

ISSUE 4

YOUTH ZONE

**Sand and
Stone**

**Real
Friends**

**Peer
Pressure:
Positive or
Negative?**



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FROM THE EDITOR:

Isn't it great to have good friends? The saying, "All the best things in life are shared," could not be truer. Going places or playing games on your own is not nearly as much fun as doing things together.

Aside from having friends to spend free time with after school or on the weekends, it is also important to have friends to study or work with. Not only can it be a lot more fun, but studying and working together often also leads to greater accomplishments and success.

Still, it is not always easy to make or keep friends, or to work together with people when we don't get along well. It takes communication, respect, and lots more to build meaningful friendships.

This issue of *Youth Zone* is chockfull of tips on how to make friends, build lasting relationships, overcome friendship issues, and much more. Enjoy!

Christina Lane

FOR YOUTH ZONE

Sand and Stone

Author Unknown

THEY DID IT!

Two friends decided to trek through a desert together. Some time into their journey, they had an argument, and one of them got so angry that he slapped the other in the face. The one who got slapped was hurt, but without saying anything, he wrote in the sand, "Today my best friend slapped me in the face."

They kept on walking, until they found an oasis. They were hot and dirty, so they decided to freshen up in the small pool of water. The one who had been slapped got stuck in the mire and started drowning, but his friend saved him. After he recovered from

the near drowning, he carved into a stone, "Today my best friend saved my life."

The friend, who had slapped and saved his best friend, asked him, "After I hurt you, you wrote in the sand, and now, you wrote on a stone, why?"

His friend replied, "When someone hurts us, we should write it down in sand, so the winds of forgiveness can blow over and erase it, but when someone does something good for us, we must engrave it in stone where no wind can ever erase it."

Learn to write your hurts in the sand and to carve your blessings in stone.



He Expected It of Me!

Retold and adapted

There is a story told of two friends who were fighting in the trenches during World War I. One of them was lying wounded in action in “no-man’s land,” the deadly area that lay between the opposing armies. When the other one in the trench heard of the plight of his friend in the field, he said to his officer, “I’ve got to go get him!”

His officer said, “It’s impossible! You’ll be killed the minute you stick your head out of this trench. You know the enemy always opens fire the minute we go over the top!”

But he tore himself loose from his officer’s grip, scrambled out of the trench, and plunged into no-man’s land to find his best friend, despite the enemy’s fire. He soon found him, mortally wounded, and whispering, “I knew you’d come!”

The one who went to find him, himself now also wounded, barely managed to drag his friend back to the Allied lines. Both of them fell down into the trench, dying.

With tears streaming down his face, the officer said to the one who’d risked his life, “Why did you do it? I told you you’d be killed!”

He replied with a final smile, “I had to do it! You see, he expected it of me. I couldn’t fail him.”

Friendship is always a responsibility, never an opportunity. – Kahil Gibran



Friendship Quiz

Take this quiz:

1. Name the five wealthiest people in the world.
2. Name the top five news stories five years ago.
3. Name ten presidents or leaders of the biggest countries in the world.
4. Name ten people who have won the Nobel or Pulitzer Prize.

How did you do? You probably did not know many answers to these questions, if any. The point is that most of us don't remember the stories or people who made the headlines yesterday. The applause dies. Awards tarnish. Achievements are forgotten, and accolades and certificates are buried with their owners.

Here's another quiz.
See how you do on this one:

1. List a few teachers who helped your journey through school.
2. Name three friends who helped you through a difficult time.
3. Name five people who taught you something worthwhile.
4. Think of a few people who made you feel appreciated and special.

I bet this was much easier! The people who make a difference in our life are not those who are the most powerful, or who have the most money or awards. The people we will never forget are the ones who care.



REAL FRIENDS

Author Unknown

Having friends makes you feel special. When you have even one good friend—someone who really cares about you—you feel like you're on top of the world. Sometimes having friends can be so important to you that you feel like you're willing to do just about anything to make or keep them.

The best way to win real friends is to be a good friend. Show people that you really care about them. Make an effort to find out what things they like, and what things bother them. Sympathize with them when they're sad, and celebrate with them when they're happy.












Love people and they'll love you. Be kind to others and they'll be kind to you. I know it sounds basic, but it works!

If you want real friends, true friends, don't bother with putting on a front and trying to be what you think they'd want you to be. Let them see the real you.

Be loyal, too. If someone is saying bad things about your friends when they're not around, don't just go along with the crowd and laugh it off. Stick up for them. That's real friendship.

How to Be a Good Friend

To have good friends you must **BE** a good friend. Here are some of the ways good friends treat each other. Read the checklist and see how you do!

-  Good friends listen to each other.
-  Good friends don't put each other down or hurt each other's feelings.
-  Good friends try to understand each other's feelings and moods.
-  Good friends help each other solve problems.
-  Good friends give each other compliments.
-  Good friends can disagree without hurting each other.
-  Good friends are dependable.
-  Good friends respect each other.
-  Good friends are trustworthy.
-  Good friends give each other room to change.
-  Good friends care about each other.

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Anatomy of a Friendship

Author Unknown, adapted Web Reprint

My mother used to ask me what the most important part of the body is. Through the years I would guess at what I thought was the correct answer. When I was younger, I thought sound was very important to us as humans, so I said, "My ears, Mommy."

She said, "No. Many people are deaf, and they can still live productive lives without being able to hear. But you keep thinking about it and I will ask you again soon."

Several years passed before she asked me again. Since making my first attempt, I had contemplated the correct answer. So this time I told her, "Mommy, sight is very important to everybody, so it must be our eyes."

She looked at me and told me, "You are learning fast, but the answer is not correct because there are many people who are blind, and they still manage, albeit with difficulty."

Stumped again, I continued my quest for knowledge and over the years, Mother asked me a couple more times and always her answer was, "No. But you are getting smarter every year, my child."

Then last year, my Grandpa died. Everybody was hurt. Everybody was crying. Even my father cried. I remember that especially because it was only the second time I saw him cry. My Mom looked at me when it was our turn to say our final goodbye to Grandpa. She asked me, "Do you know the most important body part yet, my dear?"

I was shocked when she asked me this now. I always thought this was a game between her and me. She saw the confusion on my face and told me, "This question is very important. It shows that you have really learned about life. Every body part you thought was most important in the past was wrong, and I gave you an example why. But today is the day you need to learn this important lesson."

She looked down at me as only a mother can. I saw her eyes well up with tears. She said, "My dear, the most important body part is your shoulder."

I asked, "Is it because it holds up my head?"

She replied, "No, it is because it can hold the head of a friend or a loved one when they cry. Everybody needs a shoulder to cry on sometime in life."





Friendship Recipe

Ingredients:

- ✓ 1 cup of friendly words
- ✓ 2 heaping cups of understanding
- ✓ 4 heaping Tsp. of time and patience
- ✓ A pinch of warm personality
- ✓ A dash of humor

Measure words carefully. Add heaping cups of understanding. Use generous amounts of time and patience. Cook on the front burner, but keep temperature low: Do not boil. Add generous dash of humor. Add a pinch of warm personality. Season to taste with spice of life. Serve in individual molds.

Peer Pressure: Positive or Negative?



Good Influences

Author Unknown

Everyone wants to be accepted and loved. We are meant to live in communities and to have friends. We need friends and we need people to say, "Hey, you are okay. I like to be with you."

Stanley never had many friends. He wasn't involved with any sports or clubs at school. All he had was a rabbit. Every day he'd get out of school, go straight home, grab some carrots, and go feed his rabbit. All afternoon he'd watch his rabbit munch on carrots. One day I went over to Stanley's house, and we got out the soccer ball, dusted it off (because he never played with it), and started kicking it around. Stanley surprised himself: He could actually kick a soccer ball!

That year he applied for the soccer team and made it. Soon, Stanley, who never did much other than stare at his carrot-eating rabbit, became a different person. He came out of himself and began making friends.

After one of the soccer games, Stanley's mother came up to me and whispered in my ear, "Thank you so much for taking an interest in Stanley. He was always a loner, but now he is really happy and full of life."

At first, I really didn't know why she said that to me, because I was unaware of doing anything for Stanley. But, as I look back, that one afternoon, when I got tired of looking at Stanley's rabbit and suggested that we play soccer, must have influenced Stanley to get more out of life.

Be a friend to someone who needs you, and see what a difference it will make.

Help Yourself

Adapted Web Reprint

Have you ever been affected by peer pressure? Have you ever had a friend ask you to do something you weren't sure you should be doing? Were you afraid that if you said "no" your friend would give you a hard time?

Everyone wants to have friends. Friendships are generally good for most people. There are times, however, when friends have too much influence over others and bad things happen. Sure, you want to be like your friends. You want to do the things they do and go to the places where they hang out. That's not a problem unless they are engaging in activities that can cause harm to themselves or others.

You have to make yourself see the situation as it really is. What is happening and is it in your best interest? Don't just think about how it's good for you right now. You have to think about how it is going to affect your life in a few weeks, a

few years, or even further down the road. It's not easy to stop yourself and think like this, but you have to do it. Too much is at stake... like the whole rest of your life.

One way to protect yourself from succumbing to peer pressure is to prepare yourself for situations that could happen. Close your eyes and visualize yourself after school with some friends, and there are several kids smoking. Practice your response to the question, "Do you want a cigarette?" Imagine what you will say and how you will feel. A simple "No, thanks," works great. Then, if and/or when it actually happens, you will be prepared. Do the same thing for other possible situations where peer pressure plays a role, such as teasing or stealing. Know what you want your response to be and then follow through with it.

You are responsible for your own life and your own choices. Make those choices count.

Talk with your family, a group of friends, or in your class about both positive and negative peer pressure. Have you ever been in a situation where you have had to say no to a friend? Have you experienced positive peer pressure, when a friend encouraged you in the right direction?



Edgar A. Guest

Wikipedia, adapted



Edgar Albert Guest, aka Eddie Guest (August 20, 1881– August 5, 1959) was an English-born American poet who was popular in the first half of the 20th century

and became known as the People's Poet.

Eddie Guest was born in Birmingham, England. He moved to Detroit, Michigan, USA as a young child, where he was educated.

In 1895, the year before Henry Ford took his first ride in a motor carriage, Eddie Guest signed on with the Free Press as a 13-year-old office boy. He stayed for 60 years.

Three years after he joined the Free Press, Guest became a cub reporter. By the end of that year—the year he should have been completing high school—Guest had a reputation as a scrappy reporter in a competitive town.

It did not occur to Guest to write poetry until late in 1898 when he was working as assistant exchange editor. It was his job to sort through timeless items to use as fillers. Many of the items were poems. Guest figured he might just as well write poems instead of clip them, and submitted one of his own to Sunday editor Arthur Mosley. Mosley decided to publish the poem, which ran

on Dec. 11, 1898.

More contributions of verse and observations led to a weekly column, "Blue Monday Chat," and then a daily column, "Breakfast Table Chat."

Verse continued to be part of Guest's writing, but he more or less followed the workday road of many reporters for 10 more years. In 1908, standing in the rain as the solitary mourner at the funeral for one such journalist, Guest resolved to escape to become a specialist. From that day forward, nearly all of his writing was in meter and rhyme.

And readers loved it. They asked where they could find collections of his folksy verses. Guest talked it over with his younger brother Harry, a typesetter, and they soon were in the book publishing business.

Eventually, sales ran into the millions and his most popular collection, "It Takes a Heap o' Livin'," sold more than a million copies by itself.

For 40 years, Guest's sentimental, optimistic poems were widely read throughout North America. He penned some 11,000 poems, which were syndicated in some 300 newspapers and collected in more than 20 books.

Guest followed a clear and simple formula to journalistic success: "I take simple everyday things that happen to me that I figure happen to a lot of other people, and I make simple rhymes out of them." He was made Poet Laureate of Michigan, the only poet to have been awarded the title.

Be a Friend

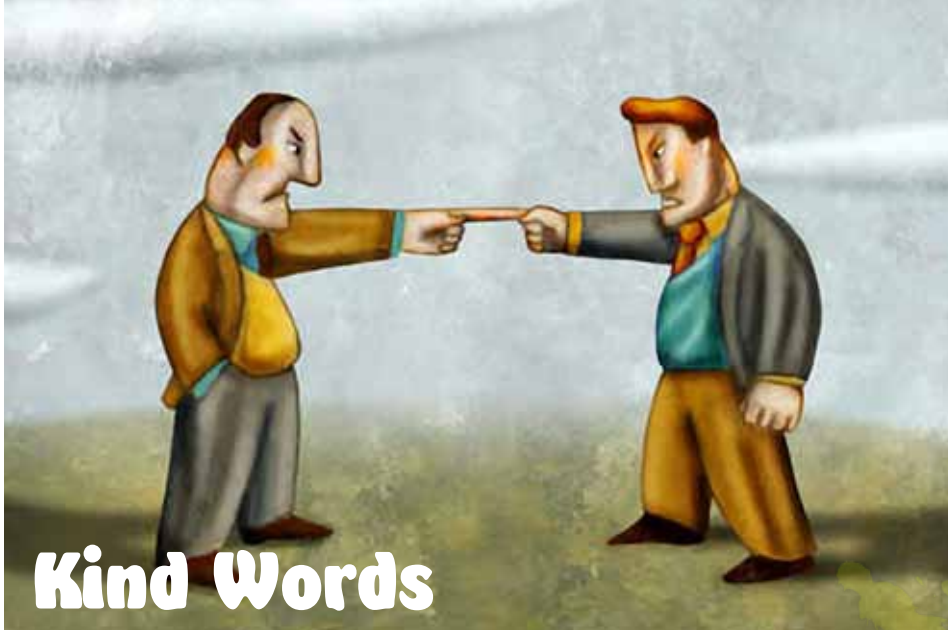
By Edgar A. Guest

Be a friend. You don't need money;
Just a disposition sunny;
Just the wish to help another
Get along some way or other;
Just a kindly hand extended
Out to one who's unbefriended;
Just the will to give or lend,
This will make you someone's friend.

Be a friend. You don't need glory.
Friendship is a simple story.
Pass by trifling errors blindly,
Gaze on honest effort kindly,
Cheer the youth who's bravely trying,
Pity him who's sadly sighing;
Just a little labor spend
On the duties of a friend.

Be a friend. The pay is bigger
(Though not written by a figure)
Than is earned by people clever
In what's merely self-endeavor.
You'll have friends instead of neighbors
For the profits of your labors;
You'll be richer in the end
Than a prince, if you're a friend.





Two members of a club disagreed over a trivial matter. The disagreement hardened into ill will and hate. A mutual friend became distressed about the situation. "I'm going to be a peacemaker and do what I can to heal the breach between my friends," he said to himself. He called on his friend Brown first and asked him, "What do you think of my friend Thompson?"

"Think of him?" flashed Brown. "He is disgraceful!"

"But," said the peacemaker, "you must admit he is very kind to his family."

"Yes, that's true. He is kind to his family."

Next day, the peacemaker went to see his friend Thompson. "Do you know what Brown said about you?"

"No, but I can imagine the unkind things he would say about me!"

"Well, said the peacemaker, "he said that you are very kind to your family!"

"What! Did he say that?" exclaimed Thompson.

"He surely did. NOW, what do you think of Thompson?"

"I think he is a rogue and a rascal," said Brown.

"But," said the peacemaker, "you will have to admit that he is an honest man."

"Yes, he is honest, but what has that to do with it?"

The next day the peacemaker called on Thompson and said, "Do you know that Brown said that you are a very honest man?"

"You don't mean it," said Thompson.

"I do mean it. I heard him say it with my own ears!"

The next time they met, Brown and Thompson sat together in their club meeting, happy to be in each other's company.



Eight Friendship Gifts

1. THE GIFT OF LISTENING...

But you must REALLY listen. No interrupting, no daydreaming, no planning your response. Just listening.

2. THE GIFT OF AFFECTION...

Be generous with appropriate hugs, pats on the back, and handholds. Let these small actions demonstrate the love you have for family and friends.

3. THE GIFT OF LAUGHTER...

Clip cartoons. Share articles and funny stories. Your gift will say, "I love to laugh with you."

4. THE GIFT OF A WRITTEN NOTE...

It can be a simple "Thanks for the help" note or a full sonnet. A brief, handwritten note may be cherished a lifetime, and may even change a life.

5. THE GIFT OF A COMPLIMENT...

A simple and sincere, "You look great in red," "You did a super job," or "That was a wonderful meal," can make someone's day.

6. THE GIFT OF A FAVOR...

Every day, go out of your way to do something kind.

7. THE GIFT OF SOLITUDE...

There are times when we want nothing better than to be left alone for a while. Be sensitive to those times and give the gift of solitude to others.

8. THE GIFT OF A CHEERFUL DISPOSITION...

The easiest way to feel good is to extend a kind word to someone. It's really not that hard to say hello or thank you.

Secret Friend Week

You can do this activity at home, with your family, in your class, or with a group of friends. Pick each other's names out of a bowl or hat so that each person in the group has a name of a Secret Friend. Send anonymous notes, cards, treats, and surprises to the name of your Secret Friend for one week. At the end of the week, get together and see who can guess their Secret Friend.

Friendship



A friend.....

Accepts you as you are
Believes in you
Calls you just to say, "Hi!"
Doesn't give up on you
Envvisions the whole of you (even the unfinished parts)
Forgives your mistakes
Gives unconditionally
Helps you
Invites you over
Just "be" with you
Keeps you close at heart
Loves you for who you are
Makes a difference in your life
Never judges
Offers support
Picks you up
Quiets your fears
Raises your spirits
Says nice things about you
Tells you the truth when you need it
Understands you
Values you
Walks beside you
X-plains thing you don't understand
Yells when you won't listen
Zaps you back to reality