

# NUTRITION FOOD SCIENCE PACKAGING



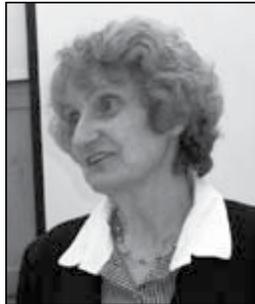
SAN JOSÉ STATE  
UNIVERSITY

## TRI-FOCUS

### DEPARTMENT OF NUTRITION, FOOD SCIENCE & PACKAGING

#### HELLO ALUMNI AND FRIENDS!

With all of the state budget reductions, 2009-2010 was a very challenging year! Due to the \$44 million short fall in revenue at SJSU, faculty and staff had to “tighten their belts” and take a 10% pay cut and schedule two furlough days per month. It was quite a challenge for both faculty and students to cover the course content in each class, but everyone was resourceful and worked very hard.



Additional budget cuts required our department to cancel 21 course sections last Fall 2009 semester. Fortunately, one-time-use federal stimulus money was available for the Spring 2010 semester, so we were able to add back 10 of these course sections. For this coming Fall semester, it appears we will have an additional 10.8% reduction in funding of courses. In order to have more courses available for students already enrolled, SJSU did not admit any new students for the Spring 2010 semester, and has cut admission of 2500 students for this Fall.

Also, due to the salary reductions, our technician Amanda Hilty Paratore made the difficult decision to resign. We miss her greatly, but are thankful that Amanda accomplished so much for our department regarding remodeling our classrooms and laboratories.

Despite budget challenges, some outstanding things happened this year. Over 90% of our students passed the National Registration Examination to become a Registered Dietitian (RD) as first time test takers. In addition, the other students passed the R.D. Exam the second time around. This passage rate far exceeds accreditation standards of the American Dietetic Association!

Also, due to our excellent students and their advisors, we continue to have the greatest number of research poster displays presented at the California Dietetic Association Annual Meeting of any University in the State! We also facilitated the Perishable Food Council Internship which consists of educational tours of food related industries in Northern California for selected students

from our department as well as UC Davis. Additionally, we coordinated the Annual Student Night of the Consumer Business Professionals of San Francisco in Pleasanton on November 1<sup>st</sup>. Product development related to restaurants was the major focus.

Our Circle of Friends continues to be our “guardian angels” by enhancing the excellence 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 Co-Editors Caroline Fee and Amy Norrish, as well as writers Mandana Mirabrishami, Erika Deshmukh and Phoebe Signer.

Best wishes for a tremendously successful and healthy year!

Lucy McProud, PhD, RD  
Department Chairperson  
Nutrition, Food Science & Packaging

#### FACULTY SPOTLIGHT

by Heather Locke

Most students in the Nutrition, Food Science and Packaging Department are familiar with Ashwini Wagle’s friendly face, as she is currently a full-time faculty member who teaches a number of courses for the department. However, not all are familiar with the interesting journey that eventually led to her becoming a Professor at San Jose State University. Ashwini was born in Mumbai, India, but lived on different army bases throughout India during her childhood, as her father was a Brigadier for the Indian Army. One of her favorite places that she called home



Continued on page 3

## FACULTY ACCOMPLISHMENTS 2010

### Accomplished Author

**Kathryn Sucher** has completed her book: Nutrition Therapy and Pathophysiology Edition 2, Nelms, Sucher, Lacy and Roth 2010, Belmont, Ca: Cengage/Wadsworth.



### Research Journal Publications

**Marjorie Freedman** and her student advisees published 6 papers and had 6 more accepted for publication. Her articles were published in the *Journal of American College Health*, *Journal of the American Dietetic Association*, *Obesity*, and *JNEB*.

**Ashwini Wagle** and her student advisees published 4 peer reviewed articles in the *Journal of Food Service Business Research*.

**Fritz Yambrach** published two articles in *Packaging World*.

### Research Presentations

**Lucy McProud** and her student advisees presented 2 posters at the American Dietetic Association (ADA) meeting in Denver, Colorado (FNCE), and 1 poster at the California Dietetics Meeting (CDA) in Oakland.

**Kathryn Sucher** and her student advisees presented 2 posters at FNCE and 1 poster at CDA.

**Marjorie Freedman** and her student advisees had 5 posters and 2 oral presentations at FNCE.

**Ashwini Wagle** and her student advisees had 8 poster sessions presented at the ADA in October. She also had two abstracts/posters for the CDA meeting in April.

**Izzie Brown** and her student advisees had 1 poster session for the CDA meeting. Izzie and her advisee's presented their work at the Sports, Cardiovascular and Wellness Nutritionists Annual Meeting in the Spring.

### Grant Awards

**Ashwini Wagle**, Co-Director of Cal-Pro-Net received a \$131,000 grant for the academic year.

**Lucy McProud**, Co-Director of Cal-Pro-net received a \$92,000 grant for the academic year.

### Savvy Speakers

**Caroline Fee** videotaped a multidisciplinary education program Cultural Competence When Working with Older Adults.

**Marjorie Freedman** spoke for SJSU's Sustainability Matters Series: Where Does Our Food Come From?

**Ashwini Wagle** spoke at the local middle school Bret Harte advising teens and their parents on nutrition and portion sizes.

### Professional Awards

**Alan Finkelstein** was recognized for 15 years of service at the Faculty Service Recognition Award Luncheon in April.



**Caroline Fee** was recognized for her 20 years of service at the Faculty Service Recognition Award Luncheon in April. She also won outstanding instructor of the year 2009-2010 from the Nutrition, Food Science, and Packaging Department.

**Richard Larson** was recognized for his "Outstanding Contributions to the College of Applied Sciences and Arts and for his Commitment to Sustainable Community Partnerships that create deeper experiences" by the Dean and the Magic of California event May 3, 2010.

**Ashwini Wagle** won outstanding professor of the year 2009-2010 Award from the Nutrition Food Science, and Packaging Club.

**Judi Morrill** won outstanding full time lecturer for the CASA 2009-2010.

**Fritz Yambrach** has expanded the Packaging Department 500% in the last two years!

"Ashwini Wagle" continued from page 1

as a child was Jodhpur, India, a beautiful city in the state of Rajasthan known for its year-round sunny weather. Most of her schooling, though, took place at the Sophia Girls School in Meerut, India, after which she moved on to the University of Mumbai.

By the time she entered the university, Ashwini already knew she wanted to get a bachelor's degree in nutrition because she had taken a home economics course in high school and found the nutrition aspect of that class very appealing. By the end of her first year of college, she also knew that she wanted to pursue a master's degree in nutrition abroad, and ultimately decided to move to the U.S. when she was accepted as a graduate student at the Indiana University of Pennsylvania (one of the Penn State schools). Ashwini moved to the U.S. by herself, and upon moving to Pennsylvania knew no one there.

As she became accustomed to life in a different country and finished her Master of Science degree in Food and Nutrition, she met her future husband through a family friend. Although she had been admitted to a PhD program at Cornell University, she decided to move to California to marry her husband, and subsequently found a job at a skilled nursing facility in Palo Alto.

After working for the skilled nursing facility for a few years and giving birth to her two boys, Ashwini decided to complete a dietetic internship so that she could become a registered dietitian. She took some nutrition

courses at SJSU to refresh her memory and, in doing so, got to know some of the professors in the NuFS department. She ended up being hired to teach three sections of NuFS 139 (Hunger and Environmental Nutrition) in 2002. She completed SJSU's dietetic internship while teaching these courses, and continued to teach part-time after her internship while also working part-time at both Watsonville Community Hospital and a skilled nursing facility. In 2005, Ashwini was hired for a full-time faculty position in the NuFS department, teaching mainly foodservice courses. She undoubtedly has a full plate here at SJSU, and was excited to be able to move in to her very own office in the Central Classroom Building this past school year!

Apart from teaching full time, Ashwini enjoys spending free time with her family and pursuing other interests and hobbies. One of her major hobbies is stamp collecting; both her father and grandfather were stamp collectors, and she actually inherited many of their stamps. She also likes to read, listen to music, and especially loves to travel and go camping with her husband and two sons. She and her family try to alternate between travelling to a new country and visiting family in India each year. Among other places, they have travelled to the U.K., Spain, Mexico, and Guatemala.

As her career, family life, and travels have taken her many different places, the Nutrition, Food Science and Packaging Department certainly appreciates all the time Ashwini has spent with us over the years!

### TIMPANY CENTER- A WIN WIN ENDEAVOR



Thomas Walker

The Timpany Center is a non-profit, warm-water therapeutic facility that features a 92° pool and 102° spa. There is a zero-foot entry into the pool and spa, with accessible ramps and small steps. Wheelchairs and walkers are available to use for easy pool and spa entry and transfer.

The Center is operated through the Kinesiology Department at San Jose State University. Izzie Brown, M.S., R.D., from our Nutrition, Food Science, and Packaging Department was able to work collaboratively with the Kinesiology Department to set up a Nutrition Counseling Services Program. As a result, students completing their Field

Experience Course (NuFs 192) can complete their volunteer hours to support this invaluable endeavor.

Students Thomas Walker and Sherry Revives set up a small Nutrition Office at the Timpany Center to assist the older participants who have nutrition concerns. Thomas and Sherry provided basic nutrition information and support. In return, they gained in-depth experience in counseling and communicating dietary information.



Sherry Revives and Dr. Freedman

For more information about the Timpany Center and what the facility has to offer, please call (408) 283-9036, or send an email to: [timpanycenter@gmail.com](mailto:timpanycenter@gmail.com).

## THE IMPORTANCE OF LEARNING ABOUT AND PRACTICING SUSTAINABILITY

by Marjorie R. Freedman, Sustainability Faculty in Residence for CASA, Spring 2010



Marjorie Freedman

The catastrophic explosion of the Deepwater Horizon on April 20, 2010, and the subsequent spewing of oil into the Gulf of Mexico made the issue of “sustainability” front-page news. Now (July 2010), stories about the “spill” are no longer on the front page of the newspaper, or the first item on the evening news (if on the evening news

at all), despite the fact that the spill is no closer to being contained today than it was over two months ago. (It is hoped by the time this goes to press that the spill will have been contained, although the environmental, social, and economic impacts will certainly remain for decades).

With an environmental disaster of this magnitude, one can't help but wonder: “What does the general public know about sustainability? Do they care, and, if so, how much? Do individuals make personal decisions that collectively have an impact, and if not, why not? Most importantly, what will it take to educate, motivate action and change behavior on an issue that clearly has the potential to change the way all of us, and all future generations, live on this planet?”

When most people think about sustainability, they think primarily of the environment. Sustainability, however, is more than just the environment. The “triple bottom line” of sustainability encompasses the intersection

of the environment with social justice (healthy communities) and economic vitality. Thus, using the backdrop of the Deep Water Horizon oil spill, and thinking about nutrition, one could easily come up with questions relating to sustainability. For example: “What is the impact of the oil spill, dispersants, and other contaminants on the food supply?” and “How will changing availabilities of seafood impact food consumption patterns, and potential risk for chronic disease?”

There are many aspects of sustainability relevant to the teaching and practice of nutrition, food service, and packaging. From discussion of purchasing of sustainable food and materials, redesign of kitchens to save energy and water, promotion of sustainable food systems (such as consumption of vegetables over meat, eating locally grown food, and shopping at farmers' markets), to examination of the social inequities of hunger, reducing food waste in all-you-can-eat settings, and promotion of sustainable packaging design and materials.

We live in exciting times—but we must capitalize on our knowledge, energy, and skill to make a difference in the world. There is no better time to become involved—I challenge all of you to learn more about sustainability and choose one NEW thing to do that will help you, your family, and the planet be more sustainable. Look for some useful resources and information on the NUFS website in the coming months, and feel free to contact Dr. Freedman [mfreedman@casa.sjsu.edu](mailto:mfreedman@casa.sjsu.edu) for more information.

## NUTRITION AND FOOD SCIENCE CLUB!

The Student Nutrition & Food Science Club allows students to meet with career professionals, faculty, and other students; and to show leadership through becoming a club officer. In addition, scholarships to local conferences and national professional conventions are offered.



### Nutrition Education Action Team (NEAT)

This is a dynamic group of nutrition students who advocate healthy nutrition practices to SJSU students and community members. Members of NEAT present nutrition education seminars and workshops, organize outreach events, and coordinate events for National Nutrition Month and Eating Disorders Awareness Week. For more information please contact the campus dietitian, Jennifer Waldrop, MPH, RD at [jwaldrop@email.sjsu.edu](mailto:jwaldrop@email.sjsu.edu).

### Student Packaging Association

This association allows students to learn about the packaging industry via field trips and guest speakers. The Egg Drop Competition is an annual favorite as well as trips to packaging conventions in Las Vegas and Chicago. For more information please contact [Fritz Yambrach](mailto:Fritz.Yambrach@casa.sjsu.edu), Packaging Coordinator, at [yambrach@casa.sjsu.edu](mailto:yambrach@casa.sjsu.edu)

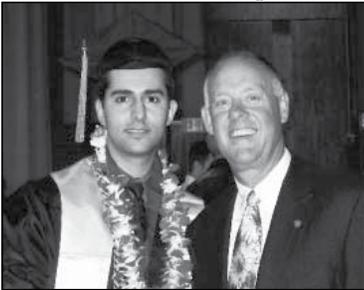
**THE MAGIC OF CALIFORNIA: DEAN'S AWARD RECEPTION 2010**

The College of Applied Sciences and Arts (CASA) annual Dean's Award Reception, "The Magic of California" was held on May 3, 2010 in the Barrett Student Ballroom at San Jose State University. As usual, Patti Inghram (the Dean's Administrative Specialist), created an amazing and festive atmosphere with beautiful decorations, including a replica of the Golden Gate Bridge!



Charles C. Bullock, Dean, had an enthusiastic welcome greeting followed by presentation of awards to individuals associated with the seven departments and four schools that comprise CASA.

Faculty, students and alumni of our department received the following awards:



Richard Larson with Mohammad Beheshtaein received a **Special Recognition Award** for his outstanding contribution as an instructor in the Departments of NUFS as well as Hospitality, Recreation and Tourism Management. Rich was also honored for his hard work in coordinating all aspects of hospitality at the

Pebble Beach Resort Pro Am Gold Tournament for the past few years.

Monica Slingerland received a **Dean's Scholarship** award, which comes with a check for \$XXX. Monica received this award for her outstanding scholastic achievement and community service (GPA 3.80). Monica plans to work with children who develop type 2 diabetes once she becomes an RD. She is also inter-



Monica Slingerland

ested in regional food systems and sustainability.

Judi Morrill was presented the **Outstanding Faculty Award** for her excellence in teaching over the past 24 years here at SJSU. Judi is a captivating teacher making scientific content interesting to all students, but especially freshmen enrolled in



Judy Morrill

MUSE

classes each year.

The final award presented was to Dale Olds, who received the **Distinguished Alumni Award** for his contributions to the Food Science industry over the past 35 years (see article below).



**DISTINGUISHED ALUMNA OF THE YEAR, DALE OLDS, MS, 1994**

Dale Olds has distinguished himself as a leader in food science and technology. He has over 35 years of experience in the food technology field and has made significant contributions in food product research, new food product formulation, and food product/ingredient evaluation.

His leadership and expertise have been applied to a variety of food products including: beverages, frozen desserts, salad dressings, snack foods dairy products sauces, condiments and dry mixes. His extensive work experience includes: shelf-life studies, product functionality, product quality, product/package compat-



ibility, reformulation for modification of nutritional composition of foods, and nutritional labeling.

Additionally, Dale has authored numerous articles on shelf-life testing for food trade journals and has held many leadership positions in the Institute of Food Technologists Association. To top off all of his extraordinary accomplishments, Dale also holds two US patents for confectionery product and snack filling.

We salute Dale as an extraordinary role model of excellence for students in the Department of Nutrition, Food Science and Packaging.

## ALUMNI SIGHTINGS - A BULLISH MARKET

*New Investments:* **Jamie Kabota MS '09** assets went sky high; her healthy baby boy was born on November 14, and she passed her RD exam. Hopefully, all this was not accomplished on the same day! **Kristina Washburn MS candidate** sends news of their big surprise; baby Samuel Robert Washburn arrived five weeks early. Thankfully, they had already invested in an infant car seat!

*Global Markets:* After earning her RD and working at St. Rose Hospital in California. **Laleh Hajhosseini BS' 03** has moved to Iran where she has opened a weight management office. **Rose Tseng PhD**, (former Nu/FS Department Chair) has announced her retirement from University of Hawaii, Hilo, after serving as Chancellor for the past 12 years. In addition to being the first Asian female to head a four-year University in the US, her vision and extraordinary energy transformed UH Hilo from a small undergraduate liberal arts college into a comprehensive international university.

*Back to the domestic market:* **Lauren Adams BS'04** writes from Florida she now works in the outpatient world, along side of two endocrinologists. She particularly enjoys educating patients and is looking forward to becoming a certified diabetes educator. She adds, "It is so rewarding practicing the specialty that made me want to become a dietitian." **Gretchen Vannice, MS'** sends an update from Portland, Oregon, where she is managing Director of Omega-3 RDtm Nutrition Services. She also serves as Chair of the International Scientific Committee of the Global Organization for EPA & DHA Omega-3 and is an executive board member of the International Omega-3 Learning Consortium.

*Rising Stock Indexes:* **Marcia Hullberg BS'** futures are moving up. She passed the RD exam and in her own words, "It's been a long road, but I wouldn't trade any part of it. And, this is not the absolute end of the road; I still need to finish my Master's Degree!" **Irene Franklin MS' 09** is also celebrating her RD exam passage and writes of her "thanks and true appreciation to the Nu/FS faculty for sharing their knowledge and passion for nutrition." **Jamie Jessop MS'08** not only passed the RD exam, but also got a job as a school-based dietitian doing one-on-one counseling for teens with eating disorders and other nutrition related problems, as well as doing eating disorder awareness and nutrition education presentations through the Kristen Watt Foundation.

**Debbie Turquie MS'** is expanding her portfolio. Her master's project poster was presented at California Dietetic Association (CDA) meeting in April. She accepted a part-time position at White Memorial Medi-

cal Center in Los Angeles and joined NutritionWise, which is a group of RD's in a private practice venture <http://www.nicolemeadow.com/about/html> She also writes articles for a website that is dedicated to the Latino population <http://www.vidaysalud.com/author/debbieturquie/>

**Jennifer (Jen) Meltz's MS' 08** stock is on the upswing. She is currently working full time as a dietitian in long term care at Mariner Healthcare Centers, but is cutting back her hours to pursue a new venture. She will be working as a Nutrition Coach on a website "Nutrition for You". This is an online weight loss and sports nutrition program that teaches people how to eat well, eat healthfully, and manage/maintain weight loss. The unique part of the program is the provision of trained nutrition coaches. Most are RD's who are available to provide support. Nutrition for You" is the brain child of our own alum, **Maunal Villacorta MS' 03**. Details can be found at <http://www.nutritionforyou.com/>

**Darcey Ellyne MS' 89** has embarked on a new venture. She is now a "Restaurant Dietitian who provides nutrition expertise for the foodservice industry. Check out her website at [www.ResturantDietitian.com](http://www.ResturantDietitian.com) Speaking of restaurants, **Netsanet Alemayehu BS' 80** owns the Sheba Restaurant Piano Lounge in San Francisco's Lower Fillmore neighborhood that specializes in Ethiopian cuisine. As a special bonus, her family, still living in Ethiopia, supply her with mitmita and oregano spices that are central to the incredible flavors of her traditional Ethiopian dishes.

**Ericka Deshmukh BS' 08** is staying the course working at the Palo Alto Medical Foundation as a dietitian with their weight loss program. She loves her job. In her "spare" time, she also works at weight loss camps and is determined to finish her master's degree, but at a "manageable speed of one class per semester!"

*Deposits of Gold:* **Cassy Chen Yonemoto MS' 05** is working as a renal dietitian and is interested in creating a diet analysis program targeted towards renal patients. She is looking for a graduate student who is interested in working with her in developing a computer program to help renal patients manage their dietary intake. **Tracie Sayama BS'** who continues to work as a renal dietitian at Davita Union City invested her energy to support her patients by participating in the National Kidney Foundation's Kidney Walk on June 5<sup>th</sup>.

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**“RESEARCH ACCOMPLISHMENTS”  
NUFS MASTER OF SCIENCE GRADUATES  
FALL 2009/SPRING 2010/SUMMER 2010**

Tasneem Bakhit	Determination of total phenol content and antioxidant activity of <i>Acacia. nilotica</i>
Sandra Brown	Evaluations of the Mini Nutrition Assessment (MNA) Compared to Objective Measures of Body Composition in a HIV Population
Nicholas Chen	The Determination of the Antioxidant Activity of Avocado Seed Extract
Stephanie Dean	Demographics and Purchasing Behavior of Farmers’ Market Patrons in the San Francisco Bay Area
Jaqueline Ernst	Using Focus Groups to Explore Nutritional Perceptions and Behaviors of Female Intercollegiate Athletes
Karen Murray Harvey	Developing a Church-Sponsored Urban Garden and Evaluating the efficacy of Church-Sponsored Urban Gardens to Provide Fresh Produce to Local Food Banks.
Sameera Nayeem Hyder	The use of online “Heart-ier” Recipe Videos to Communicate Nutrition Information to South Asians
Rebecca Jackl	Psychological And Behavioral Correlates Of Freshmen BMI Change
Thomas Kim	Education and Trayless Dining Reduces Food Waste in an All-You-Can-Eat College Dining Facility
Heather Locke	Effectiveness of a Hospital Nutrition Screening Process
Shruti Maheshwary	Acculturation, Food Habits, and Physical Activity in South Asian Software Engineers Living in the United States
Poonam Patil	Evaluating the Use of Adjusted Body Weight for Predicting Resting Metabolic Rate of Over weight and Obese Subjects
Jessica Reynolds	Effect Of Pku Camp Experience On Knowledge And Attitudes Of Dietetic Students
Astrid Shapiro	Evaluation of Dietary and Physical Activity Practices and Attitudes of College Students Before and After Completing an Introductory  Nutrition & Physical Fitness Course: A Pilot Study
Srilakshmi Susarla	Understanding Glucose-Maltose ratio in syrups and how it affects the sensory attributes of baked energy bar over a period of bar’s shelf life
Lesley Wiley	Evaluation of User Satisfaction With The History Webpage Of The Department Of Nutrition, Food Science and Packaging At San Jose State University
Yang Zhao	Requirements and Sharing Effects of Iron and Cytochrome C in the Nematode, <i>Caenorhabditis Elegans</i>

“Sightings” continued from page 6

Bay Area Nutrition, started by our very own **Stephanie Brooks MS’ 96** is experiencing strong growth.. Stephanie now has four dietitians working with her in two offices and employs two additional dietitians doing part time consulting. She has also started working at West Valley Community College one day a month and “really enjoys working with the students.” **Loan Pham-Kim MS’ 96** (faculty member from 1998-2002) is finishing up her PhD at UCLA . She writes, “it was actually at SJSU that I realized I wanted to go into teaching and be a Professor—hence the decision to get my PhD.

*Investments in Futures:* **Molly Rauen MS’ 78** (and her husband Gene) received deepest appreciation from Chair Lucy McProud and Caroline Fee MS ’79 Director of Circle of Friends for their recent gift to build the Molly and Gene Rauen Endowment that provides research assistance grants to our outstanding master’s

students. **Phyllis Simpkins BA’ 46** (along with Henry and Kathy Down) were recognized for their extraordinary gifts to make the renovation of the department’s Food Production Modular Kitchen Laboratory possible. Dean Charlie Bullock conducted the dedication ceremony and spoke of his appreciation and importance of this investment in the future.

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



### In Memory

**Mary Ann Sullivan MS’1981**, while living in Bradenton, Florida passed away on October 9, 2009. After graduating from the department, she served as a faculty member for 10 years. Mary Ann was an extraordinary teacher with a keen mind and wonderful sense of humor. She will be dearly missed by all who had the privilege of knowing her.



## STUDENTS SPARKLE WITH SUCCESS 2010 “STARS”



### College of Applied Science and Arts Dean’s Undergraduate Scholarship Award

Monica Slingerland - \$1500



### Department of Nutrition Food Science and Packaging

#### Baccalaureate Candidate

Patricia Joy Laurel - \$150



### Josephine and Frank Morris Award

Erin Roth - \$200



#### Masters Candidate

Heather Locke - \$150



#### Outstanding Service Award



Mohammad Beheshtaein - \$150

### Molly and Gene Rauen Research Awards

Thea Lynch - \$1000

Kim Wen - \$800

### Circle of Friends Scholarships Awards:

Jean Downes Scholarship

Helen Wood - \$1000

Fern Wendt Memorial Scholarship

Amir Nosratifard - \$1000

### Department Service Awards

Sherri Lynn Revives - \$100

Lizette Sandoval - \$100

Astrid Shapiro - \$100

Nicholas Chen - \$100



Astrid Shapiro

**DEPARTMENT OF NUTRITION AND FOOD SCIENCE  
BACHELOR OF SCIENCE  
CLASS OF 2010**

**Dietetics**

Stacy Avila  
 Mohammad Behestaein  
 Allison Brown  
 Catherine Johnston  
 Tasos Z. Karoutas  
 Jamie Keel  
 Patricia Joy Laurel  
 Tram Le  
 Shannon Lee  
 Shirley Lin  
 Tiffany McKenna  
 Kaylee Dionne Parkinson  
 Monique Posadas  
 Jessica Rodriguez

Patrick Rodriguez  
 Erin Roth  
 Stephanie Rousseau  
 Julie Sanders  
 Lizzette Sandoval  
 Sahar Saffi  
 Ankita Sachdev  
 Jennifer Vo

**Food Science & Technology**  
 Yuki Hirose

**Packaging**  
 Sayaka Uchida

**General Nutrition**  
**Emphasis in Nutrition Education**  
 Jennifer Xuan Do  
 Patricia Fitzgerald  
 Asha Koshy  
 Jasmine Malvar  
 Gioia Varenkamp

**Emphasis in Food Management**  
 Tomo Yokozawa

**Emphasis in Nutrition Science**  
 Stephanie Cayabyab  
 Aly Nguyen  
 Joanna Christina Ricafort  
 Kelly Schaub

**Emphasis in Environmental Food and Health Specialist**  
 Eleanor Bernales  
 Lisa Doughty  
 Jamie Murakami

**Emphasis in Sports Nutrition**  
 Laura de Guzman  
 Jenna Gicana Espinosa  
 Renae Moneymaker  
 Lindsey Jean Morford  
 Natalie Lavorato  
 Sherry Lynn M. Revives  
 Thomas Mathew Walker

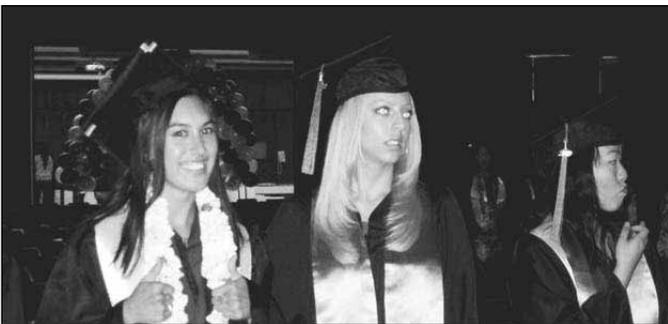
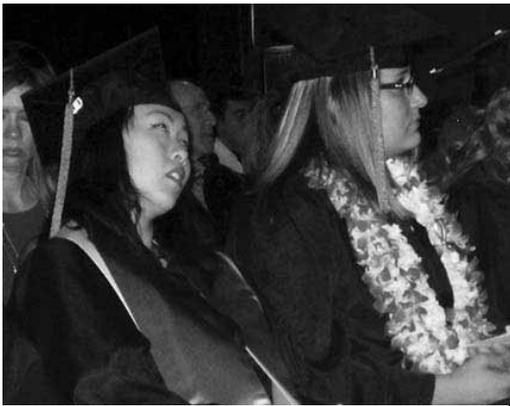
**DIETETIC INTERNSHIP PLACEMENTS 2009-2010**

**External Dietetic Internships****Internal Dietetic Internships**

# THE JOYS OF GRADUATION



Congratulations Graduates!



## CIRCLE OF FRIENDS

### A DREAM COMES TRUE

It all started with a dream....a dream to provide private funds to enhance the excellence of our Department and our students' learning and success.

Founded in 1992, our Department's Circle of Friends has accomplished so much, for example, scholarships, research assistance awards, state-of-the-art equipment, renovation of our food preparation laboratory, and creation of our nutrition and metabolism laboratory.

Now, we have a new call to action. As you know, the budget crisis in California has taken a major toll on the California State University system. At San José State University and our Department, one of the major concerns is dealing with cuts in services essential for student success. Especially vital, is student advising, the cornerstone for student success and advancement to graduation.

To address this, our Department has created an innovative student advising program. Extensive training for our graduate student peer advisors has been provided, so they are well prepared to do student advising. These graduate student peer advisors have done a stellar job and have helped countless numbers of our students. However, as a consequence of budget cuts, this peer advising program is in jeopardy.

To help continue this invaluable program and fill the budget gap, three, \$2500 stipends are needed for each of our three graduate student peer advisors. The Circle of Friends stands ready, once again, to provide the crucial funds needed so our students can fulfill their "dreams" of graduation and their future plans as nutrition and food science professionals.

**Please join us in making this possible, by filling out the enclosed Circle of Friends membership form on the back of this page and sending in your so needed and appreciated gift.**

## HEARTFELT THANKS TO THE 2009/2010 CIRCLE OF FRIENDS MEMBERS FOR THEIR GENEROSITY AND CARING

Lauren Adams	Alice Fagundes	Nancy Jacobson	Mulreany	David L. Stone
Karina Perez Alvarez	John W. Farquhar	Catherine Johnston	Rubi Myrick	Carol M. Strong (Bogert)
Lois Atkinson	Caroline H. Fee	Carolyn Jung	Audrey Nickell	Sharon Meuth Studdert
Joey Au	Cade Fields-Gardner	Jamie Keel	Christine Non	Kathryn Sucher
Darcy Becker	Alan Finkelstein	Pamela Goyan Kittler	Dale F. Olds	Mary Ann Sullivan
Mohammad Beheshtaein	Louis Fischl	Karen Knoblauch	Mary S. Olive	Alice Morris Swanson
Dean Biersch	Patricia Fitzgerald	Lee Ann Langan	Melinda D. Poliarco	Linda Sweeney
Walter M. Bortz	Doris C. Fredericks	Kiko Lenio	Gina Prichard (Giambra)	Jean Crandall Theisen
Stephanie Brooks	Marjorie Freedman	Leo Chun Liu	Sandy Queen	Rose Tseng
Elizabeth Brown	Kathleen Gamez	Lela Llorens	Mary (Molly) C. Rauen	Sarah Viaggi
Sandra Brown	Rita Garcia	Nancy C. Lu	Harold Redsun	Margarita Villagomez
James Burke	Christopher Gardner	Ryann Maloney	Karen P. Ross	Ashwini Wagle
Kathryn Cefaloni	Dan Gordon	Susan P. McCloud	Erin Roth	Janice Wai
Sally Chaves	Lisa Gulliland	Patricia McDonald	Sahar Saffi	Holly E. Weber
Don Christopher	Pablo Gutierrez	Janet McDonald	Sahar Saffi	Kimberly Wen
Ann Coulston	Mildred Haas	Lucy McProud	LaPaula Sakai	Philip R. Wente
Narsai M. David	Jacquelyn Rogers Hackbart	Jennifer M. Meltz	Patricia Schaaf	James Werle
Margaret A. Davis	Kerry Ann Hamilton	Shweta Mishra	Judith Morrison Schallberger	Martha J. Wilson
Helen DeMarco	Jane K. Harmer	Yashmi Mistry	Shilpa Sharma	Shelly Wingert
Erika Deshmukh	Doris (Rin) Hartwig	Joanne Mitani	Phyllis Forward Simpkins	Carol Whiteley Wolf
Alanna Bennam Dittoe	Leta Marie Hayden	Judi Morrill	Deepa Singamsetti	Helen Wood
Norma Jean Downes	Nancy Hikoyeda	Michelle Neyman Morris	Elveda Smith	Diana Wright
Julie Dutcher	Jennifer Hoesel	Toby McPherson Morris	Caroline Spinali	Martin Yan
Agnieszka Dziduszko	Haiyan (Diana) Huang	Jean E. Frankenberg	Betty Wattles Starr	Yang Zhao



**SAN JOSÉ STATE  
UNIVERSITY**

*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
- Membership Directory

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

## 2010-2011 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.