



# The Keiser Monthly

March 07

*“It is good to have an end to journey towards; but it is the journey that matters in the end.”*

~ Ursula LeGuin

*“What do we live for, if it is not to make life less difficult for each other?”*

~ George Eliot

## From the Office of Our President

### 10 quick tips for ensuring your success at Keiser University

**1. *Make your family a part of your college experience.***

The benefits of what you are doing will help your family. You are not in this alone. The chance of success for a student that enjoys the support of his/her family versus a student that has to battle his family to gain their cooperation is significantly higher.

**2. *Be here***

A simple rule but everything you miss costs you twice: (1) you paid tuition dollars to learn it (2) you won't have the benefit of that knowledge or skill to use in the workplace. Each day you miss makes you a weaker, less valuable employee. Commit yourself to attend every day.

**3. *Do what we are doing***

Very little of what you need to learn on a day to day basis will cause you to struggle intellectually. Most is logical and is consistent with common sense. By participating in what the class is doing, so much will be picked up and learned. You will be surprised how much information comes to you that you don't have to struggle to understand.

**4. *Buy into what we are doing.*** Become a part of something! Be proud that you are a university student! Be proud of your university! You may have friends that say that college isn't cool or that you'll never make it. Under no circumstances should you listen to them! If you believe in yourself, commit to do what is asked of you in your classes and see yourself as a member of the student body working toward your degree, see yourself graduating and earning your degree, you stand a better chance of succeeding.

**5. *Write down your career and life goals.***

Write down the reason why you are going to college; post it on your refrigerator, refer to it often. Have you ever heard the expression "keep your eyes on the prize" ? The more you keep your goal in mind, the more refer to your goal, the more likely you will take steps to see that it is achieved.

**6. *Establish a routine for studying*** just as you have established a routine for coming to school. Find a study buddy..... Use flash cards..... Study after the kids have gone to bed..... Have your children quiz you on your flash cards.....

**7. *Establish a back-up plan.*** Cars sometimes won't start; babysitters cancel. In short, life happens! Get to know your classmates. Car-pool. See if you can find a fall-back baby sitter. See who else drives to Keiser from close to where you live.

**8. *Be prepared***

Being prepared is important to your success; being organized can help you to be prepared. Get a daily planner, use MS outlook, keep a calendar....

**9. *Create a culture of commitment and success around you.*** Let people see how serious you are about college and your future. Tell everyone you are going to college; let people how important this is to you. From friends to loved ones, please let the important people in your life know that you assign great value to the task you have undertaken (earning your college degree).

**10. *Don't be afraid to ask for help.*** Become aware of the services available to help you be successful, use them. Can I tape record my class? Are there special study sessions to prepare me for my state or national boards? Is tutoring available?

Sincerely,

David Hubbard  
Campus President

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## From the CJ department

The criminal justice department recently took a field trip to the American Police Hall of Fame. Check out some of the pictures from their trip!



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## From the CST department

This term's sergeant is Chris DiLuigi.

On March 14, 2007, several law enforcement offices will be on campus recruiting. Come to the event with your resumes ready to meet some prospective employers.

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## From the RT department

Danielle Hall is the RT student of the month for last class. She has perfect attendance, a wonderful attitude, and a grade of "A" in her last class.

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## From the MA department

RMA review courses will be held on March 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>, and April 2<sup>nd</sup> starting at 11:00 AM. The next exam date is 4/28/2007! Completed applications need to be turned in to Mr. Argro by March 30, 2007.

Basic x-ray review courses will be held on March 3<sup>rd</sup> and 10<sup>th</sup> starting at 11:00 AM.

Please call Garry Argro at 407-406-4403 to sign up for the review classes.

If you have any information that you would like to include in the newsletter, please see Nicole Goodman in Student Services. This is your newsletter!

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## From the Student Services department

Congratulations to the following students who are eligible for Phi Theta Kappa this semester: Jonathan Armstrong, Hayvis Decan, Angelo Demartino, Giselle Fernandez, Carol Fowler, Sully Garcia, Vanessa Giles, Sherreka Goodman, Dawn Hutchinson, Sabrina Jester-Pugh, Eric Kierstead, Cheryl Leith, Karl Leith, Michelle Lorant, Brigita Luiz-Hunter, Mohammad Maali, Kimberly Melendez, Fariel Merchant, Gina Negron, Flor Nieves, Brandi Oesch, Desiree Reyes, Rosalinda Rosa, Tristan Rounsaville, Kimiko Sakai, Jennifer Sanchez, Janelle Sharritt, Barbara Shorten, Jessica Singleton, Koretta Stanford, John Thornton, Juan Velasquez, and Kimberly Walton-Moore.

All of these students had at least a 3.7 GPA, 24 credit hours, and less than 10% absences. Congratulations and keep up the hard work!

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## Words of Wisdom

"The reward of a thing well done is to have done it."  
~Ralph Waldo Emerson

"Do not follow where the path leads. Rather go where there is no path, and leave a trail."  
~David Perkins

"The best way out is through."  
~Robert Frost

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## Chef's Corner

### Shepherd's Pie

Recipe courtesy Emeril Lagasse, 1999

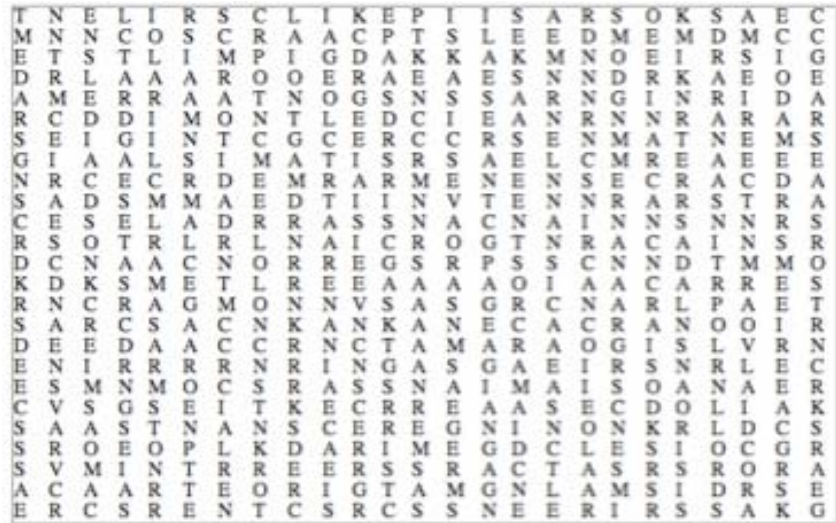
2 tablespoons olive oil  
2 cups chopped onions  
Salt  
Freshly ground pepper  
2 pounds roasted lamb loin or leg, medium rare  
3 tablespoons flour  
1 tablespoon tomato paste  
1/4 cup dry red wine  
2 1/2 cups veal stock reduction  
1/2 teaspoon dried thyme  
1/2 cup sweet corn, cooked  
1/2 cup sweet peas, cooked  
1/2 cup small diced carrots, cooked  
1 recipe Mashed Potatoes  
2 tablespoons butter, cubed  
Chopped parsley, for garnish

In a large saute pan, over medium heat, add the oil. When the oil is hot, add the onions. Season with salt and pepper. Saute for 2 minutes. Finely chop the lamb. Add the lamb to the onions and saute for 1 minute. Dust the lamb with the flour and cook 2 minutes, stirring constantly. Stir in the tomato paste and cook for 30 seconds. Stir in the red wine and the veal reduction. Bring the liquid to a boil. Stir in the thyme, corn, peas and carrots. Season with salt and pepper. Reduce the heat to medium low and simmer for 10 minutes. Pour the mixture into a deep 9-inch oval dish. Place spoonfuls of the potatoes over the meat mixture. Dot the top of the potatoes with butter. Place in the oven and cook for about 30 minutes or until the potatoes are golden. Place a baking sheet under the dish in case the pie starts to bubble over. Remove from the oven and spoon onto serving plates. Garnish with parsley.

[http://www.foodnetwork.com/food/recipes/recipe/0,1977,FOOD\\_9936\\_6060,00.html](http://www.foodnetwork.com/food/recipes/recipe/0,1977,FOOD_9936_6060,00.html)



## March



clover      patrick      mardi      gras  
 American   Red      Cross      NCAA  
 madness   green

To make FREE word searches visit: [www.teach-nology.com](http://www.teach-nology.com)

## Happenings on Campus

Here is a listing of some events going on around campus this month.

- March 1<sup>st</sup> – SGA meeting room 204 1:05 PM  
 Bank of America will have an information table set up from 11:00 – 1:15
- March 5<sup>th</sup> – Tempus Resorts will be on campus recruiting 11:00 – 1:15
- March 6<sup>th</sup> – PTK Orientation 1:00 room 204
- March 9<sup>th</sup> – CNSM field trip – Orange County Convention Center
- March 12<sup>th</sup> – Jostens hosts “Class Ring Day” 11:00 – 2:00 and 5:00 – 7:00
- March 13<sup>th</sup> – Blood drive 9:00 – 12:00 sign up at student services office  
 Marriott Vacation Club and Connexions will be on campus recruiting 11:00 – 1:15  
 Indigo Apartments will have information table set up 11:00 – 1:15
- March 14<sup>th</sup> – Law enforcement job fair 10:30 – 2:30
- March 16<sup>th</sup> – PTK applications due
- March 19<sup>th</sup> – 22<sup>nd</sup> – Finals week
- March 22<sup>nd</sup> – New Student Orientation 6 PM
- March 23<sup>rd</sup> – New Student Orientation 11 AM
- March 26<sup>th</sup> – New class begins

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## Health

### Can allergies be overcome?

By gradually consuming increased quantities of eggs, children who were allergic to them were essentially able to overcome their allergy, researchers at Duke University Medical School have found in a small pilot study.

Egg allergy is one of the most common food allergies among children in the United States. The National Institute of Allergy and Infectious Disease estimates that 6 percent to 8 percent of children have some type of food allergy. And while most children outgrow the allergy by age 5, some people remain allergic their entire lives.

“Participants who took a daily dose of egg product over the two-year study period were able to build up their bodies’ resistance to the point where most of them could eat scrambled eggs without a reaction,” says A. Wesley Burkes, chief of Dukes Division of Allergy and Immunology. “Egg allergies cause a significant decrease in quality of life for many people, so this study is exciting in that it brings us a step closer to being able to offer a meaningful therapy for these people.”

The study was published in the *Journal of Allergy and Clinical Immunology*.

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## Tech Tips

### Don’t give into temptation: Spam never stops

Some spam e-mails, for mortgage refinancing, for instance, can seem tempting to check out, but you are probably better off not succumbing when it comes to electronic advertising that sounds too good to be true. Some Internet ads seem to be just what you’re looking for. But be careful, says MSNBC’s Bob Sullivan in the “Red Tape Chronicles” blog. Three years ago Sullivan intentionally answered spam ads for cheap mortgage loans to see what would happen. He’s still getting calls from answering those ads (he knows because he used a specific alias only for this purpose). Sullivan points out that one small lapse in judgment can mean years of unwanted solicitation. Think before you click.

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## Money Matters

### How to save when it comes to health care

Out-of-pocket health-care costs have more than doubled since the year 2000. According to Cybele Weisser and Amanda Gengler in a *Money* magazine piece titled “50 ways to cut your health-care costs,” consumers are starting to wise up and are not willing to just pay the sticker price for health care any more. Here are some of their tips for garnering some health-care savings:

- **Negotiate for a better price.** Yes, that means you can often bargain with you doctor or dentist. The rates that they charge are not always firm. Three-out-of-five health-care consumers who bargained were successful, according to a Harris Interactive poll in 2005.
- **Do your homework.** Get on the Internet and find out what common costs are for procedures and products you will be paying for.
- **Offer to pay up front in cash for a discount.** It’s common to be offered a 10 percent discount if you pay your bill in advance or at the time of treatment.

- **Buy your own equipment instead of getting it from you health-care providers.** Buying things like crutches or braces is almost always cheaper if you purchase them on your own.

- **Go to a retail walk-in clinic if you're suffering from a minor ailment.** Walk-in clinics like those operated by chains such as Wal-Mart or CVS offer treatments for common ailments at about a 25 percent savings when compared to a doctor's office visit (make sure they accept your insurance first, though).

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## Anecdotes

### To realize the value of time ...

To realize the value of one year:

—Ask a student who has failed a final exam.

To realize the value of one month:

—Ask a mother who has given birth to a premature baby.

To realize the value of one week:

—Ask an editor of a weekly newspaper.

To realize the value of one hour:

—Ask the lovers who are waiting to meet.

To realize the value of one minute:

—Ask the person who has missed the train, bus or plane.

To realize the value of one second:

—Ask a person who has survived an accident.

To realize the value of one millisecond:

—Ask the person who has won a silver medal in the Olympics.

Time waits for no one. Treasure every moment you have.

—Author unknown, from various sites on the Internet

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## Management

### How to set achievable, exciting goals

In his book *Personal Best*, coaching expert David Rock says that if you want to achieve your best performance, the first step is to set a goal worth achieving. If you can master setting "goals worth going for," Rock says, you will alter the course of your future.

Rock says that to set a life-changing goal, you'll want to choose something that truly challenges you, something you're not sure you can actually do. This will encourage you to stretch. Choosing something that is achievable in 90 days will keep you from setting a goal that is too big. This will prevent you from becoming overwhelmed and keep you motivated. And when setting your goal, Rock says that you need to keep it "short and snappy" because you will be repeating your goal over and over to yourself. Don't write out a long statement. In fact, Rock says keeping it to about five words will be just about right.

# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 PEANUT BUTTER LOVER S DAY	2 Atlanta Braves vs Pittsburgh Pirates at Wide World of Sports 1:05 PM	3
4	5	6 No Fear Tour at House of Blues 6:30 PM	7	8 Orlando Magic vs Chicago Bulls at Amway Arena 8:00 PM	9	10 Black Label Society at House of Blues 7:00 PM
11 DAYLIGHT SAVINGS BEGINS	12 Orlando Predators vs LA Avengers at Amway Arena 7:00 PM	13	14 NATIONAL POTATO CHIP DAY	15	16 Atlanta Braves vs St.Louis Cardinals at Wide World of Sports 7:05 PM	17 Supercross at FL. Citrus Bowl 7:00 PM
18	19 Nickelback at Amway Arena 7:00 PM	20 Snow Patrol at Hard Rock live 8:00 PM	21	22	23 Blake Shelton at Hard Rock live 8:00 PM	24 Sean Paul at Universal Studios 5:00 PM
25 WAFFLE DAY	26	27	28 Between the Trees at The Social 7:00 PM	29	30 Orlando Magic vs Indiana Pacers at Amway Arena 7:00 PM	31 Steve Miller Band at Universal Studios 5:00 PM