

NUTRITION FOOD SCIENCE PACKAGING

TRI-FOCUS



SAN JOSÉ STATE
UNIVERSITY

DEPARTMENT OF NUTRITION, FOOD SCIENCE & PACKAGING

HELLO ALUMNI AND FRIENDS!



The year 2008-2009 has been very exciting. In September, the Cesar Chavez Memorial was dedicated with speeches and Aztec Dancers on the Plaza, right outside our window. It is a beautiful arch depicting Cesar Chavez, Ghandi and other notable historic figures. In October we had a visit from our External Evaluator, Doris Derelian

– Department Head at Cal Poly, San Luis Obispo, who provided valuable feedback on our Five Year Program Plan/Review. We also have a new Dean, Dr. Charles Bullcock who arrived in January from the College of Health and Human Services at University of Nevada at Reno.

We are very pleased with the remodeling of the space in Industrial Studies Building Room 229 into a Nutrition and Metabolism Laboratory and a Learning Center, thanks to our donor Phyllis Simpkins and the Circle of Friends organization. She also funded air conditioning for IS 229 as well as the IS 230 classroom. An Open House was held on February 25th to celebrate the grand opening.

Other accomplishments included the SMART Cart which provided fruits and vegetables for sale at very reasonable prices every Tuesday from 10:15am-3:00pm. This was part of the Healthy Campus grant from Kaiser coordinated by Dr. Marjorie Freedman.

Our Department has been honored with many awards this year. The Provost Outstanding Professor Award for Excellence in Service Learning for the University went to Dr. Marjorie Freedman and the Provost Outstanding Department Award for Excellence in Service Learning for the University was given to our Department of Nutrition, Food Science and Packaging. One of the five Outstanding Student Researcher Awards for the College of Applied Sciences and Arts (CASA) went to Sunny Henderson and Jeremy Lampel (their graduate advisor was Dr. Clarie Hollenbeck) for their research related to fish oil supplements. The Outstanding Thesis Award for CASA was given to Lillian Liu who is a Packaging Masters student (her graduate advisor was Dr. Yambrach). We are thankful for the research support from 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.

We had a large number of students enrolled in the department this year: 383 majors (283 BS/100 MS). The university had its highest enrollment ever this year at 32,906 students. Unfortunately, next year due to budget reductions we will have to cut back on admissions: 25% fewer freshmen admissions; 40% fewer transfer student admissions and 20% graduate student admissions. For our department the budget cuts translate to a 12.78% reduction or cancellation of over 20 course sections compared to last year.

Our Department's Circle of Friends continues to enhance the quality of our department and our students' learning experience at SJSU. We are deeply thankful for all of their support. We wish to thank everyone who contributed to this Alumni Newsletter including our Editors Caroline Fee and Amy Norrish as well as writers Astrid Shapiro, Jen Meltz and Shilpa Sharma, Heather Locke and Jana Hansing.

Best wishes for a fantastically successful and healthy year ahead!

Lucy McProud

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

DR. FRITZ YAMBRACH, PACKAGING GURU

by Jana Hansing



Dr. Yambrach was born and raised in the chilly climate of Detroit during the height of the Cold War, a world away from his Serbian roots. Surrounded by the burgeoning R & B sound of the Motor City, Fritz soon took an interest in this hot, soulful music. To this day he takes "five" from his normal day to play his Tenor Saxophone.

Continued on page 3

FACULTY ACCOMPLISHMENTS 2009

Accomplished Author

Izzie Brown wrote a portion of the Coaches' Manual for *US Rowing*. This pertains to sports nutrition, identifies disordered eating, and states where rowers can go for help.

Research Journal Publications

Lucy McProud and her student advisees published 1 article in the *Journal of Foodservice Business* and 1 abstract in the Supplement to the *Journal of the American Dietetic Association (JADA)*.

Fritz Yambrach and his student advisee had 1 article accepted for publication by the *Journal of Applied Packaging Research*. He also had two articles published in *Packaging World*.

Marjorie Freedman and her advisee had 1 article accepted for publication by the *Journal for Eating Disorders*. She also co-authored 1 article published in the *Journal of Human Lactation*.

Ashwini Wagle and her advisees published 3 articles, 1 in JADA, 1 in the *Journal of Foodservice Business Research*, and 1 in the *Journal of Foodservice*.

Grand Grantee

Ashwini Wagle, co-director, received a grant of \$97,000 for the Cal-Pro Net Center, for which she has been the Faculty Advisor from the Fall of 2005 to the present day.

Lucy McProud, co-director, received a grant of \$87,000 from the California Dept. of Education (CalProNet).

Savvy Speakers

Caroline Fee presented three lectures that focused on working with older adults from diverse cultural backgrounds: Cultural Competence When Working with Older Adults, Interdisciplinary Training Opportunities in Ethnogeriatrics, and Nutrition and Chronic Care for Diabetes among Multicultural Populations.

Izzie Brown presented on the topic of Sports Nutrition to the UC Berkeley Lightweight Women's Rowing Team.

Ashwini Wagle gave several presentations, at locations such as UCSF, the Asian Culinary Conference, and the Center for Healthy Aging in Multicultural Populations (CHAMP).



Research Presentations



Ashwini Wagle and her student advisees presented 3 posters at the ADA meeting in Chicago in October of 2008, and 5 posters at the CDA meeting in May of 2009.

Kathryn Sucher and her student advisees presented 4 posters at the Chicago ADA in October of 2008, and 2 abstracts/poster sessions at the CDA in May of 2009.

Lucy McProud coordinated the poster session for the Regional District Meeting of the CDA held in September of 2008 at the Veteran's Medical Center in Menlo Park.

Marjorie Freedman and her student advisees presented 12 posters at the SJPD meeting in September 2008, 8 posters at the CDA in April of 2009, and 3 posters at the ADA meeting in October of 2008.

Marjorie Freedman discussed the Nutritional value of native edibles and benefits of eating food from your garden at the Santa Clara County Native Garden Foundation.

Professional Awards

Herb Schueneman was named to the Packaging Hall of Fame at the national meeting in Chicago in the Fall 2008.

Marjorie Freedman won the Provost's Outstanding Professor Award for Excellence in Service Learning for the University this year.

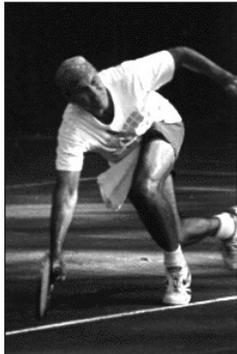
Kathryn Sucher received the Outstanding Scholar Award for the College of Applied Sciences and Arts (CASA) in May 2009.

Ashwini Wagle received the Outstanding Professor of the Year 2008-2009 Award from the Nutrition and Food Science Club in May 2009.

“Dr. Yambrach” continued from page 1

His father was an engineer for the Chrysler Corporation, and being a good American family, drove one of those classic space age cars. Family life was lively, as Fritz and his siblings would often find themselves on the tennis court with their mother who was a nationally ranked tennis player.

Dad was no stranger to the athletic life, as his early days were spent boxing in Detroit’s Kronk Gym and body building in Venice Beach, California.



Fritz is a USPTA certified tennis instructor like his mother and brother, and on occasion took breaks from his scientific profession and worked as a tennis pro.

Old world family traditions brought his extended family together on weekends for dinners that included scrumptious dishes of strudels, torts and chicken paprikash. The matriarch of the family, Grandma, prepared strudel dough the old-fashioned way by pulling the dough on linen cloth. This love for traditional cooking continues today in his own family

kitchen. He is particularly proud of his homemade bread.

The path to San José State found him attending graduate school at Utah State University where he picked up a Master’s degree in Marketing. He also was gainfully employed with Baxter where he was involved with packaging sterile medical devices, IV solutions and kidney dialyzers. He earned a PhD in International Trade at SUNY Buffalo.

His teaching career began at Rochester Institute of Technology where he was tenured full Professor in the Department of Packaging Science. He has spent a sabbatical in Malaysia building a Packaging curriculum for the Ministry of Education, as well as consulting for many multinational firms over the years.

Since 2007 he can be found at San José State University where he was brought in to reinvigorate the Packaging Program. His 20 year-old son attends San Jose State University and is studying packaging — a chip off the old block.

Dr. Yambrach is a charming, energetic teacher and has a warm, engaging personality that students find youthful and hip! Family and friends are central to his life and his dedication to his profession brings a wonderful energy to his department!

THE DREAM CAME TRUE!

by Amy Norrish



Lucy McProud and Caroline Fee’s dream to create a Student Learning Center and Nutrition Metabolism Laboratory has now come true thanks to the Circle of Friends, donor Phyllis Simpkins, and renovation manager, newlywed Amanda Hilty-Paratore!

These two comfortably furnished rooms are located in Industrial Studies (IS 229). The Student Learning Center has been heavily used as a place for students to come for advising, career counseling, scheduling, club meetings, and for statistical analysis on the computers. The second room, The Nutrition and Metabolism Laboratory, houses a new metabolic cart, new treadmill, stationary bike, rowing machine, and bioelectrical impedance machine.

During the grand opening Professor Elizabeth Brown demonstrated the Parvomedics True One Me-

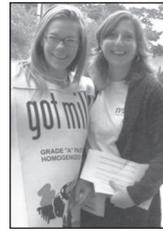
tabolism System with Professor Ashwini Wagle as her subject. This equipment can measure metabolic rate based on oxygen consumption while exercising.

Professor Elizabeth Brown mentioned, “By testing students on this new equipment, we are better able to understand their metabolic needs.” She also stated several Graduate Students are coordinating research with athletes on campus including the golf, gymnastics, soccer, and running teams.

Elizabeth Brown, MS, RD, CSCS is our sports nutrition faculty expert. She can be reached at [Izzie.brown@sjsu.edu](mailto:brown@sjsu.edu) if you are interested in finding out more about Nutrition and Metabolism Evaluations.



NEAT, GARDEN, NUFS CLUB



As part of International Week, the Great Global Breakfast event taught students the benefits of eating breakfast and exposed students to quick breakfast ideas from around the world. Students were provided with a warm bowl of oatmeal to encourage whole grain consumption. The Great Global Breakfast was awarded the “Best Educational Programming”. Jennifer Waldrop RD, Wellness and Health Promotion Coordinator/Campus Nutritionist: jwaldrop@email.sjsu.edu

URBAN GARDENING AS A LOCAL FOOD SOURCE



Monica Slingerland



Top left to right: Darcie Green, Elizabeth Sills, Monica Slingerland, Dr. Calvin Gordon, President Whitmore, Terry Austen, Karen Harvey. Front row: Ramprasad Subburaman, Julianna King, Kimberly Ellis, and Marjorie Freedman



Catherine Bartoli

The idea for an experimental/demonstration garden was spearheaded by Dr. Marjorie Freedman. Her vision of teaching students about using urban gardens to produce food and promote sustainability at SJSU has now come true! The garden is maintained by a team of five students under the direction of graduate student Catherine Bartoli.

All semester, the entire campus community enjoyed viewing the plants as they grew, and learning how to identify the plants by reading their labels. To date, beets, collard greens, onions, radishes, cauliflower, cabbage, artichokes and Swiss chard have been harvested. Tomatoes, cucumbers, and various herbs are currently growing. For more information about the garden please view Catherine Bartoli's blog at: <http://nufsgarden.blogspot.com/>

Those lucky enough to be visiting the Spartan Smart Cart Produce Stand on Tuesdays were also given the opportunity to purchase fresh, local and healthful fruits, vegetables, and beverages. Thanks to the Kaiser Permanente Healthy Campus 2010 grant, students and staff had better access to healthful food!

Finally, with the help of JP, a local organic farmer from Castroville, Freedman started a CSA program, which provides over 20 subscribers a week a large box of fresh, locally produced organic fruits and vegetables for \$23.00. The program is ongoing and available to anyone on a week-to-week basis. Want to order a CSA? Contact Dr. Marjorie Freedman at: mrfphd@earthlink.net.



Club Officers at Kagome Foods!



The Bake Sale was a success!

The Student Nutrition & Food Science Club offers an opportunity for students to become involved in community, industry and school-oriented projects; to meet with career professionals, faculty, and other students; and to show leadership through becoming a club officer. This club offers scholarships to conferences, plans the Department Convocation, and has an on-campus job fair. For more information contact President Mohammad Beheshtain at moeju2000@hotmail.com.

NUFS SHINING BRIGHT! SALUTE TO THE STARS 2009

The San Jose State University College of Applied Sciences and Arts (CASA) held the Dean's Awards Reception, "Salute to the Stars" on May 5th. There were white lights strung around the room and brightly colored stars to celebrate this event in the Barrett Ballroom Student Union. The Dean to the CASA, Charles C. Bullock, had an enthusiastic welcome greeting. He wished to, "Honor and recognize the many outstanding students, alumni, faculty, and community partners for their excellent work".



Lillian Liu

Awards began with the presentation of the Dean's Scholarships. This award goes to students who represent outstanding accomplishments of scholarship and service. Nutrition student Chelsea Pham received this award for her excellent achievements.

Thesis and research awards were presented next. Packaging Master's Degree student Lillian Liu received the Outstanding Thesis award for her

work: *Barrier Performance of Cold-Form Foil Unit-Dose Blister Packages: A Heat Seal Evaluation*. Fritz

Yambrach was Lillian's faculty advisor. The Outstanding Research Award was presented to Nutrition, Food Science, and Packaging Students Sunny Henderson and Jeremy Lampel for their research: *The Effects of a 4:1 EPA/DHA Fish Oil Supplement on Plasma Biomarkers of Risk for Coronary Artery Disease*. Claire Hollenbeck was their faculty advisor.



Mohammad Beheshtaein

Next, the Distinguished Alumni Awards were presented. Eva Prudhomme Orton was chosen to receive this award for the Nutrition, Food Science, and Packaging Department. (See article below).

It is with much gratitude that we wish to thank CASA Committee Participants Dr.

Marjorie Freedman (Research and Faculty Development) and Mohammad Beheshtaein (Student Affairs Committee) for their energy and effort in preparing for this successful event!

DISTINGUISHED ALUMNA OF THE YEAR, EVA PRUDHOMME ORTON, BA, 1943

Eva (Eve) Orton has given a lifetime of expertise and service, both to her profession and to her community. Among her incredible number of accomplishments, Eve served as the first Registered Dietitian responsible for the combined Nutrition and Food Services at Santa Clara Valley Medical Center. She held this position for 23 years

During this time, she mentored and trained many young dietetic interns to be exemplary dietetic professionals who continued her legacy of professional excellence. Additionally, she held numerous leadership positions in the San Jose Peninsula District of the California Dietetic Association.

Beyond her professional accomplishments, Eve has also enriched the Santa Clara County community in a vast number of ways, including being on the Board of Directors for the YWCA and for the League of Women Voters. She also con-

tributed her time, energy, and expertise to nutrition related projects for the American Heart Association, Diabetes Society, and Interagency Nutrition Council. Eve continues her service to the community as

an activist in legislation for many organizations, including AARP and the Congress of California Seniors.

The enormity of Eve's professional and community contributions are captured in her commitment to help practitioners and clinicians provide outstanding nutritional assistance to their patients, her continual effort to help Santa Clara County become a better place in which to live, and her consistent desire to help others reach their full potential.

Eve's lifetime of giving to her profession, community, and friends is an extraordinary gift we are proud to celebrate!



ALUMNI SIGHTINGS - WHAT'S COOKIN'



Home Cooking: **Shelly Davis Wingert, MS' 03** announced the birth of her daughter Elizabeth Rose who was born in September of 2008.

Sherry Adamski Butler, MS' 04 is keeping the home fires burning. Having a 3 and 4 year old keeps things constantly fired up. **Caroline Spinali, MS' 03** also has many irons in the fire, in addition to keeping up with her 2 boys.

Mari Fujikawa, MS' 99 writes her 17 month and 5 year old are keeping her busy, in addition to her job as Child Nutrition Services Director at Berryessa School District in San Jose. **Kim Whelen, BS' 02** also has a full plate spending time at home with her baby, working part time. **Tricia Goldberg, BS' 09** writes she is living in Santa Rosa, has a 4 year old son, and is working for the Network for Healthy California.

Jean Frankenberg Mulreany, BA' 76 sends word that she still has 2 children in college. However, her other 2 children now have their own grubstake: Katie completed her studies at the Culinary Institute of America, Hyde Park, New York campus and works in San Francisco at Wolfgang Puck's Postrio Restaurant. Her son Michael now works as a computer technician at Reno's KRVN Channel 4 television station.

Movable Feasts: **Lee Ann Langan, MS' 84** and **Kim Moeller Vagt, MS' 92** along with a few other sparkling women went to Italy and also took a cruise to Greece. Lee Ann adds the trip was a perfect 10! The next item on the menu is a trip to Spain.

Teri Pomerleau, MS' 08 will be relocating to the Central Valley, as her fiancée lives in Stockton. **Damara Johnson, MS' 09** sends news she will be married in August, has been working at Community Medical Centers in Tracy and Stockton doing outpatient nutritional counseling, and is polishing up her Spanish speaking skills quickly.

Suzi Sherer, BS' 04 is finishing her second tour as a Peace Corp Volunteer and is planning her new "bill of fare" as she starts her Masters Degree in Nursing. **Mara Mamani Paco, BS' 07** sends regards from South America. She has been in Bolivia working in nutrition education and doing an internship in a health clinic there.

Lory Hayon, BS' 03 lives in Henderson, Nevada where she completed her internship at University of Nevada, Reno. After working as an enteral RD specialist, she now provides nutrition education for patients at the Fertility Center of Las Vegas.

Recipes for Success: **Sorn Kham, BS' 06** is completing his Masters Degree in Counselor Education and has been working during the day and attending classes at night. **Kiko Lenio, MS' 08** not only passed the RD exam, but also started a new job in June working at El Camino Los Gatos Hospital. **Traci Lasquete, BS' 04** is employed at Fresenius Medical Center in Brentwood and sends news of great success in their Diabetes Support 5K mile fund raising event.

Darcie Ellyne, MS' 89 is a Clinical Dietitian at the Palo Alto Medical Foundation. She is also expanding her interest in computerized nutrition analysis for restaurants. In fact, she is creating her new website: RestaurantDietitian.com. **Geetha Desai, MS' 96** is also working at the Palo Alto Medical Foundation as a Certified Diabetic Educator (CDE) and she provides valuable expertise on South Asian diets.

Marisa Castaldini, MS' 97 is enjoying her job working for the Alameda County Public Health Diabetes Program. She is a CDE and loves her culturally diverse patients. **Tami Enderle Whelan, BS' 99** can be found "clocking in" as the only RD in the program for the San Mateo County Public Health Department. Her work focuses on prenatal women and young children and she provides home visits to families on MediCal.

Olivia Ho, MS' 04 is the new Director of the Galileo Health Academy in partnership with San Francisco Unified School district to further expand her interest and passion advocating for coordinated school health and student development.

Danae Garrett, MS was spotted at the CDA meeting last September. She is currently a Territory Manager for Nutricia North America, a company that specializes in GI/Allergy and Neurology products. **Christie Zucca Taylor, MS' 00** is now living in Clovis, California and is employed as an RD for Beverly Living Center in Fresno.

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

PHYLLIS SIMPKINS BA '46 A LIFETIME OF SERVICE

On Saturday, July 11, 2009 San Jose State University's Athletic Department honored Phyllis and Alan Simpkins with the first ever Distinguished Service Award for their lifetime contributions to the University.

Guests were encouraged to wear their favorite school colors and join the San Jose State community for a first-class Spartan Tailgate on the new field turf at Spartan Stadium. The evening's activities included wine tasting, hors d'oeuvres, silent and live auctions, dinner, an award presentation and dancing under the stars.

The Nutrition, Food Science and Packaging Department was celebrated as one of Phyllis's "loves." The department hosted a display table including highlights of our students' educational experiences. Also, special tributes to honor Phyllis's support and caring for the department were made by Lucy McProud, Izzie Brown, and Caroline Fee.



**“RESEARCH ACCOMPLISHMENTS”
NUFS MASTER OF SCIENCE GRADUATES
FALL 2008/SPRING 2009/SUMMER 2009**

Carolina Brochado	Does Reducing Portion Size Reduce Food Intake and Plate Waste?
Sally Chaves	A Social Marketing Campaign to Increase Daily Calcium Intake Among University Freshmen
Rachel Connors	Effect of Point-of-Purchase Nutrition Information on the Food-Buying Habits of College Students
Alice Fagundes	Multicultural Influences on Nutrition Education for Heart Health: Evaluation of Education Effectiveness
Jennifer Fahreddin	Impact and Sustainable Outcomes of a Skills Based Intervention for the Malawi Nutrition Education Program
Irene Franklin	Comparison of Indirect Calorimetry and Predictive Equation Adjustments for Resting Energy Expenditure in Free Living Pre-menopausal Over-Weight and Obese Women
Leah Haritan	Why Do Freshmen Gain Weight? Evaluations of Eating Habits and Factors Associated with BMI Increase on a Culturally Diverse Urban Campus
Xiaofeng Ji	Antioxidant Properties of Hot Water Extract from Mangosteen (<i>Garcinia Mangostana</i>) Pericarp
Yuki Kishimoto	Concurrent use of a Dietary Supplement Among Anticoagulation Patients
Jamie Kubota	Effect of a Cooking Skills Development Program on Eating Behaviors and Cooking Practices of Residential College Students
Ivy Leong	Determination of Antioxidant Activity of Polyphenole Extract from Acai (<i>Euterpe Oleracea</i> Mart.) Fruits
Lillian Liu	Barrier Performance of Cold-Form Foil Unit-Dose Blister Packages, A Heat-Seal Evaluation
Maryam Malekian	Evaluation and Outcome Assessment of the programs offered by the Department of NuFS & Pkg at SJSU
Jen Meltz	Nutrition and Cancer Prevention Research Practicum: An Outcome Assessment
Shweta Mishra	Effect of Point of Selection Nutrition Information (POSNI) on Food Choices in an All-You-Care-To-Eat University Dining Facility
Jason Mousel	Evaluation of University Based Nutrition Environment Assessment Tools
Vidyut Nautiyal	Infant and Child Feeding Practices Amongst Immigrant South Asian Population in the United States
Audrey Nickell	Impact of After School Nutrition Workshops in a Public Library Setting
Rebecca Rubinstein	Assessment of Eating Habits and Food Purchase Behavior of Faculty and Staff at a Large Public Metropolitan University
Renee Ryan	Hydration Assessment of Intercollegiate Golfers
Yukihiko Tanimoto	Sensory Analyses of Comparisons of Baked Products Using Okra as a Partial Replacement Ingredient
Shilpa Sharma	Impact of Point of Selection Nutrition Information On Meal Choices at Restaurants.
Ruchi Shrivastava	Does the Move to College Promote Weight Gain? Examination of Food Habits and Exercise Patterns of First Semester Freshman
Julie Smith	A Pilot Study to Determine Efficacy of a Point of Selection Information Intervention in an All You Can Eat University Dining Facility
Shalini Varma	Dietary Behaviors and Practices of Pregnant and Lactating South Asian Women Living in The United States
Po-Yu Yen	Acculturation of Food Habits: Assessment of Chinese Elders in the San Francisco Bay Area
Yang Zhao	Requirements and Sharing Effects of Iron and Cytochrome C in the Nematode <i>Caenorhabditis Elegans</i>



**STUDENTS SPARKLE WITH SUCCESS
2009 "STARS"**



Department of Nutrition, Food Science & Packaging Outstanding Student Awards

Baccalaureate Candidates:



Luisa Garrett

Food Science and Technology:

Catherine Ines \$175

Dietetics and Nutrition:

Luisa Garrett \$175

Graduate (MS) Candidates:

Nutrition:

Sally Chaves \$175

Dietetics:

Jamie Kubota \$175

Packaging:

Lillian Liu \$175



Sally Chaves



Jamie Kubota

Josephine and Frank Morris Award

Roksaneh Larijani \$200

Department Service Awards

Julia Cox \$100

Jeremy Loader \$100

Renee Ryan \$100

Leah Haritan \$100

Molly and Gene Rauen Research Awards

Rebecca Jackl \$1000

Thomas Kim \$1000

Yukihiko Tanimoto \$500

Circle of Friends Scholarship Awards

Jean Downes Scholarship

Patricia Laurel \$1000



Patricia Laurel

Elveda Smith Scholarship

Nick Chen \$1000

Fern Wendt Memorial Scholarship

Catherine Johnson \$1000

Rose Y.L. Tseng Scholarship

Kaylee Parkinson \$1000

Nutrition Education Action Team Scholarship

Alicia Koontz \$1500

American Dietetic Association Foundation Scholarship

Erika Deshmukh \$3000

McNair Scholar Awardee

Monique Posadas

Cathy Miller Scholarship Perishable Foods Council

Irene Franklin \$1500

Outstanding Thesis Award for the College of Applied Sciences and Arts

Lillian Liu

Outstanding Student Researcher Award for the College of Applied Sciences and Arts

Jeremy Lampel and Sunny Henderson

**DEPARTMENT OF NUTRITION AND FOOD SCIENCE
BACHELOR OF SCIENCE
CLASS OF 2009**

Dietetics

Eduardo Alaniz	Roksaneh Larijani
Nicholas Bardales	Agnes Lau
David Calderon	Sam Leung
Julia Cox	Jeremy Loader
Tiffany Duong	Mirella Lopez
Sarah Farinkhou	Maria Christina Lubuguin
Ershad Firoozy	Lisa Ly
Tera Fisher	Vinh Mai
Luisa Garrett	Adam Manning
Madoka Gaspar	Vi Nguyen
Pablo Gutierrez	Rachelle Soriano
Hien Ho	Marta Paczyna
Alicia Koontz	Amy Rebeterano

Leann Roulin

Marc Sanchez

Radhika Singh

Josh Suarez

Andrew Tom

Petra Vyjidakova

Joan Wildman

Food Science & Technology

Erik Byard

Cheuk Yin Chung

Yuki Hirose

Catherine Ines

Packaging

Minh Nguyen

General Nutrition**Emphasis in Nutrition Education**

Forozan Ansari

Richel P. Catalos

Jessica Chandra

Erica Parungao

Emphasis in Food Management

Tu (Kimberly)

Nguyen

Emphasis in Nutrition Science

Christine Non

Aparajita Verma

Emphasis in Sports Nutrition

Johann Francis



DIETETIC INTERNSHIP PLACEMENTS 2008-2009

External Dietetic Internships

Annie Chandy- University of Delaware, Newark, DE

Brian Feldmeier- Sodexo Distance Program, Waltham, MA

Bhumika Shah- Sodexo Distance Program, Waltham, MA

Rebecca A. Sugumar- Sodexo Distance Program, Waltham, MA

Internal Dietetic Internships

Luisa Garrett- Fremont Health Care Center

Leah Haritan- VA Medical Center, San Francisco

Sameera Hyder- Veterans Affairs Palo Alto Health Care System

Rebecca Jackl- Good Samaritan Hospital and Regional Medical Center of San Jose

Taisiya Kupriyanova- Livermore Valley Unified School District and Valley Care Medical

Roxanne Larijani- Idlywood Care Center

Shruti Maheshwary- Cupertino School District and Regional Medical Center of San Jose

Renee Ryan- HM Composite and Kaiser San Jose

Astrid Shapiro- VA Medical Center, San Francisco

Raquel Trenado- HM Composite

THE JOYS OF GRADUATION



The smiles say it all.



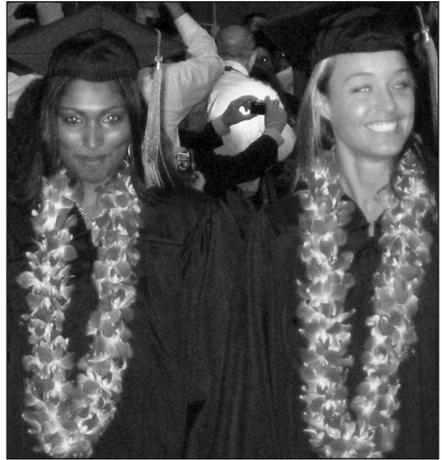
Miriam Perry will be missed by all as she retires!



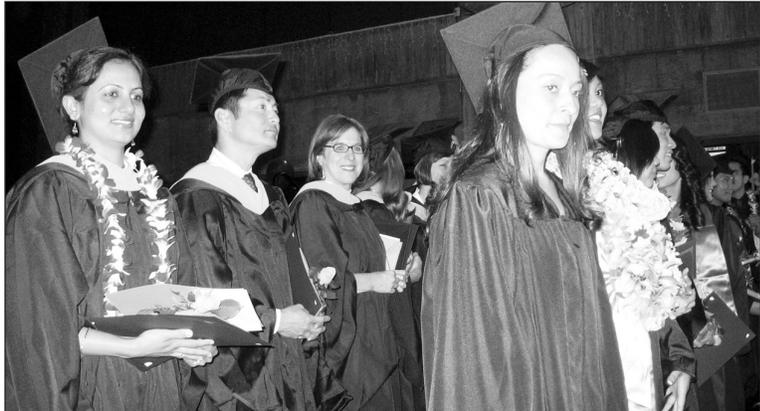
Best of luck to the new graduates!



Mohammad Beheshtaein
President NUFs Club and
Convocation Organizer



The day has finally come!



Congratulations Graduates!



Can't hear you! Graduating!

CIRCLE OF FRIENDS



THE HEART OF EVERY HOME



A kitchen is considered the “heart” of every home. Just like the kitchen in your home, the Nutrition and Food Science “Modular Kitchen Laboratory” is the “heart” of our department. Culinary Principles, Catering and Beverage Management, Cultural Aspects of Food, and Food Science classes are taught here in 10 modular kitchenettes, providing crucial hands-on education and training for our students.

Since 1970, this “Modular Kitchen Laboratory” has seen 39 years of heavy use and is in dire need of renovation. It is not a pretty sight, nor is it up to code. In addition, the equipment is worn and out of date.

Enter, an amazing opportunity! University construction funds (encumbered before the current CSU budget crisis), have been made available to our department, in recognition of the essential education and training that occurs in our “kitchen.” Thus, we are able to embark on this vital project. For this, we are immensely grateful. However, we desperately need your support to complete this project.

We particularly need funds to cover the costs of 10 stove/ovens units (\$1,017 for one in each modular kitchenette) for a total of \$10,170 and one large industrial refrigerator-freezer (\$5,000).

Our Circle of Friends stands ready for the challenge. As always, we are committed to help give our students the quality education they need to become future leaders in nutrition, culinary, catering, and food science professions.

Please join us in this incredible opportunity by sending in the membership form on the back of this page and so needed gift.

HEARTFELT THANKS TO THE 2008/2009 CIRCLE OF FRIENDS MEMBERS FOR THEIR GENEROSITY AND CARING

Karina Perez Alvarez	Norma Jean Downes	Nancy Jacobson	Jean E. Frankenberg Mulreany	Carol M. Strong (Bogert)
Lois Atkinson	Julie Dutcher	Damara Johnson	Rubi Myrick	Sharon Meuth Studdert
Joey Au	Agnieszka Dziduszko	Carolyn Jung	Christine Non	Kathryn Sucher
Darcy Becker	Alice Fagundes	Jamie Keel	Mary S. Olive	Mary Ann Sullivan
Mohammad Bemesmtaiein	John W. Farquhar	Pamela Goyan Kittler	Eva Prudhomme Orton	Alice Morris Swanson
Dean Biersch	Caroline H. Fee	Karen Knoblauch	Melinda D. Poliarco	Linda Sweeney
Connie Blommers	Cade Fields-Gardner	Anne Kolker	Monique Posadas	Jean Crandall Theisen
Walter M. Bortz	Alan Finkelstein	Maria Kwok	Gina Prichard (Giambra)	Rose Tseng
Stephanie Brooks	Louis Fischl	Lee Ann Langan	Sandy Queen	Marlene D. Tutt
Elizabeth Brown	Doris C. Fredericks	Kiko Lenio	Mary (Molly) C. Rauen	Kim Vagt
Sandra Brown	Marjorie Freedman	Leo Chun Liu	Harold Redsun	Sarah Viaggi
Mary Ann Bullock	Molly Freeman	Lela Llorens	Stacey Rippey	Margarita Villagomez
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San Jose State University Department of Nutrition and Food Science

CIRCLE OF FRIENDS

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

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
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