26 Grads for 2011-2012!

Congratulations to our 2011-2012 graduating class! All students graduated from our program with a BS in Dietetics with a minor in Biomedical Sciences. We had nine fall graduates this fall: Tabitha Farr and Kelsey Frisch both graduated cum laude, Whitney Lang graduated magna cum laude, and Angela Hough graduated with a double major in dietetics and business; Bethany Moon, Michelle Nesselrodt, Megan Shadleffer, Mari-Jean Vance and Kari Wahl complete our list of nine fall grads. This spring we had 15 program graduates. Jennalee Compton, Jennifer Hamlin (chemistry minor) and Emily Newbold all graduated summa cum laude from the honors college. Brianna Willoughby graduated magna cum laude. Ashley Cobb, Morgan Cooper, Cate Dallas, Brittany Layton and Lori Sinclair all graduated cum laude. Monica Roth graduates with a double major in dietetics and Spanish. Julie Hummann graduated in the fall with a degree in Psychology and now graduates with a degree in dietetics. Lindsey Jay, Kelsey Lomax, Max Walker (psych minor) and Jasmine Whitaker complete our spring list. Jennifer Rice and Shannon Highfill will graduate this summer. Great job and good luck! Be sure to visit us on Facebook’s Missouri State Dietetics Alumni and keep in touch!

Two of our fall 2011 graduates, Megan Shadleffer and Kelsey Frisch were matched in fall and began their internship in January. Megan is at University of Central Oklahoma in Edmond and Kelsey is at Iowa State along with fall match Ashley Hart (FA09) and spring match Tylane Garrett (SP10). Our spring match was also great! We had 19 of our graduates match! Julie Husmann will be at Aramark in Ft. Worth. Lindsay Jay, Brittany Layton and Kelsey Lomax will be at Cox. Jennalee Compton and Mari-Jean Vance will be at Eastern Illinois. KU Med Center will have Whitney Lang and Emily Newbold and Jasmine Whitaker has the honor of being the first Missouri State grad in our new dietetic internship to begin in the fall! Ashley Cobb, Morgan Cooper and Brianna Willoughby will be at Oklahoma City University of Oklahoma’s School of Allied Health. Micah Nesselrodt will attend the University of Southern Mississippi. Tabi Farr, Max Walker, Cate Dallas, Jenni Hamlin and Lori Sinclair will all attend St. Louis University. Bethany Moon will be our first student at Fortbonne’s internship. In addition to our 2011-2012 grads, Sara Staubach (SP11) and Julie Boyer (SP10) both were matched with KU Med Center. Congratulations to all! Great job!

REBEKAH ALLEN AND RACHEL GREATWOOD HONORED!

Junior Rebekah Allen has been awarded the Crystal Pummill Scholarship for the 2012-2013 academic year. This scholarship is awarded to the dietetic student with the highest GPA who will be graduating in the upcoming academic year. Rebekah is the second student to be awarded this scholarship. In addition to the department scholarship, Rebekah was also chosen as the recipient for the Missouri Dietetic Association Eugenia Schrader Scholarship which is awarded each spring at the Missouri Dietetic Association Annual Meeting. Congratulations!

Senior Rachel Greatwood and junior Rebekah Allen were both recipients of the Citizen Scholar Award awarded to six students selected for academic achievement and having shown their dedication to the public affairs mission of the University. We are so pleased to have two of the six recipients from our program! Rachel will graduate next spring and plans to go on to medical school. Rebekah will also graduate next spring and plans to go on to an internship. Both students are very active in the dietetics program. Read more about them here and here.
Eleven student posters from Dr. Kwon’s BMS 331 Food Science class were presented at the 16th Annual College of Health and Human Services Student Research Symposium held April 12 in Plaster Student Union. There were some very interesting topics for the symposium from this group!

Brittany Essary, Mary Freeland and Sarah Weinhold: The effects of different types of added fiber on palatability and tenderness of butter cookies.

Christin Bohrisch, Lauren Leible and Jordan Whanger: A study evaluating pinto beans as a substitute for shortening in banana bread.

Morgan Cooper and Amanda Larson: Feasibility of using okra exudates as a 50% egg and fat replacer in sugar cookies.


Jenna Compton, Jennifer Hamlin and Brianna Willoughby: Determining the ideal ratio of brown rice flour and sorghum flour to improve consumer acceptability of gluten-free sugar cookies.

David Crisco, Morgan Gray and India Luetkemeyer: Evaluation of medium chain fatty acid containing coconut oil used in coconut chocolate chip cookie bars as a healthier alternative to long chain trans fatty acid containing shortening.

Cate Dallas, Emily Newbold and Monica Roth: Evaluating the acceptance and characteristics of hamburgers with the addition of either raw or sautéed portabella mushrooms.

Sesily Matthews and Whitney Sparkman: The effects of adding 6.25% Benefiber® to yogurt on probiotic growth and its quality.

Cornelia Gradinariu, Madison Hargrove and Jordan Nichols: The effect on mild and sharp cheddar cheese on salt perception in reduced sodium potato soup.

Rachel Greatwood and Sarah Owens: The quality and acceptance of beef jerky exposed to uv-b light prior to drying.

From these 11 projects, two were selected for display next year at the 2013 MINK (Missouri, Iowa, Nebraska and Kansas) Conference in Overland Park next April. Those projects were: Emily, Cate and Monica’s mushroom burgers and Morgan and Amanda’s okra cookies.

Okra exudate? What on earth is that and why is it in my cookies? Granted, it sounds gross BUT it is simply the oil-like substance you get when you boil okra. It is being used as a fat substitute and is actually pretty yummy!

Students Display Posters at MDA

Missouri State student posters were prominent at the Missouri State Dietetic Association this spring where five of the nine posters presented were from Mo State students and faculty. Four former students joined their faculty members to present their posters and Sarah Owens presented the poster on El Salvador for the 2012 Team to El Salvador. There was good interest and the students did a great job fielding questions.

Mary Livingston Keels (95) Intern with the Department of Health and Senior Services: “Mommy feed me!! Weight gain during pregnancy”

TeNeal R Minks (10) Intern with the Department of Health and Senior Services: “Coffee: The truth behind the aroma”

Megan Shamleffer (SP11) Intern at Central Oklahoma University with Whitney Lang (SP11) and Sockju Kwon, PhD, RD/LD

“The effect of pre- and post- oven drying treatment of potatoes on the quality of French fries

Emily Rich, RD (SP10/ SLU grad student) and Anne Marie Hunter, PhD, RD, LD, FADA

“Curriculum development using undergraduate student feedback: Perceptions of leadership development”

Christin Bohrisch, Ryan Edwards, Priscilla Estrella, Sesily Matthews, Haley Nagel, Sarah Owens and Carmen Boyd, MS, LPC, RD/LD

“Beyond the borders: Developing global citizens through international service learning in dietetics”
Greatwood Further Honored

Rachel Greatwood has spent a lot of time this past semester going to award ceremonies. We are very proud of our senior dietetics major who is also pre-med! In addition to the Citizen Scholar Award, Rachel was the recipient of the Smith-Glynn-Callaway Medical Foundation Premedical Scholarship and the the Guy Callaway Outstanding Senior Premedical Student Scholarship as well as receiving the Women of Distinction Award from the University. Rebekah Allen was also a nominee for the Women of Distinction Award.

Student Athletes, Faculty Mentors Honored at the 2nd Maroon and White Banquet!

Athlete scholars and faculty mentors were honored again this year at the Maroon and White Banquet held Sunday, April 15 at JQH Arena. Athletes recognized have achieved a GPA of at least 3.25 for all semesters at Missouri State. Dietetics students and their mentors are as follows:
- Kelsey Lomax (Field Hockey) and mentor Anne Marie Hunter
- Lori Sinclair (Field Hockey) and mentor Carmen Boyd
- Jenni Hamlin (Soccer) and mentor Natalie Allen
- Brianna Willoughby (Swimming) and mentor Anne Marie Hunter
- Hayden Sander (Men’s Soccer) and mentor Hillary Roberts

Faculty appreciate the student’s hard work and we are proud of you for your accomplishments!

Our Kitchen Clinic Work

This semester, the students have continued their work providing nutrition education to the participants at The Kitchen Clinic. The Nutrition Education & Communication class (BMS 340) traveled to The Kitchen Clinic once a week to provide information for better health. Some of the topics include: Exploring the new MyPlate, Focus on Fiber, Healthy Shopping on a Budget, Healthy Fats for a Healthy Heart, Food Label Reading, and The Truth about Sugar. Students, Rebekah Allen, Renee Gunn, and Sarah Stewart, (pictured right, L-R) educated the staff and clients about sugar substitutes. These students provided a fun food activity for everyone to participate in to identify the tastes and uses of alternative sweeteners. Three batches of snickerdoodle cookies were made, one with sugar, one with Splenda, and one with Truvia. Participants discussed which cookie they liked the best based on taste, texture, and appearance. Sarah Murray is our Kitchen Clinic coordinator.

BMS 330 at Millsap Farms

One of Mo State’s commitments is environmental sustainability and stewardship, which we attempt to incorporate into our program. As part of the BMS 330 class, Sarah Murray took a group of students to Millsap Farms to dig in the dirt, learn about sustainable farming, and experience unique veggies (how they grow, how they are harvested, and what they taste like!). Farmer Curtis talked a little bit about local foods, organic farming and gave us a tour of the farm. The students had the opportunity to see how this local farm operates as well as work out in the fields.

D.I.R.T. Project

The D.I.R.T. Project is a new project that the students have been working with this year. D.I.R.T stands for “Dig In R-12” and is a grant that has funded the construction of school gardens where elementary schools can use the garden as a giant, outdoor, classroom. The MSU dietetic students with assistance from Sarah Murray, have been developing nutrition lesson plans and implementing them to the children who participate in the D.I.R.T. Project. The students have been doing a wonderful job and have had a lot of fun teaching kids about good nutrition while using the garden! This spring, our students were invited to participate in the end-of-the-year Spring Festival. This festival is a chance for the kids to bring their parents to the garden and show them what they have learned. MSU students provided fun nutrition activities for the kids, helped the kids plant seeds to take home, and toured the high-tunnel where many of the veggies are growing. We are excited to continue working in the gardens and with the schools!

Pictured below are L—R: Johnna Porter, Kyla Arnold, Rachel Greatwood, and Beth Moses. They look tired, but happy, don’t they!!

**Bella Italia!!!**

Deciding to go abroad was an easy choice. Deciding where to go was not. There were so many options. But being a dietetics major, where else to go but the birthplace of pasta, pizza, and gelato, *Italia!!*

The first few hours in Florence were a complete whirlwind. After traveling 24 hours with no sleep due to my excitement, I was more then ready to be in my new home for the next few months. My school picked me up from the airport and dropped me off at my new home on Via Dei Pepi. They handed me this huge weird looking key and said, “First floor, door on your right,” and drove away leaving me and my bags on the curb. What they forgot to tell me was, floors start on floor 0 not 1. I was literally freaking out when my key wouldn’t work. All I could think was, “I don’t know any Italian, this isn’t good.” Thank goodness I was the last of my roommates to arrive and they rescued me. Living abroad places you in random, sometimes awkward situations, that you just have to deal with and figure out on your own.

At *Apicius*, I studied Italian food and culture and society, Italian food and culture experience, Florence food and culture, Italian, and Italian soccer. I learned basic Italian and culture and society, Italian food and culture experience, Florence food and culture, Italian, and Italian soccer. I learned basic Italian.

**MY WONDERFUL SUMMER IN THE SLUMS OF AFRICA...RACHEL GREATWOOD**

I spent five weeks volunteering last summer in Kampala, Uganda through an organization called *Kawempe Youth Centre (KYC)*. They found me a host family to live with and a medical facility where I could volunteer for virtually no cost. I lived with the librarian of KYC in a very poor slum called Kawempe. I was paired with a small hospital called Alive Medical Services. While volunteering there, I had a chance to take vitals on patients before seeing the doctors, draw blood, perform HIV tests, give immunizations to babies and children, fill prescriptions, pack medications, and assist in giving injections and IV fluids. I can honestly say I learned more in a month in Africa than I’ve learned in years at school. I was extremely grateful for the chance to have such hands on experience, specifically with patients and staff that were so appreciative of the help. Once a week, I taught sex education classes at a high school located in Kawempe. I gave three health talks to only the female students that focused on menstruation, hygiene, and disclaiming common myths such as getting pregnant to cure cramps. My last health talk was for both the male and female students and addressed contraceptives, STD’s, and HIV. Sex education in Uganda is vague if any, so students were very interested in the topic and excited to ask questions that might normally have embarrassed them. What I learned in Uganda is that there is a tremendous need for help in many different areas and that all types of volunteers are needed, welcomed, and appreciated. The question I was asked by every Ugandan was when I planned to return to their country. I know for sure I will be back, but hopefully for longer next time.

Read more about Rachel’s trip in an article from the News-Leader [here](#).

**Our Spring Break Trip to El Salvador**

Six Missouri State University Dietetics students chose to spend their spring break in El Salvador, assisting with *Convoy of Hope’s Children’s Feeding Initiative*. The goal of Convoy of Hope’s Children’s Feeding Initiative is to promote healthy children, community sustainability, and development by intervening at five levels including: nutrition, clean and safe water, agriculture initiatives, healthy living environments, and education. The group traveled with Convoy of Hope’s dietitian and other personnel to different elementary schools, taking anthropometric measurements, used in nutrition assessment, and supplies that were donated by the Springfield community. The school children received donated toothbrushes and toothpaste and sang along to songs lead by the Missouri State students teaching dental hygiene and hand washing. Severe malnutrition was obviously apparent during visits with the school children. Convoy of Hope provides the schools with breakfast and lunch in hopes of improving the issue of malnutrition. Boyd noted that since her involvement with Convoy of Hope’s feeding program, she has seen great improvement in the children’s development. Convoy of Hope also fights malnutrition by forming mothers clubs in where mothers are educated on nutrition and hygiene as well as provided with food packs. The students were able to assist in weighing the babies, teaching hand washing, and passing out food packs along with donated items to the mothers.

During the trip, the students had the opportunity to visit CENTA, The World Food Program, The Love Link Nutritional center for severely malnourished infants, an orphanage, an HIV/AIDS children’s camp, and a homeless shelter. A day was spent at the beach and climbing a volcano as well. The students would describe their time in El Salvador as an extraordinary adventure full of learning, service, and a greater understanding of the world-its problems and solutions. A truly unique, life-changing spring break.
Where Else But Australia?

Having never been outside the United States and only living away from home for one year, the choice to study abroad in Australia wasn’t the most logical progression in my life journey. However, that decision resulted in the greatest experiences and most meaningful lessons of my life.

During my five months abroad I enjoyed the typical tourist activities like petting a kangaroo, scuba diving in the Great Barrier Reef and climbing the steps of the Sydney Opera House. Yet, the experiences that stand out to me as I reflect on my travels were the cultural experiences like attending a sausage sizzle, eating Vegemite sandwiches and unique experiences like living in the future (not really, but the time difference makes it feel like it), attending a footie and rugby match in the same day, learning to snowboard and ski in the same month, and watching my favorite baseball team win the World Series with my parents via Skype.

Going abroad taught me many lessons. In a sense it was like growing up again, finding my place in society and assuming greater responsibilities. Coming into a new place, I had to meet new people and develop relationships while living daily from an outsider’s viewpoint. It enabled me to handle larger amounts of responsibility than ever. Even simple things like budgeting and transportation were now critical for me to stay functional. I found I was a lot less ready for the real world than I thought. But, that realization helped educate me in things way beyond the classroom.

As college students the opportunity to learn about the world, learn about yourself, and develop life long memories while still progressing on your degree is too good to pass up while available.

LIVIN’ LA VIDA LOCA IN COSTA RICA—Lisa Buck

I have spent the summer semester in Costa Rica and have absolutely loved everything about being here—my program, the language, my host family, the nature, the FOOD! I have been very busy going on different excursions, volunteering, and with classes. I’ve been able to volunteer with two different organizations here. One is called "Ninas sin Fronteros" or "Children without Borders" and I help teach English lessons and other activities to kids in one of the poorest areas of San Jose. I am planning a nutrition lesson to teach the kids and parents coming up on eating healthy on a budget and healthy snack ideas. I also am teaching English lessons at a local public school for preschool, 5th, and 6th grade. I was also able to tag along with some doctors and medical students to a rural town where they held a clinic for the people of the area. They let me take the patients’ medical histories and showed me how

Overall, this has been a great semester!

15 Students are in Italy May 21–31, 2012 for our Taste of Italy Tour!

IT’S ALL GREEK TO ME……..—Xavier Pearson

Study away is an excellent opportunity to see the world, meet new people, and learn about different cultures. The trip last May “The Mediterranean Diet: In Search of the Seven Species” was one such trip. In Greece we visited many historical sites such as the Acropolis in Athens, the Temple of Zeus in Olympia, and the Oracle at Delphi. Our group also had the opportunity to try many different foods. These foods included the classic gyro, moussaka, and baklava. The experience was one of a kind. The Mediterranean diet, one of the healthiest in the world is part of the culture in Greece. This nearly two week trip educated us on the foods used in the diet as well as why. The most fun we had were the memories we made with the people we met on the trip and those who came with us. I will never forget the “disco” on the four day cruise where we all sang karaoke. A short term study away experience is one of the best choices you can make for yourself. If you think that you are unable to have your own study away experience you would be mistaken. Talk to Carmen, she will help you find a way to have your own one of a kind experience.

After returning home the friendships made on the trip continue to last even after going our separate ways. The friends you make are not limited to those you are in a program with but all those who you strive to make your friends. I would strongly recommend going on a sort term study away trip because it will enhance your life in so many ways.
We would like to welcome Kathy Gardner, MS, a local food scientist to our program in two ways! Kathy received her Master’s in Food Science from University of Missouri with an undergraduate in Animal Science from Mizzou and has worked in the food science and technology industry since her graduation. Kathy taught our BMS 331 Food Science lab this spring and is taking classes towards her degree in dietetics in order to become an RD. We also want to welcome local RD's and former graduates Tara Graf Stulce and Daphne Smith who stepped in as per course instructors this past year for BMS 240 and BMS 333. Thanks for your help and we are glad you are all here! Kathy Beberniss continues to teach our BMS 130 course for early childhood students and helped SDA with their jewelry sale again at Christmas. She has been busy with family and new twin granddaughters but is looking forward to another great year preparing teachers! Dr. Helen Reid, our Dean, continues to work with our online BMS 240 courses as she works hard for our college!

Bears Dietitian Natalie Allen has had a busy year this year. Congratulations on being promot- ed to Clinical Faculty, effective August 2012, with continued focus on sports nutrition, medical nutrition therapy, and the athletic partnership. Currently, Natalie works with the 400 student athletes at Missouri State bringing even more visibility to the dietetics program. A fun thing Natalie was able to do this year was to speak at the Missouri Athletic Trainers Association Annual Symposium last summer on “Disordered Eating and the Psychology of the Athlete.” In addition to her work with our athletes, Natalie continues to teach our Medical Nutrition Therapy lab, Sports Nutrition and is our department blogger.

Hillary Roberts

The 2011-2012 academic year has been an eventful one, but my achievements could not have happened without the mentorship, support, and overall help from my family, friends, and colleagues. Fulfilling the role of Dietetic Internship Director has been challenging and reward- ing. Dietitians and health professionals in the communities of Springfield and the surrounding Ozarks have been quite giving in stepping up to be preceptors for the internship. I cannot thank these individuals enough, as without strong preceptors you cannot have a successful and strong intern- ship. By being on the Healthy Living Alliance advisory committee, and providing grocery store tours for the Complete Health Improvement Pro- ject (CHIP) employee wellness program at Missouri State I have met so many positive people who value health and I am thankful to be a part of these programs. Lastly, I ended the year still running, literally, by complet- ing my first marathon on April 28 running the 26.2 miles in 4:09 hrs!

Dr. Sockju Kwon has had a busy year in the program. She was awarded two university grants as follows:

2012 CASL research stipend: The effectiveness of student oriented, short term, problem-focused, on-site food safety trainings on restaurant scores in Springfield-Greene County, Missouri. Source: Citizenship and Service Learning Department at MSU, $6,000

2012 Faculty Research Grant: Optimal conditions of UV light exposure and drying temperature to maximize the vitamin D content and to minimize lipid oxidation in beef jerky. Source: Graduate College at MSU, $7,500

She has also had two articles submitted for publication:


Her abstract from her 2011 Summer Faculty Fellowship, MSU Graduate College research was accepted by Academy of Nutrition and Dietetics, and will be presented in a poster session at Academy of Nutrition and Dietetics Food and Nutrition Conference and Exhibition on Oct 8, 2012: “The Difference of Behavioral Intention regarding Food Safety Training between Food Inspectors and Restaurant Owners or Managers: Preliminary Study.”

Students Renee Gunn and Rachel Greatwood were able to work with Dr. Kwon last summer as part of her research in an independent study option.

Carmen Boyd was selected as a member of the Missouri State-Drury Greece Initiative last fall and visited Greece this May in preparation for a course to be taught each winter intercession in coop- eration with Drury and utilizing their Aegea campus. Carmen, Elizabeth Strong (Director of Study Away), Michael Thomas (Director of Study Away at Drury), Dr. Ed Carawan (Modern & Classical Languages) and Dr. Dimitri Ioannides (Geography, Geology and Planning) visited the Drury Center on the island of Aegea to prepare for the course which will begin in the 2012-13 winter intercession. We anticipate the dietetics course to be taught winter intercession 2014 with the potential of a semester long study abroad on Aegea and to include a study on the Mediterranean Diet as well as learning about Greek food and culture. Thank you, Drury, for this opportunity.

Carmen was also a panelist for a presentation called “International Service-Learning: A High Impact Pedagogy for Developing Global Citizens” for “The Future of Service Learning” for the CASL Development Conference in March and was the faculty representative for the presenta- tion at the Showcase on Student Learning Summit sponsored by the Faculty Center for Teaching and Learning on “Unheard Voices: Sharing Perspectives about Service Learning.” She was recognized at the CASL Celebration and Recognition Ceremony in May for ten years of service to CASL and by the University for 15 years of service.

Sarah Murray continues her role as coordinator for student volunteers as well as the supervisor for the nutrition education and nutrition counseling students. Sarah will also be coordinating one of the community rotations for the new internship this fall which will include working with Crosslines, The Kitchen Inc., and The D.I.R.T. Project with Springfield Public Schools. Currently, Sarah is serving on a Healthy Food Pan- try Collaborative to improve the nutrition in the foods being distribut- ed to low income families in Greene County. This group is working towards changing some of the foods that are offered in the pantry, providing healthy alternatives (i.e. Low sodium canned veggies) as well as training the regular volunteers to be “nutrition ambassa- dors” that help the clients choose foods based on their specific dietary needs.

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Dr. Anne Marie Hunter

Dr. Hunter has had a poster accepted for the International Congress of Dietetics in Sydney, Australia in September 2012. The re- search is titled: Mentoring as the Segue to Leadership.

She has been appointed as Vice Chair of the Academy of Nutrition and Dietetics Council on Future Practice for the year 2012 – 2013. The Council works in collabor- ation with The Commission on Dietetic Registration (CDR) and the Accreditation Council for Education in Nu- trition and Dietetics ACEND) to project the future practice needs for the profession of dietetics.
Healthy Living Alliance
The Healthy Living Alliance (HLA) of Springfield is working towards creating a healthier community by improving the nutrition, physical activity, and tobacco-free profile of the Springfield population. HLA serves as the connector; connecting schools and workplaces that want to improve their health, with a community organization to help that school or workplace achieve those health goals. The Missouri State Dietetics Program has aided local schools by providing multiple hands-on nutrition lessons about produce that is grown in the school garden, as well as designing fruit and vegetable flyers and recipe cards for local businesses, among others. Missouri State Dietetics students and faculty are all contributing to improving the health of Springfield and fulfilling the mission of the University.

BODY COMPOSITION LAB UP AND RUNNING
We have been working hard to get our Body Composition Lab up and running. The purpose of the lab is to provide nutrition assessments for interested individuals and will also serve as a place of learning for dietetic students and interns. The lab now has three main pieces of equipment, including a Lunar iDEXA (pictured below, right), Bod Pod and Metabolic Cart. Our iDEXA is new and state-of-the-art, with only a few like it in the United States. We will use this machine to measure bone density and body fat and in upcoming research studies. Dr. Reid has been using the BodPod in a Weight Watchers research program that many university members have participated in, but the lab is expanding to provide more services for campus and community members. Plans are in the works to add a nutrition counseling component for individuals who choose to have a body fat or metabolic measurement done. Also, we are hoping to work with various athletic teams in the Springfield area on sports nutrition and exercise. Stay tuned for more details on this exciting new center, as the lab should be staffed and fully functional by September 2012.

Thank you to the Sports Medicine/Athletic Training Department for recognizing BMS for supporting their program. The Department received a very nice plaque which is on display in the BMS office. Thanks, SWAT!

MSU BEAR BATTALION RESEARCH TAKES SHAPE!
Our BMS 539 Introduction to Dietetic Research class has been involved in an IRB approved research project, Impact of Nutrition Education and Intervention on Weight Management among ROTC Cadets, in the Fall 2011 and Spring 2012 semesters. The ROTC cadets are part of the Missouri State Army ROTC Bear Battalion and have actively participated in the methodology by collecting demographic and anthropometric data, analyzing nutrient intake, performing resting energy expenditure utilizing the metabolic cart, evaluating results of body fat analysis performed on the BOD POD, and providing nutrition counseling to the cadets. One dietetic student provided a supermarket tour for one cadet to help identify healthy food choices to accelerate their nutrition and weight management goals.

Under the guidance of Dr. Hunter, students have been able to put their didactic knowledge into practice, and to utilize the Nutrition Care Process in their counseling sessions. We are happy to have this opportunity to help shape up America’s future leaders!

Integrated Service Learning activities were added to BMS338 Food Safety Certification (ServSafe) starting in the Fall 2011. Students in Dr. Kwon’s BMS338 course began delivering Food Safety training to restaurant employees in Greene County the Spring semester of 2012. Chunhui Chen, a senior dietetic major, delivered Food Safety training to Chinese speaking populations in the area. We are very grateful to the Greene County Health Department and their health inspectors for allowing our students to shadow them and to put their training in action. We appreciate it! Jesse Baedke and Rick Webb were invited to speak in BMS438 Administrative Dietetics. Jesse talked about transitioning from traditional trayline to room service. Rick talked about inventory control and quality assurance as a supplier and shared the story about donating the food delivered to Joplin Mercy Hospital during the Joplin Tornado. Students also visited the Medical Center for Federal Prisoners in October. Dietitians Karl and Dianna at the facility guided our dietetic students through the clinical and foodservice areas in what is always a very interesting field trip. Thank you!

Student involvement in the “Senior Health University” program, part of a grant sponsored by the Missouri Foundation of Health in St. Louis, worked out very well last year. This program is primarily designed to provide health literacy information and practical skill building in health literacy and self-care to rural adults aged 60 and older living in three rural, medically underserved counties: Taney, Polk, and Christian. Senior Health U (SHU) goals are three-fold: (1) Improve health literacy in seniors to maintain independence and good health. (2) Engage MSU health professions students and seniors in collaborative learning in health and computer literacy training and (3) Increase community capacity-building in the area of health literacy education. Susan Dollar and Michele Day of Social Work are principal investigators for the grant and Carmen Boyd and Jan Atwell (nursing) are supporting partners. Several students from Carmen’s BMS 445 Community Nutrition class participated in the workshops held in Bolivar, Ozark and Forsyth and enjoyed working with the seniors at the facilities and learning a bit more about nutrition in the community. In addition, we were very proud of graduating senior, Angela Hough, who actually provided the entire nutrition component to the seniors last summer! We heard such great things about her presentations! Way to go, Angie!
Our 2006-2007 Academic Year had 20 graduates! They are on their way to doing great things! It is so good to hear from these grads and to find out what they have been up to.

Megan Ernst is working as an RD at St. Luke’s in KC and is the website chair for the KCDA. She was named Kansas Registered Young Dietitian of the Year for 2012!! Congratulations, Megan.

Megon Carter Thurman is Chief of Inpatient Services with the US Army and lives in El Paso. Congratulations on your recent marriage!

Adam Pruett works with Hammons Heart Institute at Mercy in Springfield with their weight management services. He will be working with our internship this coming fall.

Kyle Brashear is working as an inpatient RD with CoxHealth. We were happy he was able to join our Advisory Council meeting representing Cox South.

Our 2006-2007 Academic Year had 20 graduates! They are on their way to doing great things! It is so good to hear from these grads and to find out what they have been up to.

10 years ago……

In the academic year of 2001-2002 we had 17 graduates from our program. They have been busy!

Joshua Dale is an RD at Food Outreach and supervisor at St. Luke’s in St. Louis. Laura Darges Heydens is married and busy raising a family in the St. Louis area. Megan Huff is a PA at Steeplechase Family Physicians, Springfield, MO specializing in Family Medicine.

Kristine Szorady Jamerson, MS, RD/LD is the MOVE Weight Management RD at St. Louis VA. She has a 3 1/2 year old daughter.

Gina Jorel is an RD at Barnes-Jewish in STL working in bone marrow transplants and oncology. She passed her Certified Oncology Specialist exam last fall!

Toni Krueu Labon is in the KC area raising her family.

Danne Morrison Ward continues to work with WIC as a trainer and was our first graduate to obtain her Registered Dietetic Technician credential with the new regulations from AND.

Beau Mudge is an Account Manager at Tubular Steel in St. Louis.

Cari Fulls Price is Corporate Chef at Food IQ Springfield, MO

Jenny Pritchard, RD received her Pediatric Nutrition Certification and is working at Winter Park Resort in Winter Park, CO.

Beth Rawley is an RD with Lincare in Florida doing sales & clinical support for home tube feeding patients. Carmen actually ran into Beth in Charlotte, NC at the airport this spring while standing in line at the currency exchange!

Hillary Corbett Roberts is the new Dietetic Internship Director at Mo State!

Stephanie Rau Yeadon, is working with Community Health Network Bariatric Services in Indianapolis, IN. She and her husband have two sons.

Tara Graf Stulce works as a Consultant RD Healthcare Technologies Nursing Homes. Tara also worked as per course for us last year and will be working with our interns next fall.

Jennifer Eckmeier- Friederich, RN/RD is in Illinois and maintaining dual RD/RN credentials while working part time with WIC. She and her husband have a daughter and a second child on the way!

Amanda Gray is living outside of Nashville, TN where she is the Nutrition Director for the South Central Region of Tennessee’s Health Departments.
We had five fall grads in 1996. Jennette Berry, RD/LD lives and works in the Tulsa area where she has her own practice. Charleen Fields continues to work with CoxHealth in Springfield. Angela VonHolen Kammer, RD has been practicing at Bothwell Regional Medical Center in Sedalia. Sean Morris is President and CEO of Vencor, which is a medical device company focused on the treatment of venous diseases.

Mindy Gragert Pittman is owner of Restoration Massage Therapy and Skin Care in Minnesota. She and her husband have two young daughters. In Spring 1997, we had a huge class group for that time of 24 graduates for an academic year total of 29! That was a big group.

Julie Abney is the budget officer for the College of Health and Human Services at Mo State. Nancy Adams works with CoxHealth in Springfield in their Surgery Center. Myria Phillips Boyer lives in the Springfield area and is very busy with family, as is Victor Brown who is also still in the area. Jeanne Bridges is a dietitian with the Department of Mental Health in Farmington. Joa Buchholz Howell is living in Las Vegas and expecting their first child any day. Judy Hubbard Carver is working in Aurora and Cassville with the Mercy Health Systems as the Director of Diabetes Education and Nutrition Services. She will be working with our interns in the fall.

Maureen McMahon Prinster is a wellness coach at Magellen Health Services in the St. Louis area. She and her husband have two children.

Ruth Melvin is the school food service director for the Republic School System. Sarah Phillips is in the St. Louis area and is the Senior Nutrition & Regulatory Scientist for Ralston Foods. Kate Pinzke Koester, RD is the Director of School Food and Nutrition Services for the Melville School District. Yuka Shundo Akin has just graduated with her BSN from Cox College of Nursing in May.

Lisa Tauai continues as an RD with the US Air Force and is currently in Las Vegas, NV. She and her husband have two boys. Kathy Thompson RD works with CMH in Bolivar with their long term care facilities.

Robert Weno Wright, RD works with Health Tech in long term care in the Aurora area. Jill Fidlyment Williams completed Cox School of Nursing in 2010. She and her husband have a son and a daughter.

In the 1991—1992 Academic Year we had a whopping six grads but they have been busy. Michele Brendel Bailey, RD is in Jefferson City and works with WIC. She is active with the Central Missouri Dietetic Association. Kathleen Stamatie has written a book called Need a Name? Over 2600 Intriguing American Headstone Names From 1800 – 1930. She is in Everett.

Nedra Whitson works with Mo State’s Long Term Care Regulations Regional Office in Springfield.

Denise Lipari Jakobe is married with three children and lives in the Lee’s Summit area. She has been working for ARAMARK with St. Joseph Medical Center.

Ellen Veilige Wheeler is a nutrition coordinator for the St. Louis District Dairy Council. She has earned a Master’s Degree in Public Health from SLU.

For both 1981 and 1982 we had a total of 14 grads. We would love to hear from more of them.

Leslie Harpool, RD is in the Little Rock area working with Sysco. Susan Barr is in Springfield and works as a nutritionist with the Missouri Department of Health and Senior Services. She is a regular speaker in our Community Nutrition Class.

Laura Crawford, RD has retired from a long career as an RD at what was St. John’s, now Mercy, in Springfield. She is enjoying retirement!

Sherry Waters is the Nutrition Project Coordinator for the Southwest Missouri Office on Aging in Springfield.

Debbie Herbst, RD is with McCune Brooks Regional Hospital in Carthage. She will be working with our interns this fall!

15 Years Ago...it was 1996-1997......

20 Years Ago


It is hard to believe thirty years has passed since completing my BS degree at what was Southwest Missouri State University! I completed my dietetic internship at the University of Cincinnati Medical Center and then went on to practice clinical dietetics for six years in Cape Girardeau, MO. I have always had a passion for community nutrition, especially the impact on the underserved population, so I decided to pursue a master’s in public health. I completed my Masters of Public Health from the University of Minnesota and then worked as a community dietitian for the Indian Health Board in Minneapolis, MN. I met and married my wonderful husband while there and we moved to Houston, TX where I worked for a short period at MD Anderson Medical Center. Our move to Ruston, LA helped me fulfill one of my professional goals of working as a nutrition educator. I have served as the Dietetic Internship Director at Louisiana Tech University for almost nineteen years. While here I have had an opportunity to teach a variety of undergraduate and dietetic internship related graduate level nutrition classes, participate in undergraduate and graduate research, and collaborate with other colleagues in publishing nutrition research. The most favorite part of my job is seeing the personal and professional growth of the students I work with. As our profession evolves I encourage students to find their passion and make an impact on our field and those we serve.
SDA Stays Busy!

2011-2012 SDA Officers are shown here L-R: Jordan Dutro, Jordan Whanger, Jordan Nichols, Rachael Drake, Xavier Pearson, Libby Burger, Rebekah Allen, Rachel Greatwood, Lauren Leible.

SDA works with Healthy Living Alliance which is a great partnership.

The girls show off the really cool new T-shirt design for this year!

Seniors Maggie Danforth, Rachel Greatwood, Cate Dallas and Lindsey Jay with the senior cake.

SDA girls at one of MANY volunteer opportunities
Welcome Mo State Interns!

Congratulations to our inaugural internship class of 2012-2013! The announcement was made after the candidates were selected on April 11 from over 100 applicants and a thorough review and interview. Internship Director Hillary Roberts is excited to meet our new interns and to begin work this fall, as are our preceptors who are as excited as we are! The following students will be beginning our new internship this fall:

- Katie Koerner, College of Saint Benedict, Saint Joseph, Minnesota
- Lauren Kopkowski, Bowling Green State University, Bowling Green, Ohio
- Hamilton Manifold, Auburn University, Auburn, Alabama
- Lauren Whaley, Ouachita Baptist University, Arkadelphia, Arkansas
- Jasmine Whitaker, Missouri State University, Springfield, Missouri
- Rachael Wolf, Southeast Missouri State University, Cape Girardeau, MO

Thank you to all who helped to make this happen, and who continue to give their time in educating our future generation of dietitians.

Hillary Roberts, Mo State Dietetic Internship Director

Our Dietetics Athletes

- Kelsey Lomax, Field Hockey
  - Maroon & White Scholar-Athlete, Spring 2012
  - Athletics Director Honor Roll, Fall 2011
  - Dean’s List, Spring 2011
  - Academic All-MAC Honorable Mention, Fall 2011
- Lori Sinclair, Field Hockey
  - Maroon & White Scholar-Athlete, Spring 2012
  - Athletics Director Honor Roll, Fall 2011
  - Dean’s List, Spring 2011 & Fall 2011
  - Academic All-MAC Honorable Mention, Fall 2011
- Brianna Willoughby, Women's Swimming & Diving
  - MVC 2nd place, 400 Yard Individual Medley
  - MVC 2nd place, 400 Yard Freestyle Relay
  - MVC 5th place, 200 Yard Individual Medley
  - All-MVC Scholar-Athlete, Spring 2012
  - Dean’s List, Spring 2011 & Fall 2011
  - Academic All-MAC Honorable Mention, Fall 2011

- Melissa Oishi, Women's Swimming & Diving
  - All-MVC First Team, 2011 & 2012
  - MVC Swimmer of the Week, 11/18/11 & 11/22/11
  - MVC 3rd Place, 100 Yard Breaststroke
  - MVC 2nd Place, 200 Yard Breaststroke
  - MVC 6th Place, 200 Yard Individual Medley

- Jennifer Hamlin, Women's Soccer
  - Athletics Director Honor Roll, Fall 2011
  - Maroon & White Scholar-Athlete, Spring 2012
  - Dean’s List, Spring 2011 & Fall 2011

- Emma Burditt, Women's Track & Cross Country
  - 2nd Place, 3000 meter steeplechase at Tom Botts Invitational 2012
  - Athletics Director Honor Roll, Fall 2011
  - Maroon & White Scholar-Athlete, Spring 2012

- Alyssa Powers, Women’s Swimming & Diving
  - Dean’s List, Fall 2011
  - Athletics Director Honor Roll, Fall 2011
  - Maroon & White Scholar-Athlete, Spring 2012

- Jordan Dutro, Water Ski Club Team

Go Bears!  Go Maroon!

THANK YOU, ALUMNI DONORS!

The funds you provide us mean a lot to our students. We have utilized funds this past year for a variety of causes and we appreciate it so very much! When those students call with the phone campaign 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!

What’s New—or What ELSE Is New?
The McQueary Family Health Sciences Hall! This wonderful facility was dedicated this spring and includes a 90+ person tiered classroom that we desperately needed and a state of the art cadaver lab! We love it!

After decades of planning and hard work by many, these efforts came to fruition in March when Missouri State University’s Dietetic Internship was granted candidacy for accreditation by the Accreditation Council for Education in Nutrition and Dietetics. This nine month program will begin in August of 2012 and has areas of concentration in Rural Health and in Public Affairs, in which interns choose one as their focus. Specializing in Rural Health, interns will have the opportunity to design a health promotion and disease prevention program in collaboration with a rural community partner, as well as learn and experience the distinctive role that rural dietitians serve in the community. Choosing an emphasis in Public Affairs, interns will have the opportunity to serve on a health policy committee and be an advocate for health promotion, as well as demonstrate media proficiency by providing media interviews or writing press releases. Thank you to all who helped to make this happen, and who continue to give their time in educating our future generation of dietitians.

Hillary Roberts, Mo State Dietetic Internship Director

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Missouri State’s Student Dietetic Association

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