

Developing self-esteem often difficult for teens

Self-esteem involves how much a person values himself and appreciates his own worth and importance. For example, a teen with a healthy self-esteem is able to feel good about his character and qualities and take pride in his abilities, skills and accomplishments.

Self-esteem is the result of comparing how we'd like to be and what we'd like to accomplish with how we actually see ourselves.

Everyone experiences problems with self-esteem at certain times in their lives — especially teens who are still figuring out who they are and where they fit into the world.



cris
lovington

• prevention center

How a teen feels about himself can be related to many different factors, such as his environment, body image, expectations and experiences. For example, if a person has had problems in his family, has had to deal with difficult relationships or sets unrealistic standards for him-

self, this can lead to low self-esteem. Recognizing that you can improve your self-esteem is a great first step in doing so. Learning what can hurt self-esteem and what can build it is also important. Then, with a little effort, a person can really improve the way he feels about himself.

Constant criticism can harm self-esteem, and it doesn't always come from others! Some teens have an "inner critic," a voice inside that seems to find fault with everything he does, and self-esteem obviously has a hard time growing in such an environment.

Some people have modeled their inner critic's voice after a critical parent or teacher whose acceptance was important to them. The good news is that this inner critic can be retrained, and because it now belongs to you, you can be the one to decide that the inner critic will only give constructive feedback from now on.

It may help to pinpoint any unrealistic expectations that may be affecting your self-esteem. Do you wish you were thinner? Smarter? More popular? A better athlete?

Although it's easy for teens to feel a little inadequate physically, socially or intellectually, it's also important to recognize what you can change and what you can't and to aim for accomplishments rather than perfection.

You may wish to be a star athlete, but it may be more realistic to set your sights on improving your game in specific ways this season. If you are thinking about your shortcomings, try to start thinking about positive aspects of yourself that outweigh them.

Maybe you're not the tallest person in your class and maybe you're not class valedictorian, but you're awesome at volleyball or painting or playing the guitar. Remember — each person excels at different things, and your talents are constantly developing.

If you want to improve your self-esteem, there are some steps you can take to start empowering yourself:

• Remember that self-esteem in-

volves much more than liking your appearance.

Because of rapid changes in growth and appearance, teens often fall into the trap of believing their entire self-esteem hinges on how they look. Don't miss the inner beauty that's more than skin deep in yourself and in others.

• Think about what you're good at and what you enjoy and build on those abilities. Take pride in new skills you develop and talents you have. Share what you can do with others.

• Exercise! You'll relieve stress and be healthier and happier.

• Take pride in your opinions and ideas, and don't be afraid to voice them.

• Set goals. Think about what you'd like to accomplish, then make a plan for how to do it. Stick with your plan and keep track of your progress. If you realize that you're unhappy with something about yourself that you can change, then start today. If it's something you can't change (like your height), then start to work toward loving yourself the way you are.

• Beware the perfectionist! Are

you expecting the impossible? It's good to aim high, but your goals for yourself should be within reach.

• Have fun — enjoy spending time with the people you care about and doing the things you love.

It's never too late to build or improve self-esteem. In some cases, a teen may need the help of a mental health professional, like a therapist or psychologist, to help heal emotional hurt and build a healthy, positive self-esteem.

A therapist can help a teen to learn to love herself and realize that her differences make her unique.

So, what's the payoff? Self-esteem plays a role in almost everything you do — teens with high self-esteem do better in school and enjoy it more and find it easier to make friends.

They tend to have better relationships with peers and adults, feel happier and find it easier to deal with mistakes, disappointments and failures, and are more likely to stick with something until they succeed. Improving self-esteem takes work, but the payoff is feeling good about yourself and your accomplishments.

Goodland native trains to be officer

Joseph Smith of Goodland reported to the U.S. Coast Guard's officer candidate school last Thursday at the U.S. Coast Guard Academy in New London, Conn.

The school is along the west bank of the Thames River on the northern edge of the city. During the 17-week course, Smith will adjust to a military lifestyle and train to be a Coast Guard officer.

On completion, he will be commissioned an ensign and be assigned to Pensacola Naval Air Station for flight training.

He said after basic flight school, he will be trained to fly the C-130 Hercules, a four-engine transport used in long-distance search and rescue.

In May, Smith graduated from Embry-Riddle Aeronautical Uni-



Smith

versity in Prescott, Ariz., with a Bachelor of Science in aerospace studies. He was active in student government and made the dean's list three times. Smith was a member of the Eagles' wrestling team his freshman year.

Smith, the son of Jackie Baumfalk, graduated in 2000 from Goodland High, where he lettered in football and wrestling. He was also a member of the G-Club and active with Students Against Drunk Driving.

Smith said one of the things he was looking forward to is a two-week training cruise aboard the barque Eagle, a three-masted square-rigger, on which every officer candidate and academy cadet gets practical experience in basic seamanship while developing teamworking skills.

matters of record

Real Estate

The following real estate transactions were reported by the Sherman County Register of Deeds:

Deutsche Bank national Trust Company, trustee formerly know as Bankers Trust Company of Calif., trustee for Vendee Mortgage Trust, to Terrel S. Harrison, Keith S. Wieck and Brian W. Bellamy a tract in the SW/4, Sec. 20, T8S, R39W.

W. Joyce Dempewolf and Leslie A. McClone, co-trustees of the Rosa A. Fiechter Revocable Trust, of Santa Cruz, Calif. to Charles W. and Leslie A. McClone, co-trustees of the McClone Family 1993 Revocable Trust, of El Dorado, Calif. and Donald and Joyce Dempenwolf, co-trustees of the Dempenwolf Family Revocable Trust, the SW/4, Sec. 2, T6S, R37W and the W/2, Sec. 2, T10S, R39W.

Stanley A. and Neva J. Wahrman transfer on death to Alan and Laurie Wahrman the NE/4, Sec. 22, and the NW/4, Sec. 22, T7S, R41W.

Robert D. Rall quitclaims to Marilyn R. Rall all of Lots 15, 16 and the W/2 of 17, Block 5, First Addition to the Town of Goodland.

Timothy P. Miller quit claims to

Terry T. and Kara J. Smith the north 5 feet of the west 70 feet of Lot 10 and the east 70 feet of Lots 10, 11 and 12, Block 13, Second Addition to the City of Goodland.

Alice M. Worley, trustee of the Alice M. Worley Living Trust, to Daniel L. and Rita Stephens the NW/4, Sec. 9, T7S, R40W.

Kermit A. and David J. Huebert, trustees of the Kermit A. Huebert Trust, to Kermit A. Huebert, Lots 11 and 12, Block 67, Original Town of Goodland and Lot 4, Block 59, Original Town of Goodland.

Dan D. Plake grants equitable interest to That Beachner Bros., Inc., of Neosho County, the SW/4, Sec. 35, T6S, R37W.

District Traffic

The following fines were paid in the Sherman County District Court:

July 6 — Rena M. Eison, 50, Aurora, Colo. was fined \$138 for speeding.

Paul A. Bingham, 28, Belena, N.M. was fined \$330 for speeding. Brian M. Calhoun, 20, Oakcreek, Ill. was fined \$126 for speeding.

Bradley A. Higgerson, 32, Prairie Village, was fined \$90 for speeding.

WE HAVE GOOD NEWS!

A QUICK PAINLESS METHOD TO ERADICATE HEMORRHOIDS USING MILD ELECTRICAL CURRENT IS NOW AVAILABLE. THIS TREATMENT REQUIRES SEVERAL BRIEF VISITS TO OUR OFFICE, AFTER WHICH PATIENTS GO BACK TO WORK IMMEDIATELY.

WHAT DO THE RESEARCH STUDIES SAY?

In Gastrointestinal Endoscopy, Vol. 33, #2, D.A. Norman R. Newton, and G.V. Nicholas reported the results of treatment of 42 patients with d.c. current therapy. They noted "All patients were successfully treated and symptom free at a mean duration of follow up of 18.2 months." They concluded "This painless outpatient treatment of all grades of hemorrhoids is effective and safe", and "warrants consideration as the treatment of choice of hemorrhoidal disease". In the American Journal of Gastroenterology, Vol. 83, #9, Dr. S. Zinberg reported the results of treatment of 193 patients with this method. "Good results were achieved in 95% of patients."

ADVANTAGES OF HEMCURE OVER OTHER TREATMENTS FOR HEMORRHOIDS:

HemCure is far less expensive than surgery, requires no recovery, avoids complications like scarring and infection, and is reported by most patients to cause only mild discomfort during the treatments, which resolves immediately after.

This treatment method is covered by Medicare and most insurance plans. A payment plan is available for patients not covered by insurance, and for patient deductibles and copayments.

We want you to be an informed health care consumer. Our office will be happy to provide further information explanation of fees, and estimate of your out of pocket expense. If hemorrhoids are interfering with the quality of your life, call today.



Hem
cure®

Dr. John D. Ferris, M.D.
Burlington, Colorado
1-800-593-0009
Wed., Sept. 15 & Sat., Sept. 18

Worship warms the heart



Calvary Gospel Church

Pastor: Rev. Steve Rains
Fourth & College • 899-3605
Sunday: Sunday School: 9:15 am
Morning Service: 10:30 am
Small Group Ministries
Wednesday: Prayer and Worship: 7:00 p.m.
Youth @ the Rock House: 7:00 p.m.

Our Lady of Perpetual Help

Pastor: Father Norbert Dlabal
307 W. 13th • 899-7205
Sacrament of Reconciliation:
4:30-5 pm Saturday or by appointment
Mass Schedule:
Saturday: 6 pm, Sunday: 10:30 am
Spanish Mass:
1st & 3rd Sunday: 4 pm

Sonrise Christian Church

Ninth & Caldwell • 899-5398
Minister: Tony Kafka
Youth Minister: Doug Bean
Sunday: Worship Service: 9:30 am
Sunday School: 10:45 am
Wednesday:
Junior/Senior High Meeting: 7 pm
Adult & Children's Classes: 7 pm

Word of Life

Joursquare Church

10th & Clark • 899-5250
Pastor: John Coumerilh
Service Schedule:
Sunday: Worship Celebration
and Kids' Church: 10:30 am
First Wednesday: K.W.A.M.!
Grades 1 through 5: 7 p.m.

Pleasant Home Church

Serving the rural community
for over 100 years
Rt. 1, Box 180 • 694-2807 • 3190 Road 70
Pastor: Charlie Busch
694-2242
Sunday: Worship Service: 9 am
Sunday School: 10 am
Evening Service: 6 pm

Bible Baptist Church

Pastor: Glenn Hermanson
Fifth & Broadway
899-7368
Sunday: Sunday School: 9 am
Morning Service: 10 am
Evening Service: 6:30 pm
Wednesday: Evening Bible Study: 7 pm

Church of Jesus Christ

of Latter-Day Saints

1200 15th Street • Burlington, CO
(719) 346-7984
Sacrament Meeting: 10 am
Sunday School: 11:15 am
Priesthood/Relief Society: 12 am

Iglesia Del Dios Vivo

La Luz Del Mundo
Spanish Speaking Church
Minister: Esteban Ortiz B.
1601 Texas • 899-5275
Daily Prayer: Sunday thru
Saturday: 5 am & 6 pm
Sunday: Sunday School: 10 am

United Methodist Church

Brewster:

Pastor:

Worship Service: 10:45 am CST
Sunday School: 9:45 am CST

Winona:

Minister: Rev. Bob Winters
Worship Service: 9 am CST
Sunday School: 10:15 am CST

First Christian Church

(Disciples of Christ)

Pastor: John Park Winkler

Eighth & Arcade • 899-5233
Sunday: Worship Service: 10:30 am
Sunday School: 9:15 a.m.
Activities: Junior High & High School Youth Groups,
Adult Bible Study, Choir, Men's and Women's Groups,
Devotions Study, Monthly Fellowship
Special Notice: Handicap Accessible, Hearing
Assistance Equipment and Infant and Toddler
Nurseries Available

Kanorado

United Methodist

Church

Pastor: Leonard Cox
399-2468
Sunday: Sunday School: 9 am
Worship Service: 10:15 am

Church of the Nazarene

Pastor: Bob Willis
Third & Caldwell
899-2080 or 899-3797
Sunday: Sunday School: 9:45 am
Worship Service: 10:50 am
Evening Service: 6 pm
Wednesday: Evening Service: 7 pm

First United Methodist Church

1116 Sherman
899-3631
Pastor: Rev. Janet Hernandez
Saturday: Informal Worship: 5:30 pm
Sunday: Sunday School: 9:15 am
Worship Service: 10:30 am

Goodland Bible Church

109 Willow Road • 899-6400
Pastor: Chad DeJong
Sunday: Sunday School: 9:30 am
Morning Worship: 10:45 am
Evening Worship: 6 pm
Wednesday: AWANA (Winter)
and prayer: 7 p.m.

First Baptist Church

Pastor: John Meckling
Fifth & Center • 899-3450
Sunday: Sunday School for all ages:
9:15 am (Child care provided)
Morning Worship: 10:30 am
Wednesday: Bible study 7 p.m.
Call church for information
Thursday: Bible study 9:30 a.m.
Wheatridge Center

St. Paul's Episcopal Church

13th & Center
Church 890-2115 or Rectory 890-6969
Priest: Father Hal Lycett
Holy Eucharist: 10:00 a.m. Sunday
10:00 a.m. Thursday
Morning Prayer: 8:00 a.m. Wed. - Sun.
For emergencies Wed. - Sun. 890-6969
Sr. Warden for emergencies
Mon. and Tues. 890-3320

Grace Fellowship Church

104 E. Hwy 24 • 899-6423
Pastor: Bob Snyder
Residence: 890-0134
Sunday: Sunday School: 10 am
Worship Service: 11 am
Wednesday: Bible Study: 7 pm
Sunday: Bible Study: 7 pm

Seventh Day Adventist Church

1160 Cattletrail
Pastor: Jim Martin
Saturday: Sabbath School: 9:30 am
Worship Service: 11 am

Emmanuel Lutheran Church

13th & Sherman • 890-6161
Pastor: Scott Grimshaw
Sunday: Christian eduction/fellowship:
10:15 a.m.
Worship Service: 9 am
Wednesday: Confirmation: 6 pm

Church of Christ

401 Caldwell
899-6185
Sunday: Bible Study: 9:45 am
Worship Service: 10:45 am
Wednesday: Bible Study: 7 pm

The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:

Short & Son Trucking

Hwy. 24

Koons Funeral Chapel

North Main

Atens Department Store

1103 Main

Good Samaritan Center

208 W. 2nd

KLOE/KKCS/KWGB

3023 W. 31

Bateman Funeral Home

211 E. 11th