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Why Shooting Sports?

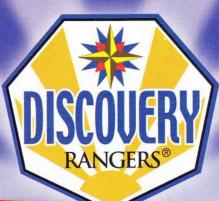
You don't have to be the fastest, strongest, or tallest to excel in shooting sports.





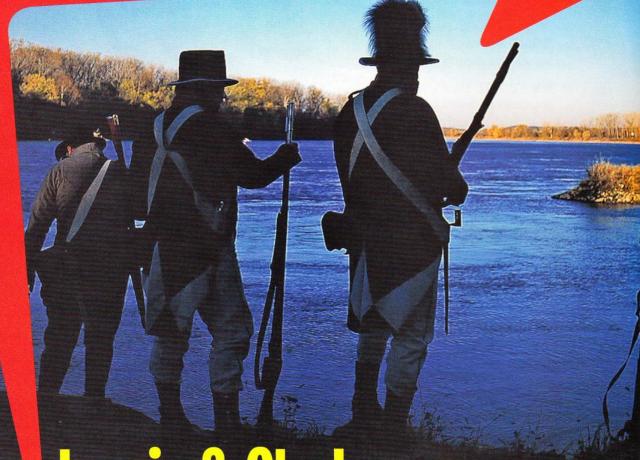


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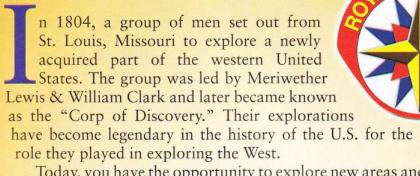


An Opportunity for GROWTH!

by John Hicks



Just like Lewis & Clark, you can explore NEW AREAS and discover NEW THINGS.



Today, you have the opportunity to explore new areas and discover new things. In Discovery Rangers, you will experience the great outdoors through camping, hiking, sports, and other activities. You will develop leadership and teamwork skills as you work with others to accomplish common goals. Discovering new things about yourself, life, and the world around you will expand your knowledge. But most importantly, you will strengthen your relationships with God and **Grew In Four Ways:** with other Christians through regular Bible studies and devotions that will help you grow into the

image of Christ.

- PHYSICALLY Luke 2:52 says, "And Jesus grew in wisdom and in - SPIRITUALLY stature and in favor with God and men." According SOCIALLY to this verse, Jesus grew in four ways: mentally (grew in wisdom), physically (grew in stature), spiritually (grew in favor with God), and socially (grew in favor with men). The goal of the Royal Rangers ministry is take you on a journey to full and complete manhood according to the pattern of Jesus. You, too, will grow in these four ways.

Mentally – Your mind will grow stronger by reading, learning, and experiencing new skills.

Physically – Your body will grow stronger as you practice good health habits, proper diet, and exercise.

Spiritually - Your spirit will grow stronger as you develop the basic Christian disciplines of prayer, Bible reading, church attendance, and telling others about Christ (evangelism).

Socially - Your relationships with others will grow as you make new friends, work together in teams, and experience leadership opportunities in your patrol and outpost.

Just as Lewis & Clark explored the vast expanse of the West, you have the opportunity to explore new things and discover the many new experiences waiting for you in Royal Rangers. W

- MENTALLY

The meaning of the

EMBLEM



Four Gold Points

Four phases of a boy's development:

PHYSICAL SPIRITUAL MENTAL SOCIAL

Four Red Points

Four cardinal doctrines of the Church:

SALVATION **BAPTISM IN THE HOLY SPIRIT** HEALING **RAPTURE**

*** Eight Blue Points**

Eight points of the Ranger Code:

ALERT CLEAN HONEST COURAGEOUS LOYAL COURTEOUS **OBEDIENT** SPIRITUAL



Golden

"In everything, do to others what you would have them do to you"

MATTHEW 7:12, NIV.



Meaning of Motto: Ready for anything! Ready to work, play, serve, worship, live, and obey God's Word.



The Royal Rangers

PEDGE

With God's Help, I will do my best to serve God, my church, and my fellowman; to live by the Ranger Code; to make the Golden Rule



Goals & Boundaries for Daily Living

- I promise to give "HONOR" to everyone at all times. I will honor Jesus Christ, my parents, my family, my friends, and those in authority.
- promise to "PRAY AND READ THE BIBLE" a minimum of three times a week. I will strive for the goal to pray, read the Bible, and worship each day.
- I promise to practice "PURITY" in my thoughts and moral behavior. I vow not to participate in drugs, cigarettes, alcohol, foul language, and pornography. I promise God to keep myself sexually pure for marriage.
- I promise to attend "CHURCH" regularly. I recognize that a key element in keeping these promises will be my commitment to regular participation in church and Christian activities.
- I promise to promote the "GREAT COMMISSION" as stated in Matthew 28:18-20. I will spread the good news of God's love by telling my family, friends, neighbors, and others that Jesus died for us and wants to be our personal Savior.
- I promise to "BE THE BEST I CAN BE" in everything I do.
- when I fail. If I fail in any of the above promises or sin against God's Word, I will ask for forgivness and forgive those who sin against me. I will never give up but will always trust God to help me to become more like Christ.

I promise to "ASK FOR FORGIVENESS"

ROYAL RANGERS

for Boys

Goals & Boundaries for Daily Living

Carry this handy card in your Bible or wallet to remind you of the promises you've made. Call GPH at 1-800-641-4310 and ask for ITEM #06HU5500.



Our Mission & Methods

Bringing It All Together









Royal Rangers is a Bible-based program for boys, created for the central purpose of developing the total boy for Christ—mentally, physically, spiritually, and socially. The mission of Royal Rangers is to evangelize the world, equip the next generation of Christlike men, and empower them to be lifelong servant leaders. This mission is achieved through seven methods.

1. Friendship

Royal Rangers provides boys with the opportunity to develop lasting positive relationships with other boys and with dedicated leaders. These relationships can have a powerful effect in shaping boys' values and behavior during these important developmental years.

2. Activities

Activities form the core of the Royal Rangers program. Through a variety of age-appropriate activities, boys learn outdoor skills, cooperation, leadership, and self-confidence. Many activities also include opportunities to complete requirements for a variety of awards.

3. Patrol System

The patrol system is a method of outpost leadership in which boys lead the various activities of the outpost. Each patrol (a group of 5 to 8 boys) selects its own leader (known as a patrol guide) and assistant. Under their leadership in cooperation with the adult leaders, the patrol works together on different projects, assignments, and activities in class and while on outings.

4. Advancement System

Boys have many opportunities to grow and learn in Royal Rangers. As they develop new skills and knowledge through meetings and activities, their progress is rewarded through a system of advancements and awards.

5. Service & Ministry Projects

Learning to serve others and put their needs ahead of our own is an important part of being a Christian. Boys in Royal Rangers have many opportunities to work with their outpost on projects that will benefit their church and community, providing opportunities for others to hear the good news of God's love.

6. Interactive Learning

The best way for a boy to learn a new skill is to practice it. Royal Rangers meetings and activities are structured to maximize the amount of time boys spend in physical, interactive activity while learning.

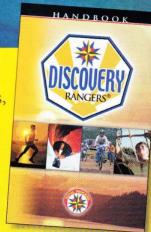
7. Uniform

Boys need to experience the value of being part of an effort that transcends their individual needs or concerns. They need the opportunity to identify themselves with a winning team or an exciting experience. Boys in Royal Rangers identify with their outposts and the program as a whole by wearing uniforms. These uniforms are available in a variety of styles, enabling the local outpost to select a style that best suits their interests and budget.

By effectively employing these methods, the Royal Rangers program seeks to bring boys into a close personal relationship with Jesus Christ and to develop within them the principles of Christlike character that will serve as a firm foundation as they daily live out their faith.

More information about Royal Rangers, the uniform, advancements, and other topics can be found on the Royal Rangers website at www.royalrangers. ag.org and in the Discovery Rangers

the *Discovery Rangers Handbook* (ITEM 02HU2126), available from Gospel Publishing House at www. gospelpublishing.com or by calling 1-800-641-4310.



Serious Faith Meets Serious

Hugh just gave his life to Jesus and now he's going to jail! What else does God expect from him? Can Noah save his friend from a life in the slammer? How can you just sit there so calmly?

Join up with Hugh in his pulse-pounding comic book discovery of what happens after Day 1 of becoming a Christian. Along the way, you'll get a chance to get closer to God yourself with special response pages that help you tighten up your own faith walk.

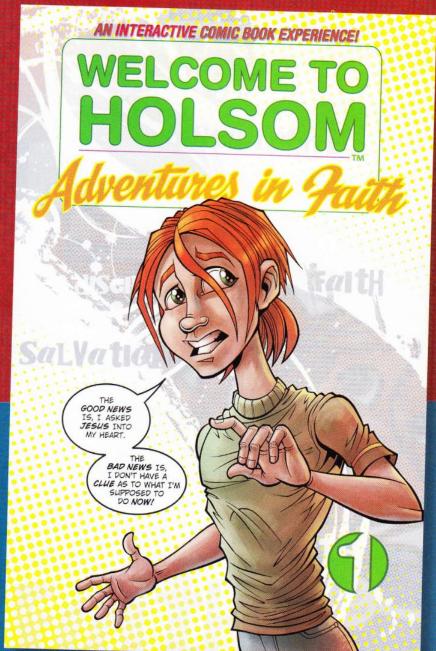
Quick! Go tell your commander to order WTH: Adventures in Faith today!

Hey Commander!

Adventures in Faith isn't just all flashy art and great storytelling, it's a step-by-step, fully interactive resource that walks boys down the road of Christian maturity.

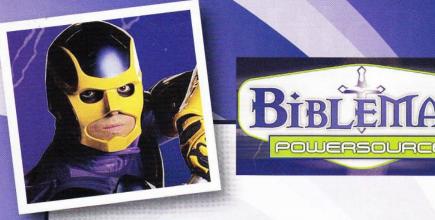
For more information, visit www.welcometoholsom.com

02HU0135 \$1.99 5 or more, \$1.59 each



32 full-color exciting, interactive pages!







A Super Ranger

by Ryan Beaty, National Programs Specialist

You know him as BibleMan, a Jesus loving superhero who fights against sin using the sword of the Spirit to guide him. You have probably seen him lambasting the Legions of Laziness or crushing the conspiracy of the Cheater. Did you know that he hasn't always been a superhero? Becoming a superhero takes time; you have to learn how to be a superhero. Do you know how he learned to be a superhero? He started as a Royal Ranger!

That's right, BibleMan is a Royal Ranger! BibleMan is the youngest of five brothers and sisters and grew up in California. His parents loved Jesus and took them to church, but BibleMan didn't hear about Royal Rangers until he was eight years old when his older brother was invited to Royal Rangers. From that point forward, he was hooked. That's when he started learning what it meant to be a superhero.

You see, BibleMan was a lot like you guys growing up. He messed up every once in a while, wasn't always the most popular kid, and didn't have a billion friends. He was just a boy, but Royal Rangers gave him a place to learn, have friends, and do some really fun things along the way. It was at a Royal Rangers' campout when he first told God he would do whatever God wanted for his life. BibleMan worked very hard in Royal Rangers, earning the Gold Medal of Achievement and becoming a National FCF Assistant Scout.

Royal Rangers was the solid foundation for BibleMan's superhero activities today. It was in Royal Rangers where he learned spiritual and life lessons that prepared him for all God was planning for his life. As a matter of fact, he says that he didn't become BibleMan, the superhero, as an adult but as a boy just like you when he decided he would live his life everyday by the Rangers Code. Living by the Rangers Code is what God wants from all of us in order to be the superhero He wants us to be. By following the Code, we become like Jesus, and that makes all of us, not just BibleMan, spiritual superheroes. **

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Be A Hero!



Live the CODE

A Royal Ranger is

ALERT

He is mentally, physically, and spiritually alert.

CLEAN

He is clean in body, mind, and speech.

HONEST

He does not lie, cheat, or steal.

COURAGEOUS

He is brave in spite of danger, criticism, or threats.

LOYAL

He is faithful to his church, family, outpost, and friends.

COURTEOUS

He is polite, kind, and thoughtful.

OBEDIENT

He obeys his parents, leaders, and those in authority.

SPIRITUAL

He prays, reads the Bible, and witnesses.

"For our struggle is not against flesh and blood, but against the spiritual forces of evil in heavenly realms. Ephesians 6:12, NIV



By Marshall Bruner, National BGMC Compassion Ministries Coordinator

Hey Rangers!

Have you heard about BGMC?

BGMC stands for Boys and Girls Missionary Challenge and is the missions education focus for kids in the Assemblies of God.

BGMC provides resources to help teach Royal Rangers and other kids about missions. We're helping boys and girls to learn how to "Pray! Give! and Go!"

The Pray! part is learning how you can pray for our missionaries here in the U.S. and overseas.

The Give! part is discovering how you can give of yourself and your offerings to BGMC. Why? So missionaries can lead the world's people to Jesus!

When you give to BGMC, you are helping our entire ministry team all at once!

The Go! part is where you become a "missionary" yourself—
reaching "your world" (your school and community) and "the world"

(people in foreign nations) for Jesus.



e Maste

BGMC and Royal Rangers have a new partnership called "The Master's Toolbox." This allows you and your outpost to pray, give, and go for Jesus.

Your offerings given to The Master's Toolbox will help your district Royal Rangers missions efforts as well as help missionaries around the world. Every dollar you raise for BGMC and give towards The Master's Toolbox will help save the lives of thousands of children around the world.

Inside this magazine is a "Buddy Box." Take it and begin filling it with coins and dollars. Do chores for cash and fill your Buddy Box. Ask your parents and relatives to help you fill your Buddy Box. Ask God to give you ideas how to give to BGMC so you can help reach kids around the world!

For more boxes, contact **Gospel Publishing House** at 1-800-641-4310 and ask for ITEM #729-893. They are FREE!

Make a difference today: Pray, give, and go for Jesus!

EGYPT



Hey Rangers! Check out the new BGMCKids Website!

Do virtual "world travels"—videos, photos, maps, flags, stats, stories.

Learn to Pray, Give, Go and be a missionary to your world and the world!

What else does it offer?

- Wacky Games—online digital games
- Fun Stuff—humor and downloadable games
- Kid Power—enables kids to share what they are personally doing for missions and letters from missionary kids worldwide
- True Missions Stories—missionary stories and a featured audio True Missions Story
- Buddy Around the World—global reports and thank-you letters from missionaries
- Have Faith—Devotionals for kids and reports of how kids are putting faith into practice
- **MUCH MORE!**

www.BGMCKids.ag.org

What names pop into your head when you think of great leaders: George Washington, Martin Luther King, Jr., Abraham Lincoln, Alexander the Great, Moses, or maybe Jesus?

These are all considered great leaders. But did you know that becoming a great leader doesn't happen by accident? Have you ever thought of yourself as a leader? "No WAY!" you say.

When we first look at the disciples Jesus called to be His leaders in spreading the gospel, our first thought might be that

these guys are a mess and would never be great leaders. However, men like Peter and John not only displayed leadership but also are now considered great leaders.

Leaders are important in our world today. You see them all the time on the TV or in newspaper and magazines. I want you to imagine what it would be like if you led a group of friends. That's right, what if you were the one who helped assign tasks and duties at your regular Ranger meeting? That would be cool, right? Helping someone with a problem, planning the next outing, or even helping to teach a merit, these all describe some of the duties of a leader.

Are any of those tasks you could do right now?

So what I'm saying is that you can become a leader in your Royal Ranger group right now and a great aid to your adult leaders. What if your adult leaders could rely on you to help them when planning activities and making decisions about what boys your age like to do for fun!

Once again, how cool would that be!

The more experience you have as a leader, the more enjoyable it will be for you and the whole group. As you have opportunities, you will lead with greater confidence, requiring less guidance from adult leaders. It's all about experience. Just like hitting a baseball or kicking a soccer ball. The more you practice, the better you get.

So don't think you have to know all there is to be a leader right now. You just have to be willing to start the leadership journey and keep learning as you go. Ask your local leaders how you can help them and at the same time become the leader Jesus has designed you to be. After all Jesus sees what we can be not just what we are today. Who knows, you could become a leader now, and someday maybe even a great leader.

How cool would that be!!

by Steve Schultz National Junior Leadership Development Coordinator

How To a Good Friend

ees are interesting creatures. They live together in large numbers, yet they always seem to get along. Maybe that's because they all enjoy doing the same thing together—making honey! Bees must make really good friends.

Friends are an important part of life. Friends can help us make the right choices and can help us deal with problems we may face. In many ways, friends can make life a lot more fun. Before you run out and look for a hive of bees to make friends with (which could be very painful), let's look at some ways you can make some SWEET friends.

• BEE yourself. Don't try to be something you're not. Let your friends see the real you and like you for what you are. You have many traits that others can admire.

• BEE forgiving. Nobody is perfect, not even you. Being a good friend requires that you be willing to forgive your friend for not being perfect.

 BEE an encourager. Everyone goes through bad times every now and then. That's when a good friend can be a great comfort. Be ready to encourage your friends at all times, and they'll encourage you when you're down.



- **BEE** a good listener. Listening shows your friend that he is important to you and that you are interested in what he has to say. It can also help with finding things in which you are both interested.
- **BEE** interested. Take an interest in the things that interest him. Be willing to spend time doing things your friend wants to do, even if you would prefer to do something else.
- **BEE** trustworthy. Never talk bad about your friend when he's not around and never tell others something your friend wants you to keep private. (The exception is if your friend's or someone else's safety is at stake.)

• BEE together. Friendships grow when people spend time together having fun, doing things everyone enjoys.

Royal Rangers provides many ways for you to spend time with friends.

Making friends and being a friend can sometimes be challenging. But if you are willing to put a little work into it like a bee, you can end up with a whole hive of friends, too. w

by John Hicks

eing a Discovery Ranger is being "ready" to explore and learn about the world around you. An exciting way to explore your world is through hiking. Hiking can be fun, healthy, and a great way to spend time with friends and family. Before you set out on your next great adventure, consider these suggestions to help make your hike as fun as it can be.



Make a Plan

Plan your hike by answering the "five W's."

Who?

Who will be going on the trip with you?

That is important to consider since some people can hike farther or over more difficult ground than others can.

What?

What will you do on the trip?

Are you planning to explore a new area of town or a new city park? Will you be eating lunch during your hike? Your answers will determine the things you need to take with you.

When?

When will you go?

What time of day will you be going? Will it be dark by the time you get back? Will it be cold, rainy, or windy? This will determine the clothing you need to wear.

Where?

Where do you plan to hike?

Are you going around the block, across town, or down a rugged trail? What are you likely to see or do while you are hiking?

Why?

Why are you going?

Do you want to explore new areas, learn new things, or just spend time with friends? All of these are great reasons to hike. Knowing your purpose can help you get ready for your hike.

Get Ready

Once you have answered the "five W's" and you know what you want to do, you are ready to start planning the hike.

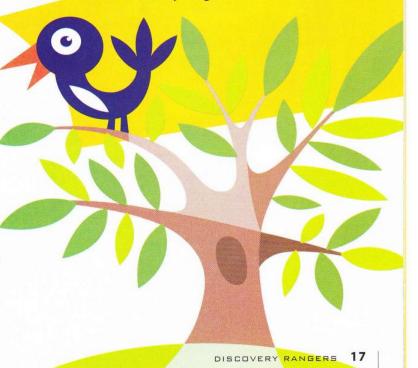
1. Get permission to go. Make sure you have your parent's permission before leaving home. It's important that they know where you are going, who is going with you, and when you will be back. If you are planning to hike on someone else's property, get permission from them, too.

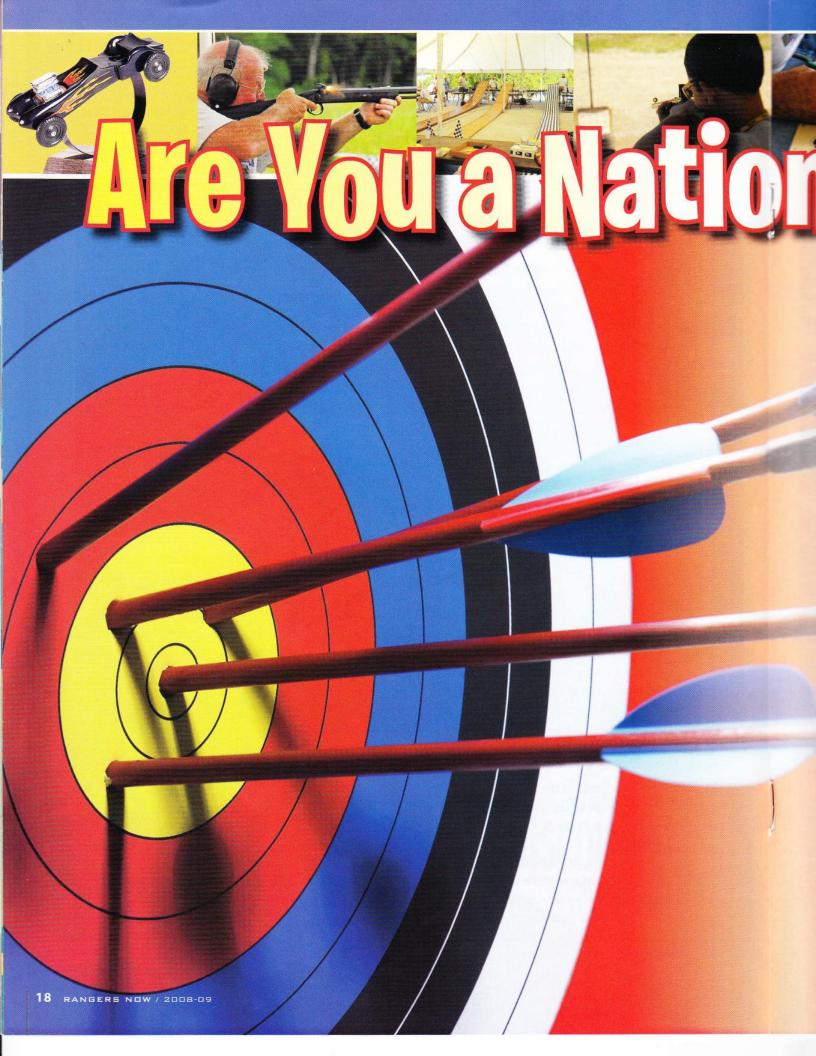
2. Gather your gear. "Gear" is the stuff you use when hiking, camping, or doing other outdoor things. The gear you need for your hike will depend on your answers to the "five W's." Talk with your parents, Royal Rangers leaders, or other adults to find out what kind of gear you will need for the hike you have planned. Most importantly, make sure to wear comfortable shoes that protect your feet from the conditions you may find on your hike.

Time to Go!

Once you have made the plans and gathered the gear, you are ready to start your great adventure. As you walk, take time to enjoy the sites around you. If you are in the woods, watch and listen for birds and animals or try to identify some of the trees and plants around you. If you are hiking in town, practice memorizing the names of streets. You could even draw a map of your neighborhood, showing your house and the houses of other people you know. Wherever you hike, be sure to stay in areas you are familiar with or with people who know the way home.

No matter where you live, there are always new places to explore and new things to learn. Hiking can be a great way to see the world around you and learn about things that may be just beyond your backyard. With the help of your parents and other adults, your hike can be a great experience you will remember for a very long time.







by Steve Schultz, National Junior Leadership Development Coordinator

o you have what it takes to be a champion? Well do you? Did you know that you could participate in events just for your age group each year? The top qualifiers in each event receive gold, silver, or bronze status. If that is you, you will receive a cool medallion and a certificate from the national director. Now that is something to show the other guys in your outpost!

Have you ever considered Junior Bible Quiz? Each year the results of the National JBQ finals are sent to the National Royal Rangers Ministries. Your name will be listed on the national Royal Rangers website so your mom can brag to her friends just

how smart you are. So why not talk to your children's pastor or Royal Rangers leader to see how you can get involved in JBQ.

Maybe you like archery. Each year you can participate in a national postal archery competition. All you have to do is follow the guidelines on our website at http://royalrangers. ag.org/championships/index. cfm. You can compete in both compound or recurve divisions. You then mail in your individual scores as directed by the guidelines. The results are compared with other Discovery Rangers, and at the end of the year, our office will post the results on our website. Is that simple or what? So let your leader know.

But what if your real talent is shooting a BB-gun or Sporter air rifle? Well guess what, you can compete in a national championship for those, too. So start practicing and check out the guidelines at http://royalrangers.ag.org/championships/index.cfm. Send in your scores to the National Rifle Association (NRA), the sponsor for these events. The results from your age group will be posted on the national Royal Rangers website.

Enter an event and see if maybe you have what it takes to be a national champion. Who knows, maybe you can try them all. Good luck and get busy competing against Discovery Rangers throughout the country.

Top qualifiers in each event receive gold, silver, or bronze status.

Recurve Division

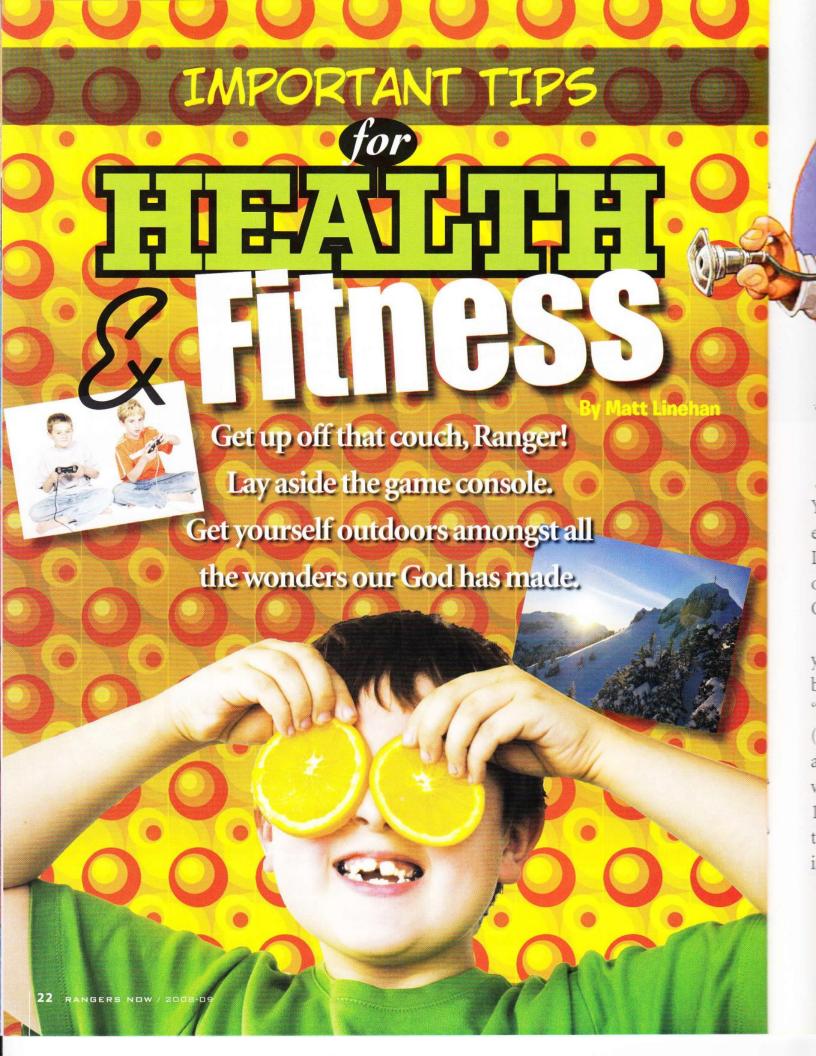
Name	Age Class	District	Outpost	Score	Place
David McNeely	8 & under	So. Cal	156	93	1
Juan Deluna	8 & under	So. Cal	67	67	2
James Dempsey	8 & under	So. Cal	1	42	3
Alex Garcia	9	So. Cal	45	80	1
Hunter Heiss	9	So. Cal	45	64	2
Lashel Voit	9	So. Cal	156	57	3
Jordan Edwards	10	So. Cal	9	67	1
Jeffrey Ramirez	10	So. Cal	75	66	2
Francisco Deluna	10	So. Cal	67	37	3
Peter Whittenberg	11	ND	29	150	1
Nathan Torres	11	So. Cal	75	128	2
Joseph Acevedo	11	So. Cal	271	102	3
Jacob Dixon	12	Potomac	84	148	1
Cody Triggs	12	So. Cal	156	93	2
Anthony Chaparro	12	So. Cal	303	75	3
Anthony Perez	13	So. Cal	303	159	1
Johnny Cuevas	13	So. Cal	1	105	2
Jimmy Wheeler	13	So. Cal	70	79	3
Cameron Smith	14-15	Oklahoma	82	196	1
Jessiah Ramirez	14-15	So. Cal	156	140	2
Kenny Gage	14-15	So. Cal	62	131	3
Kenton Lawson	16-18	So. Cal	156	247	1
Chris Sossamon	16-18	Arkansas	275	221	2
Kevan Gerdes	16-18	So. Cal	45	125	3
Angel Romero	Adult	So. Cal	9	255	1
Harry Walker	Adult	So. Cal	106	252	2
Patrick Harrington	Adult	So. Cal	70	228	3

Compound Division

Name	Age Class	District	Outpost	Score	Place
Joshua Thompson	8 & under	So. TX	5	190	1
Jacob Hully	8 & under	So. TX	5	162	2
Jordan Sczech	8 & under	So. TX	5	141	3
Payton Johnson	9	MN	99	137	1
Raleigh Millar	9	MN	94	129	2
Alex Garcia	9	So. Cal	45	60	3
Logan Sahlstrom	10	MN	94	223	1
Jarrett Sczech	10	So. TX	5	215	2
Jon Thompson	10	So. TX	5	183	3
Andy Olsen	11	MN	14	223	1
Colin Almberg	11	ND	27	147	2
Matthew Klika	11	So. MO	6	132	3
Dakota Feist	12	ND	27	214	1
Andrew Brommet	12	Oklahoma	2	165	2
Joshua Gilliland	12	So. MO	128	159	3
Bryce Penner	13	MN	99	248	1
Drew Merrill	13	Potomac	12	193	2
Clint Harlow	13	Oklahoma	2	170	3
Paul Dubbels	14-15	So. TX	5	261	1
Timothy Sundoral	14-15	So. TX	5	247	2
Kenny Gage	14-15	So. Cal	62	189	3
David McVeigh	16-18	ND	27	227	1
Christian Penner	16-18	MN	99	197	2
Josh Bancroft	16-18	So. MO	6	180	3
David Sundine	Adult	ND	27	263	1
Morgan Walsh	Adult	ND	27	261	2
Randy Smith	Adult	Potomac	12	261	3

BB-Gun	Name	Age	District	Outpost	Score	Place
Individual Results	Luke Prince	8	LA	257	149	1
	Brayden Wynsma	8	LA	257	135	2
	Joshua Thompson	8	So. TX	5	51	3
	Daniel Cummins	9	IL	257	224	1
	Ryan Lindell	10	LA	257	238	1
	Jacob Foreman Jarrett Sczech	10 10	LA So. TX	4 5	207 191	2 3
	Joseph Acevedo	11	So. Cal	75	225	1
	Nathan Torres	11	So. Cal	75	219	2
	Rayce Pion	11	Pen FL	147	214	3
	Brian Pennington	12	Pen FL	147	233	1
	Joseph Landry	12	LA	4	214	2
	Thomas Raimbault	12	LA	257	214	3
2	Taylor Nance	13	Penn-Del	242	260	1
	Nick Webb Isaiah Seilhamer	13 13	Penn-Del Penn-Del	242 242	239 228	2 3
9	Mark Blaski	14	LA	257	262	1
0	Ben Raimbault	14	LA	257	239	2
	Jacob Acevedo	14	So. Cal	75	210	3
	Paul Dubbels	15	So. TX	5	248	1
Team Results	Mike Matykiewicz	15	LA	257	216	2
Team Results	CLA Gold	Junior	Penn-Del	242	1164	1
	Adventure 4	Junior	LA	4	865	2
5	Team 12	Junior	IL	257	830	3
	Team 15	Senior	IL	257	1179	1
9	Team Bullseye	Senior	So. CA	75	1004	2
Air Rifle Individual Results	Name Anthony Rotkahr Brandon Leen Clement Mutabazi	Category Junior Junior Junior	District AR MI LA	Outpost 275 16 4	Score 122 86 71	Place 1 2 3
	Chris Royal	Senior	OK	275	68	1
	Dakota Brown	Senior	OK	377	57	2
	Josh Robin	Senior	LA	4	38	3
Team Results	Eagle Rock Adventure	Senior	_	_	333	1
0	Adventure 4	Senior	LA	4	185	2
Team Results Smallbore						
Ŏ	Name	Category	District	Outpost	Score	Place
Smallbore	Eli Bennet	Junior	AK	99	209	1
Light Rifle	Nathaniel Boyer	Junior	IL	26	176	2
Individual Results	Louis Harrison	Junior	OK	82	114	3
	Hezekiah Becker Timothy Willett	Senior Senior	NY NY	85 85	123 77	1 2
	Le Roy Tanner	Adult	S TX	37	261	1
	Mark Gath	Adult	NY	85	177	2
	Brett Smith	Adult	NY	85	143	3
Blackpowder	Name	Category	District	Outpost	Score	Place
	Kevin Brannan	Junior	S. CA		67	1
Rifle	Billy Shinn	Senior	S. CA		76	1
Individual Results	Le Roy Tanner	Adult	S. TX	37	133	1
	Wes Spinks	Adult	S. MO	172	126	2
	Bruce Walker	Adult	S. CA		122	3

Answers to ANIMAGRAMS from page 34: 1. horse; 2. tiger; 3. beaver; 4. zebra; 5. hyena; 6. jaguar; 7. coyote; 8. bear; 9. gorilla; 10. walrus; 11. koala; 12. llama





ave you ever noticed that you feel bored and tired get when you stay inside all day? Your body needs fresh air and exercise to energize it. Get up off that couch, Ranger! Lay aside the game console. Get yourself outdoors among all the wonders our

God has made.

You might not think that your body is very special, but God has called it the "temple of the Holy Spirit" (1 Corinthians 6:19), and it was "fearfully and wonderfully made" (Psalms 139:14). If your body is God's temple, the way you treat it is important.

Perhaps the most important thing you can do to keep yourself healthy is to exercise. Regular exercise helps control your weight, helps your body resist disease, helps your body recover more quickly from sickness, and helps you feel good about yourself through accomplishing a set goal. For most of us, exercise is a choice that will affect the health of our bodies. One of the most common reasons people don't exercise is they don't think it will be fun; however, once they get started, they usually enjoy themselves and how they feel afterward. Experts recommend at least thirty minutes of exercise a day for at least four days a week.

> If you are not able to get outside every day, there are still things you can do to exercise. You could help around the house by taking the trash out, cleaning your

the floors. You could begin to improve your overall strength by doing some crunches, pull-ups, and situps. Start small with fifteen or twenty of each per day and build the amount you do gradually. You will get stronger and feel healthier soon!

30 minutes

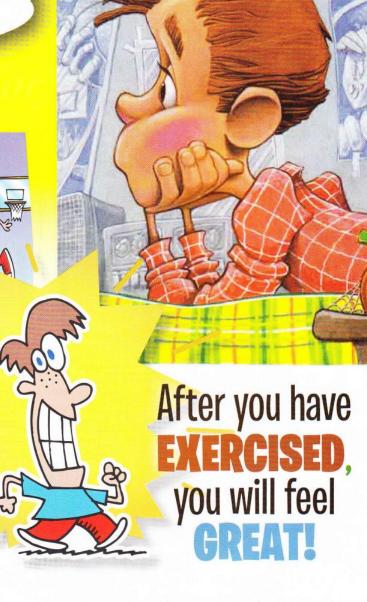
of exercise a day for at least four days a week.

BORED AND TIRED?

You prefer the great outdoors? Great! Here are some great outdoor activities:

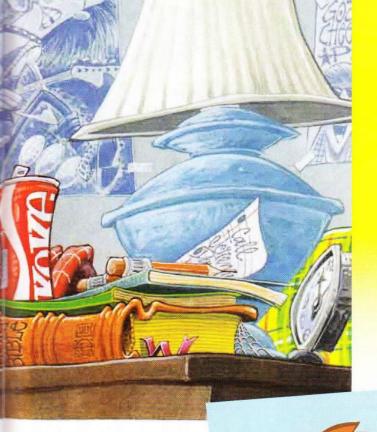
- Ride your bike
- Skateboarding
- Riding a scooter
- Shooting baskets
- Playing catch
- Playing touch football
- Playing Frisbee® golf
- Hiking
- Swimming
- · Building a snow fort or igloo
- Having a snowball fight
- Shoveling the driveway
- Mowing somebody's lawn
- Raking leaves
- Canoeing
- Walking your dog
- Washing the family car

Good eating choices will definitely make your body healthier. Daniel 1:6-17 recounts an event in the life of Daniel when he chose to honor God in his body by not eating certain foods that God didn't allow. Daniel made good eating choices for himself and became the healthiest in his group. If you choose to eat unhealthy foods, your body will become less healthy than God intended. The first step in making good eating choices is



to determine what your weakness is. Is it chocolate, chips, or some other junk food? It may be a difficult choice to make and stay with, but ask your mom or dad to stop buying it. They will be impressed with your choice and will be glad to help. After all, they want you to be healthy. It's always easier to resist the temptation to eat unhealthy foods if they are not even in your house!

What about afternoon snacks? Snacks shouldn't be huge. A snack should be just



enough to tide you over until supper. Eat some baby carrots, an apple, a pear, or a banana. If that still doesn't quite do it, then have a peanut butter or a cheese sandwich. Snacking is not a bad way to curb your hunger; however, you should limit the amount of unhealthy foods you eat during snacking.

Sleep is an often-overlooked factor to having a healthy body. Sleep allows your body to recover from all that you did during the day. Your body needs sleep. Although research varies, elementary and middle school students should get nine to eleven hours of sleep each night, depending on age. Going to bed at the same time every night will help establish a good sleep pattern. How do you know if you are not getting enough sleep at night? If you have trouble concentrating, are tired, or are grumpy in the afternoon, then you may not be getting enough sleep.

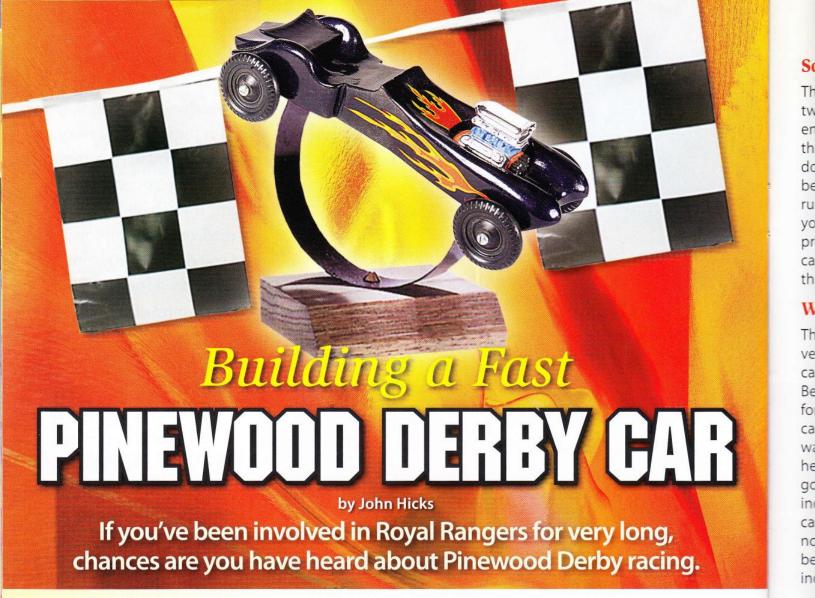
Another overlooked aspect of a healthy body is its smell. You might have noticed new

> smells coming from your friends recently. One way to combat the bad odor is to shower regularly. Deodorant is an additional way to fight odor. Brushing your teeth every morning and evening will keep your mouth healthy and your breath smelling good. Your friends will all say, "Thank you!"

The most important things you can do to take care of the body God gave you is to:

- 1) Eat a well-balanced diet with foods from each of the food groups.
- 2) Stop eating when you are full.
- 3) Drink six to eight glasses of water a day.
- 4) Increase the amount you exercise.

God bless you as you seek to please Him in all that you do! ♥



inewood Derby has been a popular part of Royal Rangers for years, and it is likely to be with us for a long time to come. For Pinewood Derby events, boys make small wooden cars from blocks of pinewood (thus the name) and race them against each other on specially designed racetracks. The cars are made from kits that include the block of wood, wheels, and axels; however, the creativity must be supplied by the boy.

The key to winning a race is in the time and attention you devote to the construction of

your car. You can find many ideas on the Internet and in the booklet *Pinewood Derby Racing: Tips from the Top for Downhill Racers* about how to build a fast car. This booklet is available from Gospel Publishing House (see below for more info), the official supplier of all Royal Rangers gear. The following briefly describes the factors that can affect your car's speed. More details can be found in the booklet.

Car Design

Compared to the other factors mentioned here, car design has the least effect on the speed

of a car. However, if your derby includes awards for the style of the car, design can be a winning factor. It's a good idea to keep it sleek so it cuts easily through the air, but be sure to allow room for weights if needed.

Wheels

The wheels that are included in the standard car kit typically have some burs or ridges along their outer edge due to manufacturing methods. To prevent these burs from slowing your car down, it is important to sand them carefully with very fine sandpaper, such as 600 grit.

Screws & Axels

The official Royal Rangers car kit comes with two wooden dowel axels with holes in each end. Screws (also in the kit) are inserted through the wheels and into the holes in the dowel. In some cases, the holes may not have been drilled straight, causing your wheels to run out of alignment. Filling and re-drilling your axel holes can insure your wheels are properly aligned. Polishing your wheel screws can also help to make them spin easier and, thus, make your car run faster.

Weight

The weight of your car is very important since heavier cars are usually much faster. Be sure to check the rules for your race to insure your car is not too heavy. You will want to make your car as heavy as you can without going over the limit. To

including GPH (see sidebar).



increase the weight of your car, lead weights can be easily added. Although weights are not included in the standard car kit, they can be purchased from many sources,



A slick, shiny finish will reduce friction and can give you the edge you need to make your car the first across the finish line. The first steps are to seal and sand the car. Seal the wood with a paint, glue, or wood sealer and use 600 grit sandpaper to finish. You will need to do this twice before painting. Then apply one or more layers of high-gloss automotive paint to get a mirror shine.



THE OFFICIAL ROYAL RANGERS CAR KIT

All this kit needs to make the transformation into a slick racing champion is you. Everything else for a basic car is here:
Pine body, black plastic wheels, axles, and screws.



Lubrication

Another way of gaining an edge over your opponents is to lubricate the wheels, which reduces the friction between the wheels and the axels, allowing the car to roll faster. Some races restrict the types of lubrication that can be used, so be sure to check the rules for your race before using any lubricants.

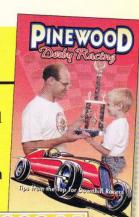
These are just of few of the many ways you can turn an ordinary racecar into a champion. More ideas can be found in the Pinewood Derby Racing booklet, which can be a valuable source

in making your car the fastest on the track. But whatever steps you take and regardless of whether you win or lose, Pinewood Derby racing can be a great way to

spend time with friends and family and experience the excitement of Royal Rangers. #



The *Pinewood Derby Racing* booklet, (ITEM#02HU5060) as well as a variety of other car racing supplies, can be found online at **www.gospelpublishing.com** or by calling **800-641-4310**.









Why Shooting Sports?

This article is paid advertising developed jointly by National Royal Rangers Ministries and the National Rifle Association, a corporate sponsor of the Royal Rangers shooting sports program.

oyal Rangers has offered shooting sports as one method to meet the needs of boys and young men since the program started. Literally thousands of Royal Rangers boys and young men have chosen to participate in some way. What can a Royal Ranger expect to gain by participating in shooting sports?

Participation in shooting sports can develop increased concentration, patience, selfconfidence, a sense of accomplishment, not to mention friendships with others with similar interests. You are not constrained by physical limitations as in many sports. You don't have to be the fastest, strongest, or tallest to excel in shooting sports.

In order to develop the best shooting program possible, we have partnered with some outstanding organizations. The National Rifle Association's (NRA) Youth, Training, and Competitive Programs have assisted us in developing our National Shooting Sports Program (NSSP). The NRA was a major resource when we revised and developed many of our current safety and shooting merits. Their safety training programs are of the highest quality and are recognized nation wide. Safety is a key issue with any shooting sports program; therefore, adopting the NRA national standards for the Royal Rangers' National Shooting Sports Program was a logical choice.

The shooting merits we have jointly developed help to encourage improved techniques, confidence, and safety in the participants. Those who decide to go to a higher level and compete in a shooting discipline have a great base to build upon.

Competition opportunities range from local to national. The Royal Ranger postal shooting competitions, sponsored

by the NRA, are 5-meter BB gun, 10-meter Sporter Air Rifle, Small Bore Light Rifle, Shotgun (Trap), and Black Powder. The archery event is now sponsored

> by the national Royal Rangers at each Camporama, we hold

> > national championship, co-sponsored by the NRA. This competition is sanctioned as a NRA event, and the scores qualify for NRA national records.

Many other NRA shooting programs are open to Royal Rangers:

- · National Air Gun Team Championship
- · Marksmanship Qualification Program
- Shooting Sports Camps
- · Youth Hunter Education Challenge
- · Sectional & Special Tournaments
- · Youth Wildlife Art Contest

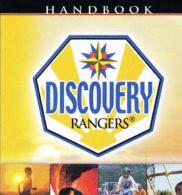
The NRA offers local state grants to groups for training material or shooting equipment. Development of our shooting facility was sponsored in part by national and state NRA grants. W

The NRA safety training programs are of the highest quality and are recognized nation wide. Safety is a key issue ... adopting the NRA national standards for the Royal Rangers' National Shooting Sports Program was a logical choice.









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Your boys' best friend for

the next 3 years. Program and uniform information, merit requirements, and check-off lists for all trails and awards. Consider the included *Prevent*ing Child & Substance Abuse booklet, 02MX2137, a freebie. Paper.

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A 2-toned, low-profile cap for keeping the sun off your head—Discovery Rangers style! Velcro adjustable strap. Worn as part of the Class B and Class C uniforms.

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Look good, feel casual, and still be in uniform—the Class C uniform, anyway. 100% heavy-weight preshrunk cotton.

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Adult 4XL	08HU7128	\$16.50

DISCOVERY RANGERS COLOR T-SHIRT

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Adult S	08HU1882	\$8.99
Adult M	08HU1883	\$8.99
Adult L	08HU1884	\$8.99
Adult XL	08HU1885	\$8.99
Adult 2XL	08HU1886	\$9.99
Adult 3XL	08HU1887	\$12.50
Adult 4XL	08HU1888	\$16.50







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A. ROYAL RANGERS CAP

Navy brushed cotton twill cap with RR emblem embroidered on front. Adjustable Velcro strap. Worn with Class B and C uniforms.

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B. ROYAL RANGERS 2-TONE LOW-PROFILE CAP

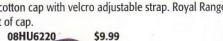
Khaki crown with faded royal blue bill. Royal Rangers starburst is embroidered on front of cap. Brushed cotton with matching fabric strap closure and brass buckle.

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C. ROYAL RANGERS BLACK LOW-PROFILE CAP

Pro-style, low crown, brushed cotton cap with velcro adjustable strap. Royal Rangers starburst embroidered on front of cap.





Golden Rule. Gold with Golden Rule. Pkg. 12.

16HU7199 \$3.99 \$3.99

Motto. Black with Motto. Pkg. 12. 16HU7196 Code. Blue with Code. Pkg. 12. \$3.99 16HU7197 Pledge. Red with Pledge. Pkg. 12. 16HU7198 \$3.99

Pkg. of 48. 12 of each

pencil listed above.

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A. BODY PUTTY

Any mistakes can be fixed! Use to repair gaps, cuts, or scratches on your racer. Great as a smoothing compound and sealer.

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All the tools you need in one package. Kit comes with five specialty blades-a fine blade for cutting wood and plastic, a medium blade for cutting wood, a fine blade for cutting metal and wood, an extra fine blade for cutting metal and wood, and a hacksaw blade for cutting metal.

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These foam-backed pads mold to fit any object. Long-lasting and easy to use. One fine and one medium included.

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These rub-on decals apply in a jiffy. Use them especially for contours and textured surfaces. Sheets measure approximately 4 x 5" unless otherwise noted.

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Visit www.RoyalRangers.ag.org



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Why did the starfish cross the road? (To get to the other side!)

What runs but never walks? (A river!)

Where do sheep go to get their hair cut? (The BAA-BAA shop!)

What is a pirate's favorite letter?

(Argh!)

Why did the boy eat his homework?

(Because the teacher said it was a piece of cake.)

Why did the boy throw butter out the window?

(He wanted to see a butterfly!)

Did you hear the joke about the wall? (I couldn't get over it!)



Animagrams

Here are some common animals. They're a little mixed-up, though. Can you rearrange the letters into the correct name of each animal?

(Answers on page 21.)

- 1. resho
- 2. grite
- 3. rebave __ _ _ _ _ _ _ _
- 4. bazer
- 5. nahey
- 6. grajua

- **7.** toyoce __ _ _ _ _ _ _ _
- 8. rabe
- 9. logalir
- 10. slawur
- 11. alkoa
- 12. malal



Do you know Jesus as your personal Savior?

In the Book of Genesis, the Bible tells us God created all things, including all the unique creatures of the world. But His most prized creation is you! If you haven't asked Jesus into your heart as Savior and asked Him to forgive you of your sins, it is as simple as following these steps:

- A. ADMIT YOU HAVE SINNED. "For all have sinned and fall short of the glory of God" (Romans 3:23).
- **B. BELIEVE IN JESUS.** "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life" (John 3:16).
- **C. CONFESS AND LEAVE YOUR SIN.** "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness" (1 John 1:9).

If you would like someone to pray with you about your decision to know Jesus as your personal Savior, talk with your Royal Rangers commander, your pastor, or call the National Prayer Center at 1-800-4PRAYER.



BASIG DTG

Your First Step on the Path to Leadership



very Royal Ranger has the potential to be a great leader because great leaders aren't born; great leaders are made. Through much effort, practice, learning, and determination, boys just like you develop leadership and teamwork skills that will help them today and in the future.

In Royal Rangers, you have the opportunity to learn about what it means to be a leader. You can even try out your leadership skills by becoming a leader in your patrol or outpost. One great way to get started on the path to leadership is by completing Basic DTC.

Basic DTC is an easy nine-lesson training course that will help you understand how leadership works in the outpost. Each lesson will cover specific materials, including...

- Pledges, saluting, and formations
- The duties of a patrol leader in the outpost
- Patrol spirit and identity
- Outpost leadership positions and insignia

Basic DTC can be completed as a group or individually. A special Basic DTC CD is provided to chartered outposts for use in completing this course and can be used in almost any computer.*

*Windows 98 or later is required.

For more information, talk to your commander or ask him to contact the National Royal Rangers Ministries at 417-862-2781 ext. 4181 or rangers@ag.org.



For the latest information about

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