Twenty-nine Students Graduate in 2009-2010!

The Missouri State Dietetics Program is proud to announce the graduation of 29 of our majors for the 2009-2010 academic year, all receiving their Bachelor’s of Science degree in Dietetics. The following fourteen students graduated in fall 2009: Keshia Bell (BMS minor), will be going on to become a Physician’s Assistant; Colette Bridges is working at St. John’s; Lindsay Coats (chemistry minor) was accepted into a new placement for us at the Tri-County Dietetic Internship in Greenwood Village, Colorado; Ashley Hart (BMS minor) will attend KU Grad School; Katherine Hoey graduated with a double major in Dietetics and Psychology, minor in BMS and has taken a position with WIC in St. Louis County; Theresa Hogenmiller (cum laude, Honors College) was accepted into the Southeast Missouri State Dietetic Internship in Cape Girardeau; Rebecca Holcomb (magna cum laude, chemistry minor) and Heather Plummer (magna cum laude) will begin the Cox Dietetic Internship in Springfield in August; Lindsey Jurgensmeyer (cum laude, psychology minor) currently is in the Iowa State Dietetic Internship; Catherine Lynn will be in the internship at the College of St. Elizabeth, New Jersey, a new placement for us; Adrienne Olah; Erika Rallo (magna cum laude) was accepted into the Nutrition and Physical Performance track at St. Louis University’s Dietetic Internship; Katherine Simmons Vivas; Ashley Waters has been accepted into Eastern Illinois Dietetic Internship. Congrats to our fall group! Our 15 spring graduates have big plans, too. Alexa Anderson (cum laude) will continue on to the dietetic internship at the Oklahoma School of Allied Health in Oklahoma City; Krystle Blunk and Dana Owen (cum laude) were accepted to the Cox Dietetic Internship; Lori Forsberg (magna cum laude and BMS minor) will attend KU Medical Center’s dietetic internship; Crystal Zaerr (cum laude) has been accepted to graduate school at KU; Jamie Hendrix (cum laude) will attend Illinois State’s dietetic internship; Kyung Hee Lim plans to return to Korea and work; TeNeal Minks will be the nutritionist for the Cornerstone Agency in Higginsville; Cindy White will enter the work force; Emily Rich (cum laude and BMS minor) will be at SLU Dietetic Internship in their Nutrition and Performance track; Brittain Seaburn (cum laude) will be the graduate assistant for the College of Health and Human Services in the fall while attending graduate school at Missouri State; Betsy Smith was accepted into the Department of Health and Senior Services Dietetic Internship in Jefferson City; Stephanie Strouse (summa cum laude and BMS minor) will be at the VA internship in St. Louis; Katie Wehmeier will enter another new internship placement for us at Louisiana Tech in Ruston, LA; and last but not least, Cara Williams (magna cum laude and BMS minor) will be at the University of Houston Dietetic Internship. Great job grads!!

Holcomb selected for ADA Foundation Scholarship

The ADA Foundation Scholarship Committee has selected Rebecca Holcomb as a recipient of the ADA Foundation’s 2009-2010 Commission on Dietetic Registration $1000 Scholarship. Rebecca was one of 226 students nationwide selected for this honor. Congratulations, Rebecca! Senior Lori Forsberg was awarded the Kansas City Dietetic Association scholarship awarded each year to a gifted student from the Kansas City area. Lori will receive her award at the Annual Sevie Nelson Memorial lecture in May. The Panhellenic Executive Council was recognized on Sunday February 7th at the women’s basketball game for their excellence in winning the NPC Risk Management Award that was submitted by Emily Rich, the 2009 Director of Social Awareness, Dietetics senior and 2009 STAR Award recipient for outstanding female president, Sigma Kappa sorority.

Congratulations are also in order for: Spring 2009 graduates. Elizabeth Anderson has been at KU grad school this past year and is accepted into the KU Med Center Dietetic Internship and Mallory Lahm Lawson has accepted an internship position with Cooper Fitness Center in Dallas, Texas.
Studying Away Down Under!!!

I have been studying in Australia for about 2 months and I am completely in love. I am taking four classes at the University of Ballarat including Food Science, Management, Accounting, and Psychology. I have class Monday through Thursday and I also work for the school gym called UniSports. My job is to keep the gym running smoothly, assist clients, and I also teach a water aerobics class three times a week. I live on campus in a residence hall called Bella Guerin with ten Australian roommates. I have seen something new about the Australian culture everyday! I spent the last two weeks traveling to Sydney, the Whitsunday Islands, and Cairns. In Sydney I took a tour and saw a show at the Sydney Opera House, climbed to the top of the Sydney Harbor Bridge, visited Manly beach, Bondi beach, and went shopping at Darling Harbor. The Whitsundays were my favorite part of the trip. We took a boat out to Whitehaven Beach, which is considered Australia’s most tropical beach and one of the worlds top 10 most tropical beaches. Words can’t describe it’s beauty. One of those things you have to see to believe. In Cairns, I went horseback riding through the rainforest, scuba diving through the Outer Great Barrier Reef where I saw a shark, sea turtle, tons of “Nemos” and coral that is more beautiful than any picture or video can do justice. I also did a Minjin Swing through the rainforest which raises you up in a harness 50 meters and once you pull the release cord swinging through the rainforest you go! This is the most exciting, life changing experience I have ever had and I thank God everyday for allowing me to have this opportunity.

—Jordan Freeze

CAPA Dietetic Practicum in London

Interning through CAPA at King’s College Hospital in London has been an amazing experience. At the hospital, I have spent the past three months working on a number of projects and I have also had the opportunity to shadow dietitians and learn about food service in the hospital. My primary responsibilities at the hospital have been to audit the hospital’s nutrition screening tool and to audit enteral feeding in the ICU. Last month, I was able to present my findings from the nutrition screening tool audit at a nutrition support showcase the dietetics department hosted. One of the most exciting parts of my internship has been working with dietitians from all around the world from countries such as Brazil and South Africa. Although my internship has kept me busy, there has still been plenty of time to take in the sights such as Big Ben and the Tower of London. And of course you cannot visit England with seeing St. John’s! We’ve enjoyed having you all in our program!

—Brittany Snyder

El Salvador 2010

A regular tourist would never see the side of El Salvador that we saw. Deep within the rural areas of this absolutely beautiful country lurks a problem that will not be solved quickly or easily. Malnutrition rips apart the lives of countless families in this country, and we were going there specifically for these people. This was a spring break unlike any other, and we experienced a wonderful balance of education and service, and acquired skills that we wouldn’t normally learn in any classroom.

We traveled beyond the rolling mountains, exotic and exquisite plant life, and bustling cities. We got to know the country more, I believe, than most tourist groups ever would. We saw her most crippling problems and we did what we could to alleviate her suffering. For a country is only as healthy as its people. —S.O.

This year was our third year traveling to El Salvador over spring break with Convoy of Hope. While in El Salvador, we work with their nutritionist, Winnie Menendez, collecting anthropometric data on the children in the schools that COH helps with feeding programs. In addition, this year we were able to visit the Salvadoran equivalent of WIC, a home for malnourished babies, a home for children affected by HIV/AIDS and many other very interesting places in this beautiful country. We are very grateful to COH for allowing us to have this opportunity.

—Sarah Owens

We congratulate senior international student Kyung-Hee Lim from Korea who will graduate this spring. We also have been happy to have two international exchange students in dietetics with us this semester: Henna Moilanen from Finland and Ji-Young Kim from Korea. We’ve enjoyed having you all in our program!

CAPA offers Dietetic and Service Learning Practicums in London and Sydney. Join the Fun!
Heifer Ranch and the Global Village Challenge

This was the second year that SDA students participated in the “Global Challenge” at the Heifer Ranch outside Perryville, Arkansas. This weekend program introduces students to the reality of poverty and hunger in different parts of the world, including the US. In addition, a weekend in at the beautiful ranch allows students to enjoy the gorgeous spring scenery and a variety of animals like camels and water buffalo, plus dozens of new baby animals. Twelve students, and faculty members Sarah Murray and Dr. Sockju Kwon, attended the retreat and enjoyed the weekend thoroughly.

Millions of individuals live in a world that, at times, is unimaginable. Heifer International is an organization that has helped millions of people by teaching sustainable living. SDA members went to Heifer ranch in April to learn what it had to teach.

Heifer taught us the importance of working as a team showing us ways to shift our paradigm. Whether it was putting a puzzle together or figuring out how many people can fit through a hula hoop (nine). Heifer showed us how a group evolves, makes decisions and how it changes for each obstacle. It is an organization that taught, not by numbers, but by applications. As future dietitians, it is important to understand the relationship between living conditions and food. How people make tough decisions that lead to sacrificing resources, i.e. food. Today we understand the connection of food consumption and living conditions domestically and internationally.

—Heifer Retreat participant Brian Gens

Nutrition Minor Publishes Book over Travels!

Whitney Taylor Shaw Hemp went with Carmen on the short term study away program to Belize in 2008 called “Food Production in the Underdeveloped Tropical World.” She returned and published her journal of the trip as a book called “A Taste for Belize” and became the first student at Missouri State to have a book published as a student. Taylor, an English literature major with a nutrition minor, describes the book as a tropical travelogue and details the week long trip to Belize in a fun way. This delightful book is insightful and takes the reader on a trip to another culture and really shows how travel can help students develop personally and what an impact it can have on their life. The book is a great, easy, fun read and does a really nice job of describing what our trip was like—down to the plumbing problems we encountered throughout our stay.

Taylor was in Springfield in April for a book signing here at Missouri State Bookstore and also at a number of other areas in town including Borders, Coffee Ethic, and Brentwood Library. She was also featured on KOLR-10’s Ozarks First on April 12 and again on April 13.

You can learn more about Taylor at her Facebook page “Whitney Taylor Shaw” (become a fan) and you can purchase her book through the bookstores or Amazon.com. This book is definitely a must-read! Go Taylor!

High School Tours Offer Practice

Tours of the BMS Department were offered this spring to area high schools who had the opportunity to schedule a three hour tour that included one hour in the Anatomy lab, one hour in the BMS 110 lab that included an experiment with digestive enzymes, and one hour in the Dietetics lab. This was a great opportunity for the Mo State Dietetic students to volunteer and educate them about nutrition and practice their nutrition assessment skills. The high schools really enjoyed what dietetics had to offer to their students and the variety of experiences that were provided to them. In the dietetics lab, the high school students were able to compare their height with various methods of measurements (i.e. stadiometer, knee height caliper, and arm span measurement), visualize the fat found in their favorite fast foods, and test their knowledge in good vitamin/mineral food sources. They also had the opportunity to participate in a Food Science experiment in the Sensory Lab by evaluating different variations of food products.
We welcome Dr. Anne Marie Hunter to our faculty!

We are very pleased to welcome Dr. Anne Marie Hunter (left) to our faculty this fall. Dr. Hunter completed her PhD at the University of Nebraska—Lincoln in August. She joins us from her previous role as Director of Clinical Nutrition, Nutrition Support and Diabetes at St. John’s in Joplin where we have worked with her for some time as a long-standing member of our dietetics advisory council.

Dr. Hunter has held leadership roles in MDA, ADA and ASPEN as a member of the MDA board and President-Elect of MDA; a member of the ADAPAC Board and as Chairperson of ADAPAC; a member of the Board of Directors of ASPEN and Chair of the Dietitians’ Committee. Dr. Hunter has served each of these in various capacities as well as being a speaker at national meetings and coordinator of state and national programs and post-graduate courses.

Dr. Hunter will be setting up her lab this summer with the addition of CardioCoach CO 2 which measures resting metabolic rate as well as multiple ventilator responses for anerobic threshold to correlate heart rate values for an individual’s customized report/exercise plan.

In September, she attended the American Dietetic Association’s Scientific Affairs and Research Evidence Analysis Training Workshop at ADA Headquarters in Chicago and became a trained analyst for projects for the ADA Evidence Analysis Library. Having analyzed articles for the Center for Nutrition Policy Promotion (CNPP) project in support of Dietary Guidelines 2010 she is bringing this into the classroom teaching the method of research article analysis to her students in our research class as well as in Medical Nutrition Therapy bringing in the Evidence Analysis Library and examining the criteria for nutrition and oncology patients.

We are glad to have you with us!

Dr. Hunter teaches BMS 436 and 446 Medical Nutrition Therapy, BMS 240 Introduction to Nutrition and BMS 495 Introduction to Dietetics Research

Abstracts and Presentations by Dietetics Faculty

If you are ADA’s FNCE next fall in Boston, stop by and view our faculty abstracts and posters that have been accepted for presentation.

Dr. Kwon has two abstracts accepted for the 2010 Food & Nutrition Conference & Expo (FNCE) and selected for Poster Sessions in Boston, MA.

The titles are: “Apolipoprotein E (apoE) Genotype and the Effect of Supplemental Soymilk Intake on Blood Lipid Levels in Elderly Korean Population” (Tuesday Nov 9, 2010 9:00 AM - 12:30 PM) and “An Investigation of College and University Foodservice Administrators’ Attitudes and Barriers to Sustainable Food Waste Management” (Monday Nov 8, 2010 9:00 AM - 2:00 PM)

Dr. Hunter’s abstract was accepted for a poster session for Sunday, November 7, 2010 : 9:00 AM -2:00 PM and is titled “A Description of American Dietetic Association Leaders.”

BMS Faculty Activities for the 2009-2010 Academic Year

Dietetics faculty have been busy this year as always! Hillary Roberts ran her first race Saturday, April 17, the Frisco Fifty 10-mile, on the historic Frisco Higline Trail. She won 3rd place in her age group, with a time of 1:24:45. Go Hillary! Healthy has also been invited to participate in “A Nutrition Adventure: Explore the Power of Protein” in KC, sponsored by the Nebraska, Missouri and Kansas Beef councils.

Sarah Murray has stayed very busy this past year as SDA advisor and coordinating the journal club. She and Dr. Kwon accompanied the students on their Heifer Retreat in April. Sarah and her husband and son will welcome a little girl into their family in May, so no summer classes this year!

Natalie Allen has been developing the body composition lab that we will begin in full swing in the fall. Natalie will be working with the Missouri State athletes and ROTC in the fall, then opening the lab up in January to faculty, staff and eventually to the public. Good job, Natalie! That was a lot of work!

Kathy Beberniss took the job of reworking BMS 130, formerly HRA 130, into what is now a hands-on basic nutrition course designed for child development and education majors with great classroom activities and resources. Good work! Kathy also continues to work with SDA using her expertise to help the students make jewelry for their jewelry sale in the fall.

Congratulations to Carmen Boyd for being awarded the National Academic Advising Association faculty advisor of the year award in San Antonio in October and the Mo State Faculty Excellence in Community Service award in May.
Also welcome to Dr. Sockju Kwon!

I was born and raised in a very science-based family in Korea. My parents were chemical engineers, and our conversation at the dinner table was about chemistry, biology, and food as well. I tried hard to stay away from science subjects, but gave up when I received extremely low grades in history and literature in high school. I earned my doctoral degree in Nutrition at Yonsei University and had 5 years of work experience in Korea. Yonsei is the oldest private university in Korea, established in 1885 in Seoul by Christian missionaries. In 2006, I came to the United States to earn my 2nd Masters degree in Food Systems Administration and become a Registered Dietitian. Right after graduating from Texas Woman’s University in 2009, I became a faculty member at Missouri State University, which opened my enthusiasm to teach, guide, and mentor college students for their future careers. I have had a great first year with dietetic students and I look forward to more years with wonderful faculty members and students. —Sockju Kwon

Dr. Kwon (right) was hired on Thursday, moved, and began teaching on Monday! We are happy to have her with us. She teaches BMS 432 Human Metabolism, BMS 331 Food Science and BMS 438 Administrative Dietetics.

Diversity in BMS 340 Nutrition Education & Communications

The Missouri State Employee Wellness Fair, American Heart Association Heart Walk, and Taylor Health and Wellness Center Professional Cooking Demonstrations, are just a few of the events the BMS 340 Nutrition Education students have participated in this past year. The AHA Heart Walk was a huge success, thanks to the students! We interacted with well over 100 people, providing samples of Mrs. DASH and Vicactiv chews, as well as providing numerous educational handouts...promoting health to every passerby. We continue to have a sold-out crowd at the health center for our cooking demonstrations. This semester our class is quite diverse with our dietetics exchange student from South Korea, Ji-Young Kim and a dietetics major from Romania, Cornelia Gradinariu. Both students demonstrated how to prepare a traditional dish from their country, doing an amazing job. BMS 445 Community Nutrition class also participated in the Heart Walk and Wellness Fair and complemented the BMS 340 students projects.

Third Annual Senior Etiquette Banquet Held

We once again want to thank the Missouri Beef Industry Council for their support of our 2009-2010 Senior Etiquette Banquet. This year was our 3rd Banquet and was held on December 2 in the Union Club at Plaster Student Union. We had a wonderful dinner featuring of course—beef! Well, a lot of people had beef. As anyone in food service knows, things get mixed up sometimes and some of our beef got served at the Elizabethan Dinners and several people got chicken! It was still a good meal and it did not spoil our evening. Dr. Deborah McDowell, Professor Emeritus CNAS, guided us through the meal helping us avoid any faux pas in our dining etiquette. Students will agree that it was a fun evening and one more step in preparation for entering the professional work force. To end the evening, the Missouri Beef Industry Council provided our after dinner speaker, Emily Melies, RD from St. John’s Joplin, formerly of the MBIC, who hosted Jeopardy with three of our seniors as contestants. How did they do???? Well, they should have taken my beef class, but we all learned a lot plus had some fun doing it. THANK YOU, MBIC!

Dr. Helen Reid, Dietetics Faculty and Dean of CHHS was selected as a member of the Presidential Search Committee.
First Senior Seminar Presentation Night Held

It isn’t like our students don’t have enough to do. It isn’t that they need to do more presentations. It IS about crossing that threshold from student to graduate. Our students did that last fall on November 18 and they did it admirably.

Students in BMS 439 Senior Seminar are getting ready to graduate and their culminating event is their senior seminar presentation over a topic of their choice. This year, students presented their topics to approximately 70 faculty members, friends, family, students and local RD’s. They presented on a number of current topics from Organic Foods, the Biggest Loser Diet and Bariatric Surgery. We were really happy to see a number of local RD’s who came to see the students and earn the 4 CPE’s that were offered. We look forward to it again next fall.

In addition to the presentations, Dr. Kwon’s Administrative Dietetics class (made up of many of the same seniors) prepared and served a wonderful buffet of hot and cold foods to us that evening. It was a LOT of work for Dr. Kwon and the students, but it was certainly well done. Thank you all for your hard work and congratulations on making it through a very busy night!

College of Health & Human Services Student Research Symposium

Each year in the spring The College of Health and Human Services hosts a Student Research Symposium that showcases the scholarly work of our undergraduate and graduate students. This research is mentored by faculty members in the various departments of the College of Health and Human Services (CHHS). In the Dietetics Program, students from Dr. Kwon’s BMS 331 Food Science class present their original research in poster sessions. Two groups were selected by Dr. Kwon for further presentation and possible publication as the research was exceptionally well done and presented with adequate data to pursue publication. They were: Jaclyn Gilliam and Jamie Hendrix with their research “Is a Canola Oil Pie Crust as Acceptable as a Traditional Pie Crust?” and Megan Brinker, Karah Domenico and Sara Staubach with their research titled “Feasibility of Fat Replacement with Various Fruit Purees in Muffins.” Faculty favorites were “Comparisons of Sugar Substitutions in Meringue Cookies” by Kari Beaty, Bethany Moon and Tessa Eldridge and “The Effects of 25% and 50% Sugar Substitution on the Texture, Appearance, Flavor, and Preference of Pralines” by Alicia Hampton and Angela Chase. Dietetics faculty were very proud of our students and their very professional posters and research!

In Search of the Seven Species……..Greece 2011

Come join Carmen and explore the treasures of Greece on our 2011 Spring Tour with EF Tours. This is a 14 day tour of Greece including Athens, Olympia, Delphi, a Saronic Gulf cruise and a four day cruise of several Greek and Turkish Islands.

Current plans are to leave May 15 (it WILL be after graduation) and return May 29 (it WILL be before summer school) from Kansas City. Dates may be adjusted slightly depending on how many people are on the tour.

The tour is fully guided and is open to those outside of the university. Parents, family, friends, anyone interested is encouraged to sign up! Cost is approximately $3500 and includes airfare, hotel, tour costs, entrance fees, breakfasts, and some lunches and dinners.

The optional one hour course, BMS 497: In Search of the Seven Species: Greece will explore the Mediterranean diet—health issues, the food, agriculture, and the culture. It promises to be a great trip. In addition to seeing ancient Greece, we will also enjoy a Greek evening with traditional Greek food at a taverna. If you are interested, contact Carmen. All fees (except the course fee) are paid to EF Tours and payment plans are available. Grab your passport and let’s go!

Want to go?
Get more details and sign up here.
Special Olympics Internship in Washington, DC Builds Skills

When Lindsey and I were accepted to intern for Special Olympics in Washington, DC for the summer 2009, I was expecting a typical structured internship with very specific things we were to accomplish in a very specific manner. Instead, we were given a rather vague assignment of what we were expected to accomplish that summer and had to use our knowledge and creativity to develop the nutrition component of the project ourselves, which we did. The five of us learned business and interpersonal skills as well as many other skills that it takes to work in an international business office and develop a program of that magnitude. The other interns and I lived, worked, and learned together as we toured the city and met people from all over the world. It was incredible living in such a historical city and touring so many places we’ve always read about. I never dreamed a summer internship would bring us as far as it has and I’m excited to keep working with FIT as it goes international!

Lindsey Coats, Special Olympics Intern, 2009

Fitness Improvement Training project implemented!

Lindsey Jurgensmeyer and Lindsay Coats planned, organized and coordinated the implementation of the nutrition component of the “Fitness Improvement Training (F.I.T)” project that was developed over the summer for the Special Olympics Missouri Fall games held Nov 20-21 in Joplin. Participants received fitness, nutrition and sport assessments and were then provided their results and information about becoming more physically fit, eating healthier and becoming more adept in the sports of their choice. This was an un believably huge project and it went exceptionally well. The girls developed a number of games to involve the athletes in learning about nutrition—even a computer game! Several dietetics majors volunteered for nutrition component of the program that weekend and enjoyed it immensely. I was amazed at the enormity of this project. Good job girls! We are proud of you!

David Lenox, vice president of sport at International Special Olympics and special education alumnus, provided the internship opportunity for five Missouri State students. The group’s goal is to take F.I.T to an international level and implement the project at Special Olympics events worldwide.

Sara Staubach, dietetics senior, has been chosen for this year’s intern. Bethany Moon is the alternate. Congratulations! You have big shoes to fill!

Special Olympics Fun in the Sun—PUERTORICO!

While all of the Special Olympics Interns had a great time in Washington D.C. this past summer, do not think the fun stopped there! We were also given the opportunity to present what we had developed in Puerto Rico to Special Olympics Latin America and to their ministers of health. Many programs from Latin America showed great interest in F.I.T. and encouraged us to continue our work with Special Olympics while others had great tips for making the program even better, which is always great to hear. While in Puerto Rico we also got to see many athletes from all over Latin America and the U.S. and see all the behind the scene organization that takes place.
If I had to pick one word to describe the year for Student Dietetic Association, what would I pick? How about ‘wonderful’? Does that encompass increased membership, new activities, positive changes, and fun? Can wonderful include active and devoted officers, enthusiastic members, and a supportive advisor and dietetic faculty? If so, then the year went wonderfully for Student Dietetic Association.

To begin, SDA started the year with a new advisor, Mrs. Sarah Murray M.S., R.D, L.D. Sarah was quick to agree to become SDA’s advisor, and she has been a huge help to the organization this year! Sarah brought back the Journal Club first semester to SDA. Members were given the opportunity to lead a discussion among their peers and faculty members that covered an article from a professional journal. Also, Sarah can be credited for the couponing craze that hit dietetic students second semester. Jamie Hendrix, SDA Historian, teamed up with Sarah to bring the very successful couponing class, which was open to members, friends, and family. Also organized by Sarah, the Heifer Ranch retreat in April was another successful event that took 14 students to Arkansas.

Along with a new advisor, SDA also participated in many new fundraising activities this year. In November, SDA worked a concession stand at a Missouri State Bears basketball game. A portion of the money earned went back to SDA, which was over one-hundred dollars! Members were very busy working the stand, but they did gain valuable food service experience.

The next successful fundraiser was the jewelry and SDA cookbook sale. Professor Kathy Beberniss was kind enough to donate her time and materials for the jewelry, and SDA members contributed their own recipes for the cookbooks. SDA made over three-hundred dollars at this one sale! Next, when SOFAC funding ran out very early this year, SDA was unable to secure funding for the Heifer Retreat. Not wanting members to miss out on this opportunity, SDA hosted a Panera Night fundraiser to earn money to help cover the costs of Heifer. Again, SDA raised over one-hundred dollars. Even though Panera Night was a great fundraiser, SDA needed a little more money to help cover the costs of Heifer, so a bake sale was organized and held in April. Many members donated their time to bake items or bring baked goods from home! This successful bake sale earned SDA over one-hundred dollars. Besides new fundraisers, SDA also had many new events for members this year. Early in the year, eight SDA members participated in a week-long event where they taught a fun nutrition lesson to students at Phelps Grove School for the Gifted. A few CMB majors came as well to show different organs in the body, but SDA members planned great lessons and were able to keep the students interested in nutrition!

Around this same time, seven SDA members planned and taught another lesson for the Expanding Your Horizons conference. Members worked at a booth in Strong Hall and presented fun nutrition facts to middle-school age girls to stimulate their interest in science.

In November, SDA held a food drive competition against CMB Society to see who could collect the most canned goods. Even though both organizations collected about 200 cans of food each, SDA collected more cans for Ozarks Food Harvest! This was not the last time SDA would work with Ozarks Food Harvest, though. In February, eight SDA members donated their time at Ozarks Food Harvest through their ‘Transform Hunger into Hope’ program. Members sorted and organized donated foods items to be distributed to families in the Ozarks. Four hours of time was donated by each participant for this event! SDA also participated in Ozarks Food Harvest’s Kid’s Café program. Betsy Smith, Vice President, coordinated and led this monthly activity. Several different SDA members were able to help teach a nutrition lesson to elementary students at a local school in Springfield.
Fun with Friendships

Monthly nutrition lessons at the Juvenile Courthouse were also a new regular event for SDA. Several members had the opportunity to teach a fun nutrition lesson to students through the Greene County Juvenile Courthouse’s Evening Reporting Center Program. Lessons included topics such as pop facts with a fun demonstration on how to make pop, understanding the Food Guide Pyramid, and a general nutrition Jeopardy game!

To increase underclassmen involvement, SDA hosted upperclassmen versus underclassmen clothing, toy, and toiletries drive to benefit the people of El Salvador. Ultimately the upperclassmen won, but overall SDA members showed their support for this cause by collecting over 200 items! Next, in the spring, SDA teamed up with the Discovery Center in Springfield. An incredible twenty members donated their time to volunteer at the Discovery Center in the ‘Body Works’ exhibit. The last new event SDA hosted was a Q&A session for underclassmen. This highly requested event allowed senior dietetic majors the chance to answer questions from underclassmen on how to prepare for senior year without getting too stressed. Christine Meisner, a current Cox Dietetic Intern donated her time to answer questions at this event as well. The event lasted about an hour and a half, and it could have lasted longer but we had to stop due to time constraints. Cardiac Fun, thanks to Professor Hillary Roberts; Convoy of Hope volunteer nights; and the Trick-or-Treat Drive were returning events from previous years that SDA participated in again this year.

More fun to follow.............next year!

Enthusiastic members are really what made SDA so great this year. Members showed their enthusiasm and support for SDA in various ways. First, when the invitation for article submissions for the SDA monthly newsletter was extended, members quickly submitted their articles! Member submissions helped spice up the already great SDA newsletter! Second, an SDA member committee was formed for Eating Disorders Awareness Week (EDAW). This seven-member committee planned a fantastic EDAW full of events! A yoga class, dietetic student forum, ‘diets are for dummies’ suckers, and a ‘what I like about me’ collage were the featured events the EDAW committee planned and implemented. Due to the hard work of the committee, EDAW had a high participation rate among SDA members. Finally, an SDA member, Tessa Eldridge, showed her enthusiasm by planning and teaching a student-led vegan/vegetarian informational class. About twenty people came to hear Tessa present! Tessa worked very hard putting this class together, which included case studies, fun YouTube videos, vegan/vegetarian food samples, and a wonderful resource packet full of extra information!

It is not hard to see that Student Dietetic Association had a pretty busy year. The hard work of all the SDA officers; the incredible support from the SDA advisor, Sarah Murray, and all of the professors; and the outstanding participation from members are what made SDA grow and do so well this year. The newly elected officers are already very excited and ready to get started, so I know next year will only get better. Student Dietetic Association is an incredible organization, and it is sure to grow more wonderful each year!

Seniors—you will be missed! Best of luck to you! Congratulations on a year WELL DONE!
2004-2005: Five years ago. Where are our grads?

Our 2004-2005 academic year grads are in various places and doing great! Heather Buschmeyer Heberle is the Clinical Manager at Capital Region Medical Center/Aramark-Jefferson City along with Celia Held and Kelli Hull Wilmes (06). Jenny Early and Lisa Gallion Marshall are with Skaggs in Branson. Megan Fairfield is working at St. John’s. Janelle Stufflebeam is with the Diabetes Center at Cox and is now a Certified Diabetes Educator (CDE). Daniela Novotny is back in Springfield working with Jenny Craig Weight Loss Centers. Brad Huff is continuing his professional cycling career. Melissa Truitt Hoffman is working in St. Louis at Lutheran Senior Services as the Director of Clinical Nutrition and was recently married. Britney Horine is in the Myrtle Beach, SC area working for Sodexo. Rachel Neff is in St. Louis working in clinical at Barnes Jewish. She will be getting married this fall. Kim Keubler Miller is in St. Louis with DePaul Hospital and was recently married. Alicia Yokley Reynolds is with Fresenius Medical Care in Joplin and PRN with St. John’s. Laraine Walters is with St. John’s – Lebanon. Amy Willoughby Roetto is married, has a new baby girl and is teaching 2nd grade in the KC area. Tammie Summers is with Morrison Management Specialists in KC at Research Medical Center.

1999—2000: 10 years ago! Where are our grads?

Debbie Austin Brown is the RD and CDE at Taylor Health Center at Missouri State. Paul Becker is the Director of Student Nutrition Services for the Fort Zumwalt School District and wife Katy Baker Becker is an account manager with Steritech Group working with 3rd party food audits. They have two children. April Popejoy is an RD and CDE at St. Mary’s Medical Center in Apple Valley, CA and getting married this fall. Kristen Billingsley Sage is in St. Louis, married, working with National Healthcare Corporation and has two children. Sherry Diel Tennill is now with Bruton Stroube Studio, a commercial photography studio in downtown St. Louis. Julie Kuester Long is with Fresenius Medical Care in Springfield working as a renal RD. She and her husband have a young son. Tracy Luna St. John is in O’Fallon as a stay at home mom with 3 girls. Vickie Pestle works with WIC in Christian Co. Joy Proccaccio is in Germany working with the DOD and poration and has two children. Bridget Thomason is in Germany working with the WIC program at Ramstein. Lisa Wheat Schlientz is with WIC in Greene Co.

Laura Wingo is with Dillon’s. Sarah Graham Kiefer is with Fresenius Medical Care in St. Louis. Laura Roling works as an RD in KC and often works with our grads who are interns at KU Med Center. Brad St. Louis is still playing with the Cincinnati Bengals.

Laura Whitney Norman (08) has been accepted to the Missouri State Physician Assistant Program! Congratulations!

15, 20, 25, and 30 years later...

Dr. Robert Kirk DeLisle ’94 is a senior research scientist with Array BioPharma, Boulder, CO. Katherine Denure Fleming ’94 has returned home to Rockford, Illinois and is working at Provena Cor Mariae Center. Teresa Sivils Dickey ’90 works with Head Start in Bolivar. Tammy Heyman ’85 is President of High Tech Nutrition, Inc in Beavercreek, OH, her nutrition software and consulting business. Melinda (Mindi) Masters ’84 is a Wellness Coach and a Licensed Facilitator for Am I Hungry? weight loss classes in Huntington Beach, CA.

Deborah Henson ’85 and Roxanne Mason ’79 are both RD’s at St. John’s in Springfield. Becky Anders ’79 has returned to Greene County Health Dept as a nutrition educator. How time flies!
One alumni’s path...

Pamella Vodicka, MS, RD, ’84
CDR, US Public Health Service
Senior Public Health Analyst
Health Resources and Services Administration

Looking back over the years as a dietitian, I get dizzy. While not one to consider myself a “career” seeker, a look at my professional path may prove otherwise. Departing SMSU in 1984, I ventured to Houston, TX completing my internship and master’s degree. My dissertation was on the USDA’s WIC program, which would become a repeating theme in my career. Just months before completing my thesis I accepted a position as a RD at Texas Children’s Hospital and was introduced to pediatric nephrology. A year later I was offered the role of Pediatric Renal Specialist at Hermann Hospital. Sadly, the hospital had financial difficulties and after 15 months I had my first (and so far only) layoff. I thought of staying in Texas, but found myself pulled to return to Missouri. Accepting a position in adult nephrology at St. Luke’s in Kansas City, I gave in to my heart’s desire—pediatric care. Searching for an opportunity within the hospital, I was explored the idea of a position in the Level II Nursery. While this did not evolve, it led me down a path that ended with my accepting the nutrition specialist position in the NICU at Kosair Children’s Hospital in Louisville, KY. I was to begin upon completion of the Neonatal Nutrition Fellowship in Charleston, SC. The next four years my skills developed as I refined them for the care of infants in the NICU. I helped develop a role for a lactation support position, which I later supervised. And, yet, while I was enjoying my time at Kosair’s, a call to return to Charleston was hard to pass up. Fours later leaving Charleston, I returned having accepted a position in WIC as a High-Risk Specialist. Having worked almost 10 years in hospitals, the ability to live and work blocks from the Atlantic was not overlooked! One year after I arrived, I accepted the role of supervisor for the Breast Feeding Peer Counselor Program. One year later, I returned to clinical and accepted a position at the Children’s Rehabilitation Services (CRS)...South Carolina’s Title V program serving children with special health care needs. After one year at CRS, I was asked to supervise the nutrition program. In addition to the administrative duties, I held on to patient care, including the nutrition services at the local medical university’s pediatric Cystic Fibrosis clinic (MUSC).

Today I am in Maryland. After 5 years at CRS I found I wanted to do something more. Initially I considered medical school...and I even took the MCAT a couple of times. In the mean time I had departed CRS to attend a medical mission in Costa Rica serving children in a Cerebral Palsy clinic. Upon returning to Charleston, and realizing that to be accepted for medical school I would have to improve my MCAT, I knew I needed to return to full time work before considering moving forward with this plan. I came across the opportunity to “try out” the world of federal government. In 2003 I applied for and was accepted into the DHHS’ Health Resources and Services Administration Scholar program. Timing was on my side...I found the application notice two days before the deadline. In a quick reassessment of my goals I realized working for the federal government could indeed allow me to achieve them...with one exception...I would be focusing on policy & programs...no longer would I work in direct care. Seven years have passed since I considered this new path. Following the scholars program, I accepted a full time position with HRSA. I am now a Senior Public Health Analyst with the Maternal and Child Health Bureau (MCHB). Not long after I accepted my position with MCHB, I also accepted a commission with the United States Public Health Service. Last Fall I was honored with my promotion to Commander. Here at MCHB I assist in the management of MCHB’s Oral Health program. After only two years here at MCHB, I directed the evolution of a 50 state grant program that had a broad systems approach to that of a more competitive, targeted oral health program that will improve the oral health infrastructure within states and move the local oral health programs toward program sustainability. I am now nationally recognized for the program direction of the Targeted Oral Health Service Systems Program; having a fiscal responsibility of $3.2M that impacts 20 state’s capacity to expand preventive and restorative oral health service eligible and at-risk children and their families. In my role of administering grantee assistance and coordinating information sharing between Federal and State oral health programs, I have helped design the Oral Health Grantee Webpage (available on the Maternal & Child Oral Health Resource Center Website) for use by all MCHB oral-health funded projects. I also developed and managed the first-ever stand alone MCHB Oral Health Grantee Meeting (having received a PHS Achievement Medal in 2006), repeated this effort in 2008, and just recently concluded the 2010 meeting. Additional accomplishments include the planning and convening of expert panel workshops on national oral health issues; most recent policy briefs and expert workgroup summaries include: Improving Perinatal Oral Health: Moving Forward, The Concept of A Dental Home, Oral Health for Children with Special Health Care Needs: Priorities for Action, and Topical Fluoride Recommendations for High-Risk Children.

My efforts as a registered dietitian have not gone unnoticed. As an Agency representative on the planning committee for the National Oral Health Conference (NOHC), I planned and facilitated the session Nutrition and Oral Health, the first ever ADA position paper presented at NOHC. I also led the development and moderated a MCHB webinar that showcased the collaborative efforts between a state-based oral health program and the WIC, recognizing WIC as an entry point for dental care, especially for those children most at risk for disease.

Despite my relatively short tenure, I became actively involved in leadership within the USPHS Dietitian category. In addition to being elected chair of the USPHS Dietitian/Nutritionist Professional Advisory Council (D/N PAC), additional responsibilities have included taskforce lead to develop the PHS Professional Category Introduction for the Officer Basic Course and PAC representative for the 2010 Benchmarks Ad Hoc PAC Chair Committee. Given the opportunity to maintain my clinical skills, I was allowed time to volunteer at the Walter Reed Pediatric Feeding Clinic. Additional volunteerism included a self-funded academic medical mission to Ukraine and, more recently, as the only dietitian to participate in the US Navy-led USS Kearsarge humanitarian mission, Continuing Promise 2008, serving Dominican Republic and Trinidad.

With that said, I will share my greatest achievement of late… despite my busy schedule, I was able to plan a wedding from afar. I married David Harter almost one year ago (May 24) at Les Bourgeois Vineyard and Bistro in Rocheport, MO. Indeed… life has been good!

**Thanks, Pamella! We never know what path we’ll take!**

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**Pamella Vodicka, MS, RD, ’84**

CDR, US Public Health Service
A new class was offered in the Spring 2010 semester in the Dietetics Program as a “spin-off” to one of our popular classes; Heart Healthy Cooking – Latino Style. This course follows the same format of our other Heart Healthy Cooking classes and has added some “spice” to our Heart Healthy Cooking series. In this course, students enhanced their knowledge of Latino cuisine, the Latino lifestyle, recipe modifications, and Cardiovascular Disease in general. Students had the opportunity to prepare Latino style dishes as well as practice modifying recipes on their own. Many of the students had great ideas in their modifications and really improved on these skills as the semester came to a close.

Taking the Latino Heart Healthy class taught me many new ways to modify Latino recipes, how to educate for heart disease prevention, Latino culture, and even provided a heart healthy dinner in class.

– Sara Ingersoll

This class broadened my horizons on the typical “heart healthy” meal and really got me excited to experiment more with foods from other cultures.

– Julie Husmann

Our one hour classes remain popular. Sarah offers a series of one hour cooking class each semester. Carmen offers one hour courses on Home Food Preservation, Eating Disorders, and Nutrition, Alcohol and Addiction, and a fall two hour course “Beef: It’s What’s for Dinner.” Next fall, our public affairs class, BMS 345 World Hunger is also available.

Tessa Eldridge and Brian Gens prepare sweet plantains

Congratulations to our athlete scholars!

MVC Scholar-Athlete Team

2008-2009
Fran Moody—Swimming

2008-2009-2010
Sara Staubach—Volleyball

NCAA Division I National Academic Squad, 2009 & 2010
Kelsey Lomax—Field Hockey
Lori Sinclair—Field Hockey

Athletic Director’s Honor Roll

Swimming
Fran Moody—Brianna Willoughby

Field Hockey
Lori Sinclair—Kelsey Lomax
Jenna Compton
Megan Shamleffer

Track & Field
Mari-Jean Vance-Andrea Marshall

Volleyball
Sara Staubach