TFK Extra!
A SUPPLEMENT TO TIME For Kids
JOIN THE
Ask, Listen, Learn Team

Meet Pros Who No
Apolo Anton Ohno & Dara Torres

Live Healthy
How to say YES to a healthy lifestyle and NO to underage drinking

asklistenlearn.com
Hey! What’s it all about?

Who is on the Ask, Listen, Learn Team? They’re people like you who want to excel and be the best they can be at what they do. The secret to being an Ask, Listen, Learn Team member is saying yes to a healthy lifestyle and no to underage drinking.

Don’t believe it? Ask your parents and teachers. Listen to their advice. They can help you learn about making positive choices and why you shouldn’t drink alcohol.

If you know how to ask, listen and learn, then you know how to stay safe. Alcohol can be one of the biggest risks to people your age. It is also one of the easiest risks to avoid.

Use these pages to discover ways you can become part of the Ask, Listen, Learn Team and stay on the right track.

Ask. Listen. Learn. That’s A.L.L. you have to do.

Share your style

To be on the Ask, Listen, Learn Team, you don’t need to be a world-class athlete like Apolo Anton Ohno or Dara Torres. You could be a violinist, science-test-taker, big sister—whatever!

Besides living a healthy lifestyle, there are other ways of living that every Ask, Listen, Learn Team member shares. We’ve listed just a few of them below.

There’s a scrambled word in each of the Ask, Listen, Learn Team member tips. If you unscramble them correctly, the first letters of the new words will spell out a secret word.

Team tips

Chow Know-How: What’s on your plate? How about in that glass? Keep T C A R K of what you eat and drink to make sure it’s the right amount for you—and visit mypyramid.gov for healthy nutrition ideas.

Hop to it: Or run. Or bike. Or swim. Just get up and get moving—start with 30 minutes C A E H day and build from there.

Stick to it: Write a song. Get an A. Win the race. Set a goal and work hard to C H E I V E A it—don’t give up!

Don’t go with the flow: When it comes to underage drinking, keep the right choice. Remember, sometimes what you don’t “no” can hurt you.

Secret word: ____________________________

(top 10 ways out)

Saying yes to a healthy lifestyle means saying no to underage drinking. But people your age sometimes feel it’s hard to say no to alcohol—even to a best friend. If anyone offers you a drink, be prepared with an answer to refuse it. That way, you won’t feel pressured to think one up on the spot.

Below are seven possible ways to say no that were all written by kids like you. Try to remember a few—and make up three of your own, too.

1. I’m not a follower. I’m a leader—and I’m saying NO!
2. That’s not my style.
3. No way, that’s not for me.
4. I’m not a drinker, I’m a thinker!
5. No thanks. I’m allergic to alcohol.
6. Sorry, but alcohol is not good for my gorgeous body.
7. I’m way too cool for that stuff.

Your lines:

8. ____________________________
9. ____________________________
10. ____________________________
Born in Seattle, Washington, the most decorated U.S. Winter Olympian and champ of Dancing with the Stars knows what it takes to be at the top of his game. We caught up with the famous athlete to ask him a few questions.

**Q:** At your age, how much alcohol is too much?

**A:** The answer is simple: If you are under the legal drinking age, any amount of alcohol is too much. For more answers to your questions—and fun activities—go to asklistenlearn.com.

**Q:** Have you always been really conscious of your health and conditioning?

**A:** Always. One of the reasons I didn’t drink when I was younger is because I knew what it did to you. I’d see some of the swimmers at morning practice after a night of drinking, the way they looked and felt, and I really wanted to swim fast. I didn’t want to be in that state the other athletes were in if they’d gone out and partied.

**Q:** How did you get involved in swimming?

**A:** My parents had a pool in the back-yard and wanted me to be water-safe, so I got in the water at an early, early age. I started swimming on a team at about age 7 or 8, and fell in love with standing up on the blocks and racing and competing.

**Q:** What’s your favorite swimming event?

**A:** The 50-meter freestyle. It’s the most challenging event because you can’t make a mistake. It’s a 24-second zip down the pool, and your start and your finish all have to be on. I like how it goes by quickly, too. I’m a pure sprinter, so the shorter, the better.

**Q:** Do you ever get nervous before a competition?

**A:** I wouldn’t say nervous. More anxious than anything. That’s a natural, healthy feeling. If I’m too relaxed, then it doesn’t feel like a competition.

**Q:** How did you get involved in swimming?

**A:** It’s so intense. The preparation involved is insane. And it’s so dynamic and fast. It’s got everything an American would want in a sport.

**Q:** Staying healthy is so important for your performance. Is it tough to be disciplined about keeping fit and watching what you put into your body?

**A:** I enjoy living a healthy lifestyle. I’m full-bore into being as healthy as possible. I can have an awesome time with my friends without alcohol. Some people feel they need it to loosen up, but in reality, you just need time to be comfortable in your own skin.

**Q:** What drew you to short-track speed skating?

**A:** It’s so intense. The preparation involved is insane. And it’s so dynamic and fast. It’s got everything an American would want in a sport.

**Q:** Stay healthy is so important for your performance. Is it tough to be disciplined about keeping fit and watching what you put into your body?

**A:** I enjoy living a healthy lifestyle. I’m full-bore into being as healthy as possible. I can have an awesome time with my friends without alcohol. Some people feel they need it to loosen up, but in reality, you just need time to be comfortable in your own skin.

**Q:** Do you ever get nervous before a competition?

**A:** Oh my gosh, always! You’d think after all these years, I wouldn’t. But it’s a good thing. Nervousness is all about adrenaline, and you want that. If you feel like you’ve done everything you possibly can to prepare, you can go out there and channel that nervous energy, and . . .

To read the rest of Dara’s interview, visit asklistenlearn.com.

For more activities and info, head to asklistenlearn.com.
The Ask, Listen, Learn Pledge
The Ask, Listen, Learn Pledge is designed to help you stay healthy and active by making an agreement with yourself to make good decisions.

- I pledge to say "yes" to a healthy lifestyle and "no" to underdrging alcohol.
- I pledge to stay active by committing to 30 minutes a day of a healthy activity of my choice (walking, shooting hoops, DSR, etc.).

MY SIGNATURE:
(I have read and understand the pledge.)

First Name __________________________ Last Name __________________________

Address __________________________

City __________________________ State ______ Zip Code ______ Age ______

Telephone __________________________

Email (for winner notification only) __________________________

Name of Parent/Legal Guardian __________________________

PARENT/GUARDIAN SIGNATURE __________________________

I will support the above-named Ask, Listen, Learn Team member in reaching his/her goals.

Entries must be received by 7/31/10.

Mail the completed entry form to:
The Ask, Listen, Learn Team Contest, P.O. Box 3454, Salisbury, MD 21801.

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