Dietetics Program Graduates Record Number!

The 2007—2008 Academic Year saw a record number of graduates from the Missouri State Dietetics Program—23 students! In the fall, a total of six students including Kayla Orteson and Susan Wall completed their degrees. Tiffany Van Sickle and Stacey Hecht graduated magna cum laude, Crystal Creasy and Amanda Smith graduated cum laude. Kayla and Stacey accepted internships at the University of Houston in Houston, Texas. Crystal was accepted into the University of Oklahoma's Health Sciences Center in Oklahoma City. Tiffany accepted a position as a nutritionist with the Webster County Women, Infants and Children program in Marshfield. Amanda will be applying to Physician Assistant programs in the fall while Susan is working in Kansas City with Skillpath Seminars.

Spring graduation saw sixteen students leaving us for many different experiences: Deborah Baty (summa cum laude), Carrie Fox (magna cum laude), Joshua Lockwood, Heather Grove, Yumi Hatakeyama, and Alison Watson (all cum laude), Leanne Donovan, Amy Dueck, Sarah Durnbaugh, Stephanie Hinkle, Katie Long, Jessica Miller, Whitney Norman, Lindsey Pope, Stephanie Revere, and Megan Summerville. Lisa Jones will be graduating this summer.

Spring internship placements include Deborah Baty at the Department of Health and Senior Services in Jefferson City; Joshua Lockwood, the US Army Dietetic Internship; Heather Grove, Jessica Miller and Stephanie Revere into the Cox College of Nursing and Health Sciences internship in Springfield; Leanne Donovan at KU Medical Center in Kansas City; Amy Dueck into the Langara College and Gerontology Nutrition Society in Vancouver, Canada; Stephanie Hinkle to Illinois State University in Normal, Illinois; and Lindsey Pope into University of Oklahoma's Health Sciences Center in Oklahoma City. Megan will be attending graduate school at KU Medical Center, Whitney will be applying to PA schools, Alison is working at St. Luke’s Hospital in St. Louis, and Yumi will return to Japan where she has taken a position with CMIC pharmaceuticals in Tokyo. Sarah will be attending graduate school at Missouri State next fall. We are very proud of our graduates and wish them the best of luck! Be sure to keep in touch!

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2007—2008 SDA Officers

- Nicole Hutsell, President
- Amy Dueck, Vice President
- Whitney Green, Secretary
- Trisha Riggs, Treasurer
- Rebekah Feemster, Historian
- Josh Lockwood, Activity Coordinator
- Morgan Parker, Publicity Coordinator

Three students receive honors!

We are pleased to announce that at least three of our students received scholarships this year. The American Dietetic Association Foundation Scholarship Committee awarded 225 scholarships totaling $297,450 for the 2007-2008 academic year, including one to our own Cortney Joines. Cortney received a Colonel Katharine E. Manchester Scholarship in the amount of $3000.

Congratulations, Cortney! Jessica Cecil received the Pepsi-Cola Public Affairs Scholarship which requires a 3.25 GPA, demonstrated public service and leadership. Way to go, Jessica! Aftan Bryan was initiated into Phi Kappa Phi Honor society and also was the recipient of their new member scholarship. Good job, Aftan! Aftan is pictured to the right.
Dietetics Students and Faculty Appear on Oprah

The senior Dietetics students (2006-2007) participated in the taping of an Oprah Winfrey Show on weight loss that aired January 15, 2007. The show was Oprah's annual January weight loss show. I was a featured guest on the show to talk about my own experience with weight loss from the perspective of a dietitian.

The show's producers visited Springfield in December 2006 to interview me and to do a pre-taped segment for the show. The producer in charge of the segment wanted to tape me teaching, so students came to campus on a Sunday afternoon for a mock class. The crew taped students intently listening to a lecture and taking notes. They also taped some footage of students interacting with me in my office. The show condensed eight to ten hours of taping in town and at school to a segment that lasted about two minutes, but some footage of the students was included in the portion that aired.

Through the experience, the students were able to learn how television show segments are taped. They experienced the release forms, sound and lighting checks, multiple takes, and saw how hours of footage are edited for TV.

The show aired during the city-wide power outage in January 2007, but re-aired in June 2007. I appeared a second time in February 2007 on a show that featured the six people Oprah and her trainer, exercise physiologist Bob Greene, would follow that year for weight loss. I served as a mentor for two of the six individuals throughout the year.

I got involved in the show through Bob Greene. When I lived in California, Bob asked me to edit one of his books, Get With The Program! Guide to Fast Food and Family Restaurants, in 2003. Eventually, I told Bob about my struggle with weight, and how I was finally able to lose the weight and keep it off. We kept in touch by email over the years, and he asked me to be on the show to talk about the weight loss process.

Being involved with the show was a memorable experience for the students and for me. I continue to keep in touch with Bob, and he has talked with me about contributing to a book he is planning on the maintenance of weight loss.

—Dr. Cindy Heiss

Dietetics Faculty and Students Present Research

Five dietetics majors who graduated in Spring 2005 were co-authors with Dr. Cindy Heiss of two research projects presented at professional meetings in 2007. They were Daniela Novotny, Janelle Stufflebeam, Heather Buschmeyer, Megan Fairfield and Lindsey Morgan. Research entitled “A comparison of two bioelectrical impedance devices and the BodPod to assess body composition” was presented at the Missouri, Iowa, Nebraska, Kansas Dietetic Association Annual Meeting, March 2007, authored by Dr. Heiss, Daniela, Janelle, Heather, Lindsey and B Meyers. The research of all entitled “Effect of a 1 liter fluid load on body composition measured by air displacement plethysmography and bioelectrical impedance” was presented at the 2007 Federation of American Societies for Experimental Biology. Dr. Heiss has also coauthored research entitled “Eating behaviors of boys with autism differ from nonautistic boys.” This was published in Topics in Clinical Nutrition in 2008.

Dr. Deborah Piland will be presenting her research “Subcritical water, acidified water, and sulfured water extraction of phenolic compounds from dried lowbush blueberry pomace” at the Institute of Food Technologists meeting this June in New Orleans. She has also received a summer research grant: “Total anthocyanins, total phenolics and antioxidant capacity testing of berry genotypes cultivated at the Missouri State Fruit Experiment Station.”

In addition, three undergraduate research students presented their research at the CHHS symposium:

April Gibson presented Consumer acceptance of soluble fiber-supplemented chocolate milk utilizing psyllium husk, wheat dextrin, and inulin. Justin Douglass presented Supplementation of fruit smoothies with lutein and lycopene in order to help prevent macular degeneration. Melissa Ohldest presented Consumer acceptance of omega-3 supplemented quick breads utilizing flaxseed products, walnuts and omega-3 containing eggs. Her research has been submitted for presentation at the American Dietetic Association’s Food and Nutrition Conference and Expo in Chicago this fall.

Posters from last year’s CHHS Research Symposium from six students were presented at the Missouri Dietetic Association’s annual meeting in Chesterfield, MO on April 10: “Development of acceptable probiotic beverages” by Sarah Durnbaugh, Heather Grover and Cynthia White and “Development of heart healthy grilled cheese sandwiches” by Cassi Hilton, Amanda Kreutner and Kelly Swank. These captured a lot of attention at the statewide meeting! Also at the Missouri Dietetic Association Annual Meeting, “An international study experience in Belize for dietetics majors,” a poster by Carmen Boyd, Dr. Inno Onwueme and the 2007-2008 Belize Study Course Participants was also presented.
Heart Healthy Cooking Classes a Hit

The Dietetics program has developed two new Heart Healthy cooking classes. The classes are designed to teach college students how to cook more healthfully and the link between nutrition and heart disease. During the fall semester, “Heart Healthy Cooking: Extreme Meal Makeover Edition” is taught using the “A Taste of the Good Life From the Heart of Tennessee” cookbook. During the spring semester, “Heart Healthy Cooking: Mediterranean Style” utilizes the “A Taste of the Good Life From the Heart of the Mediterranean” cookbook. Both classes have been extremely popular and have always filled to capacity. All of the students taking the class purchase the cookbook and some have purchased books for friends or family members, also. Here’s what students are saying about the courses: Lauren Thiel, Hospitality and Restaurant Administration major states “This class opened my eyes to a new way of cooking. When I came into this class, I thought the food would be bland and boring, but the food was so good that I make many recipes for my whole family”. Mindy Dilley, Pre-Dental major stated “I had no idea that heart healthy dishes could be so tasty! This class totally disproves the myth that all healthy meals are flavorless. My personal favorite recipe was the Apple Crisp… it was fabulous!” Alyssa Billings, Undecided major, said “I learned a lot about making foods healthier and it will benefit my cooking in the future”. “I wanted students to learn skills which would benefit them and their families well past their college careers, says Dr. Deborah Piland. “It would be an additional bonus if heart disease development was postponed or prevented in some”.  

Dietetics Students Participate in Community Event

The BMS 340 class has been quite active in the community this semester. Students presented healthy cooking demonstrations for the public at the downtown YMCA, as well as at Wanda Gray Elementary School, with an initial turnout of over 50 kids to observe the demos! Foods prepared varied from Crisp Bread Bruschetta that used wasa bread as the base layer, to Chocolate Muffins that included a can of pumpkin in the ingredients! Students and the audience alike enjoyed taste testing a variety of recipes, as well as learning nutrition facts and healthy cooking tips. Students from BMS 340 and BMS 445 also participated in Missouri State’s Health and Wellness Fair on March 18th. The students created informative and eye-appealing tri-fold boards and hand-on activities for the participants to test their nutritional knowledge. Soymilk and Fiber One samples were provided, along with a lot of nutritional advice and recommendations for the participants. BMS 340 is currently preparing nutrition education activities to present at Healthy Kids Day at the downtown YMCA as well as at the Boys and Girls Club here in Springfield.
Dietetics Program Begins Work at the Kitchen and Missouri Hotel

The students in the BMS 445 Community Nutrition class began what we hope to be a long and successful partnership with The Kitchen Clinic and The Missouri Hotel. This spring, students in Community Nutrition began providing nutrition education to residents at the Missouri Hotel, assisting with food distribution in the food pantry and learning about commodities, assisting in serving and preparing food with staff and residents, as well as providing nutrition related bulletin boards and materials to residents at the Hotel and to The Kitchen Clinic. With the assistance of Mary Snyder Duff, RD, we began consulting with several patients for weight loss and diabetes management at The Kitchen Clinic. Students were able to observe and assist Mary during individual sessions.

We plan to expand this experience to include more assistance in the food pantry by assisting patrons in preparing healthier meals with foods available and to expand The Kitchen Clinic hours to provide more nutrition counseling in Nutrition Education, Nutrition Counseling and Medical Nutrition Therapy.

Our sincere thanks goes to The Kitchen Clinic staff for allowing us to have our students work with their patients. We are looking forward to the fall when this opportunity for hands on experiences is even greater.

Many thanks to Missouri Beef Industry Council for sponsoring our first senior etiquette banquet held December 5, 2007 at Plaster Student Union. Dr. Debra McDowell, with help from Sodexho, taught us how to navigate our way through the wonderful four course meal with great style. We improved our dining and social skills along the way learning all about napkins, forks, plates—we learned it all! It was a fun evening, featuring, of course, BEEF! Dawn Thur- nau, Marketing director for the Beef Council, concluded our evening with a fun Jeopardy game featuring answers about beef. Many students provided the questions and won some fun prizes. Pictures were taken, lots of laughing—it was a lot of fun. We were pleased to have Beth Huddleston, Program Director for the College of the Ozarks dietetic program and her student, Adria Brueg, as guests along with advisory committee member Donna Medlin. Drs. Helen Reid and Colette Witkowski, acting Dean of College of Health and Human Services and acting Department Head of Biomedical Sciences respectively, also attended. We look forward to making this an annual event and express our thanks to John Kleiboecker, Alane Lidolph and Dawn Thurman of the Beef Council for helping making this such a wonderful event.

Missouri Beef Council Sponsors First Senior Etiquette Banquet

Dietetics Majors Enjoy Winter Intersession with Belize Study Trip

Eight dietetics majors joined two Agriculture majors for a short term international study experience to Belize for “Food Production in the Less developed Tropical World” in early January. We learned a great deal about the Belizian culture which included great food from the Taiwanese, Garifuna, Creole and Mayan people of the area. We were able to visit a pig- gery and dairy run by Belizian Men- nonites as well as an open market, the Belizean Animal Health Authority, the Mayan ruins at Cahal Pech, The Belize Zoo and the beach. It was a great learning experience and we saw many different tropical crops and flowers being raised, harvested, mar- keted and produced.

Consider this great international experience for your schedule next year! See Carmen for more information.

After a great week in Belize, the students prepare to leave for home and the cold weather that awaited us!
Upcoming Events

This summer look for the following classes to be offered in the Dietetics program:
- BMS 240 Introduction to Nutrition (online)
- BMS 330 Food Selection and Preparation (June session)
- BMS 340 Nutrition Education and Communication (July session) NEEDS STUDENTS!!!
- GEP 397 World Hunger (June session)
- BMS 497 Preservation of Food (Home Canning, Freezing, Drying, Pickling) (Fall Intersession)

Have you noticed?
We are doing some work in the dietetics area (PROF 417) and our computer lab (PROF 425)! Want to help? We have a fun new color scheme, new computer desks, new STUFF, pictures and lots of things coming. We are wanting to set up a PAINT DAY to save some money. Want to help us paint? Grab a friend and come on. We have not yet set a date, but if you are interested, call the BMS office at 836-5603 and leave a message for us to contact you with more information, or email Morgan Parker at Morgan1@missouristate.edu. Hope to see several of you!

This remodel is thanks to the funds donated to Dietetics by our alumni during the Missouri State Annual Fund Drive. THANK YOU, alums!

Heifer Global Village Experience This Fall

We are planning a weekend trip to Perryville, Arkansas next fall to visit their Global Village and experience their Global Village Challenge. Ever wonder what it would be like to live in a third world country? This is your way to find out! We will learn all about hunger, sustainable nutrition and agriculture as well as cultural, political and social issues impacting hunger at home and abroad. We will arrive in the evening, spend the night in the “Heifer Hilton,” tour the facility the next morning after breakfast, and then have an overnight as a family in an underprivileged area of the world. You’ll even get to take care of the livestock. Fun? You bet. Several of you may have done this before and would love to do it again. It will be beautiful in Perryville in September and this is a really great opportunity meeting Missouri State’s mission of public affairs and also addressing sustainability issues. We must have a minimum of 15 people. We hope that cost will be taken care of by SOFAC. Please email Rebekah Feemster at Feemster921@missouristate.edu or Morgan Parker at Morgan1@missouristate.edu can be reached for more information.

TENTATIVE date is September 5, 6, and 7th. We would arrive in the evening on Friday and leave Sunday morning after breakfast. Look for a signup sheet on the bulletin board in the 4th floor hallway.

Interested in going to Greece next spring?
Contact Carmen at carmenboyd@missouristate.edu
If you are interested.
2 weeks in Volos with Drury!
20 Students Participate in International Service Learning Experience: 
Malnutrition in Third World Countries: El Salvador

El Salvador is a beautiful country! We saw so many wonderful sites, including volcanoes, energetic children, lots of fruits and vegetables, and a gorgeous sunset at the beach. Our time was short and we were very busy, but Convoy of Hope was a wonderful host. We visited three schools, where we taught nutrition lessons and played with the students. We visited a refugee camp and an orphanage, where we handed out much needed donations and played with the children. The people were very friendly and thankful. We saw several signs of malnutrition as we traveled, including short stature and dull, streaky hair. One day we visited the World Food Program headquarters, the first Lady of El Salvador, and the U.S. Embassy. They were all very informative and interesting. The first lady even did an impression of President Bush trying to speak Spanish! We had a lot of fun including an afternoon at the beach, shopping, and a visit to a festival.

The food in El Salvador was great. I ate the best steak ever, drank out of a coconut, and had some yummy yucca chips. I think I ate better in El Salvador than I do normally. I made new friends, learned a lot about the El Salvadorian culture, and added a wonderful experience to my life. It was well worth the money and time spent!

—Becky Holcomb, Student participant

International Opportunities

Belize
El Salvador
Greece
Europe next summer?

Go to Blackboard’s BMSDAY site and click on international opportunities for things you can do on your own, too!

There are any number of international opportunities for students outside our department as well.

Come join us!

Please see your advisor or Carmen for more details.

Picture below: Students were able to visit and have our picture taken with the First Lady of El Salvador, Ana Ligia Mixco Sol de Saca. (Third from left, front row.)
Dietetics majors receive CPR training

Many thanks for Michelle Lingbeck and her husband Dan for the CPR training that was opened up to our students this spring. Seven dietetics majors received training in Heart Saver CPR which covers adult, child and infant CPR and choking and gives basic information on the use of AED’s (automated external defibrillators). The classes took place at the Springfield—Greene County Library Station. Students had fun and learned a lot and we certainly hope that Michelle and Dan will repeat this for us next year!

Have something you would like to see in our newsletter? Did we miss someone or something? Feel free to let any of the faculty know or submit it directly to Carmen for inclusion in our next newsletter which hopefully will be in December.

Also, coming next time......an update on various alumni! Do we know where you are and what you are doing? Do you have something to submit to us? We’d love to have it.

We lost many email addresses and information of many of our alumni in a computer crash so we are rebuilding......thanks for your patience!

We need a slogan! We need a logo! We need a contest!

We DO need a contest! So, we are having one. With our students out in the community and involved in more projects, we need to be able to identify ourselves! So, of course, we need shirts and hats and anything else we might come up with. On a shirt or hat we need to be identified. How? Well, a logo and slogan would be nice. So, we are inviting our majors and minors to participate in a slogan and logo contest. Entries will be accepted when the fall semester starts and are due August 29. Provide your anonymous entry in paper form to either Caroline or Nancy in the BMS office. Prize is a $50 gas card! So, think about it over the summer and see if you can come up with something that just might work!

What’s up for Fall?

There is always a lot going on in dietetics! We will have some BMS 497 classes this fall—Sarah will be teaching BMS 497 Heart Healthy Cooking—Extreme Meal Makeover in the second block. It is section 725 and you can register for it now.

Carmen will be teaching a BMS 497 weekend course on either Eating Disorders or Alcohol and Nutrition. Interested? Let her know what weekend WOULDN'T work and which topic you are most interested in.

Also, Carmen will be teaching a BMS 497 course second block “Beef—It’s What’s for Dinner.” All about beef—from the farm to the table and everything in between. Watch for more details coming soon.
Alumni: THANK YOU FOR YOUR DONATIONS!

Donations to the Dietetics Program through the Missouri State Annual Funds drive have helped fund the now to be Annual Senior Etiquette Banquet each fall and also some remodeling of the dietetics area for students we hope to complete this summer.

When a Missouri State student calls you for a donation, you may designate your gift of any amount to go to the Dietetics Program. It DIRECTLY benefits our students. Thank you! We appreciate your support!

SDA Corner

The Student Dietetic Association (SDA) at Missouri State University prides itself in the number of volunteer activities it participates in throughout the year. Along with volunteering with other associations like Convoy of Hope, Ozarks Food Harvest and American Cancer Society, we have also hosted some of our own volunteer opportunities for our members to participate in. During October we hold a food drive called Trick or Treat Food Drive which has turned out to be our biggest success over the past 3 years. The Trick or Treat drive is held in Willard and the food we receive is donated to the Willard Food Pantry. This year we were able to donate over 500 items to the pantry. Which they were very happy to receive. Other activities include hygiene and school kits for El Salvador, Relay for Life and Eating Disorders Awareness Week. Join us next fall for more fun!

SDA officers 2008-2009:
Rebekah Feemster - President
Amanda Turner - Vice President
Jessica Cecil - Secretary
Mallory Lahm - Treasurer
Christine Meisner - Historian
Alexa Anderson—Publicity Coordinator
Whitney Green - Activity Coordinator