Greetings fellow nutrition enthusiasts! I look forward to taking on the role of Nutrition Notes Student Editor. I would first like to recognize Danielle Ashman for her excellent work this past year and assistance in helping me put together this issue—congrats and thank you, Dani!

As we work towards the common goal of distributing credible health information, a quote from Thomas Edison comes to mind. He once said, “The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.” We, as aspiring and working dietitians, are the doctors that Edison refers to, and have the opportunity to impact people’s lives through our work. I am eager to learn more about the goals of students within SDA and the experiences alumni and faculty have had along their journey!

Born and raised in Rochester, MN, my interest in nutrition sparked in 5th grade when a dietitian visited my ballet class. I am still extremely passionate about ballet, and also enjoy playing the piano and baking. Within dietetics, I am very much so drawn to nutrition communications. I enjoy the challenge of sharing dietary information because of the integral role that food plays in our society through bringing people together.

Food brings people together not only to provide them with energy, but also as a means of feeding the soul. Among my fondest memories are those I have shared with loved ones around a table. I am thankful for my parents, grandparents, and 16 year old twin brothers who have shaped me to be the person that I am today. Grounded in my Christian faith, I feel blessed to study nutrition here at Viterbo.

I absolutely love meeting new people and cannot wait to get to know all of the SDA members on a more personal level. I wish everyone a pleasant summer and eagerly await reconvening in the fall. As the editor of the newsletter, I seek to connect members of our community from the past, present, and looking towards the future. If you would like to see a specific topic covered within Nutrition Notes, I appreciate suggestions and feedback in order to best tailor this newsletter to the interests of our audience.

Fondly,
Amanda Emilee Moder
We are proud to announce the Viterbo University graduating senior class of 2013!

**Juniors Attend State Conferences**

Junior year for the dietetic students at Viterbo means attending an annual Academy of Nutrition and Dietetics conference. These trips offer the opportunity to network and gain inspiration from dietitians out in the field. The class split into two groups this year to attend either the Wisconsin state conference in Stevens Point (WAND) or the Minnesota state conference at the Mall of America (MAND). Both came back with great experiences! Here are some thoughts from the students:

"I really enjoyed being in a room with two hundred people, realizing they all believed in nutrition, and they were all able to turn that passion into a career. It definitely made me more excited about my future." - Gretchen Lindahl

"The WAND conference was a very enlightening experience! It inspired and encouraged me to advocate more for our profession as dietitians! We must be a voice of our nutrition expertise. I learned that if we start doing this we can hopefully make changes to help people be healthier!" - Liz Meinen

"The WAND conference was a great experience. I loved seeing all of the different specialties and avenues that a RD can work in." - Emily Melby

“I enjoyed the presentations. My favorite speaker touched on the importance of dietitians creating a ‘brand.’ I think this is a really important issue and that it will help clients know what dietitians actually are and what they actually do. I think a large percent of the population has a skewed view of what a dietitian is exactly.” - Amanda McCarthy

“As students, we discuss over and over again the challenges that face this country’s health, and it’s easy to get overwhelmed by what seems like a losing battle. The conference was an inspiring reminder that we are not alone, and that if we all band together, we can make a difference!” - Dani Ashman
Alumnus Gives Back

Monica Dixon, PhD, RD, a 1983 Viterbo graduate in Nutrition and Dietetics, recently returned to campus to present a faculty development session for the School of Nursing Faculty.

Monica has a Doctorate in Psychology and Masters Degree in Counseling, along with over 18 years of experience helping increase productivity of corporations, associations, schools and government. She provided faculty with an interesting presentation on creating nutrition and health policies that have the potential to impact behavioral change if implemented in a creative and assertive way.

Junior Poster Presentations

This spring semester, the juniors did their supervised practice for the Food Service Management I course at various school nutrition sites in La Crosse and La Crescent. One of the major assignments was to develop, implement and evaluate an Action Research project at their site. The students’ research questions were diverse, ranging from "Are meal trays properly sanitized?" to "Do elementary school children have adequate time to select and eat their school lunch?". The class was invited to share their findings via poster presentations at a recent School Nutrition Association Chapter Meeting in La Crosse.

SDA New Officers: Passing the Torch

The 2012-2013 school year proved to be a busy yet exciting one for SDA. We would like to recognize the hard work of Heather Kennedy as President, Claire Goetzinger as Vice President, Liz Meinen as Secretary and Tamara Steinlicht Treasurer this past year. We would also like to thank Cassie Bauer for serving as the SDA historian and Jessica Madson, who will be returning as the Faculty Advisor.

On Wednesday, April 24, these outgoing executive members passed the torch on to the newly elected officers. We are proud to announce the new SDA leaders, pictured from left to right:

President: Courtney Meidenbauer (class of 2015)
Vice President: Brittany Thompson (class of 2015)
Secretary: Marni Shumaker (class of 2015)
Treasurer: Eliza Short (class of 2016)
Since graduating in 2009, time has truly flown by. I first worked at a WIC agency in Marshalltown, Iowa. Knowing I had a passion for fitness, I studied to obtain my personal training certificate. With these experiences, I was able to land an amazing position as a Clinical Dietitian at Mayo Clinic, Rochester, in September of 2010. My job is very unique in that I spend part of my time seeing patients in the outpatient setting specializing in weight management and bariatric surgery and the other half of my time is spent teaching nutrition and culinary programming at the Dan Abraham Healthy Living Center (DAHLC). As an outpatient dietitian within the Endocrinology Department, I assess patients’ current lifestyle patterns and utilize stages of behavior change and motivation interviewing to help them with their wellness goals. I also lead status post bariatric surgery nutritional classes to help patients lose weight and maintain nutritional status. The DAHLC is a state of the art fitness facility for Mayo employees. There I have many responsibilities. I help to run a weight management program alongside a trainer and wellness coach where I teach concepts from the Mayo Clinic Diet book. I also lead nutrition classes such as a 6 week menu planning class or lunch and learn lectures on portion control or eating out. My job at the DAHLC is one of a kind in that I also work with Executive Chefs to co-teach basic knife skills, cooking 101 type programs, healthy recipe demos and teaching basic culinary skills. One of my biggest accomplishments has been helping to establish an Endurance Sports Nutrition workshop to help athletes enhance their performance through nutrition. With the development of this workshop, I personally have taken up endurance training to better be able to provide useful and beneficial training tips to the members. I am truly blessed to work at such an amazing organization and have endless variety to my work week.

Thinking back to my Viterbo education, I am so very grateful for the variety and diverse internship experiences that I had. I would have never thought that one day I would have a position that taps into clinical, counseling and food science concepts daily. It has been an amazing journey since leaving Viterbo and I cannot wait to see where my career will go from here.