

2012 Annual Leadership Conference
La Fonda Santa Fe, Santa Fe, New Mexico
March 29 -April 1, 2012

2012 Annual Leadership Conference

WHERE: La Fonda Santa Fe, Santa Fe, New Mexico

WHEN: March 29-April 1, 2012

COST: \$149 prior to 2/25, \$199 thereafter

Hotel reservations must be made directly with La Fonda Hotel:

Mention Alpha Beta Gamma and code #707240

- By Phone: 800/523-5002, #1.
- By Fax: 505/954-3599
- Online: www.lafondasantafe.com/email-group.html

See more details at www.abg.org.

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.



EDITOR'S NOTE:

Having never been to Santa Fe before, I did some research and found a great article describing the city and some of the not to miss sightseeing (and dining opportunities). After reading this, you will, I am sure be booking your flight and be anxiously awaiting our next annual leadership conference.

Breathtaking views of jagged mountains. Hand-crafted turquoise and silver jewelry. Spicy, tantalizing New Mexican dishes. Here's why you should consider Santa Fe:

First, as every violet- and cinnamon-colored sunset will remind you, Santa Fe's pure beauty is incredible. And if you want to see that beauty firsthand on a hike, picnic, or bike ride, there are a good number of free or inexpensive places to explore - such as the Dale Ball trails, Bandelier National Monument and the Sangre de Cristo Mountains.

"We're so lucky with outdoor recreation in Santa Fe, because there's a lot of public land," Monique Schoustra said in March before snowshoeing in the Santa Fe National Forest. "That's why some of us moved here."

Continued on page 20

ABG National

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Westchester Community College

NATIONAL EXECUTIVE CHAIRS
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Georgia Perimeter College
Professor Renee Summers-Akers
Hinds Community College
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THE HONORS JOURNAL of Alpha Beta Gamma

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SPECIAL FEATURES **this Edition**

2012 Leadership Conference	pg 1
2011 Awards and Essay Competitions	pgs 4-6
Responsibilities of National Officers	pg 7
Articles by Alpha Beta Gammans	pgs 8 - 11
Resources for Success	pgs 12 - 14
Chapter Spotlight - Alpha Alpha	pg 16

- **Tips and hints on how to succeed**
- **Humorous quips and quotes**
- **Resources for Members of ABG**
- ...and much more!**

Letter from the Editor

Alpha Beta Gammans are, and always have been, a generous and giving group of people. Each of our chapters hosts multiple events and activities to raise funds for their communities. We also donate of our time in helping others. Recently I heard of a wonderful group called DonorsChoose (www.donorschoose.org). This group is an online charity that makes it easy (and affordable) to help students in need. Public school teachers post classroom project requests online—telling about the project, why it is important to their students, and how much it will cost. You can filter through the projects by state and/or school district (or even choose a particular school), or by your special interest in any of the various projects. You can donate any amount you choose (as low as \$1.00) to your school or project. Once the project is fully funded, the supplies are delivered to the school. You will get thank you emails, photos of the project taking place, etc. Why not choose a school and get together with some friends to make educational dreams come true?

Giving of yourself is equally important—consider donating some time to help out at a soup kitchen, shelter, or church. Remember, the holidays are always stressful for everyone—so let’s all commit to being kinder and more patient this season.

Make plans to attend the National Leadership Conference in Santa Fe, New Mexico this year—it is a great time to network with your peers and make new friends while participating in scholarship essay contests and perhaps participating in a presentation.

Make some resolutions to carry you through the New Year—without a goal we just spin our wheels. Best Wishes for a wonderful holiday season and a prosperous and fulfilling new year!

Awards and Competitions

LEADERSHIP CONFERENCE 2012

Each year at the annual Leadership Conference, Alpha Beta Gammas are selected for exceptional contributions. For more details and submission guidelines, please visit www.abg.org.

Chapter Awards

Submission of the annual report is required for a chapter to be eligible for the following awards.

The Brooks College Golden Key Award - to the chapter that displays overall excellence and serves as a model chapter for others to emulate.

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.

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.

Excellence in Campus Service - to the chapter that best serves the Host College.

The Professor Donald Bertram Community Service Award - to the chapter that displays innovation in service to the community.

Nominations

Nomination forms are available from www.abg.org and should be submitted to webmaster@abg.org

Alpha Beta Gamma College President of the Year - Awarded 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 - This award is presented to outstanding Chapter Presidents. The nominee should be an exemplary president whose tenure would serve as a model for all Alpha Beta Gamma officers to emulate.

The Professor Steve Graham Memorial Award - Awarded to a student who is nominated by a faculty adviser. Both must be in attendance at the Annual Leadership Meeting.

The Joseph Perry Creativity Award - Awarded to either an adviser or student who makes a significant editorial contribution to the Honors Journal.

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.

The Eva Bobrow 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 - Presented to an Alpha Beta Gamman who transferred to the Wharton School at the University of Pennsylvania.

The Cerrone Award - Awarded to a Chapter President who has done an outstanding job rejuvenating a chapter.

The Zagara Competitors Award - This award is named to recognize the significant contribution that Chapter Adviser Marc Zagara has made to Alpha Beta Gamma over many years and is presented to an athlete who is also an Alpha Beta Gamman.

The Ginny Fastje Best Student Presentation- Award will be determined by a vote of all students attending the Annual Conference.

Harold E. Tepool Award - In memory of Violet E. Tepool, mother of adviser Harold Tepool, will be given to the chapter with the best promotional material from chapter activities.

The Pamela Donahue Award - To the Best Faculty Presenter at the Annual Meeting.

Excellence in Administration Award - Outstanding college administrators from colleges which have Alpha Beta Gamma Chapters can be nominated for the Excellence Award by Faculty or chapter officers.

Gaye Andersen Award of Excellence - Each year there is someone whose unique contribution does not fit into one of the society's existing awards. The Gaye Andersen Award of Excellence has been created to honor adviser Gaye Andersen whose unique contribution to the society over many years inspired all.



Essay Competitions

See www.abg.org for required submission form and more details. **Check grammar and spelling on all essays to avoid disqualification.**

The Marc Napolitano Memorial Essay - Applications must submit an essay which ponders this theme: Aside from direct advertising, how is mass media (film, television, or the internet) used by corporations and businesses to enhance their image and branding--ultimately their bottom line.

The Keith Ulich Memorial Essay - The essay should detail the concept of living life to its fullest, outline the elements of this concept, explore factors which might affect its implementation and conclude with the benefits towards one's life that implementing such a practice would generate.

The Dr. Mary Bone Competitive Essay - Awarded to the writer of the best essay titled, "What Alpha Beta Gamma Means to Me".

The Francis Cunningham, Esq. Memorial Essay - Applicants must submit an essay on the subject "Ethics in Business".

The Peter J. Gleason Essay - Applicants must submit an essay on the subject Business and the Environment, Today and in Ten Years."

The Nathan Ancell Memorial Essay - Awarded annually to the student who writes the Best Business Plan for a new business.

The Steve Perri Memorial Essay - Awarded to the writer of an essay describing the Pros and Cons of Being an Entrepreneur.

The Ester Cross-Carter Memorial Essay - Essay on the topic "Helping Others" is required.

The Sophia Abeles Essay - Essay concentrating on the theme of "Learning".

The MBIA Competitive Essay - This essay centers on the theme of "The significance of municipal bonds in financing special projects in the USA". Students will discover a significant project which benefits society funded through municipal bonds and discuss the contribution to society.

The David Pope Essay - An essay describing the contribution that emigrants made and continue to make to our democracy.

Continued from previous page

The David Bjorklund Memorial Essay - The theme of the essay is "Using Finance for Corporate Growth".

The Cornelia Blackwell Memorial Essay - Applicants must submit an essay entitled "The Importance of Teaching Business".

The John D. Christesen Essay - This competitive essay should describe the environment, pedagogy or other atypical conditions under which the writer experienced a most significant teaching event. Describe the process, technique or environment with which a truly exceptional teaching event occurred.

E-mail all essays and letters of nomination to
webmaster@abg.org

Submission forms available from www.abg.org



Hello Professor Christensen

I want to take this opportunity to thank you for the guidance and support to my work in ABG National.

I also want to thank you and the organization for the Joseph Perry Creative Award which I received for my contribution to the Honor Journal. It was such an honor for me to represent Elgin Community College at National and serve all my fellow students.

Dr. Linda Hefferin was very happy to receive the plaque and give it to me. I hope everything goes well next year.

One more time thank very much.

Thanks,

Maria T. A. Salvatierra



Responsibilities of Alpha Beta Gamma National Officers

LEADERSHIP CONFERENCE 2012

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 2011.

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.

Campaigning for Alpha Beta Gamma National

by Walter Ward

ABG National Student Executive Committee

Every year Alpha Beta Gamma(ABG) has elections for the new national positions. Running for ABG National may be challenging but here are a few tips and info that you need to know if you want to run. First, if you are an ABG member whether you are active, non-active, or alumni, you qualify! You already have what it takes to represent this organization. Let someone nominate you to represent an open position for ABG National. Three things that will help your campaign is who you are, your goals, and personal exposure.

Who are you? Start by describing who you are. What accomplishments have you made for your chapter in ABG? What expertise do you possess that will help benefit ABG National? Write down some things about yourself before you even campaign. The better you know yourself and how you are an asset to the organization, others will know too.

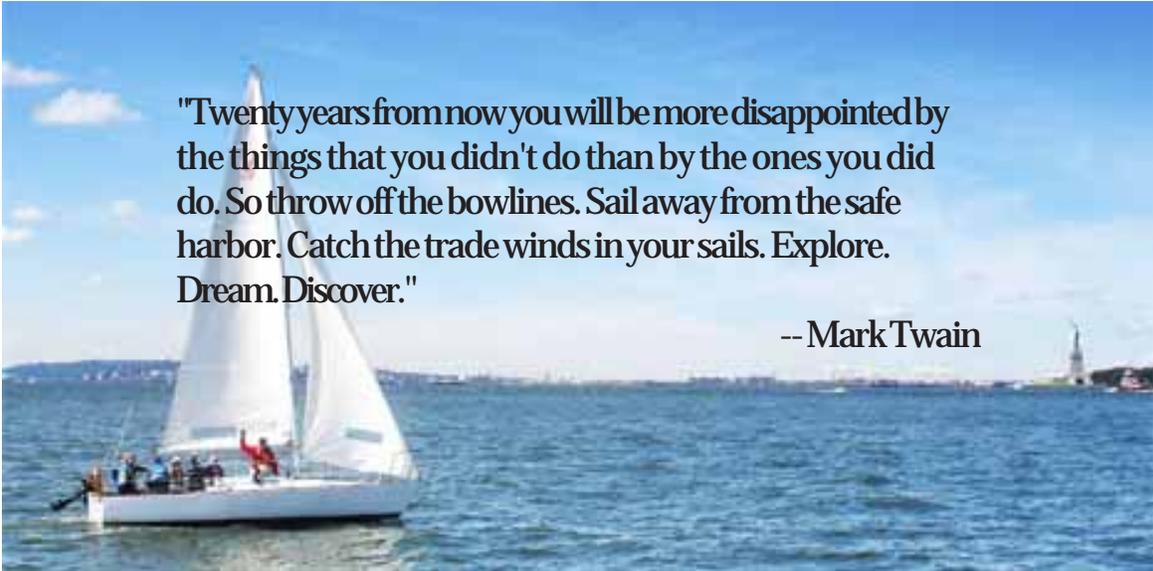
Your goals, what do you want for ABG? Is there anything you can think of that ABG may need? How are you going to realize your goal for ABG if you are elected? These are important questions you may ask yourself so you can be well prepared to convey your ideas toward your constituents.

Personal exposure is the way to get your name and presence out there. This doesn't have to be

expensive and troubling. In fact, you should not be spending too much on swag(stuff we all get), like pins, key chains, bumper stickers etc. This can be one of the most creative and fun activities in your campaign. This can help differentiate you from other campaigners by letting everyone know who you are and what you want to accomplish.

A campaign speech is the last step before being elected. Prepare a speech by either a written or mental memo of some of the suggestions mentioned. Talking to other chapter members should help alleviate some anxieties you may have before your speech. Don't worry your speech doesn't need to be long. Just try to stay on the topic of what you want to discuss. Speak loud and as clearly as possible and look at other members straight in their eyes to better communicate.

Finally, remember it's your campaign, make it the best you want it to be for yourself and ABG. You don't have to do all of the suggestions that were mentioned. You may want to do something entirely different and new. Campaigning is only one step before being part of ABG National, but if you aren't elected, try again the following year. Also, don't forget to make as many contacts as much as possible because this is what ABG is known for, business networking. Good luck and have a great time campaigning!



"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."

-- Mark Twain

People Are Listening to You: Passive Networking (Do You Hear What I Hear?)

By Kerry Nation
ABG National Student Executive Committee

Liz Faires' article "People Are Watching You: Passive Networking" which you can find in the Fall 2010 edition of The Honors Journal of Alpha Beta Gamma, inspires me. I think of the second sense, hearing, and how it, too, affects your passive networking.

As Ms. Faires' article states, "networking" is combining what you know with who you know to reach a desired employment goal. The article further states, "passive networking" is when people notice you and formulate opinions about you that may help or hinder your job search. Ms. Faires points out "Every time you are in a public place, whether it be the store, movies, bar, facebook.com, myspace.com, conference or any other public forum you are networking."

Be aware of your surroundings. While at the Alpha Beta Gamma National Convention, the chapter secretary and I stood outside the lobby near the hall to the rooms and finalized the group's plans for the evening. The secretary went to the room

and I went to the business center to inform the chapter president of our decisions. She heard every word. The acoustics in the building were so efficient she said it was as if we were standing right beside her.

Know your audience. If you are at work, tailor your language to that situation. Do not use slang or foul language in a business situation. *Please note that a business situation is not limited to the office. It extends to meetings, conferences, and parties, as well.*

Consider your tone. Sometimes it is not what you say but how you say it. Maintain positivity in your conversations and avoid sarcasm.

Think before you speak. Is there more than one way to interpret what you are going to say? Perhaps you should be more clear in your statement.

James, chapter 1, verse 19 of the New International Version Bible states, "Everyone should be quick to listen, slow to speak, and slow to become angry." Even if you are not a Christian, that is sound advice.

“Sometimes it is not what you say but how you say it.”



One-Minute TIP

Knowing what you truly want and matching it with personal discipline is the formula for achievement. When Stephen Covey talks about "starting with the end in mind," he's talking about being clear about your desires. When we talk about written goals, we're talking about strong desires. When you know what you truly want, and go after it with discipline and determination, the results are astounding.

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Alpha Beta Gamma and the Five Dysfunctions of a Team

By Ina Klein

ABG National Student Co-Vice President

The five dysfunctions of a team written by Patrick Lencioni reveals the five dysfunctions that go to the very heart of why teams often struggle. They form an interrelated model which will help you to understand how teamwork really works and if you use the model wisely, it will also help you and your chapter team to succeed.

The first dysfunction is an absence of trust among team members. Essentially, this stems from their unwillingness to be vulnerable within the group. Team members who are not open with one another about their mistakes and weaknesses make it impossible to build a foundation of trust. This failure to build trust is damaging because it sets the tone for the second dysfunction: fear of conflict. Teams that lack trust are incapable of engaging in unfiltered and passionate debate of ideas. Instead, they resort to veiled discussions and guarded comments. A lack of healthy conflict is a problem because it ensures the third dysfunction of a team: lack commitment. Without having stated their opinions in the course of passionate and open discussions, team members rarely commit to a decision. Because of this lack of real commitment, team members automatically develop an avoidance of accountability which represents the fourth dysfunction. Without committing to a clear plan of action, even the most focused and driven people cannot serve to the good of a team. This situation will lead to a failure to hold one another accountable which will then lead to the inattention of results, which is the last dysfunction. When team members put their individual needs above the collective goals of a team, and inattention of results will follow.

To overcome these dysfunctions, the role of the leader, or the chapter president is of high importance. The president of a chapter needs a lot of specific characteristics in order to help the chapter to succeed as a team. The first and most important action that a leader must take to encourage the building of trust (first dysfunction) is to demonstrate vulnerability first. At the same time he or she must cre-

ate an environment that that does not punish vulnerability. The president of an ABG Chapter should try to get to know all active officers in order to work with them. He or she should share all goals the chapter is trying to accomplish. Furthermore, the president should always be open for debates and should include others when making decisions.

One of the most difficult challenges that a leader faces in promoting healthy conflict is the desire to protect members from harm. This prevents team members from developing coping skills for dealing with conflict themselves. In other words, it is not the presidents job to always tell everyone what to do, and how to do it. The president should let team members work for themselves as well and more importantly, allow resolution to occur naturally.

More than any other member of the team, the leader must be comfortable with the prospect of making a decision that ultimately turns out to be wrong. The president must be constantly pushing the team for closure around issues, as well as adherence to schedules that the team has set.

Instilling accountability on a team is another difficult job that the leader, or the president is responsible for. Sometimes, strong leaders tend to create an environment where other team members think that the leader is holding others accountable which can lead to a situation where others hold back even when they see something that is not right. The president must make clear to all team members, that accountability is a shared responsibility.

Finally, the president must set the tone for a focus *Alpha Beta Gamma and the five dysfunctions of a team* by Patrick Lencioni

on results. If the team members or officers sense that the leader values anything other than results, they will do the same. Therefore, the president must be selfless and objective, and always focus on ABG's common goals. Furthermore, the leader must reserve rewards and recognition for those who make real contributions to the achievement of ABG's goals. A reward could be offering the team member a higher position, such as vice-president.



I Knew You Before You Got Here

By Nathan Singleton
ABG National Student President

Oftentimes the impression you make on someone will be shared with a third party, a party that might interview you in the future.

Have you ever been shocked to hear that someone knew you before you met them? I know I have and I'm sure most people can relate to this experience. The most common occurrence is when you are introduced to someone at a gathering or event.

You might hear, "Hello Frank, it is nice to finally meet you. I have heard so much about you" or "Rachel you have done a great job around campus. Everyone is talking

about it." One way or the other, people observe what you do and how you carry yourself. It is then important to realize that our choices have great impact on our future, especially in the business world.

During our educational pursuits, we find ourselves making unintentional and purpose-filled impressions. When we sit in our classrooms and choose to occupy the front rows, we have made an impression, both on our classmates and the professors. Although it might be routine for you, your classmates assume that you take your education seriously. Math might be your weakest subject, but no one drew that conclusion when you took a stand to sit in the front, always within the teacher's reach. Let's go a little further still. During class you are always asking questions and giving answers. You have single-handedly established a name for yourself. Who do you think the professor will recommend for a conference or a classmate will choose for a group project? I would bet good money that your name comes up. The conclusion we draw here is that the smallest action or demonstration of character can greatly affect your career opportunities.

Digging a little deeper into the business side, we see that more than half of job offers are based on referrals from friends and co-workers. Just think

“ more than half of job offers are based on referrals from friends and co-workers. ”

about that. 60% of white-collar businesses get their employees from recommendations. That means that the other 40% only received employment because of their outstanding or superior work experience and or educational achievements. Nevertheless, the majority of companies select their candidates from recruiters and professional referrals. Did you know that businesses often call college counselors to see who the most distinguished graduates are? Based on the information disclosed, you might have three job offers

waiting, even before walking across the stage to get your degree. Why do you think there are reference sections on job applications? They want to know what other people have seen you accomplish. I will conclude with a story.

Recently, I travelled to Mexico and had the fortunate experience of meeting a young group of high school students from Indiana. I had never met them before, but they appeared to be a good group of kids. I decided after introducing myself that it would enjoyable to spend the remaining days I had with their family and friends. The first day I went with them to beach they told me they had a couple of their female classmates coming to join them. As they were going down the list of the girls making their way to the resort, they stopped on one specific name. Then they all looked at me and said "watch out for her, she's a crazy one." Finally, after two days, the young ladies arrived and as they approached us the boys all whispered and pointed, "she's the one." Heeding the advice of my cohorts, I stayed clear of the identified basket-case. I enjoyed playing volleyball, going swimming, and just sitting on the beach conversing with the group. However as my trip came to a close, the young lady that the boys warned me about, walked up to me on the morning I was leaving. She asked me, why have you been avoiding me the past few days? I replied to her, "I knew you before you got here."

Make sure that you are not the one avoided or taken off an employer's applicants list. Always strive to make a good impression, especially when you think no one is looking.

CREATING THE FUTURE **You Desire**

This week I re-read Brian Tracy's wonderful book, "Create Your Own Future." It's one of the best sources of inspiration, strategy and motivation I know, and I highly recommend it.

What struck me is the powerful truth that we pretty much create our own lives, every single day. Think of the enormous opportunity (and responsibility) that gives us!

Too often we drift through life. We get up, go to work, come home, have some dinner and go to bed so we can do it all over again tomorrow. It's a familiar routine, and we take comfort that our hard work is advancing our career, earning an income, and supporting the life we currently have. What we forget is that routines can lead to destinations we would not intentionally choose.

TIPS subscribers are ambitious people. We have dreams and goals, we want "more" and we hope the future will be better than the present. We want great things for ourselves, and even better things for our children. And yet, we forget that every day--right now as you read this--you are creating your future.

Every day, our actions take us slightly closer to our goals, or we end up one day further away. Every day, we move in the direction we choose to go, or we drift that much further with the wind and current, the ordinary pressures of life.

Long-time readers know I am not enthused about dramatic, sudden change because I don't think life works that way. Life is more evolutionary than revolutionary. I am, however, a HUGE fan of the truth that, "inch by inch, anything's a cinch!"

Here are five steps I believe are vital to creating the future you want:

1. First, be clear about your desires. Write your goals down, whatever they are. If you want to start a business, move to a different city, earn more money or change careers, define it! Write it down! Talk about it! Define and refine your vision. Whatever you want, be specific and take charge!

2. Second, claim your power. You have enormous personal power. You decide how to use your time. You CHOOSE how to spend your money. You CHOOSE your friends, your skills and your aspirations. Use your power!

3. Third, have a plan. "Rome wasn't built in a day" and you are unlikely to transform your life or achieve any major goal without a clear, on-going strategy. Life takes time! Have a plan that, day by day, will take you toward your desire.

4. Fourth, get the support you need. Whatever you want, there are books and people, classes and environments that will help you "get there." Get a coach. Start a MasterMind group. Re-arrange your office, buy the books, DVD's and audio programs. Attend the conferences. Surround yourself with support!

5. Fifth, be who you are! Stand up for your values and move in the direction you want to go. Take daily action, and persist. You don't have to be rude or radical, but you do have to be "captain of your ship." Day by day, take action. Make adjustments. Change the details. Try. Try again.

Whatever you want in life, it is almost certain you can get it. Whatever your age or circumstance, other people have had similar dreams and made them happen. As long as your desires are moral and you play fair, you can have the future you want! The only questions are whether you have a good plan and whether you will pay the price. You truly CAN have the future you desire, if (day by day) you sail your ship in the direction you want to go.

Philip Humbert
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FOUR EASY STEPS to Happiness

There is no doubt that we want to "be happy" and that happiness enriches our lives. Happy people live up to eight years longer! Happy people are more confident. They have better relationships, and more energy. Happy people make more money, and they achieve their goals more often and with greater feelings of satisfaction and joy. Happiness feels good (who wants to be miserable?) and it's good for us!

We're learning a lot about happiness. We're learning that money, fame, even power, long-life and health do not "make" us happy. Everyone knows, or is familiar with people who have "made it to the top" but remain unhappy people. What a shame!

At the same time, we also know that millions of people who achieve little in terms of "success" can be supremely happy! What an irony! Viktor Frankl, in his account of surviving the horrors of Nazi concentration camps talks about inmates who even managed to find some measure of happiness in those terrible conditions. How can that be????

First, I think it's crucial to separate happiness from pleasure. No one would want to be in a concentration camp, and no one would find "pleasure" in cancer, being poor or uneducated or suffering any of life's other tragedies. Much of life is painful!

But happiness is different. My own definition of happiness refers to "Consistent feelings of satisfaction or joy when remembering the past, living in the present and considering the future." Happiness is about living with integrity, purpose and meaning. Happiness is about living your own life, in your own way, and knowing that your life has meaning. Happy people have moments of pleasure (that's important!) but more importantly, they know they are living the life they were meant to live. At the end of the day, that's my definition of happiness.

Anyone with a credit card can buy pleasure. We live in a world of multi-media entertainment, travel, bright lights and fancy toys. We can eat at the world's best restaurants, or travel to exotic places. Anyone can do that, and we deserve it! These are nice things and they are part of what we

work for. Good for us!

According to the research, however, these things do not necessarily make us happy over the long-run.

Happiness is a bigger game, played for higher stakes. Happiness is about a life worth living. It's about doing work that makes sense and that uses your talents to make the world a better place. Happiness is about loving relationships. It's about honesty, integrity, and it has a component of meaning, purpose and contentment. Happiness is more elusive and more important than pleasure.

I'm writing a book about happiness, tentatively called "The Highway to Happiness," but for now here are four suggestions:

1. Take happiness seriously. Happiness doesn't seem to "just happen." It's not a matter of luck or chance or youth or lucky genes. Happiness is something to go after, something to study and consider. Happiness is a goal, a skill and a result of living a life consistent with your values. Take it seriously.

2. Notice what makes you happy and do more of it. If mowing the lawn or growing roses makes you happy, great! If taking the kids fishing makes you happy, do that! If working on your business makes you happy, go for it! Build your life around the things that bring joy and make you happy.

3. Be happy today. Don't wait to be happy and don't let happiness depend on "what happens!" Happiness is largely a "do it yourself" project. It's connected to gratitude, optimism, love and laughter. As Bobby McFarrin recommended, "Don't worry, be happy" and start today. Happiness is not a "some-day" dream. It's a skill we practice every single day.

Philip Humbert
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www.philiphumbert.com.

One minute TIPS

In life, we get pretty much what we think about all day long. In the long run, we get what we expect; we end up where we are headed. In our daily lives, it's critical that we are clear about our direction and that we keep going. "Inch by inch, any thing's a cinch."



My own definition of happiness refers to "Consistent feelings of satisfaction or joy when remembering the past, living in the present and considering the future." Happiness is about living with integrity, purpose and meaning. Happiness is about living your own life, in your own way, and knowing that your life has meaning.

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Association of College Honor Societies

Did you know that members of ACHS honor societies meet one of the requirements for entrance at the GS-7 level in federal employment? Most new employees enter at the GS-5 level or lower. Citation on the application is required.

However, applicants must meet all of the requirements as described in the particular Federal Job Announcement.



We would like to share in your accomplishments. Please submit any news you have of your personal achievements— Did you recently get married? Have a new baby? Graduate? Get a new job? Get a promotion on your current job? Let us know so we can share your good news! Send your "brags" to gayeandersen@yahoo.com for publication in the next edition.

Signs of the Times



On a military hospital door to colonoscopy, "To expedite your visit, please back in."

On a plumber's truck, "We repair what your husband fixed."

On the trucks of a local plumbing company, "Don't sleep with a drip. Call your plumber."

Pizza shop slogan, "7 days without pizza makes one weak."

Another Pizza shop slogan, "Buy our pizza. We knead the dough."

At a tire shop in Milwaukee, "Invite us to your next blowout."

At a towing company, "We don't charge an arm and a leg. We want tows."

On a maternity room door, "Push. Push. Push."

On a taxidermist's window, "We really know our stuff."

In a podiatrist's office, "Time wounds all heels."

At a car dealership, "The best way to get back on your feet-- miss a car payment."

Outside a muffler shop, "No appointment necessary. We hear you coming."

At the electric company, "We would be de-lighted if you pay your bill. However, if you don't, you will be."

In a restaurant window, "Don't stand there and be hungry. Come on in and get fed up."

In the front yard of a funeral home, "Drive carefully. We'll wait."

And don't forget the sign at a propane filling station, "Tank heaven for little grills."

CHAPTER Spotlight: Alpha Alpha

Zimbabwe Orphanage Project
National Service Project Award for 2011 Update

*By Elizabeth Faire
ABG National Student Executive Committee*

At the 2011 national conference, the Alpha Alpha chapter received the National Service Project Award for the Zimbabwe Orphanage Project. The chapter collected items for the orphanage from September to November 2010. This is an orphanage that also operates as a public school. The teachers have been living at the orphanage/school for the past year without pay. We collected approximately 4,000 pounds of books, clothing and medical supplies. Items not used by the school are distributed to the local community. This project not only helped the orphanage but helped each of the chapter members who were actively involved in the project by making us more aware of the plight of the children in Zimbabwe, Africa.

Since receiving the award we have received the following news from the organization that sent the supplies to the orphanage.

Here is some feedback regarding the generous donations we received for the orphanage in Zimbabwe. The medical equipment and supplies were passed on to the hospital in Neshuro, Zimbabwe. As a result, the hospital has granted the orphanage free health care from now on. It will make such a difference for so many children for so many years. This is especially important for the HIV meds for the 6 positive orphans!

As you know, we also sent over a lot of school supplies, school desks, etc. The foundation has been building several schools there and providing room, board and salaries for the teachers for several years now, and it is paying off! We are proud to announce that one of the orphanage children achieved the highest academic score in Zimbabwe. As a result, Columbia International University, Columbia, SC, has granted this bright child a full four-year scholarship.

- A heartfelt thanks to everyone who helped out, especially to Krist Lien who helped spread the word and to Alpha Beta Gamma who adopted our cause for their international project.

This is great news not only for our chapter but for Alpha Beta Gamma as an organization that supports service projects and encourages the students to get involved.



We want your news!
We want your news!

Has your chapter done something that makes you proud? Share yours news with Alpha Beta Gammans and inspire other chapters to do amazing things!

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



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

www.ABG.org

Continued from page 1

Formally established in the early 1600s, Santa Fe is said to be home to both the oldest public building in America - the Palace of the Governors - and the nation's oldest community celebration, the Santa Fe Fiesta. As a first-time visitor, I was impressed by how walkable and intimate the city is, with important historical landmarks such as the towering St. Francis Cathedral and the Loretto Chapel just a short stroll from the main plaza.

As I stared up at the Loretto Chapel's "miraculous staircase," which is said to have been built between 1877 and 1881 and which makes two complete 360-degree turns with no apparent means of support, I couldn't help thinking there was something both mystical and inspiring about this area.

Evidently, I'm not the only one. For decades, the beauty of the mountains, the wide skies, the ubiquitous adobe buildings and the history of the native people have provided inspiration to sculptors, painters, writers and poets who have turned Santa Fe into an artists' haven.

A walk near the historical main plaza also showcases the city's expansive art scene, with prime destinations such as the New Mexico Museum of Fine Arts neighboring equally inspiring but lesser-known spots such as the Museum of Indian Arts and Culture.

During a visit to the Georgia O'Keeffe museum, I found myself immersed in the browns, blues and yellows O'Keeffe used to depict the landscapes of New Mexico, which she called home for many years.

A little later, at the Lisa Kristine Gallery, I was thinking much more globally, thanks to Lisa Kristine's stunning, brilliant images of remote, indigenous people from around the world.

"The art community here is anything and everything," said Marilyn Jacobs, manager of the Lisa Kristine Gallery, one of the dozens of commercial galleries in the city. "It covers every kind of art and every kind of medium."

As a budget traveler, this multitude of galleries and museums is a good place to focus your attention, because many offer big discounts or free snacks and drinks in hopes of getting you through the door.

Just around the corner from many of the popular galleries, Daniel Razatos spends his days at the Plaza Cafe serving up Cajeta Apple Pecan Pie, big-as-your-plate pancakes and homemade meatloaf to a steady

stream of regulars and tourists.

As I slipped into a red vinyl booth and sipped coffee as a couple next to me talked about the day's news, I couldn't help feeling right at home.

And when I saw the bill: \$2 for the coffee and \$3.50 for the hulking banana nut pancake, I knew I was in the right place.

"We have customers who eat here literally every day," said Razatos, whose family has owned the Plaza Cafe for 61 years. "You really get a sense of community here."

Along with the history, the art and the restaurants, no visit to Santa Fe would be complete without a little shopping. During my visit, I spent an entire afternoon window shopping around the plaza, torn between the handmade blankets in every color of the rainbow, the etched "wedding vases" with two spouts - one for the husband, one for the wife - and the shining turquoise and silver jewelry the city is known for.

Admittedly, as I shopped, as well as during a few other parts of the trip, I had a couple of "I wish my budget were bigger" moments.

One came at Ten Thousand Waves Japanese Spa and Resort, where I was forced to come to terms with the contrast between what I wanted (a \$229 "Buddha Treat" with private massage, deluxe herbal wrap, salt glow and private bath) and what I could afford (a \$19 "communal women's bath," where you share a big hot tub, sauna and cold plunge with other female spa guests - including some who chose to bathe in the buff).

Another came when I saw the plush, chocolates-on-pillow stays some of my friends were having at the historical La Fonda Hotel.

And, anyway, there are really only three main factors to a successful weekend getaway: A good pair of walking shoes, a little bit of cash and some amazing new sights.

I was lucky enough to have had all three.

...

WHAT IT COST

Here's the breakdown of my expenses for a three-day, two-night trip. Travel with someone and split the hotel and car expenses.

Continued next page

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Flight: \$206 on Southwest Airlines, flying into Albuquerque.

Hotel: \$95 for two nights at the Sage Inn, booked through Hotwire.

Rental car: \$75 with Avis Rent-a-Car, booked on Hotwire.

Gas: \$30 roundtrip.

Food: \$66 (Friday: dinner at Blue Corn Cafe and Brewery, \$15. Saturday: picnic lunch from Plaza Bakery, \$11; snack of the Plaza Cafe's Cajeta Apple Pecan Pie, \$7; dinner and drinks at La Fonda Hotel's La Fiesta Lounge, \$25. Sunday: giant banana nut pancake and coffee at Plaza Cafe, \$8).

Attractions: \$21.50. (Ten Thousand Waves women's bath, \$19; visit to Loretto Chapel, \$2.50.) Hiking, museums and exploring downtown and its shops were free. TOTAL: \$493.50

...

HOW TO DO IT

Four easy ways to save money in Santa Fe:

1. Free art Fridays: Many of Santa Fe's museums - including the popular Georgia O'Keeffe Museum and the New Mexico Museum of Fine Arts - offer free admission 5-8 p.m. Fridays. Some galleries serve complimentary wine and snacks on Friday evenings. For more information about the arts scene, visit www.santafe.org.

2. Beer samplers: Instead of dropping \$5 on a pint you may not even like, Blue Corn Cafe and Brewery lets you sample the six on-tap selections for just \$1 each. Highly recommended: Broken Spoke Honey Wheat Ale. (133 Water St.; 505-984-1800; www.bluecorncafe.com).

3. Take a hike: For an athletic afternoon with breathtaking views, pack a lunch and hike the area

around the Aspen Vista Picnic Area in the Santa Fe National Forest. (13 miles northeast of downtown off of New Mexico 475; 505-438-7840.) In the winter months, cross-country and downhill skiing and snowshoeing are available.

4. Hit the spa: I know what you're thinking: How could a spa be part of a budget trip? But at Ten Thousand Waves Japanese Spa and Resort, \$19 grants you access to a bubbling communal tub, a wet/dry sauna, a cold plunge and wide sun deck. Later, sip on refreshing cucumber water. Want a tub all to yourself? Fork over \$25 for a private bath. (505-992-5025; www.tenthousandwaves.com.)

Don't miss this in Santa Fe

You must not miss the Cajeta Apple Pecan Pie at the Plaza Cafe in Santa Fe.

As the crust melts in your mouth, the pecans crunch between your teeth and the warm, caramel-smothered apples fill your tummy, you might find yourself wondering if Gandma could get a few pointers from the bakers at the Plaza Cafe.

"The pie has taken on a persona all its own," said Daniel Razatos, whose family has owned Plaza Cafe for 61 years. "It's like a very rich, creamy apple pie."

After being featured on the Food Network's *Roker on the Road* two years ago, Cajeta Apple Pecan Pie has gained even more popularity. If you think you can finish an entire \$5.25 slice by yourself, think again. Each pie weighs eight pounds and includes a quarter of a case of apples.

"It's very huge," Razatos said.

Finan, Kristin. NEW MEXICO/Santa Fe the real deal. Houston Chronicle. June 15, 2008.



Alpha Beta Gamma International Business Honor Society

Eligible Disciplines

Accounting
Advertising
Agricultural Business
Architectural / Design Construction
Arts Management
Aviation Management
Baking & Pastry
Banking
Broadcasting, Radio, TV
Business Administration
Business Economics
Business Journalism
Business Management
Business Statistics
Casino Management
Civil Construction Technology
Communications
Communication Technology
Computer Aided Design/Drafting
Computer and Electronics Service
Computer Information Systems
Computer Network Technology
Computer Programming
Conservation & Regulation
Construction Mgmt. Technology
Culinary Arts
Culinary Management
Dairy Management
Data Processing
Digital Photography

Electrical & Electronics Engineering
Electrical Technology
Electronics Servicing Technology
Environmental Design
Economics
Entrepreneurship
Fashion Design
Fashion Marketing & Management
Fashion Merchandising
Finance
Fire Science Technology
Game Art & Design
Graphic Design Technology
Health Insurance Claims Management
Health Information Technology
Health Services Administration
Horticulture Technology
Hotel Management
Human Resource Management
Industrial Design
Industrial Management
Interior Design
International Business
International Public Relations
Industrial Relations
International Public Relations
Investments & Securities
Legal Secretary
Management Information Systems
Management Science

Market Research
Marketing Management
Media Arts & Animation
Medical Secretary
Mortuary Science
Motor Vehicle Technology
Office Technologies
Operations Research
Paralegal
Personnel Administration
Postal Services Management
Public Administration
Public Relations
Range Management
Recreational Management
Restaurant Management
Safety and Health Technology
Secretarial Science
Small Business Management
Systems Analyst
Textile Engineering
Theatre Management
Trade Management
Transportation Management
Travel & Tourism
Visual & Game Programming
Visual Effects & Motion Graphics
Web Design & Interactive Media
Wildlife Management
Word Processing



***Have you finished your
holiday shopping yet?***

***Click on the link below to do your holiday
shopping on line and help the ALPHA BETA
GAMMA leadership fund***

***Happy Holidays from
Alpha Beta Gamma!***

http://www.fundraising-solutions.org/marketplace/marketplace.cfm?user_id=994&mds=2