

TSDA TODAY

TEXAS STUDENT DIETETIC ASSOCIATION

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MISSION

To empower Texas nutrition students to become future food and nutrition leaders, and to inspire involvement in dietetics at the local, state, and national levels.

VISION

That all Texas nutrition students are informed of the educational requirements for obtaining the registered dietitian (RD) credential, and that they enter the workforce with professionalism, a mastery of nutritional science, and an understanding of the variety of career opportunities available to them

MOTTO

Living what we learn, one bite at a time

Visit us online at: www.eatrighttsda.org

LETTER FROM OUR PRESIDENT

Abrey Weidman

Greetings new TSDA members,

The Texas Student Dietetic Association is getting off to a great start this year! As the new TSDA President, I along with the new state officers, have a lot of new and exciting plans for the 2011-2012 school year.

First off I would like to be the first to tell all of you about our exciting new plan for TDA FNCE. This year TDA will feature a student track at their annual TDA FNCE meeting. This means for six sessions, Friday afternoon and Saturday morning, we will have speakers intended just for us, the student of TDA. The other officers and myself are very excited about this new track, and are already working on getting the best, most insightful speakers we can for this special meeting. If you have any ideas for speakers or have something you would be interested in hearing about at the meeting please contact me. My email address is a.s.weidman@tcu.edu.

This year we hope to involve you the student more, offer you more information, be there as a resource for you, offer you an exciting insightful newsletter, offer an even greater TSDA annual conference and feature a student track at the TDA FNCE meeting. Myself and the other TSDA officers are committed and ready to work hard in the year ahead to provide to you with the best student organization we can.

TSDA's hope for this year is to be a place for resources into the dietetic profession, a helpful place for information for you as a student, and most importantly a place for you to get your voice heard. The hope is to get the members as involved as much as possible this year, after all this is a student organization, and we are the ones who will make it great. So write in to us! *TSDA wants* to hear your thoughts about what we are doing now, your ideas for TSDA in the future. We want to hear it all!

So please, write in *Today* and help us to make this the best year TSDA has had yet!

Abrey Weidman

TSDA President

TSDA EXECUTIVE BOARD 2011-2012

President: Abrey Weidman



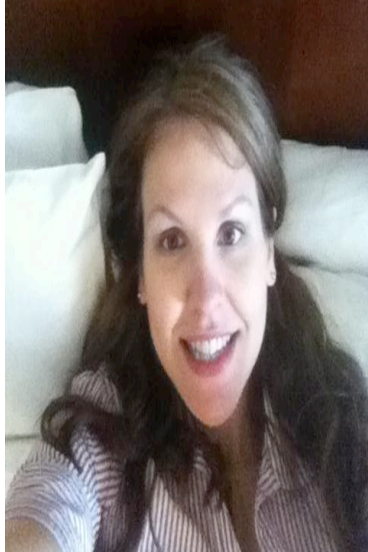
Abrey Weidman is a senior in Texas Christian University's Coordinated Program in Dietetics. After graduation Abrey hopes to find a job she loves, teaching what she loves, nutrition! She is currently planning on pursuing work in wellness and health promotion, teaching others how to live healthier, more vibrant lives. In her free time, Abrey loves to cook, travel, run, and hike outside, especially in her home state of Oregon.

Vice-president: Brittney Camarillo



Brittney Camarillo is a senior member of the Fightin' Texas Aggie Class of 2012! After earning a bachelor's of science in nutritional sciences at Texas A&M University, she plans to complete a dietetic internship in a coordinated graduate program in hopes of becoming a Registered Dietitian. Brittney loves nutrition! She believes that serving others through nutrition will give her the opportunity to make a positive impact in the lives of others. Brittney also enjoys baking, twirling, and spending time with her family and friends.

New Secretary: Samantha Gerbine



Samantha Gerbine is a senior at Texas State University in San Marcos, Texas. She has two boys (ages 3 years and 4 months), and will be graduating in May. She plans to go into a Dietetic Internship next fall and continue with dietetics. Samantha chose nutrition because she feels that everything in our bodies can be traced back to our diet and that our diet can cure the majority of our ailments.

* new email address: sv1036@txstate.edu

Treasurer: Mirta Parra



Mirta Parra is a senior at Texas Christian University in Fort Worth, Texas and is currently in the Coordinated Program in Dietetics. She is an aspiring Registered Dietitian and hopes to focus her practice on Family Nutrition. After gaining some experience after she graduates, Mirta would like to continue her education and attain a Master's degree that relates to her area of practice. In her spare time, Mirta enjoys spending time with her family, volunteering out in the community, and playing tennis.

Historian: Janna Phifer



Janna Phifer is a senior at Abilene Christian University in Abilene, Texas. Upon graduation, Janna plans to enroll in a dietetic internship and become a Registered Dietitian. Janna hopes to make a difference in the field of dietetics through research and innovation by pursuing a graduate degree, and eventually her PhD. Her hobbies include spending time with her family, photography, camping and mountain biking.

Faculty Advisor: Martha Rew



Martha Rew has been a registered and licensed dietitian who graduated with a master's degree from Louisiana State University. She has been employed by Texas Woman's University for twenty years and serves as an Associate Clinical Professor and Dietetic Internship Director. She has served as President of the Dallas Dietetic Association, Vice-President of Texas Dietetic Association, and Director of the TDA Foundation. She is a past recipient of the TDA Outstanding Educator Award and the TWU and College of Health Sciences Distinction in Service Awards. She teaches undergraduate students and directs the graduate level internship program. Her role as Liaison is to guide the officers of TSDA to become effective leaders and promote the growth and stability of TSDA.

JOIN TSDA

All members of Student Dietetic Associations across the state of Texas are invited to be members of the state organization, Texas Student Dietetic Association!

In order to become a member of TSDA, each chapter must submit a dues fee of \$10.00 per member. Please download and fill out the TSDA dues form and sent it to our president, Abrey Weidman, by Saturday, October 15, 2011. In addition completed membership forms must be emailed to both treasurer (m.parra@tcu.edu) and secretary (sv1036@txstate.edu) by the date listed above.

Eligibility for Membership:

TSDA upholds the same qualifications for membership as the American Dietetic Association (ADA). The membership of the Association shall be students who are members of a college or university Student Dietetic chapter recognized by the Texas Dietetic Association. The following qualifications have been slightly modified from those that appear on the ADA website and can be referenced at <http://www.eatright.org/students/join/>.

Any person who meets one of the following:

- Is a student enrolled in a Commission on Accreditation for Dietetics Education (CADE) accredited/approved dietetics program or supervised practice program in Texas, or
- Is a student enrolled in a regionally accredited, post-secondary education program in Texas which is non-CADE accredited. This classification is available to students in Texas who state their intent to enter a CADE accredited program, or
- Is a student returning to school on a full-time basis for a baccalaureate or advanced degree or to complete a CADE accredited supervised practice program in Texas (Dietetic Internship or Coordinated Program) — annual verification required.

WHY ADA IS RIGHT FOR YOU



Why ADA is Right for You

With over 71,000 members—and more joining every day—the American Dietetic Association comprises members whose needs, interests, skills, and backgrounds span the entirety of the dietetics profession. To meet the needs of a diverse and growing membership, ADA offers an ever-expanding array of member benefits designed to help you develop your skills, advance your career, and achieve your professional goals. As a member of the nation's largest organization of food and nutrition practitioners, you have access to a wide variety of benefits, including professional publications, networking opportunities, and professional development resources, to name just a few. With all of the benefits available to you, plus a steady stream of new and improved offerings on the way throughout each year, it can be hard to keep up with the full spectrum of career-enhancing benefits your membership allows you to enjoy. So, here's a listing of important resources ADA provides, accompanied by a brief description.

NETWORKING & PROMOTION RESOURCES

ADA provides tools such as mentoring, Dietetic Practice Groups and Member Interest Groups for you to build your career and professional network in Nutrition and Dietetics.

INFORMATION RESOURCES

A redesigned and faster ADA Web site offers more powerful searching functions and personalization options. With a section specifically targeted to students you will be sure to stay informed 24/7. ADA also has two e-newsletters to keep you up-to-date with career resources, continuing education, policy and advocacy issues and other top news stories concerning dietetics and the profession.

CAREER RESOURCES

As you transition from Student to Active member, ADA can help you get started in your career with an online job service. ADA CareerLink allows you to search for jobs by geographic location, respond to listings and receive e-mail alerts about new positions. And, the *Compensation and Benefits Survey of the Dietetics Profession* is a comprehensive report that will help you determine fair market value for your services.

PRACTICE RESOURCES

Evidence-Based Nutrition Practice Guidelines and Toolkits provide disease-specific nutrition recommendations using a systematic approach that assures nutrition care is based on scientific evidence. In combination with the Evidence Analysis Library, these tools will help any new professional understand the practice of dietetics.

EDUCATIONAL RESOURCES

ADA offers several continuing professional education opportunities through the Center for Professional Development, Leadership Institute and the *Journal*. You can supplement what you are learning in the classroom or during your internship rotations with this valuable information.

Ellen Bubak, MBA, RD, LD
Texas Dietetic Association Membership Committee Chair

Ellen is a Registered and Licensed Dietitian in Texas. She is Past President of the Houston Area Dietetic Association and the current TDA Membership Committee Chair. Ellen has been a dietitian for about 10 years and has practiced primarily in Foodservice and Clinical Nutrition Management. Currently, she is a Six Sigma Black Belt at Memorial Hermann Hospital-Texas Medical Center. Ellen obtained her Bachelor's degree in Nutritional Sciences and her Master's degree in Business Administration from the University of Arizona in Tucson. She lives in Houston with her husband, Jonathan and 10-month old daughter, Leigh.

RECIPE:

CONNIE'S TORTILLA SOUP (USED BY PERMISSION)

3 tablespoon butter
1 pound boneless skinless chicken breasts cut in 1/2-inch cubes
2 or 3 Poblano peppers, diced
2 or 3 Anaheim pepper, diced
1 large onion, diced
2 cloves finely chopped garlic

Saute in stock pot until chicken is cooked and the vegetables are tender.

Add:

1 cup frozen corn
2 chopped tomatoes or 1 15 oz can diced tomatoes
1/2 tablespoon cumin
1/2 teaspoon pepper
2 tablespoons chicken base
1/2 tablespoon salt
1 1/2 bay leaves
8 ounce tomato sauce
6 cups water

Bring to a boil, reduce heat to low, simmer 5-10 minutes.
Remove bay leaves.

Just before serving:

Top with shredded cheddar/jack cheese

Top with broken tortilla chips or fried corn tortillas strips

Top with guacamole or chopped avocados (optional)

Tortilla strips:

Cut corn tortillas into strips and fry until golden brown

Recipe submission courtesy of Kayla Hancock.

“Growing up, my mom frequently prepared this soup for our large family of 8. Now when I eat it, it brings back those warm memories of eating together as a family. This delicious fall soup can bring the very same kinship to your family. Enjoy!”- Kayla Hancock, Nutritional Sciences Undergraduate at Texas A&M University.

ANNOUNCEMENTS

Represent Texas Students at the Food and Nutrition Conference and Expo in San Diego, CA during September 24-27, 2011. ADA will feature a student track. A few of these educational sessions include:

Computer-Based Testing: The Final Step, Non-traditional Career Paths in Dietetics, Using Social Media for Job Searches, Set Yourself Up to Earn the Internship along with many opportunities to learn from nutrition professionals first hand! Visit www.eatright.org/fnce today!!

Food & Nutrition Conference & Expo

September 24-27, 2011 San Diego, CA



Save the Date

TSDA Annual Meeting

Thursday, April 12, 2012 at Crowne Plaze Riverwalk, San Antonio Texas
The TSDA meeting will be free of charge for students. The itinerary for the afternoon includes speeches from dietetics professionals who provide insight into the field and guidance for students, election of new officers, and announcement of scholarship award recipients. The TSDA meeting is a great networking opportunity in which you can meet other students and food and nutrition experts from across the state of Texas!

TDA FNCE

April 12th-14th, 2012

Theme: Mobilizing the Practice of Dietetics: Working Together to Promote Optimal Health
Crowne Plaza Riverwalk San Antonio, Texas

Email your TSDA Vice-president Brittney Camarillo at eatrightTSDA@gmail.com if you would like to submit something to TSDA Today. Boost your resume by writing in a newsletter that Texas nutrition students and educators read on a monthly basis. Submissions should be 100 to 300 words in length and are subject to the editors' approval.