

# Introducing the Academy's 2020-2021 President: Linda T. Farr, RDN, CSOWM, LD, FAND



**L**INDA THOENNES FARR WAS born to be a registered dietitian nutritionist, and leadership is in her blood. Her mother, Helen Key Thoennes, MS, RD, was an Academy member for 23 years, interned under our 9th President, Kate Daum, and trained future Academy leaders herself.

The photo on this page illustrates Linda's passion: As a high school student, she worked and trained with her mother in her hospital kitchen at the University of Iowa. We can only imagine how proud Linda's mother would be today!

## PASSION AND TENACITY

Linda is tenacious and fearless, and with that attitude Linda can make things happen! She leads those around her to develop their ideas and thoughts into a concrete plan, then she uses her special ability to take that plan to the next level and produce results.

In the words of Zachari Breeding, MS, RDN, LDN, FAND: "Linda's exuberant personality and her strong credentials allow her to stand among our profession as a passionate leader who knows that lighting another's candle does not dim her own flame."

## DIVERSE CAREER PATH

Linda's diverse career path took her from Iowa to Dallas, TX, where she worked as a clinical dietitian and then a foodservice director in small hospitals. She advanced to become a department head overseeing foodservice, housekeeping, and purchasing in a private mental health facility, and eventually became the foodservice department head for Doctor's Hospital, a 500-bed facility.

Sixteen years later, the valuable business management and people skills that she developed directly translated into the creation of a thriving private practice and consulting business, Nutrition Associates of San

Antonio, which she still runs 25 years later.

"Linda embodies every quality that one would want in an Academy president," says Aida Miles, EdD, MMSc, RDN, LD, FAND. "She genuinely cares about the Academy and values every member. She is kind and thoughtful, yet also tough and resolute. She wholeheartedly advocates for fairness, inclusivity, and transparency."

## INSPIRED LEADERSHIP

Linda is a strong believer in the importance of every member advocating for better nutrition policies and licensure to protect the public. Under her leadership, the licensed dietitian board was reinstated, along with two additions to dietetic scope. While leading the House of Delegates into the Second Century as speaker in 2016-2017, her exceptional organizational skills allowed her to continue to grow her practice, provide media interviews, stay active in her beloved Texas affiliate, precept students, and secure her certificate as a Board Certified Specialist in Obesity and Weight Management.

"Linda was just beginning her position of speaker of the House of Delegates when I joined the team as the newest member of the House Leadership Team," says Susan Brantley, MS, RDN, LDN, FAND. "Linda was one of the first to welcome me into the group with that awesome smile. She made me feel like my viewpoint was of value, both to her and to our profession."

## ALTRUISM AND SERVICE

"Linda's altruistic activities have been a lifetime endeavor, including service and fundraising as a member of Kappa Delta sorority, to promote confidence in young women and the prevention of child abuse. She also revamped the sorority's menus to include healthful,



teen-friendly fare," says Neva Cochran MS, RDN, LD, FAND. As an appointee to the San Antonio Mayor's Fitness Council, she engaged local registered dietitian nutritionists in the development of the *Por Vida* (For Life) healthy restaurant initiative, allowing the program to be highlighted for diners across Texas and recognized by the Centers for Disease Control and Prevention and First Lady Michelle Obama.

Be inspired by her devotion to nutrition and dietetics and feel her zeal to make each of us successful.

Debra L. King, MS, RDN, LD, FAND  
[DLKingRD@gmail.com](mailto:DLKingRD@gmail.com)

Marcy Kyle, RDN, LD, CDE, FAND  
[bkyle@roadrunner.com](mailto:bkyle@roadrunner.com)

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