We had six fall graduates this year twenty graduates in the spring—and so many graduating with honors! All students graduate with a biomedically sciences minor.

**Fall, 2012 Magna Cum Laude**
- Kayla Fisher
  - Honors College, Chemistry Minor
- Maggie Danforth
  - Honors College, Business Minor

**Cum Laude**
- Rachel Greatwood
  - Honors College, Chemistry Minor
- Magan Edwards
  - Honors College, Psychology Minor

**Spring 2013 Magna Cum Laude**
- Tori Thompson
  - Honors College, Business Minor

**Cum Laude**
- Kayla Hahn
  - Honors College—previous degree in Exercise and Movement Science
- Sarah Owens
  - Double major in Spanish/Dietetics
- Morgan Jensen
  - Previous degree in Biology
- Melissa Becklund
  - Previous degree in Business
- Sessily Matthews
  - Mary Freeland

We had 25 graduates for 2012-2013. We are so proud of them all!

**2012–2013 SDA Officers**
- **President**: Rachael Drake
- **Vice President**: Jordan Nichols
- **Secretary**: Jordan Dutro
- **Treasurer**: Xavier Pearson
- **Historian**: Lauren Leible
- **Activities Coordinator**: Lindsay Fassero
- **Outreach Coordinators**: Rachel Greatwood, Rebekah Allen
- **Webmaster**: Jordan Whanger
- **SDA Faculty Advisor**: Sarah Murray

**Our Inaugural Internship Class 2012–2013**

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, Missouri

**Congratulations to our very first dietetic internship class who completed their program on May 8, 2013!**

Front row L-R: Lauren Kopkowski, Katie Koerner, Lauren Whaley. Back row L-R: Hamilton Manifold, Jasmine Whitaker, and Rachael Wolf.
15 Grads on to Dietetic Internships!

We had a great match year this year with 15 placements for our current 2012–2013 graduates. Fall is always a bit trickier, but this year both students who applied were accepted into fall matches plus another with a med school match!

Kayla Fisher was accepted into the Mayo Clinic internship in Jacksonville, FL and began in January. This was a new placement for us and we are excited for Kayla! She is enjoying the internship and is doing very well.

Maggie Danforth was accepted into OU’s School of Allied Health internship in Oklahoma City and is doing great. She is working with their Native American population and loves it!

We had two fall graduates not apply until spring and were matched in April.

Ryan Edwards has been accepted to SLU’s internship into the sports performance track.

Kayla Hahn will be attending KU Med’s internship in the fall along with spring graduate Sarah Owens.

We had another new placement in our spring match. Tori Thompson will be attending the internship in Birmingham, Alabama. We are excited for her to pave the way for others!

Morgan Jensen has been placed in a brand new internship – Workplace Wellness – and will begin this fall.

Melissa Becklund will begin the Iowa State internship in June. She will be working out of Decorah, Iowa with a Mayo Clinic affiliated hospital.

Sesily Matthews and Sarah Karr will be staying at Missouri State and be in our second internship group.

Xavier Pearson will be at Louisiana Tech in Ruston, LA. He can’t wait for a crawdaw boil!

Priscilla Estrella will be with ARAMA in an undetermined location.

Jordan Nichols, Rebekah Allen, and Lauren Leible will be attending the Cox College internship this fall.

Rachel Greatwood was accepted into medical school at AT Still – Arizona – another first for us! AT Still is a sister college to Kirksville College of Osteopathic Medicine.

We wish these students the best of luck in these challenging programs!

Our other grads have some very interesting plans for after graduation.

Brittany Essay has accepted a job with Crane Public Schools as their food service director. She has been working with them this semester and will go full time after graduation.

Chenhui Chen will return to California where her family is and begin graduate school in the fall.

Amanda Larson plans to apply for PT school. She is currently working at Nurses and Company in the St. Louis area.

Cornelia Gradinariu, Sarah Stewart, Amelia Fieseler, and Katelyn Frederickson plan to take the DTR exam in the near future. Katelyn will also attend graduate school in the St. Louis area and Sarah will be in graduate school in the KC area.

Mary Freeland hopes to begin work with WIC in the near future prior to entering an internship next year.

Rachael Drake is awaiting word on the internship that she has applied for. We are very hopeful that she will begin that program this fall! Otherwise, she plans to enter graduate school in the fall.

MORE MATCHES!

Congratulations to former graduate, Adrienne Olah, (FA09) who has been accepted into the Department of Health and Senior Services Dietetic Internship through her work with WIC.

Sara Ingersoll (SP11) was selected for the Missouri State Dietetics Internship this spring and will begin the internship this fall.

MORE CONGRATULATIONS!

Congratulations to Lisa Buck, outstanding senior, who was awarded the CRYSTAL PUMMILL SCHOLARSHIP in Dietetics. Lisa has the highest GPA in the 2013-2014 graduating class with a 4.0, including a double major in Spanish! Lisa participated in several study away programs and is fluent in Spanish.

Cindy White, DTR, (SP10) passed the Dietetic Technician, Registered exam! Our second DTR! Way to go, Cindy!

We also have two baby boys in the dietetics program this year! Congratulations to Brittany Essay and her husband on the birth of Ranger in November and to Whitney Sparkman and her husband on the birth of Troy in February!

Chenhui Chen, named “Intern of the Year” in her University of Central Oklahoma Internship!

MORE CONGRATULATIONS!

Grads Grand Plans!

Dietetics Faststats

Dietetics Grads

2011-2012 = 26
2010-2011 = 26
2009-2010 = 34
2008-2009 = 33
2007-2008 = 23

RD Exam Pass Rate

We have a 100% pass rate! We have had 3 graduates 2007-2012 who have retaken the test, but 100% overall for our grads!

Internship Acceptance

<table>
<thead>
<tr>
<th>Year</th>
<th>Received</th>
<th>Applied and/or Reapplied/Not Yet Received</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007-2008</td>
<td>15</td>
<td>4</td>
</tr>
<tr>
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<td>22</td>
<td>3</td>
</tr>
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<td>4</td>
</tr>
<tr>
<td>2011-2012</td>
<td>21</td>
<td>2</td>
</tr>
</tbody>
</table>

Thank You

To John Kleiboeker of the Mo Beef Industry Council for speaking to our Beef Class this fall and to Mo Beef Industry Council for sponsoring our Annual Senior Etiquette Banquet!

To Jeremy Partl for great work with the Health Department in the CASL portion of BMS 338! They appreciated your extra work!

Save the date!

Friday August 2
Dietetics Faculty Retreat

Friday August 27
Advisory Council

Thursday October 17
Senior Presentations

Wednesday November 6
Senior Etiquette Banquet
17th Annual CHHS Student Research Symposium

Each year Dr. Kwon’s BMS 331 Food Science students prepare a major research project in some way modifying a food in some way, or comparing preparation methods and/or ingredients. Each year they come up with very creative ideas and this year was no exception! The following posters were presented at the annual symposium on April 23, 2013.

The Effect of Replacing Butter with Avocado and Egg with Banana on Flavor, Texture, Tenderness, Volume and Preference of White Cake by Sarah Stewart & Jordan Dutro

The Effect of Butter Temperature on the Flavor and Appearance of Scones by Melissa Oishi & Rachael Drake

The Effect of Substituting Gluten-free Flour for All-Purpose Flour on the Properties of Cupcakes by Courtney Bales, Amanda Broombaugh, & Ashley Eichelberger

The Investigation of Feasibility of Home-made Chocolate Soymilk Compared to Commercially-Made Chocolate Soymilk by Amelia Fieseler & Katelyn Frederickson

The Effects of Packaging on Lipid Peroxidation in Beef Jerky by Melissa Becklund & Kayla Hahn

The Effect of 50% Egg and Butter Substitution with Concentrated Okra Exudates in Chocolate Cookies by Chelsea Chastain & Melissa Jones

Additionally, three dietetics groups were selected for oral presentations for their projects:

The Acceptance and Nutritional Benefits of Avocado in Place of Animal Fat in Mousse by Lisa Buck & Lindsay Fassero

Replacement of Sour Cream with Greek Yogurt as a Leavening Agent in Chocolate Cake by Tori Thompson, Nilam Desai, & Michael Drozdowski

Acceptance of Natural Pigments from Beets as Substitutes for Artificial Red Dye by Rebekah Allen & Elizabeth Moses

All did a great job! Top projects as voted by faculty were Rebekah and Beth’s replacement of artificial red food coloring with beet juice and the Okra Exudate Chocolate Cookies by Chelsea and Melissa. For those of you who missed it last year, okra exudate is the thick, oil-like liquid you get when you boil okra. YUM! It actually works quite well as a fat replacer, as shown in this experiment!

Their two posters will move on to the Missouri State Dietetic Association annual meeting next April in St. Louis.

International Service Learning Posters at CHHS Symposium

Two groups of students presented posters at the CHHS Student Research Symposium based on their travel experiences with the dietetics program to Tanzania and El Salvador, respectively, as below:


Former Students Display Posters at MINK

Under Dr. Kwon’s guidance in Food Science, seven former students had their Food Science Projects accepted for presentation at the MINK (Missouri, Iowa, Nebraska, and Kansas) Dietetic Association meeting in Overland Park, KS on April 5, 2013. They were as follows:

- Manczuk, J., Shahan, C., & Fogleman, S. (2013, April). The effects of pancake made with 50% all-purpose flour substituted with whey protein on the acceptability and satiety. Undergraduate research project.
Our Inaugural Dietetic Internship Certificate Class!

The 2012-2013 academic year will go in the Missouri State dietetics history as the year the Missouri State Dietetic Internship began, and I could not be more proud of the inaugural class! The six dietetic interns were Katie Koerner, Lauren Kopkowski, Hamilton Manifold, Lauren Whaley, Jasmine Whittaker, and Rachael Wolf. All of these young ladies were such a pleasure to work with as their preceptors have mentioned numerous times.

The 2012-2013 interns have demonstrated leadership, showed a commitment to community engagement, and have all supported one another by attending each other’s community events. One way the interns gained leadership skills was by designing a 6-week practicum based upon either the Public Affairs or Rural Health concentrations. The competencies include demonstrating grant writing skills, advocating for health policy, and showing media proficiency. The interns attended a grant writing workshop and then took the knowledge they learned to write grants for local organizations such as OACAC Head Start, who are currently waiting to see if the grant will be awarded. The interns advocated for health policy in a variety of ways. These included attending the Public Policy Workshop in Washington, D.C., working with the Ozarks Regional Food Policy Council and Health Living Alliance, aiding in implementing a Driver Health and Fitness Program for Prime, Inc. truckers, and writing letters to the House of Representatives. Media proficiency was highlighted by all interns. They attended the Missouri Beef Council media training in October 2012 and then this past spring provided food demonstrations on KOLR10 with the mentorship of the Hy-Vee dietitians, and created podcasts and YouTube videos promoting healthy living tips as well as advertising for various health-related workshops. Stayed tuned for viewing these videos; we hope to post these on the Dietetic Internship website soon! Iln closing, these six ladies have made my responsibilities as the internship director quite rewarding. I cannot thank them enough for the hard work, determination, thoughtfulness, and smiles they have expressed throughout these past nine months. Congratulations to the 2012-2013 Missouri State Dietetic Internship inaugural class!

-Hillary Roberts, Internship Director

Faculty and students attended the Public Affairs Concentration presentations on May 7 in McQueary Hall by our interns prior to their graduation. It was very interesting to hear what the students learned from their individual concentration projects.

We first heard from Katie Koerner, who chose to do her project through Hy-Vee and Missouri First Steps. Her interest was in advertising and media and she chose to focus her work on children. She worked with Kristen White, RD at Hy-Vee and Shannon Crosby, RD with First Steps. She was able to assist Hy-Vee with their newsletter and other advertising efforts and help plan special meals for special needs children utilizing labels and advertising. See her television debut with Raspberry Quinoa Salad here. Lauren Kopkowski focused on Public Policy and actually “worked” as a lobbyist in Washington DC for a day with the Academy of Nutrition and Dietetics Public Policy Workshop. Lauren talked about the difficulties of public policy and resources that are available for dietitians. She encouraged us to get involved and learn more about public policy nutrition. Her webinar on Health Care Reform was very eye-opening! She also has a published blog article and a great You Tube video on the Healthy Hunger Free Kids Act here. Jasmine Whittaker had tons of work in the community with the Healthy Living Alliance in Springfield, which is a partnership of community organizations working to make Springfield healthier. Jasmine was very involved in many different agencies and committees throughout her time and was able to assist in planning different events, creating a dining out guide, and presenting a number of different types of nutrition education. She reports a great experience! See her TV debut here.

Rachael Wolf worked with the Springfield Public Schools and Local Sprouts with some very interesting projects promoting local foods. She assisted with a “Farm to School” grant in an attempt to get local foods to Springfield Public Schools and with gardening efforts aimed at children. She and Jasmine were both involved with the Missouri Council for Activity & Nutrition.

Our Inaugural Dietetic Internship Certificate Class!

Hillary and the interns at Mille’s celebrating their graduation. Interns Front L-R: Katie, Lauren K, Lauren W. Back L-R: Hillary, Hamilton, Jasmine, Rachael

“As long as you have the basic skill set as a dietitian….you can take that knowledge to ANY area you wish and apply your skills there.”

Sharon Carpenter Phillips, RD 1993 Graduate

Stephanie Wells of Mercy was awarded “Preceptor of the Year” by the interns as she most embodied the mission of the university.

Our own Jane Thompson of CMH was awarded “Excellence in Mentorship Preceptor” by the interns for her ability to challenge the girls to learn more.

Lauren Whaley was able to work with Prime Trucking, Inc., in working to assist them to help their truckers make better choices while on the road and at home. She told us about the challenges that truckers face while on the road, sometimes for weeks, and her role in developing wellness efforts aimed at improving their health, as well as their regular employees. She pointed out that this is definitely an area where dietitians can be of great help. Good job, girls!
Clinical Case Study Presentations

Our First Annual Clinical Case Study Presentations were held May 8 in the Professional Building Room 411. Our interns presented their clinical presentations to a nice sized group of faculty, students, and preceptors and taught us a great deal!

Lauren Whaley’s topic was a little known condition called Russell-Silver Syndrome. Children with this disorder have serious feeding issues and with weight gain, etc. She also told us about a website called Magic Foundation that has a great deal of resources for us when working with unusual syndromes.

Hamilton Manifold presented her study called “A Clinical Case Study of Pediatric Burn” and addressed formula issues with pediatric burns.

Rachael Wolf talked to us about Parenteral Nutrition Shortages that are of great concern to clinicians at this time. Some shortages are due to high demand because of discontinued or recalled products. Regardless, this is a concern and certainly impacts patient care.

Lauren Kopkowski presented on FPIES: Food Protein-Induced Enterocolitis Syndrome. This is a very unusual condition that causes very young children to get violently ill approximately two hours after eating and stay ill for two—four hours. Thankfully, they do outgrow this, but in the meantime, parents must be very cautious with protein intake and preferably use a special formula.

Jasmine Whitaker talked with us about Chylothorax, which occurs occasionally after trauma caused by thoracic surgery resulting in chyle collecting in the pleural cavity. This condition is corrected by surgery or corrects itself but is often treated with specialized formulas as fat must be restricted in the diet for at least a few weeks.

Katie Koerner presented a very interesting discussion on her work with a young ESRD patient that she attempted to help through use of technology and smart phones in management of his ESRD. Her presentation was called “There’s an App for That” and gave some great info for us on apps that are available not only for us, but for our patients.

Party Time—including awards!

After the Clinical Presentations preceptors, faculty, interns and their guests met at Mille’s downtown for a great meal and a fun evening. There was a beautifully decorated cake in honor of the interns and it was good for the interns to get to see their preceptors and mentors again!

Awards were presented, including awards for that made this first year so great!

Running of the Bulls Award: Katie Koerner

Hamilton Manifold represented the “Humorous Awards” as chosen by the interns as follows:

Running of the Bulls Award: Lauren K; Sparkler Award: Rachael W; Baby’s Bottom Award: Jasmine; Works like a Dog Award: Hamilton; Sharp

Congratulations, girls!

More serious awards were also given to the interns as chosen by their preceptors. The intern that most represented the “Community Engagement” component of our mission was Lauren W. Hamilton embodies “Ethical Leadership” and “Cultural Competence” was best represented by Lauren K. Katie was recognized with the “Positive Role Model” award. Rachael received an award for “Assertive Leadership,” and Jasmine for “Positive Community Outreach.”

The winners and their awards are pictured top to bottom right with Hillary.

Awards were also given to two preceptors: Jane Thompson of CMH received the “Excellence in Mentorship Preceptor” and Stephanie Wells of Mercy received the “Preceptor of the Year.”

Congratulations to Jane and Stephanie and THANK YOU to ALL of our wonderful preceptors that made this first year so great!

Well, girls. What next?

Our interns are now ready to head on to the next step of their career—take their test! They will take their exams soon, but they are already looking for jobs and some have already found one!

Jasmine Whitaker will be headed to the KC area to work with Wyandotte Co, KS WIC as a nutritionist.

Rachael Wolf has taken a position with Lincare Enteral in Fayetteville where she will be traveling doing marketing as well as patient care and management.

Hamilton Manifold will be attending an accelerated nurse practitioner program in women’s health at Vanderbilt where she hopes to be able to successfully combine nursing and dietetics in her future profession.

Lauren Whaley is awaiting word on a local position and we hope she gets it!

Lauren Kopkowski will be headed back home towards Ohio and seeking employment there.

Katie Koerner will also be heading back home but her home is in the far north of Wisconsin. She has some very interesting prospects and we wish her and Lauren K the best of luck in their search and all with their exam and their future careers!
As the internship comes to an end, I am sad to say that my time with Hy-Vee and Missouri First Steps also comes to an end. Over the past 6 weeks, I have had the privilege of working with Hy-Vee and Missouri First Steps to complete my Practicum Area Concentration Project.

I was very fortunate to have the unique experience of focusing much of my practicum work on marketing and advertising for Hy-Vee community events and classes. Throughout my time, I was able to work with written media through community calendar advertising and the organizing of monthly newsletters, as well as visual media through a segment with the local news and social media advertising for a Hy-Vee nutrition class. My favorite part about working with Hy-Vee is the great variety of activities and learning experiences involved with the rotation. I was able to develop my own nutrition class for the greater Springfield community, help with grocery store tours and in-store events, speak at elementary and middle schools, and participate in community events such as the Health Bash and the American Heart Association’s Heart Walk. Furthermore, I was able to work and learn from the Hy-Vee Chef, which in itself was a phenomenal opportunity. Hy-Vee is a good example of the wide variety of roles a dietitian can play, and as an intern, it was incredible to be able to see and learn those different roles.

First Steps was a unique rotation in that it was a very different population to work with, children with developmental delays or disabilities from birth to age 3. I was very lucky to have met and been able to work with the beautiful children, and their families, in the First Steps program. I enjoyed my time with the program because it had a very clinical nutrition feel, but therapy was in a natural home environment. The dietitian for First Steps focuses on the families concerns and goals, and works to help them meet those goals and achieve good nutrition. Together, First Steps and Hy-Vee ended up being a perfect pair as I was able to take the feeding challenges of many of our clients and combine that with my product knowledge and nutrition education experiences from Hy-Vee.

For example, I worked on a yogurt project for first steps (breaking down different brands of yogurt to determine which yogurt had the most calories/fat etc. per ounce) and was able to capitalize on the things I had been taught with Hy-Vee to effectively complete the project. While it will be sad to leave, I know the knowledge I’ve gained from my preceptors at Hy-Vee and First Steps will be carried with me as I become a registered dietitian.

I began the internship presenting with a fellow intern on pediatric development and advertising awareness for children, and the theme has followed me throughout the program. I have been fortunate that my preceptors have encouraged me during public health, medical nutrition therapy, and food service rotations to learn to connect nutrition to children through fantasy, adventure, appearance, fun and taste. I have had a variety of experiences including counseling at Women, Infants, and Children rotations; working with mothers and children for seminars at Missouri Hotel; and developing and presenting the menu for the new Children’s Hospital with Donna Medlin, MS, RD, LD at Mercy Hospital Springfield; and finally working at Head Start to develop nutrition curriculum for preschoolers.

As a dietetic intern, and soon to be dietitian, I understand the unique opportunity I have to educate children about food through taking advantage of the ever-present psychosocial factors of eating. For my program area concentration, I was fortunate to work with Crystal Spangler, RD, LD at Head Start to conduct a research study on the impact of Choosy, an alien character who embodies the fantasy, adventure, appearance, and fun aspect that advertising companies use to market to children. I was able to use my nutrition curriculum for Head Start and Early Head Start classrooms to integrate taste with Choosy’s characterics, then conduct pre- and post-assessments surrounding the education to analyze food preferences and intake. It amazed me the connection the children had to the character, and how they enjoyed and made changes towards healthy eating when food was explained and presented in a fun manner. I was further surprised that even two year olds were able to identify with excitement the character during post-assessments. See her blog post here.

There are many questions and exciting discoveries that remain for pediatric food psychology, and I look forward to the continued pursuit of further understanding them for all realms of our varying social and economic cultures within the US.

My favorite experience as an Intern was during my Community rotation. I really enjoyed working with the homeless shelter known as the Kitchen Clinic. While working with the clinic Jasmine and I created wellness classes and provided weekly cooking classes. I particularly took interest in the cooking classes.

The day before the cooking class, we would go to the food pantry across the street from the Clinic and find ingredients for our recipes. Our goal was to show recipes that would fit the needs/lifestyle of this demographic. We also tried to use cooking methods that would be accessible to homeless people. This required a little bit of creativity, but it was really fun.

The most interesting cooking class we held was over a campfire. We dug a hole into the ground and built a small fire in the bottom. After the flames had turned to coals we began to prepare our delicious meal of cornbread and chili by placing a metal grate over the fire. In order to cook the cornbread thoroughly, we took a cardboard box and lined it with aluminum foil to prevent it from catching fire. We then covered the cornbread with the box and let it cook for around six minutes. It turns out that cooking over a fire is very fast! We used a cast iron skillet for the chili that was over a campfire. Everything had a smokey taste and it was very yummy.

During our cooking class we talked with the homeless about items and strategies of cooking over a fire. It turns out that aluminum cans work well for small batch cooking. This experience really opened my eyes to offering nutrition information to the public that is relevant to their needs. And it also showed me that I need to be creative in my recommendations. Everyone is going to have different capabilities based off financial status. It is important to remember to make nutrition education applicable. Sometimes you just have to think outside of the box!
During our community rotations with the Healthy Living Alliance (HLA), some of the other interns and I worked on a project where we gathered and analyzed the menu of all the restaurants downtown. We chose items from the menus that we deemed “healthy” according to guidelines we established. During my last rotation of the internship, I worked with HLA again, looked over the menus once more, including the items we had previously deemed “healthy” and re-evaluated exactly what it was we were looking for.

Our goal was to make a brochure that was geared toward the working community in the downtown area, eating out at lunchtime. We thought it was important to include all of the restaurants downtown and not exclude any even if they were more on the “unhealthy” side. I chose 2 items from each restaurant and included some “tips” like, leave off the sauce, to go along with some of the dishes to make them healthier options.

We then worked with an advertising guy to get some of the wording down for the brochure as well as a couple of designers, including a French design intern, to create a great look. And then we revised. And revised. And revised. Although we didn’t have enough time during my rotation to get the brochure to print, we got some great mock ups printed by the designer to show off and hopefully the brochures will be in restaurants and other places around town in the next month or two!

So if you’re in Springfield in the next few months and see a Chow Downtown brochure, pick one up and have a look at how you can steer your clients or friends toward healthier eating downtown!

The highlight of my public affairs rotation was working alongside Stephanie Currao of the YMCA’s Local Sprouts Project in the various community organizations that she is involved in. Throughout my six weeks in this rotation, I spent a great deal of time serving on various committees for community organizations.

Two of the organizations that I served on include Ozarks Regional Food Policy Council and the Local Foods Access Team. The Ozarks Regional Food Policy Council recently launched a citizen-led regional food system assessment process and brought together a broad and powerful cross-section of the community to complete the assessment. The goal of this organization is to pursue recommendations that support the region’s development of a sustainable and equitable food system.

The Local Food Access Team, a team of individuals in Springfield who are involved in various local food efforts, has been working with Springfield Public Schools on an application for a Farm to School Planning Grant. Serving on these committees/teams allowed me to learn a great deal about food policy and community work. It gave me a better understanding of the type of work that individuals in the public affairs and public health fields do. After spending so much time working alongside public health advocates, I have come to have a greater respect for this field of work, and feel that I would very much enjoy working in public health.

In addition to the above, on Saturday April 27, with the help of another intern, Jasmine Whitaker, I put on a health promotion event for the YMCA’s Healthy Kids Day. At this event Jasmine and I handed out homemade banana soft serve, which is made solely from bananas. Though the event happened to fall on a rainy day, we felt that our activity was successful, and we had a great time together during the preparation process!
Imagine waking up in the morning, walking into your kitchen to make a quick breakfast, and opening your pantry to find empty shelves. Why does this happen? We cannot make a blatant statement in this situation. People from every walk of life have to go without food for one reason or another. I have seen this many times at Crosslines. Crosslines is an organization run by the Council of Churches in Springfield, Mo. This organization is set up like a grocery store. People who are in need of food and other necessities can come three times a year if needed. Missouri State dietetic students have the opportunity to volunteer with this impactful organization. Volunteers assist clients as they walk through the “grocery store.” The client will receive the proper amount of emergency food assistance based on the amount of members in the household. Many of these foods are processed and not ideal from a nutrition standpoint. However, it is better that a person eats these foods than none at all.

There are certain tips and tricks that I have shared with clients I have worked with at Crosslines. These include: Rinse canned vegetables to reduce sodium content by 40% and drain the syrup from the canned fruits in order to reduce the sugar content. A need I see at Crosslines is for dietetic students to create handouts about meals that can be created with the “staple” pantry foods available. For I have heard many of the client’s say “We’ll eat hot dogs tonight and macaroni tomorrow,” but a more nutrient dense meal could be a hotdog and macaroni casserole with canned carrots or another type of vegetable. To share these ideas with a client would be extremely beneficial.

It is always a rewarding experience to volunteer at Crosslines. The people who work there care about the people they are helping and they really appreciate the volunteers. Contact Sarah Murray in order to be a scheduled volunteer and help make a difference!

—Chelsea Chastain, Senior

Carmen’s note: We have been fortunate to have Crosslines allow our students to schedule as volunteers on a regular basis. The pantry is open daily 9—1:45 and is a great place for students to get real world experience. Sarah has done a great job coordinating our CASL volunteers as well as just those who want to volunteer. AND we love their new home where the old Ozarks Food Harvest was! Thanks, Crosslines!

This year SDA has accomplished many different things! With the increasing membership to 73 members on CampusLink student involvement has never been at its highest. This year SDA members participated in a variety of different volunteer opportunities like Sertoma Chili Cook off, Juvenile Courthouse, Boys and Girls Club, and the Heart Walk. The Chili Cook Off was a great and fun event where members got to cook a nutritious batch of a Cajun white chili recipe. Although SDA did not win, we got a lot of compliments on how the chili had great flavor and everyone loved the fact it was low in calories. One of the biggest achievements this year was the Heart Walk. SDA raised $985 dollars for this event! SDA really advertised to spread the word to fight for this cause. We had a lot of support from the BMS department as well other students on campus. This year SDA members became closer to each other. More social events were provided with good turn outs! The end of the year is near and with the transition of the new SDA officers we can keep SDA moving in the right direction and continue for more success next year!

—Rachael Drake, President
For the very first time SDA was able to participate in the 2013 STAR award ceremony sponsored by the Office of Student Engagement. The STAR awards acknowledge student talent and recognition, both individually and within organizations, throughout the year. SDA received the STAR award for Distinguished Merit. SDA was also nominated as a group for Outstanding Service/Volunteer Program and Leadership/Membership Development.

There were also individual nominations. Rachael Drake and Jordan Nichols nominated for Outstanding Senior; Jessica Scillian for Outstanding Junior; Xavier Pearson for First Generation, and Lindsay Fassero for Outstanding Student Employee, and Sarah Murray for Outstanding Organization Advisor.

The STAR award ceremony was held April 29th in the Grand Ballroom of Plaster Student Union. All individuals nominated were able to attend and served a meal provided by MSU catering. Future SDA President Mandi Christiansen and Vice President Chelsea Chastain also attended on behalf of SDA. Thanks to all SDA members who gave their time and effort to make SDA so successful this year!

On many great opportunities in working with the Latino population. Some of these include interpreting at the Kitchen Clinic and helping out at events with the Hispanic Initiative such as Club de Cuentos, a reading clubs for kids. Serving on the board of LEAL (Leading in Education to Approach Latinos) this year has given me the opportunity to strengthen my friendships with Latino students, help lead events such as the STEP Conference to encourage Latino high school students to attend college, and, of course, improve my Latino dancing skills! This past year, I had the opportunity to take a more direct role in nutrition education at the Hispanic Health Fair, where we educated Latinos on topics such as MyPlate, diabetes, and hypertension. I also have been counseling a Latino patient at the Kitchen Clinic on topics such as portion sizes, label reading, and diabetes as part of the Healthy Living program. It is so exciting to see his improvements and weight loss since the beginning of our time together. I can attest that learning another language is definitely a long and challenging process, but being able to interact and more fully experience the beautiful Latino culture has been worth every minute of it!

Our Work at the The Kitchen, Inc.

Integrated Service Learning is a component of several of our classes at Missouri State including BMS 445 Community Nutrition, BMS 338 Food Safety Certification, and both Medical Nutrition Therapy classes. This Clinic experience was with the MNT classes.

Our experience at the Missouri Hotel involved setting up a table display to help promote a diabetes education class. We passed out fun promotional materials that included bracelets, cups and bags. These items really helped to excite the clientele for the class and prompted many positive responses.

This was a great experience and allowed us to speak with many individuals about nutrition and health.

A visit to the Kitchen Clinic was also made to promote healthy eating through a food demo. This was well received and participants were excited to eat healthy, delicious foods.

We had a wonderful experience and this showed us how eager individuals are to gain knowledge in the area of nutrition. Service learning is a great way to get involved within the community.

Right: Sarah Stewart demonstrates a quick and nutritious skillet dinner that can be made with canned items often found at food pantries.

As a double major in Dietetics and Spanish, it brings me great joy when I get to combine these two passions of mine to provide nutrition education to the Latino community here in Springfield! Over the past 4 years, I’ve had many great opportunities in working with the Latino population. Some of these include interpreting at the Kitchen Clinic and helping out at events with the Hispanic Initiative such as Club de Cuentos, a reading clubs for kids. Serving on the board of LEAL (Leading in Education to Approach Latinos) this year has given me the opportunity to strengthen my friendships with Latino students, help lead events such as the STEP Conference to encourage Latino high school students to attend college, and, of course, improve my Latino dancing skills! This past year, I had the opportunity to take a more direct role in nutrition education at the Hispanic Health Fair, where we educated Latinos on topics such as MyPlate, diabetes, and hypertension. I also have been counseling a Latino patient at the Kitchen Clinic on topics such as portion sizes, label reading, and diabetes as part of the Healthy Living program. It is so exciting to see his improvements and weight loss since the beginning of our time together. I can attest that learning another language is definitely a long and challenging process, but being able to interact and more fully experience the beautiful Latino culture has been worth every minute of it!

Canning Classes Remain Popular!

With home food preservation making a comeback, our canning classes are increasing in popularity. So much so, we now are offering four classes to run in the summer and fall. In June, we have our jelly and jam making class. In July we have our boiling water bath and pressure canning class and we can green beans and tomatoes and make salsas. In August, we have our summer canning class and we make pickles and other summer goodies. In October or November we have our fall canning classes where we use apples, grapes, persimmons, and pawpaws and make relishes and other fall goodies. Each class makes ice cream and sauerkraut. We appreciate the Fruit Experiment Station helping us with some of the fruits! Above; Cornelia, Haley, and Samantha show off their Best of Show ribbon!
London Calls Me

I’ve known my whole life that I’d do a semester in London, England, and here I am, living that dream. But this is so much more than just a semester abroad. By participating in the Missouri-London Program through CAPA International Education, I’ve been placed in a practicum at King’s College Hospital, working directly in the Department of Nutrition and Dietetics. This spring I’ve done such projects as compile a display for National Nutrition Week, convert the food service review from paper to electronic data collection, and assist the renal team with a study on mini-SGA’s. The practicum has taken a normal semester abroad and turned it into something I can truly brag about, something that gives my resume a boost, and something that will make me a more competitive dietetics professional. And that’s just at work. London is such an exceptionally diverse and entertaining city—between theatre shows, museum visits, cultural events, cafes, parks, and even a boat, which was something that took some getting used to. The Spanish architecture absolutely amazed me. The majority of the buildings that I was surrounded by on a daily basis were built before the United States was even discovered, which was hard to wrap my mind around.

I enjoyed every aspect of my summer in Spain. I now have a much deeper understanding of culture and diversity than I could ever have learned in a classroom. While I went to study the Spanish language, I ended up learning more than I ever thought would be possible.

Spain

I spent my past summer studying Spanish abroad in Salamanca, Spain with a group of 23 Missouri State students. I lived in an apartment in Salamanca with a Spanish-speaking woman who spoke not a word of English and with roommates from all over the world, including Ireland, Switzerland and Germany. Classes were in the morning, many which consisted of going for walks around the city or going to eat in a local cafe to really experience the culture and language of Spain. Each weekend, my Mo State group would travel to different parts of Spain. We were able to see many of the famous monuments of Spain, including the Valley of the Fallen, the Royal Palace, the Reina Sofia, Plaza Mayor of Salamanca and Madrid, Santiago de Compostella, and the ancient Aqueduct of Segovia. My favorite part of the trip was being able to experience the culture of Spain firsthand. The Spanish live an extremely relaxed lifestyle. Each day around 2 the entire city shuts down for a “siesta” (or a nap), which is something that I found extremely different from the United States. Walking is also the primary form of transportation in Salamanca. The family that I lived with didn’t have a car, which was something that took some getting used to. The Spanish architecture absolutely amazed me. The majority of the buildings that I was surrounded by on a daily basis were built before the United States was even discovered, which was hard to wrap my mind around.

I enjoyed every aspect of my summer in Spain. I now have a much deeper understanding of culture and diverse tradition that simply cannot be taught in the classroom. While I went to study the Spanish language, I ended up learning more than I ever thought would be possible.

Spain

Being able to spend a month in northern Spain with International Studies Abroad is an amazing story. I love to share with everyone. I spent five weeks in Santander, Spain while living with a host family and studying at an international university. I attended the International University of Menéndez Pelayo for Spanish language and culture classes. I was able to transfer six credits back to Missouri State to complete my minor in Spanish.

My choice to live with a local family was probably the most influential aspect of my trip. I was immersed into the culture and was able to improve my language skills with the family. My host mom provided so many resources and opportunities for me to learn more about her family and the city. Watching and learning how to cook with my host mom was so fun! I was able to apply my interest and knowledge about nutrition with cultural traditions.

Some of my favorite memories were exploring the city of Santander with the students I met after arriving in Spain. We spend our afternoons at the beach playing soccer with locals, cooling off with Santander’s famous ice cream called “Regma” and sharing stories. During my stay I took cooking lessons, hiked the Picos de Europa and watched a bullfight!
A Taste of Italy

—Jordan Nichols

Last summer I traveled with 16 others to Italy for 10 days. Our first stop was Milan, one of the fashion capitals of the world. Although we were all exhausted from traveling, we hopped on the tour bus for a quick and exciting tour of this busy city. I had my first authentic Italian meal at a tiny little cafe on the corner of the main square in Milan. I had to get pizza of course, and it did not disappoint. Our next destination was Bologna, my favorite part of the trip. We had a guided tour of Bologna in which we saw the University of Bologna, the largest library I have ever seen in my life, and the first ever dissection classroom. The next stop on our itinerary was one of the most beautiful cities in the world, Florence. We took a day trip to Parma and learned all of the ins and outs of a parmesan cheese factory, along with some taste testing. We stopped at a small balsamic vinegar distillery and winery near Modena. The sweetest elderly couple owned and operated the vineyard which had been in their family for many years. The balsamic and wine was great! We visited an olive oil press and ate lunch at a “slow food” restaurant which was wonderful! When we arrived in Florence we toured the city and were able to see some of the greatest art in the world, including Michelangelo’s “David.” Florence is also one of the biggest leather producers in the world so we took a leather making class and learned how to differentiate between real and fake leather. Gelato was a staple in my diet while I was in Italy, so another highlight of the trip was visiting the Gelato University and learning how to make gelato, and of course, test tasting various flavors. We also had a small detour to Pisa to see the tower and then on to learn about St. Francis of Assisi and see the cathedral where he was buried and to Perugia for the chocolate factory. The final stop was historic Rome. We spent the most time in Rome of all of our destinations, exploring the Colosseum, Vatican City, Roman Forum, the Pantheon and lots of cathedrals. All of the sight-seeing was a valuable experience, but what I will never forget is the food. Everything I had ever imagined about the food in Italy didn’t even come close to how it actually was. Let’s just say, I’ll never be able to eat “gelato” in Springfield ever again. And best of all, the friendships I made on the trip are ones that have made my final year at Missouri State better than ever. If you have the chance to travel abroad, do it. You will make memories that will last a lifetime.

El Salvador — Land of Smiles

The trip to El Salvador with the Biomedical Sciences Department was so much more than I expected. I have always wanted to see other places and be able to travel, but I was sure that I would never get the chance to go. Being immersed in the culture, rather than just being there as a tourist was the most amazing part.

Seeing how different their daily life was from ours here was kind of daunting. Every day, though, there were little things that happened that reminded me how we are all people with the same essential needs no matter where we are or what our status in society is. Seeing the joy and contentment in those who had so little really made me look at what was important and what I valued. I really enjoyed all of the work that we got to do within the community, especially with the children. Working with the adults in the community was more challenging because of the language barrier.

Tanzania Travels

We are so grateful for our partnership with Convoy of Hope, which allows us to work with their children’s feeding centers in so many ways. This January, two students traveled with me to Tanzania where COH is beginning a new feeding initiative. Briefly, here is what Leann and Aubrey experienced—and be sure to check out our YouTube video! —Carmen

On the third day we were engulfed in the beautiful Masai village of Engaruka for another day of service. We experienced different languages, social issues, traditions, and the culture. We led a seminar about the importance of water, proteins, hygiene, and MyPlate (Tanzania Style). The translator was very helpful in the process and made it much easier for the group of women to understand, ask questions, and feel as if they had a connection with us. After the seminar each woman who attended the meeting was given a bag of dry beans. We not only helped the Masai women of Engaruka, but also were helped in return. We became aware of the functions and life duties these women face on a daily basis and the importance of and how valuable their family and time was to them. After this trip we realized how blessed we are for all our opportunities and options we have been given and are extremely thankful to COH for giving us the opportunity to serve in Tanzania. —Aubrey

A Taste of Italy 2012

We had a great trip—including too much fun at the Colosseum. Check out our YouTube video!

Our 2013 Team to El Salvador

L-R: Chelsea Chastain, Tori Eaton, Rebekah Allen, Lindsey Fassero. Front: Bridget Tabora. In tree bottom to top: Mandi Christiansen, Jordan Whanger, Lisa Buck

Arusha, Tanzania, January 2013

This picture was taken at Engaruka after the seminar with the women. L-R: Gloria, (COH) Leann, Daudi, (our host) Onesto and Rayhama (our interpreters), Aubrey.
**FRENETIC FACULTY DOINGS**

**OUTSTANDING DEAN!**

**DR. HELEN REID**

Dr. Helen Reid was awarded the Excellence in Service-Learning Award through Citizenship and Service Learning (CASL) this May at the All-Faculty Recognition Reception. She received this award for her outstanding support of CASL as Dean of College of Health and Human Services (CHHS). CHHS had over 800 students providing more than 23,750 hours of service which represented $446,631 in 2012. Under Dr. Reid’s leadership, 36% of total student participation and 39% of total service hours for the university were provided by CHHS students, many of which were dietetics majors! Thank you, Dr. Reid for those opportunities you have allowed faculty and students and such an outstanding contribution to our college and the University! She was also recognized for forty years of service to the University, many of which were years as our program director. Congratulations!

**CARMEN BOYD**

Carmen Boyd has been very busy this past year but will quickly tell you that the highlight of her year has been the birth of her second grandchild - a grandson - last July. Everything else pales in comparison, but it has been a fun travel year with students, thanks in part to further partnering with Convoy of Hope. She was able to take two students to Tanzania in January to begin work with their new feeding program there in addition to the yearly spring break trip to El Salvador. This trip was the result of her being selected for a CASL Faculty Research Stipend last fall. This research project will continue throughout the year and we hope that our work with Tanzania will continue. Carmen was also honored by being selected to receive the University Foundation Award for Service in May. Her selection for this award was in part due to the international service learning work through the international programs in the dietetics program.

She was also co-author of a presentation at the American Public Health Association Annual Meeting in October in San Francisco, CA along with Michelle Day, Susan Dollar, Jan Atwell, and Carrie Lines. It included a poster presentation called: "Functional Health Literacy Training for Seniors with Health Professions Students." This was the culmination of the “Senior Health U” grant they had been working on for the past three years.

**DR. ANNE MARIE HUNTER**

Dr. Hunter had a poster session in September 2012 at the International Congress of Dietetics in Sydney, Australia on Mentoring as the Segue to Leadership in Dietetics: A Grounded Theory Study. The poster was acknowledged as Highly Commendable for Qualitative Research in Dietetics by the Congress. The article was later published in Topics in Clinical Nutrition Volume 27 Number 4 October-December 2012:316-324 as a Feature Article. Dr. Hunter also presented it at the poster session for the MINK conference in Kansas City in April 2013.

Dr. Hunter has served this past year as the Vice Chair of the Council on Future Practice for the Academy of Nutrition and Dietetics. A significant accomplishment of the Council has been The Visioning Report - Moving Forward - A Vision for the Continuum of Dietetics Education, Credentialing and Practice which was completed September 9, 2012. It was the focus of an all day Dialogue Session at the House of Delegates meeting at FNCE in Philadelphia in October. The Visioning Report contains nine recommendations regarding projections of what is needed in the future for the benefit of the public and the profession. Dr. Hunter presented it at Areas 2 and 5 for the Nutrition and Dietetic Educators and Preceptors (NDEP) DPG in St. Louis in April 2013. It was presented to all other area NDEP DPGs by other Council members. Both The Visioning Report and the Final Report of the January Joint Meeting of the Council, ACEND, CDR, Education Committee and NDEP representatives are available on the Academy’s website at http://www.eatright.org/futurepractice.

Dr. Hunter’s Research class continues to participate in the ROTC Weight Management Research Project which allows them to have hands on experience while learning research methods.

Dr. Hunter faced some health challenges this year, and wants to thank her Dietetics and CMB colleagues for their help covering her responsibilities and their well wishes. She also thanks her students for their adaptability, and their welcoming her back to their classroom.

**DR. SOCKJU KWON FOGLEMAN**

Sockju Kwon Fogleman got married on June 10th, 2012 in Springfield, and her last name is now Fogleman! She will keep her last name in the middle, Sockju Kwon Fogleman. She had another busy year in the program and was awarded one university grant and submitted one USDA grant as follows:

- Awarded the 2013 CASL research stipend: An investigation of discrepancy in understanding food safety and sanitation procedures between food service owners/managers and food inspectors. **$1,680**
- USDA Grant (Pending): Improving the Produce Food Safety Culture in Korean Restaurants in the U.S. **$80,115**

One of two articles submitted in 2012 was accepted and published; the other one was accepted and will be published in fall 2013:


She successfully presented her research outcomes at several different conferences:

- The Difference of Behavioral Intention regarding Food Safety Training between Food Inspectors and Restaurant Owners or Managers: Preliminary Study at Academy of Nutrition and Dietetics Food and Nutrition Conference and Exhibition in Philadelphia, PA on Oct 8, 2012
- Integration of service-learning and undergraduate research with Food Safety certification course in a Didactic Program in Dietetics at Foodservice Systems Management Education Council Biennial Conference in Columbus, OH on Mar 21, 2013.

Personally, she visited her family in Korea. While there, she never stopped working. She delivered a speech titled: Future of dietetic students: roles of dietitians in the United States. She encouraged the Korean students to have positive attitudes towards their professions, build experience in many areas of dietetics during school years, think critically in the social issues and our professions, and be involved in Public Policy as future dietitians.

Finally, she is on her way to develop an online Human Nutrition and Metabolism for Summer 2013!
Natalie Allen

Natalie is celebrating her 5th year at Mo State and is now Clinical Faculty with responsibilities divided between academic teaching and clinical work. Her focus is on Sports Nutrition and Athletes. In addition to teaching our Sports Nutrition classes, she also provides sports nutrition counseling for 400 Mo State student athletes and also with the St. Louis Cardinals. Along with Noah Alldredge, she also coordinates the Body Composition Lab which is fully functional and open for business! Natalie routinely posts for the BMS blog and is our unofficial media person. She recently attended media training lines with the students.

Sarah Murray

Sarah continues to teach the Food Prep course, the Heart Healthy cooking series, and Nutrition Education. She is also teaching the lecture in Community Nutrition and coordinating labs. In addition, Sarah has been coordinating various volunteer opportunities for students out in the community. Some of the organizations that the students have been consistently working with include The Kitchen Clinic, Missouri Hotel, Crosslines, and the D.I.R.T. Project with Springfield Public Schools. Coordinating these experiences and teaching students outside the classroom has been very rewarding!

Sarah continues serving on the Healthy Pantry Collaborative and has been volunteering at Crosslines with the students.

Kathy Beberniss—BMS 130

Kathy continues to volunteer regularly at Convoy of Hope & Meals on Wheels. Her BMS 130 students are involved with selecting the local charities that she supports with jewelry sales and demonstrations at the First Friday Art Walks. Her newest undertaking is the development of furnished doll houses for children in Ronald McDonald houses. (The original plan was actual hospitalized children but infection control issues necessitated a slight change in direction.) As a now co-guardian of a 4-year-old and the addition of twin granddaughters this past year she has plenty to keep her from getting bored.

BMS 130 continues to draw students from a number of career tracks allowing students to interact with a broader array of interests than they might normally encounter. The research papers they completed really opened their eyes as to just how hard it often is to get real facts when something sounds too good to be true! That and their 3-day recall really opened their eyes to nutrition in the real world. We continue with hands on application of concepts presented in class and plans are underway to incorporate more web-based opportunities. The other aspect that will be added in the fall will be more insight into food insecurity and what their part could be in resolving those issues. We will be looking at local programs, with an option for actual volunteering.

Hillary Roberts

The 2012-2013 academic year flew by! Being Internship Director has been such a rewarding experience and I will greatly miss the inaugural class! Interns, if you are reading this, thank you for all of the fond memories and for helping to make this internship one of the best!

I’ve continued to serve on the Healthy Living Alliance advisory board and provide the grocery store tour for the Missouri State employee wellness program called CHIP, Complete Health Improvement Program. Both of these programs have also expanded to aiding in mentoring the dietetic interns.

As many of you know, I love to sew messenger bags and purses. I recently opened an Etsy shop called HLR Sewing! Don’t hesitate to send me an email if you are interested in having me sew a messenger bag or purse for you!

Danika Novotny—Graduate Assistant

When I decided to go back and finish my master’s, I could not have imagined what a jam-packed first year it would be! Through my GA position, I have been able to participate in exciting projects such as working on a research study for Dean Reid, getting trained on the DEXA, participating in volunteer activities, and, my favorite, teaching two sections of BMS 240. I love teaching, and I have thoroughly enjoyed every part of it (even grading!). However, the most eye-opening thing has been seeing how much the program has grown! I thought our program was great back when I was in it, but it is truly better than ever as Carmen, Hillary, Natalie, Sarah, Dr. Hunter, Dr. Kwon, Kathy, and Shannon have made it exceptional with their wealth of knowledge, caring attitudes, and the unique opportunities provided to students. It’s been fun to be a part of it!”

Amy Roets Easterwood, RD

Amy works with Lakeland Behavioral Systems. Adam Pruett, RD is a 2007 graduate and has been helping Hillary with BMS 335 Nutrition Assessment this spring. Adam is the Nutrition Center Coordinator at Mercy in Springfield. We also have Tara Stulce, RD/LD, MPH who is working with us on some online work. Tara works for a nursing home consulting agency and has taught for us in the very recent past. We also are lucky to have Hillary Mayes as our college advisor. Hillary advises virtually all of our pre-admission dietetics majors and does a wonderful job getting these students ready for their time as dietetics majors. She is also working with the new Health Services major and has been instrumental in the design of the curriculum.
Deborah Baty works as a RD with the Texas County Health Department in Houston, MO.

Stacey Hecht Brouk works as an RD at Heart of America Bartiutics in St. Louis. She completed her Master's in Dietetics from Kansas State (through the GPIDEA program) in December.

Carrie Fox – is in Seoul, South Korea teaching English at Korea Poly School. She will returning to the states soon.

Courtney Joines is working at Mercy in Springfield as an outpa- tient RD in the Cancer Center.

Joshua Lockwood. – Completed the US Army internship and is an RD stationed at Ft. Bragg. He is really enjoying all the Army has to offer and participating in some very interesting athletic events! Thank you for your service!

Heather Grove Bairfield, RD is a stay at home mom to their 2 children in Fredericksburg, TX.

Alison Watson, RD is a dieti- tian at St. Louis Psychiatric Rehabilitation Center and at St. Elizabeth’s. She has a very cute brand new baby boy!

Kayla Otteson works as an RD at University of Mo Health Care at Women’s and Children’s Hospital in the Pediatric Diabetes and Endocrinology Department. She does both inpatient and outpatient counseling. She is also in the MPH program at MU and contributes to the Colum- bia Tribune’s Community Kitchen Blog. She is a past Young Dietitian of the Year in Missouri.

Jessica Miller is an RD at Citizen’s Memorial Hospital in Bolivar. She and her husband very recently celebrated the birth of their 3rd son.

Amy Dueck Dewaele is in Van- couver where she works as a renal dietitian working in hemodialysis.

Lindsey Pope Kelsay is an RD at CoxHealth where she works on the surgery floor and covers GI disorders and behavioral health.

Crystal Creasy Spangler is the RD for OACAC Head Start in Springfield. She and husband Tom have a young son. Crystal also is a preceptor for our new internship!!

Stephanie Revere is an RD at St. Louis Psychiatric Rehabilitation Center and at St. Elizabeth’s. She has a very cute brand new baby boy!

Kayla Otteson works as an RD at University of Mo Health Care at Women’s and Children’s Hospital in the Pediatric Diabetes and Endocrinology Department. She does both inpatient and outpatient counseling. She is also in the MPH program at MU and contributes to the Colum- bia Tribune’s Community Kitchen Blog. She is a past Young Dietitian of the Year in Missouri.

Jessica Miller is an RD at Citizen’s Memorial Hospital in Bolivar. She and her husband very recently celebrated the birth of their 3rd son.

Stephanie Hinkle, RD has recently moved to the KC area from San Diego where she worked with Sodexo as a Pa- tient Services Manager in Food Services and a GM position at a rural hospital where she also worked clinical. She is now working for Morrison’s as the Patient Services Manager at a 500 bed hospital in KC.

Megan Summerville Callahan is an RD with the Hy-Vee in Lee’s Summit East and knows she is in her dream job!

Leanne Donovan is an RD with Insight Dietitians in St. Louis after completing her Master’s at UMKC.

Katie Gump Long is working with the Missouri Department of Elementary and Secondary Educa- tion in their School Food Services division.

Tiffiny Van Sickle has received her certification as an American College of Sports Medicine Certi- fied Personal Trainer. She is working at Mercy as a fitness instructor and personal trainer.

Amanda Smith completes her Associates in Dental Assisting through OTC in May and begin work in Ozark as a dental hygienist.

Sarah Durnbaugh Crawford completed her Master’s in Public Health at Mo State and is now working in KC with the Kansas City Health Department.

Whitney Norman Taylor completed the Physician’s Assistant program at Mo State and is now practicing Family Medicine in Honolulu, Hawaii. She and her hus- band are expecting their second son later this year.

Lisa Neubrand Jones is the WIC nutritionist for the Living- ston County Health Center in Chillicothe. She and her husband have a son and a daughter.

Yumi Hatakeyama is in Tokyo where she works as a clinical manager for Novartis.

Susan Wall Combs is in the KC area working with Corner, a health care IT supplier. She is a team manager working with up- grades in Pharmacy.

Remember………

Brian Gens??? He has just left St. Luke’s in KC to take a position with Children’s Mercy where he will be working in formulary. He is working towards completing his degree online through K State. He misses us!

Emily Cross??? Emily came back to Mo State for a re- fresher and then accepted an internship position in Indiana. She completed that internship and passed her RD exam last fall! Way to go, Emily!


2007-2008 = 25 grads
2002—2003 = 16
1997—1998 = 13
1992—1993 = 15
1987-1988 = 12

BDA/Dietetics was formed in 1984 and data beyond that is not accurate for dietetics.
**15 Years Ago—1997—1998**

**Ginger Beason** is living outside Fayetteville enjoying being a stay at home mom for two boys. **Barb Blaha** is in Springfield and doing something that is becoming more popular. She has been working with an RN within her church offering classes on diabetes care and weight management to parishioners through their health care team. On the cutting edge!  
**Connie Cortez Garrett**, RD is at Cox Walnut Lawn in Springfield. **Andrea Sitzwohl Clark**, RD is an RD at St. Louis Children’s Hospital where she specializes in Cystic Fibrosis and is a Pediatric Intensive Care Specialist.  
**Kasi Wilsman DiBello** is a Vet Tech in the Lake of the Ozarks area.  
**Greatchen Rhea Chudy** is in Columbia and works at Yoga Sol. **Natalie Guidry** is still with USDA but is in Nashville where she has been with the Missouri Department of Operations at CNSC and works with Food Ingredient and occasionally sees our students!  
**Myra McIntosh Godsey** is a registered nurse and practices in the St. Louis area.  
**Rusell Archer** is an RD and RN working in St. Louis with hemodialysis.  
**Mary Snyder Duff** is in Springfield. She and her husband have 2 daughters and a son. She works as an RD at Select Hospital.  
**Debra Rayfield Waters** is an RD and is in Eureka, MO.  
**Lauren Cochran Bonafide** is an RD with North Kansas City Hospital in NKC.  
**Jennifer DeClue Nardella** is Huntsville, AL where she is a busy stay at home mom.  
**Wendy Behlke Greyowl** is in Springfield and the editor of The Daily Events newspaper for Greene and Christian Counties.  
**Dale A Huff** is the owner of Nu-triformance and Athletic Republic in St. Louis, MO.  
**Angela Welsh Jacobs** is an RD in the Columbia area.  
**Jodee Lamp**, MS, IBCLC, CLC works with St. Francois County WIC where she is the Nutrition Coordinator, Breast Feeding Peer Counselor Coordinator, and the Breast Feeding Coordinator.  
**Anna Broecker Yates** is an RD and lives and works in the St. Louis area.  
**Lisa Heavin Emmert** received an MS in Human Nutrition from the University of Alabama. She currently lives in Little Rock, AR and works at Arkansas Children’s Hospital. She is a CDE and works with the Pediatric Endocrinology Department.  

**MISSING ALUMNI**

Where are you?
- **Elizabeth A Johnson Blau**
- **Tim Hollman**
- **James Loomis**
- **Pippa Stapp Hankins**
- **Cammy Tucker McGuire**
- **Etta Howell Smith**
- **Sara Wolfe**

We would love to hear from you!
- **Christy Bryan**
- **Lisa Miller**
- **Kathleen Stevens**
- **Amy O’Brien Cooper**
- **Jo McPherson Lay**
- **Sherri Toye Pitchford**
- **Lori Straus**
- **Christine Fischer Bruni**
- **Mary J Hamann Lowry**
- **Shelby J Gray**
- **N Catherine High Montgomery**
- **Linda K Simmons**
- **Teresa Schmitz Regot**
- **Vicki Yorisek-Isaac**
- **Mary Kilgore**
- **Dawn Willson**
- **Emmalyn Aiken**
- **Debbie Mattingly**
- **Heidi Sutton Vanderplas**

**1982-1983**

**Susan Barton Lensen**, RD lives and practices in the St. Louis area.  
**Myra McIntosh Godsey** is a registered nurse and practices in the Kansas City area.  
**Lorie Tucker Peterman** is a lactation consultation at Freeman Health Systems in Joplin. She received her IBCLC in October 2012. She and her husband have two children.  
**Teresa Cozart Drury** works in student development at St. Charles College in St. Charles.  

These Alums Were Lost But Now Are FOUND!
- **Tara Miley Sallee ‘97** is an RD with Hy-Vee in Belton!  
- **Carrie Phillips ‘97, RD/LD** is at Mercy in Joplin.  
- **Amanda Kreutner Gavel ‘97** is an RD practicing in Tucson!  
- **Jennifer Lear Daves**, RD/LD ‘02 is practicing in St. Louis at St. Luke’s Hospital.  
- **Julie Howe ’97 , MS, RD** is in South Carolina working with a state-run intermediate care facility as their lone dietitian. She finished her Master’s at University of Southern Mississippi. She and her husband have a daughter.  
- **Stephanie Collins Peterman ‘97** is no longer an RD but is teaching at Blue Springs after receiving her Master’s in Education from CMU. She is the Cheerleading Coordinator and Coed Cheerleader Coach. She has two daughters and is working on her Specialist Degree in Administration.  
- **Dennis Lane ‘93** continues to work in the food technology industry and has several creations to his credit!  
- **Brenda Smith Evans ‘87, MS, RD** is practicing in Mesquite, TX.

1978. Yes. 35 years ago!

**Denise Robbins Thomas** is in Reno, NV where she works independently as a florist. She has also worked in medical records. **Deborah McClurg-Hitt**, RD has been with the Missouri Department of Health and Senior Services for a number of years in Jefferson City. She is a Nutritionist III and assists with the Nutrition Risk Factor and Assessment testing in MOWINS (Missouri WIC Information Network System) and provide nutrition technical assistance to Gasconade, Osage, and Montgomery counties. We extend our sympathies to her on the death of her husband, Mark, in March of this year.  
**Carmen Boyd, RD** is the program director at Missouri State where she has taught since 1991.

**Missouri State Alumni Association on Facebook**

**20 Years Ago—1992-1993**

**Kim (Schroeder) Kurian Hiner** is a photographer, photography teacher, and artist in New Mexico. **Emily Lock Aughman** is a practicing RD in the Jeff City area. **Karl Badalian** is an RD with the Bureau of Prisons where he has worked for many years.  
**Jane Thompson** works at Citizen’s Memorial Hospital in Bolivar where she has been an RD for many years. She is looking forward to retirement soon! She has also assisted with our internship. **Mary Zumwalt** is the Director of Member Services at Ozarks Food Harvest in Springfield.

**1993-1994**

**30 years ago!**

**1987-1988**

**These Alums Were Lost But Now Are FOUND!**

**Where are you?**
- **Elizabeth A Johnson Blau**
- **Tim Hollman**
- **James Loomis**
- **Pippa Stapp Hankins**
- **Cammy Tucker McGuire**
- **Etta Howell Smith**
- **Sara Wolfe**

We would love to hear from you!
- **Christy Bryan**
- **Lisa Miller**
- **Kathleen Stevens**
- **Amy O’Brien Cooper**
- **Jo McPherson Lay**
- **Sherri Toye Pitchford**
- **Lori Straus**
- **Christine Fischer Bruni**
- **Mary J Hamann Lowry**
- **Shelby J Gray**
- **N Catherine High Montgomery**
- **Linda K Simmons**
- **Teresa Schmitz Regot**
- **Vicki Yorisek-Isaac**
- **Mary Kilgore**
- **Dawn Willson**
- **Emmalyn Aiken**
- **Debbie Mattingly**
- **Heidi Sutton Vanderplas**

**SHOOT US AN EMAIL!**
BARBARA KEY HIGHFILL, MS, RD —1997

As for my adventures as a dietitian, after graduation from Missouri State, I was accepted into the internship program at the University of Nebraska at Lincoln where I started my internship and their Master’s program.

The first semester I taught a food service lab class. This helped to offset the costs of out of state tuition, and, oh, what an experience—not sure if the students or myself learned the most that semester!

I finished the internship in 1998 & decided to move to Topeka, KS so my husband & I could live in the same state!!! We thought that was a novel idea!! I finished my Master’s degree at Kansas State University in Manhattan, KS where I received my Master’s in Institution Administration.

Currently I am employed as a clinical dietitian for Select Specialty Hospital in Topeka. It is a long term acute care hospital and we primarily care for medically complex patients in this setting. It can be very challenging at times, but I do enjoy working with this type of patient. I have also worked as a food service director for a public school system, as well as taught food service classes for the state of Kansas for school food service employees. I have been active in KDA & served as a legislative liaison in past years. Unfortunately, I am not as active now in KDA as I probably should be. I am thankful that you & Dr. Reid, as well as, the other professors helped to get me started on this journey—what a great place to start!

SHARON CARPENTER PHILLIPS, MS, RD ———1993

Sharon received her Bachelor of Science in Dietetics and Nutrition from Missouri State University in Springfield, MO in Spring, 1993. She then proceeded to complete the Dietetic Internship Program while also earning her Master of Science in Dietetics and Nutrition from The University of Missouri Medical Center in Kansas City, KS. Sharon practiced as a Clinical Dietitian in both hospital and skilled nursing facility settings for five years in both Kansas City and in her hometown of St. Louis before yearning for a new career in the research field. Since 2000, Sharon has honed a variety of skills through out her 13 years of experience working alongside principal investigators as a Research Coordinator.

From 2000 to 2004, she became the chief research coordinator for a large scale health-related quality of life study of veterans at the St. Louis Veterans Administration (VA) Medical Center. During this time, Sharon earned a place as a co-author on a publication in the Annals of Internal Medicine, one of the premier medical journals in the world. In 2004, she joined Washington University School of Medicine in St. Louis. Initially, she worked in the Department of Psychiatry coordinating a study of Vietnam veterans at risk for suicide. Next, Sharon transferred to the Department of Internal Medicine based back at the St. Louis VA with the Health Services Research & Development team. From 2005 to 2011, Sharon coordinated projects on a variety of topics: pathological gambling (in which she co-authored a published manuscript), chronic multi-symptom illness in Gulf War veterans, and pharmacovigilance. Sharon and her husband (a now retired Air Force Master Sergeant) decided to leave their hometown of St. Louis to relocate to Pensacola, FL in April 2011. She joined Palmer Center for Chiropractic Research (headquartered in Davenport, IA) in early 2012 as Clinical Project Manager Offsite based at Naval Air Station-Pensacola. For 11 months, she had the privilege of kicking off a $7 million clinical trial funded by the Department of Defense to assess chiropractic treatment of low back pain in active-duty military.

The beginning of 2013 has brought Sharon and her husband back “home” to St. Louis to be close to family and friends again. She has resumed employment with Washington University School of Medicine in the Department of Radiology coordinating several clinical trials using PET/CT imaging as a novel way of studying lung inflammation. Sharon has remained active with the St. Louis Dietetic Association since 1998 and feels it is extremely important to maintain her dietetic credentials and continue to network with other dietitians to stay abreast of the current trends in nutrition. Her ultimate goal would be to have “the best of both worlds” by someday conducting nutrition-related research projects.

NANCY LEDBETTER RIDGLEY, RD, CDE—1983

After graduation, Nancy began work at Freeman in Joplin in 1984 where she was Chief Clinical Dietitian. She was at Freeman until 1990. She began working at Cox Monett in 1991 where she was the Food Service Director. She began with the Wellness Department at Cox Monett in 2003.

Nancy is currently Community Wellness and Diabetes Educator at Cox Monett Hospital where she spends a great deal of her time working with Adult and Adolescent weight management. Their adult program is named “Journeys… the road to well-being.” The adolescent weight management program is the highly recognized “Committed To Kids” program. Currently the adult program has a success rate of 10% loss of body weight in 10 weeks and 18% loss of body weight in 20 weeks.

CARDIAC Kids is a community health awareness program for 5th graders in 12 Barry/Lawrence school districts. CARDIAC Kids screens children for blood pressure, BMI, and type 2 diabetes. Currently 40% of the children in this southwest Missouri area are at risk for overweight or considered overweight. Their goal is to continue to expand CARDIAC Kids to all of Missouri, one county at a time. They have expanded into Springfield through a grant with Kohl’s CARDIAC Kids. Missouri State students have worked with this program in the past as part of Community Nutrition and also in Nutrition Education. It is a wonderful program!

Nancy is also active in helping people in Barry/Lawrence county with the high cost of diabetes. Cox Monett has an annual Dining for Diabetes Fundraiser who aids those without insurance or Medicaid and cannot afford the cost of their disease. Last year they raised over $47,000.00. Health Risk Assessment has become a part of the Wellness Programs by offering biometrics and labs for Cox employees and the industries in our surrounding area. Counseling is provided and recommendations given to help people become healthier and live more productive lives. A fun thing she has overseen recently is the addition of a Mad Dogg Spinning program at the new YMCA where they have 5 certified instructors who are fully engaged in providing participants with the best workout to achieve goals.

When not working, Nancy enjoys family life. She has 2 sons, a daughter-in-law and 2 grandsons in Virginia and her daughter is soon to be a sophomore at Mizzou. Her favorite pastime is spending time with them as much as possible.
Senior Seminar Presentation Night is Great!

This year our senior seminar presentations were held Oct 11, 2012 in the Meyer Library Auditorium with approximately 70 faculty, students, friends, family, and local RD’s present. Students did a great job with their presentations. It is always nice for faculty to see how far the students have come in the years we have worked with them! Did I mention the food? It was GREAT thanks to Dr. Kwon and her students!

- Gut Microbiota and Obesity - Cause or Correlation?
  Rachel Greatwood and Kayla Fisher
- Omega-3 and Omega-6 Fatty Acids in Relation to Inflammatory Disease
  Cornelia Gradinariu and Morgan Jensen
- Nutrigenetics: Current Research Topics and Implications for Future Practice
  Sarah Owens and Maggie Danforth
- Phytochemical Inhibition of Angiogenesis in Cancer
  Xavier Pearson and Ryan Edwards
- The Effects of School Menus on Future Generations
  Sarah Stewart and Mary Freeland
- Lunasin: Leading the Way in Cancer Prevention
  Chunhui Chen and Tori Thompson
- Qysima: The New FDA Approved Weight Loss Drug
  Lauren Leible and Beth Moses
- Food Labeling and the Opportunity for Change
  Rachael Drake and Jordan Nichols
- An Alternative to Pharmaceuticals: The Epileptic Diet
  Amelia Fieseler and Katelyn Frederickson
- The “Tooth” about Fluoride
  Sesily Matthews and Rebekah Allen
- Is Consumption of Wheat Becoming a Concern?
  Kayla Hahn and Melissa Becklund
- Caffeine and Beetroot: Ergogenic or Not?
  Amanda Larson and Priscilla Estrella
- Organic Food: Is it Better?
  Sarah Karr and Brittany Essary

Senior Etiquette Dinner is a Learning Experience

Thank you, Dr. Debra!

We appreciate your taking the time to speak to our Etiquette Banquet each year. Knowledge of business etiquette is something that we know we will be using in the very near future and you make it easy and fun. Many of us will never leave our house now without “counting,” which is just one of many of the great tips you’ve given us! Thank you!

Sincerely
Senior Dietetic Majors

See how great we look? This is thanks in part to Sheila Bowen at Taylor Health who gave us a mini image workshop this past fall. We appreciate her time and efforts, teaching everyone—even Ryan and Xavier—some basic things to do and not to do. Not only at a business meal, but also at an interview or at work. None of the 3 B’s here! Thank you, Sheila! We look forward to an extended version next fall!

Catering Class Spices up Senior Presentation Night!

I was enrolled in the new catering class last semester and it was a great experience! The class gave us the opportunity to plan a catering event—the Senior Seminar Presentation Night—from beginning to end. We got the chance to learn how to prepare food for a large group of people which included the choosing of recipes that are well suited for a particular group of guests and adjusting these recipes for how many guests you are expecting. We also learned about shopping around for groceries, different cooking techniques for both large and smaller groups, venue and food decorating, customer service skills, and many other things that could be used as a dietitian! My specific position as director also helped in learning how to present information to a client and adjust it to their specific needs. Overall, this was a great class and I really enjoyed it.

Taylor Sherman, Dietetics Major
STUDENT DIETETIC ASSOCIATION YEAR IN REVIEW!

SDA teams up with the PreDental Society to teach good nutrition and brushing your teeth to the Boys and Girls Club.

SDA members help at the Meals-A-Million Pack-a-Thon at the Expo Center packing dry nutritious meals to send to developing countries.

Rebekah Allen, Rachael Drake, Jordan Nichols, and Sealy Matthews after the Homecoming 5K.

SDA Presence at the Hispanic Health Fair

Nutrition Lessons at the Community Center.

The girls sell goodies at the SDA bake sale.

Little Piggies? No—just the SDA girls at Qdoba’s burrito eating contest! * Xavier signs the American Heart Association HeartWalk board* Rachael and Rachel at the New Student Festival

SDA prepared and served a wonderful Christmas Luncheon for the University Staff Ambassadors!

The REAL reason Xavier majored in dietetics. 😊
Welcome Mo State Interns!

Congratulations to our SECOND internship class of 2013-2014. Internship Director Hillary Roberts is excited to meet our new interns and to begin work this fall, as are our preceptors and faculty! The following students have been selected as our interns for this fall:

- Angela Hazel—South Dakota State University
- Sara Ingersoll—Missouri State University, University of Kansas Medical Center
- Sarah Karr—Missouri State University
- Stefan Kensouri — Indiana State University
- Sesily Matthews — Missouri State University
- Elizabeth Serchen—University of Wisconsin—Stout

We look forward to welcoming you to Missouri State this fall!

MISSOURI STATE DIETETICS ATHLETES

Melissa Oishi, Women’s Swimming & Diving
- All-MVC First Team; 2011, 2012, 2013
- MVC Champion, 200 Yd Breaststroke; 2013
- MVC Runner-Up, 100 Yd Breaststroke; 2013
- Team Captain, 2012-2013
- Darin Kent Spirit Award recipient
- Two-time MVC Swimmer of the Week
- Athletics Director Honor Roll; FA10, SP11, FA12

Alyssa Powers, Women’s Swimming/Diving
- All-MVC First team; 2013
- MVC 3rd Place, 100 Yard Breaststroke; 2013
- MVC 3rd Place, 200 Yard Breaststroke; 2013
- MVC Scholar-Athlete First team; 2013
- Dean’s List; Fall 2011, Spring 2012, Fall 2012
- Athletics Director Honor Roll; FA11, SP12, FA12

Kate Gately, Women’s Swimming & Diving
- All-MVC First Team; 2013
- MVC 3rd Place, 50 Yard Freestyle; 2013
- MVC Champion, 200 Yd Medley Relay; 2013
- MVC 3rd Place, 400 Yd Freestyle Relay; 2013
- Athletics Director Honor Roll; Fall 2012

Leah Reitmayer, Field Hockey
- Started nine games in 2012, one goal and one assist

Hannah Steinbeck, Volleyball
- Dean’s List; Fall 2012
- Athletics Director Honor Roll; Fall 2012

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 great! Thank you!

The 2013-2014 SDA Officers
- Mandi Christiansen- President
- Chelsea Chastain- Vice President
- Nydia Garza-Secretary
- Allison Lang-Historian
- Melanie Morgan-Outreach Activities
- Aubrey Sneedeke-Outreach Coordinator
- Erin Lindhorst- Webmaster
- Lisa Buck- Treasurer

What’s New this Year?
Besides our internship! Well, we bought new equipment to support our new catering course including great serving dishes, utensils, and chafing dishes, etc. They came in handy at the Senior Presentations and at the Christmas Luncheon that we did and looked GREAT!