

How to Succeed

A boat docked in a tiny Irish fishing village.

An American tourist complimented the local fishermen on the quality of their fish and asked how long it took him to catch them.

"Not very long," they answered in unison.

"Why didn't you stay out longer and catch more?"

The fishermen explained that their small catches were sufficient to meet their needs and those of their families.

"But what do you do with the rest of your time?"

"We sleep late, fish a little, play with our children, and relax with our wives. In the evenings, we go into the village to see our friends, have a few drinks, play the fiddle and sing a few songs. We have a full life."

The tourist interrupted, "I have an MBA from Harvard and I can help you! You should start by fishing longer every day. You can then sell the extra fish you catch. With the extra revenue, you can buy a bigger boat."

"And after that?"

"With the extra money the larger boat will bring, you can buy a second one and a third one and so on until you have an entire fleet of trawlers. Instead of selling your fish to a middle man, you can then negotiate directly with the processing plants and maybe even open your own plant. You can then leave this little village and move to Dublin, London, or even New York City! From there you can direct your huge new enterprise."

"How long would that take?"

"Twenty, perhaps 25 years," replied the tourist.

"And after that?"

"Afterwards? Well my friend, that's when it gets really interesting," answered the tourist, laughing. "When your business gets really big, you can start buying and selling stocks and make millions!"

"Millions? Really? And after that?" asked the fishermen.

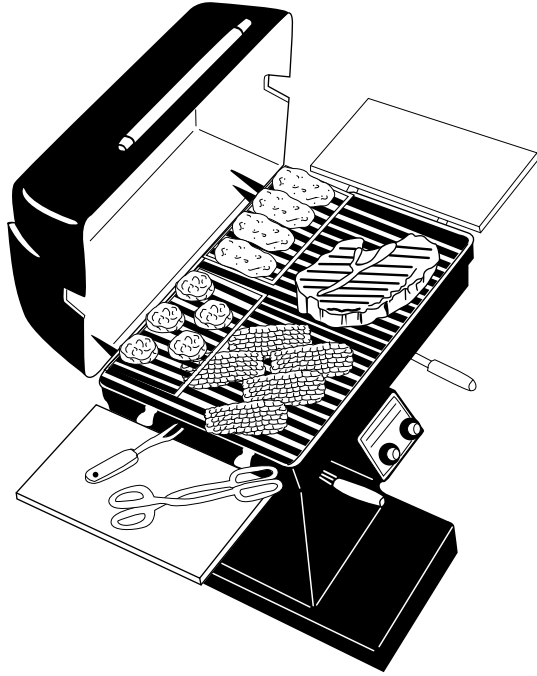
"After that you'll be able to retire, live in a tiny village near the coast, sleep late, play with your children, catch a few fish, take a siesta with your wife and spend your evenings drinking and enjoying your friends."

"With all due respect sir, that's exactly what we are doing now. So what's the point wasting 25 years?" they asked.

And the moral of this story is:

Know where you're going in life... you may already be there!

July 4th Barbeque Tips 7 Simple Tips for a Successful Fourth of July BBQ



Are you ready to celebrate the Fourth of July with family and friends? A little planning will help you to host a successful BBQ for Independence Day.

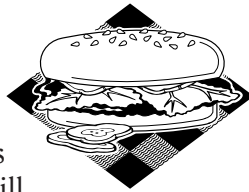
Family, friends and fireworks all are a part of fun summer memories. This year, the Star Spangled holiday falls on a Sunday, making it a long weekend for most people. Don't wait until the last minute to plan for a great BBQ. Here are a few simple tips you need for a successful and fun get together:

1. People. Invite friends, neighbors, co-workers and family early before other plans evolve for them. Create your own invitations to mail or eliminate the need for paper and postage by using other on-line sites to create a fun e-vite.

2. BBQ Tools. A wire brush and scraper to clean the grill, oven mitts, skewers if you plan on making shish kabobs, and disposable pans to make clean up easier are just some of the essential tools you may need for BBQ success. When cooking meat, you will also need a meat thermometer to ensure it has been cooked thoroughly.

3. Safety. Grills are hot and grilling tools can be sharp. If there are children around, be sure to take the necessary precautions to keep them from running near the grilling area.

4. Food. It wouldn't be a BBQ if you didn't have the all-American menu: burgers, hot dogs, chicken, watermelon, potato salad and pasta salad. You can find a variety of recipes online for side dishes or salads that will enhance your menu. Be sure to offer a variety of cold drinks – alcoholic and non-alcoholic – and end the BBQ with something for your guests' sweet teeth.



5. Pest Control. Where there is food, there are usually bugs if you are eating outdoors. Ants, flies, and bees can all be attracted to your meal, while mosquitoes can be the worst of the uninvited guests. There are several natural repellents that you can use such as citronella, marigolds and garlic; as well as store bought repellents. Be well armed to keep these pests away from your guests.

6. Activities. Keep the fun and games simple and relaxed, such as croquet, badminton, and bocce ball. If there are kids in attendance, sidewalk chalk, bubbles, and a sprinkler for them to run through are always a hit.

7. Fireworks. Since setting off your own fireworks is probably not legal and of course very dangerous, check your local listings for fireworks displays in your area. Local newspapers and news channels usually carry a complete listing for your reference.

Have a sparkling 4th of July BBQ!

5 Healthy Barbecue Tips

The 4th of July is coming up, and for sure, people are going to get together and have barbecues in the fresh air with their friends and families. When you hear the expression "barbecue," you instantly imagine juicy, fatty pork ribs or high sodium, greasy sausages with Pepsi or Sprite soda. However, the Fourth of July picnic can be very diverse and healthy. We just need to use our broad food ideas to make this 4th of July barbecue party incredibly healthy and beneficial. Here are five barbecue food tips you can use to surprise your family or friends.

Shish Kabob is an excellent choice to share with family and friends on July 4th. The diversity of this meal gives you many choices and allows you to use different combinations of meat, chicken, seafood, fruits, and vegetables. Moreover, it can be combined with low fat tofu, poultry, and dehydrated fruits.

1. Grilled Kabob

1/4 cup plain fat free yogurt

1/4 cup fresh lemon juice

6 garlic cloves, minced

4 boneless chicken breasts, cut into 1-inch pieces

Soak chicken breast overnight in this succulent yogurt marinade with fresh lemon juice and flavor of garlic. On the 4th of July, lightly oil the hot grill rack, then grill kabobs, turning occasionally, until chicken is just cooked through, 4 to 6 minutes.

2. Grilled vegetables

Mushrooms, tomatoes, peppers, onion, cilantro, chopped courgette or aubergine, sliced apples or pineapple, whatever you can think of! Simply, use your imagination to combine all these natural ingredients with various kinds of lean meat or seafood.

3. Grilled Salmon

Grilled salmon is an amazing alternative for a 4th of July party. Before you grill your salmon, put salmon in a sheet of foil large enough to make a parcel. Cut a lemon and squeeze it into salmon, add no-sodium nutritious seasoning like "Mrs. Dash," and wrap the foil tightly, putting this parcel into the refrigerator for a night. Then, on the 4th of July, you can bravely grill this aromatic salmon for your friends or family.

4. Ground Chicken or Turkey Burgers

Burgers on the Fourth of July are an American tradition. What is special about ground chicken or turkey burgers? It never fails! It is always a great idea to have these healthy, juicy burgers on the barbecue table. Moreover, it is simply easy to prepare. Take enough amount of ground chicken or turkey, add into it eggs, cilantro, black pepper, garlic, whatever you can think of! Make large enough chicken or turkey burgers, and grill them! Believe me, it is going to be yummy!

5. Chicken Sausages

Low fat and low sodium chicken sausages can bring that "hot dog" feel to the Fourth of July, without the grease, processed fat and sodium. The kids may like them too!

For dessert, make up a bowl of fresh fruit salad and serve with low fat yogurt. It will be a nice addition to your barbecue party on the 4th of July.

We have just covered some healthy barbecue ideas you can have on July 4th with your friends and family. Enjoy your barbecue picnic and stay healthy during the holiday. 🍌

