

Guide to the 2008 Leadership Conference

Our 2008 Annual Leadership Conference will be held at the Park Royal Hotel in Cozumel, Mexico April 3-6, 2008. Here is a guide to finding everything you need for the 2008 conference.

Conference dates and fee: (see blurb, right) view the 2008 National Leadership Conference announcement at www.abg.org or click www.abg.org/2008-national-leadership-conf.asp

Awards and competition: (see article, pg 4) view the Awards and Competition page at www.abg.org or click <http://www.abg.org/awards.asp>

Submission forms for each award can be downloaded from the Awards and Competition page at <http://www.abg.org/awards.asp>. Students and advisers may electronically submit entries to webmaster@abg.org.

Staying healthy: For tips on having some fun in the sun and enjoying Mexico safely, see “Staying Healthy” on pg 22.

Being prepared: “What to Pack”--a handy list of items you won’t want to be without in Cozumel. Pg 10.

Entertainment: Turn to pg 15 to learn about some fun and unique entertainment ideas near Park Royal.



2008 Annual Leadership Conference

WHERE: Park Royal Hotel in Cozumel, Mexico

WHEN: April 3-6, 2008.

COST: \$353.00 per person. *This fee covers all meals, drinks, hotel and conference fee. Attendees are responsible for travel costs.*

There is a stipend of \$250.00 for one adviser and one officer to attend the conference, provided the officer attends all workshops and presentations.

Non-refundable deposit of \$200.00 due by Jan. 15

Balance of \$153.00 due by March 15

Everyone needs a passport. The word is it takes approximately 2 months to get one, so please apply soon if you need one.

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Westchester Community College

NATIONAL EXECUTIVE CHAIRS
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Georgia Perimeter College
Professor Renee Summers-Akers
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STUDENT EXECUTIVE BOARD, 2007

Cody Esbrandt, Brevard Community College

Sem E. Esquivel, Del Mar College

Michelle Nevels-Stacks, Pensacola Jr College

THE HONORS JOURNAL of Alpha Beta Gamma

Editor

Gaye Andersen

Assistant Editor

Danielle Yakovetz

Chief Executive Officer

John D. Christesen

Send newsletters to:

Alpha Beta Gamma
The Honors Journal
75 Grasslands Road
Valhalla, NY 10595

or

E-mail to: ceo@abg.org
or gaye.andersen@davenport.edu

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- **Tips and hints on how to succeed**
- **Humorous quips and quotes**
- **Resources for Alpha Beta Gammas**
- ...and much more!**

Editor's Note

We hope that you enjoy this edition of the Honors Journal. We were very pleased that we received submissions from so many of you. Please keep articles and ideas coming so that the Honors Journal can be truly reflective of all members of Alpha Beta Gamma.

As we approach the holiday season, I am sure that all of you are really busy wrapping up classes, preparing for the holidays, getting your scholarship submissions fine-tuned for the 2008 Leadership Conference, and preparing for chapter award submissions. Please take time to reflect on all of the things we have to be thankful for as 2007 draws to a close.

I am sure that we are all looking forward to getting together on the beautiful Island of Cozumel and enjoying the culture and the people Mexico next April. Until then, I wish you all a blessed and happy holiday season! Please email any news and/or information to gaye.andersen@davenport.edu for publication in the Spring edition.



1. What happened when the snowgirl fell out with the snowboy?

2. What do snowmen wear on their heads?

More snow jokes to come...

1. She gave him the cold shoulder! 2. Ice caps!



Awards and Competitions

Each year at the annual Leadership Conference, Alpha Beta Gammans are selected for exceptional contributions. To be considered for an award or to nominate a member for recognition, please submit entry and completed form (available on the ABG website) to webmaster@abg.org.

Chapter Awards

The awards described below are based on submitted Annual Reports. Chapters may request to be considered for any of the awards and may attach ancillary materials to the Annual Reports. Please visit www.abg.org/awards.asp for details about each award.

The Golden Key Award - to the chapter that displays overall excellence and serves as a model chapter for others to emulate. A plaque is awarded to the winning chapter.

The Professor Donald Bertram Community Service Award - to the chapter that displays innovation in service to the community. A plaque is awarded to the winning chapter.

Excellence in Financial Management - to the chapter that displays excellence in fundraising and cash flow management. The ability to finance special projects and events is important in this category. A plaque is awarded to the winning chapter.

Excellence in Recruitment - to the chapter with excellence in recruiting by means of materials and marketing programs. Materials that can be shared with other chapters are most valuable. A plaque is awarded to the winning chapter.

Excellence in Campus Service - to the chapter that best serves the Host College. Chapters provide ancillary learning experiences in the business division are encouraged to document their activities in their Annual Reports. A plaque is awarded to the winning chapter.

Individual Competitions

The following awards are made to individual recipients. Please see additional information and the nomination or submission forms on our website at www.abg.org/awards.asp.

Alpha Beta Gamma College President of the Year - to a college president who has demonstrated, over an extended period of time, inordinate support for the mission of Alpha Beta Gamma.

The Hausman Siegel Distinguished Chapter President Award - Awarded annually to the most outstanding chapter president. A stipend of \$300.00 and a plaque are provided to the recipient.

The Professor Steve Graham Memorial Award - to a student who is nominated by a faculty adviser in attendance at the Annual Leadership Meeting. Stipend \$300.00. Plaque issued

The Dr. Mary Bone Competitive Essay Award - to the writer of the best essay (less than 500 words), "What Alpha Beta Gamma Means To Me". Stipend of \$300.00 and a plaque is provided to the recipient.

The Joseph Perry Creativity Award - to either an adviser or student who makes a significant editorial contribution to the Honors Journal. Recommendations for this award are made by the Editor in Chief of the Honors Journal and the Chief Executive Officer of the Society.

The Prof. C. George Alvey Distinguished Fellowship - awarded by the Scholarship Committee to the chapter adviser who emulates the significant contribution made to Alpha Beta Gamma by Adviser Emeritus, C. George Alvey of the Rho Chapter. A \$300 stipend accompanies this award.

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The Eva Bobrow Memorial Medallion of Excellence - Each chapter adviser may annually recommend one outstanding Alpha Beta Gamman who in serving as an officer of the chapter has contributed in an outstanding fashion and achieved excellent results for the chapter.

The Papps Award - to an Alpha Beta Gamman who transferred to the Wharton School at the University of Pennsylvania. A Book Award of \$300.00 and a plaque will be awarded.

The Francis Cunningham, Esq. Memorial Essay Award - Applicants must submit an essay of no more than 1,000 words on the subject "Ethics In Business". A \$300 Stipend and Plaque are awarded to the recipient. The winning essay will be published in the Honors Journal.

The Peter J. Gleason Essay Award - Applicants must submit an essay of no more than 1,000 words on the subject Business and the Environment, Today and in Ten Years." A \$300 Stipend and plaque will be awarded to the recipient. The winning essay will be published in the Honors Journal.

The Cerrone Award - awarded to a Chapter President who has done an outstanding job rejuvenating a chapter. The Cerrone Fund was created by Ray Cerrone, past . A \$300 stipend and a plaque accompany this award.

The Nathan Ancell Memorial Award - awarded annually to the student who writes the Best Business Plan for a new business. A \$300.00 stipend and plaque will be offered to the recipient of the award.

The Steve Perri Memorial Essay Award - This award funded by the family and friends of Steve Perri and the National Dean's List is awarded to the writer of an essay describing the Pros and Cons of Being an Entrepreneur. A \$300 stipend accompanies this award.

The Ester Cross-Carter Memorial Essay - An essay on the topic "Helping Others" is required. The recipient of this award receives a stipend of \$300 and a plaque.

The Sophia Abeles Essay Award - This competitive essay award should concentrate on the theme of "Learning". A \$300.00 stipend and plaque will be offered to the recipient of the award.

The Zagara Competitors Award - This award is presented to an athlete who is also an Alpha Beta Gamman.. A \$300.00 stipend and plaque is offered to the awardee.

The Krzemienski/MBIA Essay Award - This essay competition centers on the theme of "The significance of municipal bonds in financing special projects in the USA". The scholarship committee selects the best essay and awards a \$300.00 stipend and plaque.

The David Pope Essay Award - An essay describing the contribution that emigrants made and continue to make to our democracy is required for this essay competition. An award of \$300.00 and a plaque will be presented to the essay selected by the scholarship committee.

The Ginny Fastje Best Student Presentation - award will be determined by a vote of all students attending the Annual Conference. A \$300.00 stipend will be conferred upon the winner/winning team at the Awards Dinner.

Harold E. Tepool Award - will be given to the chapter with the best promotional material from chapter activities. A \$300.00 stipend and plaque will be awarded to the winning chapter.

The Pamela Donahue Award - Presented to the Best Faculty Presentator at the Annual Meeting.; A stipend of \$300.00 and a plaque will be presented to the recipient selected by the Program Committee.

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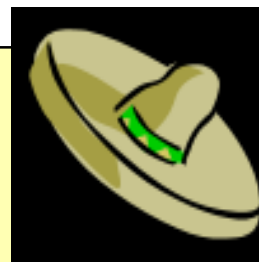
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The David Bjorklund Memorial Essay Award – The theme of the essay is “Using Finance For Corporate Growth.” An award of \$300.00 and a plaque will be presented each year to the finalist selected by the scholarship committee.

The Cornelia Blackwell Memorial Essay Award - An essay competition entitled “The Importance of Teaching Business”. An award of \$300.00 and a plaque will be presented to the finalist.

The John D. Christesen Essay - This competitive essay should describe the environment, pedagogy or other atypical conditions under which the writer experienced the deepest and most significant learning while studying courses at a two-year college. The winning essay will be posted on the national website and the recipient will receive a \$300.00 stipend

Mexico Tips--Traveler's Spanish



You do not have to speak Spanish in Cozumel but don't forget you are in Mexico. Learn a few phrases and have some fun!

Let's do the numbers first...

1. uno 2. dos 3. tres 4. cuatro 5. cinco
6. seis 7. siete 8. ocho 9. nueve 10. diez
11. once 12. doce 13. trece 14. catorce
15. quince 16. dieciséis 17. diecisiete
18. dieciocho 19. diecinueve 20. veinte

How to say Hi and Goodbye...

Good morning.	Buenos días.
Good afternoon.	Buenas tardes.
Good evening.	Buenas noches.
Hello.	Hola.
How are you? (formal).	Cómo está usted?
How are you? (informal)	Cómo está?
Goodbye	Adiós.
See you later.	Hasta luego.
See you tomorrow.	Hasta mañana.
Good night.	Buenos noches.

Introduce yourself...

What's your name?	Cómo se llama?
My name is	Me llamo...
Very pleased to meet you.	Mucho gusto.
How do you do?	Encantado de onocerle?

Now for a few conversational phrases.....

Yes.	Sí
No.	No.
Good	Bueno
Bad	Malo
Why?	Por qué?
When?	Cuándo?
Where?	Dónde?
What?	Qué?
How?	Cómo?
How much it is?	Cuánto Cuesta?
I don't understand.	No comprendo.
I don't speak Spanish.	No hablo Español
The bill, please.	La Cuenta, por favor.
Bathroom?	El baño?

Make sure you say nice things...

Thank you very much.	Muchas gracias.
No, thank you.	No, gracias.
You're welcome	De nada.
Please	Por favor.
Pardon me. (to get attention)	Perdón.
Pardon me. (to pass)	Con permiso.

Hope that gets you started!! Hasta!!

<http://www.cancunandrivieramaya.com/spanish.shtml>

Leaders Are Not Born

By Sem E. Esquivel,
Alpha Psi, Del Mar College

For me, being a leader was not at the top of my list when I came to college. Go to school, get an education and look for a job, were the only priorities that concerned me. But towards the end of my educational journey I felt a need to experience something more. I wanted to know the feeling of great responsibility, of being the go to guy who had to make those hard and tough decisions.

I thought my opportunity lied in the editorship for the Del Mar College school paper, the *Foghorn*. Having been through the application process once before, I felt confident about attaining the privilege to expand and improve the publication. Unfortunately, my desire to take the reigns of leadership was not fulfilled as someone else was chosen to become the editor.

I was devastated that my one opportunity to become a leader had escaped my grasp. At that moment I contemplated if it was even worth the fight anymore. I imagine that every future leader goes through this. I had two options in front of my future path. Give up and finish out the year with never knowing my full potential, or get up and use my untapped energy to accomplish more than I ever thought I could.

So I chose the latter and began searching my college for any club or organization I could join. Anything that offered the role of being a leader.

I became a member of the Del Mar speech team, Vice-President of the Press Club, President/Historian for Alpha Beta Gamma's Alpha Phi chapter and editor-in-chief of the Del Mar College *Siren* magazine. I was immersed in work, and started to learn the harsh lessons of being a leader and team member. But I enjoyed it. And with hard work, came the abundant awards that honored it.

In the speech team won several awards including becoming top community college and top novice in impromptu speaking for the state of Texas. In the Press Club I won several awards in journalism, including a 1st place for a picture essay that contributed to our record breaking eight 1st place awards. In ABG I received the Eva Barbarrow Medallion of Excellence, a \$300 stipend and plaque for an essay I wrote and became an Executive Officer of the ABG International Chapter.

After all this I thought that I had fulfilled everything that I

wanted to see of my potential. To my surprise however, my college had nominated and inducted me into their Hall of Fame, which is the highest honor a student can receive from Del Mar. And I was also asked to be the keynote speaker for the 2007 summer commencement ceremony.

The honors and privileges that I have been bestowed have shown me that being a leader, while rewarding, takes great struggle and sacrifice. I remember the day that I was initiated into this honors society and the moment when I had to choose the candle before me. I chose red for leadership, because I knew, deep down inside, there was a leader waiting to take charge.

“Leaders are not born, they are forged through the fire of life.”

—Sem E. Esquivel

One-Minute TIP

Achievement takes time and energy. It takes focus and requires your very best efforts. Success requires your full attention, and your best thinking. Don't be one of those who must sadly say, "Opportunity knocked, but I was too busy to answer the door." Carpe diem--seize the day!

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Quick Christmas Tree Facts

(Thanks to the National Christmas Tree Association for the information.)

There are approximately 25 - 30 million Real Christmas Trees sold in the U.S. every year.

North-American Real Christmas Trees are grown in all 50 states and Canada. Eighty percent (80%) of artificial trees are manufactured in China.

Real Trees are a renewable, recyclable resource. Artificial trees contain non-biodegradable plastics and possible metal toxins such as lead.

Consumers can locate the nearest recycling program by logging onto www.realchristmastrees.org

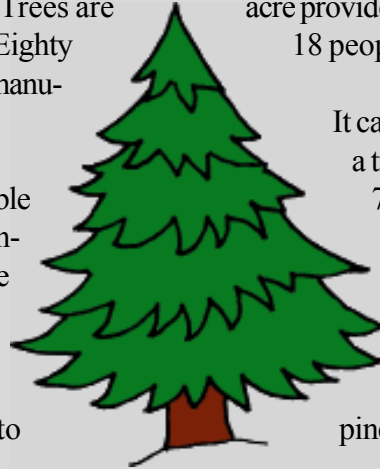
For every Real Christmas Tree harvested, up to 3 seedlings are planted in its place the following spring.

There are about 500,000 acres in production for growing Christmas Trees in the U.S. Each acre provides the daily oxygen requirements of 18 people.

It can take as many as 15 years to grow a tree of average retail sale height (6 - 7 feet) or as little as 4 years, but the average growing time is 7 years.

The top selling Christmas Trees are: balsam fir, Douglas fir, Fraser fir, noble fir, Scotch pine, Virginia pine, and white pine.

Visit www.christmastree.org for suggestions on picking a real Christmas Tree for your Christmas Holiday!



Alpha Beta Gamma International Business Honor Society

Eligible Disciplines

Accounting
Advertising
Agricultural Business
Arts Management
Aviation Management
Banking
Broadcasting, Radio, TV
Business Administration
Business Economics
Business Journalism
Business Management
Business Statistics
Casino Management
Communications
Communication Technology
Computer Information Systems
Computer Programming
Conservation & Regulation
Culinary Management
Dairy Management
Data Processing
Environmental Design

Economics
Entrepreneurship
Fashion
Fashion Merchandising
Finance
Graphic Design Technology
Health Insurance Claims Management
Health Information Technology
Health Services Administration
Hotel Management
Human Resource Management
Industrial Management
International Business
International Public Relations
Industrial Relations
International Public Relations
Investments & Securities
Legal Secretary
Management Information Systems
Management Science
Market Research
Marketing Management

Medical Secretary
Mortuary Science
Office Technologies
Operations Research
Paralegal
Personnel Administration
Postal Services Management
Public Administration
Public Relations
Range Management
Recreational Management
Restaurant Management
Secretarial Science
Small Business Management
Systems Analyst
Textile Engineering
Theatre Management
Trade Management
Transportation Management
Travel & Tourism
Wildlife Management
Word Processing

The Year-End Checklist

This month we start our count-down to the end of the year. I know, it probably seems a long way away, but by the time you allow for the holidays, make your travel and party plans, and realize how many co-workers, friends and colleagues are going to be unavailable in the coming weeks, you'll realize "the end is near!" Plan wisely.

First, review your goals for 2007. We all have various targets we wanted to hit this year. They may be connected to your health, your income, or some other area of life. Hopefully, you wrote them down and have been making steady progress through the year. But whether they were written or not, you know what they were. Check your list. Mark your progress. Note where you need a final push to finish strong. Celebrate your wins, and in particular, take notes on what worked, what didn't work, and what you've learned from the process.

Second, schedule a year-end review with your accountant or tax specialist. There may be taxes or retirement accounts to fund by year-end. Take care of that! And, depending on how you've structured

your business, there may be huge (sometimes HUGE!) advantages to buying equipment, supplies, or other legitimate business needs before December 31st. Stock up. Go into 2008 with the best equipment, tools, software and supplies you can get, and (if appropriate) let the government help you pay for them. It's smart business.

Third, begin scheduling your 2008 goals now. You already have your 2008 calendars (don't you?). Start marking them up. Think through the opportunities you'll have in the new year and develop strategies. Most people wait until the end of the year and then try to set goals in the midst of all the distractions (and fatigue) of the holidays. But not you! Plan ahead. Make 2008 your best year ever.

A well-run business has a great plan, few surprises and no "problems." Set that as your standard and "make it so."

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3. What's an "ig"?

4. What do snowmen eat for lunch?

5. Where do snowmen go to dance?



6. How do snowmen travel around ?



3. An eskimo's home without a lool 4. Icebergers! 5. Snowballs! 6. By icicle!

How to go from Nothing to Everything

Here are the steps that, as far as I know, every successful person has used to achieve their goals:

1. **First**, every innovation and great fortune begins as a simple thought. Often it begins as just a whiff of thought, a glimmer or an intuition, a simple, “I wonder what would happen if...”

2. **Second**, the vast majority of people dismiss these thoughts or ideas. They get distracted and nothing ever develops. BUT — some people latch on to the idea. They “incubate” and ponder it. They ask good questions about how to proceed, who else might be interested, where they could get more information.

3. **Third**, successful people take action. It might be a tiny action, but they read a book, make a call, jot some notes, explore the internet. They do something to record and expand their idea.

4. **Fourth**, they find good people to help them. Too many people keep their ideas to themselves and their dream dies like a seed without water. Successful people form a team or MasterMind group to ask more and better questions, and together they find answers.

5. **Fifth**, they develop a strategy. At first, it doesn't have to be a brilliant or even an effective

strategy, but they find a way to move forward, building on what works and learning from their failures.

6. **Sixth**, they persist and leverage everything “until.” They never give up and they never quit.

No one who reads this is powerless or without resources. You can read. You have friends. There are biographies and you have the internet. There are coaches and models all around you. There are investors looking for the “next big thing.” You may have to start small, and like an airplane going down the run way, there may be a long period of slow-going while you get started, but ultimately, airplanes do take off and soar!

Thomas Edison started with ideas. Bill Gates started with an idea. Oprah Winfrey started poor and alone, but she had some good ideas. And all of them took action. Share your dream with a “MasterMind” group of friends. Ask great questions. Find the answers and take action. Everything in life starts as an idea, a glimmer or a dream. The difference is that successful people follow a strategy and persist until their ideas become reality.

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www.philiphumbert.com*

Mexico Tips --What to Pack

o Casual clothes, t-shirts and shorts. Something a little dressier for the banquet. Light sweater or sweatshirt for cool evenings. Swimsuit cover-up. Sandals and some comfortable walking shoes. Two swim suits. Don't forget a hat or visor and sunglasses!

o Cameras. Bring plenty of film and batteries (really expensive at the resorts). Disposable underwater cameras are great.



o Sunscreen. Bring plenty (try to get eco-safe lotion) you will need to use it on all parts of your body to avoid burnt feet, toes, ears, scalps, etc. Bring an extra t-shirt to wear in the water while snorkeling to keep your back from getting fried. Don't forget something for your lips.

o Misc. items might include band-aids, anti-bacterial wipes, Ziploc baggies, and your own bar soap plus the basic toiletries.

Chapter Spotlights

Beta Tau National Service Project

Mississippi Gulf Coast Community College - Jackson County

We found that our local area American Cancer Society was holding the “Making Strides Against Breast Cancer” walk on Saturday, October 27, 2007. A friend of the chapter advisor is a survivor and had contacted her about participating. We decided to form our own team and registered at the ACS website as the Beta Tau Walkers-MGCCC. The end of September, we began collecting donations on our registration forms, sitting in the Student Center lobby with “Pink Ribbon Cards”, having a table at Oktoberfest and contacting our friends. Several members and the advisor agreed to walk the 5K route on Saturday, October 27.

After sitting in lobbies, fighting wind at Oktoberfest and tapping all our friends, we turned in \$349.78 on Saturday when we checked in at the registration tent on the Biloxi, Mississippi, town green. Members, their spouses, their children, alumni, and the advisor assembled with our banner (donated by the relative of our chapter president) to walk on a beautiful, cool, sunny morning. We were walking in honor of the daughter of one of our honorary members and the wife of another honorary member. The same donor of the banner provided personalized pencils, pink wristbands, chocolate medallions and mints. We distributed the chocolates and mints to other walkers on Saturday morning.

At the end of the walk (see us with our banner in the attached picture crossing the “finish line”), the ACS announced that as of that time, around 3000 had participated in the walk, raising over \$200,000 for the ACS and breast cancer research. We are very proud to have been part of this effort and the chapter intends to participate in this walk annually. They are already planning to enhance the team website at the ACS site and do some additional fund-raising to reach a higher goal next year.



Gamma Gamma inducts Who's Who members

Gamma Gamma congratulates the following members who were inducted into Who's Who Among Students in American Colleges and Universities

Patricia L. Austgen
James W. Bazier
Jill Andrea Brown
Kristin I. Carnett
LeeAnn Ciaccio
Sharon Christopher
Victoria J. Garnett
Susan E. Goettge
Terri M. Hepler

Kathy Kallemeyn
Marylou M. Mamrila
Mary E. Murphy
Toby S. Pendley
Annette H. Stokes
Lynn M. Szala
Melanie Venn
Jamie Wrecsics

Humor: Basically Useless Information



A dime has 118 ridges around the edge.

A cat has 32 muscles in each ear.

A crocodile cannot stick out its tongue.

A dragonfly has a life span of 24 hours.

A goldfish has a memory span of three seconds. (How does anyone know that???)

A “jiffy” is an actual unit of time for 1/100th of a second.

A snail can sleep for three years.

Al Capone’s business card said he was a used furniture dealer.

Almonds are a member of the peach family.

Butterflies taste with their feet.

Cats have over one hundred vocal sounds; Dogs only have about 10.

“Dreamt” is the only English word that ends in the letters “mt”.

If you are an average American, in your whole life, you will spend about 6 months waiting at red lights.

Leonardo Da Vinci invented the scissors.

Maine is the only state whose name is just one syllable.

No word in the English language rhymes with month, orange, silver, or purple.

Peanuts are one of the ingredients of dynamite.

“Stewardesses” is the longest word typed with only the left hand and “lollipop” with your right.

The cruise liner, QE2, moves only six inches for each gallon of diesel that it burns.

The winter of 1932 was so cold that Niagara Falls froze completely solid.

The words ‘racecar,’ ‘kayak’ and ‘level’ are the same read left to right or right to left (palindromes).

There are 293 ways to make change for a dollar.

There are more chickens than people in the world.

There are two words in the English language that have all five vowels in order: “abstemious” and “facetious.”

There’s no Betty Rubble in the Flintstones Chewables Vitamins.

TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.

Winston Churchill was born in a ladies’ room during a dance.

Women blink nearly twice as much as men.



Responsibilities of Alpha Beta Gamma National Officers

Serving as a National Officer is a great leadership opportunity. At the National Leadership conference, students will be elected to serve in the following roles on the executive committee in 2008.

PRESIDENT

1. Assemble national officers in virtual monthly meeting
 - a. Meet with the national officer adviser a week prior to the meeting and provide a tentative agenda
 - b. Email all chapter presidents and advisers points of action and interest resulting from the national officers' monthly meeting within two weeks of meeting
2. Work with other officers to determine official national community service project
 - a. Clear the project with the national officer adviser
 - b. Deadline of August 1
3. Attend National Leadership Conference in year following election
 - a. Must provide \$200 deposit by January 15th that will be returned after the conference if they attend and fulfill duties
 - b. Deliver ten minute welcome and update
 - c. Email national adviser the 10 minute speech 3 weeks prior to the conference
 - d. Include results by chapter of the national community service project
 - e. Attend all workshops and greet members
 - f. Preside over new officer elections
 - i. Prepare ballots
 - g. Serve on the Scholarship Committee
4. Vote on special resolutions
5. Submit one article to the Honors' Journal. Topic must be submitted to the National Officer Adviser by October 1 and April 1. Article must be submitted by November 1 and May 1

VICE PRESIDENT

- 1.. Support the president and promote national ABG activities.
2. Vote on special resolutions
3. Work with other officers to determine official national community service project: Deadline August 1
4. Submit one 250 – 500 word article to the Honors' Journal. Topic must be submitted to the National Officer Adviser by October 1 and April 1. Article must be submitted by November 1 and May 1
5. Assume responsibilities of president if the president is unable to serve
6. Attend the national leadership conference if the president is unable to attend

EXECUTIVE BOARD

1. Support the president and promote national ABG activities
2. Vote on special resolutions
3. Work with other officers to determine official national community service project: Deadline August 1
4. Submit one 250 – 500 word article to the Honors' Journal. Topic must be submitted to the National Officer Adviser by October 1 and April 1. Article must be submitted by November 1 and May 1
5. Assume responsibilities of president if the president is unable to serve
6. Attend the national leadership conference if the president and vice president is unable to attend

Failure to attend three (3) meetings will result in automatic termination of your title and position as a national officer. The officer must then remove this from his/her resume or curriculum vitae. The officer's name will also be removed from the Alpha Beta Gamma national Web site.

7. What sort of ball doesn't bounce ?

8. How do you know when there is a snowman in your bed ?

The Joy of Slow Change

Most people want success NOW! Or at least they want to achieve their goals and enjoy the fruits of victory as soon as possible. Wiser heads, however, understand that sometimes change takes time.

We live in an “instant” culture. Life moves quickly and everyone wants instant relief and immediate gratification. We want to get ahead, make money, make the sale, lose the weight, or take next year’s vacation as soon as possible. I sometimes think we move so fast that eventually we may even get ahead of ourselves!

This week I talked with a potential client who fears life has passed him by. He would like to open a business, make some “major money and retire while I can still enjoy it.” He sees younger people passing him by and he wants a coach because he “can’t wait another year or two.” He wants financial success and he wants it “now.” The man is 26 years old.

That call left me sad and even a bit confused. At more than twice his age, I wondered if there was any future for me at all!

Now, before we go too far down this path, let me affirm that rapid success is a good thing. In fact, I’m all for it! If you have a chance to make major advances, I suggest you do so! Seize opportunity whenever you can! When there are legal, ethical and legitimate ways to take giant steps forward, you should go for it. Like “Duh!”

But in her wisdom, I think Mother Nature has something to say about the more ordinary path to success. Healthy, organic change usually happens slowly.

When plants or animals are taken out of their traditional environment, most of the time they don’t do well. Rapid changes in climate, diet, or other environmental factors are usually harmful. Our veterinarian even recommends that we be careful about

changing Cody’s diet from one brand of dog food to another so as not to upset his system. (This for a dog that eats anything!)

Even kids who have dreamed of college can suffer home sickness. People who have saved for years and eagerly anticipated a visit to another culture can still be disoriented by language or customs they didn’t expect. We know that people who “win the lottery” often experience a myriad of problems adjusting to their new situation.

Rapid success is not always a good thing.

That’s no reason to slow down! It is, however, a reason to persist, to be wise, and to “keep on keeping on” if your success is arriving slower than you would like.

It’s a complicated thing. On the one hand, we want to be quick and efficient. I love being a coach precisely because it DOES bring success more quickly and more easily. At the same time, too often we become impatient and easily discouraged. Sometimes, I suspect nature and life are teaching us vital lessons while we impatiently climbing the ladder of success.

We all know that “over-night success” often takes 20 years or longer. I encourage you to move forward as quickly as you can, but also to accept that whatever is happening is apparently the way it should be, at least for the moment. If you can safely and legitimately speed up the process, go for it! Learn new skills, get a coach, form a team, “make it happen.” But. “Patience is a virtue” and few of us have mastered it. Sometimes “over-night success” takes time and life can teach us important lessons along the way.

Persist. Work hard. Be patient. Never, never give up! Look for a better, faster way, but in the meantime, trust that life is unfolding as it should and that in time, you will get there. “Inch by inch, anything’s a cinch.”

“Mother Nature has something to say about the more ordinary path to success. Healthy, organic change usually happens slowly.”

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Mexico Tips--Things To Do in Cozumel

Parque Chankanaab

Located South of San Miguel, this park offers a combination of history, archeology and recreation. Chankanaab (which means “small sea”) is a national park with a saltwater lagoon, an archaeological park, a botanical garden. Scattered throughout the park are reproductions of a Maya village and many stone carvings. There is excellent snorkeling and diving at the underwater park where you can view underwater caverns, sunken ships, anchors, statues and tons of tropical fish. Actually, while enjoying the shallow waters of the beach at the park, tropical fish can be seen swimming around your feet while simply standing still in the clear water! You can swim with the dolphins at the Dolphin Discovery or find out more about Mexican ruins at the *Parque Arqueologico*. The museum has exhibits on marine life and the botanical garden has more than 450 species of local plants. Admission is \$7 (US).

Chankanaab Reef

Located just south of Parque Chankanaab, this reef is ideal for snorkeling since it is only 350 yards offshore. It’s rather shallow, never going deeper than 70 feet so it is great for beginning scuba divers. This is one of the most accessible reefs with a wonderful array of marine life. This reef is recommended for underwater photography. Fee is \$5 (US).

Paradise Beach

Located approximately 9 miles from downtown, Paradise Beach offers free admission to more sun, surf and sand including use of beach lounge chairs and umbrellas! You can “snuba” (a cross between snorkeling and scuba diving), jetski, try the Spacewalker bungee (\$5) or have a relaxing massage. There are other fun things available—water trampoline, the climbing iceberg, kayaks, and floating sun mats (a fun pass fee of \$9 includes unlimited use of most beach toys and snorkeling gear). You can climb coconut trees, relax on the beach, or access free internet in the cocktail bar. Food and drinks are available.



Isla de Pasion

This is a tiny island just off the northern coast and is part of the state-sponsored wildlife refuge located in the Abrigo Bay. Seldom visited, this island is rife with birds and wildlife. Fishing is permitted, but there are no scheduled tours and visitors must hire a boat to get to the island.

Playa San Juan

This four mile area along a rocky stretch of coastline is a favorite spot for sunbathing, water sports and relaxation. Calm waters allow for excellent snorkeling and the steady winds provide excellent opportunities for windsurfing. Admission is free.

Famous Fury Snorkel and Beach Party

This company takes guests to the best snorkeling spots aboard a fast moving catamaran. Snorkelers follow experienced guides on an underwater tour of coral formations and colorful sea life during the 4 ½ hour tour. Beer and margaritas greet guests back on the beach after a snorkeling trip to Palancar Reef and Columbia Reef. There is a fee which covers snorkeling equipment, food and cocktails.

Transferring - Which School is Right For You?

Members of the Accreditation Council (AACSB)

(Only Schools with at least Bachelors, no MBA only schools)

The American Assembly of Collegiate Schools of Business, an organization of institutions devoted to higher education for business administrations and management, was formally established in 1916. The membership of the Assembly has grown to encompass not only educational institutions but business, government, and professional organizations as well, all seeking to improve and promote higher education for business and working to solve problems of mutual concern.

University of Akron	Canisius College	Georgia Southern University
University of Alabama	Carnegie Mellon University	Georgia State University
University of Alabama at Birmingham	Case Western Reserve University	Gonzaga University
University of Alabama in Huntsville	University of Central Arkansas	University of Hawaii
University of Alaska Anchorage	University of Central Florida	Hofstra University
University of Alaska Fairbanks	Central Michigan University	University of Houston
University of Albany	Central Missouri State University	University of Houston – Clear Lake
University of Alberta	University of Cincinnati	University of Houston – Downtown
Alfred University	Clark University	Howard University
The American University	Clark Atlanta University	University of Idaho
Appalachian State University	Clarkson University	Idaho State University
University of Arizona	Clemson University	University of Illinois at Chicago
Arizona State University	Cleveland State University	University of Illinois at Urbana-Champaign
Arizona State University West	College of Charleston	Illinois State University
University of Arkansas	College of William and Mary	Indiana State University
University of Arkansas at Little Rock	University of Colorado at Boulder	Indiana University
Arkansas State University	University of Colorado at Colorado Springs	Indiana University-Northwest
Auburn University	University of Colorado at Denver	Indiana University - Purdue
Auburn University at Montgomery	Colorado State University	Indiana University at South Bend
Babson College	University of Connecticut	Indiana University Southeast
Ball State University	Creighton University	University of Iowa
University of Baltimore	University of Dayton	Iowa State University
Baruch College	University of Delaware	Jackson State University
Baylor University	University of Denver	James Madison University
Bentley College	DePaul University	John Carroll University
Binghamton University	University of Detroit Mercy	University of Kansas
Boise State University	Drake University	Kansas State University
Boston College	Drexel University	Kennesaw State College
Boston University	Duquesne University	Kent State University
Bowling Green State University	East Carolina University	University of Kentucky
Bradley University	East Tennessee State University	Lamar University
Brigham Young University	East Texas State University	La Salle University
Bryant College	Eastern Illinois University	Universit�e Laval
The University of Calgary	Eastern Michigan University	Lehigh University
University of California at Berkeley	Eastern Washington University	Louisiana State University
California Poly. State Univ., San Luis Obispo	Emory University	Louisiana State University in Shreveport
California State Polytechnic University, Pomona	University of Florida	Louisiana Tech University
California State University, Bakersfield	Florida Atlantic University	University of Louisville
California State University, Chico	Florida International University	Loyola University
California State University, Fresno	Florida State University	Loyola University Chicago
California State University, Fullerton	Fordham University	Loyola College in Maryland
California State University, Hayward	Fort Lewis College	Loyola Marymount University
California State University, Long Beach	Francis Marion University	University of Maine
California State University, Los Angeles	George Mason University	Marquette University
California State University, Northridge	George Washington University	University of Maryland
California State University, Sacramento	Georgetown University	University of Massachusetts Amherst
California State University, San Bernardino	University of Georgia	University of Massachusetts Lowell
	Georgia Institute of Technology	Massachusetts Institute of Technology

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Continued from previous page

McNeese State University	Pacific Lutheran University	The University of Texas at Arlington
The University of Memphis	University of Pennsylvania – Wharton	The University of Texas at Austin
University of Miami	The Pennsylvania State University	The University of Texas at El Paso
Miami University	University of Pittsburgh	The University of Texas at Pan American
The University of Michigan	University of Portland	The University of Texas at San Antonio
The University of Michigan – Flint	Portland State University	Texas A&M University
Michigan State University	Purdue University	Texas Christian University
Middle Tennessee State University	Radford University	Texas Tech University
Millsaps College	Rensselaer Polytechnic Institute	University of Toledo
University of Minnesota	The University of Rhode Island	Towson State University
University of Mississippi	University of Richmond	Tulane University
Mississippi State University	Rider University	University of Tulsa
University of Missouri – Columbia	University of Rochester	University of The Pacific
University of Missouri – Kansas City	Rochester Institute of Technology	University of Utah
University of Missouri – St. Louis	Rollins College	Utah State University
University of Montana	Rutgers University – Camden	Valdosta State University
Montana State University	Rutgers University – New Brunswick	Valparaiso University
University of Montevallo	Rutgers University – Newark	University of Vermont
Murray State University	Saint Cloud State University	Villanova University
University of Nebraska - Lincoln	St. John’s University	University of Virginia – McIntire
University of Nebraska at Omaha	Saint Louis University	Virginia Commonwealth University
University of Nevada, Las Vegas	Salisbury State University	Virginia Polytechnic Institute
University of Nevada, Reno	University of San Diego	Wake Forest University – Wayne Calloway
University of New Hampshire	San Diego State University	University of Washington
University of New Mexico	University of San Francisco	Washington University
New Mexico State University	San Francisco State University	Washington & Lee University
University of New Orleans	San Jose State University	Washington State University
New York University – Stern	Santa Clara University	Wayne State University
Nicholls State University	Seattle University	Werber State University
Norfolk State University	Seton Hall University	University of West Florida
The University of N. Carolina, Chapel Hill	Shippensburg University	West Georgia College
The University of N. Carolina, Charlotte	University of South Alabama	West Virginia University
University of N. Carolina at Greensboro	University of South Carolina	Western Carolina University
University of N. Carolina at Wilmington	University of South Dakota	Western Illinois University
North Carolina State University	University of South Florida	Western Kentucky University
University of North Dakota	Southeastern Louisiana University	Western Michigan University
University of North Florida	University of Southern California	Western Washington University
University of North Texas	Southern Illinois University at Carbondale	Wichita State University
Northeast Louisiana University	Southern Illinois University at Edwardsville	Winthrop University
Northeastern University	Southern Methodist University	University of Wisconsin – Eau Claire
Northern Arizona University	University of Southern Mississippi	University of Wisconsin – La Crosse
University of Northern Colorado	Southwest Missouri State University	University of Wisconsin – Madison
Northern Illinois University	SUNY Buffalo	University of Wisconsin – Milwaukee
University of Northern Iowa	Stephen F. Austin State University	University of Wisconsin – Oshkosh
University of Notre Dame	Suffolk University	University of Wisconsin – Whitewater
Oakland University	Susquehanna University	Wright State University
The Ohio State University	Syracuse University	University of Wyoming
Ohio University	Temple University	Xavier University
The University of Oklahoma	The University of Tennessee at Chattanooga	
Oklahoma State University	The University of Tennessee at Knoxville	
Old Dominion University	The University of Tennessee at Martin	
University of Oregon	Tennessee State University	
Oregon State University	Tennessee Technological University	
Pace University		

Alpha Beta Gamma National Scholarship List

Albright College	Eastern University	Neumann College
Allentown College of St. Francis	Eckard College	New England Culinary Institute
Aquinas College	Elizabethtown College	New Mexico Institute of Mining
Arcadia University	Endicott College	New York School of Interior Design
Ashland University	George Washington U.	Niagara University
Aurora University	Gustavus Adolphus College	Northeast Missouri State U.
Babson College	Iona College	Northeastern State University
Barry University	Jackson State U.	Northeastern University
Bentley College	John Brown U.	Notre Dame College of Ohio
Bloomfield College	Johnson & Wales University	Nova Southeastern University
Bluefield College	Juaniata College	Pace University
Boston University	Kentucky Wesleyan College	Polytechnic University, L.I. Campus
Branford College	Keuka College	Rensselaer Polytechnic Institute
Brenau University	King's College	Robert Morris University
Caldwell College	Le Moyne College	Rust College
California Lutheran College	Lees-McRae College	Saint Vincent College
Canisius College	Lenoir-Rhyne College	Shenandoah University
Central Wesleyan College	Liberty University	Sonoma State University
Charleston Southern U.	Limestone College	Southern Wesleyan University
Chatham College	Lincoln Memorial University	St. Cloud State University
Clark Atlanta U.	Linfield College	St. John's University
Clarkson U.	Livinston University	SUNY - Binghamton
College of Saint Rose	Long Island U, CW Post Campus	Teikyo Marycrest University
College of St. Scholastica	Manchester College	University at Buffalo
Coppin State College	Manhattan College	University of Pittsburgh at Bradford
Daemen College	Marian College	University of Tampa
DePaul U.	Mercy College	University of Tennessee at Martin
Drexel University	Merrimack College	University of West Alabama
Duquesne U.	Midwestern State U	Utica College of Syracuse University
East Tenn. State U	Mississippi University for Women	Vincennes University
		Webber College



For late-breaking news and
all kinds of good stuff,
check out our website

www.ABG.org

Two Choices

NOTE FROM THE EDITOR. I received this email the other day. As I read it, I thought of all of the emails of this type which are untrue and hesitated to forward it. The thought struck me that it does not matter if the story is true or not, what matters is the feelings expressed. May we all choose to be "forwarders" and all "have a Shay Day!"

What would you do? You make the choice. Don't look for a punch line, there isn't one. Read it anyway. My question is: Would you have made the same choice?

At a fund raising dinner for a school that serves learning-disabled children, the father of one of the students delivered a speech that would never be forgotten by all who attended. After extolling the school and its dedicated staff, he offered a question: "When not interfered with by outside influences, everything nature does is done with perfection. Yet my son, Shay, cannot learn things as other children do. He cannot understand things as other children do. Where is the natural order of things in my son?"

The audience was stilled by the query.

The father continued. "I believe that when a child like Shay, physically and mentally handicapped, comes into the world, an opportunity to realize true human nature presents itself, and it comes in the way other people treat that child."

Then he told the following story:

Shay and his father had walked past a park where some boys Shay knew were playing baseball. Shay asked, "Do you think they'll let me play?" Shay's father knew that most of the boys would not want someone like Shay on their team, but the father also understood that if his son were allowed to play, it would give him a much-needed sense of belonging and some confidence to be accepted by others in spite of his handicaps.

Shay's father approached one of the boys on the field and asked (not expecting much) if Shay could play. The boy looked around for guidance and said, "We're losing by six runs and the game is in the eighth inning. I guess he can be on our team and we'll try to put him in to bat in the ninth inning."

Shay struggled over to the team's bench and, with a broad smile, put on a team shirt. His Father watched with a small tear in his eye and warmth in his heart. The boys saw the father's joy at his son being accepted. In the bottom of the eighth inning, Shay's team scored a few runs but was still behind by three. In the top of the ninth inning, Shay put on a glove and played in the right field. Even though no hits came his way, he was obviously ecstatic just to be in the game and on the field, grinning from ear to ear as his father waved to him from the stands. In the bottom of the ninth inning, Shay's team scored again. Now, with two outs and the bases loaded, the potential winning run was on base and Shay was scheduled to be next at bat.

At this juncture, do they let Shay bat and give away their chance to win the game? Surprisingly, Shay was given the bat. Everyone knew that a hit was all but impossible because Shay didn't even know how to hold the bat properly, much less connect with the ball.

However, as Shay stepped up to the plate, the pitcher, recognizing that the other team was putting winning aside for this moment in Shay's life, moved in a few steps to lob the ball in softly so Shay could at least make contact. The first pitch came and Shay swung clumsily and missed. The pitcher again took a few steps forward to toss the ball softly towards Shay. As the pitch came in, Shay swung at the ball and hit a slow ground ball right back to the pitcher.

The game would now be over. The pitcher picked up the soft grounder and could have easily thrown the ball to the first baseman. Shay would have been out and that would have been the end of the game.

Instead, the pitcher threw the ball right over the first baseman's head, out of reach of all team mates. Everyone from the stands and both teams started yelling, "Shay, run to first! Run to first!" Never in his life had Shay ever run that far, but he made it to first base. He scampered down the baseline, wide-eyed and startled.

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Humor: For Lexophiles (lovers of words)

A bicycle can't stand alone; it is two tired.

Time flies like an arrow; fruit flies like a banana.

The short fortuneteller who escaped from prison: a small medium at large.

A will is a dead giveaway.

Those who get too big for their britches will be exposed in the end.

With her marriage she got a new name and a dress.

A plateau is a high form of flattery.

He had a photographic memory which was never developed.

A backward poet writes inverse.

Marathon runners with bad shoes suffer the agony of de feet.

When a clock is hungry it goes back four seconds.

You can tune a piano, but you can't tuna fish.

In a democracy it's your vote that counts; in feudalism, it's your count that votes.

Show me a piano falling down a mine shaft and I'll show you A-flat miner.

A chicken crossing the road: poultry in motion.

When you've seen one shopping center you've seen a mall.

If you don't pay your exorcist you can get repossessed.

The guy who fell onto an upholstery machine was fully recovered.

If you jump off a Paris bridge, you are in Seine.

A calendar's days are numbered.

He broke into song because he couldn't find the key.

Acupuncture: a jab well done.

Local Area Network in Australia: The LAN down under.

A grenade fell onto a kitchen floor in France resulted in Linoleum Blownapart.

When she saw her first strands of gray hair, she thought she'd dye.

You are stuck with your debt if you can't budge it.

A lot of money is tainted: Taint yours, and 'taint mine.

Bakers trade bread recipes on a knead to know basis.

A boiled egg is hard to beat.

Santa's helpers are subordinate clauses.

Should You Be Doing Better?

If you could do better, should you? If you can make more money, or serve more customers, or live a better life, should you?

Most of us are doing better than just ok. We've got so much! We've got computers and cars, we travel and live in beautiful homes. We have air conditioning, big-screen TV's, and food on the table. How much more should we "go for?"

Here's my answer: As much as your potential allows. Greed or blind ambition is obviously a terrible waste. It narrows our perceptions and robs us of joy. And frankly, it limits our achievement because people don't like or trust us, and we lose a certain creative nimbleness that is essential for maximum achievement.

At the same time, if you have potential that could serve more people, that could make and share more money, that could build and create more prod-

ucts, I believe it is immoral to sit on your hands. You've got to try! There's something wrong with being so afraid of "failure" that we deny the ability, the talent and opportunity the universe (God) has invested in us. If you can do better, I believe you have an obligation to "go for it!"

Which leads us to our theme of the month, getting more done. How do you achieve more while maintaining balance, peace of mind, family time and your spirituality? The answer is in the SYSTEMS you use!

Some ambitious people have terrible systems! Because they have a home office, they try to make sales and do laundry at the same time. Or, they work from cluttered desks and can never find the document they need. They fail to master their technology and are always explaining why they are a day late and a bit short.

Don't do that to yourself!

Here are some suggestions for getting more done:

1. Do One Thing Well.

Focus on whatever lies at hand. If you're writing a key proposal, close the door, turn off the phone and write! If you're making a call, pull off the road and focus on the call. When you check email, close the door and spend a solid few minutes taking care of those messages. Take a moment to run spell check and use good grammar. Your customers and colleagues deserve that from you.

2. Use Appropriate Technology.

Some people have all the newest gadgets but don't use them well. Others use old-fashioned paper-and-pencil but actually get the job done. Master your phone system. Learn your software. WiFi PDA's and Blackberries are wonderful if they serve your desired outcome of GETTING MORE DONE. But if they are merely impressive toys that clutter your life, get rid of them.

3. Be FAST!

Practice making decisions quickly. Return phone calls and emails the same day and get them off your desk. Take time to think clearly so you can act quickly. Use "tickler files" and systems to remind you of tasks that need to be done, and when the time is right, do them. Get up early and work quickly all day long. Keep moving!

4. Know What to Delete.

A vast amount of the stuff that comes across our desks each day is junk. We may need to read it or glance at it, but never "stack" stuff! Read and delete. Delegate if necessary. Respond appropriately, then be done and move on. Many of our "have-to's" are just time wasters and distractions. Never get bogged down in trivia!

"How do you achieve more while maintaining balance, peace of mind, family time and your spirituality? The answer is in the SYSTEMS you use!"

Continued on page 25

Mexico Tips--Staying Healthy

There are no guarantees that you will not get some kind of travelers illness while in Mexico, commonly called Montezuma's Revenge and La Turista. Here are a few tips to help avoid illness.

#1 Wash your hands often with antibacterial soap or wipes, especially before eating.

Water

Large resorts and hotels advertise purified water. Most do have their own water purification systems in the hotels, but remember a system is only as good as it's upkeep. You will hear from many people who drink the tap water at their hotel with no problems, and others who have become sick. To be safe, we never drink from the tap and also use bottled water for teeth brushing. Why risk it?

Ice is normally purchased from the bottled water companies, so go ahead and have that margarita.

Don't sing in the shower. Try not to swallow water from the shower.

Very Important -- Drink plenty of bottled water to prevent dehydration!

Food

So many great new things to try! Just don't over-do it, that goes for all those yummy tropical drinks and that ever-flowing cold cerveza, too. I know, it's an All-Inclusive and you want to get your money's worth, but pace yourself! Most of you don't start drinking alcohol at 10 AM at home do you? Your poor body will be in shock.

Salads: they are a bit on the risky side, many hotels probably wash uncooked produce in purified water or a special solution to kill bacteria, but this isn't guaranteed.

Fruits: peeled fruits like bananas, melons, pineapple are wonderful, go for it! And don't forget the wonderful fresh squeezed juices.

Seafood: heavenly! Take it easy on the butter that comes with that lobster, too much of that rich stuff will definitely do a number on the tummy. If you don't care, then go for it, it's sooo good!!

Meat & Chicken, good, but many places

won't have the quality you're used to in the U.S. Several of the chain restaurants import their meat from the states. If you order a hamburger, make sure it is cooked well. To ask for something to be cooked well done, ask for it "bien cocida"

Veggies: I know you're on vacation and you don't want to eat your veggies, but do it--they are wonderful! Usually steamed...yum!

Pasta: can't really go wrong here, many wonderful Italian restaurants in Cancun and the Riviera Maya.

Important tip--that lime they serve with almost everything you order--use it! Squeeze it on your meat, veggies, and seafood. Our local Mexican friends tell us the acid in the lime will help keep any bacteria in balance.

Nature

Sun: The sun is very strong, don't forget your sunscreen. Fair complected people should use at least a 15 spf. I know, you have one week to get the best tan of your life and go back home and make all your friends jealous. It's not worth that nasty burn that will risk your health and make you miserable on vacation, so tan wisely. The snorkel parks, like Xel-Ha, Xcaret request eco-safe sunscreen only to protect the reef and fish you will be swimming with. They will give you small tubes for free at the park, but for many people this is not enough. You can purchase additional sunscreen at the park, or you can buy it before you go to Mexico. Also, your local health food store may carry some eco-safe sun care products.

Mosquitoes: in the Hotel Zone mosquitoes won't be a problem. If you are going on a tour inland, like Chichen-Itza, or someplace like Hidden Worlds, anywhere away from the water you should take along some insect repellent. A brand purchased in Mexico that works well is called Autan and you can buy it at most pharmacies.

Sea Lice: actually jellyfish larvae, also called agua mala, can be a problem late April through June, (we spend a lot of time there in June and

Continued on next page

Continued from previous page

have never experienced this, just lucky I guess) Rinse off after coming out of the ocean. Be sure to rinse your bathing suit out well also. If you do get the rash go to a local pharmacy and they will give you a cortisone type cream to help stop the itch.

Prescription Drugs & Pharmacies :

Copied from U.S. Customs website

Prescription medications should be in their original containers, it is advised that you travel with no more than personal use quantities, a rule of thumb is no more than a 60 day supply. If medications or devices are not in their original containers, you should have a copy of your prescription with you. Medicinal purchases that you make abroad may be subject to FDA restrictions, which are detailed on our web site.

Many prescription drugs can be purchased over the counter in Mexico without a doctors prescription.

Important Emergency Numbers

From the U.S. dial 011-52-998

U.S. Consulate

located at Plaza Caracol

phone number 883-0272

Canadian Consulate

located at Plaza Caracol

phone number 883-3360

Hospital, Ameri-Med

Plaza Las Americas

phone number 881-3400

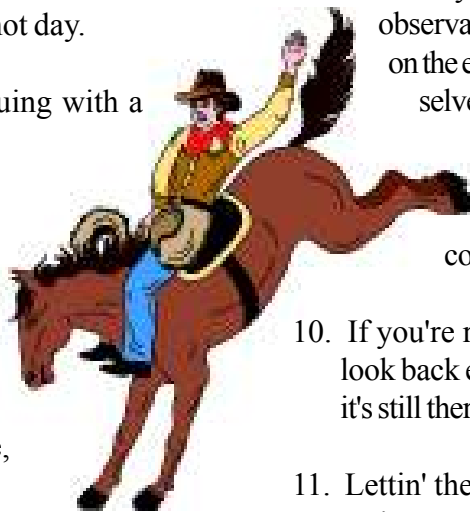
Police

phone number 884-1913

<http://www.mapchick.com/Health.html>

Humor: The Wisdom of Will Rogers

1. Never slap a man who's chewing tobacco.
2. Never kick a cow chip on a hot day.
3. There are 2 theories to arguing with a woman...neither works.
4. Never miss a good chance to shut up.
5. Always drink upstream from the herd.
6. If you find yourself in a hole, stop digging.
7. The quickest way to double your money is to fold it and put it back in your pocket.
8. There are three kinds of men: The ones that learn by reading. The few who learn by observation. The rest of them have to pee on the electric fence and find out for themselves.
9. Good judgment comes from experience, and a lot of that comes from bad judgment.
10. If you're riding' ahead of the herd, take a look back every now and then to make sure it's still there.
11. Lettin' the cat outta the bag is a whole lot easier'n puttin' it back.



One minute TIPS

Before you go to bed tonight, take one step toward your dream. Maybe it's as small as writing a note to yourself, or re-reading your goals. Maybe it's making a phone call, buying a book on the subject, or driving past the home you want to own someday. Whatever it is, take one small step and remember Neil Armstrong's words when he landed on the moon: "That's one small step for a man, one GIANT LEAP for mankind."

If you want to "soar with the eagles" don't spend much time with turkeys! Feed your mind high-nutrition inspiration every day. Read the books, listen to the audio programs. Select friends and business associates with an eye on their attitude and their enthusiasm. Make sure your friends are responsible, positive people. Hang out with folks who challenge you to be your best. Form a MasterMind group of talented people and let them lead you to the top!

Philip E. Humbert
www.philiphumbert.com

Everyone concentrates on the problems we're having in this country lately; illegal immigration, hurricane recovery, alligators attacking people in Florida . . .



Not me. I concentrate on solutions for the problems. It's a win-win situation.

Dig a moat the length of the Mexican border.

Send the dirt to New Orleans to raise the level of the levies.

Put the Florida alligators in the moat along the Mexican border.

Any other problems you would like for me to solve today?

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Everyone yelled, "Run to second, run to second!" Catching his breath, Shay awkwardly ran towards second, gleaming and struggling to make it to the base. By the time Shay rounded towards second base, the right fielder had the ball ... the smallest guy on their team who now had his first chance to be the hero for his team. He could have thrown the ball to the second-baseman for the tag, but he understood the pitcher's intentions so he, too, intentionally threw the ball high and far over the third-baseman's head. Shay ran toward third base deliriously as the runners ahead of him circled the bases toward home.

All were screaming, "Shay, Shay, Shay, all the Way Shay"

Shay reached third base because the opposing shortstop ran to help him by turning him in the direction of third base and shouted, "Run to third! Shay, run to third!"

As Shay rounded third, the boys from both teams, and the spectators, were on their feet screaming, "Shay, run home! Run home!" Shay ran to home, stepped on the plate, and was cheered as the hero who hit the grand slam and won the game for his team.

"That day", said the father softly with tears now rolling down his face, "the boys from both teams helped bring a piece of true love and humanity into this world".

Shay didn't make it to another summer. He

died that winter, having never forgotten being the hero and making his father so happy, and coming home and seeing his mother tearfully embrace her little hero of the day!

AND NOW A LITTLE FOOTNOTE TO THIS STORY: We all send thousands of jokes through the e-mail without a second thought, but when it comes to sending messages about life choices, people hesitate. The crude, vulgar, and often obscene pass freely through cyberspace, but public discussion about decency is too often suppressed in our schools and workplaces.

If you're thinking about forwarding this message, chances are that you're probably sorting out the people in your address book who aren't the "appropriate" ones to receive this type of message. Well, the person who sent you this believes that we all can make a difference.

We all have thousands of opportunities every single day to help interactions between two people present us with a choice: Do we pass along a little spark of love and humanity or do we pass up those opportunities and leave the world a little bit colder in the process?

A wise man once said every society is judged by how it treats its least fortunate amongst them.

You now have two choices:

1. Delete
2. Forward

May your day be a Shay Day.

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5. Focus on Desired Outcomes.

Know your most important results, write them down, and stay focused all day long. Nothing sabotages productivity like confusion! Every day, identify the two or three things that will actually move you forward, then stay on them! When you know (precisely) what MUST GET DONE by 5:00 this afternoon, you'll move quickly and get results. Everything else is just wasting time and successful people don't waste time.

The twin secrets to getting more done are clarity and a sense of urgency. When the phone rings

and company is coming in 20 minutes, it's amazing how much cleaning can get done! When you know exactly what you're trying to achieve, and know it must be done today, the same principle applies! Never let "Murphy's Law" that work expands to fill the time available apply to you. Have a sense of urgency about making those calls, getting those sales, finishing your most important projects. Be a person of ACTION! Git `er done!

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Dr Philip E. Humbert
www.philiphumbert.com*

Life in the 1500's

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be . Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May, and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. **By then the water was so dirty you could actually lose someone in it.** Hence the saying, Don't throw the baby out with the Bath water.

Houses had thatched roofs--thick straw piled high, with no wood underneath. **It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof** When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying . It's raining cats and dogs.

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. **They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day.** Sometimes stew had food in it that had been there for quite a while. Hence the rhyme, Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old..

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, bring home the bacon. **They would cut off a little to share with guests and would all sit around and chew the fat.**

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, **tomatoes were considered poisonous.**

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and **guests got the top, or the upper crust.**

Lead cups were used to drink ale or whisky. **The combination would sometimes knock the imbibers out for a couple of days.** Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When re-opening these coffins, **1 out of 25 coffins were found to have scratch marks on the inside** and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift.) to listen for the bell; thus, someone could be, saved by the bell or was considered a ...dead ringer..

And that's the truth. Now, whoever said History was boring !!!

9. What do you get if cross a snowman and a shark ?

10. What do you call an Eskimo cow ?



9. Frost bite ! 10. An eskimoo!

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