

LibbyMills

Lifestyle Coach

Better Living for Busy People

EDUCATION

Masters Degree in Medical Dietetics 1992-1996
Saint Louis University

Thesis: Cross-training needed: perspectives of the American Dietetic Association registered dietetic membership's perceptions regarding the results of the Future Search Conference

▶ *Recommended by the Saint Louis University Department of Dietetics for the 1996 American Dietetics Association Graduate Student Paper Competition*

▶ *Poster presentation at the American Dietetic Association's 1996 Annual Meeting Graduate Student Association delegate*

Dietetic Internship 1993-1994

Bachelors of Science in Human Nutrition and Food Science 1984-1989
University of Missouri, Columbia

PROFESSIONAL AND VOLUNTEER ORGANIZATIONS

Awards and Honors

- ▶ National Speakers Association
 - ▶ Professional Experts Group: Health and Wellness
 - ▶ Professional Experts Group: Writers/Publishers
- ▶ American Dietetic Association
 - ▶ Received the American Dietetic Association's 1999 Recognition of Service Award
 - ▶ Missouri's 1998 Recognized Young Dietitian of the Year
 - ▶ Served on the Missouri State Advisory Committee for the American Dietetic Association 1998 Annual Meeting
- ▶ American Dietetic Association Dietary Practice Groups:
Food and Culinary Professionals
 - ▶ 2003-2005 Elected to the Nominating Committee
 - ▶ Editor for the national newsletter, *Tastings*, 2002-2003

- ▶ Volunteer coordinator for the 2001 American Dietetic Association's Food and Culinary Professionals' Annual Meeting workshop partnering with Anheuser-Bush Companies, Inc.
- ▶ American Dietetic Association
- ▶ Pennsylvania Dietetic Association
 - Public Relations State Co-chair
 - Volunteer committee member for the State Media Spokesperson campaign
- ▶ Philadelphia Dietetic Associations
- ▶ American Dietetic Association, St. Louis Dietetic Association, Inc.
 - ▶ 2000-2002 Legislative Chair
 - ▶ 1996–1999 Organized and facilitated the Visionary Committee Strategic Planning
 - ▶ 1996 Elected president (*480 plus membership*)
 - ▶ 1994-1996 Legislative Committee
- ▶ National Association of Women Business Owners (NAWBO)
 - ▶ 2000-2001 Awards Chair National Association of Women Business Owners (NAWBO)
- ▶ 2002 National Multiple Sclerosis Society, Leadership Class—Fundraising
- ▶ 2000-2003 Aerobic and Fitness Association of America
- ▶ 1999-2000 National and Missouri Federation of Press Women
- ▶ 1999-2000 Business Network International
- ▶ YWCA of Metropolitan St. Louis
- ▶ Precepted for St. Louis Community College at Florissant Valley Dietetic Technician students (1995-1997), Barnes-Jewish School of Nursing students (1996-1998), Southern Illinois University Community Health students (1998), Saint Louis University Dietetic Interns (1997-1998)
- ▶ Saint Louis University Alumni Board
- ▶ Adventures in Science and Medicine Advisory Board
- ▶ American Medical Athletic Association
- ▶ St. Vincent Home for Children

CERTIFICATIONS

- ▶ Registered Dietitian

- ▶Personal Trainer, Aerobics and Fitness Association of America (AFFA)
- ▶Neuromuscular Integrative Action (NIA)
- ▶Basic Life Support for Healthcare Providers
- ▶Martial Artist, Black Belt

MEDIA OVERVIEW

INTERVIEW GIVEN

Telecast

- ▶Healthy Breakfasts in just 9-minutes, Healthy Neighborhoods (half hour program, La Salle 56, November 9, 2005)
- ▶Children Losing weight, WB17, November 19, 2004
- ▶Nutrition for Busy People, NBC, May 22, 2002
- ▶Nutrition on the Go, CBS, May 18, 2002
- ▶Top Four Foods for Women's Health, CBS, March 11, 2002
- ▶Energy Bars, KSDK Newschannel 5 NBC, August 2000
- ▶Hydration, KPLR-TV WB 11, June 2000
- ▶Healthful Holiday Recipes and Strategies, TCI, November – December 1997-1999
- ▶Healthful Holiday Recipes and Strategies, HEC, November – December 1997-1999

Broadcast

- ▶Healthful Turkey Leftovers, WBT News Talk 1110 AM, Charlotte, NC November 26, 2005
- ▶Healthful Turkey Leftovers, 550 KTSA News-Talk Radio, San Antonio, TX November 25, 2005
- ▶Healthful Turkey Tetrazini, WCCL Radio, Minneapolis, WI November 25, 2005
- ▶Portion Distortion, WIOQ, Philadelphia, PA May 2004
- ▶French Paradox, WIOQ, Philadelphia, PA March 2004
- ▶Nutrition that Travels, KMOX, St. Louis, MO May 20, 2002
- ▶Harvesting Health from a Busy Lifestyle, KMOX, St. Louis, MO October 13, 2001
- ▶Summer Grilling, Radio Fit America, KYKY Radio Y-98, St. Louis, MO June 2000
- ▶High Protein Diets, Radio Fit America, KYKY Radio Y-98, St. Louis, MO April 2000

- ▶Obesity: A Major Risk Factor for Heart Disease, St. Louis, MO KFRU, June 1998
- ▶Preparing for the Holidays, KIX, St. Louis, MO November-December 1997
- ▶Holiday Health Strategies, KCLC, St. Louis, MO November–December 1997
- ▶School Lunches, KTTS-Springfield, MO October 1997
- ▶American Heart Association’s Revised Dietary Guidelines, KMOX, St. Louis, MO October 1996
- ▶American Heart Association’s Revised Dietary Guidelines, KFUE, St. Louis, MO October 1996
- ▶Good Nutrition, KMOX, St. Louis, MO February 1996

Print

- ▶What’s for lunch? Brown-bag it! Oxygen’s five sandwich recipes will get you through the work week feeling stronger, leaner and more energized, *Oxygen Magazine*, September 2005
- ▶ Good stress/bad stress, *Lifetime Fitness*, June 2005
- ▶Ethnic eating, eating well, *Today’s Dietitian*, April 2005
- ▶Spice of life, *Today’s Dietitian*, May 2005
- ▶New year motivators, *Chicago Tribune*, December 2004
- ▶Fast food salads, *Men.com*, September 2004
- ▶Food coaches get in the game, *CookingLight*, August 2003
- ▶Whale of a whopper, *Philadelphia Daily News*, June 5, 2002
- ▶Executive training for success, *Ladue News*, May 3, 2002
- ▶Tools for choosing, *Ladue News*, June 29, 2001
- ▶Wyndham, Clayton on Park make women their business, *St. Louis Business Journal*, June 1-7, 2001
- ▶Nutritional eating comes at a cost, *The Maneater*, Columbia, MO, April 3, 2001
- ▶Health and nutrition in 2001, *Out & About*, January/February, 2001
- ▶Proper nutrition throughout life, *Webster-Kirkwood Journal*, St. Louis, January 19, 1997

PUBLICATIONS

- ▶ *Today's Dietitian*, From peasant food to niche gourmet, December 2005
- ▶ *Suburban Journals*, Thankful leftovers make scrumptious timesavers!, November 2005
- ▶ *Today's Dietitian*, Katrina: lessons, change, and opportunity, November 2005
- ▶ *Today's Dietitian*, Weeding out the wicked best practices with produce, October 2005
- ▶ *Today's Dietitian*, Heat up your professional relationships without getting burned, July 2005
- ▶ *ACAMS Today*, Time winning strategies, December 2004
- ▶ *Suburban Journals*, A Picky Eater Interview: Diary of a 7 year old boy, December 2004
- ▶ *Association Magazine*, Power lunch hour: 5 keys to a healthier lunch, November 2004
- ▶ *ModernSage.com*, Power lunch hour: 5 keys to a healthier lunch, September 2004
- ▶ *New Business Today*, Power lunch hour: 5 keys to a healthier lunch, September 2004
- ▶ *Body Sense*, Power lunch hour: 5 keys to a healthier lunch, September 2004
- ▶ *Suburban Journals*, Power hour, August, 2004
- ▶ Author *Living Well Daily* © 2004
- ▶ *The NAPPS Network the Magazing of the National Association of Professional Pet Sitters*, Volume 14, Number 2, 2004
- ▶ *Suburban Journals*, Sandwiching health into your schedule, March 2004
- ▶ *Suburban Journals*, Imaginary adventures excite cooks young and old, January 2004
- ▶ Editor for *Tastings* the American Dietetic Association's Food and Culinary Professionals' newsletter, 2003
- ▶ *Suburban Journals*, Mom knew how to comfort the heart, November 2003
- ▶ At The Core: What is it?, *Tastings*, Winter 2003, Volume 6, Issue 4
- ▶ *Suburban Journals*, Presidential health, July 2003
- ▶ *Suburban Journals*, Mother "may-I-naise," May 2003
- ▶ At The Core: Foods of presidential stature, *Tastings*, Spring 2003, Volume 7, Issue 2
- ▶ *Suburban Journals*, Spring resolutions, March 2003

- ▶ Changing the time paradigm, *Tastings*, Fall 2002, Volume 6, Issue 3
- ▶ *Suburban Journals*, Seasonal shopping sets healthy pace, December 2002
- ▶ Reviewed the weight management chapter of the *American Dietetic Association's Complete Food and Nutrition Guide, Second Edition*
- ▶ *Suburban Journals*, Spring announces new baby, March 2002
- ▶ *Suburban Journals*, Car adventures make safe turns for family excursions, June 2001
- ▶ *Suburban Journals*, Spring desserts pose "berry" easy decisions, March 2001
- ▶ *Suburban Journals*, Recipe for romance controls heartburn, February 2001
- ▶ www.yesican.cc, World martial Arts Academy web site, provided text 1999-2000
- ▶ *Kickin' World Martial Arts Academy Newsletter (distributed to prospective and enrolled students)* Designed, wrote, edited and produced project, 1999-2001
- ▶ *Suburban Journals*, Magic beans grow health wealth and adventure, October 2000
- ▶ *Suburban Journals*, Afternoon baking creates scholarly Cannoli, 2000
- ▶ *Suburban Journals*, Homemade corn chips burst with bright flavor, August 2, 2000
- ▶ *Suburban Journals*, Cheese-loving kid learns adult tastes, June 14, 2000
- ▶ *Suburban Journals*, Healthier dad learns new tricks on .com, February 16, 2000
- ▶ *Suburban Journals*, Watching menus for red flags when dining out, February 9, 2000
- ▶ *Strategic Planning: Beyond the Future Search Conference*, original research publication in progress.
- ▶ *Suburban Journals*, Haunting hype snags tricky taste buds, October 27, 1999
- ▶ *Suburban Journals*, Hot ride gives cool life to image of watermelon whale, September 8, 1999
- ▶ *Suburban Journals*, Work diligently on food ants, low-fat eaters enjoy, June 9, 1999
- ▶ *Suburban Journals*, Backyard tomatoes only a pot, seeds and TLC away, April 14, 1999
- ▶ Technically reviewed *Food Folklore: Tales and Truths About What We Eat*, American Dietetic Association, 1998
- ▶ *Suburban Journals*, Sniffle, snuffle, chilly, woozy, achy- need not lead to heart breaky, January 22, 1998

- ▶ Righteous Recipes Cookbook (sold primarily to the 150 members of The Episcopal Church of the Holy Communion)
- ▶ Substitutions for more saintly solutions, chapter of the *Righteous Recipes Cookbook*, 1997
- ▶ *Suburban Journals*, Uncle Bob knows how to heat up a vacation, July 30, 1997
- ▶ *Suburban Journals*, Plant Twinkie appeal in everyday food garden, May 28, 1997
- ▶ *Suburban Journals*, Boring bagels lead to perfect porridge, January 22, 1997
- ▶ Journal of the American Dietetic Association, September, 1996 Supplement, p 25 *Registered Dietitians' Use of Multiple Skills*
- ▶ Reviewed the cardiovascular component of the Fulton State Hospital's 1996 Dietary Manual
- ▶ *Good Food Daily* (Missouri publication distributed to healthcare providers, over 2,000 dietetic professionals, patients, clients and consumers)
- ▶ *Kitchen aroma wafts with herbs from garden*, March, 1996
- ▶ *Around the world for better health*, March, 1996
- ▶ *St. Louis Dietetic Association Newsletter* (Received by 480 members) *Quarterly president's letters and other miscellaneous articles, 1996-1998*
- ▶ *Suburban Journals*, Smart choices lead to good portions, November 20, 1996
- ▶ *Suburban Journals*, Bride, guests, hostess get caught in shower fun, May 29, 1996
- ▶ *Suburban Journals*, Plant flavor compass for nutritious discovery, March 27, 1996
- ▶ *Suburban Journals*, There always is new time to take control of future, January 31, 1996
- ▶ *Suburban Journals*, Playing health games can break hearts, Sept 13, 1995
- ▶ *Suburban Journals*, Easy, 30-minute meals flow from simple plans, July 12, 1995
- ▶ *Suburban Journals*, Kitchen aroma wafts with herbs from garden, May 10, 1995
- ▶ *Suburban Journals*, Dance in produce aisle to produce March salad, March 1, 1995
- ▶ *Suburban Journals*, Sweet potato at root of table tradition, December 21, 1994
- ▶ *Nutrition Spotlight Newsletter* (St. Louis Dietetic Association, Inc. publication)
- ▶ *The corner rocking chair- the female advantage: women's ways of leadership, 1994*

▶ *Involvement defines Mary Sanders: dietetic technician of the year, 1993*

PRESENTATIONS

National

- ▶ Presented at the 2000 National Association of Women Business Owners (NAWBO) Annual Meeting and 25th Anniversary Celebration, Washington, DC, 2000
- ▶ *Community Interventions: Cardiovascular Disease Prevention for Population Groups-- HeartPower!: Reading Writing and Risk Factor Reduction*, Sports, Cardiovascular and Wellness Nutritionist (SCAN), St. Louis, 1997
- ▶ Poster presentation at the American Dietetic Association's 1996 Annual Meeting
- ▶ Co-presented at the American Dietetic Association's 1996 Annual Meeting round table

State

- ▶ *The Missing Piece of Wound Care Management Puzzle*, Missouri Dietary Managers Association District meeting, Farmington, 1999
- ▶ *Artfully Preparing & Presenting Pureed Meals*, Bunn Capitol Company Menu meeting, Springfield, 1999
- ▶ *Nutrition's Role in Cardiovascular Risk Factor Reduction*, American Heart Association Delegate Assembly, St. Joseph, 1998
- ▶ *Tasting Great and Healthy Too!*, Missouri School Food Service Association, Kansas City and St. Louis, 1997
- ▶ *Creating Tasty and Healthy School Lunches*, Missouri School Food Service Association, St. Louis, 1994

Local

- ▶ Numerous corporations and organizations

Toastmaster's International *Awarded most improved speaker, best tabletopics, best speaker and best evaluator*