

The ALDA Connection

Fall 2007

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Alabama Dietetic
Association

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ALDA Mission Statement

The Alabama Dietetic Association serves the public through the promotion of optimal nutrition, health and well-being while advocating for the dietetic profession.

The Alabama Dietetic
Association is
managed by
Group Management
Services, LLC
Larry A. Vinson, CAE,
President

Message From the President ...

Greeting ALDA Members,

Thank you all for allowing me to serve as president this year. I'm excited to work with each of you as we continue to move our association forward. You should be pleased to know that your ALDA Board members are working hard on your behalf. At our recent Executive Board meeting, we approved work to begin on the new ALDA website. The new website will have several features that will enable greater communication among our members. The new site should "roll out" in a couple of months.

Plans are underway for the 2008 ALDA meeting and EXPO which will be held in Birmingham, March 12th-14th. Marty Yadrick, ADA President Elect, will be speaking at our business luncheon and we have already scheduled meeting sessions for MNT coding and billing, sustainable foods, and sleep disorders and obesity. **If you have ideas for speakers or topics for the state meeting, please contact me at marbrown@uab.edu.**

Sareen Gropper, Nomination Chairperson, is requesting your help in nominating ALDA members for state leadership positions and for ADA awards. We have many outstanding potential leaders and members who are deserving of awards! Contact your district president to nominate a member for an award or a leadership position. Nominations are due October 24th.

In January, the ALDA Board will be revising the ALDA strategic plan. The current strategic plan was adopted in January 2005 under the leadership of Past President, Olivia Kendrick. Thanks to the stellar leadership of our association by Olivia and recent past presidents, Linda Steakley and Susan Scott, most of the objectives of the current strategic plan have been accomplished! ALDA is moving forward by leaps and bounds! We must revise our plan and set even BOLDER goals for our future. I encourage each of you to take an active role in this process.

Tammy Beasley, Chair of the Council on Professional Issues, has send information to all district presidents about the new ALDA Mentoring Program. This is an exciting opportunity for all of us to make a positive difference by providing professional guidance and encouragement to students and new members of our association. We have each known someone in our careers that has gone the extra mile to encourage us and give us direction when we most needed it. Let's offer this gift back to someone else! Please contact your district president to get involved in this great program.

Finally, I applaud you, the members of ALDA. We were recently recognized by the American Dietetic Association for accomplishing our member recruitment goals for the past year. ALDA achieved the second highest percentage increase in overall members for ADA Affiliates with 500-999 members. ALDA will receive a \$500 grant and two FREE ADA memberships for the 2008-2009 membership year. Thank you all for your commitment to our great organization. Together we will continue to make a positive impact on our profession and on the nutritional health of our state. I'm proud to serve as your president.

Amanda

Birmingham District Ready for Nutrition: It's A Matter of Fact

By: Susan Miller, MS, RD
BDDA President

The Birmingham District welcomed the start of the new year with their kickoff and welcome to the new dietetic interns and dietetics students on Tuesday September 18th. CEU's were provided with a presentation from Dr. Luis Pineda, author of Cooking with Cancer. We will focus on Counseling for Behavioral Change in October, just right for the upcoming holiday challenges for our patients, clients and staff.

Our agenda will be busy this year with monthly meetings and our commitment to community service with World Hunger Day in October and the Mercedes Marathon in February. We welcome you to join us!

Nutrition: It's a Matter of Fact is the theme for National Nutrition Month this year and we look forward to sharing this with you when hosting the ALDA meeting in Birmingham this year!

ALDA Continuing Professional Education

Lauren Dodd and Margaret Peoples are serving as the ALDA CPE committee for the upcoming year. This committee can pre-approve continuing education for educational events in Alabama.

The charge is \$10 per program or \$50 for unlimited programs (for an organization) for a 12 month period. This fee is paid to the ALDA state office.

Please contact ldodd@uabmc.edu or mapalmer@uabmc.edu for more information.

If space is available, please include the following information:

The information required for approval of CPE hours includes the following:

1. CDR form from ADA
2. Agenda of your program with time frames listed
3. Objectives for the learning program
4. CV for each speaker in the program
5. A copy of the evaluation form that attendees will complete at the end of the program
6. A copy of the Certificate of Attendance

ALDA Scholarship News

It's that time again to encourage students to begin gathering application information for ALDA Scholarships. ALDA typically awards five scholarships annually including the William E. Smith, Wood Fruitticher, Birmingham District, North Alabama District, and the Southeast Alabama District. The updated application forms and instructions will soon be available on the ALDA website www.eatrightalabama.org under the education link.

In addition, faculty in Departments of Nutrition, Dietetics, and Foodservice Administration should be thinking

about selections for the ALDA Outstanding Senior from each institution. A nomination letter accompanied by the student's resume will be required.

The ALDA Scholarship Committee, consisting of Dr. Debra Goodwin from Jacksonville State University, Ann Warren from Alabama A&M University, and Dr. Linda Knol from the University of Alabama, will be calling for applications the middle of January, 2008. All scholarship and reward recipients will be recognized during the Alabama Dietetic Association Meeting which will be held in Birmingham, March 12-14, 2008.

2008 ALDA Meeting and Food & Nutrition Expo

Save the Date!

Save the date! The 2008 Food and Nutrition Expo in association with the ALDA State meeting is scheduled for March 13th - 14th, 2008, in Birmingham, Alabama. Your assistance is needed to help increase the presence of exhibitors that you would be interested in visiting at the EXPO. Please contact or email the ALDA state office for information brochures that you can provide to the company's contacts that call on you. This is a one-of-a-kind EXPO! State-wide visibility to RDs, Dietary Managers, and Child Nutrition Managers and Staff makes this a unique marketing setting.

Help us locate corporate sponsorships for the ALDA meeting; this may include a monetary donation toward the entire meeting or it may consist of sponsoring a specific speaker. Contact Susan Scott by email at scsnutr@comcast.net or the ALDA state office at (334) 260-7970. You can also email the ALDA State Office at wendy@gmsal.com for more information.

Congratulations!

The Alabama Dietetic Association has achieved the second highest percentage increase in overall members (5.39%) as of September 1, 2007 for those ADA affiliates with 500 to 999 members.

In recognition of this achievement, your affiliate will receive a \$500 grant (to be used to benefit the affiliate). Thank you for your recruitment and retention efforts.

DCH's Dexter Hancock, RD Featured in *Food Management Magazine*



DCH Regional medical center was featured in the August 2007 edition of *Food Management Magazine* with regards to their extensive 4.2 million dollar renovation of their cafeteria.

Dexter Hancock, RD, DCH Health System's Director of Nutritional Services, was pictured on the cover of the magazine. Dexter, in collaboration with the project coordinator, Paul Hysen, recognized an outside rooftop patio that was underutilized by their customers. Both saw this space as added square footage as well as extra revenue by extending their retail space and the variety of food offered.

DCH offers an open concept where customers can view fresh baked items on a variety of bars and receive quick and personal service. Dexter Hancock created a strong team of foodservice professionals including Certified Dietary Managers and an Executive Chef to create exceptional food quality and service.

Consider visiting DCH Regional Medical Center the next time you are in Tuscaloosa and you will be pleasantly surprised by the beautiful décor and exceptional food produced in a healthcare foodservice operation. Congratulations to Dexter Hancock and his team at DCH Regional Medical Center.

Farm Bill Legislative Update

H.R.2419

Title: To provide for the continuation of agricultural programs through fiscal year 2012, and for other purposes.

Sponsor: Rep Peterson, Collin C. [MN-7] (introduced 5/22/2007) **Cosponsors** (None)

Related Bills: H.RES.574

Latest Major Action: 9/5/2007 Read the second time. **Placed on Senate Legislative Calendar under General Orders. Calendar No. 339.**

House Reports: 110-256 Part 1

H.R.2398

Title: To reauthorize and provide additional funding for essential agricultural research, extension, education, and related programs, to establish the National Institutes for Food and Agriculture as an independent agency reporting to and coordinating with the Secretary of Agriculture, and for other purposes.

Sponsor: Rep Barrow, John [GA-12] (introduced 5/21/2007) **Cosponsors** (8)

Related Bills: S.1094

Latest Major Action: 5/21/2007

Referred to House committee. **Status:** Referred to the House Committee on Agriculture.

H.R.2401

Title: To provide for greater access and

opportunities for socially disadvantaged farmers, to create incentives for research, conservation, and market viability, to provide a healthy and just work environment for agricultural workers, to provide Americans with healthier food choices, to address hunger and poverty in the United States, and for other purposes.

Sponsor: Rep Baca, Joe [CA-43] (introduced 5/21/2007)

Cosponsors (33)

Latest Major Action: 6/26/2007

Referred to House subcommittee.

Status: Referred to the Subcommittee on Livestock, Dairy

S.541

Title: A bill to amend the Farm Security and Rural Investment Act of 2002 to promote local and regional support for sustainable bioenergy and biobased products, to support the future of farming, forestry, and land management, to develop and support local bioenergy, biobased products, and food systems, and for other purposes.

Sponsor: Sen Feingold, Russell D. [WI] (introduced 2/8/2007)

Cosponsors (None)

Latest Major Action: 2/8/2007

Referred to Senate committee. **Status:** Read twice and referred to the Committee on Agriculture, Nutrition, and Forestry and Poultry.

SCHIP/MNT (State Children's Health Insurance Program Reauthorization) Legislative Update

H.R.3162

Title: To amend titles XVIII, XIX, and XXI of the Social Security Act to extend and improve the children's health insurance program, to improve beneficiary protections under the Medicare, Medicaid, and the CHIP program, and for other purposes.

Sponsor: Rep Dingell, John D. [MI-15] (introduced 7/24/2007)

Cosponsors (12)

Related Bills:

H.RES.594, H.R.976, S.1893

Latest Major Action: 9/4/2007 Received in the Senate. Read twice. **Placed on Senate Legislative Calendar under General Orders. Calendar No. 338.**

House Reports: 110-284 Part 1.

ALDA Mentoring Program

By: Tammy Beasley, RD, CSSD, LD, CEDSN

Are you an experienced dietitian who enjoys what you do and loves to share your passion for nutrition? Do you remember that special someone early on in your career who helped you get where you are? Who encouraged you? Offered advice when needed? Would you like to BE THAT SOMEONE for someone else?

Are you a student about to enter the field of nutrition, on your own, for the first time? Are you a dietitian who has moved into a new area and is looking for direction?

THEN HAVE WE GOT A PROGRAM FOR YOU! Become a mentor for someone, or be mentored by someone in the field of nutrition

within your own state, maybe even your own city. The Council on Professional Issues has asked district presidents to identify a pool of interested dietitians and report these names to either Tammy Beasley or Molly Pettyjohn. Matches will be made based on professional interest and/or geographical location. Your district president may have already obtained an interest form from you – that’s great. But if not and you are interested in being involved, please send an email to Tammy Beasley at tammy@revitupfitness.com and include the following information: Name, Email, Address, Phone, District, and area of interest/field of specialty. Also indicate whether you are interested in being a mentor OR in

being mentored. AND PLEASE DO SO BY OCTOBER 15th! “Matches” will be contacted before November 1st.

Some may be wondering, “Just what does a mentor do? Do I have time to be involved in a program like this?” The answer is yes, and the commitment does not require a great deal of time or effort. Simply make contact a minimum of two times during the district year, by telephone, email or personal visit – whatever is most convenient for you both. Offer support, encouragement and/or advice when solicited – basically, be a role model! The benefits for both of you will far exceed the amount of time requested.

VERB Summer Scorecard Holds Final Celebration for Champions

By: Heidi Hataway, MS, RD, LD

Steps to a Healthier Alabama was a co-sponsor of the VERB Summer Scorecard Program which encourages youth to be physically active for at least 60 minutes a day during summer. More than 450 youth who participated in the program attended a final celebration at Montgomery’s Cramton Bowl Aug. 2nd.

Youth came from the YMCA Goodtimes Center, the East YMCA, Montgomery Parks and Recreation Community Centers, and from the community at large. The morning event was filled with fun and physical activity. Cheerleading groups from local junior high schools created and performed motivational cheers about being healthy and losing weight. A jump rope team from Hayneville Road Elementary School and a step aerobics group from Carver Elementary School demonstrated skillful moves.

All youth were able to run the length of the football field, imagining how it must feel to score a touchdown during a football game. Other activities in which the children participated were dancing, playing ball and small group

games.

The VERB Scorecard Program involves parents or camp counselors who encourage youth to be physically active by signing off daily on a child’s scorecard. The adults who played a role as counselors and members of the scorecard committee also participated in the activities that involved keeping the children active and moving.

Completed scorecards were entered into a drawing for prizes at the event. Every child who turned in a scorecard received a fun prize. More than 1,000 scorecards were turned in. Children went home with t-shirts, nutrition information and other various prizes. Children were permitted to complete multiple scorecards.

The VERB Scorecard Campaign inspires youth ages 5 to 14 to be physically active. It provides ideas and resources to help young people find ways to get active, and provides opportunities for them to add

physical activity to their lives every day.

The campaign is an initiative of Steps to a Healthier Alabama and partnering agencies. Other co-sponsors for the VERB Summer Scorecard Program and the final celebration included: Montgomery Parks and Recreation Department, the YMCA of Montgomery, Auburn Montgomery, Montgomery Public Schools, the Governor’s Commission on Physical Fitness, and the Nutrition and Physical Activity Unit of the Alabama Department of Public Health.



Legislative Update: Medical Nutrition Therapy

1. S.1161: A bill to amend title XVIII of the Social Security Act to authorize the expansion of medicare coverage of medical nutrition therapy services.

Sponsor: Sen Bingaman, Jeff [NM] (introduced 4/19/2007)

Cosponsors (11)

Committees: Senate Finance

Latest Major Action: 4/19/2007

Referred to Senate committee. Status: Read twice and referred to the **Committee on Finance**.

2. S.755: A bill to amend title XIX of the Social Security Act to require States to provide diabetes screening tests under the Medicaid program for adult enrollees with diabetes risk factors, to ensure that States offer a comprehensive package of benefits under that program for individuals with diabetes, and for other purposes.

Sponsor: Sen Schumer, Charles E. [NY] (introduced 3/2/2007)

Cosponsors (7)

Committees: Senate Finance

Latest Major Action: 3/2/2007

Referred to Senate committee. Status: Read twice and referred to the **Committee on Finance**.

3. H.R.2805: To amend title XVIII of the Social Security Act to authorize expansion of the population of Medicare beneficiaries eligible for Medicare coverage of medical nutrition therapy services.

Sponsor: Rep Becerra, Xavier [CA-31] (introduced 6/21/2007)

Cosponsors (19)

Committees: House Energy and Commerce; House Ways and Means

Latest Major Action: 6/21/2007

Referred to House committee. Status: Referred to the Committee on Energy and Commerce, and in addition to the Committee on Ways and Means, for a period to be subsequently determined by the Speaker, in each case for

consideration of such provisions as fall within the jurisdiction of the committee concerned.

4. H.R.2210: To amend the Public Health Service Act to prevent and cure diabetes and to promote and improve the care of individuals with diabetes for the reduction of health disparities within racial and ethnic minority groups, including the African-American, Hispanic American, Asian American and Pacific Islander, and American Indian and Alaskan Native communities.

Sponsor: Rep DeGette, Diana [CO-1] (introduced 5/8/2007)

Cosponsors (33)

Committees: House Energy and Commerce

Latest Major Action: 5/8/2007

Referred to House committee. Status: **Referred to the House Committee on Energy and Commerce.**

Scale Back Alabama 2008!

Remember Scale Back Alabama 2007? Well, move over - here comes the healthier, revamped 2008 program! In contrast to last year's program, *Scale Back Alabama 2008* will be a longer program, involve more sponsors, accept a smaller number of team members, allow unlimited weigh-in sites, have a more modest but healthy weight loss goal and, finally, will be promoted much earlier than last year's program. Last year's program was an eight week program mandating all five members weigh-in at the same time at the various designated sites. It was truly a success with over 46 of Alabama's 67 counties participating. Overall, there were over 5000 teams and the total weight loss was almost 80,000 pounds!

Scale Back Alabama 2008 will officially begin January 6th, 2008. The program will be ten weeks in length. The first week will be the

initial weigh-in and the last week is designated for the final weigh-in. Members can weigh at any time during that first week (members do not need to be with their team to weigh-in). This year, only four members will comprise a team. The goal is a ten-pound weight loss or 1.25 pound weight loss per week. An individual who loses ten pounds during the time period will be eligible for the grand prize. If the whole team loses ten pounds each, the team will be eligible for a prize also.

Sponsor's for *Scale Back Alabama 2008* are Blue Cross Blue Shield, Barber's and the Alabama Dept. of Agriculture. The program will be targeted to adults 18 years or older through work sites, churches, gyms, etc. Any site can be a weigh-in site.

Information will be available soon on www.scalebackalabama.com. The Alabama Dept. of Public Health will

have a webcast November 13th at 2pm for sites desiring more information. To view the program, go to Alabama Department of Public Health's web site, click on the Training tab located on the left side of the top row. The program details and registration information will be in the November section. <http://adph.org>

Come on RDs....get a team or assist a team. Alabama ranks high in obesity and needs our expertise!



Global Vegetarian Cuisine Culinary Workshop

October 26-27, 2007
Washburne Culinary Institute
Chicago, Illinois 60621

The Food & Culinary Professionals Dietetic Practice Group of the American Dietetic Association announces the Global Vegetarian Cuisine Culinary Workshop! Space is limited – we recommend that you register as soon as possible. To register, visit: <http://foodculinaryprofs.org/>

Come cook alongside your FCP colleagues as we return to the professional kitchens of the oldest (continually running) culinary school in the United States – The Washburne Culinary Institute. *New this year!* We will be utilizing Washburne's brand new facility located at 60th & Halsted. This beautiful new operation includes state-of-the-art kitchens and theatre.

Emphasizing how vegetarian culinary applications can help consumers meet dietary recommendations, our exciting program offers the opportunity for you to enhance your culinary knowledge and skills with some of the best professionals in the country. And

you'll learn about the latest global vegetarian culinary trends and nutrition science.

Intriguing vegetarian dishes will delight your senses as you prepare and sample exquisite foods during our Friday night dinner and during hands-on preparation and lunch. Our renowned program faculty includes Washburne provost William Reynolds, RD and Veggie Queen Jill Nussinow, nutrition researcher Britt Burton-Freeman and culinary consultant Robin Schempp.

Global Vegetarian Cuisine Culinary Workshop Learning Objectives:

At the conclusion of the Culinary Workshop, participants will be able to:

1. Discuss and utilize ethnic flavors and trends in vegetarian cooking.
2. Prepare vegetarian cuisine in non-traditional ways with intense flavor profiles from Asian, Mediterranean, American and Hispanic cuisines.

3. Apply information related to nutrient, consumption, agricultural and historical insights of dry beans and strawberries, as case studies for promoting fruit and vegetable intake.
4. Practice and promote vegetarian cooking techniques to help consumers meet recommendations in the 2005 Dietary Guidelines for Americans.

We have reserved a small block of rooms at the Talbot Hotel, 20 E. Delaware Place, Chicago IL 60611. Please contact Greg Smith at Royalty Travel to make your reservations (gsmith1@vacation.com or 800-429-4436) to receive the very favorable rate of \$225 per night. The Culinary Institute is about a 15-minute cab ride from downtown hotels. We are hoping to arrange group transportation from Washburne to the Talbot on Friday evening and from the Talbot to Washburne on Saturday morning.

Eating Disorder Services Bloom at Magnolia Creek

BIRMINGHAM - Leaves may be starting to fall from the trees, but the residents are blossoming at Magnolia Creek Residential Treatment Center for Eating Disorders. As the only treatment facility of its kind in Alabama, Georgia, or Tennessee, Magnolia Creek aspires to bring much needed hope and healing to a rising but underserved population.

Magnolia Creek provides residential treatment for women ages 18 and older struggling with anorexia nervosa, bulimia nervosa, and EDNOS (eating disorders not otherwise specified). The program is designed to provide a comprehensive treatment experience, addressing the psychological, medical, nutritional, spiritual, and relational needs of their residents.

The facility is located in a home-like setting on more than thirty wooded acres outside Birmingham, Alabama. Residents live on-site for 30-60 days and participate in intensive individual and group therapy during their stay. As residents improve, they are given more autonomy and opportunities to actively participate in their recovery. For example, a resident in a higher phase of recovery may receive kitchen privileges and begin portioning out her own meals and participate in grocery shopping and cooking.

Although Magnolia Creek is a new facility, having opened recently in April, the treatment outcomes are showing promise. Residents and their families praise the center's personalized treatment environment and multi-disciplinary staff, which

includes a clinical psychologist, three therapists, two physicians, two registered dietitians, and a team of nurses who provide around-the-clock care for the residents.

Both dietitians are a critical component of Magnolia Creek's treatment team. Suzanne Eleazer meets weekly with each resident to set dietary goals and create an individualized meal plan. Kim McLeod is responsible for planning and preparing their meals, and she also leads physical training sessions several times a week. Both lead a weekly education session on nutrition and wellness, as well as accompany residents on therapeutic meal outings.

~continued on page 7~

Updated ADA/CDR Code of Ethics 'For Further Reading' List

By: Alice Beth Fornari, EdD, RD,
Chair, Ethics Committee

The Ethics Committee educates members, credentialed practitioners, students, and the public about the ethical principles contained in the ADA/CDR Code of Ethics.

Bi-annually the committee updates the 'For Further Reading' List. The most recent update is now available on-line using the following link: ADA Code of Ethics 'For Further Reading' List <http://www.eatright.org/ada/files/ADA_CDR_Code_Of_Ethics_Reading_List.pdf>

The purpose of the list is to provide members and credentialed practitioners with basic information on how the ADA/CDR Code of Ethics relates to the daily practice of dietetics.

Please share this resource with your colleagues.

Question regarding the ADA/CDR Code of Ethics should be sent to ethics@eatright.org.

~Magnolia Creek, continued from page 6~

In addition to providing residential treatment, Magnolia Creek has introduced an After-Care Program to support newly discharged residents living in the Birmingham area and will be launching an outpatient treatment office to treat individuals with eating disorders who require a less intensive level of care.

Magnolia Creek is licensed by the State of Alabama and is only one of a few eating disorders treatment facilities in the country to have received preliminary accreditation by The Joint Commission.

For More Information contact Suzanne Eleazer, M.A., R.D., L.D. or Kim McLeod, M.A.E, R.D., L.D., H.F.I. at 888 7MAGNOLIA or 205 678 4373. There is also more information available at: www.magnolia-creek.com.

Nominations for the 2008 Ballot

Due in October

Please get involved!

Nominations are due Wednesday October 24, 2007

Run for an ALDA office!

The following positions are available for 2008-2009

- President – Elect
- Secretary /Treasurer
- Council on Professional Issues Chair-Elect
- Nominating Committee South and Central
 - South includes: Auburn, Mobile, Montgomery, Eastern Shore, Tuskegee, Southeast
 - Central includes Birmingham

We also have several professional awards available for 2008-2009 including

- Outstanding Dietitian
- Recognized Young Dietitian of the Year
- Recognized Dietetic Technician of the Year
- Emerging Dietetic Leader
- Outstanding Dietetics Educator (Didactic, Internship, Coordinated Programs)

For more information contact your nominating committee representatives Sareen Gropper, Nominating Committee South and Chair, gropsss@auburn.edu; Lori Greene, Nominating Committee Central, Lgreene@cchs.ua.edu, and Suzanne Henson, Nominating Committee North and Chair-Elect, Shenson@ches.ua.edu

In addition, you can contact your District President; each president will have copies of Elected Position descriptions and Criteria for all Awards.

Tuscaloosa Dietetic Association

The Tuscaloosa Dietetic Association has two major projects for the upcoming spring season. We will continue our tradition for the Annual Wine Social to raise funds for the Margaret Garner Scholarship. This event is always successful and a great deal of fun for our local membership, friends and family (of drinking age that is). TDA is taking on a new challenge and is scheduled to sponsor a 5K/1 mile fun run to supplement our funds for scholarships. The date is Saturday, March 1st and the location and time are TBA. We are still lining up speakers and venues for our monthly meetings and have some interesting topics to look forward to.

Save the Date!

Please save the dates of March 12th-14th to attend ALDA's annual Meeting! It will be held in Birmingham at the BJCC. Rooms will be available at the Sheraton.

Brochures will be mailed in January.