

## Mentoring program stresses self-esteem

By **CAROL LEATH**  
Courier Staff

Kaleidoscope's fall mentoring schedule began on September 19, 2006, with a workshop entitled Self-Esteem - You are beautiful!

This was not a workshop to instruct women on correct makeup or the latest in designer clothing, but one to help women understand that true beauty comes from within.

There was no man bashing, no women are better than men, stronger than men, or anything along those lines.

The main focus was to give women the necessary tools to understand themselves better, to forgive themselves for whatever was holding them back. It was a time to focus on ourselves and what we want for ourselves, goals and ambitions. Women came to realize that it is all right to say no to husbands, boyfriends, children, friends and other family members.

The importance of role models and their rightful place in our lives was discussed. You pick your role models. Our mothers are our first role models, but we do not have to become our mothers unless we want to. The expectations we have to live up to are our realistic expectations of ourselves.

Handouts, with thoughtful questions were to be filled. This starting point served to direct participants' focus. We were partnered up and questioned about what the other person had to say and how we related to their comments.

A lesson in listening is one we can all benefit from.

Following your dreams and making your own dreams come true is a message not only women can benefit from. Overcoming the negatives imposed on us by others and ourselves is a real and serious problem for everyone at some point in his or her life.

The guest speaker for this workshop was Marta Miranda. Miranda is an instructor of social work and women's studies at Eastern Kentucky University.

She was an excellent choice for this workshop.

Miranda came to the United States from Cuba 40 years ago. More than 15 years ago, while on her way to visit a friend, she was driving through Northeastern Kentucky and felt a connection to the land. She decided she wanted a house and about 15 acres of this land. That was her dream, and she made it happen. Family and friends thought she was crazy. She showed them. Miranda now describes herself as Cubappalachian. That's part Cuban and part Appalachian.

Miranda made the workshop interesting, thought-provoking and funny, even though she was in mourning. Thunder, her 12-year-old Malamute had just died. Thunder and Miranda had adopted each other. He was her first friend. Thunder is survived by Flannel, a rescued cat, and of course, by Marta Miranda.

## Lawrenceburg Phi Beta Lambda goes to Nationals

By **ELIZABETH WORSTER**  
Contributing Writer

Seven students of the Phi Beta Lambda Lawrenceburg Chapter competed in the Spring Leadership Conference held in Louisville last semester.

The Phi Beta Lambda chapter has been held on BCTC's Lawrenceburg Campus since 1995-96 and has competed in nationals all over the country in places such as Denver, Dallas, Orlando and, this year, Nashville. Along with one other chapter on Leestown, the Phi Beta Lambda was once just open to business students but now is open to anyone who wants to join no matter what BCTC campus they attend.

In the fall, there is a Leadership Training program called Fall Leadership Conference where the presidents get together as well as the treasures and secretaries.

Members who wanted to compete for the spring conference were to assume they were in

positions for a company and were required to create a presentation that showed off their knowledge and skills in a particular field.

The first place winners won for desktop publishing where the students were to make a magazine cover and calendar. In multimedia, students had to deal with Identity Theft in a four-minute commercial. The Lawrenceburg campus also won first place for the largest percent increase in membership.

The seven students who competed were all winners:

**Bill Shinkle and Connie Rutherford**, Desktop Publishing  
**Carol Aldridge, Brittany Carlton, and Sharon Newby**, MultiMedia Presentation  
**Chris Spaulding**, Computer Concepts  
**Angela Hudson**, Business Communications

**Priority  
Registration for  
Spring 2007  
Oct 30 -  
Nov 17**



Photo submitted

Phi Beta Lambda members, left to right, standing – Connie Rutherford, Sharon Newby, Angela Hudson, Sharon Breeding (adviser), Ann Aldridge, Brittany Carlton. Kneeling - Bill Shinkle and Chris Spaulding