

**MINUTES**  
**Staff Senate Meeting**  
**Wednesday, February 18, 2009**  
**M218 12-1:30**

**Departments represented:** Architecture, Arts & Sciences Dean, Civil Engineering, Dean of Students, Electrical and Computer Engineering, Engineering Dean, Housing, Humanities, Leadership Program, Library, Math, Mechanical Engineering, Media Services, President's Office

The Minutes from the January 27 meeting were read and approved.

Varvara announced that the St. Patrick's Day party will be held on Thursday, March 12, and Dr. Walker's first brunch meeting will be held on March 5 (staff members should attend and be represented).

Marilyn gave a brief report on the Facilities Committee meeting with Linda Height and Matt Maracle:

- Campus repairs are being addressed as time and money permit – eventually all needed repairs will be taken care of
- Phyllis Rutka, Facilities secretary, will send out a campus-wide e-mail reminding staff to fill out the work request form via the ISIS online system at:  
<http://campfac.ltu.edu/isisweb>

The guest presenter was **Mary Lonergan**, Wellness Coach from the HAP program, who gave an informative, fast-paced and interactive program.

Good eating tips from her presentation were:

- Feed yourself only when hungry
- Try not to eat from extraneous needs, such as boredom, depression, or the “time to eat” habit
- Eat only until satisfied – try to avoid the “clean your plate” and the “bigger is better” mentalities
- Eat smaller portions; divide a dinner or dessert with a companion; divide a meal in half before beginning and take the other half home
- Try using smaller plates and glasses to reduce portion sizes
- It usually takes the brain 20 minutes to register the “full” sensation from a meal
- If you eat fast, try putting your fork down between bites and chewing each mouthful at least ten times – this will give your body and brain time to register “full”
- Avoid distractions during meals, such as watching TV – these often make you unaware of how much you are eating
- If you get hungry before a meal, try eating protein and/or fiber an hour before
- Try not to skip meals – your body will register the “famine” mode
- If you find yourself craving sweets, try eating fruit every four hours
- Cut down on caffeine if you crave carbohydrates
- If you have to have pizza, try buying one slice instead of a whole pizza

- Try eating a bowl of broth soup before a meal to cut down on the amount you eat
- Often sauces and spreads contain most of the calories in a food item
- When eating out, ask the manager if he/she would consider putting ½ portions on the menu
- Site for checking area restaurants' menus and their calorie/carb/fat content:  
[www.calorieking.com](http://www.calorieking.com)

The next part of the presentation was a group activity. Attendees were divided into groups of three. Each group was given a booklet listing the major restaurant chains and their menus. Each group chose a menu item with high calories and carbs and one with low. This produced some surprises for the audience, making the members more aware of low-calorie options.

**Tanisha McIntosh** (Housing) was presented with the **Staff Member of the Month** award. She received a Staff Member of the Month certificate and a gift certificate.

Submitted by Marilyn Hotaling  
Staff Senate Secretary