

REVEALING ISU DIETETIC INTERNS

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A MESSAGE FROM THE PROGRAM DIRECTOR

We have begun another exciting school year at Illinois State University. Currently, we have a class of seven interns, who are completing their fall rotations and will graduate in May 2007. The eight first year interns began in August and have come from a variety of undergraduate universities from around the United States. You can learn more about these new interns on page 2. The internship program has implemented some new uses of technology this year. Through an instructional education grant, the second year interns are receiving feedback each week for their rotation logs through a 'podcast.' Essentially, a podcast is an audio file that I create and upload for each intern to 'listen' to my feedback instead of 'read' my feedback. The response has been positive for this form and increase of communication.

The second implementation has been the creation of our new Online Journal Club! Each month the second year interns are facilitating a journal club discussion focusing on articles in the Journal of the American Dietetics Association. The journal club is open to any area dietitians, preceptors, and alumni. You can receive 1 CEU per 1 hour spent with a journal club, in our case, reading and posting on our blog spot. Check out the blog at www.isudi.blogspot.com. Our first month, September, was a great success, and our vision is for this Online Journal Club to grow and become a great communication tool and discussion site for dietitians. If you haven't received an invitation to join our blog spot, please email me and let me know you are interested!

We look forward to another exciting year with the internship program. I would like to end by thanking you for your continued interest and support of the internship!

-Julie Raeder-Schumacher



FNCE 2007 - PHILADELPHIA, PA

This year, the American Dietetics Association is holding the national Food and Nutrition Conference & Expo in Philadelphia, PA on September 29– October 2, 2007. More than 12,000 professionals will be

looking for the latest technological and nutritional advancements. In addition to conference sessions presented by leading authorities, the Expo is an integral part of this unparalleled educational opportunity.



In order to sign up for this great learning opportunity, please visit the ADA website (www.eatright.org) under Conferences and Events.

Online Journal Club:
www.isudi.blogspot.com

To request an invitation:
jmraede@ilstu.edu

MEET THE CLASS OF 2008!



(L to R) Front Row: Shanell Jones, Karlie Murphy, Vanessa Steen, Heather Dudley
Back Row: Stephanie Sanborn, Annie Weyhrauch, Lauren Ward, JoAnna Hoffman

Shanell Jones: Originally from Elk Point, South Dakota, Shanell earned her bachelor's degree from South Dakota State University. Shanell has one sister, who is currently a college student. She also has two stepbrothers and two half brothers. She chose nutrition because of the diversity of the field and the ability to help people. Moving from South Dakota, Shanell feels the weather in Illinois will be quite nice. Her favorite TV show on the Food Network is FN Challenge and her favorite pizza topping is sausage. Her dream job would be to work for Sodexo.

Karlie Murphy: Karlie is from Clinton, IL, where she has commuted to ISU all through undergrad, and plans to continue to do so through the graduate program. She has one younger sister who lives in Bloomington and goes to Heartland CC. Nutrition is very interesting to Karlie because of the role of prevention it can take in helping with chronic illnesses. Pizza is one of her favorite foods, as long as its loaded with veggies. Her dream job would include a position with first-hand experience with patients, probably counseling in a small clinic.

Vanessa Steen: Vanessa is from Mesa, AZ where she attended the University of Arizona. Vanessa was born in California, but grew up in Arizona with her two parents. Nutrition interests her due to the large impact that diet has on people's daily lives. Vanessa is still shopping for a real winter coat to be able to help her get through the winter. Her favorite pizza topping is veggie with a lot of crushed red pepper. Her favorite TV show is Everyday Italian on the Food Network. Vanessa's dream job would be working as a dietitian for a professional sports team (or a professional ice cream taster).

Heather Dudley: Heather is from Rochester, MN where she attended the University of Wisconsin-Stout. Heather grew up with one older brother and lots of pets. She is interested in the role of healthy foods in preventing/treating illnesses. Her favorite kitchen utensil is the spoon, due to its versatility. Her favorite pizza topping is supreme with Reese's Peanut butter Cups melted on top. Heather's dream job would be working on a surgery or trauma floor as an RD and a RN.



FUN FOOD FACT: The first Breakfast Cereal ever produced was Shredded Wheat

Stephanie Sanborn: Stephanie is from Rutland, VT; she earned her BS from the University of New Hampshire. She has two sisters, one older and one younger. Stephanie originally intended to go to culinary school, however that interest turned into nutrition. Stephanie's favorite kitchen utensil is Annie's meat thermometer, because it makes cooking meat simple. Stephanie loves the Food Network too much to be able to choose a favorite show. Her dream job would be a clinical position in a small community.

Annie Weyhrauch: Annie is from Topeka, KS where she got her dual degree in Public Health Nutrition/Dietetics at Kansas State University. Annie has two siblings, one older sister and one younger brother. Her mother's diagnosis of colon cancer is what spurred Annie on to be interested in the field of nutrition. Annie's favorite shows on the Food Network are Iron Chef and Unwrapped. Her dream job would be in food product development and sensory analysis.

Lauren Ward: Lauren is from Minooka, IL. She obtained her BS in nutrition from Illinois State. Lauren has one sibling, a sister who is 10 years younger, so the relationship is quite different. Lauren's passion for nutrition came from her mother's untraditional beliefs about food. Pizza is one of Lauren's favorites, so she said the only thing to hold was the anchovies. She is looking forward to starting rotations this summer to really find out what her dream job would be.

JoAnna Hoffman: JoAnna is from Wilmington, IL and she also attended ISU for her undergrad. She has one younger sister and a chocolate lab that she considers a sister. JoAnna's interest in nutrition stems from her own battle with weight as a child, and she wants to be able to help other people make healthy choices. Her favorite Food Network show is 30-minute meals, and her favorite pizza topping is supreme.

HALF - MARATHON DIETETIC REUNION



Race to the finish! ISU Dietetic Interns and Alumni decided to take the plunge on Sunday, October 1 by running in the Chicago Half-Marathon. Dietetic Interns and Alumni that took part in the race included (from Left to Right) Heather Dudley, Stephanie Sanborn, Annie Weyhrauch, Kalee Reichert, Kristen Wessel, Sandy Tolzien, and Julie Raeder Schumacher. Congratulations girls! You did a great job! If you would like to take part in the Chicago Half-Marathon next year, please contact Julie-Raeder Schumacher at jmraede@ilstu.edu for more information.



Fun Food Fact: The Average Person Eats Almost 1500 Pounds of Food per Year!

UPDATES ON THE CLASS OF 2007

Brittany Radwan: So far, Brittany has finished her foodservice rotations at Methodist in Peoria and through ISU Campus Dining Services. She is currently at Methodist finishing up her Clinical rotation. Brittany states that while she liked first year, but the second year was better because she has been able to put her knowledge into practice. Brittany hopes to get a job in the foodservice area and advises first year interns to relieve stress by getting a massage/manicure.



Mary Ellen Idstein: Mary Ellen has finished her community rotation at DMH Wellness Center and McLean Co. WIC. She also finished her Foodservice rotation through OSF St. Joseph and District 87. Mary Ellen also enjoys second year because you finally get to apply all of the information that you have been learning over the past 5 years. Her Thesis topic looks at learning styles and teaching 8th grade students about whole grains. Mary Ellen would like to have a career in Clinical Nutrition but likes other areas as well. She recommends that first year interns go out and have fun with each other to relieve stress.

Suzie Rivero: Suzie has finished her community rotations at Peoria EFNEP, Methodist Diabetes Care and Diabetes Camp. She has also completed her foodservice rotations at BroMenn and Unit 5 school district. Suzie thinks that it is hard to compare first year to second year because first year is relaxing but second year is filled with lots of awesome learning experiences. She also states that after her experiences so far, she may now be leaning towards the foodservice area of dietetics, even though she was originally set on community dietetics. Her thesis topic takes a look at nutritional genomics being implemented into coordinated dietetics programs and graduate level dietetics. Suzie's solution for stress on first year interns is to simply not stress, plan fun events with each other, and get to know the second year interns.



Andrea Eertmoed: Andrea has completed her foodservice rotations at Bloomington School District 87 and Proctor. She has also completed her clinical rotations at Proctor. She believes that the first year is much easier, but second year is more rewarding because it is closer to the finish. Currently, Andrea feels that she hasn't found her passion in dietetics yet, but is looking forward to her community rotations. Her best stress relief advise is to be with your friends. Andrea is celebrating her 2nd year wedding anniversary in November!

Lisa Flier: Lisa finished her community rotations at the Community Cancer Center and Decatur Memorial Hospital Wellness Center. She also completed her foodservice rotation at Methodist Hospital and Olympia School District. Lisa states there are pros and cons to first year and second year. She has been excited to apply her knowledge during the second year. Her thesis topic is the relationship between body image and eating behavior in freshman male College students. Lisa continues to be interested in all areas of dietetics and believes she will explore each area throughout her dietetic career. She recommends exercise for stress relief for the first year interns and just hanging out with each other.

Nisa Maleki: Nisa completed her foodservice rotations at Decatur Memorial Hospital and ISU Campus Dining. She also completed her community rotation. She enjoys marketing and advertising for promotional food items as well as cooking. She feels that she will enjoy many aspects of dietetics and will not state a specific area of interest yet. She enjoys second year more than first year because she gets to apply her knowledge and states that it is better than simply earning a letter grade.



Fun Food Fact: Peanuts are used in the manufacturing of Dynamite!

Breine Gentry: Breine finished her foodservice rotations at Decatur Memorial Hospital and ISU Campus Dining, and she has also completed part of her clinical rotations at Decatur Memorial Hospital. Breine states that the second year has been better because she has been able to put her knowledge into practice and meet some wonderful people. Her thesis topic is applying the theory of planned behavior and the transtheoretical model of fruit and vegetable consumption in older adolescents. Breine enjoys both the foodservice and clinical sides of nutrition. She is passionate about the managerial side of foodservice but also enjoys the nutrition support cases in clinical dietetics. She suggests ice cream as a stress reliever.

INTERN RECIPES

Black Bean Salad

1 (15 ounce) can of black beans, thoroughly rinsed, and drained
1 1/2 cups frozen corn, defrosted
1/2 cup chopped green onions or shallots
2 fresh jalapeño peppers, seeded and minced,
3 fresh plum tomatoes, seeded and chopped
1 avocado, peeled, seeded, and cut into chunks
1/2 cup fresh chopped cilantro
1/4 cup fresh chopped basil
2 Tbsp lime juice (about the amount of juice from one lime)
1 Tbsp olive oil
1/2 to 1 teaspoon of sugar (to taste)
Salt and pepper to taste

In a large bowl, combine the beans, corn, onions, jalapeno chile peppers, tomatoes, avocado, cilantro, basil, lime juice and olive oil. Add sugar and salt and pepper to taste. (The sugar will help balance the acidity from the tomatoes and lime juice.) Chill before serving.

Chicken Caprese

Ingredients:

2 6- to 8-ounce chicken cutlets, pounded thin
1/4 cup extra virgin olive oil, plus some for drizzling
1/4 cup balsamic vinegar
1 vine-ripened tomato, cut into thick slices
1 ball fresh mozzarella, cut into thick slices
24 leaves fresh basil, chopped
salt and pepper

Preparation:

Season the chicken cutlets with salt and pepper. Drizzle with extra virgin olive oil and balsamic vinegar, and place on grill. Cook 2-3 minutes each side. Take off the grill and place on plates, top with tomato and mozzarella slices, and garnish with basil, a drizzle of extra virgin olive oil and salt and pepper.



Fun Food Fact: Ice Cream comes from China!!

Apple-Cinnamon-Walnut Muffins

1-1/2 cups all purpose baking mix
 2-1/4 cups POST bran flakes, divided
 1/4 cup plus 2 Tbsp. firmly packed brown sugar, divided
 3/4 cup chopped walnuts, divided
 1/2 cup cinnamon-flavored applesauce
 3/4 cup fat free milk
 1 egg, lightly beaten

PREHEAT oven to 400°F. Combine baking mix, 2 cups of the cereal, 1/4 cup of the brown sugar and 1/2 cup of the walnuts in large bowl. Add applesauce, milk and egg; stir just until dry ingredients are moistened.

SPOON batter evenly into paper-lined medium muffin pan, filling each cup 3/4 full. Combine remaining 1/4 cup cereal, 1/4 cup walnuts and 2 Tbsp. brown sugar. Sprinkle over batter.

BAKE 18 to 20 min. or until wooden pick inserted in centers comes out clean. Serve warm or chilled.

A Taste of Europe!

After graduating from the internship program in May 2006, Sandy Tolzien, Kristen Wessel and Kalee Reichert spent a month backpacking across Europe. Here are some interesting food-related experiences and observations they had while on a budget eating at markets, bakeries, and restaurants.

- There are as many McDonald's in Europe as there are here in the US. For the most part, the menus are the same, but each country had it's own unique menu options. Ireland served bananas with their Happy Meals.
- Bottles of water tend to be the equivalent of 1.5L of water. When you order water at a restaurant, unless you specify "natural water," you will get a bottle of bubbly water.
- Alcohol is the most common drink with meals. It was always clear to us who were other American tourists, because their tables were the ones filled with Diet Coke cans rather than wine bottles or pint glasses. Light beers are not common and ciders are popular in Ireland.
- In Ireland, potatoes are by far the vegetable of choice. A meal does not seem to be complete without some form of potato. Our first meal in Ireland, between the three of us, we had 7 sides of potatoes. They even put potatoes in lasagna!
- Nutella is a pretty huge craze in Europe. All of our hostels and hotels served it with our breakfasts. It's hazelnut butter, but in our minds it was really chocolate peanut butter. You can spread it on toast, put it in crepes, eat Nutella-flavored ice cream, or in desperate times, eat it plain.
- England has started a new nutrition labeling system which is so much simpler to understand. They have a color-coded system: red for foods to stay away from, yellow for caution, and green for healthy. They categorize the food based on several different nutrients (fat, fiber, calories) and then the individual can base their food choice on the color-coded labels rather than looking at numbers and percentages.
- In France, there are fried eggs on everything, pizza, sandwiches, etc.
- Whole grain or wheat bread is not commonly found in Europe.
- Fries are called chips in England and Ireland. People dip their chips in malt vinegar, not ketchup.
- We were never stuffed after a meal, and they don't give doggy bags.
- They take their time eating at restaurants. People seemed to relax more and take a leisurely pace for their meals. There's no such thing as a free refill.
- You can buy 2-3 beers for the same price as 1 water in Prague.



Fun Food Fact: Half of the World's Population lives with rice as their diet staple!

ALUMNI NEWS

Christina Rollins

(Class of 2005)

Christina is a Clinical Dietitian at Memorial Medical Center in Springfield, IL. She works primarily in Oncology and General Medicine patients, as well as placing small bowel feeding tubes at bedside housewide. Christina is also a consulting dietitian on the side. She is currently preparing for the CNSD exam.

Amy Kelly

(Class of 2003)

Amy's first job after graduating was as a Nutritionist for the WIC Program. She has also worked as a Nutrition Educator for a hospital and as a Dietitian for a Weight Loss Clinic. She is currently teaching Nutrition courses at Illinois Central College and will also teach at Bradley University this spring.

Stephanie Rau

(Class of 2004)

Stephanie's first job after graduation was as a Clinical Dietitian for Community Hospitals in Indianapolis but recently accepted a position at Scott's Food & Pharmacy as their Nutrition and Health Consultant in Fort Wayne, IN. Stephanie is engaged to Christopher Yeadon and is planning a wedding for May 19, 2007. They met at ISU during her foodservice rotation. The one thing she misses about the internship is her classmates.

Nicque Ashby

(Class of 2006)

Nicque is currently a Renal Dietitian at a DaVita dialysis unit in Yuma, AZ. She also consults for 2 Native American tribes in the Arizona/California area and works per diem at the hospital. She also volunteers for the Yuma County Youth Boxing Association as a Nutrition Consultant.

Shana 'Langefeld' Cables

(Class of 2001)

Shana's first job was as a Clinical Dietitian. She now works for Morrison Healthcare Food Services (5yrs) and was just promoted to Food Service Director of a new BJC Hospital being built outside St. Louis. Shana also has a 16 month old named Kyle.



In Chicago at an Italian Restaurant: (L to R) Sandy Tolzien, Kristen Wessel and Kalee Reichert



Fun Food Fact: A portion of the water you drink has already been drunk by someone else, maybe several times over

Lauren Thomas**(Class of 2005)**

Lauren's first position post-graduation was a Clinical Dietitian at Methodist Medical Center in Peoria. She since moved back to Sandwich, IL and is now working as Assistant Director of Foodservice at Township High School District 211 in Palatine. She states that both career choices were great opportunities for her.

Kalee Reichert**(Class of 2006)**

Kalee is currently working as a fulltime Registered Dietitian for the American Red Cross WIC Program in San Diego and as a per diem Dietitian at the Alvarado Hospital. The one thing she misses at ISU is the Pub II, with it's cheeseballs and beer!

Kristin Wessel**(Class of 2006)**

Kristin is currently working as a Clinical Dietitian at Memorial Hospital in Belleville, IL. Kristin misses the Pub II Happy Hours after rotations, Turner Hall, Bloomington-Normal and the friends she made at the ISU internship. Kristin backpacked through Europe with Sandy Tolzien and Kalee Reichert a month after graduation. They experienced many types of foods and beverages while on their journey.

Marla Richards**(Class of 2005)**

Marla's first position was a Bariatric Dietitian at the WISH center in Downers Grove and she is now developing a Bariatric Program at the Watertown Surgicenter in Chicago and can't wait to see her work pay off! She also privately consults with a brand new company called Escape2Fitness where she is apart of a team of Physical Trainers, Dietitians and Massage Therapists. What Marla misses most about the ISU Internship is having her friends all in one city and having 9 other people going through the same thing you are going through.

Yvette Deering**(Class of 2005)**

Yvette's first position was an Outpatient Dietitian 90 miles from home and she now works as a Clinical Dietitian 7 miles from home. Yvette misses all of her friends from the ISU Internship, but keeps in touch through e-mail. She also got married in May 2006 and is now Yvette Peterson.

Sarah Murray**(Class of 2005)**

Sarah's first and current position is working as a Dietitian with the AIDS project of the Ozarks, which serves individuals with HIV/AIDS in 29 counties in SW Missouri. She is also teaching at Missouri State University and plans to teach next semester at Cox College of Nursing in addition to MSU. Sarah and her husband will be having their first child somewhere around December 21, 2006 and it's a Boy!



FUN FOOD FACT: You're more likely to be hungry if you are cold!

Sandy Tolzien

(Class of 2006)

Sandy is currently working for Arlington Heights School District 25 as the Assistant to the Director of Foodservice. She loves being a Dietitian and is excited to make an impact on children and teach them how to have a healthy lifestyle. The things that Sandy misses about ISU are her friends, running/walking on the trail and the Pub II Happy Hour. She will be getting married in April 2007 and recently purchased a home in Palatine, IL

Erin Baker

(Class of 2004)

Erin began her career as a Personal Trainer at Gold's Gym and worked her way up to Senior Fitness Manager for the St. Louis area. She recently stepped down to work part-time and spend more time at home. Erin was married to Nic Baker on July 3, 2004 and recently gave birth to their first child Leyton Ford Baker on June 27, 2006.

Phuong Le

(Class of 2001)

Phuong's first position post-graduation was working for a Mortgage Broker but currently works as a Personal Chef for families and corporate offices. She concentrates on healthy weight management, convenience, and good nutritious meals. Phuong and her husband have a 6 month old girl named Stella Rosette Holstine. They recently moved from Chicago to Evanston a few months ago.

ALUMNI ADVICE CORNER



What is the Best Way to Study for the RD Exam and What are Some Tips for Applying for Our First RD Position?

RD Exam:

- Take it right after graduation and get it out of the way!
- Study, Study, Study! Use flashcards and practice exams
- Take a review course
- Review areas you have trouble with
- Don't tell anyone you are taking the exam. Then you won't feel pressure from others to pass.
- Have confidence in yourself and your knowledge of nutrition

RD Position:

- In an interview: show initiative for professional growth, talk about what motivates and inspires you.
- Look online, keep in contact with old professors and colleagues.
- Don't limit yourself to one geographic area—you never know the opportunities that await you!
- Don't be afraid to apply for positions that you don't completely want or are necessarily qualified for.



FUN FOOD FACT: The Founder of McDonald's has a Bachelor's Degree in Hamburgerology