

NDA Winning Times

THE OFFICIAL NEWSLETTER OF THE NEVADA DIETETIC ASSOCIATION

Optimizing the Health of All Nevadans Through Food and Nutrition
October 2015 • Volume 2, Issue 1 • www.EatRightNevada.org

President's Message: **Nothing Without YOU!**

*From Aurora Buffington,
MS, RDN, LD*

As president of the Nevada Dietetic Association (NDA), I would like to extend a warm welcome to all new and returning members, and invite you to take a moment to relax and reflect upon the past year. Did you meet your goals, master a new ability, make new friends, or reach a milestone? As I think about the last year, I am astonished at how quickly the time passed, and if I did not put much thought into it, I might easily overlook many of the amazing people I met and wonderful things that occurred during those last 365 days.

I am happy that we were able to see all of our voting board positions filled this year, because one of last year's goals was to build an excellent and engaged board. Although our elected positions are filled, we do have openings on the Public Policy Panel (PPP), as well as a need for an Annual Meeting chair-in-training and a National Nutrition Month chair. We added an Annual Meeting chair position to the board so that the president-elect can focus on

board-related duties and leadership development.

If you are moved to volunteer to serve, contact our Nominating Committee chair, Erika Rothacker, even if you just want to help out on a committee. All of the NDA Board members' contact information is located under the Leadership Directory in the *About* tab at www.eatrightnevada.org and on page 4 of this newsletter. Another goal last year was to reinvigorate the PPP, and four of our panel members were able to do just that at the Academy of Nutrition and Dietetics Public Policy Workshop in Washington, DC. It was exciting to send them, and they were able to speak to several of our legislators, learn new skills, and meet other PPP leaders at this event.

We also advocated for strengthening the Nevada School Wellness Policy, as well as national issues such as getting licensure for our New York affiliate, responding to the Kids Eat Right and Kraft partnership, and other action alerts. It is so easy to respond to action alerts, and it takes only a couple of minutes to complete. I strongly encourage you to try it next time you see an action alert in your in-box, so you too can say you did your part as an advocate for our profession. If you already have filled out an action alert, please continue to do so and thank you!

I also wanted to raise the visibility of our NDA members, promoting them as the nutrition experts, so when the Centers for Medicare &

cont'd on next page



President's Message (cont'd)

Medicaid Services' regulation allowing registered dietitian nutritionists (RDNs) to write diet orders was announced, we quickly convened a Therapeutic Diet Order Writing Task Force to work on sample protocol language to make it easier for hospitals to make this transition. We surveyed state clinical nutrition managers, who showed interest in pursuing this privilege. Unfortunately, the Nevada Division of Public and Behavioral Health later thought it needed more specific language in our licensure law to allow this to take place in our state. Therefore, we will need to revisit this issue before the next legislative session in order to write diet orders; stay tuned for more on this subject in the future.

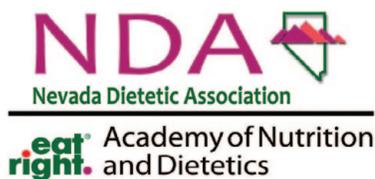
These are just a few of the accomplishments and efforts we have put forth on behalf of you, our state's nutrition professionals. This year, I will continue to focus on these areas, and I anticipate a great year as we have a dynamic president-elect on board. With a lot of vision and energy, Crystal Petrello is ready to start working on developing

future priorities. It is my hope that this year we will gain momentum to revitalize and breathe new life into our association.

By the way, YOU are the association! The NDA is nothing without YOU—the RDN, the dietetic technician, registered, the nutrition student, the dietetic intern, among other professionals who strive to optimize the health of Nevadans through food and nutrition. Feel free to reach out to me via e-mail or text/call me on my cell at 702-541-4124. Thank you for giving me an opportunity to help empower you as Nevada's food and nutrition leaders.



Aurora Buffington, MS, RDN, LD
NDA President
VegasRDN@gmail.com



NDA Winning Times

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PRESIDENT

Aurora Buffington, MS, RDN, LD

EDITOR

Nancy Collins, PhD, RDN, LD, FAPWCA, FAND

NDA Winning Times
Dr. Nancy Collins, Editor
10620 Southern Highlands Parkway
Suite 110-264
Las Vegas, NV 89141

Lauri Egan, RDN, CPT
NDA Administrative Aide and Website Administrator
NevadaRD@gmail.com
www.EatRightNevada.org

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It's never too late to start over. If you weren't happy with yesterday, try something different today. Don't stay stuck. Do better!

A Snapshot of the 2015 NDA Annual Meeting

The 2015 NDA Annual Meeting was held April 17-18 at the Peppermill Resort & Hotel in Reno. In addition to the excellent sessions and networking breaks, attendees had time to relax and enjoy plenty of good food, drink, and conversation. Here's a look at some of the highlights.



Bret Simmons, PhD, associate professor at the University of Nevada, Reno, challenged those attending the NDA Annual Meeting to step up as leaders.



Sally Mackenzie, PhD, University of Nebraska professor and an expert in plant genetics, spoke at the NDA Annual Meeting. She shared her thoughts on how genetically modified technology influences our food and our future.



Sean E. Walsh, RD, CSC, Veterans Administration chef, entertained and demonstrated basic knife skills while making his famous Hadacall Salad (see back cover for recipe).



Congratulations to the 2015 Kayla Nebeker-Karhohs Memorial Scholarship winners, left to right, Deborah Joakimson, University of Nevada, Reno; Megan Crooks, University of Nevada, Las Vegas; Stevie Deanda, Truckee Meadows Community College, Reno (front row); Kimberly Rumble, University of Nevada, Las Vegas (center, back row); and not pictured, Rebecca Bickford, University of Nevada, Reno. Pictured with the winners in the back row are Heather Williams, NDA past president; Barbara Scott, State Awards chair; Zen Huynh, University of Nevada, Las Vegas; and Aurora Buffington, NDA president.



Students and RDNs had plenty of opportunity to network and share laughs during the NDA Annual Meeting. Left to right, Megan Crooks, Kimberly Rumble, Laura Kruskall, Patricia Moen, Daniel Lingle, Zen Huynh, and Michelle Konstantarakis.



Save the Date

**2016 NDA
Annual Meeting**

April 22-23, 2016

Las Vegas

NDA Board Members 2015-2016

VOTING MEMBERS

President: Aurora Buffington, MS, RDN, LD
(VegasRDN@gmail.com)

President-Elect: Crystal Petrello, MS, RDN, LD
(crystalpetrello@gmail.com)

Secretary: Libby Lovig, RDN, LD (srranch02@att.net)

Treasurer: Heather Lupkey, RD (hlupkey@gmail.com)

Nominating Committee Chair: Erika Rothacker, RDN, LD (esquared3@cox.net)

House of Delegates Representative: Kara Freeman, DrPH, RD (kcfreeman75@gmail.com)

Public Policy Coordinator: Heidi Himler, MPH, RD (heidi@hlhnutrition.com)

NONVOTING MEMBERS

Past President: Heather Williams, PhD, RDN, LD (hgwilliams@tmcc.edu)

Nominating Committee (2nd Year): Nicole Robinson, DTR (nicole_robinson1@mail.tmcc.edu)

Nominating Committee (3rd Year): Michelle Konstantarakis, MS, RD, LDN (MKonstan22@yahoo.com)

Public Relations and State Media Representative: Nancy Collins, PhD, RDN, LD, FAPWCA, FAND (NCtheRD@aol.com)

State Awards Chairs: Barbara Scott, MPH, RD (bscott@medicine.nevada.edu), and Miriam Een, RD (miriam.een@gmail.com)

Annual Meeting Committee Chair: Sheela Kunishige, RD (shaja95@hotmail.com)

Annual Meeting Chair-in-Training: Open

National Nutrition Month Chair: Open

Continuing Education Chair: Michelle Konstantarakis, MS, RD, LDN (MKonstan22@yahoo.com)

Reimbursement Representative: Michelle Albrecht, RD, LPTA (firststep3@cox.net)

Consumer Protection Coordinator: Tammy Wild, MPH, RDN, LD, NSCA-CPT (twild@ccmnetwork.com)

State Policy Representative: Open

State Regulatory Specialist: Open

Student Dietetic Association: Daniel Lingle (lingled@mail.tmcc.edu)

Administrative Aide and Website Administrator: Lauri Egan, RDN, CPT (NevadaRD@gmail.com)

Work on Capitol Hill Rewarding

*From Tammy M. Wild, MPH, RDN, LD, NSCA-CPT
Consumer Protection Coordinator*

The Public Policy Workshop offered an exciting and rigorous schedule for the first 2 days, helping to prepare participants for meeting with Senators and Assembly people the 3rd day. The Public Policy Panel (PPP) met with legislative assistants in all six offices, in addition to personally meeting with Representative Joe Heck, who was familiar with the role of RDNs because he had worked as an emergency room physician prior to becoming a legislator.

The three bills discussed were the Treat and Reduce Obesity Act (H.R. 2404, S. 1509), the Older Americans Act Re-Authorization of 2015 (S. 192), and Preventing Diabetes in Medicare Act (H.R. 1686).

After the visit to Congressman Mark Amodei's office, the PPP received a communication from his assistant stating that after the Treat and Reduce Obesity Act was brought to Congressman Amodei's attention, he decided to cosponsor the bill. This demonstrates how just a few voices can and will make a difference.

Nevada's PPP is now ready to take this Capitol Hill experience back to Nevada. The group plans to start making contacts with state legislators and developing relationships. If anyone is interested in getting involved, please contact Tammy at NevadaRD@gmail.com.



Left to right, Tammy Wild, Congressman Joe Heck, and Mickey Mazurowski after meeting with Congressman Heck and his legislative assistant in his office.



Left to right, Mickey Mazurowski; Kara Freeman; Lucille Beseler, Academy president-elect; Tammy Wild; and Heidi Himler.

Connecting With Policy Makers

From Tammy M. Wild, MPH, RDN, LD, NSCA-CPT, Consumer Protection Coordinator

After Tammy Wild began her 1st term as Consumer Protection coordinator (CPC), the Centers for Medicare & Medicaid Services ruled that licensed dietitians could independently order therapeutic diets in certified hospitals. Shortly after that, the state of Nevada rescinded those privileges because of the wording in the state's licensure. NDA organized a task force to find a solution to meet the needs of RDNs working in Nevada hospitals. However, NDA did not continue to pursue this because of the lack of participation or interest from many of the clinical nutrition managers.

In October 2014, in coordination with Food & Nutrition Conference & Expo, the Academy of Nutrition and Dietetics held a CPC Summit with representation from almost all 50 states. Participants spent 1½ days outlining responsibilities and participating in a press workshop to gain interview experience.

The Public Policy Workshop in June provided a great opportunity to learn about federal issues that directly relate to the dietetics profession and gain experience meeting with Senators and their assistants.

The Affordable Care Act was instrumental in making wellness and prevention a high priority, and many professions are honing in on these benefits to get reimbursed for nutrition services, including pharmacists and nurses. It is now more important than ever to make the dietetics profession visible and relevant to community members who create policy and determine what the dietetics profession will become.

As Tammy transitions into her 2nd year, she plans to focus on creating

and implementing the complaint process on the *Dietitian's Licensure* page under the Nevada Division of Public and Behavioral Health website. She will continue to work on gathering success stories from NDA members. As for her public policy responsibilities, she feels it is important to continue relationships on the federal level, as well as develop new ones in Nevada with organizations such as the Nevada Division of Insurance. She looks forward to an exciting and successful year. If you would like to get involved, contact Tammy at twild@ccmnetwork.com.



Tap Into Your NDA Membership Benefits

From Lauri Egan, RDN, CPT

Are you new to NDA? Or perhaps you find yourself wondering what you are getting out of your NDA membership? Here are three member benefits that you may not know about.

Website information and resources

Did you know that NDA allows employers to post job opportunities on the NDA website for free? That means that NDA will have the most up-to-date list of Nevada careers for RDNs and diet technicians, registered.

If you are looking to try out that next career move or are looking for a job, take a look at the job opportunities in the *Members* area at www.EatRightNevada.org. The website also includes licensure information, public policy updates, and contact information for members of

the NDA Board, so you can contact them with questions or concerns.

District association involvement

NDA membership gives you access to Nevada's district associations—the Northern Nevada Dietetic District Association and Southern Nevada Dietetic Association. You can join these groups to network with local RDNs at continuing education events and meetings. Students can get involved with their local student dietetic

groups—University of Nevada, Las Vegas Student Nutrition & Dietetics Association, the University of Nevada, Reno Student



Nutrition Association, and the Truckee Meadows Community College Student Nutrition Association. Why should members become more involved with all of these organizations? As a group, members can empower each other to build momentum as nutrition experts, sharing knowledge, building bridges, and accomplishing more.

NDA Annual Meeting

For the past several years, members attending the NDA Annual Meeting have received 12 continuing education units (CEUs). NDA members receive a member discount on registration, and members attending the Annual Meeting earn 80% of the CEUs required to maintain credentials.

Membership questions

Do not miss out on what is yours within NDA. Feel free to contact Lauri Egan about your NDA member benefits at NevadaRD@gmail.com.



UNR dietetic interns, left to right: Laurie Janisch, Jessica Janes, Hannah Eskew, Johanna Dibble, Jacqueline Bennett, Taylor Hamlin, and Jennifer Newkirk.

Meet the University of Nevada, Reno Dietetic Interns

From Taylor Hamlin, Dietetic Intern, University of Nevada, Reno

Seven interns are currently participating in the University of Nevada, Reno (UNR) dietetic internship program, which runs through January 2016. All come from different backgrounds, but they all have one common goal—becoming a successful RDN.

The rotations are at Renown Health, Carson Tahoe Health, VA Sierra Nevada, St. Mary's Regional Medical Center, University Medical Center of Southern Nevada, St. Rose Dominican Hospitals, Valley Hospital Medical Center, W.I.C., Camp Buck Diabetes Camp, Nevada Dietetic Association, UNR Wellness and Weight Management Clinic, DaVita, Liberty Dialysis, Tahoe Truckee Unified School District, and the Women's Health Center. The interns look forward to learning valuable information from their preceptors in preparation to becoming RDNs and hope to attend and help with upcoming NDA events and meetings.

The interns want to thank Akron Felton, Arezou Saeedi, and the many other RDNs and health care professionals in the Nevada community who have given their time to serve as preceptors in this program.

Students Focus on Volunteer Opportunities and Communication

From Phoenix Ubalde, President of the University of Nevada, Las Vegas Student Nutrition & Dietetics Association

The summer months brought a season of change to the University of Nevada, Las Vegas Student Nutrition & Dietetics Association (UNLV SNDA), and with a number of new initiatives underway, the organization is excited for the 2015-2016 school year.

This year, UNLV SNDA plans to take its use of social media to the next level. Visit the updated website to look at some of the already completed improvements. UNLV SNDA members also will begin receiving a monthly newsletter, the *SNDA Thymes*. Volunteer opportunities, internship FAQs, and healthy final

exam tips are just a taste of this publication's features.

UNLV SNDA also has a new fitness and community building initiative launching this year, the SNDAcEs. This running group is open to all members of the UNLV student body and to all levels of runners. Its primary purpose is to:

“Cultivate a supportive and encouraging environment for all UNLV students who have a desire to hit the pavement, while also building friendship and community.”

UNLV SNDA's strongest focus is on volunteering. Before completely handing over their roles at the end of last year's term, the 2014-2015 SNDA executive officers convened with this year's board to revise the organization's constitution, resulting in a new class of membership. SNDA members will now have the option of signing up as “Active Members” during the school year, with the intent of dedicating a set number of hours to serving their community. This commitment is recognized at the end of each semester at the UNLV SNDA Active Member Awards Ceremony.

In addition, the UNLV SNDA website will feature *Resources*, meant to motivate members to get to know the organizations they are volunteering with and to encourage them to stay engaged after service. The association also will start holding feedback sessions after each of the group service activities to help facilitate discussion and reflection about the larger issues associated with the volunteer work.

UNLV SNDA loves to engage with its community and welcomes feedback. Send any questions, comments, or ideas to SNDApresident@unlv.nevada.edu.

Outstanding Students of the Year Named

Each year, the Nevada Dietetic Association recognizes student members for their academic achievements, honors, student dietetic association activities, and community service. Recipients of the Outstanding Student of the Year Awards must demonstrate leadership and professional potential as documented by letters from their program faculty and preceptors.

The 2015 Outstanding Students of the Year are:

- **Elizabeth Schneider**, RD, Dietetic Internship, University of Nevada, Las Vegas
- **Kimberly Rumble**, Didactic Program in Dietetics, University of Nevada, Las Vegas
- **Patience Behymer**, Dietetic Technician Program, Truckee Meadows Community College



Wanted: Advertisers for Future Issues

Know or work for a company or individual who is interested in sponsoring an upcoming issue of *NDA Winning Times*? Contact Dr. Nancy Collins, newsletter editor, at NCtheRD@aol.com.

Nutrition-Related Events Benefit Students and Community

From Daniel W. Lingle, Fundraising Chair, Student Nutrition Association and Student Body Representative, University of Nevada, Reno

The Student Nutrition Association (SNA) of the University of Nevada, Reno (UNR) is a student-based club that encourages students to participate and become involved with other dietetic professionals and organizations. It also encourages participation in additional educational training, such as workshops and conferences.

In addition, the association contributes to the community and UNR by providing current up-to-date information about nutrition and physical activity. It also hosts events that allow members to interact with other UNR students and community residents.

SNA started the fall semester by planning events for the fall and spring semesters at a meet-and-greet picnic held at the quad of UNR. The group's first event will involve distribution of food at St. Vincent's Dining Room. SNA also has scheduled a program at Urban Gardens to teach children about the importance of fruits and vegetables. SNA plans to have a booth at UNR's Health Fair to involve students in games that teach them about the MyPlate model.

"How Clean Is Your Kitchen?" will test students on their knowledge of food safety and kitchen sanitation. SNA also will host a cooking demonstration on Nevada Field Day to inform those attending about what they are eating and the importance of a balanced diet. During finals week of fall semester, SNA members will hand out snacks and water to students. SNA also will team up with the Student Dietetic Association of Truckee Meadows Community

College and the SNA of University of Nevada, Las Vegas to schedule some community events.

To raise funds for the Kayla Nebeker-Karhohs Memorial Scholarship, SNA of UNR is planning the next National Nutrition Month Fun Run. The last run was a huge success, raising more than \$600. The goal for 2016 is to double that amount.



The Kayla Nebeker-Karhohs Memorial Scholarship is awarded to students, interns, or recent graduates who exemplify the spirit and memory of Kayla Nebeker-Karhohs, a nutrition student leader who passed away much too early. The Fun Run helps fund this scholarship.

HOUSE OF DELEGATES

Group Addresses Malnutrition and Other Key Issues

From Kara Freeman, DrPH, RD

As the newly elected Nevada delegate to the Academy of Nutrition and Dietetics House of Delegates (HOD), Kara Freeman had the opportunity to attend the HOD meeting held October 2 and 3 in Nashville. Topics of discussion included malnutrition, the Sponsorship Advisory Task Force, and nutrition-focused physical exams.

Engaging Members in the Need to Address Malnutrition Across All Nutrition and Dietetic Practice Settings looked at the various malnutrition resources that currently are available, including the Alliance to Advance Patient Nutrition, an

cont'd on next page

Group Addresses Malnutrition (cont'd)

interdisciplinary consortium of the Academy, the Academy of Medical-Surgical Nurses, the Society of Hospital Medicine, and Abbott Nutrition. The Alliance, which represents more than 100,000 RDNs, nurses, hospitalists, and physicians across the United States, is dedicated to championing effective patient nutrition practices.

The Fall HOD Meeting also included demonstrations of the nutrition-focused physical exam.

In June, the Academy Sponsorship Advisory Taskforce met in Washington, DC, to review the charge and feedback provided by the Academy's Fall 2014 HOD Meeting. This feedback became the cornerstone upon which to develop sponsorship guidelines that align with the Academy's vision to optimize health through food and nutrition.

Members are encouraged to provide input and feedback about these and other important issues that affect the dietetics and nutrition profession. E-mail Kara at kcfreeman75@gmail.com.

NDA Recognizes Outstanding Members

Outstanding Dietitian of the Year **Aurora Buffington, MS, RDN, LD**

This award is given to a member who has demonstrated excellence and leadership and who has played a principal role in activities or efforts related to the profession of dietetics. The recipient of this award must have demonstrated scholarship in advancing the science of dietetics through creative activities, such as contributions to the literature, presentations at national meetings, and invited lectures, and will have worked to promote the nutritional well-being of Nevadans through education, clinical practice, and public policy.

Recognized Dietetic Technician of the Year

Lyndsay Chamizo-Heath, DTR

This award is given to a member who has served as an active participant in the national, affiliate, or district association and who has demonstrated concern for the promotion of optimal health and nutritional state of the population. This individual has demonstrated leadership in areas such as legislation, research, education, clinical dietetics, food service management, public relations, and career guidance in the association or employment.

Recognized Young Dietitian of the Year

Northern Nevada District:

Heather L. Lupkey, RD

Southern Nevada District:

Michelle Konstantarakis, MS, RD, LDN

This award is given to a member from each district who has served as an active participant in the national, state, or district association and who has demonstrated concern for the promotion of optimal health and nutritional status of the population. This individual has demonstrated leadership in areas such as legislation, research, education, clinical dietetics, food service management, public relations, and career guidance.

Emerging Dietetic Leader of the Year

Tammy Wild, MPH, RDN, LD, NSCA-CPT

This award is given to an RD, RDN, or dietetic technician, registered who has practiced no less than 5 years and no greater than 10 years, was an active participant in the national, state, or district association for at least 5 years, and who has demonstrated leadership in areas such as legislation, research, education, and management in the association, community, or employment.

Keep Up to Date With NDA and Trends in Our Profession

From Nancy Collins, PhD, RDN, LD, FAPWCA, FAND

Editor of NDA Winning Times

Public Relations and State Media Representative

Sharing NDA goals and accomplishments, upcoming events, and hot topics in the field of dietetics and nutrition helps members keep up to date on the important issues affecting our profession. This newsletter is one of the tools that NDA uses to assure that this happens.

Whether you are reading about the upcoming Annual Meeting,

the House of Delegates, meetings in Washington, DC, winners of special awards, or plans for the upcoming year, you will find it all in this valuable publication.

And it can become much more with your help. NDA can expand the newsletter to include success stories and accomplishments of our members, such as new positions, promotions, appearances, publications in which members were published, featured, or quoted, and so much more. Or even letters to the editor, where you can thank individuals for what they have done or comment on an important issue. Think about *NDA Winning Times* as your publication.

Publication of the NDA newsletter can only happen through sponsorships. If you know of an individual or company that would like to



advertise in an upcoming issue of *NDA Winning Times*, contact Dr. Nancy Collins, newsletter editor. Advertising helps NDA fund the cost of publication and distribution, and more advertising will make it possible to increase the number of issues published each year.

What can you contribute? What would you like to see featured in upcoming issues? Do you know or work for a company that would like to advertise? Send a note to Nancy at NCtheRD@aol.com.

Help Create New Excitement in the Evolving Field of Health Care

From Erika Rothacker, RDN, LD, Nominating Committee Chair

Help wanted: Seeking talented, smart, and organized individuals who are passionate about what they do. Candidates should want to help NDA grow by creating new opportunities for the organization's diverse community.

If you are looking for a way to become more involved in representing the dietetics community, have great ideas on how to help NDA, and are passionate about dietetics, NDA is looking for you. NDA has several open positions on the board—Annual Meeting Committee chair, National Nutrition Month chair, State Policy representative, and State Regulatory specialist.

The Annual Meeting Committee chair is a training position for the 1st year, giving this individual the opportunity to learn the duties and responsibilities of this position. The following year, the individual will plan and execute the Annual Meeting. A committee assists the chair with planning the meeting.

The National Nutrition Month chair helps to promote dietetics during National Nutrition Month.

The State Policy representative monitors state legislative issues, meets with state legislators, and reports to the NDA Public Policy Panel and Board. The representative also coordinates state legislative activities and advocacy efforts.

The State Regulatory specialist works with the 2015-2016 NDA Public Policy Panel coordinator. Training is available.

When you assume a new role in NDA, training and guidance are provided. If you are interested in representing the dietetics community and becoming part of the organization that helps RDNs optimize the health and wellness of individuals, consider applying for one of the open board positions to help NDA create new excitement for the roles that RDNs play in the evolving field of health care.

Submit your resume or CV to Erika Rothacker at esquared3@cox.net. The NDA Board will review all applicant resumes and CVs. Contact Erika with any questions.

SNDA Plans Fun-Filled, Productive Year

From Damon McCune, MS, RDN, LD, President, Southern Nevada Dietetic Association

Over the past few years, the Southern Nevada Dietetic Association (SNDA) has experienced a strong, growing membership. This momentum is expected to continue in the coming year, with several educational events and social activities fueling this continued increase in membership.

SNDA's mission is to:

- Provide direction and leadership for quality dietetic practice, education, and research
- Promote optimal health and nutritional status of the population
- Strengthen the profession through affiliation with NDA

50-Year Members

Take time to congratulate NDA's 50-year members:

- **Carole A. Kyle**, MPH
- **Connie C. Mobley**, PhD
- **Kay E. Oring**, PhD, FADA
- **Lillie Moore Wyatt**, MPH, FADA, FAND

The benefits of SNDA membership are numerous, including:

- Networking—approximately 120 RDNs in southern Nevada are already members of SNDA
- Membership directory—members receive access to an online Membership Directory
- Continuing education—provided free with a paid membership, generally 6 continuing education units/year
- Career development—opportunities to participate on committees, develop projects, or serve in leadership roles at both the state and local levels
- Job opportunities—posted in the *Members Only* section of the NDA website

Individuals who are interested in SNDA membership can register online at www.EatRightNevada.org, making sure to provide the e-mail address that is most convenient for receiving communication from SNDA. SNDA communication is electronic, so individuals who do not have access to e-mail should indicate this on the membership form so that SNDA can mail the membership materials. This year's membership dues are \$35 for members of the Academy of Nutrition and Dietetics (\$20 for students/interns), and \$80 for non-Academy/SNDA members (or a fee of \$25 at the door for each meeting).

SNDA looks forward to a fun-filled, productive year by getting everyone involved.

Mark Your Calendar

Future Dates and Locations of the Food & Nutrition Conference & Expo



2016: October 15-18, Boston, MA



2017: October 21-24, Chicago, IL



2018: October 20-23, Washington, DC

2019: October 26-29, Philadelphia, PA

2020: October 24-27, Indianapolis, IN

Feedlot Tour and Auction Are Learning Experiences

From Andrea Shales, MS, RD, LD, President of the Northern Nevada District Dietetic Association

The Nevada Beef Council invited members of Northern Nevada District Dietetic Association (NNDDA) to participate in the annual feedlot tour and bull-buying auction held at Snyder Livestock in Yerrington.

NNDDA members were given a private tour of the feedlot, which included learning about and meeting different cattle breeds. They learned what the cattle eat, how their food is measured, and the importance of how much a particular animal eats vs its weight. Members also were given the opportunity to mix and measure the ingredients for a particular feed mixture. A nutritionist is responsible for determining the appropriate feed mixture for different cattle.

The event concluded with a presentation by Gary Taubes, author of *Why We Get Fat* and *Good Calories, Bad Calories*. He discussed how the modern diet contributes to obesity, heart disease, diabetes, and cancer.

Check the NNDDA website at <https://nndda.wordpress.com/> to become involved and to learn about upcoming events.

Join the Conversation

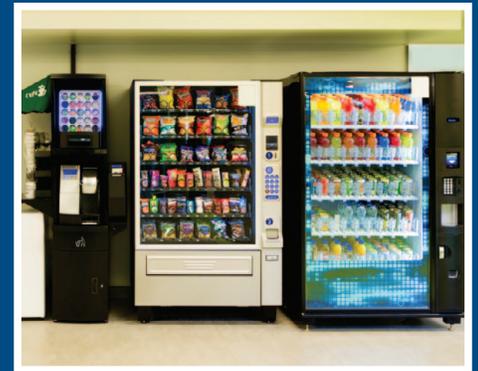
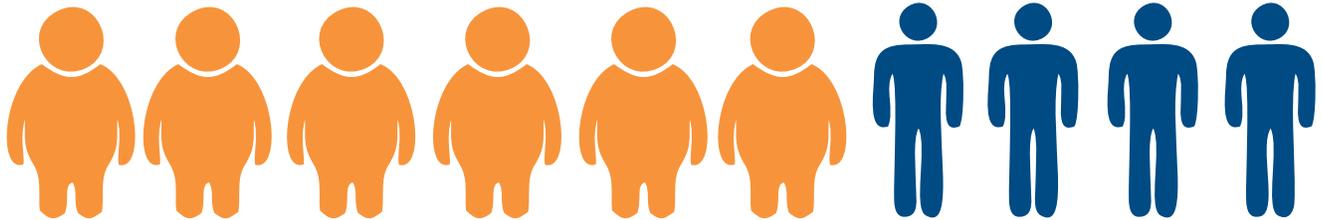
Follow your Nevada colleagues on Twitter! To add your name to the list of Nevada nutrition professionals on Twitter, send an e-mail to Dr. Nancy Collins at NCtheRD@aol.com.



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Damon McCune @DietitianDude
Molly Michelman @MMMVegasMMM
Nevada Dietetic Association @EatRightNevada
Crystal Petrello @PartyRight_Life
Allison Schnitzer @allisonschnitz
Sydney Spoon @SydSpoon
The Food Connection @thefoodconnect
UNLV Nutrition @UNLVNutrition
UNLV SNDA @UNLVSNDA
UNR Nutrition @UNRnutr
UNRExtension @UNRExtension

Did You Know?

Factors such as available food and beverage choices influence diet and obesity.



This is one reason why the Southern Nevada Health District is working with local cities, organizations and agencies to offer healthier vending options in places like libraries, hospitals, recreation centers and parks.

Making healthy choices easier. Let's Get Healthy Clark County!

To find out what public locations offer healthier vending options, or to learn more, visit:

www.gethealthyclarkcounty.org

Made possible with funding from the Centers for Disease Control and Prevention.



gethealthyclarkcounty.org
GET MOVING. BE SAFE. EAT BETTER. LIVE TOBACCO-FREE.

NDA Winning Times
Dr. Nancy Collins, Editor
10620 Southern Highlands Parkway
Suite 110-264
Las Vegas, NV 89141

Hadacall Salad

Fresh, easy, and pretty enough for a party, this colorful salad requires three ingredients and a little of whatever is in the fridge.

Servings: Makes 8 servings

Prep time: 10 minutes

Ready in: 5 minutes



INGREDIENTS

Required:

- Nonfat sour cream or plain Greek yogurt
- 1 can chickpeas (garbanzo beans)
- 1 packet ranch salad dressing mix

Optional:

- ½ yellow onion
- 1-2 tomatoes
- 3 celery stalks
- 1 chili pepper
- ½ cucumber
- Lots of garlic
- ½ bell pepper
- 5 green onions
- 5 leaves of basil

DIRECTIONS

- Dice onion, tomatoes, celery, chili pepper, cucumber, bell pepper, green onions, and basil

- Cream garlic
- Drain and rinse chickpeas and “smoosh” almost all of the peas
- Add all of these items to a bowl and sprinkle dry ranch salad dressing mix on top
- Add sour cream or Greek yogurt and mix (if the desired consistency is not reached, add more sour cream or Greek yogurt until satisfied)

Nutrition Information

Per serving (½ cup): 64 calories, 1 g total fat, 0 mg cholesterol, 86 mg sodium, 11 g total carbohydrate, 2 g dietary fiber, 4 g protein

Recipe courtesy of Sean E. Walsh, RD, CSC