



# NUTRITION FOOD SCIENCE PACKAGING

# TRI-FOCUS

## DEPARTMENT OF NUTRITION & FOOD SCIENCE

### HELLO ALUMNI AND FRIENDS!



What a year this has been! The SJSU Campus Village Residence Halls were completed in August 2005. Included are three new buildings (one is 15 stories tall) that house 2000 more students right on campus. Other

additions were two twenty foot statues of Tommie Smith and Jon Carlos, SJSU track athletes who won Gold and Bronze medals at the 1968 Summer Olympics in Mexico City. They are honored for their courageous protest at that event. Guess where the statues are located? Just look at the center of campus, right outside our Central Classroom Building.

Our Department also has news of additions. Equipment for three SMART Classrooms was purchased and installed, thanks to the generosity of our alumna Phyllis Simpkins. We also deeply appreciate our alumna Molly Rauen and her husband Gene for their endowment that provides financial aid to Masters students to cover expenses associated with their award winning research projects.

Additionally, we are delighted to welcome a new full time temporary faculty member, Elizabeth (Izzie) Brown, who will be teaching in the area of Sports Nutrition. She is a registered dietitian, and her sport experience is on the American Rowing Team.

Other news is that we are happy to welcome back an old friend: the Packaging Program. Packaging left our department to join the Industrial and Systems Engineering Department five years ago at the direction of the Provost. Many events have happened since that time, including the retirement of that Provost and the need for an environment where it is easier for students to integrate food science with packaging. The collaboration possibilities between food science and packaging in the areas of curriculum and research are quite exciting.

Our "Circle of Friends" continue to enhance our students' success with scholarships and the best

educational opportunities, and we are so grateful for their support. We also thank everyone who contributed to this Alumni Newsletter including our editor Caroline Fee as well as writers, Jeremy Lampel, Deepa Singamsetti, and Christina Erickson.

We look forward to the upcoming 2006-2007 year, which holds great promise and also happens to be the 150th anniversary of San Jose State University!

May your year be filled with health and happiness.

A handwritten signature in cursive that reads "Lucy McProud".

Lucy McProud  
Department Chairperson  
Nutrition and Food Science

### MARJORIE FREEDMAN, PhD NEW FACULTY SPOTLIGHT

By Christina Erickson



Dr. Marjorie Freedman received both her MS and PhD in Nutrition from UC Davis and has worked in the field of nutrition in a variety of capacities for over 20 years. She has worked as a nutrition consultant both for a non-profit educational company, and in the academic community. Some of the positions she has held include Manager of Scientific Affairs for the NutraSweet Company, Vice President of Education for INR, a non-profit scientific organization, and as a nutrition consultant providing nutrition expertise to businesses.

Additionally, she authored the paper "Popular Diets: A Scientific Review" and was on the faculty of the ADA's Weight Management Certification Program. In her various positions, Dr. Freedman has traveled extensively, providing education and presenting seminars to various groups of health care professionals.

## FACULTY EXCELLENCE: JUST A “FEW” HIGHLIGHTS

### Accomplished Journal Authors

**Clarie Hollenbeck and Lucy McProud** served as coauthors for two articles: *Changes in Body Weight, Body Composition and Resting Metabolic rate (RMR) in First-Year University Freshmen Students* with Leleh Hajhosselini, Parinaz Mohamadi, and Vida Goudarzi and Tawni Holmes which was published in the Journal of the American College of Nutrition and *An Annotated Bibliography and Research-Based Guidelines for Long-Term Nutritional Care* with Julie Ashbaugh and Debra Potosky which was accepted for publication in The Bariatrician.

**Clarie Hollenbeck and Kathy Sucher** coauthored an article entitled *Comparison of Ideal Body Weight Equations and Published Height-Weight Tables for Healthy Adults in the U.S.* with Bhumika Shah which was published in Nutrition in Clinical Practice.

**Kathy Sucher** coauthored a new medical nutrition therapy textbook entitled *Nutrition Therapy and Pathophysiology* which is currently in press and will be available this fall.

**Ashwini R. Wagel** with two posters: “Bioterrorism and the U.S. Food Supply” and “First Annual Watsonville Relay for Life- Promoting Colon Cancer Cure.”

### National and State Research Presentations

**Clarie Hollenbeck** and his graduate advisees were selected to present four posters at the annual American Dietetic Association (ADA) meeting in October and six posters at the California Dietetic Association (CDA) Annual Meeting in May.

**Kathy Sucher** and her graduate advisees were selected to present two abstracts at the annual ADA meeting in October and three abstracts at the annual CDA Meeting in May.

**Lucy McProud** and her graduate advisees were selected to present four posters at the CDA Annual Meeting in May.

### Grand Grantees

**Marjorie R. Freedman** received a California State Lottery Grant for professional development, a faculty development grant, as well as a Community Benefits Grant from Kaiser for Healthy SJSU 2010

**Lucy McProud** and **Sandy Queen**, Coordinator, received a \$110,000 grant from the CA State Dept. of Education to provide education for child nutrition administrators and personnel.

### Local Research Poster Presentations

**Lucy McProud** coordinated the Poster Session at the San Jose Peninsula District of the California Dietetic Association September Meeting, where she and her graduate advisees presented 13 posters.

Other faculty and their advisee presentations included:

**Marjorie R. Freedman** with two posters: “Bret Harte SNAC: A Parent Led Model for Change in the Public School” and “Mission Possible: Creating a 4<sup>th</sup> Grade Curriculum to Encourage Physical Activity and Healthy Eating in the Public School.”

**Nancy Lu** with one poster: “Nutritional Requirements of Pantothenate, Pantethine, and Coenzyme A in the Free Living Nematode, *C. Elegans*.”

**Pan Belo** with two posters: “Microbiological Study of Thawed Pasteurized Donor Milk Stored at a Refrigerated Temperature Under a Simulated Hospital Setting” and “Effect of Home Based Processing Methods on the Phytate Content of Desi Chickpeas.”

### Savvy Speakers

**Caroline H. Fee** spoke on “Nutrition Education for Treatment of Diabetes in American Indian Populations” at the National Council on Aging and American Society on Aging Annual Conference.

**Marjorie R. Freedman** made numerous presentations including: “Web and Community Resources to Help Your Patients” at the National Conference for Primary Care Clinicians (Practical Tools and Strategies for Managing Overweight and Obese Patients).

**Judy Morrill** continues her volunteer work for the American Heart Association. She was interviewed on KPIX TV in San Francisco and spoke about their new “Love Your Heart” recipe book. She also gave a lunchtime presentation at eBay.

**Ashwini R. Wagle** spoke on “Healthy Eating and Lifestyle” for Texas Instruments in San Jose.

## IT TAKES A VILLAGE!

By Christina Erickson

In the fall of 2005, San Jose State University opened its new, 15 story campus residence, affectionately referred to as “The Campus Village.” The Village consists of three buildings, one for faculty and staff, one for upper division students, and one building for freshman. It is located on the southeast corner of the campus and offers amenities such as high-speed Internet connections, laundry facilities, and a recreation center. “The Campus Village” also includes a Village Market that serves Starbucks Coffee, Subway sandwiches, and other convenience foods.

Our very own Nutrition major and Nutrition Education Action Team (NEAT) coordinator, Kristin Wood, lived at “The Campus Village” last year. Kristen roomed with 4 other women in an apartment at the Village. Her apartment had 4 bedrooms, 1 bathroom, a large common room, and a large full kitchen with a dishwasher. Although Kristin was the only Nutrition major of the group, she felt she was well matched with her roommates, who were all very health conscious.

For a more personal perspective, Kristin shared her thoughts, both pro and con. She liked the amenities in the new living facilities and found it convenient to live on campus. She also thought it provided a good opportunity to

meet new people. Additionally, she enjoyed the new recreational facilities, stating that it was nice to have a place to hang out on campus that is not crowded.

However, Kristen did have some suggestions for improvement. She felt even though the Village Market is located in the Village and is very convenient, there is a limited selection of foods for health conscious students. Some healthy choices that can be found in the mini market include organic frozen prepared entrees and some fresh fruit. However, Kristen felt there is a lot junk food. She noted that many students live on ramen noodles and soda.

Students living at “The Campus Village” who wish to prepare their own healthy meals are in a bind. Since the nearby Albertsons supermarket closed down, it is now a 15-minute drive to any grocery store. Many students do not have cars, and the bus ride to the nearest supermarket is long. Therefore, students are limited to foods available on campus.

Fortunately, there are discussions going on in the community about attracting another supermarket to serve the downtown and campus area. This could be a boon to health conscious students like Kristen who live at the Village and also to those, yet to be converted!



**Kristin Wood shares her views on living at “Campus Village.”**

## ASHWINI R. WAGLE, MS, RD NEW FACULTY SPOTLIGHT

By Christina Erickson



Ms. Ashwini Wagle has been interested in nutrition ever since she was in high school and knew she wanted to be a Dietitian. She received a Bachelor’s degree in Food and Nutrition from Mumbai, India, and later completed a Masters degree in

Food and Nutrition from Indiana University of Pennsylvania in 1992. She received the Outstanding Student Research Award for her Master’s Thesis from the Society of Nutrition Education for the year 1993-94.

For the last 12 years, Ms. Wagle has worked in various skilled nursing facilities in the Bay Area. Being a Director of Dietary Services for so many years has given her vast experience in geriatric nutrition. In addition to this experience, she has also worked as a Clinical Dietitian for the Watsonville Community Hospital. Ms. Wagle has a variety of nutrition related interests, predominantly those

involving International Nutrition. She is particularly drawn to nutrition issues faced by under-developed nations such as hunger, poverty, and malnutrition. Currently, she has also become increasingly interested in Bio-terrorism of the food supply.

Ms. Wagle started teaching at San Jose State University as a part time teacher; she loved the experience so much that she jumped at the opportunity to teach full time. One of the things she loves about teaching is the chance to keep up with current knowledge and research that is going on in the Nutrition community. She sees the field of Nutrition and Dietetics as a growing one, with both a population that is living longer and an increase in the number of people who are concerned with their diets and health. Ms. Wagle looks forward to continuing her role as a teacher at SJSU and is interested in one day pursuing a Ph.D. We feel so fortunate to have such an enthusiastic and dedicated teacher!

## ALUMNI SIGHTINGS—WE'RE OFF TO THE RACES!



*Out of the starting gate:* **Nancy Jacobson MS'06** is off to a strong start. She has a new job as an outpatient pediatric dietitian at Kaiser, Santa Clara. **Shannon Ritchie Jordan BS'2000** is running neck and neck. She works as a dietitian at Kaiser, Santa Clara, as well. Shannon got married in 2004 and recently had a baby girl Kiely Nicole. Also, tying the knot is **Nancy Kowalski Henry BS'03** who got married to her long time boyfriend of seven years on September 10, 2005. The wedding took place at a winery in Livermore, and then off they galloped to a honeymoon in Fiji. **Heather Moradian MS'05** also is galloping along. She is working for the State of California Department of Health Services as a nutritionist and health educator, leading and coordinating education on lead poisoning and nutritional status. She has also become engaged to her long time friend Dean, and marriage plans are set for next August.

*Coming up fast on the rail:* **Andrea Whitson Pavicich MS'05** is speeding ahead. She passed her RD exam and is teaching human nutrition at Mission Community College in Santa Clara. Keeping pace, **Susan Mamlok, BS'89** is food service director at Notre Dame de Namur College in Belmont. She is enjoying putting together a program "Right Choices in the Café" for incoming freshmen to improve their choice of nutritional foods. She notes, "incoming freshman seem to go on a rampage of eating weird combinations like mac and cheese with a side of fries, without a veggie in sight." **Nancy Brasier BA'77** is kicking up dust. She is a food service director for Orland Unified School District and recently participated in the Sierra Cascade Nutrition and Activity Consortium that promotes nutrition education and physical activity among elementary school children. **Claudia Cauthorn BA'72** continues her pace as the recreation and community services director for the City of Campbell. She has held this position for the last 20 years and has been instrumental in expanding courses and programs offered at Campbell's Community Center. **Barbara Chang MS'86** has taken the lead. She works as Clinical Nutrition Manager at Good Samaritan Hospital in San Jose and is enjoying the position very much.

*Chomping at the bit:* **Caroline Spinali' MS'03** is not letting grass grow under her feet. She and her

husband Michael recently bought a house in San Carlos. They are moving into their home and expecting a sibling for their son Adrian, both in November. Sounds like a very busy month! **Sherry Adamski Butler MS'04** sends news of her new colt, Ellie Kalei born April 25, 2006. The accompanying blue ribbon picture said it all: The baby is adorable. We also have news from **Priya Dua MS'06** about her new baby boy Kabir Dua, born April 4, 2006.

*Running for the roses:* **Connie Francis MS'82** has come into sight. She is scientific affairs manager at GTC Nutrition headquartered in Golden, CO. After graduating from SJSU, Coni went on to earn her PhD in nutrition from Texas Women's University in Denton, TX. In the winner's circle, **Victoria Major MA'70** was honored at the HM Composite 30 Year Pearl Anniversary Celebration on March 3, 2006. She and **Jane Harmer MA'77** founded the company and were also honored for their achievements as Distinguished Alumni from our department at the College of Applied Sciences and Arts "Salute to the Stars" event in 2004. Another grand champion **Helen Demarco MS'96** is leaving our department after teaching for many years to take a new position at Diablo Valley Community College, where she will take the "reins" of their nutrition program. We wish her great success.

*Those we will truly miss:* **Loadell Canady MS' 84** passed away November 30, 2005. She was a RD and Certified Diabetic Counselor, until her retirement in 2003. Loadell will be remembered for her good deeds, acts of kindness, and a smile for everyone. **Martha Hansen BS'39** passed away on December 29, 2005 at the age of 87. Martha taught home economics for almost four decades in San Jose city schools.

*We have come to a close for sightings this year:* However, next year will be a Triple Crown event: The 150 Year Anniversary of San Jose State University. Please let us know if you have any special memories or memorabilia that could be included in our celebration plans.

*And as always:* Whether near or far, please send us your news. We would love to hear from YOU.



## NUFS GALAXY OF "STARS"

by Jeremy Lampel

On the evening of May 1, 2006, the College of Applied Sciences and Arts (CASA) hosted the Dean's Awards reception, "Salute to the Stars," in the Barrett Ballroom. The theme for the night was "A touch of Japan" and the Ballroom was beautifully ornamented accordingly with Japanese decor and



**Kathy Sucher and Pamela Goyan Kittler, Award**

the aroma of authentic Japanese Cuisine. Names of all award recipients were displayed on red and gold stars along the walls, seven of which were NuFs students!

Dean Sagatun-Edwards began the evening with the presentation of the CASA Dean's Undergraduate scholarships. This award represents outstanding accomplishments of scholarship and service. Our NuFS student **Yukari Kobashi** was honored as the recipient of one of these scholarships. Yukari is a dietetics student currently working as a kitchen aide and activity volunteer in the nutrition program at Yu-Ai-Kai, a Japanese-American senior citizen center. In addition, Yukari volunteers at the Pleasant Hill Convalescent Hospital, as well as Martinez Early Childhood Care Center.

The awards for Outstanding Graduate Research were presented next. NuFS graduate student **Rachel Gekas**



**Rachel Gekas**

was awarded for her excellence in her M.S. project entitled, "Adaptation of Resting Metabolic Rate (RMR) and Thermic Effects of Food (TEF) in Response to Caloric Deprivation." Rachel was selected to present her project at CSU, Channel Islands at the state-wide competition this fall. Good luck Rachel, make us proud!

The \$500 Small Research Grant Awards were then presented. These awards are granted to both students and faculty for research projects to be completed in the coming school year. Of the three grants presented, NuFS students walked away with two. **Sunny Henderson** was awarded a grant for her thesis work entitled, "The Effects of a 4:1 EPA/DHA Fish Oil Supplement on Plasma Lipid Profile and RBC Fatty Acid Composition." **Jeremy Lampel** was also presented

with a grant for his thesis, "The Effects of 4:1 EPA/DHA Fish Oil Supplementation vs. 1:1 EPA/DHA Fish Oil Supplementation on Cardiovascular Disease Risk Biomarkers in Mildly Hypertriglyceridemic Subjects."

Other NuFS student awardees included **Danielle Reyes** who was presented with The Committee to Enhance Equity and Diversity (CEED) Distinguished Service Award. This award honors students for their extraordinary contributions to enhancing the equity and diversity on the SJSU campus and in their community.

NuFS graduate student **Begona Cirera Perez** was also honored with the university-wide SJSU Alumni Association \$1250 Scholarship. Begona is a nutrition instructor at La Positas College in Livermore and a Nutrition Technician at Stanford University Hospital. She also works as a translator for W.I.C. (Women, Infants and Children) where she translates educational materials from English to Spanish.

Our very own **Danielle Reyes** was then introduced by Mr. Thanh Nguyen, CEO, Paramit Corporation, as the recipient of



**Danielle Reyes**

the Paramit Corporation Undergraduate Scholarship. Mr. Nguyen explained that Danielle was the ideal candidate for this prestigious \$4000 scholarship and referred to Danielle as "Super Woman." Not only is Danielle a mother of 4 children, she is a full-time dietetics student who volunteers her time at Gault School in Santa Cruz.

The evening proceeded with the CASA Distinguished Alumni Awards. **Pamela Goyan Kittler**, MS 1985 was recognized as the Department of NuFS honoree. Pamela was honored for her contributions to the field of cultural nutrition, as well as her dedication to students and the nutrition profession.

The ceremony came to an end with the presentation of the CASA Dean's Outstanding Faculty Awards. It was the NuFS Department's own **Dr. Kathy Sucher** who was awarded as Outstanding Professor. Dr. Sucher was recognized for her commitment and dedication to her academic discipline. Dr. Sucher's latest achievements include coauthoring a new Medical Nutrition Therapy textbook (currently in press) entitled "Nutrition Therapy and Pathophysiology," as well as beginning work on the 5<sup>th</sup> edition of her first textbook, "Food and Culture."

Indeed, our **Galaxy of NuFS "Stars"** not only lit up the College of Applied Sciences and Arts Dean's Awards reception, but also created a brilliant light for the entire University!

## DISTINGUISHED ALUMNA OF THE YEAR, PAMELA GOYAN KITTLER, MS, 1985

Pamela's expertise and extraordinary accomplishments in cultural nutrition have not only enriched the education of students in the Department of Nutrition and Food Science, but also have been recognized at the state and national level.

Pamela taught the Department's Cultural Foods course for many years. In fact, she wrote the textbook used in the class, *Food and Culture in America: A Nutrition Handbook* (with K. Sucher) which in 2004 was published in its 4<sup>th</sup> edition. Pamela's textbook is nationally recognized as the "gold standard" in cultural foods and is used extensively in many other universities in the US. She is currently working on the 5<sup>th</sup> edition. Her other prolific publications include newspaper and magazine articles, encyclopedia entries, book reviews, and articles in professional journals.

Pamela's expertise is also recognized by the *Journal of the American Dietetic Association* and *Journal of Transcultural Nursing*, where she serves as a member of their editorial review boards. In addition,

she has given numerous invited presentations at both state and national professional dietetic meetings and is a favorite guest speaker for the SJSU Student Nutrition Club.

In sum, Pamela is a remarkable alumna who has brought great honor to the Department of Nutrition and Food Science and San Jose State University for her contributions to the field of cultural nutrition and her dedication to both students and the nutrition profession.



### "Marjorie Freedman" continued from page 1

Dr. Freedman also works at making changes to policy at the local and state levels. She is an active member of the San Jose Unified School District's SHAPE Committee and Coordinated School Health Council. She is on the Santa Clara County Office of Education's Fit for Learning Task Force and is the Chair of the Children's Health and Fitness Coalition of Santa Clara County. She is also on the Advisory Board of Healthy Silicon Valley.

Recently, Dr. Freedman worked with City Councilman Ken Yeager. Together, they successfully got a resolution passed to allow only healthy foods in the City of San Jose Public Library vending machines. As a parent volunteer, she also spearheaded an effort to remove junk food from her daughter's middle school.

Dr. Freedman is thrilled to be a member of the Department of Nutrition and Food Science at San Jose State, and we are thrilled to have her. We look forward to helping her achieve her goals for a healthier campus, city, and state!



**SJSU 150th  
ANNIVERSARY  
1857-2007**

Time to check your attic, garage, and scrapbooks. We are looking for memorabilia to be used in a display of our own rich history, beginning as the Home Economics Department, then becoming the Nutrition, Food, and Dietetics Department in 1979, then Nutrition/Food Science Department in 1982.

Please call our Administrative Assistant Xuan at 408-924-3104, if you dig out any treasures.

**“RESEARCH ACCOMPLISHMENTS”  
NUFS MASTER OF SCIENCE GRADUATES  
Fall 2005/Spring 2006/Summer 2006**

<b>Mahsa Afrasiabi</b>	Effects of Diet, Fluid Intake, and Physical Activity on Constipation in the Elderly Population of Iran
<b>Vilma Andari</b>	Evaluation of Browning Effects on Fresh Whole Wheat Pasta Raviolis with Various Fillings
<b>Sajida Arsiwala</b>	Carbohydrate Counting for Asian Indian Diets
<b>Srividhya Arunachalam</b>	The Effectiveness of Dietary Antioxidant Vitamins and Minerals on Stroke Outcome in Postmenopausal Women
<b>Jaya Baxi</b>	Study of Dietary Intake of Tribal Children in India
<b>Negar Boloorforooshan</b>	Attitudes Towards Breast Feeding Among Women Living in Tehran, Iran
<b>Stacey Chau</b>	Nutrient Analysis and Plate Waste Study of a Soup Kitchen in San Jose, California
<b>Hsin-Yi Chu</b>	Patient Satisfaction Improvement of Inpatient Clinical Nutrition Services in an Acute-Care Hospital in the San Francisco Bay Area
<b>Marie Cloghessy</b>	Evaluation of Current Nutritional Guidelines, Particularly Addressing Calcium Supplementation in Adolescents Undergoing Bypass Surgery
<b>Kati Fosselius</b>	Eating Disorder Prevention Curriculum for Parents of Elementary School Children
<b>Jamie Jarvis</b>	Development and Evaluation of Nutrition Education Website for Men
<b>Patricia Kakunted</b>	Nutrition Education Materials to Address Iron Deficiency Anemia in Kenya
<b>Kamini Kelkar</b>	Assessing Nutrition Education Needs of Middle School Teachers in Cupertino Union School District, CA, Developing Appropriate Workshops, and Evaluating Their Effectiveness
<b>Soo Jeong Kim</b>	DASH Menu and Recipe Development for Meals on Wheels Program in San José, CA: Cost Analysis
<b>Kristi Langerak</b>	Clinical Assessment and Management of Psychiatric Patients: What Dietitians Need to Know About Stress, Major Depressive Disorders, and Diabetes
<b>Vaibhavi Mahabal</b>	Review on Glycemic Index of Foods
<b>Sangeetha Mathivanan</b>	Evaluation of the Effectiveness of Course Reserve Readings Developed for the San José State University Dietetic Internship Students
<b>Yuka Oyama</b>	Effectiveness of Tea on Hypertension
<b>Kanwaldeep Shergill</b>	Use of E-Portfolio as a Part of Outcomes Assessment
<b>Jenab Shiyaji</b>	Determination of Antioxidant Activity of Polyphenols from Grape Seeds
<b>Lakshmi Sridhar</b>	A Survey on the Eating Patterns of Self-Proclaimed Vegetarians
<b>Amy Stammreich</b>	Metabolic Syndrome Characteristics as Phenotypic Markers in Type 2 Diabetes
<b>Monika Suri</b>	Effect of Conjugated Linoleic Acid in Humans: A Review of Current Knowledge
<b>Annie Ching-yi Tseng</b>	Evaluation and Outcomes Assessment of the Programs Offered by the Department of Nutrition and Food Science at San Jose State University, 2004-05
<b>Xiaoyan Xiong</b>	The Efficacy of Essential Amino Acid Composition in the Current Caenorhabditis elegans Maintenance Medium (CeMM)



## STUDENTS SPARKLE WITH SUCCESS 2006 "STARS"



**San Jose State University  
Outstanding Researcher Award  
for Health, Nutrition,  
and Clinical Science Category**

Rachel Gekas



**Rachel and Advisor  
Dr. Clarie Hollenbeck**

**San Jose State University Alumni Association  
Scholarship**

Begona Cirera Perez      \$1250

**College of Applied Sciences and Arts  
Outstanding Award for Graduate Research**

Rachel Gekas

**Molly and Gene Rauen Research Awards**

Michelle Berger	\$500
Jeremy Lampel	\$500
Divya Puri	\$500
Vijaya Parameswaren	\$500

**College of Applied Sciences and Arts  
Small Research Grants**

Sunny Henderson	\$500
Jeremy Lampel	\$500

**College of Applied Sciences and Arts  
Dean's Undergraduate Scholarship**

Yukari Kobashi      \$500

**Paramit Corporation Scholarship**  
Danielle Reyes      \$4000

**Josephine & Frank Morris Award**  
Mary Elizabeth Cox      \$150  
Yashmi Mistry      \$150

**Circle of Friends Scholarship Awards:**

**Jean Downes Scholarship**  
Yukari Kobashi      \$1000

**Evelda Smith Scholarship**  
Jeremy Lampel      \$1000

**Fern Wendt Memorial Scholarship**  
Ayn Garvish      \$1000

**Rose Tseng Scholarship**  
Michelle Berger      \$1000

**Nancy Lu Scholarship**  
Sunny Henderson      \$1000

**Bob Caron Memorial Scholarship**  
Sorn Kham      \$500

**Committee to Enhance Equity and Diversity (CEED)  
Distinguished Service Award**

Danielle Reyes

**Department of Nutrition and Food Science  
Outstanding Student Awards:**

**Baccalaureate Candidate  
Nutrition/Dietetics:**  
Hafsabibi Mojoy      \$100

**Masters Candidate**  
Kati Fosselius      \$100

**Department Service Awards**  
Sonja Henriette Oberg  
Phuong Huynh  
Annie Ching-yi Tseng  
Jaya Baxi  
Kamini Kelkar  
Kristi Langerak  
Sajida Arsiwala  
Stacey Chau



**Jeremy Lampel,  
Winner of three  
prestigious scholarships**

**DEPARTMENT OF NUTRITION AND FOOD SCIENCE**  
**Bachelor of Science**  
**Fall 2005/Spring 2006/ Summer 2006**

**Dietetics**

Rosebay D. Antiporda  
 Mary Elizabeth Cox  
 Kathleen Kammerer  
 Hafsabibi Mojoy  
 Sonja Henriette Oberg  
 Emily Sawyer  
 Margarita Villagomez  
 Corinna Zaglmay

**Food Science & Technology**

Tracy Hanh Tran



**Emphasis in Nutritional Science**  
 Maral Sayar

**Emphasis in Foodservice Management**  
 Phuong T. Huynh\*  
 Sorn Kham  
 \*Minor in Gerontology

**Packaging**

Mahsa Daneshfar  
 Jeffrey Samjoy

**Emphasis in Nutrition Education**

Jennifer Fernandes  
 Emily Riske  
 Lisa Wilkinson

**Emphasis in Sports Nutrition**

Jan Marzan\*  
 \*Minor in Complementary & Alternative Health Practices

**DIETETIC INTERNSHIP PLACEMENTS 2005-2006**

**External Dietetic Internships**

Mary Beth Cox, California State University, Long Beach  
 Kati Fosselius, OSF Saint Francis Medical Center, Peoria, Illinois  
 Jeegna Patel, Oakwood College, Huntsville, Alabama  
 Begona Cirera Perez, University of California, Berkeley  
 Karina Perez, Porterville Development Center, Porterville, CA  
 Long Pham, Southern Illinois University, Carbondale, Illinois

**Internal Dietetic Internships**

Melissa Beltran, Kaiser Santa Teresa & St. Louis Regional Hospital  
 Sally Buckley, Cupertino Elementary School District & Seton Medical Center  
 Cynthia Busenhardt, Community Hospital of Monterey Peninsula  
 Brynn Gislason, Mt. Diablo Unified School District & VA San Francisco  
 Vanessa Ladd, Berryessa Union School District & Regional Hospital of San Jose  
 Sangeetha Mathivanan, Alum Rock School District & Kaiser Santa Clara  
 Stacy Chau, Regional Medical Center of San Jose  
 Heidi Kromschroder, San Lorenzo School District & Alameda County Med Center  
 Yashmi Mistry, Stanford University Medical Center  
 Suzanne Rough, San Francisco VA Medical Center  
 Puneet Nahal, Natividad Medical Center and HM Composite



**Outstanding Master's Awardee Kati Fosselius will make her next stop in Peoria, IL for her Dietetic Internship.**

**NUTRITION/FOOD SCIENCE STUDENT CLUB**  
***“Recipe for Success”***

**Speakers Add Spice**

Club Meetings featured topics of special interest to students: Speakers included:  
Jennifer Waldrop: San Jose State University Campus Nutritionist  
Kathy Sucher: Internal and External Dietetic Internship Opportunities  
Sandy Queen: School Foodservice Opportunities and Cal-Pro-NET  
Kerry Hamilton: County Environmental Health Specialist Opportunities  
Caroline Fee: Complementary and Alternative Health Practices



**Good Nutrition “Rocks”**  
**Michelle Berger**



**Sweetpea Shamrock Wong**



**Can’t Top This Banana**  
**Kristin Wood**

**Nutrition Fair Spreads the Word**

The March Nutrition Fair drew hundreds of SJSU students anxious to learn about nutrition topics such as Healthy Eating, Fad Diets, Eating Disorders, and Sports Nutrition, among many others. These outstanding displays, including costumes, were staffed by Club members and the department’s Nutrition Education Action Team (NEAT).

## THE JOYS OF GRADUATION

**Chair, Lucy McProud**



**Henrietta Holberg marches with daughter in hand**



**Dean, Inger Sagatun-Edwards**



**Faculty offer their warmest congratulations, as graduates receive their diplomas**



**Graduates agree. "It's all smiles today."**



**"V Day" has finally arrived!  
Sorn Kham, President Nu/FS Student Club**

## CIRCLE OF FRIENDS NOTHING HAPPENS, UNLESS A “DREAM”

The Circle of Friends’ “dream” of enhancing excellence in education is about to celebrate its 15 year Anniversary. Our major accomplishments include the creation of five yearly \$1000 student scholarships, yearly \$500 student research assistance awards, state-of-the-art body composition measurement equipment, nutrition education teaching tools, and, most recently, renovation of three classrooms with the latest audio-visual capabilities, i.e., SMART classrooms.

Now, we have a new opportunity to help create a Nutrition and Food Science Student Learning Center. Here, students will be able to collaborate in planning class and community projects, hold peer counseling sessions, and perform computer based research activities including dietary and statistical analysis. This center will also house a reference library that will contain internship information, graduate projects, and theses, and provide a permanent location for Student Nutrition Club meetings.

The room is already in place, and we are off to a strong start with five donated computers, five work stations, and a conference desk. However, there are other essential items needed including chairs, 5 flat screen monitors, 5 printers, and installation of 5 internet ports.

We look, once again, to the secret of our Circle of Friends’ success. Simply put, it is the heart and caring of our members who know the joy of giving the best educational opportunities to our students: the future backbone and leaders in the nutrition profession.

**Please join us in continuing our “dream”  
by returning the enclosed membership form with  
your so appreciated and needed gift.**

## HEARTFELT THANKS TO THE 2005/2006 CIRCLE OF FRIENDS MEMBERS FOR THEIR GENEROSITY AND CARING

Sandra A. Akrawi	Danielle Dowens	Haiyan Huang	Toby McPherson Morris	David L. Stone
Lois Atkinson	Norma Jean Downes	Nancy Jacobson	Russell & Jean Morris	Sharon Meuth Studdert
Joey Au	Julie Dutcher	Becky (Harris) Jasperse	Jean E. Mulreany	Kathryn Sucher
Darcy Becker	John W. Farquhar	Carolyn Jung	Rubi Myrick	Mary Ann Sullivan
Laurie Becker	Hamid R. Farzi	Sorn Kham	Dale F. Olds	Alice Morris Swanson
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Nancy Black	Louis Fischl	Maria Kwok	Peyvand Pourhosseini	Marlene D. Tutt
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Carol M. Bogert	Doris C. Fredericks	Tamera Larsen	Sandy Queen	Sarah Viaggi
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Stephanie Brooks	Darrin Freitas	Kathleen L. Leger	Karen P. Ross	Janice Wai
Mary Ann Bullock	Kathleen Gamez	Lela Llorens	Kimberly Roth	Alice Waterbury
James Burke	Rita Garcia	Nancy C. Lu	LaPaula Sakai	Holly E. Weber
Sherry Butler	Sandra Garcia	Victoria Major	Andrea Sabatino Sanchez	Philip R. Wentz
Cathe Hamada Chan	Christopher Gardner	Susan P. McCloud	Patricia Schaaf	Kimberly Whelan
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Ann Coulston	Dan Gordon	Patricia McDonald	Heather Schwartz	Martha J. Wilson
Andrew D’Agostino	Mildred Haas	Lucy McProud	Suzi Sherer	Shelly Wingert
Narsai M. David	Jacquelyn Rogers Hackbart	Joanne Mitani	Phyllis Forward Simpkins	Margaret Woch
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Louella De Mers	Leta Frye Hayden	Mina Monfared	Elveda Smith	Diana Wright
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