Greetings and happy holidays,
This fall we were very excited to welcome two classes of dietetic interns; our traditional 10-month interns as well as the first class of our newly formed MSDI program. At the request of our new Department chair, both classes of interns were invited to work together and present an overview of how dietetics plays an important role in the new Agriculture, Nutrition, and Food Systems department during the weekly NUTR 997 seminar. During their presentation, they shared an overview of what the dietetics profession entails as well as some examples of the various projects both groups are working on throughout the year.

It’s been a busy first semester for the interns in their dining and community rotations as well. In addition to their time in the dining halls, they’ve had field trips to Hannaford Supermarket to learn about the opportunities in retail dietetics and we even had a chance to tour the new Aquaponics farm at UNH to learn more about this exciting field. The interns also spent their first week of the semester working together to develop a business plan for a delivery service selling gleaned produce to consumers to help minimize food waste – a company they called The Gleaned Green Box. The interns are now in their community rotations with New England Dairy, UNH Cooperative Extension, UNH Health & Wellness, Farm to School and the New Hampshire Food Bank. In the Spring of 2019, we are excited to be offering a new community rotation at the New Hampshire Department of Public Health where one intern will have the opportunity to work on a number of different nutrition grants.

On a personal note, I’m excited to share that we’re expecting the arrival of our first child sometime in mid-December - we can’t wait to welcome the newest Wildcat into the world. Wishing you all a happy, healthy and delicious holiday season. – Molly

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**Katy Magoon-Fredette** (‘10) continues in her part-time role as Hannaford Registered Dietitian in the Nashua Hannaford Supermarket. This is her eighth Hannaford Supermarket that she has done outreach in between New Hampshire and Maine. To date, this still remains her favorite job since completing her DI at UNH in 2010. Every day is a challenge and she sees a variety of health issues and challenges—all at no charge—while making nutrition as accessible and tangible as possible. Katy serves on the New Hampshire Academy of Nutrition & Dietetics Board of Directors again this year. This year she has served as the Chair of the Professional Development Committee and was responsible for planning the two annual meetings for NH AND. Of course, she had help from other fabulous UNH DI Alumni! Katy lives in Concord, NH with her husband Ryan, 18 month old son Colton, boxer Roxy, and their family will welcome another child in April 2019.

**Megan (Becker) Hanson** (‘11) lives in Chattanooga, TN and is working part-time at the Erlanger Kidney Transplant Center with pre and post patients.

**Kelly (Staid) Azarian** (‘12) is still with Da Vita Dialysis full time and is excited to host the UNH interns this winter! Her dialysis exposure during the internship is what made her want to be a renal RD.

Her little guy turned one in May, she started her MPH degree and she got back into running half marathons, which was not easy post baby! Kelly and her husband took their son camping for the first time this summer and they ended up buying a RV since they loved it so much. They are already looking forward to planning some family adventures for next year!

**Nicole (Vona) Lore** (‘12) got married on May 19th and closed on their house Labor Day weekend! She continues to work for Care One in Peabody.

**Karen Mountjoy** (‘14) continues her work with the Nutrition, Feeding and Swallowing program through the Bureau of Special Medical Services and her private practice. Both of these jobs bring her so much satisfaction as does her weekly volunteer shift at Gather (formerly the Seacoast Family Food Pantry). She sometimes finds herself using/sharing information that she learned at UNH that, at the time, she wondered how useful it would be! One of her favorite parts of having a pediatric practice is getting to work with little kiddos. Now that hers are in college, high school and middle school, she doesn’t get many hugs and cuddles and takes all that she can get!

This fall, she took on a LEND student who attends home visits with her and her partner, an SLP, as they consult to families with a medically fragile/special needs child. Having a student allows her to revert back to her “teacher” days and really pushes her to be on her game! She also has another remote student who is blogging for her—something that she just couldn’t find the time to do. She’s trying her best to be available for dietetic students because she knows how hard it can be to get experience!

**Courtney Perrin** (‘15) finished her Masters Degree in Nutrition and Health Promotion, Entrepreneurship track from Simmons College in May. She got married in June and they bought a house in September. They also rescued their first fur baby, Tuuka, who is a cutie—but raising a puppy is hard work!! They reside in Dover. Courtney is working at Better Gut Better Health, LLC in Newington with Maria Larkin. She is providing counseling for those with eating disorders, disordered eating behaviors, chronic dieting, etc.

**Carly (Lewis) Douthit** (‘15) is working as the RD for Vincentian Home which is a skilled rehab and nursing facility in Pittsburgh, PA. She works on the clinical side of things but also within the corporate system on the wellness program for staff. She really enjoys it! Carly and her husband spend a lot of time traveling plus exploring the area around PA.

**Mallory Doolan** (‘16) just moved to San Diego with her boyfriend. Such a big move and she is so happy to be there!

**Melissa Groves** (‘17) has her own practice, Avocado Grove Nutrition and Wellness, which specializes in Women’s Health and Hormones. The practice is located in Portsmouth. She is also a regular contributing author for Healthline.com. She is the Social Media Chair on the Dietitian in Integrative and Functional Medicine DPG Board and Professional Development Committee Chair-Elect for the NH Academy of Nutrition and Dietetics.
Casey Larsen ('17) is working full time at Maine Medical Center in Portland.

Sarah (Maskwa) Gurney ('17) got married in May and currently works for Optum as a corporate RD at Biogen in Cambridge Mass and at Harvard Business School. She also works at the Elliot Hospital part-time as an outpatient RD.

Palmer Johnson ('17) left the University of Utah to accept a position as the Assistant Director of Performance Nutrition at the University of Missouri. In his new role, he is the dietitian for the football team at Mizzou and is responsible for everything nutrition/food related for the team, which includes providing the team with nutrition education and counseling, body composition measurements, hydration testing, coordinating meals at home and on the road, and traveling with the team.

Holley Mihok ('17) is currently working as a RD and certified personal trainer (and soon to be health coach) at The Works Family Health and Fitness Center in Somersworth, NH, full time. She started there in March and absolutely loves it! She works with patients in various programs focusing on preventative health, weight loss, and physical performance.

Holley and her husband recently bought their first home in the area, have a chocolate lab, and have been enjoying running and hiking in the fall season.

Mikayla Stoyak ('18) is a full-time clinical dietitian at Concord Hospital

Happy Holidays!

The end of the semester is finally here and everyone-staff and students alike—are looking forward to their well deserved break!

We have had quite the exciting year here at the internship, filled with new challenges and adventures as we navigate the switch from our traditional internship to the combined Masters/Internship Program. It has been nice to see all of the hard work that had been put into preparing this new program finally come to fruition.

UNH continues to be a fabulous place to work, and I’m reminded of that with the retirement of Dr. Ruth Reilly and Dr. Joanne Curran-Celentano. Both faculty members were my instructors oh-so-many years ago when I was an undergrad here, and I have enjoyed the years I was able to work along side them as well. And of course, even prepping for the Site Review can be made fun with Molly, Celeste and Dr. Burke.

I get a harsh reminder of how fast the years are flying by when I think back to the fact that my youngest was just a newborn when I started here. That “newborn” is now in 7th grade and my oldest has started to practice driving, in anticipation of her 16th birthday in March. How is everyone else getting older when I don’t? ;)

Wishing you all a healthy and happy 2019!

-Lisa