



Monday, October 8, 2007

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Poll: Family makes young people happy

What makes a 13 to 24 year old person happy? The Associated Press and MTV wanted to know and posed the question to 1,280 people between those two ages in a poll on the nature of happiness among young Americans.

Most worried parents might imagine the answer to sound something like sex, drugs or money.

The real answer, however, is quite different. The top answer for the open-ended question from the study is actually spending time with family. Nearly three-quarters of young people say their relationship with their parents make them happy. The second most popular answer was spending time with friends followed

by spending time with a significant other.

While most young people are happy with their lives in general, racial differences turned up in the results. The poll showed that whites appeared happier across economic categories than blacks and Hispanics.

The results also showed that many young people feel stressed, particularly from the middle class, and that females get stressed more than males.

Almost no one said “money” made them happier, but people with higher family incomes are generally more happy with life. Also, having highly educated parents is a stronger predictor of happiness than income.

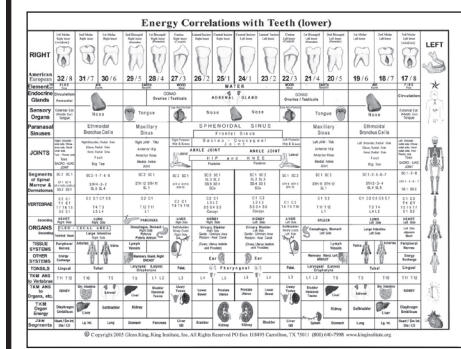
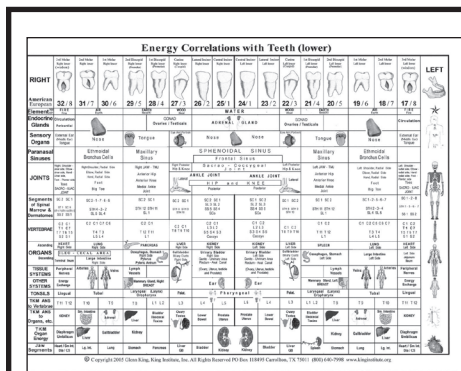
As for sex, the survey found sexual

activity leads to less happiness among 13 to 17 year olds. For 18 to 24 year olds, sex might lead to more happiness in the moment, but not overall.

Close to half said that religion and spirituality were important, and more than half said they believe a higher power has influence over the things that make them happy. Simply belonging to an organized religious group makes people happier.

And surprisingly, most young people say school makes them happy, and an overwhelming amount think marriage would make them happy and they want to be married some day. Most also want to have kids.

The Bible says to, “Train up a child in



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TKM® Missions: Level 1 & 2 and EMT

Date: November 2-19

Location: The Philippines

Instructor: Dr. Glenn King, PhD

Tuition: Call 800-640-7998

UPDATE

TKM® Special Topic: Cancer, Pulses, Body Biography and Weight Loss

Date: December 5-8

Location: Carrollton, TX

Instructor: Dr. Glenn King, PhD

Tuition: \$600 Deposit: \$300

TKM®: Self Help

Date: January 11-12, 2008

Location: Seattle, WA

Instructor: Linda Kane, ND

Tuition: \$300 Deposit: \$150

TKM®: Level 1 & 2

Date: January 15-19, 2008

Location: Carrollton, TX

Instructor: Glenn King, PhD

Tuition: \$800 Deposit: \$400

TKM®: Self Help

Date: January 25-26, 2008

Location: Sebring, FL

Instructor: Jim Robertson, ND

Tuition: \$300 Deposit: \$150

TKM® Special Topic: Develop a

TKM® Practice - Strategies for Success

Date: February 14-16, 2008

Location: Carrollton, TX

Instructors: Glenn King, PhD

Jim Robertson, ND

Linda Kane, ND

Jana Smith, RN, CNOR, CRNFA

Tuition: \$400 Deposit: \$200

the way he should go, even when he is old he will not depart from it" [Proverbs 22:6 NASB]. The author of Proverbs implores his son to listen to his wisdom and apply it which he promises will result in long life, financial riches, peace and prosperity, to name a few.

The fifth commandment of God's "Top Ten" does not suggest or advise but commands us to honor our fathers and mothers, the result being prolonged life [Exodus 20:12]. Even if your parents have not acted honorably, honoring them frees us from resentment and distrust, which can hinder our other relationships, the most important one being with God.

Psychologists, biblical counselors and many experts in the field of family dynamics understand that families provide the foundation support that everyone needs and desires. Children without boundaries,

rules and limitations often grow up into insecure adults. When they understand what they cannot do because it is not good for them, they are then free to explore what they can do, and thus realize potentials and gifts to be an effective contributor to society.

While the book of Proverbs says not to spare the rod, Paul warns against abuse in the new testament [Ephesians 6:4]. Discipline administered through calm assertiveness with love is better received than "discipline" administered in a moment of rage on the parents' part.

Though politics and pop culture may try to change the next generations' perspectives on marriage and families, the "age old" family unit is still a foundational part of a functional and thriving society, and even the next generations already understand it.

Antibacterial soap vs. regular soap

We live in a dirty world, and consumers are attracted to antibacterial soap and hand sanitizers because they "kill germs." But while they have shown some benefit in hospitals and clinics, there's little difference between the two in general public use.

Scrubbing for approximately 30 seconds, using single-use paper towels and avoiding contact with possibly contaminated areas (such as a restroom door or faucet handle) is sufficient to effectively clean germs off hands. Also, microbes can build resistance to the antibacterial drugs, rendering the soaps as effective as the cheaper regular kind.

In the fight against harmful germs, the type of soap you use doesn't matter in the end, as long as you wash your hands thoroughly.

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