

READY

For 6th, 7th, & 8th Grade Boys

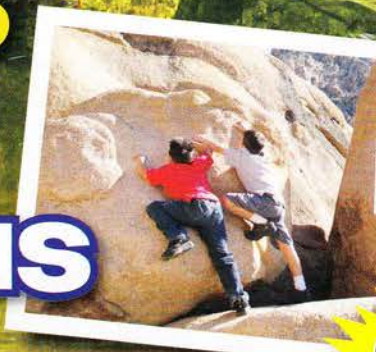
ISSUE NO. 1 / 2008 - 2009



RANGERS *Now*

Exploring New
FRONTIERS

**Journey
with Jesus**



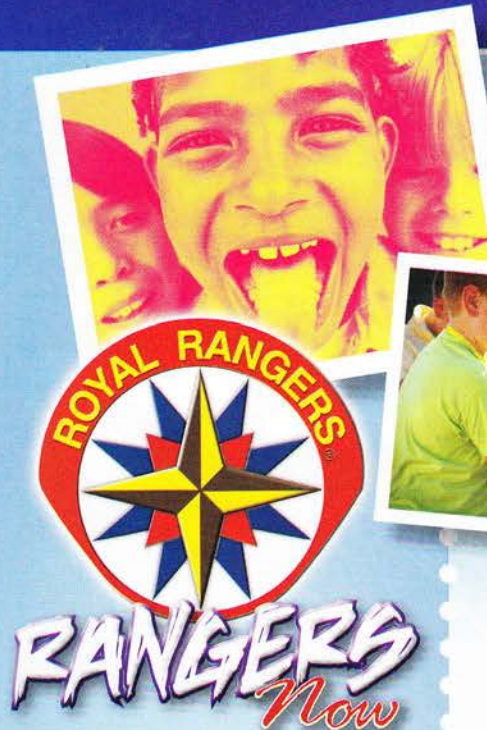
GPH
RANGERS
RESOURCES

**Fascinating
DISCOVERIES!**

Are
YOU
Ready?



royalrangers.ag.org



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ADVENTURE RANGERS



ISSUE NO. 1 / 2008-2009



Welcome to an exciting year of fun and adventure!

Are you "Ready," as our motto teaches, for another
amazing expedition? As a Adventure Ranger, you'll embark on a
journey of learning and adventure as you grow into the image
of Christ and learn His leadership skills. There is nothing like
being a Adventure Ranger. It's exhilarating!

But the fun has a purpose—to develop the character of Jesus in
your life and to set a good example for your friends, family, and
younger Rangers. Are you "Ready" for this important challenge?
I know you are; that's why you're in Rangers.

This is the first year anyone has received **Rangers NOW**. This
edition is just for Adventure Rangers. In it, you will find what you
need to make the most of this year in Rangers. It is going to be
an adventurous and rewarding 12 months. But don't do
it alone. Invite your friends to join in the excitement!

Get into it. Make friends, earn advancements,
make your patrol the best, get out and help people
to make Jesus known, become a man of God,
and have lots of fun. That's what it's all about!

Rev. Doug Marsh

National Director

*Evangelize the world, equip the next
generation of Christlike men, and empower
lifelong servant leaders.*





CONTENTS

4 An Opportunity for Growth

You have the opportunity to explore new things!



6 Ranger Info

Emblem, Golden Rule, Motto, Pledge, 7 Promises for Boys

9 Our Mission & Methods

Bringing It All Together!

10 It's Cool To Be a Leader

You could become a leader now.

11 Internet Safety Pledge

Rules for going on the Internet.

It's **COOL** To
Be A **LEADER!**



12 Are You a National Champion?

You can participate in national competitions.



16 Speed the Light

Providing vehicles and equipment to missionaries around the world.



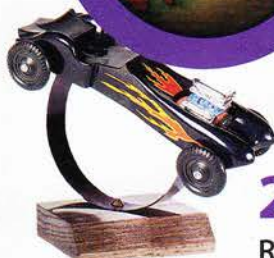
18 Tips for Health & Fitness

Take care of the body God gave you.



22 Building a Fast Pinewood Derby Car

Racing is a great way to spend time with friends and family.



24 Why Shooting Sports?

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

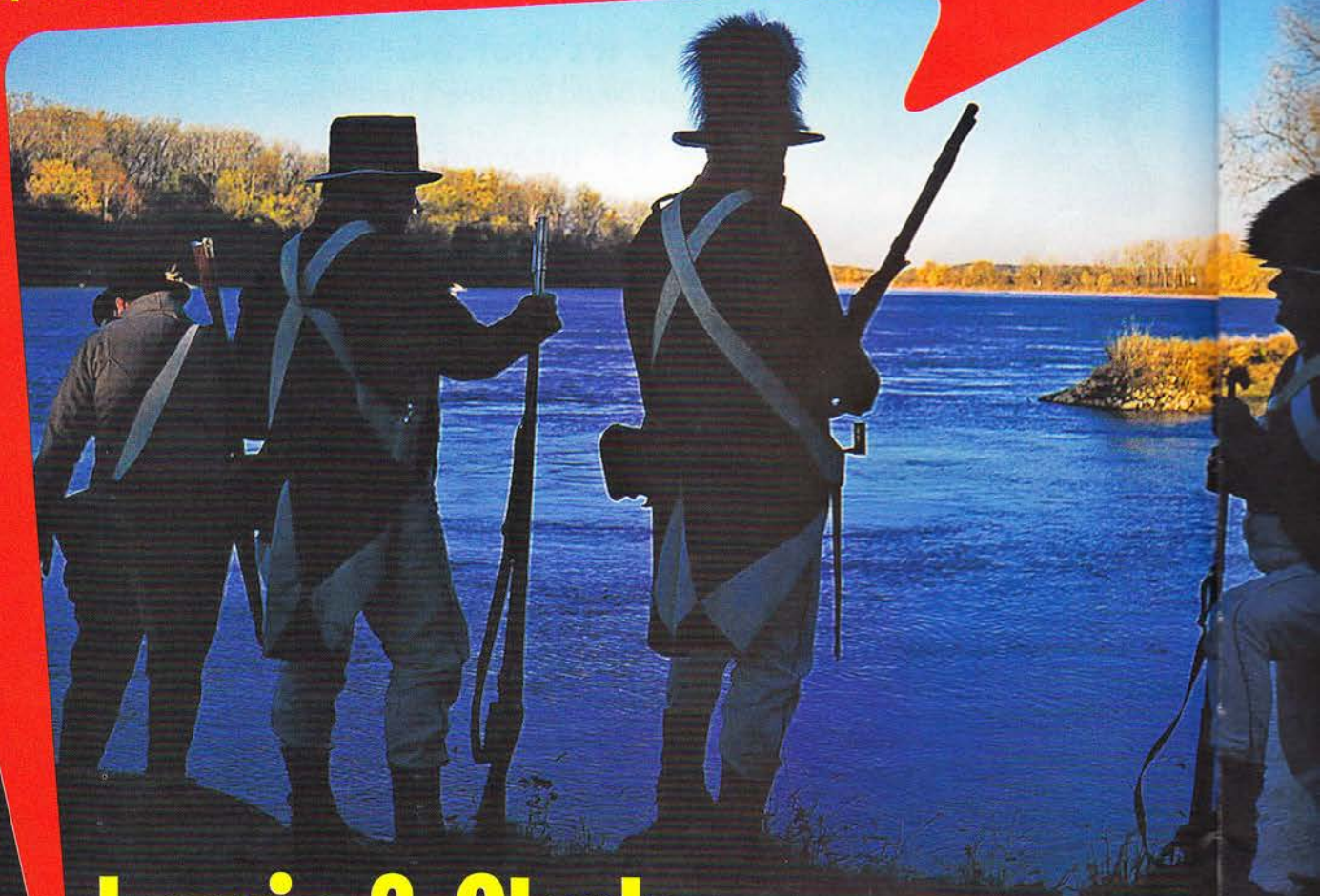


RANGERS Now



An Opportunity for GROWTH!

by John Hicks



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

In 1804, a group of men set out from St. Louis, Missouri to explore a newly acquired part of the western United States. The group was led by Meriwether Lewis & William Clark and later became known as the "Corp of Discovery." Their explorations have become legendary in the history of the U.S. for the role they played in exploring the West.



Today, you have the opportunity to explore new areas and discover new things. In Adventure 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. Learning 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 with other Christians through regular Bible studies and devotions that will help you grow into the image of Christ.

Luke 2:52 says, "And Jesus grew in wisdom and in stature and in favor with God and men." According 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. ☘

JESUS

Grew In Four Ways:

- MENTALLY
- PHYSICALLY
- SPIRITUALLY
- SOCIALLY

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



What in the
world is the...



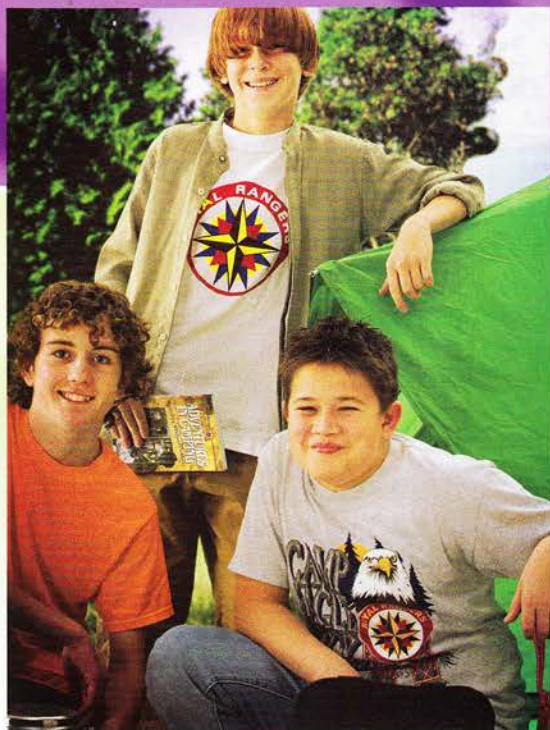
Golden Rule:

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

(MATTHEW 7:12)

The Motto **"READY!"**

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



Seven Promises for Boys

Goals & Boundaries for Daily Living

The Royal Rangers PLEDGE

**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
my daily rule.**

1

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.*

2

I 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.*

3

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.*

4

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.*

5

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.*

6

I promise to "**BE THE BEST I CAN BE**"
in everything I do.

7

I promise to "**ASK FOR FORGIVENESS**"
when I fail.

*If I fail in any of the above promises or sin against
God's Word, I will ask for forgiveness 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.*

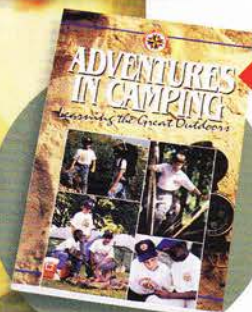
ROYAL RANGERS

SEVEN
PROMISES
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.

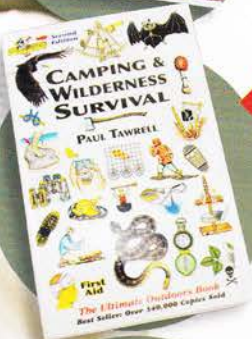
Your Trek into the Wilderness Just Became a Walk in the Park



Adventures in Camping

Your ticket to a safe and comfortable outing. Plenty of pictures and instructions cover camping-related activities like knot tying, fire building, and campcraft projects. Paper. 235 pages.

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Camping & Wilderness Survival, Second Edition

by Paul Tawrell

This full-color encyclopedia provides new in-depth topics including swamp hiking, avalanches, wild-fires, animal attacks, hurricanes and tornadoes, as well as over 100 pages on first aid. Paper. 1,088 pages.

03HU7756 \$35.00



Emergency Survival Kit

Contains poncho, signal mirror, waterproof match box, waterproof matches, flashlight, whistle, compass, wire saw, emergency blanket, fish hooks, leader line and sinkers, sewing needle, and razor. 6 x 9"

08HU6013 \$16.99



Camping Survival Summer

A virtual library of outdoor knowledge—trapping animals, building shelters, performing first aid, finding water, avoiding dangerous animals, and becoming unlost—all in one unfoldable map. Paper.

03HU5443 \$12.95



www.RoyalRangers.ag.org

Call: 1.800.641.4310

Fax: 1.800.328.0284

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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

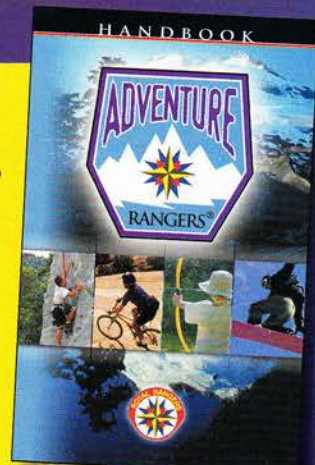
The best way for a boy to learn a new skill is to practice it. Royal Rangers meetings and activities are structured to maximize the amount of time boys spend in physical, interactive activity while learning.

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 *Adventure Rangers Handbook* (ITEM 02HU2136), available from Gospel Publishing House at www.gospelpublishing.com or by calling 1-800-641-4310.



It's COOL To Be A LEADER!



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. ✎

great leaders are made!



How cool would that be!!

by Steve Schultz

National Junior Leadership Development Coordinator

INTERNET SAFETY PLEDGE for Middle & High School

I WILL TALK WITH MY PARENTS OR GUARDIAN ABOUT THEIR EXPECTATIONS AND GROUND RULES FOR GOING ONLINE

I will talk with my parents or guardian so that we can set up rules for going online. The rules will include the time of day that I may be online, the length of time I may be online, whom I may communicate with while online, and appropriate areas for me to visit while online. I will not break these rules or access other areas without their permission.

I will never download anything from anyone I don't know. In addition to offensive content, spam or junk E-mail may contain viruses that can damage my computer.

I WILL KEEP MY IDENTITY PRIVATE

I will never share personal information such as my full name, my mailing address, my telephone number, the name of my school, or any other information that could help someone determine my actual identity. I will also not reveal any personal information about my friends or family.

I will never send a person my picture or anything else without first checking with my parents or guardian.

I WILL NEVER RESPOND TO ANY ONLINE COMMUNICATION THAT MAKES ME FEEL UNCOMFORTABLE

I will tell a trusted adult if I come across anything that makes me feel scared, uncomfortable, or confused.

I will never respond to any messages that are rude or offensive in any way. I will show the message to a trusted adult right away so that he or she can decide if it's necessary to contact the online service or other authorities.

I WILL NEVER MEET IN PERSON WITH ANYONE I HAVE FIRST "MET" ONLINE WITHOUT DISCUSSING IT WITH MY PARENTS OR GUARDIAN

Since the biggest danger to my safety is getting together with someone I have first "met" online, I won't meet in person with anyone unless my parents or guardian agrees to the meeting, they will go with me to the meeting, and the meeting will be in a public place.

I WILL RESPECT OTHER PEOPLE'S RIGHTS WHILE ONLINE

The Internet is a large community; therefore, my behavior while on it affects others. I will always treat others the way I would like to be treated.

I will respect copyright laws and check on sources. When writing reports I will make sure that the online sources of information are credible, and I will always cite my sources.

Piracy is illegal and keeps authors, artists, and others from getting paid for their work. I will never download things such as pictures, games, music, or movies that have not been given to the public for free.

SIGNED _____

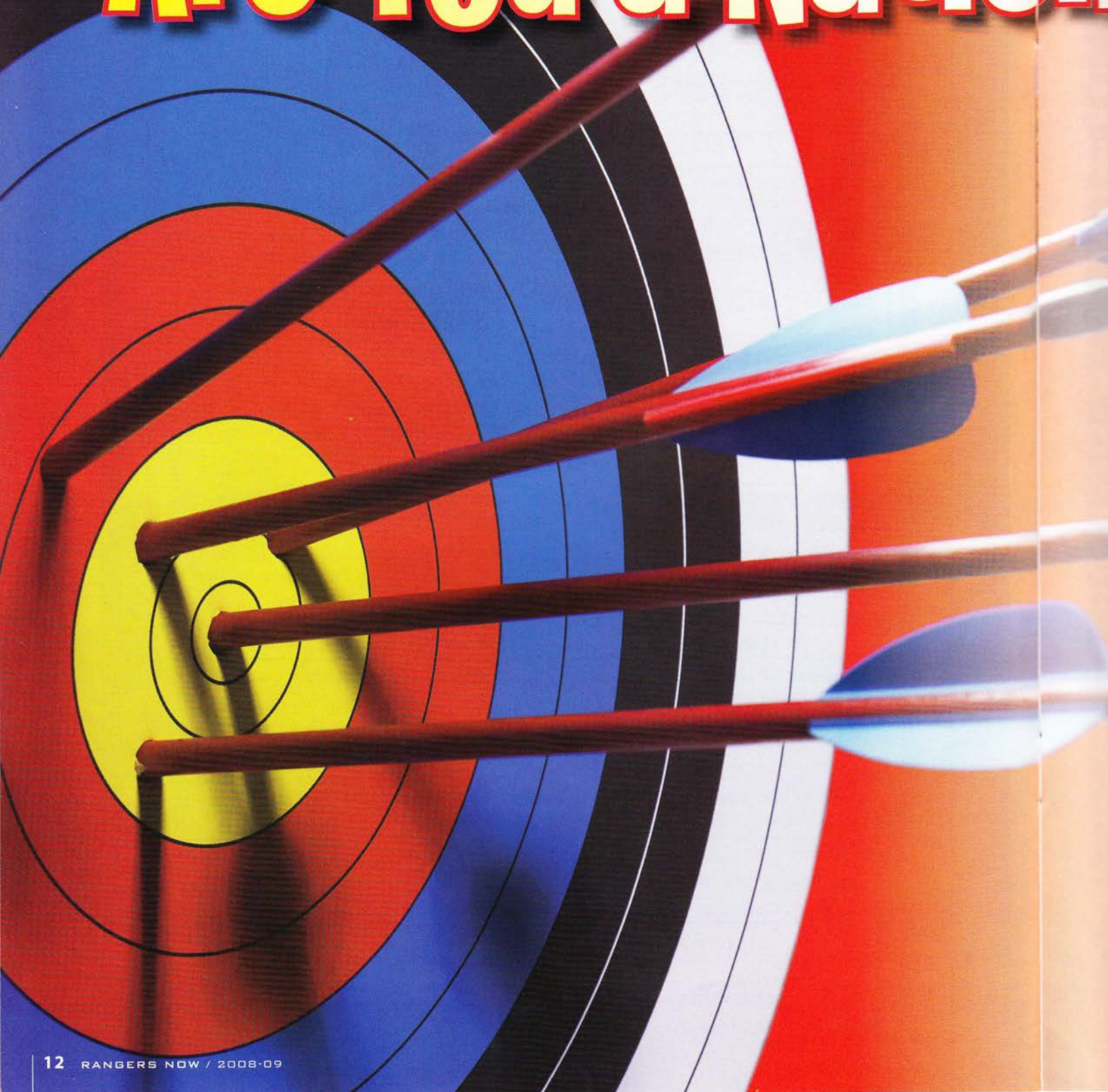
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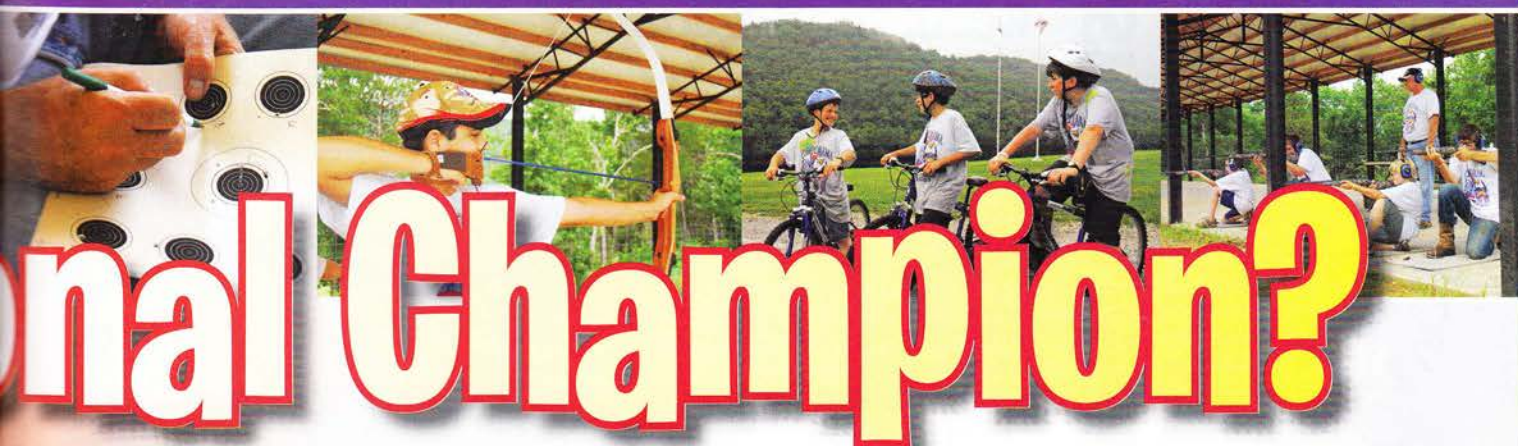
www.NetSmartz.org

Adapted from *Teen Safety on the Information Highway* by Lawrence J. Magid.
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Are You a Nation





onal Champion?

ROYAL RANGERS NATIONAL ★★★★ Championships ★★★★★

by Steve Schultz, National Junior Leadership Development Coordinator

Have you ever dreamed of being a national champion in basketball, soccer, golf, football, or hockey? How about being voted the MVP of the World Series, NBA Championships, or Stanley Cup finals? Reality check! That's just a dream, right? What if you *could* be a national champion now? Tell me more you say?

Did you know there are national championship events you can take part in right now? That's right, you have a chance to be a national champion in several events each year.

The Junior Bible Quiz and Teen Bible Quiz compete each year from local through

national levels. These events are sponsored by Children's Ministry Agency and National Youth Ministries, respectively. Did you know that Royal Rangers who make it to the top national level are not only recognized by CMA and NYM but also by the National Royal Ranger Ministry? Ask your children's or youth pastor today about how you can get involved.

There are also annual events in archery, BB-gun, air rifle, smallbore rifle, trap shooting, and black powder rifle. These are called "postal" events because you can compete anytime January 1–October 31 in your local area and mail in the results to the sponsoring organization.

They combine all the results, and the top scorers receive awards not only from that organization but also from the National Royal Rangers Ministry. A top score in any event earns you the title of national champion. For more information on the national championships and how they work, just visit the national Royal Rangers website: royalrangers.ag.org/championships.

See, you really could be a national champion and not even know it. The only way to know for sure is to participate. So talk to your commander today about how many events your outpost will participate in this year.

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

2007
ARCHERY POSTAL
COMPETITIONS

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

Individual Results

Name	Age	District	Outpost	Score	Place
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	10	LA	4	207	2
Jarrett Szech	10	So. TX	5	191	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
Taylor Nance	13	Penn-Del	242	260	1
Nick Webb	13	Penn-Del	242	239	2
Isaiah Seilhamer	13	Penn-Del	242	228	3
Mark Blaski	14	LA	257	262	1
Ben Raimbault	14	LA	257	239	2
Jacob Acevedo	14	So. Cal	75	210	3
Paul Dubbels	15	So. TX	5	248	1
Mike Matykiewicz	15	LA	257	216	2

Team Results

CLA Gold	Junior	Penn-Del	242	1164	1
Adventure 4	Junior	LA	4	865	2
Team 12	Junior	IL	257	830	3
Team 15	Senior	IL	257	1179	1
Team Bullseye	Senior	So. CA	75	1004	2

Air Rifle

Individual Results

Name	Category	District	Outpost	Score	Place
Anthony Rotkahr	Junior	AR	275	122	1
Brandon Leen	Junior	MI	16	86	2
Clement Mutabazi	Junior	LA	4	71	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
Adventure 4	Senior	LA	4	185	2

Smallbore Light Rifle

Individual Results

Name	Category	District	Outpost	Score	Place
Eli Bennet	Junior	AK	99	209	1
Nathaniel Boyer	Junior	IL	26	176	2
Louis Harrison	Junior	OK	82	114	3
Hezekiah Becker	Senior	NY	85	123	1
Timothy Willett	Senior	NY	85	77	2
Le Roy Tanner	Adult	S TX	37	261	1
Mark Gath	Adult	NY	85	177	2
Brett Smith	Adult	NY	85	143	3

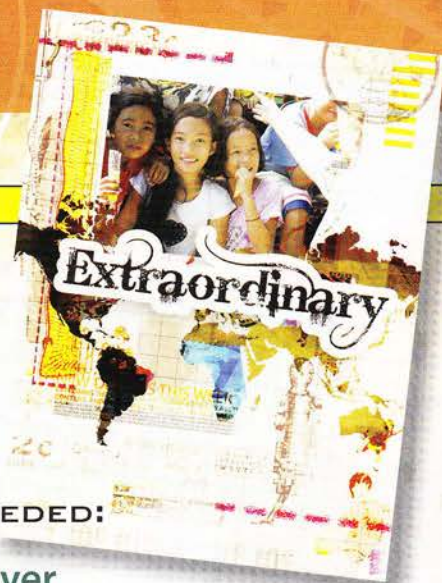
Blackpowder Rifle

Individual Results

Name	Category	District	Outpost	Score	Place
Kevin Brannan	Junior	S. CA		67	1
Billy Shinn	Senior	S. CA		76	1
Le Roy Tanner	Adult	S. TX	37	133	1
Wes Spinks	Adult	S. MO	172	126	2
Bruce Walker	Adult	S. CA		122	3

“So, Just What Is
a **Speed the Light**
Can Cover?”





Speed the Light is a student-initiated way for you to provide our missionaries around the world and here in the U.S. the vehicles and equipment they need to reach the lost.

Use the STL can cover to create your own missions piggybank. Your 'stash' will help spread the good news of Jesus around the world!

MATERIALS NEEDED:

■ 1 STL Can Cover

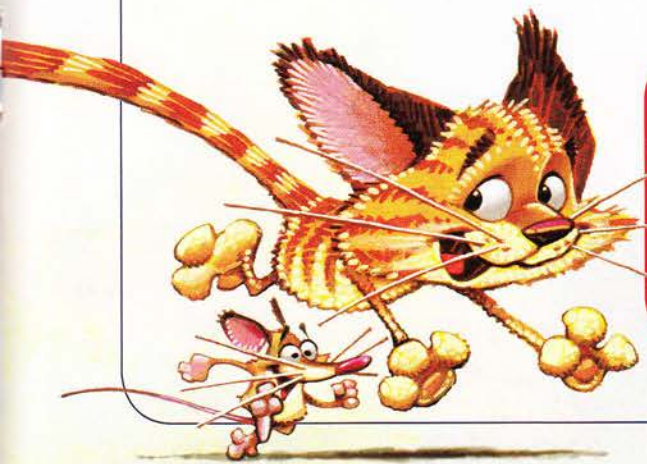
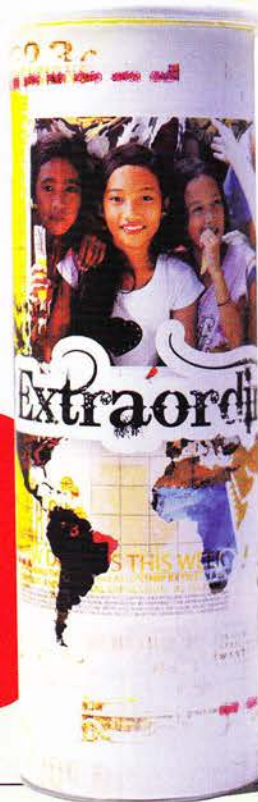
One is included in this magazine, but if you need more, go online at gospelpublishing.com and search for item #733022, or call GPH at 1-800-641-4310. They're cool, and best of all...they're **FREE!**

■ 1 Skinny Potato Chip Can

(you know the kind) or a tennis ball can

DIRECTIONS:

1. Peel backing off the can cover.
"It sticks a lot better this way."
2. Wrap the can cover around the can.
"Not the other way around, it just doesn't work as well."
3. Cut a slit in the lid.
"Watch those fingers..."
The can is now a bank!



PLEASE NOTE: This can cover works just like a giant sticker...but A WHOLE LOT stickier! So choose wisely before you stick it somewhere. For those who need some guidance here, it is not intended for walls, furniture, younger siblings, or your neighbor's cat. **M-E-E-Y-O-O-W-W!**

IMPORTANT TIPS

for

HEALTH

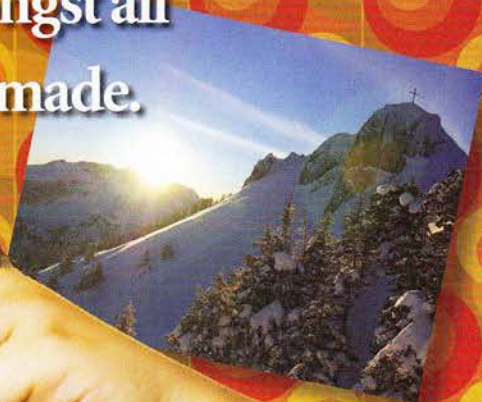
& Fitness

By Matt Linehan

Get up off that couch, Ranger!

Lay aside the game console.

Get yourself outdoors amongst all
the wonders our God has made.



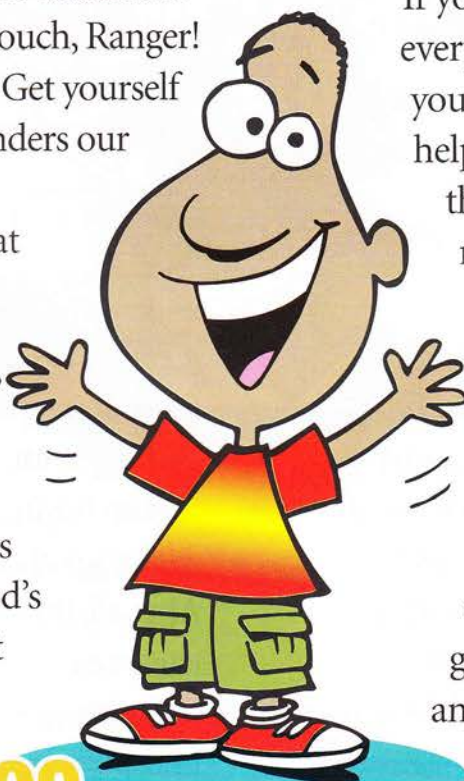


Perhaps the most important thing you can do to keep yourself healthy is to exercise. Regular exercise helps control your weight, helps your body resist disease, helps your body recover more quickly from sickness, and helps you feel good about yourself through accomplishing a set goal. For most of us, 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.

Have 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.



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 room regularly, or vacuuming the floors. You could begin to improve your overall strength by doing some crunches, pull-ups, and sit-ups. 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!

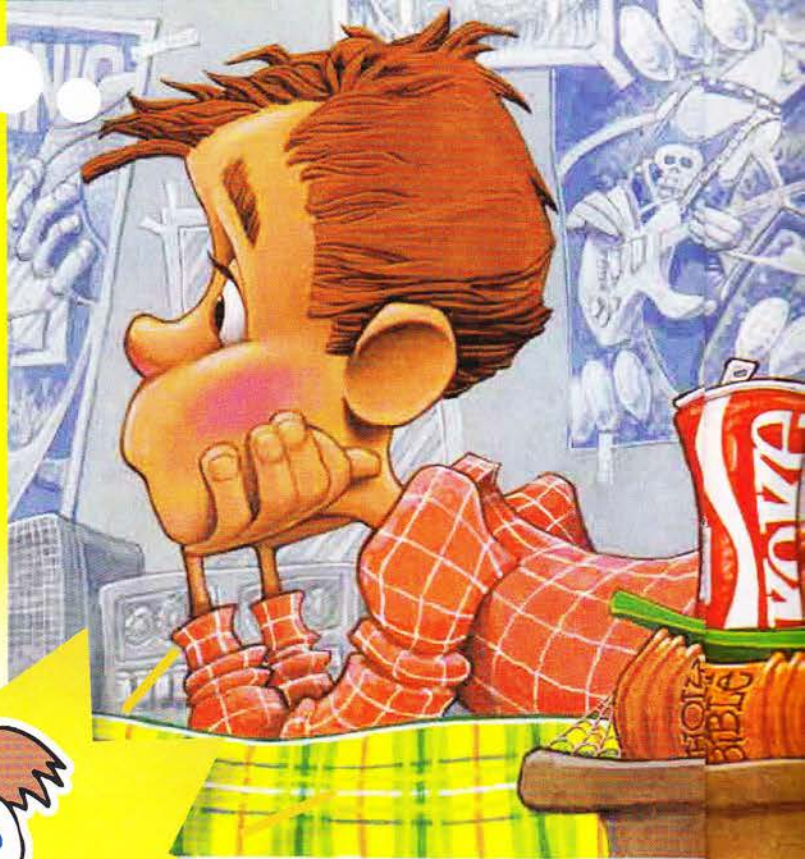
30 minutes

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

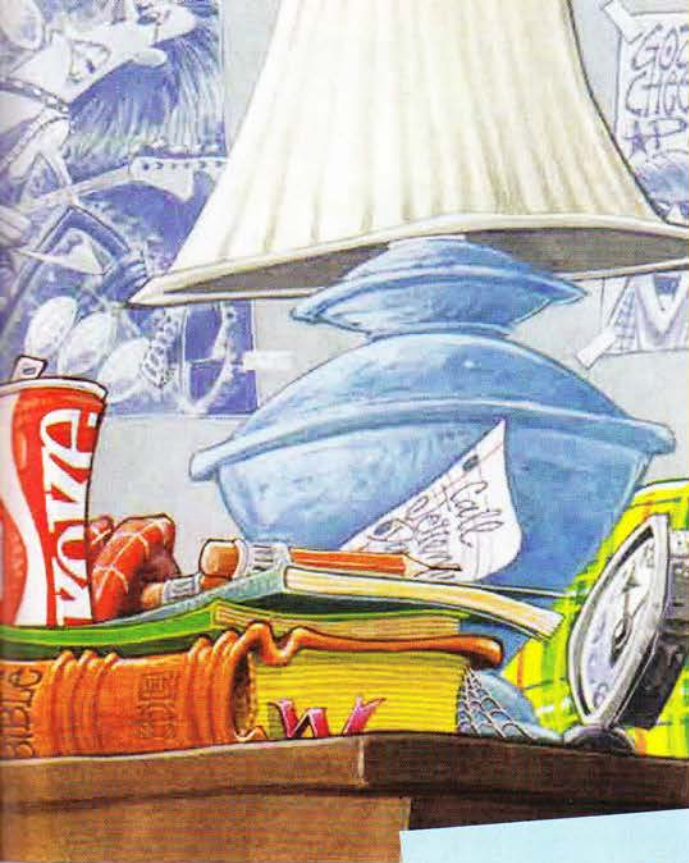


After you have
EXERCISED,
you will feel
GREAT!

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



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! ✨



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



Building a Fast

PINEWOOD DERBY CAR

by John Hicks

If you've been involved in Royal Rangers for very long, chances are you have heard about Pinewood Derby racing.

Pinewood 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 axles; 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 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, including GPH (see sidebar).



Paint

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

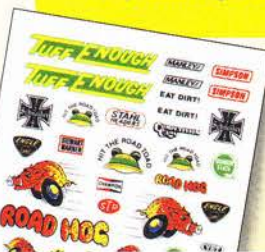
Another way of gaining an edge over your opponents is to lubricate the wheels, which reduces the friction between the wheels and the axels, allowing the car to roll faster. Some races restrict the types of lubrication that can be used, so be sure to check the rules for your race before using any lubricants.

These are just a 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.

Royal 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, self-confidence, 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 a 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:

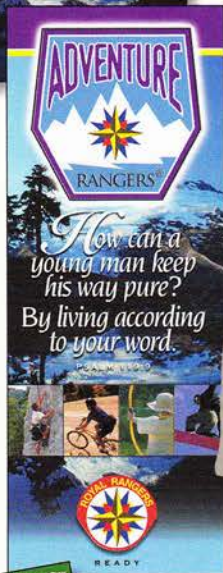
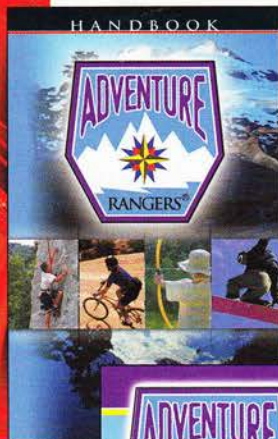
- National Air Gun Team Championship
- Marksmanship Qualification Program
- Shooting Sports Camps
- Youth Hunter Education Challenge
- Sectional & Special Tournaments
- Youth Wildlife Art Contest

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. ♡



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.





ADVENTURE RANGERS HANDBOOK

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 *Preventing Child & Substance Abuse* booklet, 02MX2137, a freebie. Paper.

02HU2136 \$9.99

ADVENTURE RANGERS POSTER

Stake your claim to the best rooms in the church with this stand-out poster. 10 x 26"

23HU8956 \$2.50

ADVENTURE RANGERS CAP

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

08HU7150 \$9.99

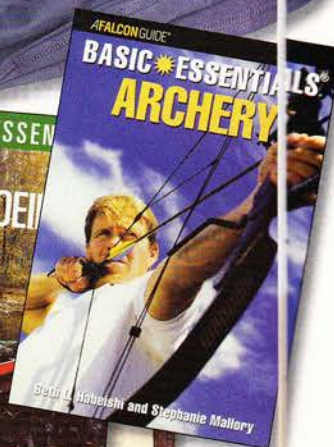
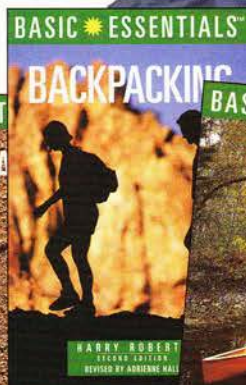
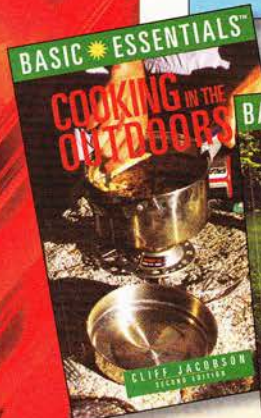


ADVENTURE RANGERS T-SHIRT

Look good, feel casual, and still be in uniform—the Class C uniform, anyway. 100% heavyweight preshrunk cotton. T-shirt colors may vary.

Youth M	08HU7141	\$9.99
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Adult M	08HU7144	\$10.99
Adult L	08HU7145	\$10.99
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Adult 2XL	08HU7147	\$11.99
Adult 3XL	08HU7148	\$13.50

T-shirt colors may vary due to dye lot.



BASIC ESSENTIALS

Put away those bulky books and monster manuals! For a generation, the Basic Essentials Series has been as much a part of the outdoors experience as backpacks and hiking boots. Information-packed tools for the novice or handy references for the veteran, these volumes distill years of knowledge into affordable and portable books. Whether you're planning a trip or thumbing for facts in the field, these books will tell you what you need to know. Paper

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03HU8030

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Backpacking by Harry Roberts

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Archery by Beth L. Habeishi and Stephanie Mallory

03HU8035

Map & Compass by Cliff Jacobson

03HU8031

\$8.95 each

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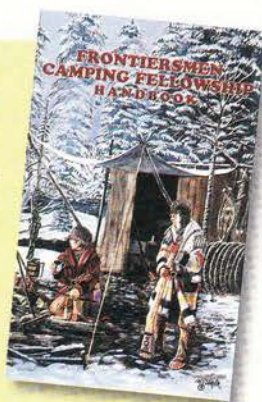
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FRONTIERSMEN CAMPING FELLOWSHIP HANDBOOK

If you and your boys are, or want to be involved with FCF, you need this on your reading lists. Completely outlines the Trail of the Grizzly advancement system. And what's more, it discusses the development and structure of the FCF and provides the frontier traditions and skill requirements for all 3 levels. Paper.

02HU2153 \$9.99



ADVENTURES IN CAMPING

Your ticket to a safe and comfortable outing. Plenty of pictures and instructions cover camping-related activities like knots, fire building, and campcraft projects. Paper.

02HU1036 \$7.95



ROYAL RANGERS WALLET

Nylon with Velcro closure.

Brown 17HU0167 \$4.95

Navy 17HU0199 \$4.95

PATCH ATTACH

This will save you a lot of time and sore fingers. This permanent glue quickly bonds patches to practically any fabric without sewing. Ironing required. Washable and non-toxic.

08HU5734 \$3.95



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.

08HU7268 \$9.99

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.

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

16HU7199 \$3.99

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Pkg. of 48. 12 of each pencil listed above.

16HU7200 \$14.50

ROYAL RANGERS NEW TESTAMENT, NIV

The official Royal Rangers New Testament. Presentation page, RR code, motto, pledge, and plan of salvation verses. Dark blue morocco cover. Front and spine stamped with non-tarnish gold. Royal Rangers emblem on front. 3 x 4 1/2"

01HU0694 \$5.95

ROYAL RANGERS SPORTS BOTTLE

Plastic beverage bottle with pop-open spout and white RR emblem. 22 oz.

17HU7883 \$3.50



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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B. RACER SHAPING TOOLS

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.

18HU7693

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C. SANDING PADS

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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DRY TRANSFER DECALS

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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PINEWOOD 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.

18HU7540 \$3.45

Everything Needed to Build a Winner!

FORMULA GLUE

Can't get that custom part to stick to your car? This hi-tack, fast-setting white glue adheres to metal, plastic, and wood, but not to you. Dries clear. Non-toxic and nonflammable. 1/2 oz.

18HU7535 \$2.98

WEIGHTS

Give your car some added gravity.

Lead Weight. 3.5 oz.

18HU7543 \$2.29

Strip Weight* 2 oz.

17HU5958 \$3.69

Combo Weight* 2 oz.

17HU5959 \$3.69

*99.9% lead free

GRAPHITE LUBE

Use this micro-fine graphite to keep your wheels running smoothly race after race. .21 oz.

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ACRYLIC PAINT KIT

Plenty of bright colors to fuel your imagination. 6 mini-pots of paint: Red, blue, green, yellow, white, and black. And yes, the brushes are included!

18HU7541 \$2.25

NEW JAR OF GRAPHITE WITH BRUSH

Graphite is the best lubricant to use to speed up your car! Easily apply the graphite with the included brush. Jar contains one tablespoon of powdered graphite.

18HU7559 \$3.60

CUSTOM PARTS

Stand out from the crowd, and make your racer undeniably yours.

FORMULATOR

Exhaust pipes, driver's head, windshield, roll bar, and engine.

17HU0125 \$3.59

DUNE BUSTER

Roll bar, exhaust pipes, and lights.

17HU0122 \$3.59

STEERING WHEEL

Wooden steering wheel attaches to car with screw (included) and turns.

17HU7399 20¢

HEADLIGHTS

Come in pairs ready to paint and glue on to car.

17HU7400 20¢

STAR FIRE

Includes windshield, seat, spoiler, and side vents.

17HU7971 \$3.59

NEW POLISHING KIT

Make your car even faster by polishing the wheels, screws, and the end of the dowels. Kit includes: 220 Grit sandpaper, 2000 Grit sandpaper, cardboard buffer for the screws, 1/4 oz. jar of metal polish, 1/4 oz. jar of a special water-based polish, 12" piece of pipe cleaner, and a solid brass counter sink for the wheels. Kit instructions include information on wheel alignment, weight placement, and aerodynamics.

17HU7972 \$7.60

PINEWOOD DERBY

For additional Pinewood Derby products visit www.RoyalRangers.ag.org

Everywhere we go we can find people who have not asked Jesus to be their Savior. Sometimes we might be afraid to speak up for Jesus, but God has the power to help us.

The Bible tells us about a time when two disciples—Peter and John—told someone about Jesus. The story is in Acts 3. Use the code below to fill in the missing words of the story and find out what happened.

When Peter and John went to the 20 5 13 16 12 5 one 1 6 20 5 18 14 15 15 14, they had no idea what was in store for them, but God had a plan. Near the temple gate they saw a 13 1 14 who could not 23 1 12 11. Every day someone carried him to the gate to 2 5 7 13 15 14 5 25 from people.

As Peter and John passed by, the man asked them for money. Instead, Peter told him that they didn't have any money but they would give him 19 15 13 5 20 8 9 14 7 else. Peter said, "In the name of 10 5 19 21 19 Christ of Nazareth, walk!"

Peter took the man by the 8 1 14 4, and he 19 20 15 15 4 for the 6 9 18 19 20 time in his 12 9 6 5. He started walking back and forth and 16 18 1 9 19 9 14 7 God.

The other 16 5 15 16 12 5 at the temple were surprised.

They 18 21 19 8 5 4 over to Peter and John to find out what had happened.

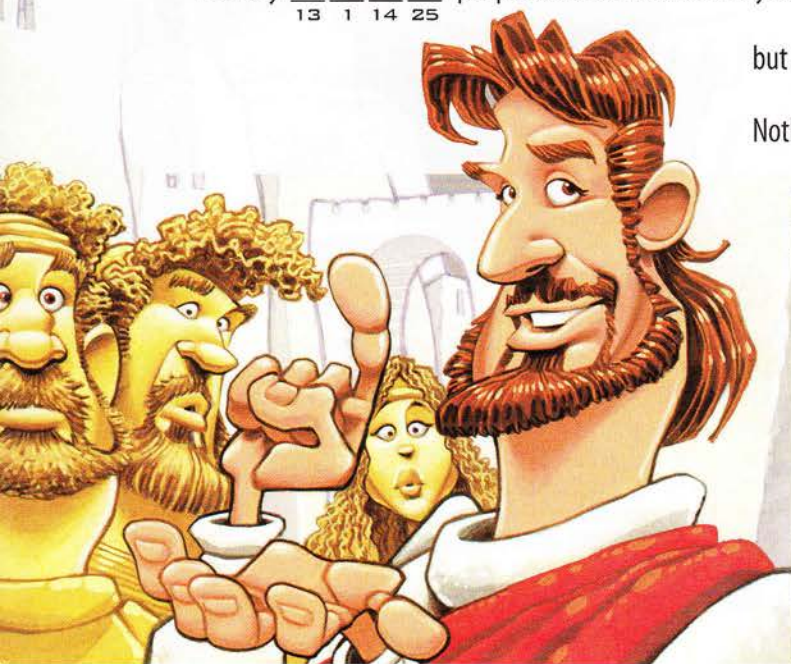
Peter asked why they were so surprised. He told the people that he and John didn't 8 5 1 12 this man by their own power. He said that Jesus, who was 3 18 21 3 9 6 9 5 4 ... had done this.

Peter reminded them that the Israelites had killed Jesus on the 3 18 15 19 19 but that God had brought Him back to life. Peter explained that 6 1 9 20 8 in Jesus' name had caused what they saw."

That day 13 1 14 25 people believed in Jesus. They thought the man's problem was too hard to solve,

but God brought 22 9 3 20 15 18 25.

Nothing is 9 13 16 15 19 19 9 2 12 5 for Him.



THE CODE

A - 1	H - 8	O - 15	V - 22
B - 2	I - 9	P - 16	W - 23
C - 3	J - 10	Q - 17	X - 24
D - 4	K - 11	R - 18	Y - 25
E - 5	L - 12	S - 19	Z - 26
F - 6	M - 13	T - 20	
G - 7	N - 14	U - 21	

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.



BASIC JTC

Your First Step on the Path to Leadership



Every 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 JTC.

Basic JTC 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 JTC can be completed as a group or individually. A special Basic JTC 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
Discovery Rangers and the Royal Rangers program or
to download program resources, visit our website at

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Current site content includes:

- Program helps & information
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