

*"Why do teens want to grow up so fast? Because it can be awful, that's why! There's no place where you feel like you really belong - you're not a little kid and you're not an adult. Your body starts rearranging itself and doesn't bother to consult you about the changes. Your parents seem to spend most of their time thinking up ways to make you miserable, alternating between telling you you're too old for having one kind of fun and you're too young for another." DEAR ANDY*

IT is the best of times? It is the worst of times? From day to day we're finding that our opinions change on the subject, but one thing is for certain - a lot of how our teenage years will turn out depends directly on us. Many of the decisions we make now will affect the rest of our lives and it's sometimes hard to plan for a future that we can only imagine right now. Yet, by keeping as many doors open as possible, we can hopefully guarantee a happy and fulfilling life ahead.

Right now there's a lot happening to us in preparation for adulthood. This book is designed to help us understand the changes that are taking place in our minds and bodies. It is also a guide to give us a helping hand in choosing what risks we should and should not be willing to take with our lives. Like all good stories, each of us would like ours to have a happy ending.

#### A MESSAGE TO PARENTS AND TEACHERS

This book was brought to you by the businesses in this and surrounding areas.

Private enterprise has a heart and is working to improve the community. Please remember the businesses herein mentioned as examples of the good corporate citizens you so rarely hear about.

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