The 2008-2009 academic year saw the largest graduating class in our program’s history with 34 graduates. Congratulations to our nine fall graduates: Sarah Blankenhorn, Jason Delcour, Jacqueline Morrison, Stacie Mountain, Jesslyn Otte, Morgan Parker, Trisha Rigs, Amy Roets, and Jessica Wishon! We had 23 graduates in May: Elizabeth Anderson, Emily Bigley, Aftan Bryant, Jessica Cecil, Adrienne Corrigan, Rebekah Feemster, Whitney Green, Melissa Handley, Nicole Hutsell, Rachel Janis, Tara Keller, Trisha Landreth, Christine Meisner, Steven Newman, Chad Powell, Chanel Ricketts, Joe Salyer, Kelly Sears, Andrea Stout, Jordan Teeple, Amanda Turner, Sarah Udell, and Brittany Wetzler.

Mallory Lahm Lawson and Janeane Myhre will graduate in August. Aftan and Rebekah will graduate summa cum laude; Amanda, Whitney, and Christine will graduate magna cum laude; Morgan, Trisha R, Amy, Chad, Andrea, Jessica, Emily, Elizabeth, Jordan and Brittany will (or did) graduate cum laude. Well done, grads!

Record number of dietetics graduates for 2008-2009

Now that they have graduated, post graduate plans come to the forefront. We set another record for us with 18 spring internship placements for our 2008-2009 grads and 2 placements for previous grads as follows:

Cox: Emily Bigley, Christine Meisner; St. Louis University: Kelly Sears, Alison Watson (both Nutrition Therapy); Nicole Hutsell (Public Health), Brittany Wetzler (General); Kansas University Medical Center: Amanda Turner, Amy Roets, Jessica Cecil, Megan Summerville; Department of Veteran’s Affairs – St. Louis: Whitney Green; Illinois State University: Sarah Udell; Southern Mississippi University: Adrienne Corrigan; Baylor: Tricia Landreth; University of Memphis: Jessica Wishon; We are especially excited that five of our graduates obtained first time placements for our program: Medical University of South Carolina: Rebekah Feemster; Loyola: Melissa Handley; University of Iowa Hospitals and Clinics: Jesslyn Otte; Northern Illinois University: Aftan Bryant; Sodexo Distance Internship: Janeane Myhre. Way to go, girls!

Chad Powell has been accepted into the Missouri State University Physical Therapy Program and Andrea Stout has been accepted into the Midwestern University Physician Assistant program. Graduate school programs are also in the future for Jordan Teeple and Joe Salyer at University of Arkansas, Food Science and Rachel Janis at Webster University in the Counseling program. Steven, Mallory, Trisha R and Tara will be attending graduate school at Missouri State. Elizabeth will be at KU grad school in nutrition.

Jesslyn has worked this semester as a graduate assistant for the dietetics program while taking courses in the Public Health graduate program. Morgan has been accepted into Liberty University graduate school in Human Services/Health and Wellness to begin this May. Stacie is waiting to hear from PA school. We can continue to visit Jason at “Nearly Famous.” Chanel has accepted a position in Portland, OR as a nutrition educator in at risk schools.

Needless to say, we are very proud of all our graduates and are anxious to hear the great things they will do!
**MO State Students Receive TWO MO Dietetic Association Awards!**

The Missouri Dietetic Association presents the Eugenia Shrader Scholarship and the Outstanding Dietetic Student of the Year awards each year at their annual meeting in April. This year, we were pleased for two of our students to receive these awards! We have never had two students win in the same year! We are proud of our two seniors.

Rebecca Holcomb was awarded the $450 Scholarship at the Awards Banquet April 22 in Branson at the MDA Annual Meeting.

Rebekah Feemster was awarded the MDA 2009 Outstanding Dietetics Student from a Didactic Program. Nominations are solicited from the dietetic faculty at the seven didactic programs in Missouri and chosen by MDA. As the Missouri recipient, Rebekah will be considered for the American Dietetic Association Outstanding Dietetics Student award to be presented later this year in Denver, CO. Congratulations on these honors!

**Coats and Jurgensmeyer Chosen for Special Olympics Internship in DC this Summer!**

Seniors Lindsey Jurgensmeyer and Lindsay Coats have been selected to participate in a summer internship in Washington, DC sponsored by Special Olympics. Dave Lenox, Vice President, Sports and Athlete Leadership Programming for Special Olympics was at Missouri State in March and solicited applications for this internship during a guest appearance in BMS 430 Sports Nutrition and other courses. The internship, through the Sports Health Improvement Program (SHIP), focuses on education for participants in Special Olympics and will include two other Missouri State students from special education and physical education. Sports nutrition will be included in the curriculum. Junior Angela Meyer will serve as an alternate. As part of this program, Lindsay and Lindsey will assist in the development of protocols and activities promoting healthy lifestyle, general fitness and sports aptitude assessments to be utilized globally by participants and coaches. At the end of the project, summer interns will collaborate to manage and lead an event in Missouri for Special Olympics athletes at the culmination of the summer. Congratulations, girls!

**Nutrition Education and Counseling Students Assist in the Community**

Students in Nutrition Education & Communication and Nutrition Counseling played active roles in the community this semester. They not only presented hands-on nutrition workshops for middle school girls as well as for young children and teenagers at Boys & Girls Club, but they also provided dietary consults for the uninsured at the Kitchen Clinic. Topics for the nutrition workshops included Fat the Heart Healthy Way, Water You Doing for Your Health, and Loving Labels. At the Kitchen Clinic, students provided consults on medical nutrition therapy for type 2 diabetes, Crohn’s disease, and high blood pressure. One student said, “This was probably the best experience I’ve ever had!” Everyone did a fantastic job on encouraging healthy lifestyle changes!

**Congratulations to**

Dollie Davis, Catherine Lynn and Jade Postlewait for Study Away Scholarships for the El Salvador trip!

Lori Forsberg received the Outstanding Leadership and Service Pin and Community Development Program of the Year awards through Residence Life.

Nicole Hutsell—finalist for the Mo State Citizen Scholar Award

Jordan Freeze for being nominated for a STAR award.

**Student Projects at MDA**

Kelly Sears, Joe Salyer, Lindsay Coats, "Increasing fiber content of popsicles utilizing Fibersure"

Elizabeth Anderson, Catherine Lynn and Stephanie Strouse, "Development of acceptable protein-fortified pancakes"

Becky Holcomb, Mallory Lahm, Amanda Turner, “MCT oil acceptability in salad dressing”

Christine Meisner, “Evaluation of pizza crusts suitable for people with celiac disease.”
Dietetics Faculty Numbers Increase

The Dietetics program has continued to expand in numbers—more than doubled in recent years! We have 125 majors and over 20 nutrition minors at this time. With that has come an increased need for faculty. In addition to Carmen, Deb, Hillary and Sarah, we now have two new instructors we are happy to add to our team.

Many of you will remember Natalie Carlson Allen, a graduate of our program, who has been in the St. Louis area since completing her internship at Barnes several years ago. Best known as the dietitian to the Cardinals, Natalie comes to us with a wealth of experiences in clinical, media and community that enrich our program. Natalie teaches MNT labs, Lifespan and Sports Nutrition.

We are also happy to welcome Kathy Beberniss who comes to us from the far north—Nebraska. Kathy retired from the VA in Nebraska after 30 years with the VA system. In addition to her talents in jewelry making, she brings experiences in clinical, administrative and administration. Kathy teaches Intro to Nutrition and MNT lecture. Welcome to you both! Congratulations are also in order for Dr. Helen Reid, former program director and dietetics faculty member who was named Dean of the College of Health and Sciences earlier this spring. We all know how lucky our college is to have her working hard for us!

Hillary Corbett Roberts was chosen as the 2008 Greek Life Outstanding Faculty Member.

Dr. Piland presented research at FNCE this year in Chicago on the addition of omega-3 fatty acids to quick breads.

Carmen would also like to thank her advisees for their role in her being chosen as Missouri State Faculty Advisor of the Year and also as the National Academic Advising Association’s Outstanding Advisor Award Winner for 2009. You all are the best!

She and her El Salvador students also presented a poster at MDA in Branson on their trip.

Nutrition Students Provide Services at The Kitchen Clinic and Missouri State

We were able to begin a low income nutrition clinic last year at The Kitchen Clinics, Inc. and we have continued services there through both semesters. Nutrition Education students provided services to the Food Pantry last summer and Nutrition Counseling students provided counseling services there last fall and this spring. Hillary worked closely with former graduate, Daphne Smith, RD who helped supervise the students with their one on one counseling. Jessica Wishon, graduate assistant for dietetics this fall, assisted Carmen with the community nutrition labs at the Missouri Hotel and Clinic where students provided nutrition education in the lobby, at the Kitchen Clinic, assisted with food production at The Kitchen, and helped package food in the food pantry. One student reported “This experience made dietetics real for me!”

Block and Weekend Classes Remain a Hit

Sarah’s Heart Healthy Cooking classes remain a great hit for our students and the Extreme Makeover and Mediterranean themes have gone well. BMS 497 Section 725 and second block this fall will fill so consider enrolling now. This is a great way to improve your cooking skills and learn about heart healthy techniques.

Carmen’s Nutrition and Eating Disorders class in the spring was a great success and we appreciate Morgan coming in to talk with the group about her experiences. This was definitely the best part of the course. This course will most likely be offered next spring, too. Nutrition and Addiction will be offered in the fall over a weekend to be determined. If you are interested, please contact Carmen immediately so we can look towards getting a date set.

Beef. It’s What’s for Dinner was also a great hit for our group this year. This course, sponsored in part by the Missouri Beef Industry Council, is lots of fun and you have a great meal once a week. A second block course, it is back for Fall 2009 by popular demand.

Summer canning and jelly making courses will also be offered again this summer. Carmen will be teaching two classes—one in the summer and one fall intersession—her favorite classes to teach. Register now—I’ll talk with everyone about dates when my Haiti trip is finalized and a few other things are set.
Six Students Attend FNCE in Chicago and a Good Time Was Had by All!

Alexa Anderson, Tessa Eldridge, Rebekah Feemster, Christine Meisner, Kelly Sears, and Amanda Turner had the opportunity to attend the 2008 Food and Nutrition Conference and Exposition in Chicago, IL. We were able to attend this year thanks in part to donations from our alumni fund and also through SOFAC funding on campus. We took the bus from St. Louis to Chicago which in itself was an experience. After arriving at the conference center, we had the privilege of hearing the keynote speaker, Chris Gardener (the man that inspired the movie “Pursuit of Happiness”), and he gave everyone goose bumps with his story of pursuit and determination. His story was a favorite for all of us that attended. Over the five days that we were there, we attended various sessions including Nutrition and You: Trends 2008 where we learned that Dietitians are doing an excellent job on education of trans fats where consumption is decreasing. Another session that was particularly interesting was on phytochemicals and cancer and they showed a significant correlation between excessive red meat consumption and colon cancer whereas limited red meat consumption greatly decreased the risk. Also, a new idea of a “teaching kitchen” in hospitals would be a great way for patients on special diets to learn how to prepare their meals. Lastly, in the Expo Center, we were able to see the newest products being developed with mainly high fiber, added omega-3 fatty acids, and gluten free foods. Overall it was an amazing experience and put us ahead of the game in knowing what was to come in the next year.

Sarah Murray preparing for second career as food tour guide!

When Sarah told me she had gone on a Chicago foods tour while at FNCE, I asked her to do an article for the newsletter. Here is a bit about her tour, which sounds like a great food/cultural experience!

A little info about some of the places on the food tour...The tour begins at a Jewish deli where you are served Latkes, a Jewish potato cake with a side of sour cream and applesauce to put on top. The tour then travels to the Spice House which is a spice merchant who grates all of their own spices weekly/monthly to provide the freshest herbs/spices. On the tour they served a sprinkle of Saigon Cinnamon from Viet Nam which has a very different and unique flavor from the cinnamon we know. We also went to the "Old Oil Company" that sells different flavors of Balsamic Vinegars and Olive Oils. When you purchase these items you have to bottle them yourself!

Of course they let you taste test items you have to bottle them yourself!

El Salvador CASL trip fun and a success!

In March, 2009, over spring break, seven students from five disciplines at Missouri State University participated in an international service learning course titled “Malnutrition in Third World Countries: El Salvador” held in El Salvador for one week. Our country host sponsor was Convoy of Hope, an international relief agency based in Springfield, MO, home to Missouri State. Convoy of Hope arranged experiences with an El Salvadoran nutritionist, Winnie Menendez, for students to assist in nutrition assessment of elementary age children, providing nutrition education, distributing food, and serving meals in a variety of feeding programs. Visits included the World Food Program and an audience with Ana Ligua Mixco Sol de Saca, First Lady of El Salvador and National Secretary for the Family. Other experiences included visiting the agricultural center extension services and farms (CENTA), a refugee camp, orphanage, distribution center, senior citizen home, homeless shelter, street kids program and United States Agency for International Development (USAID) at the American Embassy. Anthropometric measurements taken by the students measured nutritional status of students. What a great way to learn about this area of nutrition!

Participants on the trip are pictured left at Lake Coatepeque on a fun afternoon after work. L-R: Mitchell Dalsing, Jennifer Rasnic, Ali Underwood, Catherine Lynn, Carmen Boyd, and Jade Postlewaite. Kara Kingsland, a student working with Convoy of Hope also attended but not pictured. Join us next year! Let Carmen know if you are interested!
The Heifer Ranch Global Challenge
-Cindy White

The Student Dietetic Association's pilgrimage to the Heifer Ranch April 3-5 included ten students and Sarah Murray. We were greeted by the rolling hills of west central Arkansas, two camels, two water buffalo named Briggs & Stratton, llamas, cows, chickens, roosters, hens, turkeys, pigs, rabbits, ducks, goats and numerous sheep. Flags from countries in which Heifer International operates lined the entrance. We were then introduced to our hosts and allowed to roam the grounds after setting up camp in the Heifer “Hilton.”

Our first morning was cool and beautiful and some of us were fortunate enough to witness a lambing. We then took a hayride of the grounds and ended up at our first activity of the day. All activities at the ranch are designed to increase awareness of the global problems Heifer encounters every day through games that confront language barriers and cooperation of communities.

After lunch our “Global Challenge” began with our hosts initiating activities to increase our knowledge of import and export goods from different countries and how populations can be affected. A tour was taken of the different global communities Heifer has built on the property to represent some of the countries they serve. We were randomly divided into “families” for the night, our villages were assigned and limited resources were given to us. Water and wood resources were also assigned and one person in each village was chosen to be pregnant (complete with water balloon). We hauled our things to our respective villages and set up camp. It was quickly noted that we had only enough wood for two fires and just two matches (student ingenuity was used to find more matches). A community dinner was then held in the Tahitian village where we made our fire and cooked our own food. A real-life challenge was presented to each family to decide the outcome and discuss the next day. The following morning we made our breakfast and met together to do chores and make some bricks for a chicken house. The final activity of the trip was a high ropes course that challenged us all.

Heifer International tries to initiate global understanding of the presence of hunger in all countries and combat it by empowering the people to use the animals given to them as resources to sustain their own communities. A visit to the Heifer Ranch will give the student a better understanding of the global community and a renewed sense of empathy toward their fellow man.

Those attending were (l-r in photo from back) Lindsay Coats, Theresa Hogenmiller, Rebekah Feemster Cindy White, Sarah Murray, Dana Owen, Christine Meisner, Catherine Lynn, Heather Plummer, Stephanie Strouse, and Jordan Freeze. Sarah plans to take a group again, possibly next fall! Let Carmen know if you are interested! Visit www.heifer.org for more information on Heifer Ranch in Perryville, AR.

2nd Annual Senior Etiquette Banquet Attendees Learn Etiquette No-No’s and How to Avoid Them

Twenty-one of our graduating seniors joined dietetics faculty for the Second Annual Etiquette Banquet held December 3 at Plaster Student Union. Several family members and friends also joined us as Dr. Debra McDowell, professor emeritus from the College of Natural and Applied Sciences, guided us through the fundamentals of fine dining and those all important social skills needed in the professional world.

It was a really fun evening serving more than just good manners. A wonderful four course meal was elegantly, and of course appropriately, served by Sodexho Dining Services. What’s for dinner? Beef! Of Course! We are so thankful for The Missouri Beef Industry Council sponsoring our dinner for our graduates! We greatly appreciate their financial support for such a great addition to our dietetics program.

We were also happy to have Howard Hardecke, a local beef producer with MIBC as our dinner speaker. Mr. Hardecke spoke about the care, handling and nutrition of beef cattle in Missouri. He took us from the pasture to the plate! It was a n informative talk and all attendees understood beef production much better. Thank you Dr. McDowell, Sodexho, MIBC and Mr. Hardecke!

Everyone looks so nice! Our group picture was the end to an enjoyable meal and evening.
**SDA Officers**

**2008-2009**

Rebekah Feemster,  
*President*

Amanda Turner,  
*Vice President*

Jessica Cecil,  
*Secretary*

Mallory Lahm,  
*Treasurer*

Whitney Green  
*Activities Coordinator*

Alexa Anderson  
*Publicity Coordinator*

Christine Meisner  
*Historian*

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**SDA Year in Review…….Wow—were they busy!**

Members of the Student Dietetic Association have had the opportunity to participate in a multitude of activities this year, including community service work, nutrition education, conferences, fundraisers, and retreats.

We kicked off the school year with our annual fall barbeque in Phelps Grove Park, followed up soon after by SDA members volunteering to paint the dietetics computer lab and classroom in the Professional building. The painting was made possible by the donations of Missouri State dietetics alumni. Students agreed that the purple paint job really added some life to the area we spend so much of our time in!

**Hallowe’en Collection**

In the beginning of October, SDA members volunteered at the Pregnancy Care Center’s Walk-for-Life at Jordan Valley Park. They helped with set-up and facilitation of the event.

Mid-October, members had the opportunity to attend the Food and Nutrition Conference and Expo in Chicago, thanks to the grant assistance of the Student Organization Funding Allocation Council. The attending students stayed three nights in Chicago, and had the opportunity to bring back the knowledge of the latest nutrition trends to their dietetics classmates.

The end of the month wrapped up with a very successful SDA Trick-or-Treat canned food and clothing drive. Members handed out flyers in Springfield neighborhoods and collected over 2,000 food and clothing items on Halloween night. Clothing was donated to Convoy of Hope and food was donated to Crosslines.

The first of November brought the St. Louis University Dietetic Internship Forum, of which many of our members attended. This event provided student the opportunity to learn about area internships and talk to internship directors. In November and December, we made glass jewelry for an SDA fundraiser. (left). All materials were the gracious donation of one of our dietetics professors, Kathy Beberniss, who makes glass jewelry from her home. The hand-made jewelry pieces were a big hit! They sold in the Professional building for $3-$12, generating a profit of more than $500.

For a holiday activity, SDA members collected items to send to a former Missouri State dietetics student who is in Uganda working for the Peace Corps. They collected everything from hygiene products to books and magazines.
New Journal Club Holds First Meeting in December!

December also signified the beginning of a new club: the Missouri State Dietetics Journal Club. The club was the idea of dietetics professor, Sarah Murray. The purpose of the club is to expand students’ knowledge of current nutrition topics, provide leadership opportunities for students, and provide continuing education credits for area dietitians. Since December, each month, one SDA member has chosen a nutrition article out of the ADA Journal and develops a critique form for it. Club members meet at a local restaurant or coffeehouse and discuss the content and validity of the article. So far, the topics discussed have been nutritional genomics, preservation of vitamin A in solar drying of mangoes for West Africa, and adiposity as a risk factor for iron deficiency in adolescent girls.

Eating Disorders Awareness Week took place the end of February. Throughout the week, SDA members wore a purple ribbon in recognition of EDAW. They also did a jean drive, donating the jeans collected to a local charity, Convoy of Hope. One of our SDA members who is a fitness instructor on campus, Jordan Freeze, agreed to teach a free work-out class during the week. It was open to all Mo State students.

National Nutrition Month

March was National Nutrition Month. A variety of activities were promoted throughout the month. Members provided nutrition education for Missouri State students at three different residence halls on campus. Members also volunteered their time to work in the food pantry at Convoy of Hope. Also, SDA members held a surprise party for all the dietetics faculty in honor of Registered Dietitian Day. In April, eleven SDA members attended a retreat at the Heifer Ranch in Perryville, Arkansas. Heifer International is a nonprofit organization that works to end world hunger and teach sustainability in third-world countries. Members spent two nights at the ranch. They learned about Heifer International, sustainability, how they can help with global hunger issues, and they participated in team-building exercises. The second night at the ranch imitated living in the village of a third-world country, with few resources, no electricity, and cooking your own meals. This trip was made possible by the dietetics alumni fund, and the SDA jewelry sales.

Students Enjoy MDA Meeting

April 24th was Relay for Life, an American Cancer Society event held at the Plaster Sports Complex on campus. SDA members formed a team, lead by Mallory Lawson, to raise money for cancer research and support. Participants held a bake sale in the Professional Building in March, did individual fundraising before the event, and sold Old Chicago coupons at the overnight event. They raised over $900.

Rachel Janis, Adrienne Olah, Colette Bridges and Kelly Sears attended the annual Missouri Dietetic Association meeting in Branson in April. Both award recipients (Rebekah/Becky) were SDA members! In May, SDA wrapped up an eventful year with a final meeting, new officer elections, and assisting with May Day on the MSU campus (which was a requirement for receiving SOFAC funds to attend FNCE). The Missouri State Student Dietetic Association will be back in full swing come fall!

Above L-R: Theresa Hogenmiller, Stephanie Strouse, Lindsey Jurgensmeyer, Teneal Minks, Alexa Anderson, Auvia Miller, Rebekah Feemster, Christine Meisner at COH.

Congratulations to Steven Newman, 2nd in his age group, Amanda Turner and Jordan Teeple, 3rd in their age group, and Kathy Beberniss who placed 4th in her age group in the Panera Care to Run races 4/25! Amanda was even up all night the night before for Relay for Life!
Students and Former Students Go International

Ever wanted to just go away for awhile? Consider studying abroad for a semester! One of our current juniors, Danielle Tetrault, is doing just that. and is enjoying the experience immensely as you can see from her note to students back home:

I am studying at the Roosevelt Academy in Middelburg, Netherlands through a program called the Middelburg Center for Transatlantic Studies (MCTS) offered through University of Central Missouri State. I am in Europe from January 14th until June 21st. The program ends in May but I love it so much I will stay until June.

My experience: Studying abroad is the opportunity and adventure of a lifetime. I have learned so much, interacted with various cultures, and developed traits that simply cannot be taught in a classroom. There is a big beautiful world out there, promise yourself you will go and see it. And always remember, “Life is filed with so many exciting twists and turns. Hop off the straight and narrow whenever you can and take the winding paths. Experience the exhilaration of the view from the edge. Because the moments spent there, that take your breath away, are what make you feel truly alive.”—Stacy Charter

Best of luck, Danielle Tetrault

You can talk to Carmen about the possibility of dietetics courses abroad, and Dana Carroll at Study Away at 836-6368 can also help in determining coursework.

GO SOMEWHERE.
Many of you will remember Sarah Whiting, (SP07). Sarah completed her internship at OSF in Illinois and went into the Peace Corps where she is currently serving in Uganda. Learn more about her experiences at www.danceintourganda.blogspot.com. GREAT WORK, SARAH!

Bridget Thomason, ’99 grad and also former instructor here, just spent the past year and a half working in western Canada in a program called “Springfield Food for Life.” Coincidentally, our 97 grad Lisa McMinn Tauai, is an Air Force dietitian at Ramstein just across the road from the WIC office! Joy Proccacio ’99 is also in Germany working with the Department of Defense.

Our grads in Sports—and on the web.....

Several of our students have gone on to pursuits in the sports realm. It was great to hear from you and then find you on the web!

We saw Brad St. Louis ’00 last year while he and his wife and two sons were back in the area. Brad continues to play for the Cincinnati Bengals. He and his wife have The Brad St. Louis Foundation. This Foundation is administered by the Servant Christian Community Foundation. It works to promote healthy eating and living in homes, schools and camps giving families better access to healthy choices, making it easier for kids to eat well and move. True to your dietetics roots, Brad! Good job!


Michelle Kerr Loy ’98 is in Huntington Beach, CA with her husband and daughter and with a son on the way. She is the owner of “Go Wellness.” Check out her website at http://www.gowellnessco.com/index2.php.

Dale Huff ’93 and his wife Ellie, both RD’s, own and operate Nutriformance, LLC in the St. Louis area. Check them out at http://www.nutriformance.com/home.html

One of our recent grads, Brad Huff ’05 continues in the world of professional cycling. He is currently with Jelly Belly Cycling and has taken titles in world, national, and PanAm championships. Visit him on the web at http://jellybellycycling.com/2009-team/brad-huff/

Two of our five year grads are also in the web with their businesses.

Rebecca Kuklenski Mueller ’03 is living in Milwaukee with her husband and runs a small nutrition coaching business developing meal plans for clients & doing nutrition education for organizations starting Wellness Programs. Check out her web site: www.HealthyHorizonsCoaching.com

Tim Chudy ’03 is in St. Louis and owns his own fitness company called Fitness Together—St. Louis. Check it out at http://www.personaltrainingstlouis.com

Noah Alldredge 06 has been busy since he left our program! While working as an RD at Aids Project of the Ozarks, he also has his own fitness/nutrition business called “Big Time Results” here in Springfield. In addition, he has formed a nonprofit food pantry for persons with a terminal illness called “Springfield Food for Life.” He also has worked with a number of our students through CASL. Way to go, Noah! Check out his website with a link to this awesome food pantry at www.bigtimeresultsllc.com.

Dan Eason 95 is Head Strength and Conditioning Coach at Stephen F. Austin U in Nacogdoches, TX.

Mindi Masters ’83 currently teaches Senior Citizen Fitness Classes with Coastline Community College in Huntington Beach, CA. She is a Wellness Coach and a Licensed Facilitator for Am I Hungry? weight loss classes.
Where have our grads gone? In five years:

Our grads from 02 and 03 have done fun things! I also must note that we have 35 grads total in the 02-03 years—barely more than what we had this year! Here are some that we have heard from recently.

From 02:
Beth Rawley is in Colorado working as a clinical dietitian.
Hillary Corbett Roberts is teaching here at MO State and also at Lakeland.
Jenny Pritchard is burning up the slopes in Winter Park, CO and has left dietetics and is working as a meetings and events planner at MAC in St. Louis.

Jill Rocchio Ferris has left dietetics and is working as a meetings and events planner at MAC in St. Louis.
Cari Fullks Price is working as a development chef/nutritionist at Noble and Associates in Springfield.
D’Anne Morrison Ward is a WIC nutrition trainer in Jeff City.

Tara Graf Stulce has completed her Master’s in Public Health and is working with the SW District Health Office in Springfield, MO.
Toni Kruei Labon is working with Kerry Sweats in Kansas. She is married with one son and one on the way. She is the secretary for the American Society for Testing and Materials—Sensory area. She is about to complete her MBA.

Josh Dale is working as the RD at Food Outreach in St. Louis and has completed his MBA.
Megan Huff works as a family practice PA-C with CoxHealth in Springfield.
Stephanie Rau Yeaton completed her Master’s in Nutrition at Illinois State and now works as an RD in a cardiac unit in Fort Wayne, IN. She and her husband have a young son.

From 03: Amanda Bartlett Rehmer completed her Master’s in Physician Assistant Studies at Mo State and now works as an RD/PA-C with a cardiology group at Cox. She and her husband have a small daughter.
Butch Clark is in the PT program at Mo State.
Jerreau Hawkins is a dept supervisor for a division of radiology called Angiography at Research Medical Center in KC. He is enrolled in a masters program for health care administration.
Jillian Ball works with Jordan Valley Community Health Center in Springfield where she is their dietitian.
Kathleen Hoss — is working on her MPH at the University of Minnesota.
Jessica Jensen Campbell is working as a city health inspector. She and her husband have a young son and are living in the St. Louis area.

Leah Broeker Gonzalez is with Siteman Cancer Center in St. Peter’s doing oncology work and finishing her MBA at Lindenwood. She and her husband live in O’Fallon.
Stephanie Pitt finished her MPH in Public Health and MS in Biochemistry at the University of Tennessee – Knoxville and is now a nutritional consultant for Wellpoint, Inc in St. Louis. She also teaches a nutrition class for the University of Phoenix Online.
Stephanie Young Margolis works with Barnes in their School Outreach program where she is a dietitian and curriculum specialist.
Paula Myers is working with Lawrence County WIC.

Are you an ‘02-03 or 97-98 grad and not listed? Drop us an email and fill us in for the next newsletter!

In 10 years?????

Our 1997 and 1998 grads have been busy!
Julie Abney works with Mo State as the Budget Officer for the College of Health and Human Services. Faculty attending MDA talked with Victor Brown, RD who is in the Springfield area.
Jeanne Bridges works in Farmington for the SE MO Mental Health Center.
Julie Buchholz works in Las Vegas with Wyeth pharmaceuticals and also as a district manager for Arbonne.
Connie Cortez Garrett is at Cox Walnut Lawn in Springfield.
Jilly Fiddyment Williams is in nursing school at Cox.
Judy Hubbard Carver is the Director of Nutrition and Dietetic Services at Missouri Rehabilitation Center in Mt. Vernon.
Maureen McMahon Prinster lives with her husband and two children in St. Charles where she works from home doing telephone consults for nutrition and weight loss for a managed care company.
Ruth Melvin is the Food Service Director at Republic Schools.
Sarah Phillips Jones works as an RD and regulatory scientist for Post Cereal of Ralcorp and is completing her Master’s at SLU.
Katie Pinzke Kuester is in St. Louis and currently a stay at home mom taking care of three boys.
Yuka Shundo Akin had been working as a food technologist but had been working as a food technologist but has taken time off to stay at home with her two boys. They live in MN.

Bobby Weno Wright is doing consulting with Spring River Christian Village.
Natalie Guidry is a public relations specialist for the FDA in New Orleans.
Kimberly Hailey is Director of Operations for the Greene County Board for the Developmentally Disabled.
Gretchen Rhea Chudy has left pharmaceuticals and is in the Jeff City/Columbia area working with Arbonne as regional VP and as a consultant.
Vikki Stomboly has completed her Master’s in Public Health at Mo State and is teaching nutrition and wellness at OTC, Drury and in Bolivar.
Andrea Sitzwohl Clark works at Children’s Hospital in StL. She & her husband have two children.

Join us on

Growing every day!
Catch up with old friends!
Search groups for Missouri State Dietetics Alumni
and then join!

Hillary is the coordinator.
Contact Carmen if you have problems.
I have had the honor of leading this amazing group for the past 9 months, and I don’t have the space to acknowledge or thank every person that has helped make the organization what it has become over the last year. Membership has increased by 35% from 2007-2008, participation has skyrocketed, and the number of events and activities available to members has grown exponentially. Members have had opportunities to participate in new activities; such as attending the Food and Nutrition Conference and Expo, taking a retreat to the Heifer Ranch in Arkansas, doing a hand-made jewelry sale, and honoring our own faculty on Registered Dietitian Day in March; while also contributing to the success of our annual events such as the Trick-or-Treat Drive and Relay for Life. Much of the credit for planning these events is due to my amazing fellow officers. Additional thanks goes to the dietetics professors, whom support us in everything we do. I have been extremely appreciative to the financial support we have received from SOFAC and the dietetic alumni. Most importantly, SDA would be nothing without the 54 dietetic student members who make it up. I am so proud of the community contributions they have made, in addition to the nutrition experience they have acquired through participating in SDA activities. Hopefully next year, membership will increase even more, until every single dietetic student is involved in SDA. There is so much potential in this group of young leaders. I have no doubt that all the members of SDA have bright futures ahead of them. I have developed a passion for this organization, and while I’m sad to leave it, I have full confidence in next year’s group to make SDA something greater than it is today. Good luck!

MDA in Branson Experience—Rachel Janis: This year’s conference in Branson was my first time being a part of the Missouri Dietetics Association (MDA). It was such an eye opening experience. MDA allows dietetic professionals from many different points in their career to come together, sharing the most current and accurate knowledge. As a student I was surrounded with wonderful role models; smart health care professionals that are the pioneers of this industry. I value the plethora of knowledge and research I was presented with at MDA but most of all I am thankful for the experience of being a part of the field of dietetics. I recommend all Missouri American Dietetic Association members attend MDA, but I think it is particularly important for students to see their role models in action. Dietetics Professionals are proud and passionate about what they do and I can’t think of a better place to start a career.

Dietetics Student Area Remodeled. Thanks, Alums!

We cannot begin to express our thanks to those of you who have donated to the Dietetics Program through the phone campaign and other areas. This year, we have utilized these funds, in part, to assist in sending two students to MDA in Branson, six students to FNCE in Chicago, ten students to the Heifer Ranch in Arkansas, one student to participate in a Breastfeeding Certification course, helping our experiences at the Missouri Hotel, and a prize for our logo contest winner. The BIGGEST project, however, was assisting in the updating of our dietetics area—PROF 417—425. Those of you who attended classes in the PROF after the reno in the late 90’s know this is the gathering place for majors to study, solidify friendships, work on projects, and where small labs are held. It was looking pretty sad. NOT NOW! Thanks to Nicole Hutsell, Morgan Parker, Amanda Turner, Chad Powell, Emily Rich, Rebekah Feemster, Avvia Miller, Lindsey Jurgensmeyer, Lori Forsberg, Whitney Green and Alexa Anderson working hard this summer and fall painting and organizing, we have a fun new paint color brightening up the area and with new educational food related artwork on the walls. It looks great! The students also worked hard organizing our new resource area which was greatly enhanced by a grant we received for the purchase of nutrition education materials for use with our clinic at the MO Hotel. If you are in the area, stop by!

When a Mo State student calls you this year and asks you to contribute to alumni funds, if you choose to contribute, please request your donation to go to “Dietetics.” Funding for students to attend education related activities are limited, so your donations make activities like these happen. The students appreciate it and so do we. THANK YOU!