CYBERBREAK

March 7, 2008



This is just a little reminder that daylight savings time starts this weekend. At 2am on Sunday morning, don't forget to change your clocks forward by one hour, including the one in your car!

Our new classroom clocks are running on satellite time and will automatically change, just like cell phones. ©

6 Ingredients for Good Nutrition

- 1. Balance Try to include all food groups at each meal for a steady stream of energy. (Plate: 2/3 Plant-based food; 1/3 Protein rich
- 2. Snack Smart Think of health snacks like fruit rather than chips. Pack your own, so you're not tempted to splurge on the vending machines in the lower level.
- 3. Friendly Fat Fats such as monounsaturated and polyunsaturated fats as well as omega-3 fatty acids are good for your heart. Cook using olive or canola oil.
- 4. Get Colorful Dark greens, deep reds, and bright orange fruits and veggies are protective by nature. Add some color to you meal such as carrots or peaches.
- 5. Variety is Key If you feel you're getting bored with your meals, be bold and try something new on the menu.
- 6. Effort It doesn't take much, just effort to plan your meals, menus, and shopping.

Staff Timesheets are due on:

Monday, March 10th

to Administrative Services by 2 PM.

Pay Period: Feb. 26 - March 11



Total Hours: 80

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Enjoying CyberBreak? Suggest a person or theme for next week's quote! Send ideas or your thoughts to Johanna at jgan@swlaw.edu.



Sign up today for the next **Staff Professional Development Workshop:**

> **Developing Leadership Skills**

Thursday, March 13th 1-3 PM W336

*Please RSVP to Marcie at mcanal@swlaw.edu by Tuesday, March 11th.



"Fear is not the natural state of civilized people."

- a) Prescott Bush
- b) Dagwood Bumstead
- c) Voltaire
- d) Aung San Suu Kyi

Last Week's Answer: Richard Wagner

Wilhelm Richard Wagner (1813-1883)

Known especially for his operas, Wagner was a composer, conductor, music theorist and essayist. His works greatly influenced the development of classical music in Europe. His operas incorporated new concepts and ideas in music and can be viewed as the "epitome of classical music's Romantic period. His works include Tristan und Isolde (1865) and Die Walküre (1870). WikiSource



