



NUTRITION FOOD SCIENCE PACKAGING TRI-FOCUS

DEPARTMENT OF NUTRITION & FOOD SCIENCE

HELLO ALUMNI AND FRIENDS!



This has been an especially exciting year. The 150th Anniversary of San Jose State University has added many new events to our calendar: Gala Opening of the Historical Exhibit at the Martin Luther King Library in January; Symphony Silicon Valley Concert in the California Theater in April; and

Founders' Week featuring U.S. Department Secretary of Education Margaret Spellings and a panel of distinguished speakers discussing the Future of Higher Education in May. More events will come this fall during Homecoming week which culminates on October 5 to 7, as we continue to celebrate "Where Tradition Meets Tomorrow!"

Our Nutrition and Food Science Department (NuFS) also has reason to celebrate. We are ecstatic that the Packaging Program is back; we look forward to welcoming our new Packaging Faculty member Dr. Fritz Yambrach from Rochester Institute of Technology. Besides his degree in Packaging, he has an MBA and degrees in Marketing and International Trade. He has worked in industry at Baxter Laboratories and as a consultant. A Packaging Industry Career Panel was held in May at the Student Union to promote visibility of the Packaging Program, in readiness for his arrival in the fall.

Also, bringing recognition to our department were four Masters Student/ Faculty Poster Research Displays that were presented at the American Dietetic Association annual meeting in Honolulu, Hawaii. During the meeting, we reconnected with Dr. Rose Tseng, our former NuFS Department Chair and Dean of our College of Applied Sciences and Arts. Dr. Tseng is currently Chancellor of the University of Hawaii at Hilo, as well as founder of the department's Circle of Friends Rose Y.L. Tseng Scholarship.

In addition, over half of the Poster Session Research Displays presented at the California Dietetic Association (CDA) in Oakland were provided by our NuFS Department Students/ Faculty this year, and one

Abstract/Poster presentation was made to the Federation of Experimental Biologists in Washington D.C. in April.

The department also co-sponsored numerous events this year including the San Jose-Peninsula District CDA poster session meeting in Menlo Park and the Student Night at the Consumer Business Professionals of San Francisco meeting at Mattson (a food product development company) in Foster City. This is also our third semester of participation in the Perishable Food Council Internships which provide tours/discussion of selected food industry sites in Northern California for three San Jose State University students and three University of California at Davis students each term.

Our students' success continues to be enhanced by our department's Circle of Friends with scholarships, the latest equipment, and the best educational opportunities. 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, Shilpa Sharma, Kiko Lenio, Lisa Gilliland, Christina Erickson, and Sunny Henderson.

Best wishes for a happy and healthy year ahead!

Lucy McProud
Department Chairperson
Nutrition and Food Science

NEW FACULTY SPOTLIGHT: ELIZABETH BROWN, MS, RD

By Sunny Henderson

Elizabeth "Izzie" B. Brown, M.S., R.D., C.S.C.S. (Certified Strength and Conditioning Specialist) is the latest addition to our full time faculty. Professor Brown was born in upstate New York and eventually moved to Amherst, Massachusetts. She currently lives with



FACULTY EXCELLENCE: JUST A “FEW” HIGHLIGHTS

Accomplished Author

Kathy Sucher coauthored a new medical nutrition therapy textbook entitled *Nutrition Therapy and Pathophysiology* which was published last fall. The 5th edition of her *Food and Culture* book will be available soon.

Local Research Poster Presentations

Lucy McProud coordinated the Poster Session at the San Jose Peninsula District of the California Dietetic Association October meeting, where she and her advisees presented 6 posters. Other faculty and their advisee presentations included: **Marjorie Freedman** with four posters; **Clarie Hollenbeck** with six posters; **Nancy Lu** with one poster; **Kathy Sucher** with seven posters; and **Ashwini Wagle** with two posters.

National and State Research Presentations

Marjorie Freedman and her graduate advisees were selected to present one poster at the California Child Obesity Conference; two posters at the annual Society for Nutrition Education Meeting; and six posters at the annual CDA meeting.

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

Kathy Sucher and her graduate advisee presented one abstract at the annual ADA meeting in September and one abstract at the annual CDA Meeting in April.

Lucy McProud and her graduate advisees presented one abstract and poster at the annual ADA meeting in September and two abstracts and posters at the CDA Annual Meeting in April.

Nancy Lu and her graduate advisee presented an abstract and poster at The Federation of Biologists FASEB meeting in April.

Grand Grantees

Marjorie Freedman received a Santa Clara County Department of Public Health, “STEPS to a Healthier US,” and a Kaiser Permanente San Jose Community Benefit Grant as part of the Healthy San Jose State 2010 initiative.

Kathy Sucher received a \$1448 California State Lottery Grant for professional development.

Awards

Ashwini Wagle was chosen by the Student Nutrition Club to receive the 2007 “Professor of the Year” award.

Caroline Fee was honored with the Student Nutrition Club 2007 Part Time “Professor of the Year” award.

Savvy Speakers

Elizabeth Brown spoke to high school and college coaches at the US Rowing annual convention on “Identifying Athletes with Disordered Eating Behaviors and What to Do About It.”

Caroline Fee presented a lecture on “Cross Cultural Communication in Healthcare Settings” to students in the Physician Assistant Program at Stanford University.

Marjorie Freedman kicked off Healthy San Jose State 2010 with a Healthy Campus Summit in March, and was involved with numerous community organizations and events including the Santa Clara County Board of Education “Fit for Learning” Task Force.

Kathy Sucher spoke on the use of Electronic Portfolios to the Dietetic Educators of Practitioners Group of the American Dietetic Association in March in Pacific Grove.

Ashwini Wagle appeared on KTEH San Francisco and spoke on “Eating Habits Among Students at SJSU,” and gave numerous presentations including “The Importance and Benefits of Healthy Eating” to the El Camino Hospital Foundation.

“New Faculty Spotlight” continued from page 1

her husband, Charles Griffin, and two children, Gabriella (4) and Juliana (2), in Oakland. (Those of us who commute can appreciate her efforts to be here.)

Elizabeth comes to us with an array of experiences and education. Her college education began at Rawlin’s in Winterpark, FL, where she earned a B.A. in philosophy and education. She then pursued her M.S. in exercise physiology at Springfield College in Massachusetts. Next on the list, was Immaculata University in PN, where she was part of a nutrition and dietetics program, which prepared her for an internship at the University of Pennsylvania Hospital.

She is currently a member of the American Dietetic Association, American College of Sports Medicine, and the National Strength and Conditioning Association. She has achieved multiple awards and honors including the Kappa Omicron Nu Honors Society. She has also served as a presenter at the US Rowing National Convention (1996 & 2006), wrote a chapter for a nursing school textbook at the University of Pennsylvania, and has

contributed articles to the Masters Rowing Association Newsletter.

You may have noticed the word “rowing” a couple of times, and there is good reason. Professor Brown comes to us with 26 years of rowing experience. It has taken her to the World University Games in Germany in 1989, as part of the U.S. Rowing Team; earned her a silver medal at the Pan American Games in Argentina in 1995; and earned her a spot on the 1996 selection team (tryouts) for the Olympics, where her team placed 4th. Yes, it’s all pretty impressive. She still races in Boston, once a year, at the Head of the Charles Regatta, and has coached at Mount Holyoke College and Temple University.

Professor Brown teaches Physical Fitness and Nutrition, Nutrition for Sport, and Eating Disorders & Nutrition Therapy. As a professor, Elizabeth enjoys taking the hearsay of nutrition and dispelling those myths with the science of nutrition. She’s excited by that “light bulb effect,” which is when students are able to learn information and apply it in personal terms.

We are, indeed fortunate to have Professor Brown as our newest faculty member and welcome her with open arms.

“BEHIND THE SCENES” HEROS

by Christina Erickson

Xuan Duong Francis has been working as our Department Coordinator for what she states have been 3 wonderful years. She graduated with a BS in Biological Sciences and a minor in Chemistry. During college, she worked five part time jobs at the same time! These included working for the HP Pavilion Ticket Office, San Jose Symphony, and on a NASA Grant Research Project for the SJSU Biology Department.

Xuan’s day is busy right from the start, but with help from student assistants Rochelle Williams and Sarah Milburn, she keeps the office moving along. Xuan really enjoys working for the Nutrition and Food Science Department and feels that the best part of her job is having the satisfaction of resolving complex problems. She claims that it is even better when she can make someone’s day by lifting a burden off their shoulders.

Xuan knows a good job when she sees one. “This is my 10th job experience and what I find most different about working with the Department of Nutrition and Food Science is the appreciation I have been given for the job I do. I can openly say that it is not everywhere

a person feels appreciated and is able to be in an educational environment.”

There are some things that you may not know about Xuan:

She has a very expressive dog she calls Klein-dog; she describes her husband Brian as the sweetest husband a girl could ever dream of; and she has a little sister, 16 years her junior, with whom she is very close. In her spare time, she collects piggy banks and heart-shaped tinker boxes.

Since Xuan knows how things work behind the scenes, students might benefit from her advice. “Keep a copy of all of your academic records (i.e. candidacy and major advising forms). Try your very best not to miss any class; your instructor will know if you do. Be considerate, reasonable, and professional at all times; it is good practice for the professional work force you will be entering.”



Continued on page 4

“Behind the Scenes” continued from page 3

Amanda Hilty is another unsung hero of the NuFS Department. She has been working for the department since June of 2004. When asked to describe her typical day, Amanda declares, “There is no such thing! Everyday is different, and it definitely depends on the time of year.” Her work includes money management for the department and foundation accounts, scholarships, procurement, tech issues, assisting graduate and undergraduate students, and anything else thrown her way.



Amanda loves the fact that she can make this job what she wants and that there is the possibility of growth. She likes the interaction with so many different people, but considers it also one of the job’s challenges. One thing that she does not like about her job is, “the constant changes and upgrades to PeopleSoft.”

Even though she may be one of the staff, Amanda understands the life of a student. She graduated from Sonoma State in 2002 where she was very involved on campus and was the Commencement Speaker at graduation. In the past few years while working full time for the NuFS Department, Amanda also worked on a Masters in History at SJSU, which she has just completed. When she is not working hard for the department or on her own education, Amanda somehow finds time to spend with her older sister and nieces in Milpitas, reading as much as she can, watching hockey, and running.

Amanda wants students to remember there is more that goes on at a university than just classes; it can be difficult for students to “appreciate the constant balance between meeting demands of hundreds of individual students AND the many other official tasks that must be completed to ensure the department runs smoothly.”

Thank you Xuan and Amanda, for all your hard work!

SALUTE TO THE STARS 2007

By Jeremy Lampel

The San Jose State University College of Applied Sciences and Arts held its Dean’s Awards Reception, “Salute to the Stars” on May 7th in the Barrett Ballroom. Barbara Conry, Acting Dean of the College of Applied Sciences and Arts, kicked off the ceremony with introductions and a tribute to former Dean, Inger Sagatun-Edwards.

Awards began with the presentation of the Dean’s Undergraduate Scholarships. Recipients of these prestigious awards represent outstanding accomplishment of scholarship and service. Dietetics student, Luisa Garrett, received one of these esteemed awards for her well-rounded experience and academic achievement.

Research and Thesis Awards were presented next. Outstanding Graduate Research award was presented to Xiaoyan Xiong for her thesis: *The Optimal Requirement*

of Essential Amino Acids and Its Efficacy in the C. Elegans Maintenance Medium. Dr. Nancy Lu was her research advisor. Kerry White received a grant for her thesis: *Prevalence of Child Malnutrition in the Sofala Province of Mozambique: A comparison of the Composite Index of Anthropometric Failure with the Conventional Index.* Jamie Kubota also received a grant for her thesis:

The effect of a 5-Week Cooking/Nutrition Education Course on the Eating Habits/Dietary Intake of College Students. Dr. Clarie Hollenbeck is the research advisor for both Kerry and Jamie’s projects.

The San Jose State University Alumni Association Scholarships were then awarded. Our very own Luisa Garrett walked away with one for her high academic achievement, outstanding accomplishments in scholarship, and community service. That’s two for Luisa! Way to go!

To complete the star filled event, Stephanie Brooks, MS, 1996, received the prestigious Distinguished Alumni Award, and Phyllis Simpkins, BA, 1946, was honored with the Dean’s Community Award (see article on page 5). Congratulations to all of the award recipients. You make us proud!



Luisa Garrett



Say Cheese! Phyllis Simpkins (center) is flanked by Lucy McProud and Caroline Fee.

PHYLLIS SIMPKINS RECEIVES THE 2007 COLLEGE OF APPLIED SCIENCES AND ARTS (CASA) DEAN'S COMMUNITY AWARD

The CASA Dean's Community Award is presented annually to an individual who is a community leader and visionary activist that has demonstrated extraordinary support for CASA's values of excellence in education.

Think Vision, Think Activist, Think Commitment,

Think Phyllis Simpkins

Phyllis Simpkins' contributions to SJSU and the community it serves are legendary. After graduating from SJSU in 1946, she married her high school sweetheart and fellow alum Alan Simpkins '48. They were married for 51 years. After Alan died in 1997, Phyllis continued their legacy of philanthropy and service.

A broad range of university programs have benefited from Phyllis's vision and ongoing commitment including: Spartan Athletics, the SJSU Band, the Phyllis F. Simpkins International House, and the Department of Nutrition and Food Science, to name a few. Phyllis has also provided leadership to the university as President of SJSU Alumni Association, President of SJSU Spartan Foundation, and



SJSU President's Advisory Board member.

Her energy is boundless and infectious. Phyllis not only gives financial support to her many philanthropic projects, but also does fundraising herself and is totally involved with the planning and execution. In fact, there are three buildings on campus that Phyllis was instrumental in founding: the Simpkins Stadium Center, the Phyllis F. Simpkins International House, and the Alan B. Simpkins Intercollegiate Athletic Administration Building.

In recognition of her extraordinary accomplishments, Phyllis has received numerous awards including the SJSU College of Applied Sciences and Arts Distinguished Alumna Award and the SJSU Tower Award. Phyllis also received California State University's highest award: CSU Honorary Doctor of Humane Letters degree in 1996.

In addition to spending time with her daughter Diane, sons Bob and Bill, her 7 grandchildren, and many friends, Phyllis continues her active involvement at SJSU with her many existing projects and an eye to future ones.

DISTINGUISHED ALUMNA OF THE YEAR, STEPHANIE BROOKS, MS, 1996



Stephanie Brook's vision and entrepreneurial spirit have been the cornerstone of her extraordinary accomplishments. In 1994, she founded her own nutrition consulting company, *Bay Area Nutrition*. As

CEO, and principal, she led the expansion of the company and has provided many of the department's registered dietitian alumni with nutrition consulting employment.

Stephanie is a much sought after speaker for corporations, organizations, and the media. She is especially recognized for her expertise and experience working with eating disordered clients and is the author of many articles. Stephanie has received numerous awards for excellence including: "Young Dietitian of the Year in 2002 and Excellence in Private Practice in 2003 from the California and American Dietetic Associations.

Stephanie is a remarkable role model for students who seek a career in private practice. The Department of Nutrition and Food Science is truly honored to have Stephanie as an alumna who has provided inspiration for our students and is revered as a leader in the field of nutrition consultation and practice.

ALUMNI SIGHTINGS – OUR CHICKENS RULE THE ROOST



Baby chickadees: **Caroline Spinali MS '03** proudly announces the addition of a second son Logan who was hatched November 15, 2006. Also, arriving last November to **Kimberly Whelen BS '02** was her first hatchling, a son Evren.

Taking wing: **Tracy Sirota MS '98** reports after 5 years working as a dietitian, she has decided to change her career path. She is doing a masters degree in nursing at UCSF and will be a nurse practitioner in a couple of years. **Peggy (Margaret) Swearingen Steele BS '87** is now Project Manager, Fresh Dairy, for Danisco USA, Inc. She sends news of her company's product development contest: the 2007 Knowledge Award Program that supports innovation to food science challenges. She hopes to involve food science students in our very own department.

Roaming the range: **Tracy Beeman MS '96** has moved to Austin, TX and is in the process of starting her own business, using her dietetics background. **Lakshmi Sridher MS '03** has settled down in Portland OR, and her son has started to spread his wings at preschool. She is also contemplating spreading her wings to pursue a dietetic internship. **Maryann Hillebrand Lutols BS '88** has returned from her roost in Switzerland, where she used her food science background while working with chocolate.

Leta Frye Hayden MS '94 (Gerontology) writes of her volunteer work at the Katrina Disaster, as well as raising a yellow lab and training her to be a wheelchair assistance dog. Now, Leta says she is ready to travel again with trips planned to South Africa and India. **Judith Shallberger BA '76 (Humanities/Arts)** and beloved former Department Technician also reports about planning new trips, writing poetry and resuming her artistic pursuits.

Nancy Jacobson MS '06 sends her latest news: She obtained her Certified Diabetic Educator (CDE) in May and is working in Pediatrics at Kaiser, Santa Clara and at Camino Medical Group, where she teaches classes to adults on diabetes care and heart healthy diets. **Stephanie Brooks MS '96** has sent word that her consulting company Bay Area Nutrition is opening a new office in Palo Alto. There, clients can find RD consultation in areas of disordered eating, sports nutrition, diabetes, vegetarianism, and cardiovascular disease.

Flying the coop: After teaching Nutrition and World Hunger three years for the department, **Dahlia**

Pearlman MS '96 has decided to pursue a new job as a Research Associate doing nutrition studies for SPHERA, located in Los Altos. She will be greatly missed by students and faculty alike. **Susan McCloud MS '81** can be found scratching the ground in her new barnyard located in Long Beach, Washington. After living in Sacramento, CA for many years, she delights in saying, "When the western states are having a heat wave, it is cool and foggy here – and it feels GREAT."

Returning to the Barnyard: **Melissa Yee BS '05** returned to San Jose after finishing her dietetic internship at Stoneybrook in Long Island, NY. She now works as a Nutrition and Exercise Consultant (putting her personal trainer certification to good use) for her employer: Total Health and Fitness. **Cade Field-Gardner MS '87** flew back to the department last November to present a lecture on "Nutrition and HIV/AIDS in Presidents Emergency Plan for AIDS Relief (PEPFAR) in Kenya and Other Countries." Cade's expertise in nutrition and HIV/AIDS has given extraordinary research opportunities to our graduate students.

Prize Chickens: **Lillian Castillo, BA '79**, who works as a Public Health Nutritionist for Santa Clara County Public Health Department, was recently selected as one of the 100 most influential Latinos in Silicon Valley. **Rita Garcia, MS '86** was honored on her retirement from Saint Louise Regional Hospital, where she served as their Vice President of Facilities and Hospitality. She credits her 27 years of career success to her dietetics education in the department and her role models: Fern Wendt, Rose Tseng, Margaret Impink, Eve Orton, and Mary Whitten.



Rose Tseng

Speaking of prize mentors, our former NuFS Chair **Rose Tseng**, welcomed many of our "roost" at the American Dietetic Association meeting in April which was held in her adopted Hawaiian barnyard.

We have come to a close for sightings. However, as always: Whether near or far, please send us your news. **We would love to hear from YOU.**

**“RESEARCH ACCOMPLISHMENTS”
NUFS MASTER OF SCIENCE GRADUATES
Fall 2006/Spring 2007/Summer 2007**

Morvarid Afraz	Role Copper Plays in Angiogenesis
Vilma Andari	Evaluation of Browning Effects in Fresh Whole Wheat Pasta Raviolis with Various Fillings
Sajida Arsiwala	Development and Evaluation of Culturally Relevant Educational Material on Carbohydrate Counting for South Asians with Diabetes
Michelle Berger	Prevalence of Malnutrition in HIV/AIDS Orphans in Nyanza Province of Kenya: A Comparison of Conventional Indices with a Composite Anthropometric Failure (CIAF)
Maryam Daghigh	Effect of Vibration and Time on Torque Reduction of Plastic Cap
Christina Erickson	Comparison of Different Antipsychotic and Antidepressant Medications and Their Effects on Metabolism
Sunny Henderson	The Effects of a 4:1 EPA/DHA Fish Oil Supplement on Plasma Lipid Profile and RBC Fatty Acid Composition
Karen Knoblauch	The Prevalence of Exposure to Undeclared/Hidden Wheat When Dining in a Restaurant or Other Foodservice Establishment
Heidi Kromschroder	Prevalence and Types of Food Cravings in a Multicultural Urban College Community
Jeremy Lampel	The Effects of a High EPA Supplement with Vitamin E on Oxidized LDL
Kristi Langerak	Clinical Assessment and Management of Psychiatric Patients: What Dietitians Need to Know About Stress, Major Depressive Disorders, and Diabetes
Chun Liu	Biotin Requirement and its Biosynthesis Blockage in the Free-living Nematode, <i>Caenorhabditis elegans</i>
Miral Maamoun	Food Habits and Acculturation Among First Generation Egyptians living in the San Francisco Bay Area
Vaibhavi Mahabal	A Review Paper on Glycemic Index of Foods
Yashmi Mistry	Infant Feeding Practices of Vietnamese American Women
Susanne Rough	The Motivation for Cancer Patients to Take Donated Human Milk
Farah Sabir	Milk, Protein, and Tea Tannin Interaction
Kanwaldeep Shergill	Use of Portfolio as Part of Program Outcomes Assessment for Nutrition and Food Science Department at San Jose State University
Jenab Shiyaji	Determination of Antioxidant Activity of Polyphenol Extract from Grape Seeds in Canola Oil
Deepa Singamsetti	Insulin Resistance Syndromes—Polycystic Ovary Syndrome, Acanthosis Nigricans, and Hirsutism
Monika Suri	Effect of Conjugated Linoleic Acid in Humans: A Review of Current Knowledge
Linda Sweeney	Evaluation of “Fit for Learning Program”
Diane Vecchi	Evaluation of a “Healthy Pizza Kitchen” Nutrition Program at a Children’s Museum



STUDENTS SPARKLE WITH SUCCESS 2007 "STARS"



San Jose State University Alumni Association Scholarship

Luisa Garrett \$2500

College of Applied Sciences and Arts Outstanding Award for Graduate Research

Xiaoyan Xiong

Outstanding Dietetics Student of the California Dietetic Association 2007



Yashmi Mistry

College of Applied Sciences and Arts Small Research Grants

Kerry White \$500
Jamie Kubota \$500

College of Applied Sciences and Arts Dean's Undergraduate Scholarship

Luisa Garrett \$500

Molly and Gene Rauen Research Awards

Katie Missakian \$500
Jamie Kubota \$500

Josephine & Frank Morris Award

Sunny Henderson \$200
Diane Vecchi \$200

Louie Barozzi Scholarship for International Students

Shilpa Sharma \$1500

Circle of Friends Scholarship Awards:

Jean Downes Scholarship

Damara Johnson \$1000

Evelda Smith Scholarship

Jamie Kubota \$1000

Fern Wendt Memorial Scholarship

Ka Yan Wong \$1000

Rose Tseng Scholarship

Luisa Garrett \$1000

Hal Adams Excellence in Food Science Award



Gerstein Padua \$300

Department of Nutrition and Food Science Outstanding Student Awards:

Baccalaureate candidate Nutrition/Dietetics

Vicky Niblack \$150

Food Science & Technology

Gerstein Padua \$150

Masters Candidate

Michelle Berger \$150



Michelle Berger

Department Service Awards

Sarah Martinez \$100
Raquel Trenado \$100
Jeremy Lampel \$100
Deepa Singamsetti \$100
Christina Erickson \$100
Marcia Hulberg \$100

DEPARTMENT OF NUTRITION AND FOOD SCIENCE**Bachelor of Science****Fall 2006/Spring 2007/ Summer 2007****Dietetics**

Sharanjeet Budwal
 Anne Bui
 Natalie Caples
 Claudia Chan
 Anh C. Diep
 Richard Duque
 Marcia Mowery Hulberg
 Fernando Jauregui
 Yukari Kobashi
 Hylary Konopacky
 Hong Wen Lee
 Mara K. Mamani-Paco
 Sarah Martinez
 Tony Nannini
 Vicky Niblack
 Danielle Reyes
 Mario Ruiz
 Asma Sarosh
 Jamie Schneider
 Nha Tran
 Raquel Trenado
 Alejandro Villalobos

Food Science & Technology

Tina Le
 Gerstein Padua
 Khanh M. Tran

Packaging

Tao Feng
 Ernie Leung
 Ki Nam Kenny Ro
 Kenneth Tan
 Pepito Valdoz

Emphasis in Sports Nutrition

Carrie Miller

Emphasis in Nutrition Education

Elika Bridgewater
 Naheeda Khaliqi
 Missy Schipper

Emphasis in Nutritional Science

Jessica Santa Ana

Emphasis in Food Management

Christi Ka Po Chan
 Anita Heskett
 Miyuki Nakao



The Hats say it all! Left to right are Christina Erickson, Karen Knoblaugh, Farah Sabir, and Michelle Berger.

DIETETIC INTERNSHIP PLACEMENTS 2006-2007**External Dietetic Internships**

Sunny Henderson, Fresno State University Dietetic Internship
 Stephanie Lasher, Fresno State University Dietetic Internship
 Richard Duque, ARAMARK Healthcare, St. Joseph Medical Center, Kansas City, MO

Internal Dietetic Internships

Kristi Langerak, HM Composite
 Tony Nannini, Alum Rock School District, Sequoia Hospital
 Thi Nguyen, Mariner, Regional Medical Center of San Jose
 Divya Puri, Good Samaritan Hospital
 Diane Vecchi, San Lorenzo Unified School District, VA Medical Center, SF
 Annie Tseng, Mariner, Washington Hospital
 Sajida Arsiwala, Santa Clara Valley Medical Center, Good Samaritan Hospital
 Michelle Berger, Mt. Diablo Unified School District, VA Medical Center, SF
 Christina Erickson, Pajaro School District, Kaiser Santa Teresa Hospital
 Ayne Garvisch, Alameda County Medical Center
 Karen Knoblaugh, Regional Medical Center of San Jose
 Han Le, Alum Rock School District
 Hafsabibi Mojoy, Regional Medical Center of San Jose
 Deepa Singamsetti, Livermore Valley Unified School District, Washington Hospital
 Martine Ward, Cupertino Elementary School District, Valley Care Medical Center
 Corinna Zaglmayr, Natividad Medical Center

NEAT MAKES A CLEAN SWEEP SJSU STUDENT ORGANIZATION OF THE YEAR

By Jeremy Lampel



Prancing Banana Kristen Wood (left) poses with SJSU student.

You may have seen them prancing around campus dressed up as fruits and veggies or preaching in the Student Union about the importance of eating breakfast. One thing is for sure: Members of The Nutrition Education Action Team (NEAT) are serious about nutrition education. NEAT is a dynamic group of specially trained student educators who advocate healthy nutrition practices to SJSU students and throughout

the San Jose community. Members of NEAT promote healthy nutrition through nutrition education seminars and workshops, coordinating events, and even nutrition counseling.

NEAT is part of the SJSU peer health program located in the Student Health Center and is led by the campus Registered Dietitian, Jenn Waldrop. With the help of faculty advisor, Dr. Marjorie Freedman, NEAT has been recognized as the 2007 SJSU Student Organization of the Year.

This prestigious award was well deserved. In this past year alone, NEAT members completed a total of 44



NEAT educator in action

presentations to campus and community groups. Some of the community presentations include: Santa Clara High School Students with a focus on general nutrition, Cyprus Gardens Senior Housing with a focus on diabetes management, and the MLK Library youth conference helping teens emulate positive body image.

Since it is a firm belief among NEAT members that balanced eating habits will improve overall health, as well as academic success, campus education and outreach is of utmost importance.. This past March, NEAT members were very successful in coordinating the annual SJSU Nutrition Fair, which was comprised of exciting exhibits, engaging all types of students in nutrition education. Later on in the semester NEAT participated in the National Eating Disorders Awareness Week event themed, "Shattering the Images of Perfection" which focused on body image and the effect it has on student's lives.

Not only is NEAT a valuable resource for the campus and community, it is an amazing learning experience for the student volunteers. It is a commitment that empowers students to step up and take action, regardless of their public speaking fears, and connect with people that genuinely want their help.



Bearded Pea in a Pod, Jeremy Lampel

NUFS STUDENT CLUB HIGHLIGHTS

Fall semester was filled with planning activities: including marketing of new Club merchandise (showing off our new logo), welcoming new members, and formulating fundraising ideas.

Spring semester was action oriented and brimming with outstanding guest speakers: The list of speakers included: Jena Roberts: The National Food Laboratory; Celine Chan, Nutrition Services Manager, Santa Clara County Senior Nutrition Program; Eric Wilhelmsen,

Alliance of Technical Professionals; Ed Silva, American Licorice Company; Maria Varga, Dadant and Co; and Lori Smith; Blommer Chocolate.

As a strong conclusion for the academic year, the Club requested and received funding from SJSU Associated Students, which paid registration fees for five Club members to attend the California Dietetic Association annual meeting held in April. It was a terrific year, and we look forward to the next!

SJSU 150TH ANNIVERSARY: WHERE TRADITION MEETS TOMORROW

By Lisa Gulliland

The 150th anniversary of San Jose State University (1857-2007) is here! A year-long celebration, is planned, which was kicked off with a fundraising event on January 26, 2007 in the Martin Luther King, Jr. Library. The highlight was the Historical Exhibit currently displayed on the 2nd floor, now accessible to the public. The exhibit will last through December 15, 2007.

Visitors can get a good idea of SJSU's rich history by taking a walk down its historical "time-line." Show cases feature: "Shining Moments in Sports," "In Time of War," and "Spartan Spirit."

The exhibit also includes letters, photographs, and diplomas from the university's special collections. Prominent Spartan alumni are featured, as well the diversity of our student body. For more information on SJSU's 150th anniversary, please visit: www.sjsu.edu/150th

Our 150th anniversary celebration is saddened by the passing of our Dean of the College of Applied Sciences and Arts (CASA), Inger Sagatun-Edwards

(1944 – 2007), on April 2, 2007. She was instrumental in raising the profile of CASA, making it one of the biggest and strongest colleges at San Jose State University. However, the celebration is also made more meaningful by a gift of \$10 million by Ms. Connie L. Lurie, a 1964 SJSU graduate. It will be used to support teacher education and develop SJSU's first independent doctoral program for secondary school administrators.

San Jose State University is the oldest institution for higher learning on the west coast, with about 22,000 undergraduates and 7,000 graduate students, and 2,400 faculty and staff. For the last decade, *U.S. News & World Report* has ranked SJSU as one of the West's top 10 public universities offering bachelor's and master's degrees. Further, the university is the number one supplier of engineering, computer science, and business graduates to Silicon Valley, in addition to being a top provider of registered dietitians and other outstanding nutrition and food science professionals!

THE JOYS OF GRADUATION



Diane Vecchi gives us a look at "Behind the Scenes."



Graduates and Faculty:
A portrait of pure joy



You Go Guys!
Left to right are Alejandro Villalobos, Tony Nannini,
Mario Ruiz, and Fernando Jauregui.

CIRCLE OF FRIENDS

OUR RICH PAST FUELS OUR BRIGHT FUTURE!

San Jose State University celebrates its 150th birthday, while the Department celebrates its 96th.

Our Department traces its roots back to 1911. At that time, we were known as the Household Arts Department, and courses were offered in cooking and sewing. In 1935, we transitioned into Home Economics. Foods, nutrition, sewing, and early childhood education courses were now part of the curriculum. In 1977, the Department underwent a major change. The Dietetics Program split off and was housed in the Division of Health Professions. In 1979, the Dietetics Program achieved departmental status and was named Nutrition, Foods, and Dietetics. In 1982, food science was added, and our present name Nutrition and Food Science was born.

The Circle of Friends arrived on the scene in 1992, as a response to dwindling state support for our Department's programs and students. At that time alumni, faculty, and friends came together to form a coalition to provide private funding to sustain our programs and enhance the excellence of the Department.

The Circle of Friends is now 16 years old and in its adolescence. In our youth, we accomplished amazing things like creating yearly scholarships and research assistance grants; purchasing state-of-the-art research equipment and teaching aids, and funding the retrofit of our classrooms for audio-video technology, to mention just a few.

Now, we are gearing up for another exciting project: the creation of a new Nutrition and Metabolism Laboratory. A metabolic cart (which measures energy used at rest and during physical activity) has been purchased with university funding. However, to make this laboratory operable, additional items are needed, for example, a stationary exercise bike and blood pressure measurement equipment. The potential of this laboratory for research projects on weight control and sports nutrition is enormous. Hands on learning opportunities will also be available for all nutrition majors.

Please join us in seizing this extraordinary opportunity to make the Nutrition and Metabolism Laboratory a reality, by sending in the enclosed membership form with your so appreciated and needed gift.

HEARTFELT THANKS TO THE 2006/2007 CIRCLE OF FRIENDS MEMBERS FOR THEIR GENEROSITY AND CARING

Sandra A. Akrawi	John W. Farquhar	Carolyn Jung	Jean E. Frankenberg Mulreany	Kathryn Sucher
Lois Atkinson	Caroline H. Fee	Jamie Keel	Rubi Myrick	Mary Ann Sullivan
Joey Au	Cade Fields-Gardner	Sorn Kham	Molly S. Olive	Alice Morris Swanson
Darcy Becker	Alan Finkelstein	Pamela Goyan Kittler	Melinda D. Poliarco	Jean Crandall Theisen
Laurie Becker	Louis Fischl	Karen Knoblauch	RoMonique Posadas	Rose Tseng
Carol Beebe	Doris C. Fredericks	Anne Kolker	Gina Prichard (Giambra)	Kim Moeller Vagt
Dean Biersch	Marjorie Freedman	Jamie Kubota	Sandy Queen	Gretchen Vannice
Nancy Black	Kathleen Gamez	Maria Kwok	Mary (Molly) C. Rauen	Sarah Viaggi
Walter M. Bortz	Rita Garcia	Lee Ann Langan	Harold Redsun	Margerita Villagomez
Stephanie Brooks	Sandra Garcia	Chinghua Lee	Karen P. Ross	Ashwini Wagle
Jacob Chermack	Christopher Gardner	Lela Llorens	Rebecca Rubenstein	Janice Wai
Don Christopher	Dan Gordon	Nancy C. Lu	LaPaula Sakai	Alice Waterbury
Hsin Yi Chu	Mildred Haas	Sue Martinek	Emily M. Sawyer	Holly E. Weber
Ann Coulston	Jacquelyn Rogers Hackbart	Patricia McDonald	Patricia Schaaf	Philip R. Wente
Narsai M. David	Jane K. Harmer	Janet McDonald	Phyllis Forward Simpkins	James Werle
Margaret A. Davis	Leta Marie Hayden	Lucy McProud	Deepa Singamsetti	Marianne M. Wilcox
Helen DeMarco	Nancy Kowalski Henry	Yashmi Mistry	Elveda Smith	Martha J. Wilson
Antonella Dewell	Nancy Hikoyeda	Joanne Mitani	Caroline Spinali	Shelly Wingert
Alanna Bennam Dittoe	Jennifer Hoesel	Mina Monfared	David L. Stone	Carol Whiteley Wolf
Norma Jean Downes	Haiyan Huang	Judi Morrill	Carol M. Strong (Bogert)	Diana Wright
Julie Dutcher	Nancy Jacobson	Michelle Neyman Morris	Sharon Meuth Studdert	Martin Yan