

**MACK NEWTON ON..... LEADERSHIP****In this issue**

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We need leadership today more than ever before in America. We need more courageous leadership from parents in the home...more honest and focused leadership from business... more principled and moral leadership from government.

**Who can lead today?**

The great Supreme Court Justice Oliver Wendell Holmes once said: "There are three types of people, there are people who make things happen, there are people who watch what's happening and there are people who don't have the slightest idea what's happening."

In America today, we need more of the people who make things happen. These are the people who are going to take us into the future, people who have vision and the courage to take the risks that lead to solutions to serious problems that face us as a nation today.

This type of leader is called a transactional leader. This is the person who gets things done. This doesn't mean that they do it all themselves...it means that they get things done with and through others.

That is the true measure of leadership. People who are able to get extraordinary performances from ordinary people. They are able to uplift and inspire by words and deeds and get others to share their vision and perform at levels far beyond anything they've ever done before. These are the kind of leaders we need more of today.

Are leaders born or made? I'm sure there are many varying opinions on this, but I am of the opinion that leaders are made, not born. Clearly, some people feel a strong urging to lead and they seek the people and the knowledge that enable them to fulfill that calling.

When you talk with great leaders, you find two things are clear. One, they trained with great leaders and learned from them, and secondly, they all considered themselves to be great followers.

All great leaders were first great followers. The reason for this is simple. We all have a tendency to become like the people we most admire. The more time we spend either with or

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# MACK DADDY'S IN THE EVENING

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Mack Daddy's is the place for dinner tonight.....

Let me bring you up to date on what's going on at Mack Daddy's. The jury is in and one thing is for certain...the food is great. People can't believe that food without salt, sugar and white flour tastes so good. But that's just the beginning...the folks are jazzed up at Mack Daddy's—Miles, Coltrane, George and all the rest—and the ambiance is so very, very cool.

It started out as a food thing, but now it's taking on a whole new vibe. I don't know about you, but I love to have an ice cold beer, or an incredible glass of wine or a fabulous bubbly glass of champagne with my meal. So now you can bring your special beer, wine or bubbly with you to Mack Daddy's. Yeah – bring your own beverage. How cool is that? Not only is it very classy, but you can save some cash at the same time.

## Try.... Crispy Chicken #7

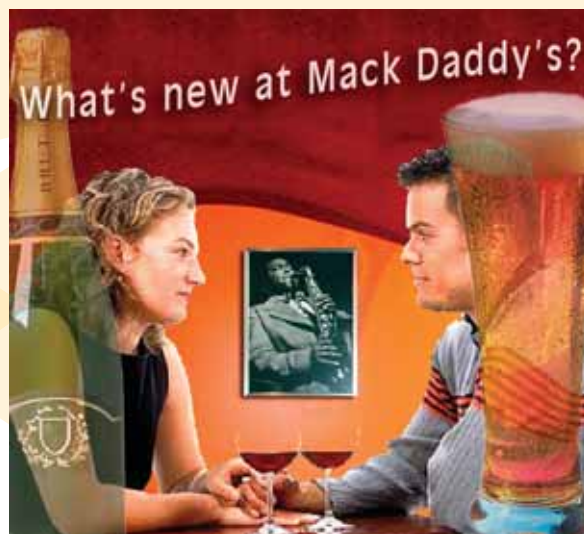


Four crispy chicken thighs with a delightful herb blend of Sage, Basil and Rosemary under the skin and in every delicious bite. This chicken is so crispy that I suggest you pick it up and eat it with your hands. Yep...eat it like fried chicken. It's served with three sautéed vegetables, broccoli, brussel sprouts

and cut green beans. Try this and 7 will be your lucky number, too. Pair it with...*a crisp, chilled Riesling.*

Or... Creole Rubbed Salmon served with Mango Sesame Salsa *paired with an ice-cold Red Stripe.*

Or... Shrimp and Scallops over Asian Eggplant with Braised Baby Bok Choy *paired with a bubbly Veuve Clicquot Brut champagne.*



Bring your own ice-cold beer, favorite wine or fabulous bubbly with you to enjoy with your meal at Mack Daddy's. We'll uncork it and serve it to you with our usual style and a side order of cool jazz.

## Coming soon

A new sit-down bar to enhance the atmosphere and your dining experience.

**And don't forget....** Mack Daddy's delicious new lunch menu with sizzling burgers and an array of salads.



Enjoy soft lights, cool jazz, fabulous food and your favorite drink at .....

**Mack Daddy's in the Evening**

# Mack Newton on... Leadership

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reading about the people we most admire, the more we become like them. It's almost like you begin to absorb the qualities and characteristics of these leaders and soon you begin to talk and act and behave like them.

As you sustain these qualities and develop the behaviors of a leader, over a period of time, you become a leader yourself.

Every person has inside of them a desire to be committed to something bigger than themselves. Most never act on that desire. Leaders, however, can visualize that something. They can see it clearly and that vision motivates them into action.

Leaders are intensely "action" oriented. They get a concept, get a mission and then they literally launch themselves headlong into it. The vision, the passion all serve to give the leader a feeling of destiny and purpose. They see themselves as a force of nature that can't be stopped.

That vision also creates passion in the leader that sustains them whenever they run into opposition and obstacles. They also use the passion to generate followers.

I think this is one the definitions of true leadership. The ability to get followers—the "others" I referred to— to get things done.

If you feel these qualities in yourself or you would like to develop these qualities in yourself...by all means act on it. Your country needs you. The world needs you. Now... more than at any other time in all of human history.

—MN

Master Newton featured in Kono

**Kono, the first martial arts magazine for kids, plans to feature Master Newton in an upcoming issue.**



Taekwon-Do Promotion Tests

**The next promotion tests are scheduled for August 18th. Nick Kapande will arrive in Phoenix again to serve as head judge and two local black belts will assist. Our Taekwon-Do students continue to climb the ranks.**

# A BLAST FROM THE PAST



This is me with Mr. Kim, who was a 6th degree black belt at that time. I was a 1st degree black belt, nearing 2nd degree, and this was my first assistant teaching assignment. From here I opened my first school at the Mt. Prospect Park District....



.....Steve Durlacher was the director of the Mt. Prospect Park District and was very instrumental in getting our Taekwon-Do program started. Although not a martial artist himself, he loved Taekwon-Do and was involved in the program and demonstrations.

# HEALTH HERO

## JOHN MOUSHEGHIAN

August 2007

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### Gaining Energy, Losing Weight

John Mousheghian has only been working out with Mack Newton for 3 months, but he has accomplished a lot in that time. He has lost 33 pounds, and his body fat percentage dropped from 31% to 19%.

“I feel completely different,” says John. I’m sleeping more soundly and have a lot more energy.” He says the only drawback was that he had to spend money on new clothes, because nothing fit him anymore.

Unhappiness with his physical shape led John to Newton Fitness. “I had spent the last three years working at a desk, on the phone, on the computer.” John started listening to Mack Newton on his Power Hour radio show about two years ago, but waited until this April to begin working out because he knew it was a serious commitment and wanted to make sure he could follow through.

In addition to the workouts, John says he likes absorbing Mack Newton’s positive attitude about setting goals, and looking for ways in which to improve your life. “I’m much more focused now, less scattered. I follow through more on things.



It’s a result of Mack pushing me to do more than I would do on my own. I’m less likely to accept self-limitations now.

“And I do like to cook, and 3-2 eating takes some preparation and planning. I’m getting that enjoyment of cooking back. And I LOVE Mack Daddy’s Gourmet Food — everything on that menu!”

**A healthier, trimmer John Mousheghian in July 2007**

Friends, co-workers and family have noticed the difference in him. “Business associates that I haven’t seen in awhile say ‘Wow! What are you doing? You look great.’”

“I just want to thank the Mack Daddy for all the positive changes in me,” says John. “I’ve done things I never thought I was capable of doing and I like that!”

**John Mousheghian in April 2007**



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