Welcome to our new Dietetics Program Director: Dr. Cindy Heiss!

We are very happy to announce the appointment of our new dietetics program director this fall. Dr. Cindy Heiss comes to us from California State University at Northridge (near LA) where she was an associate professor in the Family and Consumer Sciences Department teaching both graduate and undergraduate courses in dietetics.

Dr. Heiss received her undergraduate degree in Dietetics from Texas Christian University where she graduated Summa Cum Laude. She received her Master’s in Human Nutrition from Colorado State University and her PhD from Texas Woman’s University in Nutrition Science. She also did post-doctoral work at TWU in Nutritional Endocrinology.

Dr. Heiss has a long list of accomplishments and publications and we are especially excited to have her teaching Medical Nutrition Therapy I and II as well as Undergraduate Research in Dietetics and Senior Seminar. She has developed a number of online courses and we are eager to have her computer expertise in the program. We also look forward to the expansion of the research component to the program with her guidance.

Dr. Heiss seems to be over the initial culture shock and is doing a great job. She is a welcome addition to our faculty and we look forward to her direction!

We also welcome two more new instructors this fall. As you know, Andi White left to pursue her doctorate in Arizona and Deb Piland is finishing her doctoral work at University of Arkansas this fall. Deb will return in the spring. Andi reports she is enjoying Arizona and getting some studying done in between hikes! Deb is stressed.

Hillary Corbett, one of our former graduates, is teaching Nutrition Assessment, Nutrition Education and Communication and Nutrition Counseling for us this fall. Hillary completed her Master’s at the University of Sydney in Australia and also is working at Taylor Health Center as well as Lakeland Regional Hospital.

We also welcome Nancy Green this fall who is teaching Administrative Dietetics and Food Prep. Nancy is a graduate of the Missouri University at Columbia and comes to us with many years of hospital administrative and nursing home work. Michelle Henry Stephens also joins us as our Graduate Assistant. She is teaching Life Span, helping Carmen with BMS 240 and Nancy Green with Food Prep.

7 Seniors Graduate this Fall, 2 accepted into spring internships!

This fall we have seven seniors who are thrilled to be finishing this semester. They are: Robert Cox, Jaunine Doss, Jenny Early, Amanda Montgomery, Rachel Neff, Tammie Summers, and Amy Willoughby.

Tammie Summers and Amy Willoughby have been accepted into internships to begin next semester. We are especially pleased that Tammie has been accepted into a new placement for us with Winthrop University in Rock Hill, South Carolina. We are always glad to see our students paving the way for other students! Amy has been accepted into the University of Oklahoma Health Sciences Center in Oklahoma City, a second placement for us there. Congratulations, girls! We wish the others luck in their applications next spring.

We are also proud that five of our graduates this fall will be graduating with honors. Jaunine Doss, Amanda Montgomery, Rachel Neff, and Amy Willoughby will graduate Cum Laude!
Where have our graduates gone?

Stephanie Pitt (03) is completing a dual master’s in Nutrition and Public Health at University of Tennessee at Knoxville where she will also complete her internship and continue into their PhD program next year. She is studying the relationship between depression and obesity.

Britney Horine (04) is working with Dari-Concepts in Springfield and will be attending graduate school in the near future.

Laura Smith Crawford (81) works at the Nutrition Center at St. John’s in Springfield where she has worked with Weight Management as the New Images Coordinator for many years. She and Daphne Smith (86) have been very helpful over the years working with many of our students in Service Learning and other volunteer opportunities.

Barb Blaha (97) has recently returned to Springfield from New York state. She is working with WIC in Christian County along with former graduate Vicki Pestle (99).

Leah Broeker (03) completed her VA internship at St. Louis and is now working with Morrison’s at BJC St. Peter’s in St. Louis. Congratulations to Carrie Allen (01) and Shane Weatherholt who were married in October and also to Josh Dale (02) who was married this past May.

Joan Meyer McLarry (86) completed her internship at St John's in Springfield Il and is currently working with Renal Care Group where she works with hemodialysis patients in Springfield and Bolivar. She is married with 3 children.

Mary Dean Coleman (96) has just completed her PhD with an emphasis in Sports Nutrition and Chronic Disease and is now working as program manager of a new program established at Virginia Tech at Blacksburg. She has also become an avid cyclist and completed her first 101 mile mountain bike race this past summer.

Angela VonHolten Kammeyer (96) is living in Cole Camp, MO and Division with Kellogg’s in Battle Creek, Michigan. Her successes to date have been the new "Eggo French Toaster Sticks - Original and Cinnamon" and "Strawberry Banana Spongebob!" Thanks, Ginger! She has recently won a prize for something she can’t tell us about yet, but we want an update! We wish her the best on her upcoming marriage, too.

Laura Wingo (99) is with Dillon’s Stores in Leavenworth, KS where she is the District Safety Coordinator responsible for all safety and sanitation in 14 stores!

Lindsey Mooney (03) has recently taken a job with WIC at Truman Medical Center in Kansas City and has moved to Lee’s Summit.

Lisa Wheat Schlientz (99) works with WIC in Dade County where she is also the Healthy Community Nutrition Education Initiative Nutrition Coordinator.

Ginger Schilling (98) completed her Master’s in Food Science in ‘02 at Kansas State University. After working on a project for Kellogg’s for her thesis, she is now Assistant Product Development Scientist with the Natural and Frozen Division with Kellogg’s in Battle Creek, Michigan. Her successes to date have been the new "Eggo French Toaster Sticks - Original and Cinnamon" and "Strawberry Banana Spongebob!" Thanks, Ginger! She has recently won a prize for something she can’t tell us about yet, but we want an update! We wish her the best on her upcoming marriage, too.

Please let us know what you are doing!

We want to know and some of your old classmates do, too.

E-mail us at dietetics@smsu.edu

Sophomores Krista Bonagurio and Mindy Kinnison assist in serving at the CHHS Centennial Reception honoring alumni.

(L-R) Seniors Heather Buschmeyer, Brook Lowe, and Stephanie Browning assist at the Centennial Reception.
More Graduates……

Jennifer DeClue Nardella (93) and her husband Michael live in the St. Louis area where Jennifer has been working for Nestle Purina for several years. Lisa Heavin Emmert (92) and her husband Kerry have a new baby boy named Joshua and live in Little Rock, AR. Lisa is employed in pediatric endocrinology at Children’s Hospital in Little Rock after serving the first several years of her career with VA Medical Centers. She is now a Certified Diabetes Educator.

Debi Rayfield Waters (92) and her husband Corey have – 2 boys and a girl. In her spare time Debi. does some work for St. John’s Mercy Medical Center in St. Louis.

Megan Hickey (96) is currently living in the St. Louis area and has been working with the St. Louis County Dept. of Health as a Nutritionist since 1998. She is married with 2 children.

Laura Roling (00) is currently in the Master’s program at KU in Exercise Physiology and is working as a graduate research assistant at the Energy Balance Laboratory in Lawrence where she will be working with weight management programs, including childhood obesity.

Kathleen Hoss (03) is working in St. Louis as a community nutritionist with Family Care Health Centers where she does primarily WIC but also adult nutrition counseling for clinic patients.

Jennifer Stoviak Walsh (95) and her husband are proud parents of twin girls born in late November in Ft. Worth. The twins have a big sister, Reagan.

Cathy White Montgomery (75 & 87) completed her Master’s Degree in 1993 at the University of Arkansas in Fayetteville where she worked as a Graduate Research Assistant in Home Economics-Foods & Nutrition. She conducted an animal study entitled: The Effect of Four Levels of Dietary Boron on Female Weaning Rats. After moving to Oklahoma and working with WIC in several positions, she became the WIC Program Consultant for the 13 counties and 18 clinics located in southwest Oklahoma.

Tony Krue (02) has recently graduated from the University of Missouri-Columbia, with a Masters in Food Science and an emphasis in Sensory Science. She is currently working for Interstate Brands Corporation as a Sensory Analyst in KC.

Michelle Kerr (98) has moved to sunny southern California where she will be working as a dietitian for the weight management and corporate health program at the University of California-Irvine. Living in Huntington Beach, near everything, 1 mile from the beach, WOW!

Jillian Ball (03) completed her internship in Oklahoma City and is working with Cox Health Systems in Springfield.

Monica Hoffman Fintel (93) completed her internship at SLU and after a stint in Texas and back to Springfield in 2001 now works with Sodexo in Little Rock at Arkansas Heart Hospital where she is the Clinical Nutrition Manager. She and her husband Travis have 2 daughters.

Jennifer Stoviak Walsh (95) is the Director of Food and Nutrition Services at CoxHealth - Monett and will soon be working with our students.

Julie Abney and Kathryn DeNure Fleming representing our grads at the Centennial Reception October 22.
Dietetics Program Advisory Council Meets

The Advisory Council met on September 2, 2004 in PROF 411 beginning with a reception honoring Dr. Cindy Heiss preceding the meeting. Student Portfolios and our Self-Study Document for our upcoming Accreditation/Site Visit were also on display at the reception.

The meeting began with the introduction and welcome of Dr. Heiss, followed by the introduction of Hillary Corbett, Nancy Lingbeck, Carrie Phillips, Michelle Henry Green, and Michelle Henry Stephens (GA). A warm welcome was also extended to our two new members, Jodi Perkins from Ozarks Food Harvest and Megan Fairfield, this years SDA President.

Carmen Boyd presented the revised Student Handbook for 2004-2005 for all to review and gave a brief report on the 2004 program outcomes. This included information on our recent graduates, student expectations, details of our short and long term goals and current program statistics. Dr. Helen Reid discussed the self-study document and site-visit scheduled for November 14—17. The potential for a Master’s Degree in Nutrition was discussed at length as well as the CoxHealth plans to begin an internship in 2006. The meeting was adjourned with an invitation to our site visit luncheon November 15.

Citizenship and Service Learning Students in BMS 240 have varied experiences

This fall in BMS 240 we have seven students who have participated in BMS 300, Service Learning in the Biomedical Sciences. Those students participating included three dietetics majors, Carrie Phillips, Michelle Henry Green, and Michelle Henry Stephens (GA). A warm welcome was also extended to our two new members, Jodi Perkins from Ozarks Food Harvest and Megan Fairfield, this years SDA President.

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SDA Increases Community Involvement

While student pre-professional organizations have always been involved in preparing students for future careers, this year the Student Dietetic Association (SDA) is emphasizing the importance of community involvement. SDA provides its members with opportunities to volunteer for non-for-profit organizations and local nutrition agencies. Every month, SDA members purchase, cook, and serve meals for families at the Ronald McDonald House and also serve meals at the Victory Mission.

SDA members have a strong desire to utilize their nutritional knowledge to promote awareness, which is proving to be a great resource to the Springfield community. While educating the public, members further their communication skills outside the classroom. This semester, SDA has participated in such events as the Cox/American Diabetes Association Health Fair, the Discovery Center Community Free Day, and the Crosslines/Greene County Nutrition Network Thanksgiving Food Basket Distribution.

Another important part of SDA is that it gives members the opportunity to meet and interact with other students, through activities like intramural sports and monthly meetings.

As SDA President, I would like to thank the SDA officers for their dedication and involvement in SDA. I would also like to thank the members of SDA for their participation in these activities. SDA looks forward to future opportunities in which we can further our knowledge and interact with the community. - Megan Fairfield

Reid Reign Rocks!

Last spring, the SMSU Didactic Program in Dietetics submitted our eligibility requirements review in preparation for the submission of our self-study document prior to our Site Visit for Accreditation from the Commission on Accreditation for Dietetics Education (CADE). Our review and self-study were accepted and on November 14, our site reviewers came to visit our program to assure that all Accreditation Standards were met. WOW! Were they pleased! Reviewers Karen Virostek from Pittsburg, PA and Juanita Bowens-Seabrook from South Carolina were here Sunday through Tuesday visiting with our students, faculty, graduates, staff, and administrators. We really appreciate all of you who participated and made their visit pleasant.

While we will not have our official results until possibly as late as April, the reviewers were very pleased with what they found. They were especially pleased with our strong science curriculum and the dietetics curriculum, which of course, Dr. Reid has worked so hard achieving over the past 30 years! They had wonderful praise for the program and the University and said we were “a well-kept secret” No real recommendations, just to keep up the good work. A fitting way for Dr. Reid’s many years of hard work to end and for Cindy to begin with a clean slate.

Carmen wants to thank Dr. Reid, too, for the many hours she spent helping her prepare for the visit. There is NO WAY this could have been done without her!

The purpose of the SMU Student Dietetic Association is to foster camaraderie among students, uphold interests in dietetic, nutritional, and wellness issues.

Thanks to all who have helped this semester!

The Centennial Reception honoring CHHS graduates was held October 22 in the Professional Building. The CHHS timeline prepared by Dr. Reid was unveiled. If you haven’t stopped by to see it (and Dr. Reid’s 1976 picture) be sure to do so if you are in the area. It is quite a work of art covering two walls of the 1st floor! A big thanks to Kathryn DeNure Fleming (94) and Julie Abney (97), dietetics graduates who attended the luncheon and also to students Heather Buschmeyer, Megan Fairfield, Stephanie Browning, Mindy Kinnison, Krista Bonaguro, Renee Jokcrst, Celia Held, and Lisa Gallon for their assistance with the reception.

We also want to thank Advisory Council members Anne Marie Hunter; Donna Medlin, Donna Skelly, Megan Fairfield, Jodi Perkins, Kathryn Lawson, Kathryn Fleming, Lisa Frazier, and Mary Snyder Duff for attending our luncheon prior to the site visit meeting with the reviewers and for graduates Britney Horine, Barb Blaha, Julie Abney, Jenny Gardner, Sarah Rollins Bowman, Becky Murrill Workizer, Hillary Corbett and Jillian Ball who also came and participated as graduates of the program. You were a great help. THANK YOU!
“What I did on my spring cooperative education experience”
By Brad Huff

For my spring semester I was fortunate enough to be selected to complete a Coaching Internship at the Carmichael Training Systems in Colorado Springs, CO. Throughout this semester my involvement with Carmichael has enabled me to assist athletes all over the nation achieve an increased fitness level, personal goals, and create a new outlook on life. By utilizing scientifically proven periodization training techniques and a vast nutritional knowledge base, my coaching internship has built upon my Educational and Athletic goals. I was also asked to assist the Paralympic Federation during their Paralympic Cycling Trials in Frisco, TX. Where I was able to provide assistance in sports science, nutritionally education, and mechanical help, above all this was certainly my most memorable experience of my whole semester. — Brad Huff

Our elite cyclist THEN wins a 100-mile road race in Jefferson City and a Criterium (a 1-hour closed-course spring) in St. Louis and was crowned state Champion. He won a tag-team Madison race in Frisco, Texas and qualified for the US National Cyclist team and was eligible to go to MOSCOW (as in Russia) where he placed 8th of 12 and 17th of 20 as essentially a freshman on the varsity squad.

Brad spent eight days in Russia and was able to visit Red Square and the Kremlin and was glad to be back. He also spent time in Europe this summer cycling and he hopes to participate as a US National team member in Manchester, England, ultimately competing in the US 2008 Olympic Games. Best of luck, BRAD!

A message from our Director……..

It’s hard to believe that my first semester at SMSU is coming to a close! This has been a busy term for the Dietetics Program as an accreditation team from the Commission on Dietetics Education visited campus to evaluate our Didactic Program in Dietetics. I was able to learn so much about the program through this process and the hard work that Carmen Boyd and Helen Reid contributed to the successful site visit. The department also submitted a proposal for a graduate degree in Nutrition and Applied Physiology this semester. We will find out if this new program is approved with a tentative start date of Fall 2006.

I have been very impressed with not only with the excellent curriculum, but also by the caliber and enthusiasm of students in the program. The Student Dietetic Association is the most active and impressive groups of the schools I have been associated with. In addition, the support of the program by local dietetic professionals is remarkable.

I appreciate the support that the students and faculty in the Biomedical Sciences Department have provided me as I begin a new chapter in my career at SMSU. I am looking forward to the many exciting opportunities this school has to offer.

Thank you, Cindy! We are really looking forward to working with you!

Also, thanks to Karen Herron and Betty Young in the Dean’s Office for helping with the pictures in this volume!