Inspir.e A Girl, Change Her World
Help A Girl in Your Life Reach Her Full Potential

(NAPS)—When girls feel good about their looks, 70 percent dis-
connect from life—avoiding nor-
mal daily activities like attending school and participating in sports
—which can put their dreams on hold and jeopardize their future as lead-
as future leaders, decision makers and role models.

Everyone has the opportunity to make a difference in a young girl's self-esteem. That is why Dove has created their on-
ment for Self-Esteem, inviting all wom-
create a world where beauty is a source of confidence, not anxiety. The nationwide effort encourages women to take simple actions that help build self-esteem and inspire all women and girls to reach their full potential for themselves and each other.

Dr. Ann Kearney-Cooke, psy-
ologist and self-esteem expert, offers simple tips for parents and mentors to help them develop a positive relationship with beauty.

1. Embrace Your Real Beauty: Challenge your inner crit-
ic and engage in healthy behaviors. Help your child see that by taking care of herself, she can look and feel her best. Girls often model the behavior of the important women in their lives, so treat yourself well, be an active and positive role model, and be a daughter or a girl in your life. This will help her realize that feeling good about herself is important no matter what her weight or shape, as long as she is healthy.

2. Share Inspiring Mes-
sages: Ban negative talk about your own or her body. Instead, let her know that you love and value her because of who she is, not how she looks. Compliment her on character traits that reflect positive self-esteem, such as how she looks people in the eye as she shares her hand, or on how you love listening to the ideas she shares about current events. She needs to know that you are proud of the person she is becoming.

3. Help Her See Her Full Potential: Girls need to know who they are, what they value and what they want out of life to expe-
ience the selfesteem that comes from taking charge of their own lives. Guide her to set goals and help her develop the skills neces-
sary to turn a vision into a reality.

"By encouraging girls to build a positive relationship with beauty, we can help them reach their full potential."—Ann Kearney-Cooke, Ph.D.

4. Develop Positive Relationships: Teach respect and empathy. Teach girls to create meaningful and positive relationships with her peers. Encourage development of healthy relationships by exhibiting mutual respect and empathy in your own relationships. To help her develop empathy, encourage her to view events from another person's perspective. For example, you might ask: "How do you think your friend was feeling when she wasn't invited to the sleepover?"

5. Stop the Scary Sit-Down: When parents or mentors need to discuss serious issues, they may believe that the best way to do this is to tell her that they "need to talk." Rather than saving seri-
ous conversations for a single important session, build a stronger relationship with your daughter or a girl in your life by creating a consistent, predictable time when you are receptive and available to listen—for example, riding in the car, taking a walk or watching movies together.

A strong, consistent connection will increase the likelihood that she will feel comfortable seeking your help and support when times are tough.

Visit dovemovemen.com to join the Dove Movement for Self-Esteem and download free self-esteem building tools for girls, moms and mentors.

News For Men
Benefiting Yourself And Your Country

(NAPS)—There may be a happy future for young men if they step up and comply with the law. Registering for Selective Service is a key step that helps build self-esteem and provides opportunities for future leaders, decision makers and role models.

Opportunities for Young Men
Male students who need help paying for college will find that registering with the Selective Ser-
vice opens up all doors to federal financial aid. This includes every-	hing from Pell Grants to College Work Study to Guaranteed Stu-
dent/PLUS loans. Those who sign up with the Selective Service System are eligible for federal job training via the Work-
force Investment Act, as well as numerous federal jobs. Register-
ing is also the only path to citizenship for immigrant men arriving in the U.S. in the 26th birthday.

Required by Law
According to U.S. law, virtually all male citizens and immigrants need to register within three months after their 18th birthday with the Selective Service System. Historically, young men have had to do this during a time when school is not in session, which begins 30 days before their 18th birthday and can last up to 30 days afterward. This still holds true, but with Early Submission, it’s never too late. To register online, you can do so at any time, 24 hours a day, 7 days a week. Registration information as long as you are at least 17 years and 3 months old.

Registration applies to all young men living in the U.S., as well as those overseas. Those who are immi-
grants must likewise register, regardless of their country of origin.

Where to Register and How to Do It
Online registration: Log on to www.sss.gov and click on the register now button. It will take you just a few minutes to complete the online form. When you submit your information, you will receive a letter stating your registration number.

The U.S. Postal Service: This is the most common way to register. Two methods are offered: "mail-back" registration form and "mail-back" registration form. Men living overseas may register at any U.S. embassy or consular office.

By mail: Eligible men may also register by filling out a reminder mail-back card. Selective Service will send this card to any young man around the time he turns 18. Mail-back cards are also available at some post offices.

The federal student aid form: Another easy way to regis-
ter for Selective Service is by checking a box on the application form for Federal Student Aid (FASFA form). Checking "yes" on box 29 of this form will alert the Department of Education to provide Selective Service with the information to register you.

School: Most high schools appoint a school counselor or teacher to serve as Selective Service Reg-
ister. These individuals help to register young men and answer their questions. For more information or to regis-
iter, visit www.sss.gov.

Encourage her to focus on working hard and doing her personal best, rather than on being the best at everything she tries.

There is no excellent beauty that hath not some strangeness in it—Dante Alighieri

It's estimated that in one year, an acre of trees can absorb as much carbon as is produced by a car driven up to 8,700 miles.

Stay On Track: Managing Today's Reality While Building For Tomorrow

(NAPS)—People just aren't sure how to make the most of their retirement plans and may be tempted to move money around, stop saving altogether or ignore how their investments are per-
forming because they're afraid they'll only see declines in their account values. Although retire-
ment may seem far off for some, it's important to stay on track and continue saving to make sure you won't outlive your income and can maintain the lifestyle you want in your retirement years.

For many working Americans, the only way they have to save for retirement is through their employer-sponsored retirement plan, said Chuck Cornelio, presi-
dent of Defined Contribution for Lincoln Financial Group. "Many people are focused on rebuilding their savings and recovering any losses they've experienced.

"Just like your annual physi-
cal, we recommend you meet with your retirement consultant or financial adviser once a year to do an annual checkup of your retire-
ment plan," said Cornelio. "An easy way to remember to sched-
ule it around your birthday or an annual pay raise. A retirement plan checkup will help you make sure your investments are matched with your risk tolerance while helping you stay on track with your overall retirement goals.

Here's a helpful Retirement Plan Checklist with the top five things you can do today to help yourself achieve your retirement-funding goals:

1. If you're not enrolled, enroll today—Your employer-
sponsored retirement plan is a significant part of your total com-
penation package at work and is a valuable benefit. When you par-
ticipate, you reduce your taxable income today while building retirement savings for tomorrow.

2. Stay invested—Don't let short-term market volatility influ-
ence your long-term retirement-
planning decisions. Remember, the economy will have up and downs as part of the natural cycle of investing and should not influ-
ence your participation in a retire-
ment plan. You may be tempted to discontinue your contributions, even temporarily, and wait for the market to fully recover. One of the smartest ways for you to achieve the best results is to stay invested in your plan and keep making those regular contributions through paychecks and/
or automatic transfers.

3. Increase your contribu-
tions—Many employers match your contributions up to a certain percentage. Learn more about your match and make sure you're contributing enough to take full advantage of any company match. If you don't, you're just leaving money on the table.

4. Consolidate your assets—Having all your retirement assets in one place helps simplify retire-
ment investing and income plan-
ning. So if you still have retire-
ment funds at previous employers, consider rolling those balances into your current company's retirement plan.

5. Avoid temptations to bor-
row against your plan—Many people may be tempted to borrow against their retirement plan in a down market. By doing this, savers often miss out on potential returns if the market recovers. In addition, borrowing from your plan may mean you can miss out on the abil-
ity for your money to grow from now until the time you retire.

If you are enrolled in your com-
pany's retirement plan, remember to stay on track and follow the tips mentioned above. If you stay invested and continue to increase your contributions consistently, you're more likely to enjoy the retirement lifestyle you're planning for. For more information, visit www.lincolnfinancial.com.

There is a sufficiency in the world for man's need, but not for man's greed.

—Mohandas Gandhi

If girls and boys grow up in an atmosphere of frankness and fair play and consideration for others, and with a sense of respon-
sibility toward their own families and communities, then they are as safe today as they were when I was young.

—Eleanor Roosevelt

It’s estimated that in one year, an acre of trees can absorb as much carbon as is produced by a car driven up to 8,700 miles.