



Kim's Newsletter

February 2009

Volume 2, Number 2

[10 Careers that
Top \\$30.00 per
Hour](#)

*Database
Administrator*

Registered Nurse

Technical Writer

Fashion Designer

Accountant

*Environmental
Scientist*

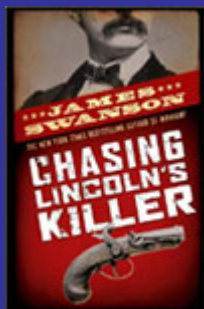
*K-12 Curriculum
Designer*

Dental Hygienist

Detectives

*Television
Producer*

[Book Review](#)



Kim's "NOT" Lecture

"How many times have I told you?" Or "I feel like I am talking to a brick wall!" Does this sound familiar? These are phrases that both parents and teenagers use over and over. So how can we fix this problem? Communication. Communication is more than talking and hearing. It is speaking/listening/understanding/responding and takes a lot of patience and practice. I remember one incident with my son when he was a teenager. I returned home from work and my son had dyed his hair yellow and shaved off $\frac{1}{2}$ of each eyebrow. I screamed and yelled. Rushing to judgment that he is turning into a hoodlum from his appearance. He slammed off into his room and me into mine. I thought....He is a great kid....He never causes me problems...Why am I over-reacting? I realized I had to do a better job of tuning into what he was trying to say (both by words and actions). I talked with him and let him know that I was trying to understand what he is going through and I was there to support him. He told me that this was something he thought looked cool....his appearance is not changing who he is inside. Keeping the lines of communication open gave me the chance to find out how he saw himself and the direction he was taking with his life. I learned to take the time to listen (not only to serious issues), have consistency, give him a chance to explain himself before I jumped to a conclusion, and let him be comfortable coming to me with any problems or concerns. Today we laugh about the time he shaved his head, wore baggy jeans showing off his underwear, and went through the "black clothes" stage. This is all part of growing up and we as parents need to accept this. I am happy to report though that he is getting his payback from his 3 year old daughter who is in the "But Why?" stage of her life. (Patience Jason...these are precious memories)

And as always, if you have any questions or concerns, just want to talk or need anything, give me a call. Kim (740)541-0284-cell (740)698-2337-home

CHASING LINCOLN'S KILLER by James Swanson (History)

"This story is true. All the characters are real and were alive during the great manhunt of April 1865. Their words are authentic and come from original sources: letters, manuscripts, trial transcripts, newspapers, government reports, pamphlets, books, and other documents. What happened in Washington, D.C., that spring, and in the swamps and rivers, forests and fields of Maryland and Virginia during the next twelve days, is far too incredible to have been made up."

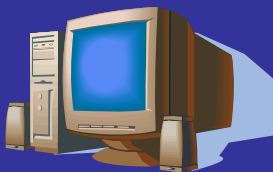
CHASING LINCOLN'S KILLER is a fast-paced thriller about the pursuit and capture of John Wilkes Booth: a wild 12-day chase through the streets of Washington, D.C., across the swamps of Maryland, and into the forests of Virginia.

SHOW ME THE \$\$



I am happy to let you know that you will be receiving a check in the amount of _____. This check will be arriving the last week of February. Let me know if you should have any questions.

"Life is what happens while you're making other plans."
John Lennon



Some Great Websites

Cheap prescription eyeglasses and sunglasses-
ZenniOptical.com

Teen Health
Teenshealth.org/teen/

On-Line Advice
Mentornet.net

Kim Hobbs
The Work Station
70 N Plains Rd.
The Plains, OH 45780
(740) 797-1405-work
(740) 541-0284-cell
hobbslts@yahoo.com

FEBRUARY CALANDER

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 Happy B-Day Lonnie	2 Ground Hog Day...6 More Weeks of Winter ☺	3. Buddy Holly, Big Bopper Richie Valens die in plane crash (1959)	4 The Day after February 3 rd (Pretty creative huh?)	5 1870 - 1st motion picture shown to a theater audience, Philadelphia	6 Super Bowl 39 NE beats Philadelphia 24-21	7 Ashton Kutcher B-Day
8 Clean your room without being told	9 Talk with your counselor about ACT/SAT Tests	10 1947 - WW II peace treaties signed	11 Don't Cry Over Spilled Milk Day	12 Free class at Sit 'n Stitch Nelsonville 753-3885 5:00 PM to 8 PM- Every Thurs	13 FRIDAY the 13 th Have you bought your cards for Valentines Day?	14 Passport to Fishing Workshop. Free 10 AM to 12PM 797-9686 Ex. 106
15 Say "I love you" to someone. Happy B-Day NIA	16 President's Day... Happy B-Day Kate	17 Do laundry, vacuum, or the dishes without being told	18 US Astronomer Clyde Tombaugh discovers Pluto (1930)	19 Hard & Vocal Concert 7:30 PM Athens Public Library	20 Rihanna B-Day	21 Farmer's Market Happy B-Day Mike
22 Make Dinner for family	23 National Dog Bisquit Appreciation Day	24 Anime Movie Club 3:00 The Plains Library	25 The Beatles begin recording Abbey Road album (1969) MY favorite!	26 OU Men's Basketball The Convo 7:00 PM	27 Chelsea Clinton B-Day	28 Start Preparing for OGT Tests. Happy B-Day Josie!

Self Esteem is about how much we feel valued, loved, accepted and thought of by others and how much we value, love and accept ourselves. How we feel about ourselves can influence how we live our lives. People who feel that they are likable have better relationships. People who believe they can accomplish goals and solve problems are more likely to do well in school. Many people (not only teenagers) have problems with self-esteem. Ask yourself the following questions and answer true or false. (Rosenberg, 1965)

1. I feel that I have a number of good qualities.
2. I feel I do not have much to be proud of
3. At times I feel I am no good at all
4. I feel I am a person of worth, at least on an equal basis with others
5. All in all, I feel that I am a failure
6. On the whole, I am satisfied with myself.

Those who answer "true" to 1,4 and 6 would be considered to have a higher self esteem. Those who answer "true" to 2,3 and 5 would be considered to have lower self esteem.

Steps to Improving Self-Esteem:-Each day write three positive things about yourself.

Try to stop thinking negative thoughts about yourself.

View mistakes as learning opportunities.

Aim for accomplishments rather than perfection.

Set goals.

Exercise and Have Fun.