

Challenge

THE GOOD NEWS PAPER

RESILIENT SWIMMER

Cate Campbell on how she dealt with devastating injury, and how she doesn't plan to let gold slip away from her this time

After illness excluded her from the London Olympics, 2016 could be the year Cate Campbell bounces back to win an individual gold medal. In July she established her status as gold medal favourite for the Rio Olympics by breaking the world

record for the 100 metres freestyle. She clocked in at 52.06 seconds, 0.01 seconds faster than the previous record set by Germany's Britta Steffen in 2009. "I still can't believe it has happened," the 24-year-old said shortly after her performance. But she said her focus remains on

finally getting a gold medal at Rio. "You've got to have an Olympic gold medal. I think that any athlete who goes to the Olympics and says they are not after an Olympic gold medal is kidding themselves." A gold medal this August would be the cherry on top of an already successful career as a competitive swimmer. Cate was just 16 when she won bronze in Beijing in 2008, another bronze at the 2009 World Championships, and four years later she and her team snatched the gold in the 4 x 100 metre freestyle relay.

But that was her only event that year as she was struck down with pancreatitis just two days before her individual event and missed qualifying for the final entirely. Cate says she literally watched four years of hard work "go down the toilet".

"For the two weeks of my life when I needed to remain healthy, I was the sickest I've ever been," she says. "There were definitely tears afterwards."

The inflammation came after two years of fighting a glandular fever spell which itself had inhibited her from qualifying for the 2011 World Championships in Shanghai.

It's every competitive athlete's worst nightmare.

"Throughout the whole process I have learned that everything happens for a reason," Cate says.

"Even when your direction in life is seemingly taken away from you, it usually means that you have the wrong focus anyway."

Cate had to learn to be patient with herself through her struggles but says she realises now that God had also been patient with her, gently guiding her back to what was most important in life.

Her parents had imparted knowledge about God to her as a young girl growing up in Malawi, but Cate says it took time for her to progress from "acknowledging God to actually wanting to know Him".

She had heard many times that God had come to earth as Jesus to



Sisters Cate and Bronte Campbell

take the death penalty for her sins so that she could be forgiven, but the reality of it was slow to sink in.

"I always knew of God's goodness and love. I think [giving my life to Jesus Christ] happened over several years," she says.

"After understanding all the things He has given me, it felt natural to give my life to God. What else did I have to give in return?"

After migrating with her family to Australia in 2000 with the hopes of seeking better treatment for her handicapped brother, Cate poured all her efforts into competitive swimming.

Her hard work paid off with initial success on the world stage but when disaster struck Cate realised she had become too consumed by her sport.

"During my two years of injury and illness I learned a lot about myself, about God and about our relationship," she explains.

"Up until then I was a Christian, no doubt. I believed in Jesus and that He had the power to take away my sins. But I was a fair-weather Christian.

"I prayed, went to church, but God did not play a very significant role in my day-to-day actions or thoughts.

● Turn to Back Page

RUN FOR MEDAL IN RIO



Olympic medalist Nick Willis opens up about his Rio dreams, death of his mother and freedom from a porn addiction

New-Zealand born middle distance runner Nick Willis is not ashamed to share that although he achieved his dream to stand on the Olympic podium, his life has not always been rosy.

An undeniable highlight of Nick's career was his bronze decoration at the 2008 Beijing Olympics for the 1500 metre race, which became a silver medal when gold medalist Rashid Ramzi of Bahrain tested positive for a blood-boosting drug.

Nick wants to prove his success was not a fluke by snatching a second Olympic medal in Rio this August.

"It'd be a way to stamp my career," Nick says.

"Quite a few people who win a medal are one-hit wonders, and I'd really like a backup medal."

And this seems a very achievable goal for the 33-year-old whose improvement curve still arcs upward despite the fact that, according to Runner's World writer Cathal Dennehy, "accepted wisdom insists he should be in decline".

● Turn to page 3



BACK PAGE

PAGE 4

BORN TO RACE

800m star Angie Petty

BY DARRYL BUDGE

Four months out from the Rio Olympics Kiwi runner Angie Petty is thankful and humble about her recent streak of victories in Australia and New Zealand.

"After four 800 and two 1500 metre wins this season, everything is going in the right direction thankfully," a relieved Angie told Challenge in March.

After taking the 800m and 1500m at the New Zealand nationals in March, and wins at the Adelaide, Potts and Porritt Classic events, Angie will race in Sydney, Tokyo and Europe to prepare for Rio.

The 800m specialist is grateful not just for stronger times but that her triathlete husband Sam is recovering from a heavy mountain bike accident in January, even though it ended his hopes of qualifying for Rio.

Due to concussion, cuts and internal bruising, "he won't be fit enough to race for qualification in time," Angie commented in March.

In Rio, cheered on by Sam and her immediate family, Angie believes reaching the 800m final is "a tough but realistic aim" up against the fastest and toughest women in the world.

Her inner preparation involves turning race nerves into excitement and committing herself to her Lord and Saviour, Jesus Christ.

"I know that God is there every step of the way, so I commit every race to Him," Angie explains.

"I pray during every warm up and remember Bible verses like 2 Timothy 1, verse 7: 'For God has not given us a spirit of fear, but of power and of love and of a sound mind'."

She believes her speed and her love for running was not gained by her efforts alone.

"Running is the gift God has given me," she explains, "so I will keep running as long as He wants me to. It is only because of Him that I can run."

Angie reflects on a time in 2010 when she ignored God and her life turned for the worse.

"I got quite into partying and drinking and did things I regretted. I also had minor depression and was quite unhappy," she recalls.

After a while she drew on her childhood knowledge of God and says she realised "there is much more to life than this". She also trusted in "God's love for me despite my past."

"When I was younger I had said sorry to Jesus for the sins I had committed and asked Him to come live in me."

In her hopeless state, she slowly turned back to God.

She began to personally seek Jesus "by reading the Bible again, being more passionate about church and stopped living a double life of partying on Saturday and going to church the next day."

Soon after meeting her future husband in October 2012, he became a passionate follower of Jesus. "God blessed me by bringing Sam and I together," she remembers.

Based on these experiences Angie says confidently, "God answers prayers."

"He has given me peace and hope that no matter what happens He will always be with me and love me."

Fluctuating race results may overwhelm some athletes, but for Angie these are an opportunity to seek God's opinion of her worth.

"Athletes can feel judged by a time," Angie explains. "Whereas I know God loves me unconditionally."

"In the pressure of being an international athlete, God helps me overcome disappointment and hard times. I focus on the good plans He has for those who trust in Him," she says, referring to Romans 8, verse 28.

To those who view Christian belief as old fashioned and a list of rules, Angie explains that God's love is beyond our human imagination.

"God is an incredible loving

Father whose love is not like what you may have preconceived," Angie states. "There is so much to show that He is real."

The Christian faith is not blind, asserts Angie, instead it is logically founded upon evidences.

Among them, she says is God's Word in the Bible, Jesus' resurrection, the testimonies of how He has changed people's lives, the miracles and prayers He has answered, and our daily experience of God's beautifully designed universe sadly spoiled by the curse of sin.

"There has to be a God," Angie says.

"I am sure you will be amazed if you ask Jesus to forgive your sins and follow Him from now on. Your life will be changed for good!"

If you know Jesus, she concludes, you "live with a real purpose and God is with you forever".



DUNEDIN, NEW ZEALAND - MARCH 5, 2016: Angela Petty in the Womens 800m Run during the National Track & Field Championships. (Photo Rob Jefferies/Getty Images)

PEACE AMONG TROUBLE AT OLYMPICS

BY KATHRYN EAVES

THE OLYMPICS generate a great deal of national pride in each participating country, whether they send a powerful contingent like Team USA, or a small one, like Dominica's team of three at the 2008 Beijing Olympics.

When it comes down to it though, the Olympics are a chance for individual nations to celebrate their sporting achievements; they are, overall, a gathering of nations to participate in sport.

Different countries have different approaches to protecting their interests. At the 2010 Winter Olympics in Vancouver there were complaints Canada was giving itself an advantage by restricting facility access to other countries, their reasoning being they were the only country to twice miss out on medals at their own Olympics: "Its not a record we're proud of." The late Christopher Hitchens retorted, "But elbowing guests out of your way at your own party — of that you can be proud."

Hitchens saw this as one of many examples of the Olympics bringing out the worst in people. When confronted with terrorism against Israel at the 1972 Munich Games, or the shooting of student protestors in Mexico in 1968, it is not hard to understand this view.

Yet the Olympics remain a time of celebration and excitement around the world. Look up the top Olympic moments from the start of the modern games in 1896 and it is clear they are as much about overcoming difficulty as they are about great

athleticism. The ancient Olympics, first held in Greece, included a peace agreement whereby athletes and spectators were granted safe travel to and from the games.

This tradition continues with the modern Olympic Truce, invoked before each Olympics. From stories of violence come stories of peace, one of the initial aims of reviving the Olympics.

A recent example is when Russian Natalia Paderina won silver and Georgian Nino Salukvadze won bronze in the women's 10-metre air pistol competition at the 2008 games. Russia and Georgia were heading to war over North Ossetia as the games began, but the friends put their country's differences aside and embraced in front of the world.

In 1972, at the infamous Munich games, pentathlete Mary Peters won gold over her younger competitors. For Peters, this was the chance she had been waiting for to bring hope to her country, Northern Ireland, caught up in violence in the war between Catholics and Protestants.

Peters received death threats, particularly because she competed for Great Britain, and was advised not to return to Northern Ireland. She did so anyway and was greeted as a champion, briefly uniting the opposing sides.

Many other athletes have used their accomplishments for unity and equality of human life. Jesse Owens undermined Hitler's insistence on the superiority of an Aryan race in 1936 and Cathy Freeman carried the Indigenous Australian flag alongside

the Australian flag at the Sydney Olympics in 2000.

Unfortunately, these examples of peace are only temporary. The Olympic Peace Treaty has not been able to put an end to the war and conflict featured daily in the news.

Christians believe eternal peace can be found in Jesus' sacrificial death. Because He took the penalty for our wrongdoing, we have the hope of peace despite war and global uncertainty. By making us right with God, we can have peace with Him for eternity (see Romans 5 verse 1).

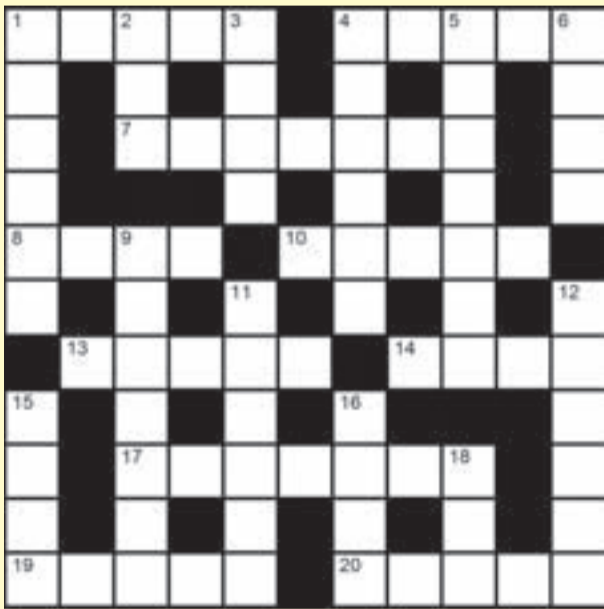
To make this a reality, the Bible instructs us that, "If you confess with your mouth 'Jesus is Lord,' and believe in your heart that God raised Him (Jesus) from the dead, you will be saved" (Romans 10, verses 9-10).

In talking to his disciples before His death, Jesus said, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid" (John chapter 14, verse 27).

The glimpses of peace that the Olympics provide are an encouraging sign of the peace to come and a peace we can have today, from Jesus' death and resurrection.

Crossword

- | | | | |
|-------------------------|--------------------|-----------------------|----------------------|
| ACROSS | 8 Rod attachment | 17 Paper folding | DOWN |
| 1 Verse makers | 10 Reef material | 19 A simple adhesive | 1 House storage room |
| 4 Believe in | 13 Roadside trench | 20 Brother's daughter | 2 Printers' widths |
| 7 Puzzled for an answer | 14 Molecule part | | 3 Gulf war missile |



SOLUTION PAGE 11

Sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

Puzzle Level: Medium

6 3 8
4 2 9
7 5 1

SOLUTION PAGE 11

				9	4			
7		9			8			4
					3			8
		2			6			9
		7	8					
8								6
4	1	8				6		
								9
6				7				3



WINDSOR, ENGLAND - MAY 19, 2015: Dame Mary Peters holds her insignia of member of the Order of the Companions of Honour for services to Sport and to the community in Northern Ireland.

Challenge

WWW.CHALLENGENEWS.ORG

Testimonies • Children's pages
Lifestyle articles • Sports

Published 11 months of the year by Challenge Literature Fellowship (ABN 98 206 125 814) in association with the international family of Challenge newspapers.

Editor: Carl Carmody. Staff writers: Darryl Budge, Jody Bennett, Joanna Delalande

WANT A YEARLY SUBSCRIPTION? 11 issues: 1 copy per month \$39.93 (WA \$37.73) 5 copies per month \$81.40 (WA \$77.00)

BULK PRICES AVAILABLE
News stand for public place distribution: \$75 + freight

Order Challenge from
Challenge Literature Fellowship
PO Box 978 Cloverdale WA 6985
Call 08 9453 3311

Email: accounts@challengenews.org

AUSSIE RUNNER'S VISION

Rio Olympian and humanitarian Eloise Wellings is undeterred by past injuries

As Eloise Wellings prepares to enter her second Olympics, the distance runner feels confident after being injury free for two years.

"Doing (five) half marathons (in 2015) has really made my endurance a lot stronger. ... [I feel] sort of 'road ready,'" she said before securing Rio selection with 10,000m gold at the Australian Championships held in Melbourne last December.

"I think I could run faster than I ever have, despite my age, and my best years could be ahead of me," the 33-year-old shared.

Eloise knows the frustration of injury all too well after a devastating stress fracture before the Sydney Olympics reoccurred before the 2004 and 2008 Olympics.

Despite these setbacks her determination paid off when she made it to London in 2012 and was a finalist in the 10,000m.

Eloise now hopes to be an even stronger contender in Rio's 5000m race, having qualified with her fastest time in nine years and taking tenth place at the Beijing World Championships last August.

Besides her improved speed she is also motivated by the opportunity to tell the world of the poverty and hunger in Uganda, where her foundation Love Mercy has helped thousands.

The genesis of Eloise's philanthropy came with the third stress fracture of her career before the 2008 Beijing Olympics.

She met Ugandan dual-Olympian Julius Achon during rehabilitation in Oregon, and his story gave her a fresh perspective on her injuries.

"If I told you my story and where I came from," Julius told her, "your foot problem would become very small."

Joseph Kony's rebel army forced Julius to become a child soldier at age 12 and he explains in a chilling online video, "If you don't go, you have to be killed. If you go, you survive."

Julius was among six who eventu-



MELBOURNE, DECEMBER 5, 2015: Eloise Wellings celebrates after crossing the line to win the Zatopek Womens 10000m Open during the Australian All Schools Championships & Zatopek:10. (Photo Robert Prezioso/Getty Images)

ALLYSON FELIX

- 2012 London Olympics 200 metre gold medalist
- Three-time 200 metre World Champion
- Two-time Olympic silver medalist
- 2015 400 metre World Champion



"For me, faith is the reason I run. I definitely feel I have this amazing gift that God has blessed me with, and it's all about using it to the best of my ability."

ally escaped during a government aerial bombing attack, unlike nine friends who were killed during the fight.

He then trained himself to run and ultimately captained Uganda's Olympic team in Atlanta ('96) and Sydney (2000).

"I was completely moved by what he'd overcome to be an Olympian," Eloise explained to *Good Weekend* magazine in 2010. "It humbled me that he was supporting 11 orphans from his village. I have never met anyone with a softer heart."

Eloise attended Julius' wedding at his home village in 2009, a visit that

lead to both an enduring friendship and their jointly-directed Love Mercy Foundation.

The foundation raised \$1 million to fund a medical clinic and hospital ward but their most celebrated project is 'Cents for Seeds', which loans \$30 to Ugandan women to plant 30kg of seeds.

The excess harvest then provides food and educational needs for their family, plus a loan for another farmer. So far the project has helped six villages and over 1300 women.

Eloise's injuries not only produced a strong friendship and a worthy cause that has helped thousands, but

also brought her to another significant life decision.

It started in 1999 when, at age 16, her battle with anorexia and osteoporosis led to her first devastating injury two weeks after qualifying for the Sydney Olympics.

Depressed and having shut out all her friends, she recalls crying in the school yard when a girl named Lisa sat beside her.

"She said, 'I've been praying for you and I've got some people at my church praying for you. I just want you to know that God knows what you're going through and He loves you,'" she recalls.

"That was encouraging for me ... I knew about God but I did not know God (personally). I had this warped sense that God was this big being up in the sky who was punishing me for something I had done wrong."

At Lisa's church, Eloise remembers, "I heard about Jesus - that He wanted a relationship with me and He cared about the intricate details of my life."

At that point, Eloise says, "I asked Jesus to come into my life", meaning that she asked for Jesus to forgive her sins and she gave control of her life to Him.

Further Olympic heartache was to follow when injuries cut her from the Athens and Beijing Olympic shadow squads but Eloise says God's provision saw her through.

"[When] I ran at the London Olympics, it wasn't about achieving a childhood dream any more, it was about running for the people I'd met in Uganda. That was humbling and very special," she told the *Courier Mail* in 2015.

By "reading the truths in the Bible about God having a good plan for your life, no matter what you're going through... [I can] stay strong. [I keep] asking God for that strength [to go on], instead of trying to find it in my own strength," Eloise shared with the Wesley Impact TV show in July 2014.

Besides her humanitarian work, Eloise is mum to three-year-old daughter India, a motivational speaker at schools and corporate events, and a training mentor for young athletes.

Reflecting on her career, Eloise says, "Because I've been able to come back from so many injuries, I know that the Lord (Jesus Christ) has been with me right the way through." •

More on Eloise's work at www.lovemercyfoundation.org

RUN FOR MEDAL IN RIO

• From page 1

In 2014, at 31, he ran personal bests for the 1500m (3:29.91) and mile (3:49.83).

Nick's success is credited not only to raw talent and wisdom in training, but also to a motivation that "could not be coached" and that he believes is rooted in the void he felt after his mother passed away from cancer when he was age four.

"I had an unnatural amount of motivation," he recalls.

"I always used sport as a means to get respect and adulation from the community after my mum died. I wanted to feel like I had some means of significance. There was something in my mind, some innate desire. I had to win."

But with a habit of heavy drinking and destructive relationships with girls developing in his years at the University of Michigan in the States, Nick did not like who he was becoming.

"I asked myself, 'Is this who I really want to become, a fella that uses and abuses people?'"

And around that time, he also started asking questions about God.

"I realised, if my mum's up there in heaven, then there must be a God up there, too," he says.

His older brother, Steve, put him in touch with a group called Athletes in Action, a Christian sports ministry at the university.

There, Nick began to finally deal with the grief of his mother's death, which he had stored up throughout his adolescence.

"It was a really healthy process," he says.

"I started to actually enjoy crying and remembering my mother. My outlook on how I approached university life was completely different from then on."

In October 2003, Nick decided God was real and chose to surrender his life to Jesus.

He turned away from his old habits; the change was immediate and he has not touched a drop of alcohol since.

His relationship with God also impacted the way he saw his sport. It was no longer about winning the praise of people but about bringing honour and glory to his Creator.

"Once I understood who I was in God, how He created me to love me for who I am and not for what I do, that freed me from a lot of those empty, non-sustaining motives for doing my sport," he says.

Currently living in the USA with his wife Sierra and their 2-year-old son Lachlan, Nick has gotten a lot of media coverage in recent months following a Facebook post in which he opened up about his long struggle with pornography addiction— and the fact that he was already two and a half years porn-free.

"Since I was a teenager, it had been a roller-coaster of ride of shame and justification as I was on and off with this addiction," he wrote.

"Not until I realised the true implications this had on my marriage and my ability to be a father, could I finally break free."

Nick told news media his addiction began when he was exposed to magazines and videos in his teenage years, and the objectification of the women in this media gave him a distorted view of true intimacy.

"Porn makes you think you are having sexual needs met, but really they are hollow and [it] leaves you feeling empty and lonelier than before," he says.

"Basically, pornography is a very unnatural (and very temporary) solution that people use to satisfy a natural desire."

He said his eyes were opened to pornography as a distortion of sex and women, and hopes his



PORTLAND, OREGON - MARCH 20, 2016: Nick Willis leads out from eventual winner Matthew Centrowitz at the IAAF World Indoor Championships. Nick placed third. (Photo Christian Petersen/Getty Images for IAAF)

public stance will help others succeed in winning their own battle.

"Don't believe the lie that this is a natural and fine thing for men to participate in," he advises.

"It will affect everything in your life, especially your ability to experience true intimacy.

"Bring your secret life out into the open ... say never again and walk away." •

CHAMPION HURDLER TIFFANY PORTER IS ANYTHING BUT TYPICAL

LIFE HURDLES BRING STRENGTH

BY COLLEEN BROWNING & TIM PITCHER



On Twitter, hurdler Tiffany Porter identifies herself in a few words. Her description seems similar to other professional athletes. “Olympian.” “Medallist.” “Record-holder.” “Wife.”

But one word stands out. “Pharmacist.”

Tiffany’s athletic career, much like her multiple citizenship in Nigeria, Great Britain and the United States, is anything but typical.

“College was not easy being an athlete and trying to get my doctorate and trying to perform at a really high level,” Tiffany says.

“But [my faith] helped with my transition from high school to college and my undergrad and grad to my doctorate level.”

BEIJING, AUGUST 28, 2015: Tiffany Porter competes in the Women’s 100 metres hurdles semi-final at the World Athletics Championships. Photo Andy Lyons/Getty Images.

When she was a student-athlete at the University of Michigan in the USA, a chaplain from Athletes in Action encouraged Tiffany to make her faith more personal and all-encompassing.

“[Faith] has been in every aspect of my life; track, personal, family, everything,” she says.

Her faith helped her adjust as a collegiate athlete, and as a student. Though her workload was stressful, Tiffany persevered in completing her doctorate in pharmacy and excelling on the race track.

Now a pharmacist and wife (to Team USA hurdler Jeff Porter), she continues to compete at the professional level. Because of her triple citizenship, she had to choose which country to represent and ultimately chose Great Britain.

It was a difficult decision, considering her family resides in the United States. “The toughest thing for me as an athlete is to be away from my husband and my family so much,” Tiffany says. “I love my job, but if I could change one thing, I wouldn’t be gone as much.”

She does not regret her choice though, and feels that joining Great Britain’s national team was one of the best decisions she has ever made.

“It was for me an opportunity to be under assistance that would help me excel to my fullest potential as an athlete,” she says. “I decided Great Britain had the right ingredients for me to do my best. I made the switch and I haven’t looked back since.”

She was also grateful for the encouragement she received from both her American and British teammates.

Tiffany used to find her identity in how well she ran, but in the past three years, she has realised her performance does not determine her worth as a person.

“If I hit a hurdle or if I don’t do well, I’m not going to be any less of a person,” Porter says. “It makes me a little more relaxed and allows me to focus in on what really matters, like executing good method and technique and running fast.”

Her faith and her family have helped her press on through tough defeats on the track, and they remind her she is more than her accomplishments.

“Sometimes you don’t run well, [and] it’s very frustrating because we put so much time and energy into perfecting our craft,” Tiffany says. “And [you] feel like you’re coming out empty-handed when you have a bad race ... so having that support system makes track a whole lot more enjoyable.”

Tiffany now focuses on building her character, as well as training, seeking to represent all aspects of her life well.

“When I’m on the track or walking down the street, I represent Christ, I represent my husband, I represent my family, and I represent my town as well as all three of my countries,” she says.

With Team GB, Tiffany has found success on the track. From 2011 to 2014, she has claimed two silver and two bronze medals at the World Indoor and Outdoor Championships, the European Indoor Championships, and is the three-time British Championships winner.

Unfortunately at the 2015 World Championships Tiffany lost her footing during her race and had a hard fall.

“It wasn’t a good race, I made a lot of mistakes. I’m just really disappointed. I’m just going to grow from this, you have to brush yourself off and do better next time, and I will be back next year stronger,” she later told the *Independent*.

Though her athletic goal is a World Championship gold medal, her life goal is to lead by example.

“Whether as a captain or as an older veteran, it’s really important for us to lead by example and practice what [we] speak,” she says. “If you’re going to claim to be one way, then try to live your life out that way so that people see more than hear what you’re saying.”

Though the path may have been unorthodox, Tiffany is happy with where it has led her. “It’s been a journey for me to get to this place where I am right now, but I’m enjoying it more than ever.”

Missing leg not a hindrance

The first Paralympic athlete to throw a discuss beyond 60 meters has never seen his missing leg as a “disability”—not in childhood growing up in an athletic family nor now in his preparation for the 2016 Paralympics.

Texas-born gold-medal winner Jeremy Campbell had his right leg amputated just below the knee when he was around 15 months old because of a rare birth deficiency called Fibular Hemimelia.

His two older brothers and his parents were always athletic—his brother is NFL player and Army alumnus Caleb Campbell—and he grew up in Texas where “you don’t have much except playing sport and... well, that’s it,” he says with a chuckle.

Jeremy naturally gravitated towards sports and never saw his missing leg as a hindrance.

“I walked away from my first track meet because they asked me what my disability was,” he says. “In my head, I don’t have a disability.”

Jeremy has the same attitude today when he competes on an international level.

“I consider myself an athlete just like any other,” he tells *The Factory Agency*. “I might have to adapt my approach to training a little here or there, but I have to work just as hard to succeed against parathletes.”

And work hard he must, because succeed he does. The discus-thrower won a gold medal at the 2008 Summer Paralympics in Beijing, and that year became the first-ever Paralympic athlete to throw more than 60 meters.

He has won a total of nine gold medals, three of which were Olympic gold medals, and stands as the reigning world champion.

Jeremy was among the athletes in Rio in mid-May training ahead of the games. “We wanted to be here and check it all out before the Paralympic Games, so that we know what to expect,” he told Rio2016.com.



“In my head, I don’t have a disability,” says record-breaking discus world champion

But he says representing his country is not the only reason he competes.

“It is an honor to represent my country and wear that USA across my chest when I am competing, but it is always more important to me to represent my God and what He has done for me and blessed me with,” he tells *Athletes in Action*.

“My faith in Christ is the engine behind everything I do.”

Jeremy says he knew he wanted to be a competitive athlete, but was not always clear as to how his Christian faith would become such a large part of his career.

Then one day as he attended a large church conference, the speaker told Jeremy he was going to share the good news of Jesus Christ around the world.

Only recently has Jeremy realized that prediction was largely right, as he now finds himself traveling the world and telling people about what Jesus has done in his life and how He helped him get to where he is.

“I don’t necessarily go out looking for specific

opportunities to share my faith,” he says.

“But when God-ordained opportunities present themselves to me, I am more than ready to share how God has blessed me and has a plan for everyone’s life that is built off having a relationship with Jesus Christ.”

Jeremy credits the Lord for his success and truly believes he has been blessed.

“God gives me the ability and I give Him the glory,” he says.

“Our circumstances aren’t always the greatest, but we are born into a world where we have destiny. We can overcome.”

He quotes 2 Chronicles chapter 20 verse 15 in the Bible: “Do not be afraid or discouraged. For the battle is not yours, but God’s.”

“I strongly believe whether you were born with a birth deficiency or completely normal, you have a purpose and a story to tell,” he adds, making allusion to Jeremiah chapter 29 verse 11 in which God tells us: “For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future.”



Elephant unmasked

BY DARRYL BUDGE

What does the parable of the six blind men and the elephant ultimately mean?

The parable is told of six figurative blind men, representing different world religions, who feel a different part of an elephant and come to different conclusions regarding what the elephant is actually like.

The story is usually told by religious pluralists who teach that no religion has The Truth, many religions accurately describe personal experience and there are many ethical paths that lead to the Divine.

WHAT DOES IT REALLY MEAN?

The religious pluralist who shares this parable is claiming that everyone is blind, except himself.

Somehow he can see the elephant objectively and has escaped the spiritual blindness which all other views suffer.

If the person telling the parable can have an objective perspective, why cannot the blind men?

Truthfully, no-one could know that the blind men were wrong unless a truly objective perspective does exist.

DOES IT ACCORD WITH KNOWN LAWS OF LOGIC?

The law of non-contradiction states that A and non-A cannot both be true at the same time and in the same sense.

The major religions claim opposite views of ultimate reality, a.k.a. the Divine.

God cannot be both personal (in Christianity and Islam) and impersonal (in Buddhism). God cannot both exist as a Trinity (in Christianity) and not exist as a Trinity (in all other religions).

WHAT ABOUT THE SUPPOSEDLY NON-RELIGIOUS ATHEIST?

Atheism likewise denies it is possible to determine transcendent Truth.

The majority of atheists deny truth can even be determined subjectively while necessarily implying that their arguments and evidences are true and expecting others to subjectively determine that their arguments are true.

CAN OBJECTIVE TRUTH BE KNOWN?

The God of the Bible states that His transcendent, eternal "divine attributes and invisible nature are clearly seen" in nature and in our inner moral conscience, says Romans 2, so that we are "without excuse".

Perhaps you are reluctant to admit objective Truth exists because that Truth will convict you of wrong-doing and your accountability to God.

The good news is Jesus, the just Judge of the Universe, has paid the immeasurable penalty you deserve for living in opposition to His perfect nature.

If you are willing to discard self-defeating assertions, such as 'truth cannot be known', and choose to turn your heart and mind to Jesus, He promises to reveal all His truth and His kindness to you. ●



Let PSSM introduce you to God through FREE Bible lessons!
pssm.com.au

Complete your details below and PSSM will send you your first lesson or visit our website for online lessons!

Name _____

DOB / / Male Female

Street _____ Suburb _____

State _____ Postcode _____

Parent/Guardian Signature (if under 18 years) _____

Delivery Address:
Room 42
Level 2, Trinity Arcade
671 Hay Street Mall
Perth WA 6000

We are looking forward to hearing from you!
(08) 9321 6706
info@pssm.com.au
pssm.com.au



PRINCE'S DEATH IS PERSONAL TO ME

A PERSONAL REFLECTION BY DR JIM DENISON

It is with profound sadness that the legendary, iconic performer, Prince Rogers Nelson, died at his Paisley Park residence at the age of 57 on April 21, 2016.

Prince was born on June 7, 1958, in Minneapolis, Minnesota. He was signed to Warner Brothers Records as a teenager; his debut album in 1978 put him on the road to superstardom.

He was a singer, songwriter, multiple instrumentalist, producer and actor. Prince was often compared to Michael Jackson and was considered a musical genius by many. He won seven Grammy Awards, a Golden Globe and an Academy Award. He was inducted into the Rock & Roll Hall of Fame in 2004.

No stranger to controversy, many of his lyrics were sexually explicit, a fact that prompted a movement encouraging records to place advisory labels on albums with such lyrics. When his death was announced, CNN reported that fans rushed to buy his albums amid an outpouring of grief on social media.

Prince's death is especially personal for me. Not because I was an admirer of his music, but because he and I are nearly the same age. His net worth was \$300 million, but he proved that all humans are mortal. As novelist Luigi Pirandello noted, "As soon as one is born, one starts dying."

Recently National Geographic magazine had a fascinating article called "The Crossing." It profiled the various ways people respond to death.

Cryonics is one option. A woman is pictured hugging the container where the body of her husband is frozen in the hope that someday he can be thawed and revived. His last words were "Gee, I hope this works." Residents of an island in Indonesia preserve the bodies of their deceased family members and keep them in their homes for many years. Some feed them as part of the family meal.

Why do so many fear death or pretend that it is not real? John Donne noted:

*Death, in itself, is nothing; but we fear,
To be we know not what, we know not where.*

In case the poet speaks for you, know this: If Jesus is your Lord, you will never die. Our Saviour was explicit: "Whoever believes in me, though he die, yet shall he live, and everyone



who lives and believes in me shall never die" (John 11:25-26).

When we take our last breath here, we take our first breath there. When we close our eyes on earth, we open them in heaven. We step from time into eternity, from a fallen world into God's glorious paradise. And we are home.

So live fully for Jesus today, knowing that this is the only day there is. Jesus could come back today, or you could go to him. We are all mortal. But if we know Jesus, the moment we die, we truly live. The worst that could happen to you is merely the door to the best that could happen to you.

Sir Thomas Browne was a seventeenth-century physician and philosopher. He observed that "we all labour against our own cure, for death is the cure of all diseases." Will that be true for you? ●

Jim Denison, Ph.D., is founder of the Denison Forum on Truth and Culture, a non-sectarian "think tank" designed to engage contemporary issues with biblical truth. Join over 100,000 who read Dr. Denison's daily Cultural Commentary: denisonforum.org subscribe.

WHAT MAKES A GAME ADDICTIVE?

BY JEREMY SUISTED

ONE WINTRY DAY in the heart of procrastinating through my thesis, I stumbled upon a web-version of the computer game Candy Crush and within seconds I was hooked into a world of candy-matching heaven, creating stripes, bombs and delicious combos.

I admitted my addiction to a friend, who laughed, "It's the words. You create a combo and the game compliments you. 'Groovy', 'Amazing' or 'Divine!' They're said with such passion, you start believing them."

CANDY WORDS

He was right. The bright colours, flashing effects and playful carnival soundtrack all make an atmosphere of fun. But the words that appear when you achieve success are the true addiction, as through positive feedback you feel like you are accomplishing tasks of true significance.

My friend Matt Browning recently described his experiences working with at-risk youth, and noted that he was "...becoming more and more

convinced that encouragement is the currency of life that most people have become bankrupt from."

In a world bankrupt of encouragement, cheap sugary alternatives like Candy Crush or the augmented reality game Pokémon Go can be a compelling alternative – an easy way to receive the rush of recognition and praise.

However, like all imposters, this is only a temporary fix and leaves you desiring more and more.

SOMETHING MORE SUSTAINING

Around the same time as Matt's article came out, I received a message from a friend that had words of thoughtful, direct encouragement and brave honesty. Their words were specific and spoke to the heart, naming goodness that they had seen in me, and encouraging me in my direction.

These words were so nourishing and such a delight. If Candy Crush was a dose of sugary imitation, these were a sustaining feast.

I was reminded of research



LogoKing.com

by Theresa Amabile, an expert in creativity from Harvard University. In her extensive survey of the most creative organisations, she concludes that the key to a creative workforce is leaders recognising the meaningful progress their employees are making.

Simply put, when people's work is noticed and encouraged, they are motivated to carry on.

ENCOURAGING EPHEBUS

Paul the Apostle, one of the early church leaders, knew this truth and urged others to practice it. When writing to a church in Ephesus, he said,

"Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear."

Yet it amazes me how my natural desire is to use words that tear down.

Each word requires the same amount of energy. Words of encouragement and words of negativity both require the same breath, the same tightening of the vocal cords and the same dance of tongue and teeth. It takes no more time or effort to encourage—yet my default position seems to be the opposite.

Henri Nouwen reminds us, "How much longer will I live? Only one thing seems clear to me. Every day should be well-lived. ... Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing?... I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come."

In light of this, the sugary encouragement of Candy Crush dissolves away, yet serves as a reminder to use words to encourage others on their progress in life, as they struggle and succeed, persevere and pursue. ●

Jeremy writes weekly on life, faith and creativity at www.jeremysuisted.com

GREAT AUSTRALIAN WEIGHTLIFTER FACES NEW CHALLENGES

LIFE IS MORE THAN SPORT



Deb and Josh Acason with daughters, Eva (right) and Ella

For the approaching Rio Olympics, female weightlifting champion Deborah Acason will be watching from home while taking care of her two daughters.

Since the birth of Eva in 2011 and Ella a few years later, the two-time Olympian has had to re-order her priorities, finding the relationship she has built with her little family matters more than the physical prizes she gets from weightlifting.

She has also found parenting is not without its challenges.

"In my 15 years of training at an elite level and competing in the Olympics I have never been so exhausted as I have been as a parent," she says.

But she is thankful her daughters are growing strong.

"Both girls are officially off the chart for their height and weight, which is pretty exciting for me as a weightlifting mother," she says.

In 2012 Deborah came within eight kilograms of primary selection at the Olympic trials just nine months after Eva's traumatic two-day birth and resuscitation.

She says Ella's birth itself was equally as traumatic, although Ella was breathing and had a heartbeat when she was born.

"I was very thankful that Eva was alive and well and I tried not to bring any of those same fears and worries into the birth for Ella," she says.

Deborah puts her girls before everything else, including not only her weightlifting career but also a law career for which she has acquired a degree.

"As much as I want to start working at a firm as a lawyer, my children come first," she says.

"I would never trade the time I have with my babies to go to work. Josh and I have made financial sacrifices to make our lives work without me having to go back."

She says that hopefully, when the kids are older, she will be able to practise law.

While weightlifting might be taking a backseat, Deborah is far from giving it up altogether. She remains on the Board of the Australian Weightlifting Federation where she helps train up some of the potential competitors for



GLASGOW, SCOTLAND - JULY 30, 2014: Deborah Acason lifts in the Women's +75kg Group A at the Commonwealth Games. Deborah placed 4th. (Photo Ryan Pierse/Getty Images)

the Commonwealth Games in 2018.

And if anyone is qualified to train these hopefuls and help direct the future of weightlifting it is certainly Deborah, whose Commonwealth Games record includes gold in 2006, three silver medals in 2002, and bronze in 2010; not to mention competing in the Olympic Games in 2004 and 2008.

We might even see her lift at the 2018 Gold Coast Commonwealth Games, something it seems Eva would not be opposed to.

"I always joke and say, 'Do you want mummy to stop lifting?'" Deborah says.

"She always goes, 'No, I want to watch you lift!'"

In helping up-and-coming weightlifters train for the Olympics, Deborah gives them the following advice: handling the pressure is much easier when you don't feel like you're under pressure.

"Because I was competing for the love of the sport I didn't feel as if there were any expectations," she says.

She focused on doing her best, and rested in the fact her value ultimately lay in God, not in her success.

She says her faith helped her keep things in perspective.

"Even just by reading the Bible and remembering simple things," she explains.

"God can speak and create the world in six days, God wiped out almost the whole world with a flood.

"I remembered all the individual stories of the prophets, New Testament disciples and of course Jesus' birth, death and resurrection. That helped me to keep perspective with where my sport and my life fit in with the big picture."

Looking back, she says she can see how God never left her in the tough times but wanted to help her persevere to the next phase of life.

"Without Jesus' love and forgiveness I know my life would be very different," she says.

"I would have lived my life my way and made me the centre of everything and most likely made a mess of it all. I would not be married to my loving husband with two beautiful girls.

"I am understanding more what it means to live life to the full with Jesus, as a mother and wife rather than as an elite athlete."

Her guidance to others pursuing high-level sport is, "Do your best while you can but remember there is always more to life than sport. It can be a wonderful blessing to you but don't give up everything for it because if you do you might have nothing left."

Apes cannot lift like humans

MULTI-SKILLED weightlifter and qualified criminal lawyer Deborah Acason strongly disagrees with the notion that we have evolved.

She points out that her ability to lift proportionally more than a gorilla is a real-life demonstration that the Bible's account of origins better explains how we are designed.

She cites the opinion of spine expert the late Richard Porter, formerly Professor of Orthopaedic Surgery at the University of Aberdeen.

"He pointed out that the curvature in our spine is the opposite of that of the apes (our supposed evolutionary ancestors) because the arch of our spine is perfectly designed to give us strength in an upright position, while apes go about on all fours."

Deborah smiles and adds, "I'll never forget the example he used to emphasize that point—he said that humans, in relation to their bodyweight, can lift proportionally more weight than a gorilla."

"Well, I, for one, am living proof of that!"

Her sporting successes have led to numerous invitations for her to address schools, youth camps and events across the country, and despite her high profile she loves every minute of it.

"Sometimes when I tell people that I'm a Christian, they say: 'I know that there's a God, but to believe that God made everything and that's how it came about, that's too much.'"

"Paradoxically, people I know who do science (at university) recognize that the supposed big bang couldn't have created everything, but are unwilling to accept that the Creator is the God of the Bible."

Deborah completed a double degree in Law/Arts in Criminology and Criminal Justice at Griffith University in Brisbane.

On matters of law, Deborah says, "I often hear: 'Our country used to be Christian, but now we get to make our own laws.'"

At a university tutorial, she challenged that. "I said to the group, 'Well, what happens when everyone thinks murder is okay?'"

"They said that this would never happen, so I said: 'What about the abortion laws?', and that shut them up."

Believe it or not READ MORE AT CREATION.COM

The 'missing links' are even more 'missing'!

WHEN the greatly fragmented skull designated KNM-ER 1470 ('1470 man') was first discovered, it was paraded as a transitional 'ape-man', as *Homo habilis*. But even many evolutionists now say the very notion of 'Homo habilis' should be abandoned. Even those who argue for its retention (as a convenient 'wastebin' for 'hominid' fossils they don't know what to do with?) concede its questionable status.

Homo habilis is now in even more trouble. Researchers led by Meave Leakey, recently reported on newly discovered fossils from northern Kenya. A nearly complete lower jaw (KNM-ER 60000) and the well preserved face of a late juvenile (KNM-ER 62000) are said to match that of 1470.

These new fossils also closely match features of the juvenile male fossil (MH1) *Australopithecus sediba*. So if, as suggested by Leakey and the other researchers, '1470 man' belongs to whatever species these new finds belong to, then that makes 1470 also an *Australopithecine*. This means 'southern ape'—and no missing link, because it was less similar to both apes and humans than they are from each other. Therefore 1470 was not 'Homo habilis' or any other *Homo* (man). Without *Homo habilis*, there's no ape-to-man link.

This work confirms a trend that, as fossils are researched, the human-like ones become more human-like and the more ape-like ones become more ape-like, resulting in the 'missing links' becoming even more missing. The gap between apes and humans increases with more research, not decreases (see also creation.com/The non-transitions in 'human evolution'—on evolutionists' terms).

• New fossils from Koobi Fora in northern Kenya confirm taxonomic diversity in early *Homo*, *Nature* 488:201-204, 9 August 2012.

• These new fossils are intriguing as hell, *Lawn Chair Anthropology*, 9 August 2012.

Photo: By Durova - Own work, GFDL, <https://commons.wikimedia.org/w/index.php?curid=3181442>



Homo rudolfensis skull (KNM ER 1470) reconstruction displayed at Museum of Man, San Diego.

"Do you want mummy to stop lifting?"

"No I want to watch you lift!"

CREATION
THE WORLD'S PREMIER FAMILY MAGAZINE
ON THE ISSUE OF ORIGINS

• Answers for Bible/science questions
• 56 pages full colour
• No paid advertising
• Only \$28 per year
• Delivered to your door

Call us on (07) 3340 9888

CREATION MINISTRIES INTERNATIONAL
OR
CREATION.com/mag

Reflections

Avoid quarrelling over words.

2 Timothy 2:14

You don't have to attend every argument you're invited to.

PART OF A BIGGER PICTURE



Champion Paralympic swimmer Mallory Weggemann (pictured left) believes everything happens for a reason

Once convinced she would never swim again, Mallory Weggemann is now breaking world records and able to say she would not change the day she became paralyzed.

“January 21st 2008 is a day I will never forget. In a moment my world was forever changed,” the competitive swimmer says in a TED talk.

She had been swimming since age 7, then two months before her 19th birthday she received a routine pain-relief epidural injection which tragically cut off movement from her abdomen down.

“For weeks, I felt weak,” she describes. “I was scared, I was fearful, I was lost, and I was uncertain. “I had been through a lot with my family, and I thought, ‘Why can’t we just catch a break?’”

“I quickly realized that everything happens for a reason.”

Just three months later she was swimming again. From that first taste back in the water, Mallory was unstoppable.

“Swimming quickly became my safe haven,” she says. “It was my sanctuary, and it gave me a renewed

zest for life I had been searching for.

“I didn’t feel paralyzed. I was moving forward for the first time in months without a wheelchair strapped to me.”

Sixteen months later she broke her first set of world records at the 2009 Can Am Speedo Para-swim Meet and she now holds 34 American records, 15 world records, and is the record holder and gold medalist for the 2012 Paralympic 50 meter freestyle.

The world media highlighted that 2012 race as one of the most memorable and inspiring moments of the London Games.

Mallory had been notified on the eve of the Opening Ceremony she was being reclassified to the S8 category for the event, where she would face competitors with far less physical impairments than hers.

The look of astonished joy on her face when she finished first suggests she was as surprised by the outcome as audiences were.

Mallory’s achievements are rendered more impressive by the number of setbacks she has had to endure.

Aside from adjusting to life in a wheelchair, she suffered a severe injury to her left arm in 2014, which she feared would be permanent.

She missed the 2014 Pan Pacific Championships, and trained with an uncomfortable brace once she was able to get back in the water.

Her hardships frequently led Mallory to ask why she had to go through all this — particularly in the months after her paralysis.

Raised in a Christian home, she says she began to question why God let bad things happen to good people.

“It tested my faith and left me wondering, ‘why me?’” she says.

“But as I have moved forward, I find that things happen for a reason, and I truly believe that God has a plan for all of us. You have to trust in that and have faith in that.”

She has come to recognize the value of her journey and says she does not regret what happened to her.

“I do feel like the life I am living now is more rewarding than four years ago,” she says. “I wouldn’t change that day; I would love to walk again some day, but I wouldn’t take back that journey I’ve been on.

“That day and those that followed, though they were extremely difficult, had a great impact on my faith and my family.

“It really did test me and make me stronger; it made me go beneath the surface of my faith and figure it out more.

“In everything I do in daily life, struggles and all, I believe we have a plan. When I have those days that are hard, I just have to believe that God will make my best that day enough, and that’s all I can hope for and give to it. Though I may not understand or agree with the plan, we all have to have faith in the fact that in the end it will work out.”

Mallory did walk again in 2013 with the help of customized leg braces and forearm crutches. She continues to astound and inspire with her resilience and fighter mindset.

Hunter ends bid for record fifth Olympics

Detaching identity from career is the secret to making it long term

Four-time Olympian Hunter Kemper announced his decision not to pursue a record fifth Olympic Games in triathlon just four months before the Rio Games.

Strong enough to finish in the top-20 at four consecutive Olympics, Hunter opted to withdraw from a qualification race held in Yokohama in May after a period of soul searching about his Olympic dream.

It seemed to Hunter “doors were beginning to close” to a world-record fifth Olympics in triathlon since the sport was added to the Games in 2000.

Shoulder injuries had affected his swimming since 2011, and a lengthy recovery from a toe injury saw him drop from the fifth-ranked American down to the seventh.

To avoid causing further harm Hunter said he planned to “take the next couple of weeks to take a deep breath, enjoy my family, and start planning for the rest of my racing season”.

“My prayer has been that this journey would be very clear,” the 40-year-old said on his website.

“After much soul searching, I’ve realized that I need to find peace in knowing that my goal to make it to five Olympic Games is no longer possible.”

Competing at this level means training in all three disciplines every day. Hunter’s weekly training adds up to 25-30 kilometres of swimming, 100kms of running and 400km on his bike.

Undoubtedly, sustaining that effort for over 19 years as a professional triathlete is something special, and for Hunter, the source of his endurance is his relationship with God.

“On the days when I don’t think I can run another mile, or when I don’t think I’m able to cross the finish line, I always remember that God does not grow tired or weary. Anything is possible with God,” Hunter says, referencing Philippians 4:13.

“As long as you put your faith in God,” he adds, sharing from Isaiah chapter 40, “He will ‘renew your strength’ — He will not let you grow tired. Put your trust in Him and you will ‘soar on wings like eagles’.”

Growing up, Hunter says sport was his life, which clashed with his family’s habit of attending church. At age six he started running and was competing in triathlons by age 10.



Hunter Kemper of the USA celebrates his fifth place finish and Olympic debut in the 2012 ITU World Triathlon San Diego Elite Men’s Race on May 12, 2012 in San Diego, California. (Photo Donald Miralle/Getty Images)

Before long, every weekend was taken over by trips to sporting events — swim meets, tennis tournaments, triathlons, soccer matches.

But for all the joy sport and winning gave Hunter, during his university studies he realised something was missing in his life.

At university his best friends were Christians because, he says, “there was something different about their lifestyles that I liked to be around”.

After graduating in 1998 he moved to Colorado

Springs near the Olympic Training Centre, where the arduous training led to a dramatic conclusion.

“I realised that I wasn’t living my life the way that I wanted to,” he remembers. “I was a slave to my sport of triathlon. My life felt empty.

“During the summer of 1999, after going to church early on a Sunday morning, I came home and gave my life over to Christ,” Hunter says.

“I knelt down before Him in the bedroom of my rental home and confessed to Him that I could no longer do it on my own.

“I asked God to forgive me of all my sins. I gave all my ‘stuff’ over to Him. I cried a lot that day; not because I was sad but because I felt free. On that summer day my old self was washed away and I became a new person in Christ. I now know that nothing is impossible with God.”

Knowing God’s purpose for his life changed the way Hunter competed in his first Olympic games in Sydney, Australia.

He says he no longer thought it was his own strength getting him across the finish line, but rather abilities given to him by God.

To those who think winning a big race or getting your name in the media is the way to happiness, Hunter says, “Money, glory, and fame don’t fulfil you. It’s so fleeting and it lasts for such a short period of time, if at all.”

Instead of letting winning be his sole goal Hunter has detached his security and identity from his career, and he says it has helped his performances.

“It’s not my job that defines me,” he explains, “and it’s not the work I do that defines me as an athlete. Me being a follower of Christ means that God loves me for who I am, and it’s a great feeling.”

The first American male to achieve a No. 1 ITU world ranking, he was the USA Olympic Committee’s *SportsMan of the Year* and *Male Triathlete of the Year* in 2005.

He has won seven U.S. national championships and the honour of the longest-standing (resident) member of the U.S. Olympic Training Center in Colorado since he joined in 1999.

Whatever place he achieves in future races, Hunter says, “the first thing I want to talk about is that I couldn’t do this without getting that strength from God.”

Building Better Marriages

GOING LIGHT: 'KEEPING SCORE' WEIGHS DOWN MARRIAGES

BY ROB FURLONG

THE OLYMPICS are here again and the world will marvel at the exploits of superbly fit athletes competing against each other for gold and a place in history.

For Aussies, when we think of the Olympics, our minds go to the pool. But there will be a lot of excitement out on the velodrome where our cyclists will also battle for glory!

Over the last several years I have been something of an on again, off again bike rider myself.

I say on again, off again because I have not been able to maintain the kind of consistency with riding that I would like.

I have all the necessary equipment – an Avanti carbon framed bike, cleats and of course, the much maligned Lycra nicks!

I have morphed into that strangest of early 21st Century suburban creatures, the MAMIL (“Middle Aged

Man in Lycra”). Yet despite all the gear I have not become the Cadel Evans of the back streets of my suburb.

Oh, and I also own a backpack. I must say that I am rather proud of my backpack.

I have had it for about 7 to 8 years and in that time it has shared many a journey with me as well as assisting me in transporting a number of necessary items from A to B.

I have also become quite adept at what I can actually pack into it.

On a recent trip I managed to find room for a heavy bike chain, three highlighter pens, two standard pens for writing, a complete change of clothes and a pair of shoes (bike cleats won't cut it around the office!), a stoutly packed lunch box, at least one book, some writing paper and preparation notes for a sermon I was working on.

I was even able to squeeze in my wallet, watch and phone when I discovered I had left them out in the original packing!

We marvel at what a woman can put into her hand bag but people are in awe of what I can cram into a backpack!

It occurs to me that many people carry backpacks in their marriages.



I wrote recently about the baggage that we bring with us into our marriages and how important it is to deal with that.

What about the baggage we also accumulate after we are married and which we stuff into our backpack called “for future use, as needed?”

You know what I mean!

There was the time your wife smashed the car. Into the backpack it goes, ready to be pulled out at a moment's notice to remind her of her incompetence.

What about that time when your husband forgot to bring the washing in as you had asked him to?

In the middle of an argument, you reach into your backpack and draw out your deadly weapon: “You always let me down like this! Remember the

time when you...”

On and on it goes, with our backpacks becoming heavier as the years pass, bulging at the seams.

We human beings can cram an awful lot into our emotional backpacks!

And we take great delight in dumping their contents on our husband or wife when we feel we need to emphasise a point.

One thing I have noticed about cyclists at the Olympics.

Regardless of what event they compete in, they don't carry backpacks! Olympic cyclists know that they must travel light to ensure maximum speed.

It's good advice for a marriage – travel as lightly as possible.

Carrying around your emotional backpack, waiting to dump it on your partner, only undermines your relationship.

Better to dump the whole backpack into the hands of God and let Him free you of its contents.

There, doesn't that feel better?

Backpacks might be good for MAMILs on suburban streets but they are lousy “accessories” for an Olympic cyclist...and a marriage. •

Fa fi

DEALING WITH LOSS



The shock and numbness felt after a spouse or family member dies can mean a two-year period of recovery.

For this reason, delay making major lifestyle and investment decisions while you grieve and adjust to your loss. This may be several months, a year or two years. Give yourself ample time to gain a less emotive response to things especially with decisions like the sale of your home.

Firstly, look for your loved one's funeral directions, usually in their will or a separate letter. Order several certified copies of the death certificate and submit these to relevant employer pension plans, superannuation funds or life insurance providers. A death certificate is also required to change titles on cars, houses or other titled assets.

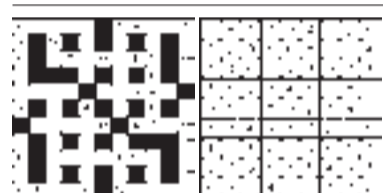
Within two weeks, ask your solicitor or lawyer to review the will and action as necessary. Compile documents needed to claim death benefits (birth and marriage certificates, bank and brokerage statements). Contact your spouses' employer, investment advisor, insurance agent to initiate benefits you may be due.

Within four weeks, review your income and expenses to gauge your ongoing financial position.

Deposit received benefits into an interest-bearing or money-market account. You could equally allocate income into term deposits that mature in 6, 12 and 18 months' time, and have money available every six months.

Within six months, update insurance policies and financial accounts that name the deceased as beneficiary or access holder. If you are acting as estate executor, notify named creditors and meet the debts as they fall due. Get professional advice on whether estate taxes are due. Review all insurance policies to ensure you are properly protected. Revise your own will if it is affected (especially if the deceased was an executor). Write a will if you do not have one, especially as a will is more vital for a widow or single parent than a married couple (e.g. appointing a guardian for children). Examine the deceased's financial accounts for auto-deducted insurance policies that may not be documented.

After a year, develop and apply a short and long term finance and investment plan: list assets, debts, insurance policies, income sources, and expenses by type. Work out long term expenses like dependents' education, debts, and not-for-profit giving. Consider your changing needs in housing, transport and overall lifestyle and what you need to do to address them appropriately. •



Computers & Technology

2016 HERALDS VIRTUAL REALITY REVOLUTION

BY DARRYL BUDGE

Now VR is ready for mass consumption, here's our quick guide.

Virtual Reality immerses you inside a 360 degree 3D visual and audio experience, which you can interact with using your hands, a button gamepad or other controller.

With VR you can visit far off places (like YouTube 360 VR videos), move objects with your hands, create virtual 3D art pieces, look around as you fly or drive in a game, and walk the size of a room to examine a virtual environment.

Until now, mainstream computing platforms involved distant observation and not true immersion, even in the case of 3D televisions.

There are major social and safety downsides to this immersion. Using VR disconnects you from human relationships, self-awareness (you may feel 'out-of-body' even after taking the VR headset off), and some users experience prolonged motion sickness, especially in 'intense'-rated games.

GAMING PLATFORMS

Games powered by your existing powerful gaming PC are the main purpose of the first generation VR headsets. They are like an advanced PC monitor, priced with the so-called “early-adopter tax”.

The top three are (1) **HTC Vive** at US\$800, (2) Facebook's **Oculus Rift** priced at US\$600 without upcoming Oculus Touch controllers, and (3) **Sony PlayStation VR**, priced at US\$500 with (somewhat inaccurate) Move controllers and tracking camera, all powered by your existing PS4 console.

The Vive stands out with the most games, the only room-scale VR with laser tracking, most accurate controllers, and a unique Chaperone object-warning system via a headset-mounted camera. All support button gamepads, and have different game storefronts with a mix of fun, casual, serious and intense games around US\$50 each.

MOBILE PLATFORMS

You can also use a recent Android mobile or iPhone to get an inexpensive and portable VR experience via a Bluetooth gamepad or simple clicker. Expect your phone battery to last about 2-3 hours.

The **Samsung Gear VR** (AU\$150, or bundled with phone) and **Google Cardboard** open platform (around \$15) offer 3D video and a less-immersive gaming experience. Whereas the Gear VR requires a Galaxy S6 or newer, the Cardboard platform works best with any recent mobile above 4.7 inches inside a cheap stereoscopic lens headset. The best mobile VR content is on the Gear VR, and there is far more VR content on Android than iOS.

FUTURE PRODUCTS: Google recently previewed their upcoming Daydream Android VR platform to compete with the Gear VR. Apple has acquired a number of VR companies in the last two years and are widely expected to enter the market soon. Microsoft is developing their 'HoloLens' augmented reality (AR) platform (like a fighter pilot heads-up display), which will not be sold en-mass for a couple of years.

Check out all VR content at sites like Wareable.com/gaming or VRgamesfor.com



How can I become a Christian?

Anyone can gain the eternal life offered though Jesus Christ

We read in God's word: “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)

OUR PROBLEM: Separation from God
“Everyone has sinned. Nobody is good enough because God's standards are perfect” (Romans 3:23) **ADMIT**

GOD'S REMEDY / SOLUTION: Jesus died on the cross
“God demonstrates His own love for us in this; while we were still sinners, Christ died for us” (Romans 5:8) **BELIEVE**

OUR RESPONSE: Trust Jesus by receiving Him
“To all who received Him, to those who believed in His name, He gave the right to become children of God” (John 1:12) **COMMIT**

Here is an example of how you can pray.

“Lord Jesus, I need You now. Please forgive me for my sins. I open the door of my life and receive You as my Saviour and Lord. Thankyou for loving me so much that You died on the cross for me. Take control of my life. Make me the person You created me to be. Amen”

The Lord Jesus says: “I tell you the truth. Everyone who believes in me has eternal life.” (John 6:47). He gives life of a wonderful quality that continues forever.

AS A NEXT STEP :

If you prayed the above prayer, tick this box

I have prayed this prayer.

Please send me:

- Bible
- Some 'starting off' literature
- Information on a helpful church

If you have NOT prayed the prayer at this stage, tick this box

I would like to think about this.

Please send me:

- More information as I am inquiring about being a Christian.
- I have a problem (see attached letter)

* Please tick and write clearly *

Name _____

Address _____

Phone _____

Age and occupation (it helps) _____

Challenge Literature Fellowship
PO Box 978, Cloverdale WA 6985 / Fax (08) 9453 3006 or email info@challengenews.org

All overseas enquiries are referred onto someone in their own country

HUMBLE WINNER

Matthew Glaetzer keeps hopes of winning high for Rio, but says he can't take credit for his success

BY JOANNA DELALANDE

Matthew Glaetzer may have missed out on the gold medal in the men's sprint final of the track cycling world championships in March, but he remains confident gold is within his grasp at this year's upcoming Rio Olympics.

The 23-year-old Adelaide-born cyclist was beaten by Great Britain's Jason Kenny in London and had to



CAMBRIDGE, NEW ZEALAND - DECEMBER 6, 2015: Matthew Glaetzer celebrates his win in the mens sprint final of the UCI Track Cycling World Cup. (Photo Phil Walter/Getty Images)

settle for silver.

But if anything the defeat only served to heighten his motivation for the Olympic games.

"Racing against Jason was almost a practice for Rio, really," Matthew said.

"It will be a bit of a revenge sort of situation if I do race him again.

"It's good to have that sort of rivalry and history of racing each other in the past, knowing there's a good possibility we're going to face each other again in the near future."

He admitted the silver was definitely not as nice as gold.

"[But] that's added motivation to do everything I can in training and back home in Adelaide," he said.

"It just spurs me on to get one better."

American football player Vince Lombardi once said, "Winning is not a sometime thing; it's an all the time thing. You don't win once in a while... you don't do things right once in a while... you do them right all the time. Winning is habit."

If that is true, Matthew's ambition might be attributable to his immense success in the past: he won a full-time scholarship at the national program training in 2010, won gold at the 2014 Glasgow Commonwealth Games, and was compared to Scottish track cycling icon Chris Hoy.

"It's a huge honour," Glaetzer said of the comparison.

"He's a legend in our sport, the best ever. To

be in the same sentence as him, it's exciting."

So it is no wonder Matthew is hungry for victory this August. But he remains astonishingly humble as he says he takes credit for none of his achievements.

"I've been a Christian all my life and [God] is the one who enables me to do this. I don't take any credit for what I can do physically because it's been given to me as a gift."

Matthew says he became a Christian at a very young age, but after having drifted from God as a teenager because of injuries, he rededicated his life to the Lord at a camp run by his local church.

He was singing songs of praise to Jesus when he encountered God's peace. "I had my eyes opened again to who He was and how much He loved me," he says.

It was that peace that Matthew sought at the 2010 Junior World Titles when the pressure became too much for him.

"I was so caught up with the race that I put too much pressure on myself, and I became obsessed with winning," Matthew describes.

"You wouldn't have recognized me because my personality was so different. I couldn't make decisions."



LONDON - MARCH 4, 2016: Matthew Glaetzer competes in the qualifying round of The Mens Sprint at the UCI Track Cycling World Championships. (Photo by Bryn Lennon/Getty Images)

In this challenging time Matthew turned to God for peace and healing.

"I had an intense prayer session, calling out to God because I couldn't do it myself," he remembers.

"And in the following two days I became a two-time junior world champion. I had to wholeheartedly rely on God's strength to pull me through."

Matthew says he learned to be delivered from his desire to win all the time. "Jesus to me is the reason I can have peace," he says. "He has taken the burden of all my sin and through Him I can have eternal life in Heaven."

"It makes a huge difference in how you live because you know you've won the victory already."

Matthew focuses on the pleasure he finds in competing rather than

getting caught up in the victory, and says it is a fantastic opportunity to show there is something greater.

"People value their life based on what they do and how successful they are," he says.

"That was the case in my cycling team and it can have really harmful effects because if you don't perform well you feel rubbish about yourself.

"God loves you for who you are, not what you do or where you come from."

Matthew keeps that in mind on the track. It's what helps him keep things in perspective, and be able to lose with a smile and a light heart knowing that although winning is admittedly pretty good, it is no match for the peace and purpose one has in living for Jesus, and so many other things in this world.

RESILIENT SWIMMER

● From page 1

"I was more concerned with what I wanted, which was a career in swimming, and I was relentless in my pursuit of this goal to the detriment of my spiritual life.

"Once swimming was taken away from me through injury and illness, I was lost, I felt that my direction and purpose for life had been taken from me and I didn't know how to cope."

It was at this point Cate understood that she could not base her identity and purpose on her swimming career, which will always be uncertain and fickle.

Instead she realised God was the only one that would never change and she needed to rely on His love, purpose and promise of eternal life to get her through the hard times.

"It was a hard lesson to learn, but I have come out of it a much better person with a stronger reliance on God," she says.

"I just know that God is always there; even in my darkest hour I will not be alone.

"He gives me strength when I am in need of it and a shoulder to cry on. He helps me look past the

here and now and look toward the future that I will share with Him (in heaven) someday."

Cate will compete alongside sister, Bronte, in Rio, and they will race together in the 100m relay team. ●



BRISBANE - JULY 2, 2016: All faces beam as Cate Campbell celebrates breaking a World Record in the Women's 100 Metre Freestyle during the 2016 Australian Swimming Grand Prix. (Photo Chris Hyde/Getty Images)

DISTRIBUTED BY: