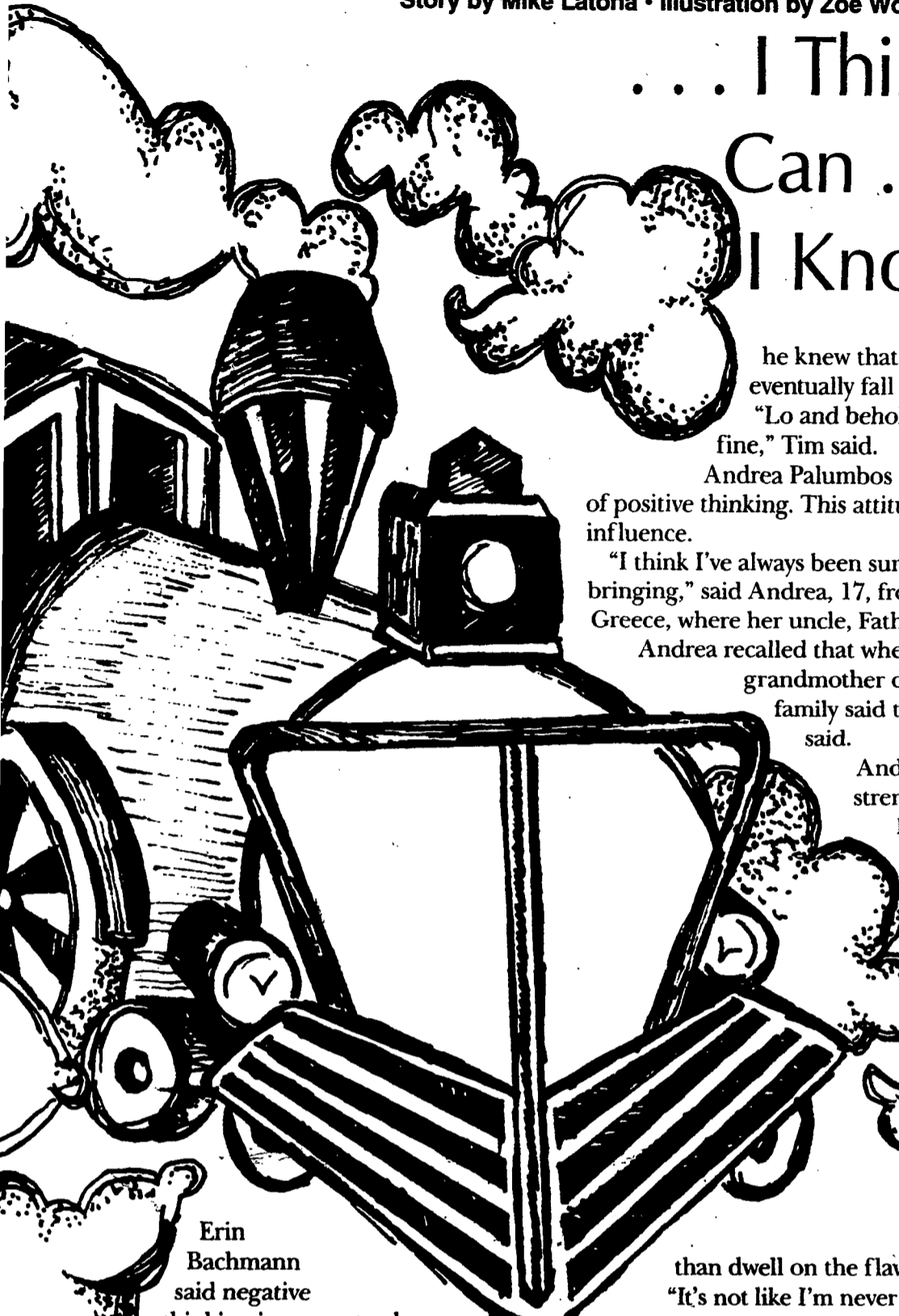


Story by Mike Latona • Illustration by Zoe Woodruff

... I Think I Can ... I Think I Can ... I Think I Can ... I Know I Can ... I Know I Can



he knew that if he kept trying, everything would eventually fall into place.

"Lo and behold, nowadays everything is working just fine," Tim said.

Andrea Palumbos is another teen who believes in the power of positive thinking. This attitude, she said, stems from a good family influence.

"I think I've always been surrounded by it. It all goes back to your upbringing," said Andrea, 17, from St. Charles Borromeo Church in Greece, where her uncle, Father Edward L. Palumbos, is pastor.

Andrea recalled that when she was in third grade, her grandmother died from multiple sclerosis. "My whole family said they were glad she was in heaven," she said.

Andrea added that her faith has helped strengthen the level of positive thinking in her own life. She said she used to judge people harshly, but now employs a compassionate outlook whenever possible.

"Having hate in my heart - I know that's not the right way, because of my Catholic faith," Andrea said.

"Loving somebody is easier than hating somebody."

For example, Andrea explained, she attempts to comment positively on a friend's appearance rather

than dwell on the flaws.

"It's not like I'm never negative. I've experienced both ends of it," Andrea said. "But I can tell you that positive thinking helps so much more."

Donnie LaFlam added that negative thinking not only hurts others, but it also makes you feel worse about yourself.

"The self-esteem can sink really, really low," said Donnie, 15, from the Catholic Community of St. Anne and St. Gregory in Palmyra and Marion.

On the other hand, Donnie noted that the supreme model of positive thinking can be found in Jesus Christ.

"Jesus always thought positively. When he died for us, he was definitely thinking about the future - and that's positive thinking," Donnie said.

Donnie added that his own positive thinking is reinforced through the sacrament of penance.

"I've never met a priest who didn't think positively," Donnie said. "When I go to confession, they just want to make you feel better."

Brooke said that by attending Sunday Mass, she is able to focus positively on the week ahead.

"Inside of me, it helps me get off on a good foot and to get through barriers during the week," Brooke said. "That's positive thinking, too, I guess."

Erin is another teen whose faith leads to a positive outlook on life.

"If I'm ever thinking negatively, I'll pray to God to help me out of what's going on," Erin said. "I have faith that God's going to help me, and that something good is going to come out of something bad."

Erin Bachmann said negative thinking is guaranteed to make matters worse.

"If you think negatively, then you're never going to be a happy person, from Holy Cross Church in Rochester, and don't do much about it. That's when the ball; it gets larger and larger," Tim added. Sports teams struggle, Erin appreciates the fact that offer more encouragement than criticism. helps the team to try to work harder and get attends Odyssey at Hoover Drive School in

ed positive thinking toward athletics, Tim has leemics. At one time, he recalled, he had "real f his classes at Rochester's School of the Arts. But

I Think I Can ...

I Think I Can ...

I Think I Can ...

I Think I Can ...

I Think I Can ...

I Think I Can ...

I Know I Can ...

I Know I Can ...

I Know I Can ...

I Know I Can ...

I Know I Can ...

I Know I Can ...

Coming next week
Body image

The Meaning of Christmas To Your Home.

The Christmas Spirit comes alive with our beautiful, hand-crafted, solid wood Nativity set. Order for yourself or as a gift for that special person.

Start a Christmas tradition now! The manger comes apart for easy storage.

Order the complete hand-crafted set with figurines for \$54.95.

Order the manger alone to display your favorite figurines in for \$34.95.

Plus tax, shipping and handling.

Collection
281-8570
d or Your Money Back.

showroom at
Liberty, New York

Disassembled Manger

Imported Specialties • Seafood and Smoked Fish

PITTSFORD FISH MARKET

510 Monroe Avenue (near Goodman)

FOR ALL YOUR SEAFOOD NEEDS DURING THE HOLIDAYS

OPEN 7 DAYS • 271-1780

SPECIALTY SAUSAGES & EUROPEAN STYLE GOLD CUTS

DAILY SPECIALS ON OUR FRESH & SMOKED FISH

Hot Fish to Go Nick Vasalos

Fresh Fish Live Lobster Frozen Seafood