

# Yummy Tidbits

Volume 2  
Summer/Fall 2000



## Contents ...

Triathlon Jennifer Arbetman

ADA scholarship recipients

Healthy Table web site of the week

Healthy Table outpatient nutrition center

Community Nutrition Fair

Alumnus spotlight: Diane Moore

Do you aspire to teach?

Nutrition Club events

Alumni notes

Faculty scoop

ADA Food and Nutrition Conference and

Exhibition



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**Read "Yummy Tidbits" for food for thought**



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## Triathlete Jennifer Arbetman

A nutrition major on the honor roll, Jennifer Arbetman spends her "free time" training. On the average she runs between 30 and 40 miles, swims four to five miles, and bikes about 200 miles per week.

Although she has been an active competitor in triathlons for only two and a half years, she has already successfully competed in world championships. In 1999, Arbetman placed first in her age group in the Muncie Endurathon (Half Ironman), and finished highly in Nationals and Triathlons — her 8th place finish in the USAT Nationals provided an Honorable Mention and qualification for the world championships. Last year, she was the youngest female competitor in the 1999 Ironman World Championship in Kona, Hawaii. Among her many successes this year, she placed first (sixth overall female) in the USAT Duathlon Nationals, second in the USAT Nationals, and second in the Buffalo Springs Half Ironman. She has competed internationally — traveling to Australia in April to be part of the Team USA Triathlon competition, and finished fourth in the Duathlon World Championship in France. She is well on her way to finishing in the top three of all national and international Triathlon and Duathlon championships! For those of you who wonder, she competes for fun!



## ADA scholarship recipients

Two of our students were American Dietetic Association (ADA) Foundation scholarship recipients this year! Undergraduate nutrition major Jeanne Laird and dietetic intern Stephanie Zook received \$1,000 each.

## Healthy Table web site of the week

The Healthy Table web site (<http://www.healthytable.org>), developed by Catherine Stein Arnold, Jennifer Gorski and Becky Jilek, was designated the "Site of the Week" on HomeworkSpot.com for National Culinary Week. The Healthy Table web site categorizes excellent nutrition-related sites for teachers, parent, teens and kids.

## Healthy Table outpatient nutrition center

Benedictine University officially opened Healthy Table on a regular basis as an outpatient nutrition center in fall 1999. The clinic is staffed 30 hours per week by the Benedictine dietetic interns and provides nutrition services to members of the Benedictine community, people age 65 and older, and persons with a valid Medicare/Medicaid card. Services include: individualized nutrition counseling, computerized nutrient analysis, and blood pressure, cholesterol and blood glucose screening. Dietetic interns are also available to deliver nutrition presentations to not-for-profit community organizations, and to share nutrition information to attendees at health fairs. References to this free service and appointments can be made by calling (630) 829-6518.



**"Food & Fitness: Build a  
Healthy Lifestyle..."**

is the theme of this year's National Nutrition Month® (NNM)! Celebrate NNM by attending the annual WSDA/Benedictine University National Nutrition Month Fair on Tuesday, March 13, 2001 from 3:00-8:00 p.m. at the Benedictine University Krasa Center. The fair is open to the public at no charge. Please mark your calendars! For more information or to volunteer your time, contact Alice Kraft at (630) 910-3380.

## Alumnus spotlight: Diane Moore, MPH, RD, LD

Diane Moore, MPH, RD, LD, graduated from Benedictine University as a scholar with her bachelor of science degree in nutrition in 1996. She continued her quest for knowledge by earning a master of public health at the University of Texas-Houston while completing her dietetic internship. During graduate school, she was the first student from UT-Houston School of Public Health to serve as a Leadership Education in Adolescent Health (LEAH) nutrition fellow at Baylor College of Medicine. This fellowship was funded through the Maternal Child Health Bureau. Employed by the University of Texas for three and-a-half years, she served as the program coordinator and research dietitian. Seizing a unique job opportunity, Moore is now the national consumer health dietitian for the USA Rice Federation, serving as a national media contact person for nutrition-related stories. As part of her position, she has been quoted in *Good Housekeeping*, *Prevention* and *Fitness* magazines. She also had a seven-page feature article in the September 2000 edition of *Diabetes Forecast* about how rice can be incorporated into a diabetic diet. She even had lunch with Julia Child! Moore has been a speaker at the Society for Nutrition Education National Meeting, and was awarded the 1999 Houston Area Dietetic Association Dietetic Intern of the Year Award. Along with her work at the Federation, she is an adjunct faculty member for community nutrition at San Jacinto Community College. She is also a member of the Les Dames de Escoffier-Houston Chapter and the International Association of Culinary Professionals.



When asked about advice for others interested in branching out in the field of dietetics, Moore emphasized that “You should never underestimate your own job potential. The field of dietetics is constantly expanding and dietitians need to learn how to promote themselves as the foremost experts in nutrition. Three weeks into my job at the Federation, I was flown to Washington, D.C. to represent the rice industry at the National Nutrition Debate. By doing a little research prior to the event, I was able to stand up and ask Dr. Atkins a two-part question about glucose utilization and the long-term effects on the digestive tract from his diet plan.

Basically, if you are interested in doing media work, make sure you become an “expert” in a particular area and work on your public speaking skills. Also, learn some creative writing techniques. Press release writing is of the utmost importance and can open a lot of doors to feature newspaper, magazine and media stories.”

On a personal note, Moore became engaged to Marc Barerra (originally from Chicago, Illinois) on June 5, 2000.

## Do you aspire to teach?

Is teaching at the university level of interest to you? Do you hold a related master’s degree and possess related field experience? If yes, then we might have an opportunity for you! We are offering our “non-nutrition majors” NUTR-C100, Impact of Nutrition, as part of Benedictine University’s newer associate of arts in business degree, as well as continuing to offer it as part of the adult program. The course, taught in an accelerated five-week format, is being offered both on campus and at off campus sites in the surrounding suburbs of Chicago, including Aurora.

Those of you who have already submitted your resume, thank you! We will contact qualified candidates this spring. Since we are looking to fill instructor positions for 15 sections of this course in the next academic year, we are continuing to search. Interested persons should send his/her curriculum vitae, references, list of teaching and presentation experience, and letter of interest, via mail to Julie Davis, Nutrition Department, 5700 College Road, Lisle, IL 60532 or fax to (630) 829-6551.

## Nutrition Club events

This fall, under the leadership of President Paula Milas and advisor Julie Davis, the Nutrition Club maintained a high level of activity. The Sweetest Day carnation sale and homecoming taffy apple sale were successful club fundraisers. Demonstrating their own athletic prowess, the Nutrition Club members had a flag football game! The club planned a humanitarian service project for Christmas. They will be boxing gifts and food for needy families.

## ADA Food and Nutrition Conference and Exhibition

Benedictine University was well represented at this year’s American Dietetic Association annual Food and Nutrition Conference and Exposition (FNCE) in Denver, Colorado. Under the mentoring of Catherine Stein Arnold, MS, RD, LD; Julie Moreschi, MS, RD, LD; and Julie Davis, MS, RD, LD; each MPH dietetic intern conducts his or her own research. We were thrilled to hear that four of our abstracts were accepted by the ADA for poster presentations. These four poster sessions represented the work of eleven of us: Arnold; Laura (Johnson) Burk; Mary Fleming, MPH, RD, LD; Jennifer Gorski; Becky Jilek, MPH, RD, LD; Michelle Lagatuz, MPH, RD, LD; Moreschi; Tricia Skowron, MPH, RD, LD; Michelle (DiRenzo) Sobieck; Debra Tool and Joanna Vozenilek, MPH.

The poster sessions provided a unique opportunity to interact one-on-one with interested persons. The abstracts appear in the September 2000 supplement to the *Journal of The American Dietetic Association*.

Lagatuz and Fleming presented “Development and Evaluation of Educational Video and Leader Guide.” Lagatuz directed the production of a video *Nutrition Counseling and Interviewing Techniques*. The video features the talented actress interns Jilek, Lisa Vozella, Lagatuz and Fleming. Fleming developed a complementary Leader Guide and worksheets for educational purposes.



Burk, Gorski and Tool presented “Marketing and Evaluating Web Sites.” Burk updated and evaluated the Recipe Box web site, which features the recipes you developed in Experimental Foods Laboratory. Check it out at



<http://www.ben.edu/recipebox>. Tool worked on the text for a new web site <http://www.nutrition4living.org>, which was created to provide nutrition information for health care professionals working with the older American. Gorski continued the work initiated by Jilek on the

Healthy Table web site. In addition to making updates to the content of <http://www.healthytable.org>, Gorski’s focus was to explore the impact of marketing the site to search engines. This topic and the informative set of handouts developed by the trio drew considerable positive attention.

Skowron presented “Development and Evaluation of Interactive Educational Exhibits.” As part of her research, she developed and tested the effectiveness of an electronic “quiz” board (with lights and buzzers) and materials about the digestive system.



Vozenilek and DiRenzo presented “A Profile of Participants in the Congregate Meals Program.” This poster presentation graphically outlined the results of two screenings of participants using the Nutrition Screening Initiative form.



At FNCE, we caught up with adjunct faculty Christine Palumbo and alumnus Cindy Baranoski, C95 who served as consultants representing Quaker Oats. Diane Moore, C95 (highlighted in this issue’s alumnus spotlight) was representing the USA Rice Federation as their national consumer health dietitian.

Arnold, as the research supervisor for the accepted Benedictine poster sessions and abstract author, assisted in poster presentations. While making vendor contacts for the upcoming NNM Community Nutrition Fair, she found time to pose for a picture with Kermit at the “Where’s Your Milk Mustache?” booth.



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## Faculty Scoop

Greetings from **Catherine Stein Arnold**, MS, RD, LD! Whew! It's been a busy semester! Both nutrition programs had an accreditation visit in September and then eight of the interns and I attended the Food and Nutrition Conference and Exhibition to deliver poster presentations in October. I continue to serve as the departmental and WSDA "webmistress." As part of the Enhancing Traditional Pedagogies with Technology seminar in June, I delivered Improving Technological Literacy. As part of my ongoing pursuit of my doctorate in educational psychology, I will be on a sabbatical next semester and spring 2002 to complete my courses and move on to my dissertation research! Julie Davis will take the reigns as the nutrition department chairperson (aka "Queen Julie"). On a personal note, following our May wedding, Steve and I had a wonderful honeymoon traveling to Ireland, Scotland, England and Canada!

G'Day from ("Queen") **Julie Davis**, MS, RD, LD! Life gets busier for me as I will act as department chair of nutrition beginning with Catherine's sabbatical, and continuing on for the next couple of years. With the addition of our new adjunct team members, I will now be teaching Nutrition in Health and Disease, Experimental Foods, Writing and Evaluating Nutrition Literature with Christine Palumbo, and supervising Nutrition Practica. I continue to serve as the Benedictine Nutrition Club advisor and the WSDA professional recruitment chairperson. The "travel bug" is always biting, so this summer I took a two-week tour of France with my mom. Who knows, maybe a wine and French cuisine class is in order!

Hello from **Julie Moreschi**, MS, RD, LD! I continue to expand and enhance the Dietetic Internship with the assistance of the nutrition department team and input from past and present interns. The MPH/DI now has 10 graduates with three other individuals on the brink of completion. Eight of the graduates have taken the exam to date, and we are happy to report a 100 percent pass rate. Great job graduates! January through June 2000 were exciting and busy months, as I worked to coordinate the "Caring for the Older American" seminar series which was sponsored by the Central DuPage Health Reinvestment Program grant. Participants in the seminar series benefited from hearing from several outstanding professionals, and



although the planning was a challenge, I truly enjoyed the people that I met along the way. On a personal note, although I am the only one in SSC-241 that has not traveled internationally, Haley and I did get a chance to spend a week this summer in Washington Island, Wisconsin with friends. It was great to relax and spend time at the beach!

Welcome from **Christine Palumbo**, MBA, RD, LD. I had the honor of recently being elected as a national ADA officer for the nominating committee. I was quoted in *O* (The Oprah Magazine, July-August) and *Allure Magazine* (November 2000). As part of my consulting positions, I now serve as the nutritionist for www.Foodfit.com, a spokesperson for Quaker Oats Nutrition for Women, and member of the Quaker Oats Health Institute speaker's bureau.

**Gloria Kensinger**, MS, RD, LD is proud to announce that she has a new grandchild. In addition to her consulting positions, she continues to teach at both the undergraduate and graduate levels.

Hello from **Jo Ann Dachler-Miller**, MS, RD, LD. In addition to teaching Geriatric Nutrition, I am a clinical dietitian at Central DuPage Hospital, and am a member of the WSDA program planning committee.

Hello from **Kelly Quinn**, MS, RD, LD, CNSD. I am a new adjunct faculty member teaching Impact of Nutrition and Food Science and Applications II. When I am not at Benedictine, I can be found at Elmhurst Memorial Hospital or at Chartwell Care Givers working as a clinical dietitian. I am an active member of WSDA (awards and scholarships committee) and CASPEN (nominating committee). WSDA has recently honored me with their Emerging Dietetic Leader award. I received certification from ACE as a personal trainer and hope to incorporate this into my work as a consultant.

**Sudha Mehta**, PhD, RD, LD is a new adjunct faculty member this semester, teaching the MPH Obesity course. I previously served as a nutrition professor and DPD director at Northern Illinois University, and am currently a nutrition consultant for the Diabetes Prevention Project. For relaxation, I took a trip to Paris, and then to Bombay and Delhi.

Hi from **Andrea Frale Klouda**, MPH, RD, LD! I will be joining the department as an adjunct faculty member this spring to teach Nutrition and Food Systems Management. I am a consultant and leadership council member for Sodexo Marriott Services and president of the WSDA.

## Alumni News

Welcome! Since this is our first posting of alumni news, we have provided more details to update you about your classmates. These postings were primarily based on your spring survey 2000 responses. Please continue to send us any new information about your personal and professional life! We look forward to hearing from you!

1980s

1984

**Catherine (Stein) Arnold**, MS, RD, LD is the current nutrition department chairperson. Ok, so I couldn't resist. I didn't know if you knew that I too was an alumnus of Benedictine.

1986

**Corinne (Danhauer) Stachniak**, MS, RD, LD earned her expertise in outpatient counseling and management through her previous position at Lutheran General Hospital. Many of you know that she is married to John, the University's Athletic Director. Most recently, she is enjoying being a stay-at-home mom to her three children, Andrew, Paige and Alex.

**Cindy (Indovina) Miglieri**, RD, LD, is a stay-at-home mom enjoying raising her son. She was previously employed at the Chicago Center for Clinical Research and Northwestern Memorial Hospital.

1988

**Kathleen (McAuliffe) Sheldon**, RD, LD enjoys the job of mom by raising her two children. Working as a clinical dietitian at Children's Hospital, she gained her expertise in pediatric renal nutrition and ADA certification in renal nutrition.

1989

**Tracey Cicerale**, MPH C94, RD, LD is the outpatient nutrition counselor at Poronsky Family Practice. Her position and her three girls, Carrie, Carly and Catherine, keep her quite busy.

1990s

1990

**Lou Ann Kinsella**, RD, LD is working in skilled care as a clinical dietitian at South Suburban Hospital. Making her "15-minutes of fame" enduring, she produced a video "Understanding Dysphagia."

1991

**Julie (Flaks) Fulton**, RD, LD and her husband are the owners of Mint Condition Wellness and Training Center, focusing on health promotion and personal training. She is currently serving as the Illinois Dietetic Association Media/PR Chairperson.

**Kathleen Miller**, RD, CDE, LD works as a clinical dietitian at Good Samaritan Hospital. Her specialty area of expertise is MNT for diabetic clients on insulin therapy pumps. She celebrated her 25th wedding anniversary this fall.

1993

**Jennifer (Burke) Rightmire**, MS, RD, LD recently changed jobs from Home Care to employment as an Administrative Dietitian in Chicago.

**Mary Fleming**, MPH C00, RD, LD is employed as a nutrition educator for Pfieler Treatment Center. She recently presented at The ADA annual Food and Nutrition Conference and Exposition (refer to article in this newsletter).

1994

**Marylyn Groen**, RD, LD is employed as a clinical dietitian at St. Margaret Mercy Hospital. She is engaged to be married next year.

1995

**Cynthia Baranoski**, MS, RD, LD is a nutrition therapist and course coordinator for DuPage Easter Seals. She is the first RD to be hired by the organization in their 40-year history. She published two articles on Biotinidase deficiency, and has an article awaiting publication in the *Journal of The American Dietetic Association* on reimbursement for MNT. She also is employed as a clinical dietitian at Alexian Brother's Medical Center. In her "spare" time, she still enjoys doing hair at Neiman Marcus. She and her husband, Bob, have been married for 15 years.

Specializing in gerontology, **JoAnna Siciliano**, RD, LD works as a clinical dietitian for Bateman Anchorage. An active member of Fieri (an Italian-American organization), she published a newsletter on healthy eating. For fun, she backpacked through Europe last year. She is in active pursuit of her master of nutrition degree at NIU, with greatly anticipated completion date of June 2001.

Yummy Tidbits is published once a semester for nutrition alumni by the nutrition department of Benedictine University.

1996

**Wendy (Berger) Jasinski** is enjoying being a stay-at-home mom to her daughter, Sydney. Previously employed, she was in the top half of the sales force for Sysco Food services as a healthcare marketing associate.

**Michelle DiVito**, MS Exercise Physiology C97, RD, LD serves as a clinical dietitian at Central DuPage Hospital. She recently delivered a sports nutrition presentation to high school wrestlers.

**Diane Moore**, MPH, RD, LD, is featured in the alumnus spotlight section.

As a clinical dietitian at Palos Community Hospital, **Elizabeth (Mulcahy) Soderlund**, RD, LD is assisting in the conversion to computer charting. Last year she was busy with her wedding to her husband, Mike, and the purchase of a new home. She is currently in pursuit of a MPH degree at Benedictine.

After completing her internship, **Bridget (Tuohy) Stockdale**, RD, LD married her high school sweetheart, Richard. Bridget is currently employed as a clinical dietitian at Rush-Copley Medical Center. She wasted no time in beginning her education of the physician residents and nurses on nutrition support and therapy. She has recently begun taking MPH courses at Benedictine.

1997

**Hina Moinuddin** is the dietary director at Beacon Hill.

1998

**Jennifer Gorski** is currently a dietetic intern in the Benedictine University MPH program. She recently presented at The ADA annual Food and Nutrition Conference and Exposition (refer to article in this newsletter). She is engaged to be married.

**Amy (Daum) Hildebrand**, MPH C99, RD, LD is working as a clinical dietitian at Marianjoy Rehabilitation Hospital. Amy also does some part-time consulting work.

**Dena Infelise**, RD, LD is working as a consultant dietitian for Roche Dietitians.

**Becky Jilek**, MPH C99, RD, LD is employed as a clinical dietitian at St. Joseph Provena Medical Center in Joliet.

**Michelle Lagatuz**, MPH C00, RD, LD writes scientific reports for Abbott Laboratories. She recently presented at The ADA annual Food and Nutrition Conference and Exposition (refer to article in this newsletter).

**Tricia Skowron**, MPH C00, RD, LD is employed as a clinical dietitian working in long-term care at Manor Care. She recently presented at The ADA annual Food and Nutrition Conference and Exposition (refer to article in this newsletter).

**Keirsten Sparrow**, MPH C99, RD, LD is a clinical dietitian working in elder care. Employed by HCR Manor Care, she is quickly becoming adept at state surveys.

**Debra Tool** is currently a dietetic intern in the Benedictine University MPH program. She recently presented at The ADA annual Food and Nutrition Conference and Exposition (refer to article in this newsletter). She is employed as an RD eligible dietitian at MacNeal Hospital in Berwyn.

1999

**Lisa “Penny” Alvarez** is employed as a nutritionist/case manager at the Will County Health Department in maternal and child health. As a breast feeding counselor, she has worked to establish a protocol for breast pumps. For fun, she and Tina Blair went on a cruise last spring.

**Amber (Bierschwale) Accidentale** was recently promoted from supervisor to dining room manager and food and beverage assistant manager at The Devonshire. Her marriage, daughter (Arieanna), and job keep on her toes!

**Tina Blair** recently accepted a new position as nutrition manager with the DuPage Senior Citizens Council. Prior to that, she served as a nutritionist/case manager at the Will County Health Department in maternal and child health. She is currently pursuing her MPH at Benedictine and plans to take the Illinois Licensed Dietitian examination soon.

**Heather Brixius** is currently a dietetic intern in the Benedictine University MPH program. She recently presented a “Fall Harvest” cooking demonstration as part of her Healthy Table rotation.

**Michelle (DiRenzo) Sobieck** is currently a dietetic intern in the Benedictine University MPH program. She recently presented at The ADA annual Food

and Nutrition Conference and Exposition (refer to article in this newsletter). She recently married and purchased a new home.

**Aimee Jaremowicz** is currently a dietetic intern at Ingalls Memorial Hospital.

**Amie Karch**, MPH C99, is working as an RD eligible dietitian at Delnor Hospital in Geneva.

**Kelli Kurhajec**, MPH C99, RD, LD is the first graduate of the Benedictine MPH/DI program. She is employed as a clinical dietitian at Christ Hospital in Oak Lawn.

**Beth Murphy** works in the long-term care arena. She has been promoted again by her company, this time to director at The Meadows of Glen Ellyn.

**Tona Oksnevad** plans include community outreach and ministry in the Netherlands with Campus Crusade for this year.

**Saima Rizvi** works as a business analyst for MCIWorldCom. She recently traveled to Pakistan for a month to attend three weddings.

**Carrie (Scudder) Esposito**, MSMOB C00, LD, is nearing completion of her second master’s degree (MPH at Benedictine) this December. She is employed as a dietetic technician at Lutheran General Hospital, and has been on the WSDA board as NNM chairperson. In her spare time, she chases Jesse her eleven-month old baby.

After completing her internship at SeaMar Community Health Center (in Seattle), **Suzana Spina** is employed by the organization. Her job is varied, entailing work with youth, WIC, MSS, medical and substance abuse patients.

**Lisa Vozella**, MPH C99, RD, LD is a clinical dietitian at Good Samaritan Hospital in Downers Grove. She was just married in October.

**Joanna Vozenilek**, MPH C00, works in a variety of roles for Sodexho Marriott Services. She recently presented at The ADA annual Food and Nutrition Conference and Exposition (refer to article in this newsletter).

2000

**Emily Dritsas** works as food service manager at Beacon Hill, but is moving to Minnesota soon.

**Patricia Miller** works for M & M Mars.

**Susan Murray** is currently a dietetic intern in the Benedictine University MPH program.

**Jan Pietrzak** is currently a dietetic intern in the Benedictine University MPH program.

**Amy Shepski** is employed as the food service manager for Sodexho Marriott Services.

## Please Share Your News!

We are delighted by the continued caliber of our students and alumni! Have you been promoted or changed jobs? Did you get married or have a baby? Did you take a fun trip? Have you won an award? Have you passed your RD exam or completed an advanced degree or certification? We would LOVE to hear the highlights of your professional and personal lives! Please keep us posted! Send us your news via email to [carnold@ben.edu](mailto:carnold@ben.edu) or complete the form below and send it to:

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Full Name: \_\_\_\_\_

Year of Graduation: \_\_\_\_\_

Professional and/or family NEWS: \_\_\_\_\_

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Has your address, phone number, or email changed? Please let us know! Change of address: \_\_\_\_\_

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