



Buckeye Newsletter

THE OFFICIAL NEWSLETTER OF THE OHIO REGION

REGIONAL GOALS:

- Reduce the region’s carbon footprint at all regional events.
- At each regional event collect items for care packages to be sent to military troops overseas.
- Promote and encourage a healthier Ohio at regional events.
- Increase member attendance at all regional events by 3%.
- Increase chapter participation in Five Star Chapter Development Program, reaching Pinnacle, and the Hallmark Program by 3%.
- Provide interactive programming during breakout sessions for attendees of regional events.

We look forward to hearing from our members with any ideas on how to achieve our goals!

The Ohio Region Logo – It’s Official By : David J. Sigmund

During one of the business sessions at the Ohio Region Awards Convention at Clark State Community College, the region heard the first reading to adopt the official Ohio Region Logo. While in Grapevine, Texas, the region voted to adopt the logo. It is very similar to the license plate logo except it will also feature the upper West Virginia panhandle to acknowledge our chapter at West Virginia Northern Community College, Omega Epsilon. There are two versions, one in black and white, and the other in color. Both logos will be placed on the Ohio Region website for download to be used on chapter correspondence and other related material. At the direction of our Regional Coordinator, Cindy Carbone, the region will first form a committee to develop a guideline for usage. We will keep you updated on the progress as it develops.



The Ohio License Plate, By: David J. Sigmund



On Friday, May 1st, the deadline for Ohio State Representative “request to co-sponsor” on the Ohio - Phi Theta Kappa License Plate Bill closed. This internal e-mail went out from Representative Garrison’s office inviting all state rep’s to get on board with co-sponsorship. At this writing, it is not yet known how many are co-sponsoring but no resistance to the initiative is foreseen and the

bill should be hitting the floor of the Ohio House of Representatives soon. At that time, there will be a bill number attached and it will go into subcommittee for three readings. After that, it should be returned to the floor for vote. Hopefully, there will be good news in just a few months.

In addition, at the Regional meeting in Grapevine, Texas, the Region voted – henceforth – to pay for the specialty license plate for the Regional Coordinator. Rick Clever brought this idea forth at the Ohio Region Awards Convention in March. The cost will be \$35.00 for the specialty plate and the additional fee for the special designation of, “PTK 1.” The Regional Coordinator is responsible for the base cost of the license plate. Although the Greek letters PTK are not proper, as they stand for Rho Tau Kappa, this is the designation needed to use on the plate. The State of Ohio will not use the Greek letters ΦΘΚ. Darn!

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**CINDY CARBONE
REGIONAL COORDINATOR**



Happy Summer everyone!

The days are getting longer, the sun is making its presence known, and everyone is outside enjoying the beautiful weather. You see more people taking walks or bike rides, working in their yards tending their gardens and taking advantage of this sense of renewal. It has become a time of outdoor celebration—a rite of passage from the dreary days of winter and the wet drenching of the spring rains. As we move into the summer season, we have all experienced a rite of passage. We have passed from one officer team to another, celebrated and rejoiced in one Phi Theta Kappa year to plan another, and for some, graduated from one educational environment to begin at another. It is a time of transition, a time of commencement and a time to move forward. The new officer team has been busy refining their goals and they are now listed on the web site.

The Ohio Region schedule for the next year has been set and plans are already being made for each conference. We have combined our Leadership Conference and Chapter Officer Academy into one event—called Leadership in Action—and will host that conference in July. This will help spread out our schedule and also cut down on expenses for everyone involved. We will focus the region's Honors Institute on Honors in Action and hopefully give chapters more useful information to use when they return to their campuses. We will have an Advisor Retreat for the first time in five years where the region's advisors will come together to learn more about our society. Changes abound in Phi Theta Kappa and we must keep up with them to stay active and vital to our members.

As the seasons change and ask us to adapt to their bounty, so does Phi Theta Kappa and therefore the region. Please take a look at the goals found later in this issue of the Buckeye and share your ideas with the officer team. We would love to hear how you will help us accomplish these goals. Also watch the web site for the announcements regarding Leadership in Action Academy and plan to attend. But more importantly, we need to continue to change and progress to keep up with our ever changing needs. Consider this when your chapter makes its plans for the next year. How do your plans fit into the Honors in Action projects? The regional goals? Your chapter membership and benefits? Consider how you will make an impact on your campus and in your community. How will you make your involvement in Phi Theta Kappa work for you? Get the most out of what the society can provide for you and you will be a better student, a better citizen, and a better person!

I hope to see many of you in July at the Leadership in Action Academy! Cheers!



DIANNE BRICKER REGIONAL PRESIDENT'S BIO

Growing up in the Columbus area was a wonderful experience. However, when I married I moved to Cincinnati with Casey, my husband of 19 years. For about 20 years I have been a programmer for various businesses, Jacobs Engineering changed this when I was made a Design Engineer while working for them. Enrolling at Columbus State Community College to gain my Object-Oriented Developer Degree occurred due to my husband transferring for his career to the Columbus area.

My family would not be complete without Dharma, she is a mix of German Shepherd, Rottweiler and heaven above only knows what breed.

My struggle with health problems began in 1993 when I was diagnosed with Sarcoidosis. A year full of confusing symptoms arose in 2006 which created a new challenge for my family. While losing 55 pounds I was hospitalized many times and even accused of bulimia! Finally in 2007 I was diagnosed with Celiac, which is a genetic disease creating intolerance to eating wheat, rye and barley. There are also difficulties digesting rice and corn. The internal struggle continues from the Celiac, and IBS, a byproduct, has arisen. Being able to have a doctor you can trust and depend on has been a significant discovery. I find myself thankful there are still medical professionals in existence who truly care for their patients.

Life is full of formidable challenges; this year has proven that already. Any unexpected death is hard to cope with; my father's was especially painful. Girls continue to see their daddy's as superman, who nothing can ever happen to. The challenge was just beginning; my mother was diagnosed with cancer just two days after we buried my dad. While beginning to comprehend the meaning of all that has and is happening to my family another challenge has arisen. Dharma, my beloved pet, needs surgery. This created an amount of stress I had never before met, and with that amount of stress I began losing my hair. This has made me realize I do not have control over these things, only how I deal with them. So I look at each day as one day at a time to be cherished and made the most of. Some may feel this sounds trite; it is however the only way to remain capable of grasping onto life when overloaded with such realities.

You may ask what really keeps me sane during that one minute to the next. My "hobbies" of reading, computer games, gardening and sewing clear my mind and relax my anxieties. I may never have a green thumb and continue to be a novice at sewing. Thankfully, talent in a hobby is not needed, just the enjoyment of doing it.

I love being involved with Phi Theta Kappa! I have held several officer positions in my chapter, Alpha Rho Epsilon, from Vice President of Scholarship to Chapter President. That is when my good friends Connie Myer and David Kerr insisted that I run for a regional office. I ran and obtained the position of Central District Representative! When issues arose within the region I stepped forward and upward as Interim Northeast District Representative and when a new Northeast District Representative was found I then was the Central District Representative and Ohio Region Secretary for the remainder of the year. I loved, cherished and gained a great amount of knowledge and experience with every position held, including listening to others opinions. Please feel free to contact me with any ideas in achieving our regional goals or any other matter.

I am deeply honored to be your Ohio Region President.



JEFF GERKEN REGIONAL VICE PRESIDENT

Hello Ohio Region! My name is Jeff Gerken and I am your 2009-1010 Ohio Region Vice President. I was born in South Bend, Indiana and was promptly moved to this great state. I am the oldest of five children born to my civil aeronautical engineer father, Gary, and the world's best domestic engineer mother, Judy. I have two children my daughter is 23 and my son is 18.

I am currently in my first year of clinicals for the surgical technology program at Sinclair Community College in Dayton, Ohio. After graduation next year I plan on working for the next three or four years and then returning to complete the first assist program which is currently being developed here at Sinclair.

Joining Phi Theta Kappa has been one of the most rewarding experiences of my life. Not only does it challenge me to keep up academically, it also gives me the opportunity to meet some of the best and brightest people in the region and the world, YOU! Since joining Phi Theta Kappa I have had the chance to work on some creative projects at both the chapter and regional level that hopefully will serve to benefit the region in the near future. As a chapter member Nu Pi created the Videos for Vets project that collected and has donated over 1,500 movies to VA facilities all over the United States. As a regional officer last year, I was on a team that created the sister chapter program for the Ohio Region, helping to make our region even stronger. I look forward this year to expanding the number of participating chapters in this program as well as increasing the number of participants at the Regional events this year. I look forward to working with all of you this year and I hope to serve as an inspiration to the newer members to work hard and follow your dreams. Hugs, Jeff



SANDRA CROSSEN REGIONAL SECRETARY AND BUCKEYE NEWSLETTER EDITOR

However, you my friends may call me Sandy. I was born, raised and will always live in OHIO. I do enjoy visiting other areas, however Ohio is home. Being the oldest daughter in a large family I grew up with both parents working full time which created an opportunity to learn leadership at a young age. Marrying my first and only love, Jon was the smartest decision I ever made! We have a son (Kevin) who is 22 and currently in Baghdad, Iraq for the Army. Our 21 year old daughter has special needs and is a true miracle in my life. This doesn't give a full picture though. I have the habit of adopting more family; David (22), Bridgette (21), and Betsy (22) are also my children. Currently I am the grandma to a three year old little girl (Myranda), a one year old boy (Gavin) and a 2 month old boy (Sylar.)

Currently I am attending Stark State College of Technology working on a double associates degree in Business Management and Accounting. Working full time, family and staying involved in our community keeps me busy, which I love!

Being inducted into Phi Theta Kappa last year has proven to be a perfect fit for me! Creating projects with my heart then using scholarship to improve and market them has been a successful practice I plan to continue. The BEST part of Phi Theta Kappa however is the fellowship; starting as friends and developing into family is an experience and feeling I find rejuvenating! As the 2008-2009 Beta Gamma Epsilon chapter president, I was able to witness, create and participate in projects with a team of amazing individuals! Inspiring one another to continually improve one's self and one's community is a staple in Beta Gamma Epsilon! I have a passion for the four hallmarks of Phi Theta Kappa, Leadership, Service, Scholarship and FELLOWSHIP. Being part of the Ohio Regional Officer Team, I will always be available to encourage and assist anyone who wishes to reach for the stars! HUGS!



**LISA OTTENBERG-DIEHL
Regional Central
District Representative**

My name is Lisa Ottenberg-Diehl, your Ohio Region's Central District Representative. I hail from the Alpha Rho Epsilon Chapter at Columbus State Community College. After being inducted to Phi Theta Kappa in November of 2008, I became a chapter officer (Vice President of Fellowship.) As a returning student with a previous Bachelor of Arts from OSU, I am happy to be finishing the first year at Columbus State, studying Dietetics and Exercise Science.

Originally, I had planned on going to law school after my undergrad work, but my life changed in April of 2004 when I underwent bariatric surgery. For those that do not know what bariatric surgery is, it is a medical procedure to help obese patients lose weight. After my surgery, while losing the weight, I gained a new perspective on life. My dreams changed, I no longer wanted to study law or work in such an adversarial, stressful environment. I wanted to work with people, like myself, who needed education, guidance, empathy, and support to change their lives and become healthier, happier and more productive individuals.

With the encouragement of my husband, Benjamin and my family, I enrolled in the Sport and Exercise Science and Dietetics program at Columbus State in Spring of 2008 and plan to graduate from the community college in June 2010. After gaining my Associate's degree, I plan to continue my education by transferring back to OSU to finish my dietetics program and earn my second Bachelor degree. Once that goal is achieved, I plan to work in a clinical setting with bariatric patients, both pre- and post-op.



**MARTINA THOMAS-CATLIN
Regional Northeast
District Representative**

My name is Martina Thomas-Catlin. As your Northeast District Representative, it is my desire to bring continued leadership to this position through communication and fun. I am the treasurer of my chapter, Beta Gamma Epsilon, 2008 Regional MVM, Student Government secretary and president of Business Leaders at Stark State College (BLAST.) I am currently seeking my associate degree in Administrative Information Technologies, Management and a Book-keeping Certificate. After I graduate, it is my desire to flourish in Human Resources Management for a mid-sized company.

I have two children, Nicole and Matthew, whom I spend a lot of time with indoors and outdoors. I am a family oriented person; I love camping, gardening, swimming in our pool, water and downhill skiing and personal development activities. I also have the privilege of volunteering at my church (The Chapel) as an accountant each month.

As your District Representative, I will be open-minded to your ideas while working on a plethora of strategies for all of us to grow and have this team leave a legacy. It is my aspiration for the Northeast District to be successful in many ways. Although new to this position, my passion for Phi Theta Kappa is the key to a better and stronger organization.



ANGIE POSADA REGIONAL NORTHWEST DISTRICT REPRESENTATIVE

I was born and raised in Cleveland and am currently residing in Toledo, Ohio. My family consists of: my mom, brother and myself. I am a part time Dietary Aide in a nursing home and an intern as an Administrative Assistant in the Information and Technology department at Owens Community College. This is my third year at Owens, and currently working on receiving an associate's degree in Office Administration. I plan on working on a Web Design certificate and a bachelor's degree in Accounting. It is never too late to learn something new, and learning is a passion for me.

Everyone has reasons they join Phi Theta Kappa; why did I? I joined Phi Theta Kappa to strengthen my leadership skills. Phi Theta Kappa is helping me succeed in my education and personal goals. It is hard to believe the amount of knowledge I have gained through the four Hallmarks of Scholarship, Leadership, Fellowship and Service. Phi Theta Kappa has also helped me see what I need improvement in to become a better leader and person. Besides the great amount of knowledge gained, I have met so many great people due to my involvement in this organization.

I became a member of Phi Theta Kappa in the fall of 2007. Since I joined the Alpha Omega Pi chapter, I am honored to have served as chapter Vice President of Service for 2008 and am currently the Vice President of Scholarship for 2009.

I plan to encourage the Northwest District chapters to attend the regional conventions and actively recruit qualified minority members. These tasks are not going to be easy. I have a lot of work to accomplish these goals. However, I am willing to work hard and am creative. Meeting these two goals will help accomplish my personal leadership goals for the year.



DEANA STEWART REGIONAL SOUTHWEST DISTRICT REPRESENTATIVE

I would like to introduce myself as the new Southwest Ohio Regional Officer. My name is Deanna Stewart, a 40 year old divorced mother of a beautiful, ultra-bright 6-year old daughter. I am a full time student in the Medical Assisting program at Sinclair Community College in Dayton, Ohio and an active member in the Nu Pi chapter as well as the VP of Scholarship and the Student Leadership Liaison. On campus, I am also the president of the Student Medical Assisting Association and a member of the American Association of Medical Associates.

My goal for this year is to encourage a sense of community, communication and cooperation within the Southwest Ohio Region as well as with other chapters and regions in the state of Ohio.

I wish each of you the very best in the coming year and would like to challenge you to increase your efforts to make a difference in this world that we share.

Take care; I look forward to working with you and serving as your representative.

Ohio Region Calendar of Events:

Leadership In Action
Columbus State Community College
July 10-11, 2009

Honors In Action
North Central State College
Oct 23-24, 2009

Regional Awards Convention
Sinclair Community College
March 19—20, 2010

Advisor Retreat
Edison State Community College
July 29-31, 2009

HALLMARKS DUE
February 5, 2010 Due by 5:00p.m.

International Convention
Walt Disney World Swan & Dolphin Hotel
Orlando, Florida
April 8—10, 2010



TIMOTHY L. DAVIS REGIONAL SOUTHEAST DISTRICT REPRESENTATIVE

Growing up in a single parent household seemed to be very easy for us. Our Mom was very strong and hard working. She stood on good principals, morals and values. She taught us lasting priorities such as; God, family, work and country; knowing everything else would fall in line. My Mom passed away in late 2006. Her legacy lives on in her three wonderful children.

I started my career by enlisting in the United States Navy. Building on the skills that Mom taught me I advanced quickly through the ranks. During my travels I have lived in four countries and visited 28 more. Some would say that's an accomplishment; I would say it is a good start.

Working in Navy medicine gave me a lot of understanding about helping others. That brings things up to date on why am I here at Hocking College, furthering my nursing career. This is just a start as well. I hope to earn a master's degree and continue my military career by helping those who fight for our right to an education.

I am an advocate of my kids' education goals as well. Sherell, who is 18 this year, will be graduating high school and continuing on at Toledo University to pursue a nursing career also. AuhnShunte, who is 17, is planning on studying music and computer technology. Darrick being 15 is still finding himself, the one place we've all been at some point in our lives.

Phi Theta Kappa has given me a broader way of not only setting personal goals of excellence, but also helping others to set levels of standards in their own lives. Phi Theta Kappa can be a unique fellowship that can help anyone to the levels of their own academic success.



CONNIE MYERS-KERR 2009-2011 Alpha of Ohio President

I was inducted into Phi Theta Kappa in the spring of 2004 and became a member of Alpha of Ohio in the fall of 2008. Over the years, I have served in multiple officer positions at two chapters. I was blessed enough to receive an International Hallmark Award in 2006 for Distinguished Chapter Officer and in 2007 the Ohio Region's Most Distinguished Chapter President Award. At the 88th International Convention, I served as the campaign manager to David Kerr who was elected as the 2006-2007 International Vice President – Division I. The following year, I was elected as the 2007-2008 International Vice President – Division I; only the second time in Phi Theta Kappa's history that consecutive officers were elected from the same chapter. I am a sign-song interpreter and have had the opportunities to perform at the 88th, 90th, & 91st International Conventions and the 2006 & 2007 Honors Institutes.

I received my Associate of Arts in 2007 from Cuyahoga Community College while completing transfer credits in 2007-2008 at Columbus State Community College. I currently am pursuing a Bachelor of Applied Arts & Sciences degree at Texas A&M University – Commerce as a distance learner. My goal is to obtain both Master's and Doctorate degrees to one day educate future community college students.

Personally, I have many titles. I have a wonderful son, Will, who is the reason I went back to school. Currently my husband, alumnus David Kerr and I married this spring and are expecting our first child together this November. Phi Theta Kappa has helped me to become a better role model for my son and little brother by instilling in them the importance of education and community service.



PRESIDENT'S CORNER BY: DIANNE BRICKER

This will be a year of firsts for me. I went to my first International Convention in Grapevine, Texas. My first impression was, "They were not kidding when they told me I would get several miles of walking a day!" Then I experienced sensory overload at the first General Session. It took my breath away to see in the first person, what I had in the past only been told about and to see all of these wonderful people, all with the same enthusiasm I had! I saw first-hand that when Phi Theta Kappans are given a challenge, they take it by the horns and succeed. What we were given two years to do, we accomplished in half the time! Of course I am speaking of the Hites Scholarship Challenge. I felt pride for all of those there. I especially swelled with pride for the Ohio Region! We were given a position in every award; an incredible feat! I felt about a foot taller just because I am part of this award-winning region.

My next first will be Honors institute in June. With proposed speakers as the likes of Dr. Randall Kennedy and Davar Ardalan, I can't wait to get there! I anticipate seeing those I met and became fast friends with at International as well as you, all of you, from the Ohio Region.

I am thrilled this issue of the Buckeye will let you get to know your new team of Ohio Region Officers. You will see what an extraordinary group of individuals we have this year. The team this year is such a diverse mixture of knowledge and qualities that I cannot wait for you to see us at work! Come join us at Leadership in Action Academy this year at Columbus State and see the team dazzle you!

Phi Theta Kappa Cookie Cutter? By: Deanna Stewart

I think not!

Geeks, Nerds, Brainiacs; when a person mentions the Honor Society, chances are the general public will call these images to mind.

We know different, don't we?

Anyone attending Phi Theta Kappa Regional events will feel right at home. Our members come from a wide variety of ages, backgrounds, religions, and beliefs. What we have in common is a desire to learn, to achieve and to make a difference.

Regional events are so much fun! The combination of networking and socializing with people from different colleges is a great way of broadening our horizons, accepting and appreciating differences and stepping out of our everyday comfort zone to become more than what we are.

The general sessions are very motivational and the breakout sessions are very informative and thought provoking. Did I mention how much fun we have?

The Pinnacle Award

By: Timothy L. Davis



The Pinnacle Award recognizes Phi Theta Kappa chapters and regions for successfully enhancing their recruitment and orientation strategies. It is measured by the number of new members reported to Headquarters in a given year. This award allows every chapter to start on an even playing field every year to improve and build their own memberships. There are many avenues to enhance your membership, but the most effective way is promotions by word of mouth. I am sure everyone has figured out a way that works locally. So get the numbers in early.

Chapters will earn up to five scholarships of \$45 each, based on increasing membership over the previous year in 5 percent increments. Scholarships will go to the chapters as soon as each level of membership increase - 5%, 10%, 15%, 20% and 25% - is recorded at Headquarters. Each chapter's leadership team will be notified of achievements.

There is a lot of money to be earned and little time to do it. Please encourage everyone to be a part of Phi Theta Kappa; not just for us but for them as well. Any questions concerning the Pinnacle award should be directed toward leadership, and we will try to help your chapter as much as possible to achieve your goals.



Be Smart, Snack Smart

By: Lisa Ottenberg-Diehl

The lazy days of summer are approaching. As finals loom ever closer, many of us are under tremendous stress. We find ourselves dialing out for pizza, drinking gallons of coffee, and getting less sleep. How can we ensure that we maintain our physical health as well as our mental health? The American Dietetic Association advises us that how we feel is often a result of what we eat. Our body chemistry changes with our stress levels as well as our general health. This chemical change can result in fatigue, mood swings and cravings. We reach for carbohydrates because they boost serotonin, the "feel-good" neurotransmitter. In the afternoons, when we "hit a wall", we reach for the chips or candy to give us a boost. The ADA recommends some healthy alternatives to help our moods and our energy level as we prepare for finals week.

- Choose foods with complex carbohydrates to increase the nutritional density of your food.
- Avoid sugary foods as they will only give a short burst of energy, before dropping your energy level further.
- Space meals three to four hours apart, choosing low-fat protein and complex carbohydrates, to avoid those afternoon lows.

To help everyone make healthy choices, here are some easy snack ideas to keep you healthy and happy while studying:

- Cheese quesadillas with lettuce and salsa
- Fruit and yogurt parfait topped with granola
- Small deli salad with sliced deli meat, tuna, or beans
- Fresh fruit, cubed cheese, and whole grain crackers
- Good luck to everyone and remember to snack smart!





REDUCING OUR CARBON FOOTPRINT BY: JEFF GERKEN

We have created a top ten list of everyday choices and actions that you can do to make a huge difference in your carbon footprint:

#10 Purchase Organic and Local

Buy organic or "fair trade." There's a better chance the food was grown in an eco-friendly way and if it's locally grown. Coffee often has a large carbon footprint because of the distance those beans had to travel to get here and how they were produced. Also, try eating at restaurants that serve locally produced or seasonal foods.

#9 Pay Attention to How Things Are Packaged

While out shopping, try to go to stores or co-ops that keep packaging to a minimum. Also, take reusable bags to the grocery store. When it comes to resources, plastic is better than paper — but a reusable cloth tote-style bag is better still.

#8 Ditch Bottled Water

Bottled water has a huge carbon footprint — it's bottled at one location in small plastic bottles and shipped all over. Try buying a reusable water bottle or canteen for your water. Many plastic water bottles are recycled, but most are not, making the footprint even bigger.

#7 Energy-proof Your Home

We're not talking major upgrades here.... Make sure all of your windows close properly and that the attic in your home is properly insulated. This can save you big bucks on your energy bill. Also, keep your heating and cooling systems properly maintained and switch to reusable filters when possible. Compared to regular bulbs, the fluorescents are more expensive, but they will eventually pay for themselves due to lower energy costs.

#6 Go Native

Use native plant species to landscape around your home or business. The plants will probably grow better in a familiar environment and the plants may also get shipped a shorter distance to get to your local nursery. Also, use organic soil when planting — it's made using more eco-friendly methods and uses less resources. And remember, green plants are a good way to offset carbon. So plant something, anything — it helps.

#5 Unplug Them

Unplug appliances that you don't use frequently. Most electronics have a standby mode that siphons energy even when not in use. Try using a power strip for groups of electronic items. One flick of the switch and it's all off.

#4 Keep Your Car.

With gas prices seemingly always on the rise, it's tempting to buy a hybrid or electric vehicle. But if your older-model car is in good condition, you're better off keeping it in good running condition. Even hybrids create a big footprint when they're built, so consider driving that old clunker for a little while longer. Also, try more eco-friendly modes of transport when possible.

#3 Use Cold Water.

Try using cold water to launder things that don't need to be cleaned in hot or warm water. It takes a lot of energy to heat up water — multiply that by the number of loads and that's a big footprint.

#2 Time Mangle Your Errands

A lot of us try to run errands in-between work and other commitments. Try bundling errands together to reduce how far you need to travel. And if you really want to make it a "carbon freebie," try carpooling and running errands with a buddy.

And the #1 Way to Reduce Your Carbon Footprint Is...

The Three R's: Reduce, Reuse and Recycle.

It seems like something from a kid's sing-a-long, but sometimes we lose sight of just how much we buy. Just remember to do it at work too.

Together we all can make a difference!



**Being a Leader in the Colleges, Communities
and Within Phi Theta Kappa**
By: Angie Posada

College students who have chosen to cope with any student organization are enthusiastic of taking on their new positions. Some of the students may also have other responsibilities which may include a job, a spouse/significant other, children, other extracurricular activities, homework or projects which you may have to do for some of your classes. As a student leader, you must be organized and not get overwhelmed with the duties and responsibilities you may have. "Leaders who are organized have more control of their duties."* Get to know the members likes, dislikes, strengths and weaknesses. Getting to know the members can be a value within the organization. The officers should take the time to find out the history of the organization. Get to know the basics and find out what projects have been done in the past and may be of help in the future.

Community leaders need three competencies:

"Frame ideas—the capacity to define opportunities and issues in ways that lead to effective action. Through framing, a group understands and decides *what* needs to be done, *how* it is to be done and *why* it is important to do."

"Build social capital—the capacity to develop and maintain relationships that allow people to work together and share resources."

"Mobilize resources—the capacity to organize and engage enough people, financial resources, votes and organizations to make the project a reality."

"So it is with the three core competencies. Each is essential for effective leadership. Yet desired results happen only when the competencies are combined."**

Being a leader within Phi Theta Kappa involves building leadership within you. You as a person must take the initiative to develop and improve leadership skills for yourself and the chapter. A leader must have integrity, have good listening skills, take responsibility of one's actions and ethics, builds trust and builds loyalty. The three levels you can succeed are the chapter, regional and international levels. You will not know how far you can go unless you try.***

References

*http://campuslife.suite101.com/article.cfm/how_to_be_an_effective_student_leader

**http://74.125.95.132/search?q=cache:S9angzqsQj0J:www.fieldstonealliance.org/client_pages/tools_you_can_use/02-08-06_cmt_y_leadership.cfm+being+a+leader+in+a+community&cd=2&hl=en&ct=clnk&gl=us

***Leadership Development Studies, A Humanities Approach By, Phi Theta Kappa 4th Edition



**SUPPORT OUR TROOPS
BY: SANDY CROSSEN**



We are collecting hygiene products at each regional event this year for our military troops stationed in war zones! They are in need of products we consider basic necessities. Keep in mind each chapter participating retains the service for items they collect and bring.

Items requested are soap, shampoo, toothpaste, toothbrush, mouthwash, deodorant, sanitary pads, tampons, razors, razor blades, sanitizer and wipes. Yes, you read correctly, wipes. If they are unable to get to water they can use the wipes to wipe away some of the grime.

Another item requested is not one you or I would place on a list of hygiene products; however, they would. It is gum. If they run out of toothpaste they use gum to help freshen their mouths. For anyone not wanting to transport more items in their luggage, don't worry we also need money to cover shipping costs for the items we collect.

We will have clear containers with white lids, clearly marked and visible at each event. This is in hopes of creating an easy drop-off area, where your donations should go. If you are unable to find the area, please feel free to ask one of your regional officers and we will be happy to assist you. Let's send our military personnel some big Phi Theta Kappa Hugs!



Every issue, one person from the Ohio region will be selected to have their essay in the Buckeye Newsletter. Six weeks before the Buckeye is due, the District Representatives will send to all the chapters the selected topic. All of those who wish to participate, may send their essays to Ohio Region Secretary/Editor Sandy Crossen and Ohio Region President Dianne Bricker.

This edition, Mary Hooker-Myers was selected. Mary has been a chapter officer, a regional officer, an advisor, and a candidate for International Division I Vice President.

Teamwork By: Mary Hooker-Myers

They say, "There is no I in team" but if you think about it, it really is up to the individual to create the "teamwork". What you do has a big effect on the team. If you understand a few key points, you will be well on your way to helping your team perform effectively and efficiently.

You as an individual, within a team, must understand that the group may not agree with your ideas or projects. This is not an attack on you personally. Just remember there will be times when someone else has an idea or project that you were not for, but it had nothing to do with the person that brought it up.

We are Phi Theta Kappans and there will always be strong personalities in any group we form. This is a necessary trait for any honor student, but it sometimes carries over into everything we do. As a member of any group, we need to be more aware of how our behavior is affecting the rest of the group. Are you being too pushy? Do you feel like you are being "railroaded"? If you notice that you are the one being pushy, then you will need to change your behavior. If it is someone else, then talk with them about it. Pushy behavior will tear a team apart.

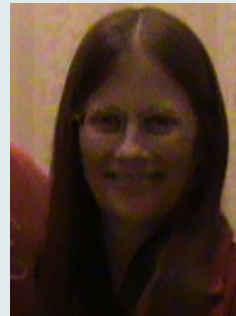
Is your motto "My way or the highway"? Do not expect anyone to stick around for very long. Everyone must make compromises in a team. Everyone has a different way of carrying out any job. "My way or the highway", and "If I want it done right I have to do it myself" are very demeaning to the other people in the team. The first one says, "I do not trust you to make any decisions", and the second says, "I do not trust you to do it right". You are a critical part of any team you serve in. If that team has problems, look at your own behavior FIRST.

As individuals, we will stick with a group or a job based on three values; compensation, camaraderie, and sense of worth. In our case, there is little or no compensation. So, companionship and the feeling self-worth will be the glue that will bind you to the team. You have to decide, as the "I" hidden in team, whether you will be the one that is the glue that binds or the solvent that breaks apart the team.



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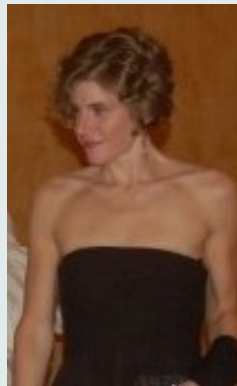
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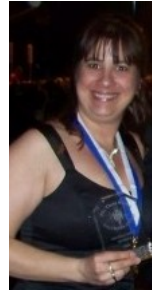
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