

SDA News

Louisiana State University

March 24, 2009

Spring 2009; Meeting #5

Want to Lead in SDA? Here's how!

This is YOUR CHANCE to be more involved with SDA! Please consider running for one of the following positions:

Secretary- Prepares sign in sheets for each meeting, records attendance, compiles directory, and creates SDA News for every meeting.

Treasurer- Keeps track of all member dues, tracks financial transactions of the club, and reimburses officers and team chairs for club-related expenses.

If you're interested in

running for either of these offices, email Jamie at jmasca1@lsu.edu.

Another leadership opportunity in SDA is to become a team chair. Team chairs are each given specific responsibilities to make our events run smoothly. Below is a list of our team chair positions:

- Community Head
- Diabetes/Heart Walk
- Fundraising
- Marketing/Historian
- National Nutrition Month (2)

- Nutrition Outreach
- Social/Points
- Technology
- Wellness Fair

If you have any questions about these positions, ask a current officer/team chair or check out our bulletin board where you will find details about each position.



Inside this issue:

Leadership Opportunities	1
Upcoming Events	1
Guest Speakers	1
Recipe: Lemon Basil Pasta	2
Fall Scheduling Priorities	2
Birthdays	2
Heart Walk	2

Today's Guest Speakers:

- Casey Bond will tell us about a volunteer opportunity with AgMagic (April 20-26).
- Judy Myhand will also be here to talk to us about Summer Experience.

Upcoming Events

March 25 (W) 9:00-3:00 Wellness Fair —**Volunteers NEEDED from 12:30-1:30**

March 25 (Sa) Priority Point Game: Baseball vs. Harvard 6:30pm

March 27 (F)- Final date to drop courses and/or reschedule finals (>3 in 24 hrs.)

March 29 (Sun)- Course scheduling begins at 5:00 p.m.

March 30-April 3- Table Sits for Heart Walk (9:00-2:00)

April 4 (Sa)- Heart Walk—see back for more details

April 6-12- Spring Break!!!

April 14 (W)- Next SDA Meeting (Elections)



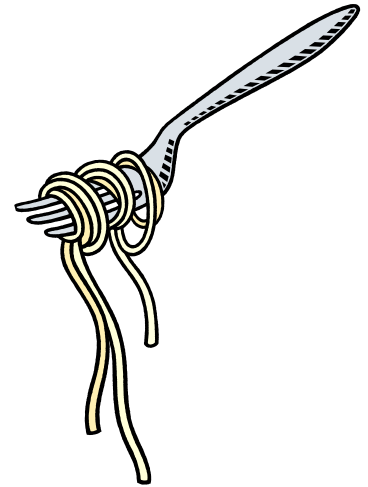
Lemon-Basil Pasta

Ingredients:

8 oz whole wheat pasta of choice
 1 tbsp garlic, minced
 2 tbsp extra virgin olive oil
 1/4 tsp kosher salt
 1/2 tsp black pepper
 1/4 cup fresh basil, chopped
 Zest from 1 lemon
 2 tbsp fresh lemon juice

Directions:

1. Cook pasta according to package directions.
2. Drain pasta, and transfer it to a large serving bowl.
3. Add garlic, olive oil, salt, and pepper. Toss to combine.
4. Add basil, zest, and lemon juice, and continue tossing.
5. Serve and enjoy!



Fall Scheduling Priorities

Mar 29 (Su)- Graduate students, graduating seniors (see website), students with special scheduling priorities

Mar 31 (T)- > 121

Apr 1 (W)- 106-120

Apr 2 (Th)- 97-105

Apr 3 (F)- 89-96

Apr 12(Su)- 82-88

Apr 13 (M)- 74-81

Apr 14 (T)- 66-73

Apr 15 (W)- 60-65

Apr 16 (Th)- 55-59

Apr 17 (F)- 48-54

Apr 19 (Su)- 38-47

Apr 20 (M)- 32-37

Apr 21 (T)- 28-31

Apr 22 (W)- 22-27

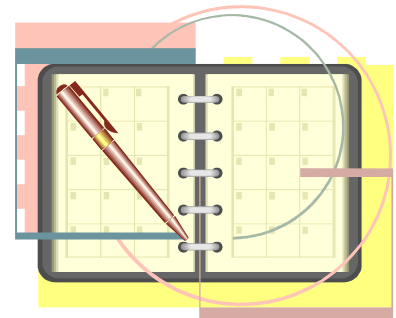
Apr 23 (Th)- <22

Apr 24 (F)- Undergraduate transfer students, re-entry students, and undergraduate degree candidates.

Note: Hours listed here are based

on the number of hours that you have already earned **plus** the number of hours you are carrying this semester. All scheduling begins at 5:00 pm on the day specified.

See <http://appl003.lsu.edu/slas/registrar.nsf/index> for more scheduling information.



Happy Birthday!

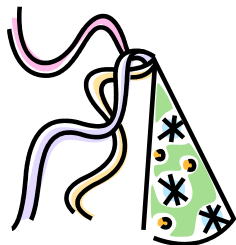
April

4- Beth Haynes

6- Clinton Duckworth

10- Brandi Hebert

14- Elizabeth Smith



Heart Walk

When: **Saturday, April 4, 2009 @ 9:00 am** (SDA will meet by the registration booth at 8:45—please wear an SDA t-shirt)

Where: LSU Old Front Nine (behind Patrick F. Taylor/CEBA)

Table Sit: March 30-April 3 (9:00-2:00) Email Jacki Moothart if you would like to volunteer—jmooth1@tigers.lsu.edu.

Website: <http://capitalareaheartwalk.kintera.org>