ISU Internship 411

A Welcome From Internship Director

Greetings in 2008! The enthusiasm is abundant as we return from another ADA Food and Nutrition Conference and Expo in which we were fortunate to be the host state! Most interns ventured to Chicago this year to take part in a learning experience like no other. Among the festivities of this year’s conference was the ISU Dietetic Internship Alumni Gathering. The gathering was hosted by current and past FCS faculty and held at the ISU Chicago Foundation Office on Sunday, October 26, 2008. We were thankful for those of you who joined us as we had a revival of friendships and memories.

This August we welcomed to campus 10 new dietetic interns in the Class of 2010. Please turn to page 2 of this newsletter to learn more about this class of interns. The 10 interns in the Class of 2009 are finishing their fall rotations and many are writing their theses as well.

Last spring we completed our first internship ‘yearbook’ which was a 10-year collection of artifacts and information from the ISU MS-DI program. We had a great response from alumni and were fortunate to strengthen many ties to the program. There are a few yearbooks remaining if you would like a copy, please contact me.

In the upcoming year we envision a few changes to the program to provide continued up-to-date practical experiences for the interns. Some of the changes will include additional weeks in the foodservice and community rotations as well as adding Memorial Medical Center in Springfield, Illinois as a clinical rotation site. Through the additional experiences in all areas of dietetics, we will be developing a concentration based on our current ‘general’ emphasis.

The purpose of our internship program, to bridge the gap between theory and practice, will not change and be maintained as the foundation of the program. We thank you for your continued support of this internship program!

-Julie Raeder Schumacher

Get Involved Online

* The ISU Dietetic Internship now has a ‘Facebook Group’. Join today! Search for “ISU Dietetic Interns.” This is a great way to connect with alumni of the program, current interns, post job announcements, and share pictures from internship experiences.

* The dietetic interns are continuing their online journal club on a blog site. Each month an intern will facilitate discussion of a current JADA article. Join the interns in their online discussion. http://www.isudi.blogspot.com/

See you online!
Jennifer Vassiliou: Jennifer grew up in Charleston, WV, and went to Marshall University in Huntington, WV for her undergraduate degree in Dietetics. She has a brother and sister, who are twins, and a huge family on her mom’s side. She enjoys running, laying in the sun, and traveling. She likes the science aspect of dietetics, and hopes to get a job in clinical nutrition. When she worked at St. Mary’s Medical Center during undergrad, she was most interested in the ICU and renal dialysis dietitians. Jenna chose to come to ISU because she’s eager to network with nutrition professionals across the nation. Oh yeah, and she really likes to eat good food.

Alison Geyer: Alison is originally from Boston, Massachusetts but she lives in Normal now with her husband and 2 sons. She received her first degree (many years ago!) from Connecticut College in Music. After a career as a fundraising professional at various arts and educational institutions, she is thrilled to be back at school in dietetics and nutrition - a long-time interest. She hopes to be able to combine her media and writing skills with her dietetics education. Alison feels really honored to be in the company of such great interns.
**Anna Jurmann:** Anna grew up in Joliet, Illinois, where she was raised by her loving and supportive parents. She has one older brother, Matt, who graduated with a degree in Multimedia from Bradley University. After graduating from Providence Catholic High School in New Lenox, Anna attended Joliet Junior College for one year and then transferred to ISU as a sophomore. She has always enjoyed sports, dance, gymnastics and recreation, loves to cook and is interested in almost anything nutrition/health related! Upon completion of her Dietetic Internship, Anna will take her registration exam to become licensed as a Registered Dietitian. She is unsure of her exact dream job but enjoys working with people of all ages so would like to start her career as a dietitian in a hospital close to her hometown.

**Erin Spener:** Erin completed her undergrad at the University of Illinois in December 2007. Since then she has been working in the U of I Menu Management Office to provide the students with comprehensive nutrition, ingredient, and allergen information for all foods served in the dining halls. When not at work or school you can find Erin out biking the Constitution Trail.

**Shelby Miller:** Shelby completed her undergraduate degree at Western Illinois University. Her primary major was dietetics but she obtained a second degree in exercise science. Following graduation she completed an internship at a wellness center where she was able to personal train, teach aerobics classes, and offer fitness education to high school students. Besides school Shelby is extremely interested in dance and is currently looking for a place to continue her dance education, specifically to learn how to belly dance.

**Stephanie Hinkle:** Originally from Lee’s Summit, Missouri, a suburb of Kansas City, Stephanie earned her bachelor’s degree from Missouri State University. She has one younger brother, who is currently working on his bachelor’s degree back in Missouri, two cats (Tootsie and Bella), and one dog (Cocoa). Stephanie is getting married this March over spring break to her fiancé, Dan. Her interest in nutrition stems from the combination of two loves: the medical field and food. Stephanie loves all spicy foods and is looking forward to starting rotations this summer to figure out what her dream job would be.

**Rachel Johanek:** Rachel attended Parkland College in Champaign, IL for 2 years, completing her Associates in Science, before transferring to the University of Illinois at Urbana-Champaign. She completed her Bachelors of Science (concentration - Food Science and Human Nutrition) in December of 2007. After completing her Masters Degree and internship program, she plans on becoming a Registered Dietitian. She has several areas of interest, including women’s health, diabetes, weight loss and management, and fertility counseling. Once she is an RD, Rachel hopes to work for a women’s health clinic where she can counsel a variety of patients.

**Melissa Mietzner:** Melissa is from Effingham, IL and did her undergraduate work at Eastern Illinois University. She is very interested in the culinary, clinical and wellness aspects of nutrition and hopes that the internship rotations will help her narrow down her job options and find a career that she will really love! Right now, her dream job would be working abroad for a major food corporation, such as Nestle.

**Nicole Hermann:** Nicole did her undergrad at Northern Illinois University, but is excited to be at ISU. She has two close sisters and an amazing mom. She is very interested in sports related nutrition and enjoys exercising. Her favorite movies include “Ace Ventura,” “Just Friends,” and “Drop Dead Fred.”
Emily Moore:
Emily really enjoyed outpatient counseling at Methodist in Peoria, and was able to act as staff relief for the WIC nutritionists at the McLean Co. Health Department. Her community rotations provided great opportunities to build her counseling and charting skills. At Methodist food service, Emily had the opportunity to make menu changes and work on a hospital policy regarding Coumadin and Vitamin K. She is currently working at District 87 in Bloomington and has a fun time as the "lunch lady", but has also been able to tackle some major projects, including a SMI Review, interviews for the Head Cook position at BHS, and monthly budgets. She had no idea what a school Food and Nutrition Director did before working at the site, but is now considering school foodservice a potential career.
When she is not working at her internship, Emily is busy with her thesis. She is surveying students at ISU in order to analyze the relationships between gender and housing, and food involvement, the use of food nutrition labels, diet-health beliefs, and trust in food nutrition labels. She hopes to have a published paper by the time she graduates!

Meredith Tibbe:
Meredith has completed her food service rotations at ISU Campus Dining, OSF St Joseph and her clinical rotation at OSF St. Joseph. One of her favorite projects she got to be involved in was planning the marketing and the menu for a healthy food service venue that was opening up in the fall at ISU. She also enjoyed choosing healthy recipes to cook for the staff at ISU that would eventually be part of the healthy venue menu. In the Spring she will be hosting a Diabetes Fair for her independent study project.

Tori McRoberts:
Tori started her rotations at Olympia school district with school food service. While at Olympia Tori got to work on putting together a website for the nutrition department that parents could access the nutrition labels of all of the items that were offered at Olympia. The main challenge was learning how to make a web page and incorporate different links to different sites. She enjoyed working on this project since it was a challenge and was rewarding to see the end product being utilized. After Olympia she then moved to BroMenn to finish her food service rotation out. Tori has just completed her 10 weeks of clinical at BroMenn, started at Proctor, and looking forward to going to Memorial in Springfield. Tori has opted to write a thesis and her topic is nutrigenomics. She is going to send a survey to all of the faculty and staff at ISU to find out the knowledge of the topic and what their ideas are on the topic. She is hoping for a good response rate since this topic incorporates her love of nutrition and genetics!
**Carrie Smith:**
Carrie Smith has completed rotations at the Community Cancer Center, University of Illinois Extension EFNEP, Decatur Memorial Hospital Food and Nutrition Services, and Illinois State University Campus Dining. She has enjoyed the opportunity to educate people in the community of all ages as well as educating and informing her coworkers on a range of topics. She has also enjoyed the wide variety of hands-on experiences that she has been fortunate enough to participate in during her rotations. She is completing an independent study on the preparedness of ISU graduating interns for the RD exam, as well as working with the Internship Director to make changes to better prepare the interns for the exam.

**Susan Waltrip:**
Susan Waltrip has completed her food service rotations at District 87 and Methodist Medical Center where she is currently doing her clinical rotation. Susan worked with Connie Mueller at District 87 on several different projects. She was able to instruct the cafeteria managers, Second Presbyterian volunteers and Boys and Girls Club staff on the rules and regulations of provide summer food service to kids. She also worked to revise the current catering brochure adjusting prices to market costs. Susan worked with Connie to apply for a Fresh Fruits and Vegetable grant which they were awarded for the upcoming school year. She is writing a thesis incorporating her passion for dietetics with her love of food. She is researching the effect of providing a cooking demonstration to determine if an intervention of such would warrant a lifestyle change.

**Samantha McCoy:**
Sam has completed her community nutrition rotations at McLean County WIC, Decatur Memorial Wellness Center, and a week at Diabetes Camp. Sam did her food service rotations at BroMenn Hospital and Unit 5 School District. At WIC, she enjoyed seeing the client’s, creating handouts, working on implementing the Farmer’s Market coupons, and teaching classes to the clients. At BroMenn, she worked on adding a new item to the menu and in the cafeteria for a week (basil mozzarella penne salad) and promoted it before hand. Sam’s independent study project is teaching nutrition classes at Normal West High School and one class at Lincoln College in Lincoln. At Normal West High School, she taught a nutrition class to the pregnant teenagers about healthy eating habits during pregnancy, and also taught to current teenage mothers on infant/toddler nutrition. Sam also taught at Lincoln College to one of the girls dorms about nutrition, fighting the freshman 15, healthy cafeteria choices and late night snacking.

**Colin Kave:**
Colin started his community nutrition rotation at DMH Wellness Center. He spent most of his time giving presentations to clients on important nutrition topics. He also enjoyed giving grocery store tours during this rotation as well. The second community rotation was at Methodist Medical Center. One of the projects that he enjoyed working on here was Grossology. This is a program that is designed to get kids more excited about science. Here he set up a booth that showed kids that you can get good nutrition from foods that you wouldn’t expect such as bugs. Colin also gave a presentation on fiber and how it affects blood glucose. Colin’s foodservice rotation was spent at Proctor Hospital and Olympia High School. At Proctor he enjoyed helping create a waffle bar for the hospitals cafeteria and making a new item for the cafeteria to serve. At Olympia, Colin talked to the school about hot topics in nutrition. He also made a bulletin board on sports nutrition. For his independent project he is teaching sessions on sports nutrition to the Parisi Speed School.
Brittney Junker:
Brittney Junker has completed her food service rotations at McLean County Unit 5 School District and Proctor Hospital and is currently finishing up clinical at Proctor Hospital. She enjoyed talking to 5th graders about wellness at Coleen Hoose Elementary School for Unit 5 and has enjoyed teaching outpatient diabetes classes at Proctor Hospital. Brittney has also written a newsletter article about fiber for the Proctor Progress Notes newsletter as well as the Healthy Cells magazine. Brittney’s independent project is planning and managing a diabetes fair in the spring for the OSF Center for Healthy Lifestyles.

Katherine McCullah:
Katherine McCullah is currently finishing up her 10 week clinical rotation at Decatur Memorial Hospital and thoroughly enjoying it. She completed her food service rotations at Decatur Memorial Hospital and ISU Campus Dining Services. Katherine also enjoyed working with 12-13 year old girls at this years Diabetes Camp. She and many of the interns got in the spirit of camp by getting pump sites put in! Katherine is working on a content analysis for her thesis. She will analyze parenting magazines over the past 30-40 years and determine if there are correlations between child nutrition information aimed at parents in these magazines and how that relates to the increasing rates of childhood obesity.

Myra Davis:
Myra started her rotations with community at WIC and EFNEP where she helped to teach classes to children. Then she moved to food service at District 87 and then to OSF-St. Joseph. At OSF-St. Joseph Myra got to experience room service delivery system of trays and got to help develop a marketing strategy for the cafeteria. While at District 87 Myra had the opportunity to work with a pilot program that promotes fresh fruits and vegetables to grade school children. Myra was asked to develop the flyer and information that was sent home with the children for their parents. This was fun for her because it allowed her to use her creative side.

Diabetes Camp—Camp Granada
This summer all of the second year interns got to participate in diabetes camp. This is the second year that all of the interns went as part of their community rotations. The camp is sponsored by the American Diabetes Association and is a week long event. The interns were assigned to different cabins and worked with the kids on meal selections and education of diabetes and the diet component of the disease. All of the interns had a blast at camp getting to know their campers and helping them to better understand their disease.
First and second year interns attended FNCE this year in Chicago! Everyone was excited to see the new and innovative services and products brought by at least 400 different companies at to the expo. It was also a great time to network, network, network! Plus, the best part of the expo was that it was held in the wonderful city of Chicago. Some interns even went to see the Broadway show “Dirty Dancing” Saturday night to get their share of Chicago night life.
For the second year in a row Susan Waltrip helped the horticulture center at ISU put on a cooking demo during Fall Fest. This year Susan worked up four fabulous recipes for the demo. The demo is centered around fresh cucurbits that are available at the gardens of the horticulture center. Recipes from the demo follow.

Adventures in cooking cucurbits with Susan Waltrip!

**Pumpkin Bread Pudding with a Caramel Buttered Rum Sauce**

**Ingredients**
- 10 Cups Flaxseed Bread cubed set aside.
- Mix in a bowl:
  - 15oz Pumpkin
  - 1 Cup Brown Sugar
  - 2 Cups Fat Free Half and Half
  - 3 Eggs
  - 11/2 tsp Vanilla
  - 2 tsp Cinnamon
  - 2 tsp Pumpkin Pie Spice
  - ½ tsp Cloves
  - ½ tsp Ginger
  - ¼ Cup Dark Rum
  - 1 Cup Chopped Pecans
- Fold in bread until mixture is absorbed. Spray a 9 x 13 casserole dish and pour in mixture. Bake for 35 minutes at 350° degrees.

**Caramel Buttered Rum Sauce**

**Ingredients**
- ½ Cup Butter
- 1 Cup Brown Sugar
- ¼ Cup Dark Rum
- 1 tsp Vanilla
- ½ Cup Fat Free Half and Half

**Directions**
- Melt butter in a saucepan, add brown sugar and mix until smooth. Add rum and vanilla continuously stirring slowly add half and half. Sauce will thicken as it heats.
- Serve Pumpkin Bread Pudding topped with Caramel Sauce and dusted with powdered sugar.

**Curried Acorn Squash With Quinoa and a Fig Sauce**

**Ingredients**
- 3 Acorn Squash
- Curry
- 3 Tbsp Butter
- Salt and White Pepper
- 9oz Mission Figs sliced lengthwise
- ⅔ Cup Balsamic Vinegar
- ⅓ Cup Water
- 1 Cup Quinoa
- 2 Cups Low Sodium Vegetable Stock
- 1 Tbsp Fresh Basil finely chopped
- 1 Cup Dried Cranberries
- 1 Cup Slivered Almonds
- ½ Cup Extra Virgin Olive Oil

**Directions**
- Wash squash, cut in half, remove seeds and rub inside with butter. Sprinkle with curry, salt and white pepper to taste.
- Place on a baking sheet and roast for 50-60 minutes at 350° degrees.
- While squash is roasting, steep figs in balsamic vinegar, water and 2 tbsp butter stirring occasionally. Press figs to extract juices then discard. Set sauce aside.
- Prepare Quinoa as instructed on the package substituting low sodium vegetable stock for water. Once prepared add basil, cranberries, almonds, olive oil and fig sauce. Salt to taste.
- Fill center of squash with Quinoa and serve.

**Vegetable Stir Fry with a Spicy Sweet Sauce**

**Ingredients**
- 1 Cup Diced Onions
- 1 Cup Sliced Red Pepper
- 1 Cup Sliced Yellow Pepper
- 1 Cup Sliced Mushrooms
- 1 Cup Baby Cob Corn
- ½ Cup Sliced Carrots
- ½ Cup Water Chestnuts
- ⅓ lb Asparagus chopped
- 1 Medium Summer Squash Sliced
- 1 Medium Zucchini Sliced
- ½ lb Edamame
- 4 Garlic Cloves Diced
- 3 Tbsp Extra Virgin Olive Oil
- ½ Tbsp Sesame Oil
- Salt/Pepper
- Brown Rice
- 8 1-cup Servings

**Spicy Sweet Sauce**
- 2 Tbsp Balsamic Vinegar
- 2 Tbsp Extra Virgin Olive Oil
- 2 Tbsp Honey
- ½ Tbsp Cayenne Pepper
- 4 Tbsp Lite Soy Sauce
- Sesame Oil to taste
- 2 Tbsp flour

**Directions**
- Prepare Rice as instructed on package.
- Mix all ingredients for sauce together in a bowl using the flour to thicken the sauce. Set aside.
- In a wok heat olive oil, add onions until clear then slowly add the rest of the vegetables and salt and sesame oil. “Stir Fry” all vegetables until slightly tender. Add sauce, continue cooking until your desired doneness. Serve over rice.