## Many teenage girls have low self-esteem Reviving Ophelia: Saving the Schee of Adolescent Girls by Mory Fipher (Ballantine Books, 1996, \$12.60). Case studies make clear how much daughters need both parents. Suggests strategies to help daughters thrive. "Healthy Teons: Success in High School and Beyond" by Alice R. McCarthy, Ph.D. (Bridge Communications Inc., 1450 Pilgrim Road, Birmingham 48009, 1997, \$9.20 including shipping). Authoritative, easy-to-use reference about 60 important health, developmental and social issues facing teens today. Concise, accurate, All About Families runs every other week in The Eccentric Newspopers. Birmingham resident Alice McCarthy is a nationally known parent educator, writer and editor. She is the mother of five children and grandmother to eight young children. To leave a message for McCarthy, from a touch-tone phone, call (313) 953-2047, mailbox 1894, or write her at The Eccentric, 805 E. Maple, Birmingham 48009.



Self-esteem, simply put, means being satisfied with yourself, with who you are as a person. Self-

a person. Selfcateem is not
measured by
looking good, or
even feeling
good, but by
looking good, or
feeling
good, but by
knowing that
mccarriny
you are enough,
just as you are.
For adoless
cent girls today, the cost of low
self-esteem is painfully obvious.
Cent girls today, the cost of low
self-esteem is painfully obvious.
To guilt and career development, adolescent girls are at
greater risk of depression and
cating disorders than boys of the
same age and are more likely to
abuse drugs and alcohol. Girls
are at greater risk for suicide.
Girls are more likely to drop out
of school. One million girls a
year, a number greater than the
population of the state of Monthan, become pregnant each
year.
Concern about appearance and

Concern about appearance and

Poborts IRIL FARM

New Farm This Year Open 12-Death

Choose & Cut your own Blue Soruce \$15.00 I-75, Pine Knob exit (exit 89), Sashabaw Rd. North 4-miles to Farm

**BROUGHAN'S** 

Assure Freshness, Cut your own tree!! 2 FARMS TO SERVE YOU Pine-\$22,00 Spruce-\$35.00

Pine-\$22,00 spruces \$35.00 (313) 662-5002 1380 Marinda Rd - Beterile, M Pine-\$22,00 Spruce-\$35.00 Fir-\$39.00

Wreaths, Cartent, Grave Stankets, Flocked Tree Wagon Ricks, Santa Claux, weekends only:

(313) 697-9600 (313) 699-6483 4070 Hall Rd (H. Shin) - Belode, MI We Honor all Tree Farm Coupons

Once again we have a fine selection of trees. All sizes.

Lots of premium.... Douglas Fir, Frasier Fir,

Balsam Fir. Scotch Pine & White Pine

Come early for a better selection

Wreaths of many sizes. Cedar & Pine Ricping.

Excellent selection of Grave Blankets.

COCKRUM'S FARM MARKET

35841 PLYMOUTH RD.

mile W. of Wayne Rd., across from Ford Transmission.

Open 9 arm-7pm, 7 days.

4yrs. in same location.

weight points to another, more subtle way that girls lose life direction during puberty. Fiftyone percent of 13-year-old girls are unhappy with their bodies. By age 17, the figure goes up to 78 percent. For many American girls, the transition to womanhood and opportunity for personal and career fulfillment is cut short by decision-making patterns that put image ahead of well-being and realistic goals. In 'The Body Project: An Intimate History of American Girls (Random House, 1997), Cornell University professor Joan Brumberg documents how an increasingly younger age at the time of menatruation shapes girls' perceptions and attitudes. Due to better diets and less disease, girls today begin menstruating earlier than girls 100 years ago. Sexual awakening today begins in middle school rather than high school, or even college.

According to Brumberg, 'Many young women today may look mature at age 12 or 13, but they still evidence ways that are essentially childlike.' This lag between girls' emotional and

intellectual development comes at a time in our social history as critics from every side of the social and political spectrum have noted when girls are less nurtured and less constructed socially than ever before. Children are not born with self-esteem. Helping girls set attainable, realistic goals by focusing on who the girl is, rather than how she looks, is an important beginning for parents, caretakers and educators.

Parents especially need to be sensitive about their attitudes. Don't tell a girl to 'go for it' but only reward her when she is a 'good girl' or 'cute.' Don't criticize the media for sexualizing adolescents and then announce that you are going on a crash diet to lose 10 pounds before the upcoming holidays.

Families, teachers, administrators, coaches, social workers, all those who care about the development of young people, can help girls develop the following characteristics:

B A feeling of connection with caring adults other than parents, especially in school and in the

community.

A can-do attitude toward activities and challenging tasks.

A sense of life's possibilities, especially in developing relationships with mentors and career role-models.

The ability to use a well-grounded decision-making process, tested with the help of fam-

cess, tested with the help of family and mentors.

An ability to experience control regarding decisions related to her body, at an early age.

An understanding of the biological, emotional and social forces that affect adolescent wiels.

forces that affect adolescent girls.

RESOURCES
For your pre-adolescent daughter.

"Brave New Girls: Creative Ideas at Help Girls Be Confident, Healthy and Happy" by Jeanette Gadeburg (Fairview Press, 1997, \$12.95). Thought-provoking, creative, fun exercises empower girls to take initiative and stand up for themselves. Straight-talking guide by clinical social worker with two daughters.
For families, professions, mentors:

Center opens

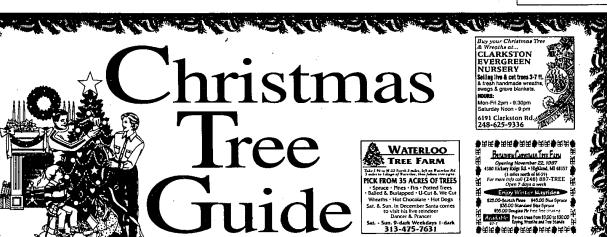
Beaumont Hospital has opened a new Comprehensive Breast Center, bringing together in one location leading medical experts and state-dispense all types of breast dispense all types of breast dispense all types of breast dispense all types of breast dispense. The center is in Beaumont's Royal Oak campus. It provides comprehensive care in one location. Parking is available in the adjacent South Parking Deck, with covered walkway access to the center.

A full team of specialists.

ored walkway access to the center.

A full team of specialists, consisting of a surgeon, rediation oncologist, diagnostic radiologist, pathologist and nurse practitioner gather in one room to consult with each patient and to coordinate aspects of care.

"The center is designed to meet the medical and person, al needs of today's patients, who are typically very busy women, and sometimes men, who have a lot of demands on their time between family and career," said John Ingold, Beaumont breast surgeon



HOWELL NATURE CENTER Cut prer erus footch Past 10.00
Fresch cut Bonglas Fiz
Sprince & Plane
- Per traing the Waste babes
on seetands thoughts the balang
within waste, normal references







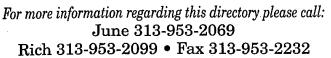


517-546-0249 jailal beat jii k a be





Marie Valent Valent Valent Valent Valent Valent











MOSHER'S

TREE FARM

7155 N. Territorial Road Dexter, Michigan 45130 ated 6 Miles West of US 23

313-426-5271

Featuring Beautiful White
 Spruce Trees
 Choose & Cut Christmas Trees
 Potted Trees
 All trees only \$30.00
 Includes being and tree beg
 Free candy and clder

Weekdays 1:00-5:00 pm



\$2.00 off w/this ad

Choose & Cut your own
Sens Provided Trees Machine Cleaned
Free Horse Drawn Wagon Rides
Santa Claus
Potting Zoo & Pony Rides
Hot Beverages & Food

Hot Beverages & Food

Elves Fort, Fragrant Wreaths &
Live Potted Trees, Arts & Crafts

80,000 Christmas Trees

SKYHORSE STATION

\* Wookends Only www.skyhorsestation.com

1-800-497-2682

Roping • Wreaths
hments • Warming Room
• Wagon Rides H-75 Clarkston Exit 91 North on M-15 2 Miles, Left on Rottolee Lake Rd. 1 Miles

Rottolee Loke Rd. 1 Mi Dally from Nov. 22 (248) 625-9127 A





WALDOCK TREE FARM 3090 Dutcher, Howell (517) 546-3890 +96 to East 137 (D-19), South to Coon Lake Re West to Dutcher Rd., approximately 8.7 miles. FOLLOW SIGNS



Scalables to 5 Nr. (E. or Seyroot Lake to 32 Nr. (Exceed Print) Provided to backling Prince Print 4.0 Rr. 6.1 Head. Visit was near own. Print 4.0 Rr. 6.1 Head. Visit was near own. Print 4.0 Rr. 6.1 Head. Visit was near own. Print 4.0 Rr. 6.1 Head. Visit was near own. Print 4.0 Rr. 6.1 Head. Visit was near own. Print 4.1 Rr. 6.1 Head. Visit was near own. Print 4.1 Rr. 6.1 Head. Print 4.1 Head. Visit was near Open Each Exceed Open Excee