

# NUTRITION FOOD SCIENCE PACKAGING



San José State  
UNIVERSITY

## TRI-FOCUS

### DEPARTMENT OF NUTRITION, FOOD SCIENCE & PACKAGING

#### HELLO ALUMNI AND FRIENDS!



The year 2007-2008 has been very eventful! The President of San José State University, Don Kassing, retired in June. We are very appreciative of all of his accomplishments during his 15 years at SJSU including the joint City/University Martin Luther King Library and the Campus Village residence halls. Our new President is

Dr. Jon Whitmore. He was previously President of Texas Tech University. Welcome Dr. Whitmore!

We are excited about all of the renovation activities that are underway this summer! (A big thank you to our Technician Amanda Hilty for organizing everything). Room 122 in the Central Classroom Building (CCB) is being enhanced to include a food demonstration island. Storage cabinets and counters are being removed to accommodate more students within the Classroom space (40 instead of 30).

Rooms 229A and 229B in the Industrial Studies Building (IS) are also being transformed. Thanks to donations from the Circle of Friends and generous funding from our alum Phyllis Simpkins, we are able to renovate IS 229A into a Learning Center for student advising, statistical analysis of research data, and a gathering place for students to meet for group project assignments and student club meetings.

The IS 229B space is being renovated into a Nutrition and Metabolism laboratory which will house a metabolic cart, scales, treadmill, stationary bike, and other equipment. Class demonstrations for undergraduate students as well as research projects for Graduate students will be conducted there.

Other accomplishments include approval of two new packaging courses for fall and spring semesters (one for undergraduate and one for graduate students) and implementation of the electronic portfolio. Thanks to Dr. Kathryn Sucher, all of our dietetic interns are now using the electronic portfolio instead of those bulky binders that were compiled in the past. In addition, students in Professionalism NuFS 31 are utilizing electronic portfolios.

The goal is for all students in the department to eventually be using the electronic portfolio.

We are very proud that seven Masters Students/Faculty Poster research displays were presented at the annual meeting of the American Dietetic Association in Philadelphia last October. In addition 11 out of a total of 22 Posters (half!) were presented by our Department at the annual meeting of the California Dietetic Association in Los Angeles in April. We owe much of this success to our alum Molly Rauen, who with her husband Gene, created the Molly and Gene Rauen Endowed Research Assistance Fund to help support our students' award winning research projects.

Our Department's Circle of Friends continues to enhance the excellence of our department and our students' learning experiences at SJSU. We are deeply thankful for all of their support. We wish to thank everyone who contributed to this Alumni Newsletter including our Editor Caroline Fee as well as writers Lisa Gilliland, Kiko Lenio, Astrid Shapiro, Jen Meltz and Shilpa Sharma.

Best wishes for a tremendously successful and enjoyable year ahead!

Lucy McProud, Ph.D, RD  
Department Chairperson  
Nutrition, Food Science and Packaging

#### DR. PANFILO (PAN) BELO DEDICATION BEYOND COMPARE

By Jen Meltz

Dr. Panfilo (Pan) Belo's passion to become a food scientist began at a young age. He was born in the Philippines where he lived with his parents and brother and sister. His father was a chemist at a sugar factory. Dr. Belo grew up thinking, "I want to be like him and



Continued on page 3



“Dr. Belo” continued from page 1

follow in his foot steps.” In classic American spirit, at 18 he wanted to leave home. “The University of the Philippines offered a degree in Agricultural Chemistry, and it was on the Island of Manila which was a plane ride away!”

After graduation, for two and a half years, he continued to live in the Philippines where he taught general and physical chemistry. Then one life altering day, he went to the library at the University of the Philippines and opened a book that listed all the food scientists in the United States. The page he opened had the name of the department chair at Michigan State. He decided to write him to see if he had any job openings. Within three weeks, he was offered a graduate assistant position. Off he went to earn his Masters and PhD degrees.

While at Michigan State he met his soul mate who eventually became his wife. Amazingly, she had also attended the University of the Philippines but they never meet there. In Dr. Belo’s own words, ‘We’ve been married a long time.’ His great personal joys are his wife and married son and daughter with their four “perfect” grandchildren!

Dr. Belo’s PhD is in carbohydrate metabolism. However, he also worked on several projects that included toxicological studies, lipid metabolism, and mercury

toxicity. He did his thesis on onions, in which he identified the enzymes and volatile components of the onion via enzymatic reactions.

While at Michigan State, one of Dr. Belo’s advisors worked with Gilroy Foods in California. His advisor knew they were doing research on onion oil so he mentioned Dr. Belo’s name. They offered him an interview, and he was hired. He worked in their R&D department for 3 years.

While Dr. Belo was working at Gilroy Foods, he developed an onion ring recipe which they tried to sell to McDonalds. He still remembers using their test kitchen which was huge. Unfortunately, they didn’t buy the recipe. Thus, “Belo Onion Rings” remain a secret treasure!

From Gilroy, Dr. Belo went to UC Berkeley where he worked on dietary fiber research projects. There, he attended an International Food Technologist (IFT) conference where he saw a job posting for a temporary position in the Nutrition and Food Science Department at San Jose State University. He applied and was offered the job. After years of hard work, he became a tenured Professor.

Since the early 1980’s he muses, “I’ve taught lots of courses! In addition, he continues to serve as the department graduate advisor, a position in which he has no equal. All agree, his dedication to students is beyond compare!

## DARE TO DREAM

by Lisa Gulliland

The dream to create a Student Learning Center and Nutrition and Metabolism Laboratory is about to become a reality. Renovation of Industrial Studies (IS) 229A and 229B is underway!

IS 229A is being designed for student advising and a place for students to study and work together on class projects. Also, computers for statistical analysis of graduate research will be available. The room will also serve as a place for holding both formal and informal meetings.

New furniture is being purchased to serve these purposes, and carpeting will be installed. An L-shaped desk/client configuration will be put in specifically for student advising. Modular tables will be featured in the room that can be placed apart for small group work or wheeled together to use as a large conference table. Also, a white board with computer and other audiovisual capabilities will be an invaluable addition. To provide more light and energize the room, two interior windows will be installed between IS 229A and 229B.



The adjoining room, IS 229B, is being transformed into a Nutrition and Metabolism Laboratory. The Body Gem resting metabolism analyzer and Bioelectric Impedance body composition analyzer (currently held in CCB 221) are being relocated to this space. A treadmill and other exercise and research equipment will also be purchased to enable graduate research. In fact, Elizabeth Brown, our sports nutrition faculty expert, already has graduate students lined up with research projects rearing to go. Hands on learning experiences for all nutrition majors are also planned.

Both rooms are scheduled to be completed in Fall 2008. When the renovation is complete, there will be a celebratory unveiling which will provide the perfect opportunity to thank everyone who made this possible: Phyllis Simpkins for her generous donation (without which the whole renovation project would not have been possible), Caroline Fee and Lucy McProud for their vision, Amanda Hilty for her hard work coordinating the endeavor, and the Circle of Friends for all their support.

We eagerly await the grand opening!

## PACKAGING PROGRAM SPREADS ITS WINGS

Our Nu/FS Packaging Program has spread its wings, flying all the way to Italy! Packaging major Sayaka Uchida and Packaging Program Director Fritz Yambrach spent two weeks as guests of the Italian Trade Commission. The Commission sponsors this yearly two week experience (a combination of industry visits and cultural events) for hand picked students from packaging programs in the US. Students are chosen based on the excellence of research papers they submit. This year, students from San Jose State, Cal Poly, Clemson, Michigan State, Virginia Tech, and Florida were represented.



Sayaka Uchida

The Italian Trade Commission's Program is over 5 years old, and its goal is to promote the region around Bologna which has an internationally recognized cluster of machinery firms similar to Silicon Valley. This unique agglomeration of firms is recognized as a prime example of cluster economic development. The students were able to visit 8 different firms that make liquid fillers and compression molding equipment, among many other products. As a bonus, all participants had an unforgettable experience learning about international business practices, as well as savoring fantastic Italian cuisine and local wines.

## THOSE WITH THE LEAST OFTEN GIVE YOU THE MOST

By Suzanna Sherer, RD, B.S. Dietetics, SJSU 2004

The rains finally came today. That is good news. It has been really dry here in my part of Ethiopia; a drought year they were saying. In a country where the actuality of famine is real, recurring, and remembered by most, the rain coming is something prayed for by all. Today, everyone is happy!

I am serving as a U.S. Peace Corps Volunteer (PCV) in Oromia region, Ethiopia. This is my second round as a PCV. Just prior to my service here, I spent two years as an HIV/AIDS volunteer in the country of Lesotho, a small, independent country completely surrounded by South Africa with an estimated HIV rate of 25%.

While there, my main projects were to design programs targeting the prevention of mother to child transmission of HIV and also infant feeding guidelines for HIV positive mothers. My time in Lesotho gave me a clearer understanding of the many challenges of working within resource poor healthcare systems. It also prepared me to mentally absorb and process the myriad of compounding health problems affecting the rest of the continent, such as HIV/AIDS, TB, malaria,

diarrheal diseases, and extreme malnutrition.

While here in Ethiopia I am also technically an HIV/AIDS volunteer. However, in the four months I've been here, my primary jobs are being an advisor to a high school girls group and a nutrition and HIV lecturer to college level nursing students. On the street, I often give impromptu lessons on Vitamin A rich foods, HIV prevention, and reducing HIV stigma and discrimination. Occasionally, I get to do really fun things like tag along on house to house visits during rural immunization campaigns or act as a partially bilingual support volunteer for organizations on medical missions such as Operation Smile which works



Suzanna Sherer

to correct cleft lips and palates. Everything here is a learning experience. And while most days have their share of minor (and sometimes not too minor) frustrations, living in a resource poor country offers me a perspective on humanity which I cherish. People everywhere are remarkably the same, but sometimes those who have the least are the ones that can give you the most.

## NUFS HITS THE JACKPOT ! SALUTE TO THE STARS 2008



Kathy Sucher and Elvis

The San José State University College of Applied Sciences and Arts (CASA) held its Dean's Awards Reception, "Salute to the Stars" on May 5<sup>th</sup> in the Barrett Ballroom. The "Magic of Las Vegas" theme and décor matched the fun and energy of the event. Barbara

Conry, Acting Dean College of Applied Sciences and Arts, began the event with a warm welcome, followed by enthusiastic congratulations from Provost Carmen Sigler.

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, Ericka Deshmukh, 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 Susanne Rough for her thesis: *Qualitative Analysis of Cancer Patients' Experiences Using Donated Human Milk*. Clarie Hollenbeck and Caroline Fee were her research advisors. Shweta Mishra received a Small Research grant for her thesis: *Study of Three Growth Factors—Choline, Myoinositol, and Glutathione in the Nema-*

*tode Caenorhabditis Elegans*. Yang Zhao also received a Small Research grant for her thesis: *The Requirements of DL-Thioctic Acid and Para-Aminobenzoic Acid and the Blockages in Their Biosynthetic Pathways in the Nematode Caenorhabditis Elegans*. Dr. Nancy Lu is research advisor for both Shweta and Yang's projects.



Shweta and Yang

The San José State University Alumni Association Scholarships were then awarded. Our very own Sally Chaves received one for her high academic achievement, outstanding accomplishments in scholarship, and community service.

Distinguished Alumni Awards were presented next. Rita K. Garcia, MS, (BA Home Economics, Foods, Nutrition and Dietetics) was chosen to receive the award for our Nutrition, Food Science, and Packaging Department. (See article below).

To complete the star filled event, CASA Outstanding Faculty Awards were presented. Our faculty walked away with two out of four! Pan Belo received the Outstanding Professor Award, and Kathy Sucher received the Outstanding Scholar Award. Congratulations to all of the award recipients. You enrich us all!

### DISTINGUISHED ALUMNA OF THE YEAR, RITA K. GARCIA, MS, BA, 1974

Rita Garcia's legacy of expertise and dedication to her profession culminated with great honor in 2006 when she retired from her position as Vice President, Facility & Hospitality Services, at Saint Louise Regional Hospital in Gilroy.

Rita earned her BA degree in 1974 at San José State University in Home Economics (Foods, Nutrition, and Dietetics). She went on to become a Registered Dietitian and gained a reputation as a leader in administration. She was recognized not only for her expertise in food and nutrition services management, but also for her excellence in overseeing diverse operations in a hospital setting.

To support her passion for administration, Rita returned to school in 1988 and earned her MS degree in Health Services Administration



from St. Mary's College. Her responsibilities and areas of expertise continued to expand, culminating in her final position as Vice President, Facility & Hospitality Services, at Saint Louise Regional Hospital. There, she was the administrative leader for multi departments, providing leadership in budget planning, services integration, and quality management.

Additionally, she had overall responsibility for the physical plant, property, and support services of two healthcare campuses which included an acute hospital, three medical office buildings, and one heliport!

In sum, Rita is an incredible role model who exemplifies the strength of our Home Economics roots that have continued to nourish the excellence of our Nutrition, Food Science, and Packaging Department.

## ALUMNI SIGHTINGS - UNCOVERED TREASURES



*Mother Lode:* **Andrea Whitson MS '03** proudly announced the addition of her second son Logan who was born October 8, 2007.

Ring in a joyous 2008, **April Vandiver MS '99** gave birth to Angelo Frank on New Year's Day. In the spirit of gender diversity, **Rachel Frieberg Tano, MS '03** announced the birth of her baby girl Isabella May who arrived on the scene February 2, 2008.

*Sparkling Gems:* **Judy Quitarano BA '77** has been dazzling visitors at the Pacifica Art Guild for 23 years where she has been showing her ceramics and sculptures and has received awards for her outstanding work.

**Lauren Adams BS '04** completed her dietetic internship at Pennsylvania State University and passed the RD exam with flying colors. She then moved to Florida with her fiancée and was hired by Orlando Regional Medical Center Lucerne Hospital, a 140 bed hospital where she sees a variety of patients since the hospital has a dialysis unit, a rehab center, and general medical floors. **Jeegna Patel BS '87** is now working as a Registered Dietitian for Masonic Homes of California in Union City and continues to work per diem at Washington Hospital in Fremont.

**Corina Zaglmayr, BS '07** sends news she is employed in Salinas as a hospital Registered Dietitian responsible for the ARU unit, where most of her patients are seniors. She describes how much she enjoys her job, especially working with her older patients. **Raquel Trenado, BS '07** reports she is working with Stanislaus County WIC (in Modesto) as a Public Health Nutritionist I. She is excited about her job and the opportunity to work in a community nutrition setting.

**Sunny Henderson, MS '07** recently past her RD exam and works for Community Medical Center in Fresno for their corporate wellness program. Besides doing wellness coaching, she is developing an outpatient nutrition counseling program, expected to begin mid-August. **Arianel Torres BS '04** writes she is currently working as a Renal Dietitian for DaVita Dialysis, a healthcare company with different clinics throughout the Central Valley. She adds there is additional need to hire RDs to cover their Los Banos, Turlock, and Merced clinics.

*Nuggets of Gold:* **Orit Rosen, MS '89** writes that after graduation she moved back to Israel and remarried. She now goes under the name of Orit Rosen-Yazdi and is a mother of a son 5 1/2 and a daughter 4. She has moved back in to the US and lives in MI and is planning to apply for a position at Wayne State University. **Sima Dahi, MS '98** sends news she is now the Director of Meals on Wheels, Peninsula Volunteers, Inc. which is located in Menlo Park. Also, spotted working as a Registered Dietitian and Nutrition Consultant in private practice in Menlo Park is **Gwen D'Antoni, MS '95**.

**Teresa Harnden, MS '03** reports she is employed as a Food Administrator at the California Medical Facility in Vacaville. This is a prison facility where she works as an independent contractor. Her responsibilities include analyzing diet menus offered to inmates on special diets.

**Grace Shih, MS '85** continues to provide outstanding nutrition counseling and education wearing many hats including

that as a Registered Dietitian at Children's Hospital at Stanford, a consultant dietitian for three teen clinics at Kaiser Permanente, a consultant dietitian for Children's Recovery Center, and a private practice dietitian for over 20 years. Check out her website at [www.GraceNutrition.org](http://www.GraceNutrition.org)

**Cassy Chen Yonemoto, MS '05** will be teaching as a part-time Professor at Diablo Valley College (DVC) for the Fall 2008 semester. Cassy will be working with **Helen DeMarco, MS '96**, former Nu/FS faculty member and current Chair of the Nutrition Program at DVC. **Joan Giampaoli MS '91** another former Nu/FS faculty member, sends news she has moved to Minnesota and has accepted a job as an Eating Disorders Dietitian.

*Brilliant Stars:* **Manuel Villacorta MS '04** has been featured on ABC's San Francisco's Morning News show. Manuel's has developed an innovative program "Nutrition for You"—a web-based approach to weight loss and weight management that focuses on whole nutrition, portion management, and behavioral changes founded on sound nutrition science. Check out his program at: [www.nu4you.net](http://www.nu4you.net)

**Molly Paulson, MS '03** has taped several nutrition segments for CNN Health Minute. Molly did her internship at Emory University and finished in 2004. She took time off and had a baby girl, and then she started a very successful private practice. She took another break to have twin boys in '06, but she's back to work now. It's great to see one of our very own brilliant stars on national TV.

**Connie Wittenbaugh (Blommers), BA '75** is not only the Director of Food and Nutrition Services at Knoxville Hospital and Clinics in Knoxville, Iowa, but she also writes a column, "In Good Taste," for three local newspapers and is on the board of Marion County Nutrition Promoters. In her spare time, she has become a vexillologist (flag expert) and does presentations on the US and Iowa flags.

*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.**

### PHYLLIS SIMPKINS - CROWN JEWEL



**Phyllis Simpkins, BA '46** received a special commendation Tuesday, May 13, 2008 from the California State University Board of Trustees. Phyllis and her husband, the late Alan Simpkins, were honored for their enormous contributions of vision, energy, and financial support to the university. Among their many accomplishments benefiting their alma mater, Phyllis and Alan established the first international center in the California State University system at SJSU, rescued the SJSU marching band from extinction, and helped maintain a viable SJSU Division I-A Intercollegiate Athletics program. Phyllis continues to be our Nu/FS Circle of Friends guardian angel. She has provided support to our department over the last 16 years that has been instrumental in completion of our major projects, including providing funding for our SMART classrooms, state-of-the-art nutrition and food science equipment, and our new Student Learning Center and Nutrition and Metabolism Laboratory.

**“RESEARCH ACCOMPLISHMENTS”  
NUFS MASTER OF SCIENCE GRADUATES  
Fall 2007/Spring 2008/Summer 2008**

<b>Karina Alvarez</b>	Early Childhood Feeding: Assessing Knowledge, Attitude and Practices of Childcare Providers
<b>Patricia Chung</b>	Evaluation of Dietary, Exercise, and Weight Management Practices of Students at a Diverse Multicultural College Campus
<b>Katherine Dittman</b>	The Relationship Between Body Awareness, Intuitive Eating, and Spiritual Beliefs in Women Who Practice Yoga
<b>Neela Ganesh</b>	Determination of Total Polyphenol Content and Ferric Reducing Ability of Dehydrated Mangosteen Pericarp
<b>Ayn Garvisch</b>	Consumer Acceptance of Bio-Based Disposable Food Wares in a Community Hospital Cafeteria
<b>Lisa Gilliland</b>	A Comparison of Methodologies Used for Portion Size Estimation
<b>Roopa Gokul</b>	Impact of Nutrition Education Knowledge and Behavior Change Among Asian Indian Seniors
<b>Damara Johnson</b>	Program Assessment Report for the American Dietetic Association for the Didactic Program in Dietetics at San Jose State University
<b>Ashmeet Kaur</b>	HACCP Implementation in a School District Located in Northern California
<b>Rebekah Keck</b>	Program Assessment Report for the American Dietetic Association for the Didactic Program in Dietetics at San Jose State University
<b>Jeeinn Kim</b>	Evaluation of the Harvest Of the Month (HOM) Classroom Tool Kit
<b>Kiko Lenio</b>	Use of Electronic Portfolios for Program Assessment: Nutrition, Food Science & Packaging Department at San Jose State University
<b>Barbara Morris</b>	Assessing Food Choices in Hospitals for Visitors and Staff.
<b>Vijaya Parameswaran</b>	Healthy Khana: A Nutrition Education Website Targeted at South Asians
<b>Teri Pomerleau</b>	Development of a Medical Nutrition Therapy Resource Guide Outline for Dietetic Students and Interns at San Jose State University
<b>Divya Puri</b>	Truncal Adiposity in Asian Indian Children and its Relationship to Maternal Health
<b>Deborah Turquie</b>	Relationship Between Diet Consumption and Visceral Fat



## STUDENTS SPARKLE WITH SUCCESS 2008 "STARS"



**San Jose State University  
Alumni Association Scholarship** \$1250



Sally Chaves

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

Susanne Rough \$500

**College of Applied Sciences and Arts  
Dean's Equity & Diversity Awards**

Sally Chaves

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

Shweta Mishra \$500  
Yang Zhao \$500

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

Erika Deshmukh \$500

**Josephine & Frank Morris Award**

Kiko Lenio \$150  
Kristin Wood \$150

### **Molly and Gene Rauen Research Awards**

Leah Haritan \$1000  
Shweta Mishra \$1000  
Julie M. Smith \$1000  
Yang Zhao \$1000  
Ayn Garvisch \$489  
Lisa Gilliland \$521  
Shilpa Sharma \$250

**Circle of Friends Scholarship Awards**

**Nancy C. Lu Scholarship**

Shweta Mishra \$1000  
Yang Zhao \$1000

**Jean Downes Schloarship**

Erika Deshmukh \$1000

**Elveda Smith Scholarship**

Astrid Shapiro \$1000

**Fern Wendt Memorial Scholarship**

Mohammad Beheshtaein \$1000

**Rose Tseng Scholarship**

Jason Mousel \$1000

**Department of Nutrition, Food Science & Packaging  
Outstanding Student Awards:**

**Baccalaureate candidate**

**Nutrition/Dietetics**

Erika Deshmukh \$150  
Jamie Jessop \$150

**Food Science & Technology**

Samantha (Sze Nga) Chu \$150

**Masters Candidate**

Lisa Gilliland \$150



Lisa Gulliland

**Department Service Awards**

Ryan Maloney \$100  
Jamie Schneide \$100  
Samantha (Sze Nga) Chu \$100  
Crizel Fernandez \$100  
Serina (Ka Yan) Wong \$100  
Jeremy Rosenberg \$100  
Debbie Cabrieto \$100  
Bryan Le \$100

**American Dietetic Association:**

**Mead Johnson Nutritionals Award**

Erika Deshmukh \$3000

**American Dietetic Association:**

**Dorothy MacCrae Hyman Memorial  
Scholarship**

Erika Deshmukh \$1000

**American Dietetic Association Foundation Award**

Luisa Garrett \$1000



Erika Deshmukh

**DEPARTMENT OF NUTRITION AND FOOD SCIENCE**  
**Bachelor of Science**  
**Fall 2007/Spring 2008/ Summer 2008**

**Dietetics**

Diana Beydoun  
 Debbie Cabrieto  
 Freddie Cadiante  
 Erika Deshmukh  
 Agnieszka Dziduszko  
 Brian Feldmeier  
 Crizel Fernandez  
 Atoussa Ghaemmaghami  
 Arthur Gonzalez  
 Jamie Jessop  
 Yun-Chien Ku  
 Nicholas Liang  
 Karen Luu  
 Ryann Maloney  
 Michael Manansala  
 Jeremy Rosenberg  
 Jamie Schneider  
 Than-Hoa Thach  
 Ka Yan Wong  
 Kristin Wood

**Food Science & Technology**

Samantha (Sze Nga) Chu  
 Yat Wong

**Emphasis in Nutrition Science**

Stephanie Cayabyab  
 Bahareh Ebadat

**Emphasis in Environmental Food and Health Specialist**

Bryan Lea  
 Delilah Macedo

**Emphasis in Nutrition Education**

Farozan Ansari  
 Jacqueline Balthazor  
 Stacey Hoover  
 Jenny Mendez  
 Iman Rana

**Emphasis in Food Management**

Gemma Chmielewski  
 Lynn Truong



The Day has arrived! Left to right are Karen Luu, Lindsay Ladner, Taisiya Kupriyanova, and Yun-Chien Ku

**DIETETIC INTERNSHIP PLACEMENTS 2007-2008**

**External Dietetic Internships**

Kristin Wood, Sodexo Dietetic Internship

**Internal Dietetic Internships**

Katie Boswell, VA Medical Center, San Francisco  
 Jyoti Brar, HM Composite  
 Patricia Chung, Cupertino Unified School District and Kaiser Santa Clara  
 Katherine Dittman, Novato USD and VA Medical Center, San Francisco  
 Lisa Gilliland, Stanford Hospital and Clinics  
 Damara Johnson, Livermore Valley Unified School District and Valley Care Medical Center  
 Rebekah Keck, VA Medical Center, Palo Alto  
 Soo Jeong Kim, HM Composite  
 Jeremy Lampel, Watsonville Community Hospital  
 Kiko Lenio, Livermore Valley Unified School District and Regional Medical Center of San Jose  
 Nicholas Liang, Fremont Health Center  
 Dana McCabe, Alum Rock School District and Regional Medical Center of San Jose  
 Barbara Morris, Santa Clara Valley Medical Center  
 Sepideh Moslehi, Seton Medical Center  
 Jason Mousel, VA Medical Center, San Francisco  
 Vicky Niblack, Alum Rock School District/HM Composite  
 Audrey Nickell, HM Composite  
 Teresa Pomerleau, Sutter Maternity & Surgical Center and Regional Medical Center of San Jose  
 Rebecca Rubenstein, Regional Medical Center of San Jose  
 Margarita Villagomez, Washington Hospital  
 Kerry White, Seton Medical Center  
 Shamrock Wong, Watsonville Community Hospital

# THE JOYS OF GRADUATION



Yippee. Our names are in the program!



Mom hurry. The ceremony is about to start!



Haven't felt this energetic in years!



Can hardly wait until they call my name!



It was all worth this moment!



Thank you.  
Thank you.  
Thank you!

Time to go celebrate with my best buddy!

## CIRCLE OF FRIENDS

### A PROMISE MADE IS A PROMISE KEPT!

After two years of planning and saving, a space for our Student Learning Center and Nutrition and Metabolism Laboratory has finally been secured. Renovation of these two adjacent rooms has begun!

The Student Learning Center is an invaluable addition to enhancing our students' success. 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 multifunctional 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 adjacent Nutrition and Metabolism Laboratory will enable our students to do research projects in vital areas, including weight control and sports nutrition. In fact, collaborative plans are in the works to involve SJSU athletes. Equipment already purchased includes a metabolic cart (which measures energy used at rest and during physical activity) and a bioelectric impedance analyzer (which measure percentage of body fat and lean body mass). Hands on learning opportunities will also be available for all nutrition majors.

Let me assure you every dollar you have contributed has helped us continue to provide essential scholarships and reach this monumental goal. Our Circle of Friends savings stand ready to cover the infrastructure costs of renovation of the two rooms (plumbing, electrical, asbestos removal, flooring, cabinetry, painting, and audiovisual capability). However, we still need help to furnish the Student Learning Center and purchase additional equipment to make the Nutrition and Metabolism Laboratory operational.

We can only do this with the support of caring and generous friends, just like you.

**Please join us in this historic accomplishment in enhancing the excellence of our students' education by sending the membership form on the back of this page with your check.**

## HEARTFELT THANKS TO THE 2007/2008 CIRCLE OF FRIENDS MEMBERS FOR THEIR GENEROSITY AND CARING

Connie Blommers	Julie Dutcher	Carolyn Jung	Molly S. Olive	Kathryn Sucher
Sandra A. Akrawi	Alice Fagundes	Jamie Keel	Eva Prudhomme Orton	Mary Ann Sullivan
Lois Atkinson	John W. Farquhar	Sorn Kham	Melinda D. Poliarco	Alice Morris Swanson
Joey Au	Caroline H. Fee	Pamela Goyan Kittler	Monique Posadas	Linda Sweeney
Darcy Becker	Cade Fields-Gardner	Karen Knoblauch	Gina Prichard (Giambra)	Jean Crandall Theisen
Laurie Becker	Alan Finkelstein	Anne Kolker	Sandy Queen	Rose Tseng
Mohammad Bemesmtaain	Louis Fischl	Maria Kwok	Mary (Molly) C. Rauen	Marlene D. Tutt
Dean Biersch	Doris C. Fredericks	Lee Ann Langan	Harold Redsun	Kim Vagt
Walter M. Bortz	Marjorie Freedman	Leo Chun Liu	Stacey Rippey	Gretchen Vannice
Stephanie Brooks	Molly Freeman	Lela Llorens	Karen P. Ross	Sarah Viaggi
Mary Ann Bullock	Kathleen Gamez	Nancy C. Lu	Rebecca Rubinstein	Margarita Villagomez
James Burke	Rita Garcia	Diane Madgic	Sahar Saffi	Mary Foley Von Ploennics
Christie K. Chan	Sandra Garcia	Sue Martinek	LaPaula Sakai	Ashwini Wagle
Jacob Chermack	Christopher Gardner	Susan P. McCloud	Emily M. Sawyer	Janice Wai
Don Christopher	Dan Gordon	Patricia McDonald	Patricia Schaaf	Holly E. Weber
Hsin Yi Chu	Mildred Haas	Janet McDonald	Judith Morrison Schallberger	Philip R. Wentz
Angelo Corvino	Jacquelyn Rogers Hackbart	Lucy McProud	Heather Schwartz	James Werle
Erika Costanzo	Jane K. Harmer	Jennifer M. Meltz	Phyllis Forward Simpkins	Marianne M. Wilcox
Ann Coulston	Leta Marie Hayden	Shweta Mishra	Deepa Singamsetti	Martha J. Wilson
Narsai M. David	Nancy Kowalski Henry	Yashmi Mistry	Elveda Smith	Shelly Wingert
Margaret A. Davis	Nancy Hikoyeda	Joanne Mitani	Caroline Spinalli	Carol Whiteley Wolf
Helen DeMarco	Jennifer Hoesel	Judi Morrill	Betty Wattles Starr	Diana Wright
Antonella Dewell	Haiyan Huang	Michelle Neyman Morris	David L. Stone	Martin Yan
Alanna Bennam Dittoe	Nancy Jacobson	Jean E. Frankenberg Mulreany	Carol M. Strong (Bogert)	Yang Zhao
Norma Jean Downes	Damara Johnson	Rubi Myrick	Sharon Meuth Studdert	



San José State University Department of Nutrition, Food Science and Packaging

# CIRCLE OF FRIENDS

One Washington Square, San Jose, CA 95192-0058 (408) 924-3100

**San José State**  
UNIVERSITY

**What is it?** A coalition of Alumni, Students, Faculty, and Friends who have joined together to provide on-going private support to preserve the Department's dedication and commitment to excellence.

**Why the Need?** "Shrinking" state budget for higher education make this support crucial to continue to offer the highest quality education and training to our students. **Private funding is now critical to safeguard course offerings, laboratory supplies, computer labs, equipment, and scholarships.** SJSU can no longer be considered as state supported but state assisted.

**Circle of Friends Goals:**

- To reestablish Alumni relationships with the Department
- To encourage Student participation
- To promote Alumni - Student - Faculty synergy
- To involve Community Partners
- To facilitate networking
- To celebrate SJSU Department of Nutrition and Food Science comradeship
- To invest in and build a **LEGACY FOR THE FUTURE**

**Benefits of Membership:**

- Networking with Alumni - Faculty - Students - Community Partners in cooperative ventures/endeavors and in seeking and filling positions
- Membership Recognition: NuFS Newsletter/SJSU Contributors to Excellence
- Membership Directory

Check here if you DO NOT wish your name to be included in the Directory

**2008-2009 MEMBERSHIP / RENEWAL APPLICATION**

Directory info: (please enter *only* changes since last directory edition)

**Name:** \_\_\_\_\_  
(\*Alums: Name(s) while at SJSU): \_\_\_\_\_

**College/University(s):** \_\_\_\_\_  
(circle degree)  
BS/BA yr: \_\_\_\_\_ Deg./Emphasis \_\_\_\_\_  
MS/MA yr: \_\_\_\_\_ Deg./Emphasis \_\_\_\_\_  
Ph.D./Other yr: \_\_\_\_\_ Deg./Emphasis \_\_\_\_\_

**Home Address:** \_\_\_\_\_  
\_\_\_\_\_

City State Zip

**Phone:** ( ) \_\_\_\_\_

**Email:** \_\_\_\_\_

**Employer:** \_\_\_\_\_

Title/Position: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

**Area of Expertise:** \_\_\_\_\_  
\_\_\_\_\_

**CIRCLE OF FRIENDS GIVING LEVELS**  
(Please indicate the level of your gift)

<i>Current Students</i>	<b>\$10 - \$24</b>	_____
<i>Supporter Circle</i>	<b>\$25 - \$99</b>	_____
<i>Golden Circle</i>	<b>\$100 - \$499</b>	_____
<i>Dean's Circle</i>	<b>\$500 - \$999</b>	_____
<i>President's Circle</i>	<b>\$1000 -</b>	_____

All gifts go directly to the Department and are fully tax deductible.

Please make checks to:  
**NUFS, CIRCLE OF FRIENDS, SJSU**

PLEASE RETURN APPLICATION BY **October 15** TO  
BE INCLUDED IN THE MEMBERSHIP DIRECTORY

\*We'd like to hear from you! Please attach a separate sheet with your news.