

## Suburban Life

Lorraine McClish editor/477-5450

Thursday, March 14, 1991 (A&amp;P)



## A dancer at heart

Retired dance instructor returns to doing what she does best

By Lorraine McClish  
staff writer

**T**AKING OVER in the middle of a job that someone else has started is always a difficult thing to do. But Marion Goode did it and is doing it well.

Goode is the new dance instructor for The Community Center who stepped into the jazz and ballet classes, where students and parents alike were still in mourning for Barbara Burgess, their beloved "Mrs. B," who taught in the center for 19 years until her death from cancer.

Many of those students were teenagers who had established devoted relationships with their teacher of many years and looked upon the newcomer as an intruder into their dance world.

Simultaneously the new teacher was in the midst of trying to pick up many of the dances they were learning in mid-routine.

"It could have been difficult, but it wasn't because of the training these students had gotten. They were very well-taught. They knew how to follow directions and they knew how to listen. And that makes them very easy to teach," said Goode, who started her job in the center in early January.

With Shirley St. Mary teaching the tap dancing classes in the center, the two combined have about 200 students.

**GOODE STARTED** her teaching career as a baton instructor for Berkley High School when she was 14, owned two dance studios at the same time and danced professionally until she was 40.

"I had the best of both worlds and the best of times," she said of her career as a professional dancer.

She was in the chorus line at the Elwood Casino in Windsor for 18 years.

"I danced with the highest of the big stars in costumes from New York and knew that I was as close to Las Vegas as I was ever going to get because I was married and had a child. That is having it all."

**"It could have been difficult, but it wasn't because of the training these students had. They were very well taught."**

— Marion Goode

**GOODE SOLD** both of her dance studios because she thought she wanted to retire and she thought she wanted to try a few other things.

None of those other things worked out. She was a dancer at heart. When she learned that The Community Center was looking for a teacher, it appeared as the perfect retirement job.

"The hours are short — much shorter than trying to run two studios — and I live only a few miles from here."

Of her former students, she has trained some who have gone on to be professionals in Disneyland, in Atlantic City and abroad, and some who are teachers.

One of her former students is her daughter, Gayle Goode, who won the first runner-up spot in a Miss Farmington Pageant and is now working in the show room of the Americana Hotel in Aruba.

**"DANCING NEVER** hurt anyone

All of the new students come with different coordination levels and even the ones with the worst coordination will improve.

"Dancing carries over into every facet of life. All life is show business if you stop to think about it — selling yourself, holding your head up."

Goode is planning to expand the dance offerings in The Community Center in several directions.

"I want to introduce jazz to women as an alternative to aerobics for more fun and for more exercise. Besides, you'll learn more in a jazz class than in any exercise class."

"I also hope to start a ballet class for women. It is the gentlest exercise there is if you do it correctly."

"And I want to add a baton class to the program. I'd like to see the center's baton twirlers as a unit in the Founders Festival Parade. This will take some time, these things will be added one at a time, but they are all positive steps to make the entire program grow."



Marion Goode, who started her teaching career with a baton class when she was a teenager, is back to teaching again after what she thought was going to be her retirement.

## Self esteem

Good or bad, it affects all our relationships, all our behavior

By Rebecca Haynes  
staff writer

**Y**OU MIGHT HAVE a good one or it may be bad, but just like a name, we all have one — a self-esteem, that is.

Although research on self-esteem began back in the 1950s, no one really talked about it until Elizabeth Taylor wrote her autobiography and went on all of the talk shows, said Raymond J.

Maloney, director of Birmingham's Self-Esteem Center.

"People thought that if someone as beautiful and successful as Elizabeth Taylor could have self-esteem problems, then the rest of us could admit we had them too," he said.

"Our self-esteem affects every one of our relationships, from the most casual to the most intimate," Maloney said. "It also controls all of our behavior."

Self-esteem is contagious, he

said, adding that's one of the reasons why it's so important to keep our own healthy.

And often, people have the misconception that a person with healthy self-esteem is conceited.

"People with healthy self-esteem have nothing to lose, they're not braggarts and they're not conceited," he said. "If you're secure within yourself you have no reason to look out at other people."

**SELF-ESTEEM** is based on the concepts we believe about ourselves and the value or price we put on those concepts. There are four necessary elements to having a positive self-esteem, he said.

One is a sense of belonging. Two is a sense of specialness. Three is the ability to take charge of your life and fourth, knowing your own values and goals and having a direction to your life.

"Not feeling that you fit in doesn't end in grade school," Maloney said. "You've got to feel you are loved. It's the bottom line to our self-esteem."

In fact, needing to be loved is a human's greatest need, he said, adding that being rejected is our greatest fear.

And knowing your specialness

means keying into your greatness, he said.

"Every person has eight to 12 greatnesses," Maloney said. "But until you get in touch with your gifts you can't develop them. The key is finding out what you do best and working the hell out of it."

To take control of your life, a person needs to make a list of all of the things that run it.

"Some things you can't control, but others you can," he said. "We don't have to say yes to everything, but we do because we want to be liked and we're afraid if we say no people won't like us."

**"THE BOTTOM** line is we have to be in charge of our lives because if we aren't, we feel terrible about ourselves," he said.

We teach people how to treat us,

Maloney said. "We can't change much of our own life," he said. "If people are mean to you it's because you probably let them."

"Often it's a problem of repeating what we've learned as children," he said. "All of this stuff is such a pattern and none of these patterns are easy to break."

And many times it just means being more aware.

"You have to think why you let

that person talk to you like that," he said. "Then you have to think about what it is you're doing and why you let it go on."

The second stage is deciding how much you really want to change, Maloney said. "There really is an action plan and the first step has to be having an in-depth conversation with the person you're having the problems with and you have to tell them how you're going to change."

Having a good sense of values that give your life direction is another self-esteem essential. Setting and achieving personal goals is one way to give yourself this direction.

**WHEN GOAL** setting, however, is used by realists, and you must be specific.

If your goal involves something that costs money, like an exercise class or joining a health club, can you afford it and is your health in good enough shape to begin this type of program?

Also, if your goal is to lose weight, you must set a goal of losing so many pounds in a specific amount of time.

You have to set a goal so that you know whether or not you've achieved it, Maloney said. "And remember, it's really when you're

first starting out, you're shooting for a success experience."

Always give yourself a deadline when setting goals. And if you're new to the concept, it's important to start out with a time limit — three days, he said, adding that immediate success will lead to losing the goal setting pattern.

Maloney also recommends setting a new goal every three or four days, stressing that this will also help establish the routine as a habit.

The final step to goal setting is to give yourself a reward when the goal is achieved. Surprising is, Maloney said, this is one of the most difficult things for most people.

**"WE'RE JUST** not in that mindset," he said. "What we have to do to think, 'If I do the time I would...' and whatever you want to fill in the blank should be your reward."

Maloney said the more he has learned to understand self-esteem, the more he sees people who have positive ones.

People who are comfortable speaking up with themselves, he said. People who are ordinary. People who take time to do things for themselves.

Rebecca Haynes is a staff writer.

## Some self concepts can start in womb

By Rebecca Haynes  
staff writer

**B**Y THE TIME we're five years old, we've already logged 5,000,000 labels on our mental computer.

So says Raymond J. Maloney, director of Birmingham's Self-Esteem Center. And these labels have direct impact on our self-concept, which determines our self-esteem.

Some studies they're doing now are showing that self-concept ideas can start in the womb," he said during a recent seminar at The Community House, a statement that was not with some laughter and signs of disbelief. "So many hospitals have softened their whole delivery operation, making the lighting softer and playing music."

Perceptions can be almost infinite. We have perceptions about people, places, events, everything we come in contact with, he said.

For instance, some people may have the perception that old people,

people they think are over the hill don't know how to drive," he said. "The bottom-line perception is that they don't value people who they consider to be old, and along with that is the belief that once you reach whatever age it is you consider to be old, you'll be like that too."

**OUR PERCEPTIONS** are based on our values and myths. We have myths about all groups of people — politicians, doctors, accountants, managers, everyone, Maloney said.

Your perceptions shape who you think you are," he said. "They're myths about how you think life should be."

Another very common perception is that the ideal woman is tall and thin.

Many women have the perception that they have to look like Christine Brinkley to be attractive," he said. "And if we don't, we believe we're not worth anything."

Perceptions aren't always bad, Maloney said. If you start a new job

there may be perceptions you have of your new coworkers and certain things you'll need to do because of those perceptions to fit in.

For instance, there are some work stress places where everyone must dress a certain way. People who don't work there may think it's bad because there's no individuality. They may perceive that these people can't think for themselves. But people who work there may like it because it's strength of character and a sense of uniformity, working toward the same goal.

**"SOMETIMES THERE** are perceptions you have to go along with if you want to survive," he said. But the bottom line is that we control our life and we decide when we need to do that."

And yes, if you try you can destroy perceptions you're carrying with you.

A good example I like to use is a woman I met once at a seminar who told me I was too old to be wearing

leopard. Maloney said, "Self-esteem has changed me. I don't believe in it, and I don't want to wear it."

We're taught to make perceptions from the time we're born.

Studies have shown that babies pay more attention to faces at a young age. For an adult, it's the same. They will try to imitate, he said. "The first time babies ever hear a word, they want to hear it from the boy, today, but an adult will usually think she has an idea of what the teacher and how the teacher is going to react to what she says."

Often, we're locked into a perception we have to do certain things because of the perceptions we have, he said. "From your actions, he said."

Our values have become the bottom-line, Maloney said. "And we can't see we're never going to pay attention to the things other people will think or say, but you always have to ask yourself whether you're doing something by your own choice or because it's what you think others think you should do."



STEPHEN CANTRELL, staff photographer

Raymond Maloney says self-esteem is contagious, so it's important to keep our own healthy.