18 Grads for Spring 2011!

The Missouri State Dietetics Program is very pleased to have 18 graduates from our program this spring. They are: Julie Boyer (BMS minor), Megan Brinker (BMS minor and graduating cum laude from the Honors College), Angela Chase (BMS Minor, Magna cum Laude), Karah Domenico, Tessa Eldridge (BMS minor), Jordan Freeze (BMS and psychology minors), Sara Ingersoll (BMS minor), Judith Lucero (BMS minor), Jade Manczuk (BMS minor), Fran Moody (BMS minor), Jessica Ramsey (BMS minor), Caitlin Shahan, Jenna Silverthorne (BMS minor, cum laude, Honors College), Brittna Snyder (BMS minor, Honors College), Sara Staubach (cum laude), Danielle Tetrault (BMS minor), Ruth Thompson (BMS minor, cum laude) and Kaci Westrich (BMS minor).

Congratulations, grads and good luck!

Match day is always stressful but for thirteen of our students, it worked out well. We are happy to have a new placement this year with Bradley University in Peoria, Illinois for three of our graduates: Angela Meyer, Fran Moody, and Kaci Westrich. Four students were placed at KU Medical Center in Kansas City: Sarah Camey, Megan Brinker, Angela Chase and Jenna Silverthorne. Three students were placed at Cox: Amy Canada, Karah Domenico, and Jade Manczuk. Ruth Thompson will be at the University of Oklahoma Health Science Center internship in Oklahoma City. Auvia Miller will be at University of Houston in Houston, Texas. Brittna Snyder will attend the internship at University of Iowa Hospitals and Clinics in Iowa City.

Additionally, three of our former students were pre-selected for internships this year. Teneal Minks (SP10) and Mary Livingston Keels (FA95) have been working for WIC and were preselected for the Missouri Department of Health and Senior Services in Jefferson City. Steven Newman (09) will at the internship at the University of Memphis.

Several students will be going on to graduate school. Sara Staubach, Sara Ingersoll and Julie Boyer will be attending graduate school at KU. Judith Lucero will begin graduate school at Mo State in Public Health next year.

Jordan Freeze is headed to FINLAND where she will attend the University of Helsinki this summer and hopes to begin work with a foods company there soon.

Caitlin Shahan will be getting married this summer, as will Jessica Ramsey. Jessica and Caitlin will enter the work force along with Tessa Eldridge.

Danielle Tetrault will be working with a physician in St. Louis.

Good luck, and be sure to keep us posted!

26 Grads for 2010-2011

Congratulations to senior Emily Newbold who was awarded the Crystal Evans Pummill Scholarship for Dietetics. The $300 scholarship is awarded to the senior with the highest GPA. Way to go, Emily!
Ten Food Science Research Projects presented at the 15th Annual Student Research Symposium

Each spring the College of Health and Human Services hosts the Student Research Symposium. This year was no exception and on March 31, 103 student research projects were presented at the Symposium from a variety of disciplines. Dr. Kwon directed 10 food science related research projects as a part of fulfillment of BMS 331 Food Science class. We were glad to see various topics for the projects this year. The following projects were presented:

- **Lori Sinclair & Kelsey Lomax**: A comparison of the texture and flavor of whey protein fortified peanut butter cookies and control peanut butter cookies
- **Ashley Cobb & Jennifer Rice**: A study evaluating the effects of Splenda and Non-fat yogurt as sugar substitutes for citrus and non-citrus smoothies
- **Kathryn Metzger & Kayla Easton**: Acceptability of reduced-cholesterol muffins made with silken tofu as an egg substitute
- **Tabitha Farr & Micah Nesselrodt**: An evaluation of interchangeability among starch thickeners in vanilla pudding related to viscosity and sensory preferences
- **Lindsey Jay & Jacqueline Vance**: Effects of fat content on texture, color, and flavor of cheesecakes
- **Ruth Thompson & Brittany Snyder**: Evaluation of silken tofu as a fat replacement for full fat ingredients in spinach artichoke dip
- **Kelsey Frisch, Renee Gunn & Mari-Jean Vance**: The effect of replacing butter with avocado on flavor, texture, volume and moistness of white cake
- **Brittany Layton & Chelsea Lutterl**: The effects of egg replacement with flaxseed on nutrition content and likability in chocolate chip cookies
- **Caitlin Shahan & Jade Manczuk**: The effects of 50% whey protein substitution on satiety level of pancakes
- **Whitney Lang & Megan Shamleffer**: Various heating methods to decrease oil absorption in French fries

Among these 10 projects, the last two projects done by Caitlin & Jade, and Whitney & Megan were selected by dietetics faculty as the most original, organized and interesting research projects. They will work with Dr. Kwon to present them in the coming Missouri Dietetic Association Annual Meeting in the year 2012.

Congratulations on these two groups for outstanding student research projects!

Students Display Food Science Research Posters at MDA

We are very proud of our two dietetic students who presented their food science research projects at the Missouri Dietetic Association’s Annual Meeting in Columbia, MO in April, 2011. In Spring 2010, two food science projects were selected from our BMS 331 (Food Science) class displays at the CHHS Research Symposium. One project selected was by Megan Brinker and Karah Domenico on **The Quality and Acceptability of Fat Replaced Muffins with Vegetable or Fruit Purees**. The other project was by Jaclyn Gilliam and Jamie Hendrix (both 2010 SP grads) titled **The Acceptability of Pie Crust Prepared with Canola Oil as a Fat Substitute for Shortening**. Megan and Karah went to Missouri Dietetic Association (MDA) Annual Meeting at Columbia, MO this year. Unfortunately, Jaclyn and Jamie were not able to go to the meeting due to their duties at internship programs. Megan, Karah, and Dr. Kwon presented their research project to registered dietitians and food science educators in the state of Missouri. There were several dietitians asking questions about the possible application of research outcomes to their practice. It was a great opportunity for our students to network and experience an annual meeting.
TRAIN rolls on to Greece!

During the fall of 2010, Sara Staubach and her fellow TRAIN (Testing Recreational Activities and Improving Nutrition) interns implemented the nutrition and physical education program that was designed last summer in Washington DC at the Missouri Winter Games in Joplin. More than thirty volunteers aided the interns in running a successful program. A good majority of the volunteers were members of the Student Dietetic Association (SDA). The program lasted for three hours and 125 athletes were able to go through each station. Some of the stations focused on specific sports skills such as a ten-meter dash, and three-minute step test. The results of these sports stations were compiled to give athletes ideas for new sports to try. They also participated in stations that were aimed at nutrition education, touching on balancing a plate, food groups, and functions of different food groups. The next stop for TRAIN, Sara, and her fellow interns is Athens, Greece in June 2011. There, they will get to introduce the program to athletes from around the world at the Special Olympics World Games. Check out our blog!

Whole Grains and Vegetarian Cooking—YUM!!

This semester our heart healthy cooking class continues with a Vegetarian/Whole Grains Cooking Class focusing on the use of whole grains. Each week the class used a different whole grain product including quinoa, wheat varieties, oats, rice varieties, triticale, and corn. A variety of recipes were prepared using these grains—main dishes, salads, breads, side dishes, and even desserts! Students learned the importance of whole grains within the diet, how to cook various grain products, how to incorporate whole grains into dishes they currently prepare at home, as well as how delicious and flavorful whole grains can be! Our program is pleased to offer a four semester, five class cooking series on heart healthy cooking. Sarah Murray teaches Extreme Meal Makeover, The Mediterranean Diet, Whole Grains/Vegetarian Cooking Latino Style Heart Healthy, and Carmen teaches the Beef: It’s What’s for Dinner course each fall!

Faculty, students and our grads at MDA

Dietetics Faculty Hillary Roberts and Dr. Sockju Kwon attended the Missouri State Dietetic Association Annual Meeting in Columbia, MO on April 8-10, 2011. About 150 registered dietitians participated, and 7 exhibitors sponsored the meeting. Our dietetic students, Kiley Woodring, Karah Domingo and Megan Brinker and recent graduates, Lindsay Jurgensmeyer FA09, Kayla Otteson and Betsy Smith-Wansing SP10, also participated in the meeting. Lindsay and Kayla were there as RD’s from Hy-vee, and Betsy as a dietetic intern. Betsy presented her poster related to gastric bypass. The education sessions were well organized and very informative: Mediterranean diet, Advanced practices in dietetic professions, Childhood obesity, Review of dietary guidelines for Americans 2010, new and fun nutrition education using rock music, and other interesting programs.

Kiley and Betsy are pictured right. It isn’t just food science posters that our dietetics students had on display at the CHHS Symposium this year. Senior Kari Wahl participated in research with Drs. Timson and Zimmerman and CMB students Whitney Schroer, Renee Ehrenstrom, and Vince Butano. Their poster, “Early Gait Alterations in the Tg2576 Mouse Model of Alzheimer’s Disease: A Preliminary Analysis” was presented at the Symposium. Additionally, the findings were presented in Hawaii last July at the 2010 Alzheimer’s Conference. For more info, see our blog. Good job, Kari!

Faculty also were represented at the symposium. A poster titled “Cognitive and Anthropometric Measures: Norms and Correlates Among Haitian Children” based on work done in Haiti was presented by psychology majors who utilized data collected 2008-2009 but analyzed the data and presented the poster. Authors were psychology students Cassandra M. Burgess, Christina M. Usher, Robyn D. Fendren, Nicole E. Freidman, psychology faculty D. Wayne Mitchell, and BMS/Dietetics faculty Carmen Boyd and Helen C. Reid.
Where else but Australia?

**By Maggie Danforth**

This semester I have been studying abroad in Ballarat, Australia. It has been such an eye-opening experience! Ballarat is the coldest city in Australia, so a few friends and I travel about an hour to the beach every other weekend. Travelling has been quite the adventure. There are so many up's and down's, but by the end of the trip, the good has always out-weighted the bad. I arrived in Australia in the middle of February and will be here until July. Right now, I'm in a motel on the Gold Coast because we have a two week break. We will be travelling up the east coast of Australia (hot hot weather!) until May first! The food here is not much different. I get made fun of for calling “tomato sauce” ketchup and for putting peanut butter and cheese on everything. It’s an American thing, I guess. If one’s schedule allows, I definitely suggest everyone to study abroad. You meet tons of people, and for once, you are the different one.

Right: Maggie with a new friend! Study away options in Australia are great because there are several nutrition programs!

Our Princess Kate in England

I have been studying in London for the Spring 2011 semester and it is a blast! When people think of London they think of bad food and rainy weather. While that may be true there are too many other great things that make you forget about the steak and kidney pie. Studying abroad has given me the most amazing opportunities that will be some of the best memories of my life. I came to London never being out of the United States and now I have been to seven different countries, have seen many of the world’s most famous landmarks and a few of the seven wonders of the world along the way. I’ve also made many great friends from all over Europe, the United States, Asia, South America, and Australia. My favorite part of this experience would be “attending” The Royal Wedding of Prince William and Kate Middleton. I camped outside of Westminster Abbey and got to be at the front of the crowd for the arrival of many famous guests such as Elton John, David and Victoria Beckham, and Rowan Atkinson; I also watched the procession as the Queen of England, Prince William, Prince Harry, Prince Charles, and the bride herself Kate Middleton arrived at the Abbey. This is marked as one of the top moments of my life that I will never forget. I will be returning to the United States in a very short month, but determined to return to England soon! ——Kate Rehkop

Our Spring Break Trip to El Salvador—Lori Sinclair

We stayed at a five star hotel with a large pool, workout room, and an amazing breakfast buffet. This was in stark contrast to the places that we visited in the countryside. The first school we went to did not look much different than the houses we had passed on the ride up to it. It had bamboo sticks for walls, a tin roof, and a dirt floor. Just because the children did not have the nicest school did not mean that they were any less excited to be there and see us. At this school, like at all the other schools we visited, we passed out toothbrushes to the students and school supplies to the teachers. Then we weighed, took height measurements, and played with all of the children. As we continued on our journey to three other schools, we were welcomed with the same excitement and smiling faces. At the last school the children even sang us a song when we arrived. The principal at this school was so grateful for the single suitcase full of school supplies that we brought she told us, “This is why God gives Americans so much because they are so generous and giving.” The level of gratitude was the same at every stop we made. We visited an orphanage, crisis house for relatives of AIDS patients, and even an elderly home where a man cried because he was so grateful for the gifts we brought him. Although these things may seem inconsequential in our daily lives in America, it made a huge difference in the lives of the El Salvadorans to know that for just a short time they had people in America that were willing to donate their time, money, and goods to help make their lives a little easier. ——Lori Sinclair

Above: Kate at Stonehenge
Come join us next spring as we eat our way through Italy!

Come join Carmen next spring for our second trip in The Mediterranean Diet series: A Taste of Italy by EF tours. We are going to have a great time starting in Milan, heading over to Turin, on to Florence, Parma and Bologna. We will have two cooking classes—one in Pisa and the other in Bologna. We will see where “slow food” and solid chocolate was born and visit olive groves, a balsamic vinegar distillery, see how parmesan cheese is made and how prosciutto ham is cured and visit a truffles producer. Not to mention all that wonderful food every day! It is going to be a very tasty, fun trip and we would love for you to join us. For all information about the trip and how to enroll, visit the EF tours website. For those of you who may be viewing this in print form, the basic website is www.eftours.com and the tour number is 1039787.

Our tentative dates are May 19 through 28, 2012. The sooner you sign up the more savings, so if you are interested, sign up now! ANYONE can go on this tour. You do NOT have to be a student or at Missouri State. Bring a friend, parent, grandparent, anyone you would like to travel with. It will be fun!

Treasures of Greece: In Search of the Seven Species

By the time you are reading this, we are either there or have returned from our trip to Greece where we visited a number of ancient sites, saw lots of food related things and took a four day Greek Island cruise. This is the first trip and first class in a series of classes on “The Mediterranean Diet” and this one is called “In Search of the Seven Species.” What are the seven species? Well, basically they are the oldest foods known to man. They are listed in the Bible in the description of the Land of Israel: “…a land of wheat and barley, of vines, fig-trees, and pomegranates, a land of olive oil, and honey. Deut. 8:7-8. These foods make up the basis of the Mediterranean Diet as we know it today, which is one of the healthiest diets in the world. Planned events around food include a Greek evening in a Taverna, market visits, a sunset dinner cruise and other things that we are all looking forward to. What better way to learn about the Mediterranean Diet!

In our own back yard.......
A paper titled “Cognition, Motor Skill, and Anthropometric Norms: Correlates Among Haitian Children” was submitted to and accepted by the Midwestern Psychological Association Conference and will be presented the first week of May. Primary author is D Wayne Mitchell of Psychology with Helen Reid and Carmen Boyd as co-authors. This is the result of the work done by Dr. Mitchell, Carmen Caitlin Vaughan and Jessica Wishon in 2008 and 2009 in Haiti through the Haiti END grant.

Dr. Hunter named to Council on Future Practice

Congratulations are in order for Dr. Anne Marie Hunter for being named to the American Dietetic Association’s Council on Future Practice for the 2011-2012 program year of the House of Delegates. Her appointment is for three years (June 2011—June 2014) and will help empower members to be the nation’s food and nutrition leaders. Dr. Hunter will be one of nine members of the council. This is a great honor and we are very proud that Dr. Hunter will be on this council and representing our program.

Dr. Hunter attended the Summit on Dietetics Practice, Credentialing, and Education that was held March 24-26 in St. Louis where the mission for the summit was to provide a forum to bring together educators, practitioners and employers to explore a future vision for educating, developing and advancing the profession of dietetics. The vision for the summit was to have a nationwide community of leaders in seven regions commit to take the first coordinated steps toward creating a dynamic continuum of education, credentialing and future practice roles that will enable present and future practitioners to position themselves as the nation’s food and nutrition leaders.

Dr. Hunter brought back some great information and shared the proceedings of the summit with the dietetics faculty.

Dr. Hunter has also distinguished herself as a Fellow of the American Dietetic Association which requires length of practice, education, continuous RD status, professional achievement, multiple roles and diverse responsibilities and functions, broad network of contacts, and an approach to practice reflecting a global perspective, dealing with the practice situation as it evolves, using innovative and creative solutions, is intuitive, and valuing professional growth and self-knowledge.

Dr. Kwon named Research Fellow for CASL

We are happy to announce that Dr. Sockju Kwon was selected as a Citizenship and Service-Learning Faculty Fellow in Spring, 2011. Since her selection in February, Dr. Kwon has participated in seven education sessions that helped her understand definition of service-learning, develop curriculum and syllabi, and design appropriate reflection and research in food safety disciplines. Service-learning activities will be integrated in our ServSafe Certification class (BMS338) for students to participate by working with the city and county health educators, also called restaurant inspectors at the Springfield-Greene County Health Department. Objectives in the Service Learning portion of BMS338 will be to develop communication skills and critical thinking, and to enhance understanding of food systems. In addition to working with the health educators they will create food safety education materials that can be used by the Department. We are thankful for the opportunity to work with them!

Kwon also receives Faculty Fellowship Stipend

Dr. Kwon has also received the 2011 Summer Faculty Fellowship Stipend ($6,000) awarded by Graduate College at Missouri State University. Her research topic will be “An investigation of attitudes, understanding, priorities, and education methods/areas in food safety and sanitation procedures at foodservice operations located in Greene County”. This research will focus on determining the factors affecting food safety knowledge to practices. In order to do so, this project will investigate the 1) attitudes, 2) understanding, 3) priorities, and 4) education methods/areas in practicing food safety and sanitation procedures in foodservice operations in the Greene-county, Springfield, Missouri. The survey will also be conducted to a group of restaurant inspectors to address any discrepancies of expectations and understanding in food safety practices between foodservice operations and inspectors. This research outcome may increase the awareness of food safety and proper food safety handling practices, and establish proper food safety practices in restaurants around Springfield-Green County.
Hillary Roberts named Mo State Dietetic Internship Director

It is finally approved and almost ready to go! We received word in March that our eligibility application for the dietetic internship was approved and that we are now to prepare for our site visit and self study! In light of that, Hillary Roberts, senior instructor, has been appointed the internship director and certificate advisor for our internship program which we hope to begin sometime in 2012.

The emphasis of the internship will be a choice of public affairs (of course!) or rural health, both of which were determined to be appropriate based on the university mission and the needs of the area. For both tracks, there is an option for international work for one to six weeks, depending on the interests of the students and availability of placements. There will be six graduate courses offered in the program but at this time, these do not apply towards a graduate degree. This has been a long process and goal of Dr. Reid and dietetic faculty to have this internship. In 1989 Carmen Boyd wrote a proposal for an internship, followed later by Mary Snyder Duff drawing up the graduate courses and curriculum with Dr. Reid and then with Carmen putting everything together to get it approved through Faculty Senate, Graduate Council and administration in 2009 and then the eligibility application approval process in 2010. We’re glad that part is over! Of course, now it is getting rotations and experiences in place for our interns and preparing for the site visit in August.

We look forward to having our first group of interns sometime in 2012. We will NOT be participating in DICAS the first year. For further information you may check the graduate catalog under dietetic internship certificate in the Department of Biomedical Sciences, College of HHS.

As the dietetic internship director I look forward to working with interns in such an exciting time in their lives. I am eager to work with community agencies in the southwest Ozarks and for the internship to begin!

-Hillary Roberts-

Maroon and White Banquet 2011

Congratulations to the following seniors who were awarded the Presidential Service Award this spring:
* Megan Brinker (Bronze)
* Julie Boyer (Bronze)
* Sara Ingersoll (Silver)

Senior Jordan Freeze was awarded the “Growl Bear” for growth and development among outstanding student employees. Jordan has held the unheard of “graduate assistantship” position as an undergraduate in Campus Recreation.

Student Athletes and Faculty Mentors Honored at the First Maroon and White Banquet!

The first annual “Maroon and White Banquet” was held April 3 to honor MSU athletes who demonstrate academic excellence. Athletes with a minimum GPA of 3.25 were honored. These students chose faculty members who served as mentor and inspired them. The banquet was a great success, with 40% of MSU athletes meeting these rigorous academic goals. The following students and their faculty mentor were recognized:
* Melissa Oishi (Swimming and Diving) and Carmen Boyd
* Lori Sinclair (Field Hockey) and Sockju Kwon
* Brianna Willoughby (Swimming and Diving) and Hillary Roberts
* Maggie Sutor (Cross Country, Exercise Science) & Tara Stulce
* Jenni Hamlin (Soccer), Kelsey Lomax (Field Hockey), Sara Staubach (Volleyball), Mari-Jean Vance (Cross Country) and Natalie Allen

Thank you girls! What an honor for us and a great accomplishment for you!
Nutrition Services for The Kitchen, Inc.

This past semester, senior dietetic students partnered with The Kitchen, Inc. to provide nutrition services to the Springfield – Greene County community. Students developed educational literature covering hot topics such as sugar intake and dental health, diabetes, and easy ways to increase fruit and vegetable intake. Dietetic students also participated in a tour of The Kitchen Pantry and learned about the process of distributing government commodities and donated food items. After obtaining a better understanding of the operations of a food pantry, they then provided cooking demonstrations, recipes and tasty treats for the clients — using foods commonly found in the Kitchen Pantry! We have certainly enjoyed working with The Kitchen, Inc. and hope to continue this partnership. We hope you will enjoy this recipe that was distributed to the food pantry participants!

This year we were fortunate to have Tara Stulce and Sarah Murray working with The Kitchen, Inc. to provide services to a variety of participants at the clinic. We hope to be able to continue this work for a long time!

Our Program has Grown!
SP 1991 7 Grads
SP 1996: 11 grads
SP 2001: 9 Grads
SP 2006: 20 grads
SP 2011 18 Grads

The Nutrition Clinic at The Kitchen Clinic

Natalie Allen— Feeds The Bears!

We have successfully completed the first year of the Nutrition Partnership between the BMS Department and MSU Athletics. Natalie Allen has been appointed as the Missouri State Team Dietitian and works with 14 teams and 375 athletes on campus. Natalie meets with teams to discuss nutrition and pre/post-game meals. She also works with individual athletes to meet performance goals. We expect this partnership to expand and grow in the future and look forward to helping MSU’s teams.

Natalie was one of the speakers at the 2011 St. John’s Sports Medicine Conference held in April at St. John’s Heart Institute in Springfield. Natalie’s topic was “Man Does Not Live on Bread Alone: Balanced Nutrition for the Athlete, and of course, was very well received! We are really happy to have this additional specialty for our program.

ROTC GETS FIT!

Our counseling students got some “hands on” experience working with Missouri State ROTC cadets. Cadets are required to meet body fat percent and weight/height limits set by the Army. Counseling students in BMS 550, along with guidance from Sarah Murray, assessed cadets’ nutrition status, analyzed diets, and provided goals and tips to get on track for a career in the Army. It was a great experience for all involved.

Students enroll for BMS 130 Essentials of Nutrition for a variety of reasons, ranging from: 1) it is required for their major (namely Childhood Education and Family Studies majors) to 2) an interest in improving their nutritional status. By the time they have completed the course they hopefully are convinced that Vitamins and Minerals do not contribute calories and that a piece of chocolate cake really can’t make you gain 5 pounds. They completed a 3-day recall that included a normal day, a day they thought they were making good choices and one that they thought was totally bad choices. Pretty interesting stuff, how good is good and how bad is bad! We just completed our unit on aging. Anyone walking by would have seen students with gloves and dark glasses trying to get a candy bar opened, simulating losses in senses and motor skills experienced by the elderly! This class is taught by Kathy Beberness who makes it so practical for those who plan to work with children. See what one of her students had to say about Kathy and this class here!
High School Tours Showcase Programs

For the second year, the Biomedical Sciences Department has hosted several area high school tours. These tours include a rotation through the Anatomy lab, the BMS 110 lab, and the Dietetics Lab. The Community Outreach Committee has organized activities for the high school students that include a Nutrition Assessment activity, a Dining Out Demonstration, and a Food Sensory Experiment. The Nutrition Assessment activity introduces students to the various ways of measuring height using a stadiometer, knee-height caliper, and arm-span measurement. The Dining Out demonstration helps students visualize the amount of fat found in their favorite fast food meals and how that extra fat can affect their health. Lastly, students get to take a tour of the Food Science lab, participate in actual product development research and get an idea of a dietitian’s role in food preparation. Dietetic students had the opportunity to assist with these tours, which allowed them to enhance their ability to provide nutrition education and counseling. These high school tours have provided a great opportunity for the dietetics program to promote the program as well as the dietetic profession.

Former Alumni Speaks to Students

We were very pleased to host one of our alumni, Pamella Vodicka, MS, RD, CDR, on March 30, 2011 to speak with all interested students about a career path with the US Public Health Services. Approximately 60 students from Dietetics, Public Health and other disciplines came to hear her speak about her experiences and her path that led to the Maternal/Child Health Bureau and a rewarding career with USPHS. Pamella is a native of Southwest Missouri and worked in a variety of positions before beginning a career with USPHS. It was great to hear her talk about her experiences and students learned about opportunities that exist for health care professionals within the USPHS. Most students knew very little about these opportunities so it was a learning experience. Thank you, Pamella! See our SP10 newsletter for more about Pam.

Speaking of Whole Grains…….

Have you seen those stamps out there on those breads and cereals? Have you wondered what they meant? There are two of them. The Basic Stamp and the 100% Stamp.

- The 100% Stamp means all its grain ingredients are whole grains. There has to be a minimum of 16g—a full serving—of whole grains.
- With the Basic Stamp, it must contain at least 8g—a half serving—of whole grain. It may also contain some refined grain. Products containing large amounts of whole grain (23g, 37g, 41g, etc.), will use the Basic Stamp if it also contains extra bran, germ, or refined flour.
- Each Stamp also has a number that tells you how many grams of whole grain ingredients are in each serving of the product.

This is a great tool to use while shopping to take some of the confusion out of deciphering labels. LOOK FOR THE STAMP! Visit the Whole Grains Council for more information!
Our grads 5 years ago....Where have they gone?

Actually, our 20 spring/summer 2006 grads have done some very interesting things!

Noah Aldredge, has stayed in Springfield after completing his internship and has his own gym, Big Time Results, Inc., and also his own not for profit, Springfield Food for Life to assist in providing foods for those with terminal illness.

Glenn Berry is a physical therapist in Ada, OK.

Holly Dockins is working as a renal diettian at DaVita in Belleville, IL. She will complete her master’s this year from SEMO.

Alyse Fields and her husband have a baby girl. She is working with KC Research Med Center.

Kathy Gilbert-Bunn is working at Phelps Co. Regional Medical Center at Rolla.

Kari Gruber is in Springfield.

Jackie Hood is an RD at St. John’s in Maplewood, MN and is getting married this August.

Kelli Hull Wilmes, has taken a position with the Missouri Extension Office in the Nodaway County region as their Nutrition and Health Education specialist. She and her husband are surviving twin girls and expecting another this spring!

Sherri Jenkins is working with Sava Health Care in Ft. Worth, Tx.

Laura Leutzinger Niehoff has finished her Master’s and is working part-time at area hospitals in St. Louis.

Mindy Musselman has left Hy-Vee and is working with Greene Co WIC as a nutritionist.

Casey O’Dell Null is working as a physical therapist at St. John’s in Lebanon.

Nicole Osborne is now a physician’s assistant with Cox Center for Internal Medicine.

Lindsey Sorensen is working with Youth with a Mission (YWAM) in Colorado.

Marley Sugar is working with Select Medical Corporation in KC.

Jennifer Surber is owner of a Sonic in Texas.

Lindsey Turner Rothrock is teaching Family and Consumer Sciences in Fordland.

Luan Weekes is a sensory scientist with Givauda in Cincinnati, OH.

We have lost track of Chun Yi Wu since leaving for grad school in Texas! Wu—we would love to hear from you!

Our Grads 10 years ago.....

Mary Dean Coleman-Kelly (SP96) is now the dietetics program director/assistant, she worked clinically and with student athletes at the Sportwell Center at the University Illinois-Champaign-Urbana. She received her MS in Human Nutrition at the University of Illinois-CU where her research focused on the role of dietary fiber and intestinal transport of nutrients in the lower gastrointestinal tract. She earned her PhD at the Virginia Polytechnic Institute and State University (Virginia Tech) where she examined the effect of an Atkins type diet on weight loss and bone health in pre-menopausal women. She has held teaching appointments at Mansfield University of Pennsylvania and Appalachian State University in Boone, NC prior to her current appointment at Penn State. She has several publications, including two in JADA. Mary Dean and the rest of the Missouri State Handball Team were recently inducted into the Missouri Sports Hall of Fame. In addition to her teaching and administrative responsibilities, Mary Dean enjoys cooking, gardening, and riding her road and mountain bike. She is currently training for her second 100 mile mountain bike race.
Our Grads 15 years ago.....

It really can’t be that long ago! In 1996 we had 11 graduates.

Donna Bollinger, RD is working at St. John’s—Springfield.
Amy Bowman Barlow is teaching high school in Seymour.
Sharron Gilman Lent is an ACSM fitness instructor at St. John’s Fitness Center in Springfield.
Rhonda Edie is a stay at home mom in Springfield.
Megan Hickey Davis, RD is the Health Education Supervisor for WIC in Dept of Health in St. Louis.
Jason VanFossan is working with USDA in Kansas City as a lab supervisor. He tests grains for different pest residues. He and his wife have two kids and two big dogs!

Dean Gingerich is the Health Promotion Manager for the U.S. Coast Guard in St. Louis where he focuses mostly on Fitness, Sports Nutrition and Weight Management.

Kimberlie Conway is working for WIC in Taney Co.
Piper Sargent McGehe, RD has retired for the time being and is a stay at home mom with two girls in the Kansas City area.

If you know where Cinda Houston is or Cinda—let us know what you are up to!

20 years ago..........

Wow. 1991. It has been 20 years since these students were here. Doesn’t seem that long ago! We know Stan Frealy is in the area but not sure what he is up to.

We were sad to report last newsletter about the untimely death of Jill Kuchem Haberberger last May from cancer. Jill had been practicing in the St. Louis area.

Last we knew, Sarah Lehmann Sennef was practicing as an RD at the Center for Behavioral Medicine in KC.

Sandra Nelson Holtmeyer is a food service director and senior general manager with Sodexo in the St. Louis area.

Kim Wiley Cummins in in Springfield and is working for CoxHealth. She and her husband have three children.

25 years ago…..let us hear from you!

The class of 1986 had eleven graduates: 9 spring and 2 fall.

Pamela Bryant, BS, RN, CPHA, SP86 has been with the Springfield Greene-County Health Department since 1995. She is currently the Maternal, Child, and Family Health Administrator.

Sharron Gilman Lent works with ARAMARK as their Senior Director of Patient and Clinical Services.

Susan Benson Zaugg 86 FA and her husband are working with Campus Crusade for Christ in Indiana.

Daphne Smith continues working at Hammons Heart Institute in Springfield. She is completing a Master’s in Library Science this spring.

Nancy McGrew worked a couple of decades in food sales in corporate America. She has married, moved to Alaska and teaches Yoga while working part time as a telecommuting contract employee to a Chicago based long term care management company.

30 years ago?????

1981 doesn’t really seem that long ago, does it? Of course, most of our recent graduates weren’t even born yet! Ouch. We hope to have more information on this group by fall.

Laura Crawford Smith is enjoying retirement from St. John’s after many years with the Nutrition Center.

Sherry Mehrhoff Waters is with Southwest Missouri Office on Aging as their Nutrition Project Director.
SDA Fun this Spring!

- Students did a Body Image presentation for Eating Disorders Awareness Week.
- SDA students helped Sara S with TRAIN in Joplin last winter.
- Relay for Life is always a great time!
- Spring Fling at the North Mall
- High School Tours
- Cooking Class and Nutrition Lesson with the Girl Scouts
- Cards Game
- Journal Club
- Spring 2011
SDA Elects New Officers for 2011-2012

Join us! Watch for emails and postings in the PROF!

Congratulations to the new SDA officers for the 2011-2012 academic year who were elected at the SDA meeting on April 18. They are as follows:

President- Amber Bozarth
Vice President- Sarah Stewart
Secretary- Cate Dallas
Historian- Rachel Drake
Treasurer- Maggie Danforth
Activities coordinator- Jordan Nichols
Webmaster- Kathryn Metzger

(pictured left, L-R: Sarah, Rachel, Amber, Jordan, Cate)

The Dietetics Shirts are Here!

Check out Ulna! (right) She looks lovely modeling our new dietetics polo! These new dietetics shirts have been a great addition to our program this year. Students look so nice and identifiable as a dietetics major when we are out in the community working with various agencies! We will be adding a long sleeve version as well as a button up blouse for next fall.

Students will be required to purchase one upon admission to the program and will be required to wear them at various things over the year where we work. Of course, they are also able to wear them any time they would like! Our students are always a great face and voice for Missouri State!

What’s new in the Dietetics Department?

Well, not an awful lot, but we are really happy that we were able to purchase new refrigerator and freezer units that have almost doubled our refrigerator/freezer space in the foods lab. We are also getting ready to do some very basic remodeling in the foods lab so we can take advantage of some wasted space. We are thankful for small things!

THANK YOU, ALUMNI DONORS!

With the funds that you have donated through the Phone Campaign we were able to send two students to MDA this year so they were able to present their poster sessions. Megan Brinker and Karah Domenico send their thanks to you for helping send them to MDA! When those students call asking you to donate, even $5 helps. Just ask that your donation goes to Dietetics! If all of our 400+ grads gave $5 (or more 😊) it would be wonderful! Thank you!

Crosslines Food Pantry Day

Monday, August 29, 8—2
Contact Carmen for more information and to volunteer.

Our Dietetics Athletes

Kelsey Lomax, Field Hockey
Maroon & White Scholar-Athlete, Spring 2011
Athletics Director Honor Roll, Fall 2010
Dean’s List, Fall 2010

Lori Sinclair, Field Hockey
Maroon & White Scholar-Athlete, Spring 2011
Athletics Director Honor Roll, Fall 2010
Dean’s List, Fall 2010

Brianna Willoughby, Women’s Swimming & Diving
All-MVC First Team, 2009, 2010, & 2011
MVC Champion, 200 Yard Individual Medley
(200 yard and 400 yard individual meet)
All-MVC Scholar-Athlete, Spring 2011
Maroon & White Scholar-Athlete, Spring 2011
Athletics Director Honor Roll, Fall 2010
Dean’s List, Fall 2010

Melisa Oishi, Women’s Swimming & Diving
MVC 3rd Place, 200 Yard Breaststroke
MVC 5th Place, 100 Yard Breaststroke
MVC 5th Place, 200 Yard Individual Medley
Athletics Director Honor Roll, Fall 2010
Maroon & White Scholar-Athlete, Spring 2011
Dean’s List, Fall 2010

Hannah Molden, Women’s Swimming & Diving
MVC Champion, 800 Yard Freestyle Relay
(200 yard and 400 yard individual meet)
MVC 8th Place, 100 Yard Freestyle

Mari-Jean Vance, Women’s Track & Cross Country
7th Place, SIU-Edwardsville Invitational
Athletics Director Honor Roll, Fall 2010
Maroon & White Scholar-Athlete, Spring 2011
Dean’s List, Fall 2010

Madison Hargrove, Softball
Starting catcher, MSU Softball
Athletics Director Honor Roll, Fall 2010
Maroon & White Scholar-Athlete, Spring 2011
Dean’s List, Fall 2010

Jennifer Hamlin, Women’s Soccer
Athletics Director Honor Roll, Fall 2010
Maroon & White Scholar-Athlete, Spring 2011
Dean’s List, Fall 2010

Katelyn Frederickson, Women’s Soccer

Jordan Dutro, Water Ski Club Team