Presented Thursday 10:00 AM

CA ACADEMY
DOLORES NYHUS MEMORIAL AWARD
AND OUTSTANDING DIETITIAN OF THE YEAR
Geeta Sikand, MA, RDN, FAND, CDE, CLS, FNLA

Presented Thursday 11:05 AM

AND EMERGING DIETETIC LEADER AWARD
Ashley Larsen, RD

CAND CRYSTAL AWARD
Carrie Der Garabedian, MBA, RD, CFPM
Presented Thursday 12:30 PM

CAND EXCELLENCE IN COMMUNITY NUTRITION PRACTICE AWARD
John Haubenstricker, MS, RD, CSSD, EP-C

CAND EXCELLENCE IN EDUCATION AWARD
Brenda O’Day, MS, RDN, CNSC

CAND CAROL HAYES TORIO
EXCELLENCE IN MANAGEMENT AWARD
Suzanne Ousey, RDN

CAND EXCELLENCE IN PRIVATE PRACTICE, BUSINESS OR
COMMUNICATIONS AWARD
Jessica Gust, MS, RDN
Presented Friday 5:30 PM At Student/New Member Reception

AND RECOGNIZED YOUNG DIETITIAN OF THE YEAR AWARD
   Kirsten Ault, RDN – Inland District
   Angela Hays, RD – Silicon Valley District
   Tawnie Kroll, RDN – Central Valley District
   Kristin Mahood, MS, RD – Orange District
   Karmen Ovsepyan, MS, RDN – Los Angeles/San Gabriel District

AND OUTSTANDING DIETETIC STUDENT
   IN A COORDINATED PROGRAM
   Rochelle Lai – USC Los Angeles

AND OUTSTANDING DIETETIC STUDENT
   IN A DIETETIC INTERNSHIP PROGRAM
   Amanda Maestas, BS, NDTR, CDM, CFPP, CLEC – CSU Fresno
Presented Thursday 10:00 AM

CAND DOLORES NYHUS MEMORIAL AWARD
AND OUTSTANDING DIETITIAN OF THE YEAR

Geeta Sikand, MA, RDN, FAND, CDE, CLS, FNLA

Geeta Sikand is a Registered Dietitian Nutritionist, Clinical Lipid Specialist, Certified Diabetes Educator, Fellow of the National Lipid Association and Fellow of the Academy of Nutrition and Dietetics. Ms Sikand is Director of Nutrition at University of California Irvine Preventive Cardiology Program and Associate Professor of Medicine in Cardiology at the University of California, Irvine School of Medicine.

Since 2005 Ms Sikand is Chair, Academy of Nutrition and Dietetics Medical Nutrition Therapy Effectiveness Expert Workgroup. Ms Sikand has served on the Board of Directors of the American Heart Association and as Vice President of Public Policy for California Dietetic Association. As President of California Dietetic Association: Orange District and Chair of Southern California Legislative Steering Committee Ms Sikand organized the first ever on-site Congressional visit with Congressman Ron Packard to seek his support for MNT legislation.

Ms Sikand is an expert panel member of the 2015 National Lipid Association (NLA) and a primary author of the NLA Nutrition Recommendations for Dyslipidemia in “Recommendations for Patient Centered Management of Dyslipidemia” published in December 2015. Ms Sikand is the Co-Chair of the NLA Nutrition Expert Panel Writing Group. Ms Sikand serves on the Board of Governors of the Pacific Lipid Association (PLA) and the Accreditation Council of Clinical Lipidology (ACCL). Ms Sikand is recipient of the 2016 Lifetime Achievement Award from the Academy’s Asian Indians in Nutrition and Dietetics Member Interest Group, the 2013 Distinguished Service Award from the Dietitians’ in Health Care Communities Practice Group. For her research on the effectiveness of medical nutrition therapy in dyslipidemia, she is the 2001 recipient of the Academy of Nutrition & Dietetics prestigious “Mary Huddleson Award” and the 1997 Excellence in Research Award from the California Academy of Nutrition and Dietetics.

Ms Sikand has authored many publications and book chapters in the nutritional management of lipids, diabetes & obesity. Most recently she is the lead author of “Clinical and Cost Benefit of Medical Nutrition Therapy by Registered Dietitian Nutritionists for Management of Dyslipidemia: A Systematic Review and Meta-Analysis.” Published online in Journal of Clinical Lipidology in October 2018. The Academy is using Ms Sikand’s paper to negotiate with CMS to enhance MNT reimbursement. Dietitians are using Ms Sikand’s data to enhance their job opportunities and reimbursement. Ms Sikand’s research on the effectiveness of medical nutrition therapy in the management of dyslipidemia has been recognized by the Academy of Nutrition and Dietetics. Her research demonstrated that multiple dietitian visits have greater impact on LDL cholesterol reduction and one dollar spent on medical nutrition therapy saves four health care dollars in medication & monitoring costs. Ms Sikand’s award winning research articles were published in the February 2000 issue and April 1998 issues of the Journal of the American Dietetic Assoc. Ms Sikand has also published in the area of “Use of very low-calorie ketogenic diets in the management of obesity.”

Ms Sikand received her Masters and a Baccalaureate degree in Nutrition & Dietetics from California State University, Long Beach, California. Ms Sikand provides nutrition lectures, workshops & presentations on various nutrition topics including dyslipidemia and cardio-metabolic disorders.
Michele Tilton, RDN

Michele has been a Registered Dietitian for 25 years, for the past 6 years she has been a renal dietitian at DaVita Dialysis. During her years with DaVita Michele has been promoted to Region 2 Lead RD, which includes over 20 dialysis centers. Michele also completed a 9-month Leadership Training Program for personal and professional growth. Michele won the Continuous Improvement Award while in her third year at DaVita, while working at the Herndon Dialysis center in Fresno. Michele is known to take on interns with zeal and precept new RD’s hired in the Central California area. She often enjoys presenting at Dietitian Connection Meetings for her fellow colleagues and can be seen frequenting the local CRN meetings in Fresno. Prior to working with DaVita, Michele was a Therapeutic Nutrition Representative (AKA: road warrior) for Abbott Nutrition, covering Central California. She was responsible for sales, client education, and territory management. Michele became a self-motivated, well organized RD learning how to work from home and manage a busy job and two children. Michele was promoted to Sales Trainer for the Los Angeles District and led her team to a successful year in 2012. While at Abbott Nutrition Michele won the Continuous Improvement Award in 2010.

In 2009, Michele was approached with a volunteer opportunity which included networking with local dietitians, students and college professors. Michele joined the California Academy of Nutrition and Dietetics – Central Valley District as Treasurer in mid-2010. Since then, she has held several positions and has been an Executive Board member of CAND-CVD. Michele is currently the Delegate of Area 3 of California Academy of Nutrition and Dietetics. Being the voice of her fellow nutrition professionals has been a rewarding experience. Michele intends to further her volunteer journey by running for the position of Chair Elect on the 2019-2020 ballot of the Renal Practice Group. She truly enjoys donating time, sharing her experience with others and giving back to her community.
Presented Thursday 11:05 AM

AND EMERGING DIETETIC LEADER AWARD

Ashley Larsen, RD

Ashley Larsen has a passion for nutrition and its healing powers. She brings that passion into each of her roles as Assistant Director of a 300 bed long term care facility, a private practice owner specializing in weight management and President-Elect for CA Academy Central Valley District.

Ashley completed her Bachelors of Science in Nutrition and Dietetic Internship from California State University Fresno and became a Registered Dietitian in 2011. Ashley has 8 years’ experience in directing nutrition services in long term care ensuring residents receive high quality food and nutrition services. She helps manage a staff of over 100 food service professionals and 3 registered dietitians and also precepts for the local WIC internship. She currently works with California Veterans who have served in wars from World War II to Vietnam. She is honored to serve them as they have so selflessly served us.

In her private practice, Ashley guides adults and families to reach their best health through good nutrition and healthy relationships with food. She has partnered with a local gym to reset the tone on nutrition and help inspire a balanced approach to healthy living. She also has a website and social media presence where she shares valuable nutrition tips, recipes and blog posts to the public.

Ashley is honored to serve as 2018-2019 President-Elect for the Central Valley District as she enjoys bringing education and networking opportunities to the dietetic professionals of the Central Valley. Being a part of the CA Academy district board has provided numerous benefits and opportunities that have been immensely valuable to her career.

Ashley lives in Fresno, CA with her husband and two toddlers, Luke, 4 years old and Brooke, 3 years old. She loves to spend time with family and friends around good food of course! She also loves to be active and spend time outdoors like going to the park whenever she can with the kids or up to Bass Lake and Yosemite area.
Carrie Der Garabedian, MBA, RD, CFPM is being awarded the Crystal Award for her dedication and commitment to spending over 100 hours annually on various state and local dietetic projects.

Carrie graduated from California State University, Fresno with a Bachelor of Science degree and dual minors in chemistry and business, then interned at Boston's Massachusetts General Hospital. Her first job as an RD was as the Patient Services Administrative Dietitian at Boston’s Beth Israel Hospital, supervising over 110 people and 16 dietetic interns. She was responsible for the daily assembly and distribution of 1500 patient meals, kitchen safety, sanitation, therapeutic nourishments and a kosher kitchen. On-the-job accidents decreased by 90% under her watch.

Carrie’s next job returned her to Fresno Community Hospital as the Non-patient Food Service Supervisor, supervising over 70 employees, 8 dietetic interns, a 1 million dollar annual budget and over 600,000 meals per year. She managed a 200-seat, 12-hour, 1,000 meal per day Cafeteria; a 120-seat, 24-hour coffee shop; and on/off-site catered functions, which ranged from formal five-course meals for 12 people to corporate picnics for 7,000 people. She also designed and implemented a non-food revenue program, “Balloons Over Community”, that netted a first year profit of $17,000.

After six years at Fresno Community, she returned to Saint Agnes Medical Center as the Production/Operations Manager, supervising over 100 people and 12 dietetic interns. She monitored food production/quality, operational effectiveness, safety, sanitation, and security for over 2,500 daily meals; was also the department safety officer and training coordinator.

Next, Carrie completed a Master of Business Administration degree from University of Phoenix, and became Madera Community Hospital’s Nutrition Resources Director. Carrie supervised over 50 people, ten CSUF and four WIC Dietetic Interns, two departments with combined budgets over 2.5 million dollars and over 100,000 annual patient meals. Although the MCH Café seated only 60-people, it grossed over $500,000 and when combined with on/off-site catering, her departments grossed over 1.2 million dollars annually. This excellent financial record prompted the Dietary Manager's Association to ask Carrie to author a book on revenue generation that was published in 2003. Entitled 77 Ways to Increase Revenue, the book became part of the Dietary Managers Association Master Track Series, providing 3 continuing education units for its members.

Carrie is currently the Director of Nutrition and Dining at two Fresno facilities: Community Behavioral Health Center and Community Subacute and Transitional Care Center.

Throughout the past 15 years, Carrie pursued her passion for volunteering, serving in various local/state public policy roles. Wanting to become more involved, she served as the Central Valley District President. During her presidential tenure she facilitated many district firsts: a mayoral debate, an RD Day Movie that provided 2 CE credits, and the establishment of the Helena Kennedy Memorial Scholarship for CSU, Fresno Dietetic Interns. Proceeds from the RD Day movie were donated to the scholarship. The first scholarship will be awarded this year at an upcoming CVD event.

Carrie was then elected to the CA Academy Nominating Committee, where she created Power Point presentations that were used at Public Policy and Annual Conference. She also produced a video encouraging members to volunteer for local and state offices that was posted on the CA Academy Website. She is currently serving as the CA Academy Secretary-Treasurer, as well as the Communication Council District & Council Liaison.

During the past 10 years, it is important to note that Carrie has achieved all of these accomplishments in the midst of addressing a life-changing personal tragedy – In December 2009, her house burned to the ground days before Christmas. While she was maintaining all of her responsibilities at work and to the California Academy, she had to virtually rebuild her life, as she lost everything in the fire. But in the midst of all of chaos, she remained focused on her commitment and passion to volunteering, which starts from the heart. Carrie has a strong commitment to excellence and to remaining on the cutting edge, as well as helping dietetic students, interns, and colleagues enjoy and reach their highest potential as dietetic professionals and contributors to larger professional initiatives.

The California Academy is proud to present the Crystal Award to Carrie Der Garabedian, MBA, RD, CFPM.
Presented Thursday 1:10 in Exhibit Hall A
CAND EXCELLENCE IN COMMUNITY NUTRITION PRACTICE AWARD

John Haubenstricker, MS, RD, CSSD, EP-C

John Haubenstricker is the Wellness Coordinator for the American Red Cross Women, Infants & Children program (ARC WIC) and Owner of Stricker Elite Performance Systems. He exemplifies the next generation of dietitians through his efforts and contributions to the ARC WIC program, as well as, his personal health philosophies and health promotion activities. As a Wellness Coordinator, he has designed, implemented, and evaluated the Achieve and Fit WIC programs. The former is a year-long wellness program for ARC WIC participants, while the latter is ARC WIC’s employee wellness program. John tirelessly works to improve the lives of San Diegans and students by his involvement in Live Well San Diego, mentoring San Diego WIC agencies to become WIC Worksite Wellness certified, a panelist for the 2018 Live Well Advance conference, and a preceptor for dietetic and MPH interns. He is also deeply involved in professional development activities, as he has published numerous research articles in Medicine and Science in Sport and Exercise and International Journal of Sports Nutrition and Exercise Metabolism. In addition, he has also been invited as a guest speaker at San Diego State University, Loma Linda University, Miramar College, Point Loma Nazarene, National University, and Sharp Healthcare. John puts his passion for health and fitness into action through his profession as certified Exercise Physiologist through the American College of Sports Medicine for over 15 years and a Certified Specialist in Sports Dietetics as a physique coach at Stricker Elite Performance Systems. John holds a Bachelor of Science in Kinesiology and master’s degrees in both Nutritional Sciences and Exercise Physiology. He is a doctoral candidate in the School of Public Health at Loma Linda University. Leading by example, John embodies health and fitness through his own hobbies as a bodybuilder, hip-hop dancer, recreational cyclist, and hiker. Through his energy, initiative, innovation, and dedication, John will no doubt continue to be a leader engendering our nation to live healthy.
Presented Thursday 12:30 PM

CAND EXCELLENCE IN EDUCATION AWARD

Brenda O’Day, MS, RDN, CNSC

An important facet of my career is teaching the next generation of nutrition professionals. My education experience started early in my clinical career, with an award from San Diego State University for Outstanding Preceptor. I continue to mentor interns at Sharp Healthcare and lecture for several dietetic internship programs, including WIC in San Diego. In the past 3 years, education of undergraduate, graduate students and dietetic interns has become my primary focus. Currently, I instruct practical aspects of nutrition therapy and community nutrition to students in the undergraduate program at San Diego State University. As an instructor in introduction nutrition courses at Palomar College has broadened my teaching skills. It is truly an honor to be recognized for the work I am so passionate about!

My education background includes both undergraduate and graduate degrees from San Diego State University, and Dietetic Internship at Massachusetts General Hospital. I have been a Registered Dietitian since 1990, currently working in clinical nutrition for Sharp Healthcare. My past clinical experience working as an advanced practitioner for critical care. I have been fortunate to have authored and co-authored several evidence based practice projects and posters, including an Abstract of Distinction during ASPEN’s 2007 Nutrition Week. Our ICU Feeding Tube Team has also been recognized for excellence by Sharp Healthcare for safety and efficacy in placement of feeding tubes and early feeding of critical care patients. A defining moment in my career was being recognized by the Academy with an Excellence in Clinical Nutrition Practice Award in 2008. I truly enjoy bringing my clinical experience to the classroom.

Throughout my career I have been actively involved in the California Academy of Nutrition and Dietetics, San Diego district. Reasons for participating in our professional organization are to promote better practice, expand the role of RD’s in the community and meet great people! I have served as San Diego District President, and currently serving as Vice President of Public Policy for the California Academy of Nutrition Executive Board. Although this is an extremely challenging role, it is very rewarding to be part of legislation efforts across all aspects of nutrition.

I am very grateful for a full schedule and inspiring career. I highly value balance and make time to enjoy the great outdoors. My hobbies include hiking, biking, surfing, and yoga.
Suzanne is currently the President of Nutrition Therapy Essentials Inc. She started her company in 2012 and acquired her second company Dietary Directions Inc. in 2018. She now oversees 65 Registered Dietitian Nutritionist and more than 200 healthcare communities throughout the State of CA.

She has been a speaker for CAHF, ANFP, SVAND, and many other professional organizations. She is respected for her knowledge of QAPI & Resident Centered Care.

Suzanne started her career in Healthcare Management and eventually became a RDN after moving to California. She is originally from New York where she had a successful career with Marriott Healthcare Division. She attributes her valuable training in Management while working in acute care hospitals as a Production Manager.

Anyone who knows Suzanne knows she is passionate about her work and readily shares her knowledge with her staff. Suzanne has been a Preceptor for San Jose State University Dietetic Internship for 20 years, added Fresno State and WIC Dietetic Internship preceptorships and takes pride in developing the student to entry level RDN’s. Aside from her work in which she places much of her passion and energy, family is her first love. They have been extremely supportive through the growth and transition of her company. She currently resides in San Jose, California with her husband Ken of 28 years. They have been blessed with 5 children and 4 Grandchildren.
Jessica Gust, MS, RDN

Jessica Gust is honored to receive the 2018-2019 California Academy of Nutrition and Dietetics (CAND) Excellence in Private Practice, Business, Communications award. Jessica has a Master of Science degree in Nutrition specializing in pediatrics and is a Registered Dietitian Nutritionist (RDN). She is also the owner of Element Nutrition Co. which she founded in 2008. In addition, Jessica is a writer, speaker and consultant to several child focused food and nutrition companies. She is also a proud mother.

Originally a Michigan native, Jessica made the cross-country journey to complete her dietetic internship (DI) program at the California Polytechnic State University in San Luis Obispo in 2007-2008. Shortly after successfully completing her internship she started her private practice journey. Jessica currently works with hundreds of local families each year, providing education in both English and Spanish. Jessica has many areas of expertise including starting solids and infant nutrition, nutrition for toddlers, picky eating and nutrition for preschoolers and school aged children.

Jessica strongly promotes individualized nutrition goals for children and their families. She believes a child’s health and nutrition for life are both shaped by the food children receive and the environment in which they are fed. She uses this belief to systematically approach her clients while working one on one with them and as a nutrition consultant. In her role as a nutrition advisor and consultant to several child focused food and nutrition companies, she provides feedback, writing services and guidance on programs, workshops, products and educational materials targeted toward parents and caregivers of children.

In addition to writing nutrition pieces for clients, Jessica operates a nutrition blog which provides education on various child nutrition topics, as well as, easy, kid friendly recipes for parents. She also uses other platforms of social media to educate her target audience. Through her business, Jessica has been able to speak with many local public and professional groups on a broad spectrum of childhood nutrition topics. One of her favorite professional activities is her workshop on Nourishing the Child 6-24 months, outlining key nutrition needs and methods for safely and effectively starting solids regardless of feeding method. Jessica has developed and produced an e-guide: “Balanced from Babies First Bite: A Starting Solids Guide for Busy Parents.”

Jessica has been an active member of the Academy, CAND and her local chapter Coastal Tri Counties (CTC) District for the past 12 years. She has held numerous positions within these groups including social media chair on the communications council and several years as president of her local district, among others. She was also the recipient of the Recognized Young Dietitian of the Year Award in 2016. Giving back to the dietetic and nutrition profession is a key part of her business philosophy. This is demonstrated in her dedication and commitment as a mentor and DI preceptor for both the Cal Poly DI program and the Atascadero State Hospital (ASH) DI program. DI students learn private practice skills, as well as, outpatient pediatric nutrition training when shadowing Jessica.

Additional information about Jessica may be found on her website www.ElementNutritionCo.com, as well as, on social media via Facebook: @ElementNutritionKids and Instagram @ElementNutrition.Kids.
Kirsten Ault graduated from California State Polytechnic University, Pomona with a Bachelor’s Degree in Foods and Nutrition with a concentration in Dietetics in 2015. She was involved with her school’s family and consumer sciences honor society, Phi Upsilon Omicron, as President and Vice President, volunteering to gain experience in leadership roles. After finishing her dietetic internship with Iowa State University in July 2016, she was offered her first post-grad position with Sodexo at Hemet Valley Medical Center as a clinical dietitian. After a year and eight months, she was promoted to Clinical Nutrition Manager to Physicians for Healthy Hospitals, including two hospitals, a skilled nursing facility, a subacute unit, and manages six dietitians. Almost two years ago, Kirsten got involved with CAND-Inland District as President-Elect and now President. This experience has been a great learning opportunity for her to continue her love for the dietetics field. Currently, she is working on her Masters of Professional Practice in Dietetics with Iowa State University. In her spare time, she enjoys cooking, traveling, as well as spending time with her family, two nieces, and boyfriend.

Angela Hays, RD

I became a dietitian in August 2014 and have loved every minute of it. I am passionate about providing evidence based research to my colleagues and clients. I currently work at Regional Medical Center of San Jose as an in-patient clinical dietitian, and I just received my CNSC certification in October 2018. I enjoy working in our ICU as it is so fast paced and challenging. I love living a healthy lifestyle and also motivating those around me to be the best version of themselves that they can be. In my spare time I enjoy hiking with friends, attending spin classes, and perfect my cross-stitching abilities. I also love to cook and try new recipes that I find online or in cookbooks. I am looking forward to advancing my practice by studying to obtain other certifications, and I will also be looking into starting the process to obtain a Master’s degree.
Tawnie Kroll, RDN received her Bachelors of Science degree in Food and Nutrition with the option in Dietetic and Food Administration and a Minor in Health Science from California State University, Fresno in the spring of 2014. She completed her Dietetic Internship through California State University, Fresno as well. Tawnie worked as a Nutritionist in Foodservice at Clovis Unified School District for almost three years until she decided to take a leap of faith to become an Entrepreneurial Media Dietitian. She has been working as a solopreneur since April 2018 and has thoroughly enjoyed this non-traditional approach to the field of dietetics.

Tawnie has an enthusiastic approach to the field of nutrition and dietetics. From regular cooking segments on live TV on local news stations, community nutrition presentations, running her own business, and even teaching Pilates in her hometown, Tawnie is always staying busy doing the things she loves for dietetics.

She runs her own business and website at Krollskorner.com and has a love for cooking, food photography, media and showing others how fun and easy it is to cook healthfully. In addition to Tawnie’s business, she has proudly served on the CAND-CVD Board for four years. She served as the National Nutrition Month Coordinator and also the Newsletter editor.

Tawnie would like to thank a few people for challenging and guiding her to be in the position she is in today. First off, her mentor in college Dr. Lisa Herzig, PhD, RD, CDE and her Dietetic Internship Director Erika Ireland MPH, RD, CDE. Without these two wonderful women Tawnie would not have had the success she has had. Next, Tawnie’s Mother – Yvonne Kroll. Her mom shaped her into the woman she is today and her guidance and wisdom is invaluable. Next, her Fiancé Cameron Graham. Without Cameron’s support and love Tawnie wouldn’t have had the courage or willpower to fight for what she really wanted. Last but not least, Tawnie’s father. Her father’s passing in May of 2011 turned her life upside down. But her father remind her, “Adversity causes some people to break, and others to break records” so Tawnie has fought to tackle adversity head on & live a life she knows her father would be proud of.

Tawnie is proud to be a part of the Academy of Nutrition and Dietetics and is looking forward to what the future of dietetics brings!
Kristin Mahood, MS, RD currently works as a Clinical Dietitian for Kaiser Permanente Anaheim Medical Center in Orange County, California where she primarily covers the neonatal intensive care and pediatric units. Kristin graduated with a bachelor degree in Business Administration from the University of Southern California. She completed a second BS degree in Dietetics and was on the Graduate Dean’s List of University Scholars and Artists while earning her Master degree in Nutritional Science and finishing her dietetic internship at California State University in Long Beach, California. Kristin enjoys nutrition education in the academic, health and public arenas. Her previous experience includes working as a Health Educator for Kaiser Permanente where she taught nutrition-related classes and conducted individualized nutrition counseling in an outpatient setting. She also was a part-time lecturer for Food and Dietetics at California State University, Long Beach while consulting at acute care facilities and home health with Dietitians of Orange County. In addition to volunteering for community programs, Kristin is honored to have the opportunity to be a California Academy of Nutrition Dietetics – Orange District board member on the planning committee and previously serving as the district’s newsletter co-editor. Kristin lives with her boyfriend and puppy, and enjoys trying new restaurants, going to the beach, and running in her spare time.
Karmen received both her Bachelor's and Master's degree from California State University Northridge (CSUN). Upon completion of her thesis project, implementing a five-week healthy eating summer curriculum for children ages eight through twelve, she realized that nutrition education/prevention was her passion. Soon after graduating from the CSUN Dietetic Internship program in 2012 and becoming a Registered Dietitian Nutritionist, Karmen worked for the Network for a Healthy California Program and Glendale Unified School District Nutrition Department as a Nutrition Consultant, and then at Northridge Hospital - Center for Healthier Communities as a Project Coordinator, before heading back home to CSUN. Karmen has returned as a Part Time Faculty, Dietetic Internship Program Coordinator, and the Associate Director for the Marilyn Magaram Center for Food Science, Nutrition and Dietetics. In addition to her role on campus, Karmen is dedicated to the California Academy of Nutrition Dietetics (CAND) Los Angeles District (LAD), where she had the opportunity to be part of the board in various elected positions in addition to leading the organization as President in 2016. It has truly been a journey for Karmen and she is happy to be back home, mentoring future dietitians, overseeing wellness education/prevention programs, and helping make a difference in the community.
Presented Friday 5:30 PM

AND OUTSTANDING DIETETIC STUDENT
IN A COORDINATED PROGRAM
Rochelle Lai

Rochelle is currently finishing up her last semester as a graduate student and dietetic intern in the University of Southern California (USC) Coordinated Program in Dietetics. She is also a graduate researcher in the Benayoun Laboratory at the USC Leonard Davis School of Gerontology. Her research involves studying how aging and longevity-extending interventions, such as caloric restriction, influence genomic regulation. Prior to attending USC, she received her B.S. in Nutritional Science, Dietetics and completed her Didactic Program in Dietetics at the University of California, Berkeley. When she is not in the laboratory, studying, or interning at a rotation site, you can find her catching up on her favorite crime, medical, and historical drama television shows.

After graduation, Rochelle hopes to earn her registered dietitian credential and work as a clinical dietitian. Rochelle is also passionate about the necessity of registered dietitians participating at every level of nutrition research – from basic science to translational medicine. Eventually, she hopes to pursue a doctorate degree to continue this interest in research.

AND OUTSTANDING DIETETIC STUDENT
IN A DIETETIC INTERNSHIP PROGRAM
Amanda Maestas, BS, NDTR, CDM, CFPP, CLEC

Amanda Maestas, BS, NDTR, CDM, CFPP, CLEC is a Fresno State Dietetic Intern from Fresno, California. Amanda graduated from California State University, Fresno with both President and Dean’s list honors. Amanda has served as a leader in Dietetics at the academic level, serving on the board as the Public Relations officer for the Student Nutrition and Dietetics Association at California State University, Fresno. Amanda has been an active member of the Academy of Nutrition and Dietetics (AND) since 2014 and has served as the AND Student Liaison for California State University, Fresno. Amanda currently serves on the California Academy of Nutrition and Dietetics – Central Valley District Executive Board as the Communications Chair. Amanda has volunteered throughout the Central Valley in Community, Clinical, and Food Service settings, with interests in breastfeeding education and volunteering at local food distributions. Amanda finds value and enjoyment staying involved in her local community and giving back to the profession of dietetics by volunteering at professional events such as California Academy of Nutrition and Dietetics Annual Conferences.
50 year Members

Nieves Aguinaldo - Los Angeles District
Carol Battles PhD, RDN - Northern Area District
Pauline Bischoff - Silicon Valley District
Barbara Burger - Diablo Valley District
Carol Ceresa - Bay Area District
Barbara Clark - Northern Area District
Patricia Cotherman - Bay Area District
Diane Curtis MS - Northern Area District
Merry Dalcino - Diablo Valley District
Doris Derelian JD, RDN, FADA, PhD, FAND - Coast Tri Counties District
Ellyn Elson RD - Bay Area District
Sheryl Harding MA - San Diego District
Thelma Hayes RDN, MA, CLE - Los Angeles District
Joanne Keenan - Bay Area District
Judith Levine MS - Bay Area District
Sharon Quinn - San Diego District
Charlotte Roberts CDE, RD - Los Angeles District
Susan Scheunemann MS - Central Valley District
Elizabeth Stephens - Out of State
Yvonne Stephens BA, CDE - Coast Tri Counties District
Barbara Zachary-Mena - Bay Area District

Many thanks