



MBA TIMES

The Columbus, Ohio Chapter of the National Black MBA Association

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FIRST QUARTER NEWSLETTER - 2008

FROM MANAGER TO LEADER

Ask anyone and they'll tell you. There's a difference between managers and leaders. Ask them what that difference is and they may have a bit more difficulty. Suddenly the words become amorphous and undefined. Somehow leadership is an intangible - a charismatic component that some people have and others simply don't. That's why, according to the ubiquitous "they", it is such a rarity. Wrong. The difference between being a manager and being a leader is simple. Management is a career. Leadership is a calling.

You don't have to be tall, well-spoken and good looking to be a successful leader. You don't have to have that "special something" to fulfill the leadership role.

What you have to have is clearly defined convictions - and, more importantly, the courage of your convictions

to see them manifest into reality. Only when you understand your role as guide and steward based on your own most deeply held truths can you move from manager to leader.

Whether the group you oversee is called employees, associates, co-workers, teammates or anything else, what they are looking for is someone in whom they can place their trust. Someone they know is working for the greater good - for them and for the organization. They're looking for someone not only that they can - but that they want to - follow. Because it is only when you have followers - people who have placed their trust in you - that you know you have moved into that leadership role. And the way you see it is that your organization is transcending all previous quality, productivity, innovation and revenue achieve-

ments. You're operating at such a high level of efficiency that you're giving budget back to the corporation - and you're still beating your goals. You're achieving what you always dreamed could be achieved. And not only that, but it's actually easier than you thought.

Because you're a leader. Because the classic command and control management model - which, contrary to popular belief still applies even in our most progressive 21st century companies - is no longer in play. Sure, controls are in place. Sure, you're solving problems that arise. But it's not just you alone. You have the people in whom you've put your trust - and who have happily and safely reciprocated - to help you create organizational success.

*Article by: Leslie L. Kossoff -
www.about.com*

20 TIPS FOR PERMANENT WEIGHT LOSS

Weight maintenance is much like weight loss. The principles are essentially the same: Eat healthy foods, control your portion sizes and exercise regularly. And to keep the pounds off permanently, you need to incorporate the new, healthy behaviors into your routine so that they become a natural part of your daily life. Here are 20 ideas to reinforce your healthy lifestyle and to keep you committed to permanent weight loss:

Exercise 30 to 60 minutes each day. If time is limited, exercise for several brief periods throughout the day — for example, three 10-minute sessions rather than one 30-minute session.

Eat three healthy meals during the day, including a good breakfast. Skipping meals causes increased hunger and may lead to excessive snacking.

Focus on fruits and vegetables. Top off your morning cereal with sliced strawberries or bananas. Stir berries or peaches in yogurt or cottage cheese. Liven up your sandwiches with vegetables, such as tomato, lettuce, onion, peppers and cucumber.

Weigh yourself regularly. Monitoring your weight can tell you whether your efforts are working and can help you detect small weight gains before they become even larger.

Don't keep comfort foods in the house. If you tend to eat high-fat, high-calorie foods when you're upset or depressed or bored, don't keep them around. Availability of food is one of the

strongest factors in determining how much a person eats.

Plan a family activity. Get the family together to go for a bike ride, play disc golf or kick the ball around in the yard.

Eat healthy foods first. Eat foods that are healthy and low in calories first so that when it comes time to enjoy your favorites — sweets or junk food, for example — you won't be so hungry.

Pay attention to portions. Serve meals already dished onto plates instead of placing serving bowls on the table. Take slightly less than what you think you'll eat. You can always have seconds, if really necessary.

Create opportunities to be active. Wash your car at home instead of going to the car wash. Bike or walk to the store. Participate in your kid's activities at the playground or park.

Sit down together for family meals. Avoid eating in front of the television. TV viewing strongly affects how much and what people eat.

See what you eat. Eating directly from a container gives you no sense of how much you're eating. Seeing food on a plate or in a bowl keeps you aware of how much you're eating.

Vary your activities. Regularly change your activity routine to avoid exercise burnout. Walk a couple of days, swim another and go for a bike ride on the week-

end. Seek out new activities — karate, ballroom dancing, cross-country skiing, tennis or Pilates.

De-stress your day. Stress can cause you to eat more. Develop strategies that can help you relax when you find yourself becoming stressed. Exercise, deep breathing, muscle relaxation techniques and even a good laugh can ease stress.

Eat at home. People eat more food in restaurants than at home. Limit how often you eat at restaurants. If you do eat out, decide what and how much you're going to eat before you start and have the rest boxed to go.

Plan healthy snacks. The best snacks include fruits, vegetables, whole grains and low-fat dairy products. Fruit smoothies, sliced fresh fruit and yogurt, whole-grain crackers, and carrot and celery sticks with peanut butter are all good choices.

Start your day with a high-fiber breakfast cereal, such as bran flakes, shredded wheat or oatmeal. Opt for cereals with "bran" or "fiber" in the name. Or add a few tablespoons of unprocessed wheat bran to your favorite cereal.

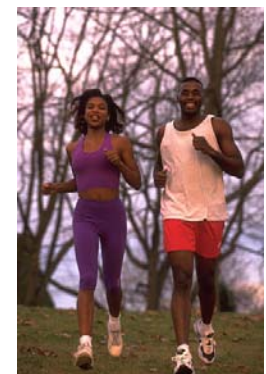
Walk for 10 minutes over your lunch hour or get up a few minutes earlier in the morning and go for a short walk.

Plan a week's worth of meals at a time. Make a detailed grocery list to eliminate last-minute trips to

the grocery store and impulse buys.

Look for a distraction when you're fighting a craving. Call a friend, put on music and dance or exercise, clean the house, pull weeds in your garden, or run an errand. When your mind is occupied with something else, the cravings quickly go away.

Reward yourself. Losing weight and keeping the pounds off is a major accomplishment. Celebrate your success with nonfood rewards, such as new clothes or an outing with friends.



From MayoClinic.com



Enter the domain of “Catalyst For Change” - the NMBAA® 30th Annual Conference & Exposition:

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**MARCH
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membership
drive

Members can join or renew their membership
at the following events during March

4th Friday Happy Hour 2.29.08 at Bar Louie (Easton)

Member Orientation 3.20.08 at the Capital Club from 6:30pm - 8pm

Professional Development Fireside Chat at the Capital Club (date TBD)

Reduced Rates

Full Membership—\$99

Student Membership—\$50

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(one time payment)



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COLUMBUS, OHIO CHAPTER
SINCE 1984 AND CENTER OF THE STATE
AND EASTERN OHIO CHAPTER

5TH ANNUAL

golf outing

FRIDAY, AUGUST 1 2008



**Bent Tree Golf Club
350 Bent Tree Road
Sunbury, OH 43074**

SAVE THE DATE

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MEMBERSHIP

The NBMBA is a national organization that has an extensive network of 39 chapters across the U.S.

Membership Benefits:

- Access to Professional Development Workshops and Seminars
- Discount tickets to local chapter events
- Discounts on Dell Computers
- Reduced National Conference Registration
- Marriott Host Guest Program

- Access to NBMBA Employment Network
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Full Membership: Professionals with a graduate degree in any particular field (MBA, MHA, MPA, MS, MA, JD, etc.): \$125/year

Associate Membership: Professionals without a graduate degree but with extensive experience or entrepreneurial success: \$125/year

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UPCOMING MEETINGS & EVENTS

May 13, 2008 - Professional Networking
Location: Polaris Complex

May 20, 2008 - 2nd Quarter General
Membership meeting
Location: Dublin, OH Wendy's Headquarters

June 20 - 22, LOT Case Competition
Location: OSU Fisher College of Business

Golf Outing - 8/1/2008
Location: Bent Tree Golf Course

Third Quarter Meeting - August 21, 2008
Location: Abercrombie & Fitch

NBMBA Conference - September 16-21, 2008
Location: Washington, DC

Fourth Quarter Meeting - 11/13/2008
Location: Nationwide

15 Yr Ann/Corp Partner - 12/6/2008
Location: TBD

Additional meeting dates, times, and locations are available on our website.

NBMBA
Columbus, Ohio Chapter

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SIZE	DIMENSIONS	PRICE
Full Page	8.5" x 11"	\$75
Half Page	4.25" x 11" or 11" x 4.25"	\$50
1/4 page	3.5" x 11"	\$35
1/8 Page	3.5" x 3.5"	\$25
Business Card	3.5" wide x 1.75" high	\$10

BLACK MBA MAGAZINE

The New Black MBA Magazine launched September 13th exhibiting a new look and style, with content essential to business professionals of all industries. Also available, the new digital edition enabling readers to enjoy the same great editorial content with new, inter-

active features only available online. This digital edition was specially designed to supplement the print publication, providing access to the industry anytime, anywhere.

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