

UNDERAGE PAGE

Slick singers
Belton H.S. theater students gear up for some '50s fun in their version of "Grease."
—Page 1D



When you have something nice to say

How a compliment a day can boost self-esteem

BY ALISON SIMERLY
BELTON HIGH SCHOOL

It's a seemingly universal truth that giving someone a compliment results in a boost of confidence, a smile and a sense of satisfaction for the person who gave the compliment. However, compliments may matter more than you

previously thought.

Studies conducted by Kansas State University researcher Courtney Fea show a decrease in the negative body image of women after just one compliment. Although the lack of self-confidence is most evident in women in their early 20s, it has been detected in females of all ages, beginning

at 4-5 years old.

The college students Fea focused on demonstrated the surprising effect one compliment a day had on their body images. The results were an increase in confidence, and a lesser chance of depression caused by a negative view of their bodies. The best part is that compliments regarding the students' characters or personalities received the same positive feedback as those regarding their looks.

As easy as a compliment is

to give, it makes perfect sense to dish them out on a daily basis. With 8 million men and women of the American population suffering from eating disorders, the need for increased self-confidence is strikingly obvious.

The Hollywood body pasted on the screens of the 99 percent of Americans who own one or more televisions can be detrimental to the health of much of the population, namely females from 12 to 25, the study shows. If the women on

TV serve as the primary role models for young girls, we can only expect to see an increase in eating disorders and lower self-confidence.

Women closer to home are also affected by the unrealistic body image the media encourages. "I used to think I was fat because every time I turned the television on there would be some pretty, slender girl who attracted all these guys," sophomore Madeleine Devall said. "The media has provided that fine line between beauti-

ful and ugly."

Allowing our perceptions to be influenced by such unrealistic expectations may seem like passive acceptance, but, unfortunately, it's increasingly the norm. By focusing on overall health we can strive for real bodies, healthy and flawed, and the strength that accompanies them.

In the meantime, compliments are easy to give and often have the added effect of making a difference while making a day.

In the scene: Movies from a teen perspective

Bride Wars



20th Century Fox

Kate Hudson and Anne Hathaway star together in 20th Century Fox's "Bride Wars," now showing in theaters nationwide.

Leave the boys at home for this female comedy

BY MAKENZIE CLINE
TEMPLE HIGH SCHOOL

In the new movie "Bride Wars," two best friends become enemies competing for the perfect wedding. Kate Hudson and Anne Hathaway play Liv and Emma, who have been best friends their entire lives. Both have spent their lives dreaming of a June wedding at the Plaza, but due to mishap their weddings are booked on the same day.

Neither Liv nor Emma will change her wedding date, which leads to the "war" the movie is named for. The fight ensues between the best friends leading

from one antic to the next; one girl dyes the other's hair, one messes with the other at the tanning salon, and so on. As the antics become more extreme, the comedic factor grows.

Directed by Gar Winick, "Bride Wars" isn't really a romantic comedy, since the two grooms make very few appearances. The comedy is about these two brides and their need to be the most important person on their wedding day. In the end both brides make it to the altar, just not completely how they planned. The movie leaves you content with the conclusion but would not be considered unpredictable.



Paramount Pictures/AP

Brad Pitt stars as the lead in "The Curious Case of Benjamin Button," the tale of a man who is born an old man and ages in reverse. The movie was adapted from the F. Scott Fitzgerald book of the same title.

The Curious Case of Benjamin Button

BY MAKENZIE CLINE
TEMPLE HIGH SCHOOL

"Benjamin Button," starring Brad Pitt, is the story of a boy born as an 80-year-old man. The boy is raised in a home for the elderly after being abandoned there by his father. Despite his unique birth, Button is raised as a normal child. As he grows older, he ages backward, growing from a feeble old man to a strong young man.

Along the way he meets interesting new characters, one of

them being a drunken tugboat captain. Button joins his crew and travels with him for many years. After this adventure he returns to New Orleans where he was raised.

The main relationship in the story is between Mr. Button and a red headed girl named Daisy, played by Cate Blanchett. The two eventually age to meet in the middle. Daisy and Benjamin have a child. Benjamin leaves knowing he is continuing to grow meaning he is physically

younger, and cannot be a good father. The strained relationship between Benjamin and Daisy makes it hard to stop watching.

The story is captivating because of the impracticality, or plausibility, of a man aging in reverse. Although you don't believe in the story completely, you can't help being drawn in. Although the conclusion could have been a little more happy and similar to a fairy-tale ending, the film still leaves the viewer nearly satisfied.

Your chance to dance, show-off and shine as a Belton H.S. Magic Belle

BY MACY BANFIELD AND SAMANTHA STAPPER
BELTON MIDDLE SCHOOL

"A Magic Belle: High spirits, sparkling personality, responsible young lady, and must love dance!"
The award-winning Belton

High School Magic Belles drill/dance team will be holding tryouts and giving students a chance to dance! Successful participants in their dream audition will perform at football games, basketball games, contests and pep rallies.

"In order to be as 'good' as

our tradition and history warrants, hard work and discipline are basic components of the program," says Rachel Walters, the director of the Magic Belles for three going on four years.

If you want to be a Magic Belle you need to know your

commitment will be not only to your team but also to your academics.

Here's what you need to know:

The auditions are open to young ladies who will be attending Belton High School for the 2009-10 school year

and are currently in the eighth-11th grades.

There will be a mandatory parent meeting at 6 p.m. Feb. 12 in the Belton High School Library. The dance clinic, where you will learn a dance and kick routine to perform during tryouts, will be 4:30 to

6:30 p.m. Monday, Feb. 23, through Thursday, Feb. 26.

At 4:30 p.m. on Feb. 27 is when you will receive your dream audition!

For information e-mail the director of the Magic Belles at: rachel.walters@bisd.net or call her at: (254) 215-2277.

5TH ANNUAL
Day for Women

at the Frank W. Mayborn Civic & Convention Center

presented by
TEMPLE DAILY TELEGRAM

for more info call 778.4444

Saturday, Feb. 28,
10am - 5pm

FEATURING A
style show
SHOWCASING THE
LATEST PROM FASHIONS.

ACCESSORIES • SHOPPING • DOOR PRIZES • AND MORE!