure, they'll
give it a try.

Jawbone People

They scold, jaw and sputter,
they froth, rave and cry,
They're long on the talk, but
they're short on the try.

Backbone People

They strike from the shoulder,
they never say die;
They're winners in life—for
they know how to try.