

NUTRITION FOOD SCIENCE PACKAGING

TRI-FOCUS



SAN JOSÉ STATE
UNIVERSITY

DEPARTMENT OF NUTRITION, FOOD SCIENCE & PACKAGING

HELLO ALUMNI AND FRIENDS!



We celebrated many accomplishments this year, despite state budget reductions and a cautious outlook for the coming academic year.

Our department had an impressive number of research projects accepted for presentation. Students/faculty advisors presented nine out of the twenty research posters in Pasadena on April 29th at the annual meeting of the California Dietetic Association. At the American Dietetic Association annual meeting in Boston in November, our students/faculty advisors presented six poster research presentations. Additionally, one of our Masters students, Marilyn Baker-Venturini, was honored in April as one of the five best student researchers at SJSU. Her award winning research was titled "Nutrition as a Risk Factor for Falls Among Older Adults."

After last year's layoffs of staff members, we were fortunate to regain a full-time position. Jeanie Geary (formerly part time) is now our full-time Instructional Support Technician and will be a tremendous asset in providing financial analysis support for the department as well as supporting laboratory instruction and other building maintenance issues.

In addition, we were approved to recruit for one of only thirteen new faculty positions at SJSU. (New faculty recruitment has been drastically reduced due to state budget restrictions). This approval was essential for the continuity of our program, since we lost two faculty members to retirements (Dr. Miriam Perry 2009 and Dr. Nancy Lu 2010).

I am happy to report that Dr. Kaseun Wong Mauldin has accepted the faculty position in nutrition and metabolism. She has a doctorate in Molecular and Biochemical Nutrition from UC Berkeley, worked as a Research Collaborator at Children's Hospital Oakland Research Institute, and completed her dietetic interesting at UC San Francisco Medical Center in July, 2010. We are excited to welcome Dr. Kasuen Wong Mauldin to our Department!

Lastly, on July 1st, SJSU welcomed a new President Dr. Mohammad Qayoumi. Dr. Qayoumi came to us from CSU East Bay where he was President. Dr. Qayoumi has a PhD in electrical engineering, an MBA, and several other degrees. However, one of his best qualifications is that his wife is a dietitian! With a dietitian keeping him on track, we are confident that Dr. Qayoumi will be a tremendous success!

We wish to thank everyone who contributed to this Alumni Newsletter, including our editor Caroline Fee as well as writers Amy Norrish, Mandana Mirabrishami, and Phoebe Signer.

Best wishes for a phenomenally successful and healthy year!

Lucy McProud

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

DR. NANCY LU RETIRES

by Mandana Mirabrishami

Last semester, I had the privilege to interview Dr. Nancy Lu, Nutrition Professor and Dietetic Program Director (DPD). During the hour-long interview, Dr. Lu discussed her background, experiences, and research.

Dr. Lu became interested in nutrition and chemistry when she was in Junior High School. Actually, she wanted to become a ballerina and was told by her ballet teacher that she had the perfect body type for a dancer. She also was chosen as a teaching assistant at the Ballet School for many years, which was a great honor for her. However, with encouragement from her parents, she chose to pursue a BS in Agriculture Chemistry, instead.

Dr. Lu received her BS degree in Agricultural Chemistry at National Taiwan University in 1963. Then, she



Continued on page 3

FACULTY ACCOMPLISHMENTS: JUST A “FEW” HIGHLIGHTS

Accomplished Author

Dr. Kathryn Sucher co-authored the sixth edition of her book *Food and Culture*.



Research Journal Publications

Dr. Marjorie Freedman and her advisees published a total of 8 peer reviewed articles in several different journals including: *Nutrition Research*, *Journal of Foodservice Business Research*, *Journal of American College Health*, *Journal of Nutrition Education and Behavior*, *Journal of Hunger and Environmental Nutrition*, and *Obesity*.



Ashwini Wagle and her advisees published one article in the *Journal of Human Nutrition and Dietetics* and one article in the *Journal of Foodservice Business Research*.

Dr. Kathryn Sucher and her advisee published an article in the *Journal of Human Nutrition and Dietetics*.

Savvy Speakers

Caroline H. Fee spoke about “Nutrition and Older Adults” to residents at Sunny View Assisted Living in Cupertino. She also made a presentation on “Nutrition and Chronic Care for Diabetes Among Multicultural populations,” to SJSU graduate students in the School of Social Work.



Grand Grantees

Dr. Lucy McProud received a \$147,682 grant from the California Department of Education for training child nutrition directors and other personnel.

Ashwini Wagle received a \$131,000 grant from the California Department of Education for training child nutrition directors and other personnel.

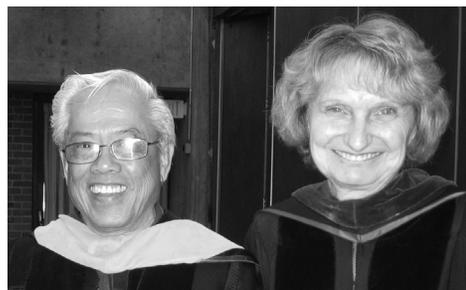
Professional Awards

Dr. Marjorie Freedman was granted tenure and promotion to Associate Professor. She also received the Early Career Investigator Award from SJSU Research Foundation and was appointed a Santa Clara County Health Commissioner.

Ashwini Wagle was granted tenure and promotion to Associate Professor. She was also chosen as Outstanding Professor of the Year by the Nutrition and Food Science Club.

Caroline H. Fee was chosen as Part Time Outstanding Professor of the Year by the Nutrition and Food Science Club.

Dr. Lucy McProud and Dr. Panfilo Belo obtained approval of the Institute of Food Technologists for 5 years as one of 40 approved programs in the United States.



Research Presentations

Dr. Lucy McProud and her advisees presented three poster sessions at the California Dietetic Association Meeting in April and one poster session at the American Dietetic Association annual meeting in November.



Dr. Marjorie Freedman and her advisees presented one poster at the California Dietetic Association meeting and three poster sessions at the American Dietetic Association. She also presented a poster at the California Child Obesity Conference.

Dr. Kathryn Sucher and her advisees presented two posters at the California Dietetic Association meeting and one poster session at the American Dietetic Association meeting.

THE MAGIC OF ASIA: CASA DEAN'S AWARD RECEPTION 2011



The College of Applied Science and Arts (CASA) annual Dean's Award Reception "The Magic of Asia" was held on May 2nd, 2011 in the Barrett Student Ballroom at San José State University. As usual, Patti Inghram (the Dean's Administrative Specialist), created a festive atmosphere with beautiful decorations with an Asian theme.

Charles C. Bullock, Dean, gave an enthusiastic welcome greeting and reminded everyone that this event was funded with non academic funds. The Dean then presented awards to individuals and groups associated with the seven departments and four schools that comprise CASA.

Miranda Westfall received an Outstanding Student Dean's Scholarship Award. Miranda is a Nutrition Science Major pursuing her Dietetic Internship and has earned a 3.9 GPA while maintaining a full course load and working part time for the Nutrition and Food Science Department. She



Miranda Westfall

has been a strong support to the department. Miranda volunteers at Good Samaritan Hospital where she is involved in creating nutrition education materials that will support the county's healthy food initiative.



Marilyn Baker-Venturini

Marilyn Baker-Venturini received the Outstanding Student Researcher Award for her innovative study on "Nutritional Status as a Risk Factor for Falls Among Older Adults." This important research was presented in Fresno as part of a statewide competition. Her faculty advisor, Dr. Kathy Sucher described

Marilyn as, "an ideal graduate student."

The Nutrition, Food Science and Packaging Department also was proud to have one of our own alumni in Dietetics Lillian Castillo receive the Distinguished Alumni Award. Lillian currently serves as a Public Health Nutritionist for Santa Clara County Public Health Department in the Chronic Disease and Injury Prevention Program and has had a profound impact on the health and well being of those who reside in the South County region (see article below).

DISTINGUISHED ALUMNA OF THE YEAR, LILLIAN CASTILLO, BS, 1980



Lillian Castillo's passion, dedication, and expertise have enriched her profession, community, State of California, and students at San José State University. After graduating in 1980 with her BS in Dietetics, Lillian became a Registered Dietitian and worked as a Public Health Nutritionist at Santa Clara Valley Medical Center. Among her many responsibilities, she provided prenatal and diabetes management consultation to physician, interns and medical students.

Lillian then spent the next six years working for the Santa Clara County Women Infants and Children (WIC) Program where she provided expertise in prenatal, postpartum, lactation, infant, and pediatric nutrition, in addition to gestational diabetes management. For their culturally diverse clients, Lillian developed culture and language appropriate nutrition and health education materials. Further, she provided technical assistance to WIC programs throughout California on development and implementation of nutrition educa-

tion programs and materials targeting Latinos.

Since 2000, Lillian has worked as a Public Health Nutritionist for Santa Clara County Public Health Department-Chronic Disease and Injury Prevention Program. Her target area is south Santa Clara County where she is responsible for programs and activities for multiple grants including Network for Healthy California, Chronic Disease and Injury Prevention, Breastfeeding Project, and Childhood Feeding Collaborative. Lillian is also a founding member of the South County Collaborative Nutrition and Health Committee, in addition to serving on many other south county health initiatives.

In recognition of her extraordinary contributions and accomplishments, Lillian was recently named one of the most influential Latinas in Silicon Valley. Other awards include the American Dietetic Association Young Dietitian of the Year, Santa Clara Valley Community Nutrition Award, and the YMCA Activate America Award. Lillian is an extraordinary role model for our students and has generously share her rich experiences and knowledge with the future generation of nutrition professionals in the Department of Nutrition, Food Science and Packaging.

DISTINGUISHED NU/FS ALUMNI 1996-2011

Each year a Distinguished Alum is recognized for her/his extraordinary contributions to excellence. We salute the following recipients:

1996	Phyllis Simpkins	BA' 1946		2005	Holly Weber	MS' 1993
1997	Jean Downes	MA' 1974		2006	Pamela Goyan Kittler	MS' 1983
1998	Mary Ellen Heising	MA' 197		2007	Stephanie Brooks	MS' 1996
1999	Leta Levin Frye	MS' 1994		2008	Rita Garcia	MS' 1986
2000	Mary Denny	MS'		2009	Eve Orton	BA' 1943
2001	Kim Roper	BS'		2010	Dale Olds	MS' 1994
2002	Patricia Schaaf	MS' 1984		2011	Lillian Castillo	BS' 1980
2003	Molly Rauen	MA' 1978				
2004	Jane Harmer	MA' 1977				
	Victoria Major	MA' 1970				

"Dr. Nancy Lu" continued from page 1

completed her MS in Food and Nutrition at University of Wyoming in 1965 and moved to California where she earned her PhD in Nutritional Science from the University of California, Berkeley in 1973. After graduation, she came to San José State University to teach and continue her research. In addition, she became a Registered Dietitian in 1988 and assumed the position of Dietetic Program Director (DPD) for the department.

As the DPD director, Dr. Lu felt like the "gate-keeper" of the dietetics program. She made sure that all students took the proper coursework. She added, "At SJSU we have a 90% passing rate for first time RD Exam takers, for which I am tremendously proud. Although the students may not immediately understand the benefits of taking or sometimes re-taking a course, it is because I care about every student and like to assume that they all would one day pursue their PhDs. So, I try to keep the standards high."

Dr. Lu is most proud of her research with a nematode called *C. elegans*. Her professor at University of California, Berkeley donated the organisms, and all the required lab equipment, which she brought with her to SJSU. Only with this generous donation was she able to continue her research.

Starting in 1983, Dr. Lu and her graduate student advisees studied the nutritional requirements and metabolic processes of carbohydrates, fatty acids, amino acids, vitamins, minerals and other growth factors of this organism.

Dr. Lu added, "*C. elegans* is a great model for nutrition studies. There are many similarities in terms of nutritional requirements between humans and this organism. For example, 10 essential amino acids are required for the growth of these organisms, which is similar to what humans need.

Understanding the requirements for this organism could be used to advance our understanding of nutritional requirements and nutrient interactions in humans."

Dr. Lu further explained, "I would like to leave my research with a SJSU biology professor who would collaborate with the Nutrition department. I feel I have contributed my share. I know that later on, those who pick up after my work will put the pieces of the puzzle together and a map of nutrient interactions may emerge."

The importance of research on *C. elegans* is enhanced by it being the first multi-cellular organism to have its genome completely sequenced. Researchers working with this organism have received three Nobel prizes, two in physiology or medicine, and one in chemistry.

As for the future, Dr. Lu stated, "I feel this is the right time for me to retire. I wore many hats as DPD director, professor, and researcher. I feel I was able to be all three and had a well-balanced life. Now that I am parting with all three at the same time, I would love to continue with my hobby, antique collection.

I like to collect Chinese antiques, especially Chinese Porcelain. I have taken more than 10 classes on this subject and have purchased many books on antiques. I remember the time when I would wake up at 5 am in London and would take a flashlight and go to the antique junkyards to scavenge quality pieces. I would then take the pieces to my antique teacher to see if the pieces I had found were truly antiques. In the past 10 years, however, I have been traveling to Beijing to look for good antique pieces. I would also like to volunteer in museums to share my knowledge with others in the Chinese Arts section."

We would like to thank Dr. Lu for all her contributions to the department and wish her a wonderful retirement!

ALUMNI SIGHTINGS - LIGHT UP THE SKY



Little Sparklers: **Shruti Maheshwary MS' 09** writes that her older children Muskaan and Vrinda welcomed their new baby sister Nitya on November 10. **Kati Kahn MS'** sends news of their "little angel" Georgia who arrived on November 27 with a head of hair that was the envy of every baby in the hospital nursery.

Bottle Rockets: **Timi Gustafson BS'** is very busy as a clinical dietitian in private practice and as a syndicated newspaper columnist, podcaster, and blogger. She has been a resident of Seattle for many years; however, her articles and columns appear nationwide. Her online publication Food and Health with Timi Gustafson RD explodes with information. You can find her at: <http://www.timigustafson.com>

Speaking of busy, **Manual Villacorta MS' 04** provides nutrition advice and contributes his expertise for news releases as a spokesperson for the American Dietetic Association (ADA). He can also be found on his website: <http://www.nutrition4you.com> His website features online Nutrition consultations and a program called Eating Free. In his own words, "It's a program designed to wipe the slate clean of all the myths, rumors and fad solutions we hear time and time again. Eating Free means eating what you like, when you like, where you like."

Bursts of Light: **Gretchen Vannice MS' 99** writes from Portland OR where she works as a Nutrition Research Consultant. Her latest article *N-3s from Fish and the Risk of Metabolic Syndrome* was published as a Research Editorial in the Journal of the American Dietetic Association. Additionally, she will be speaking at the annual ADA FNCE meeting this fall in San Diego. Gretchen also has stretched her sphere of influence, internationally. In May, she traveled to Geneva, Switzerland to give a presentation on Omega-3's.

Bright Sparks: **Sandy Burton MS'** was featured in the Los Gatos Patch newspaper during March National Kidney Disease Month in an article: *Food Network Star Collaborates with Kidney Disease Facility*. Chef Aaron McCargo Jr. of Food Network's Big Daddy's House collaborated with dietitians at Fresenius Medical Care where Sandy works. She said Chef McCargo was delighted to be involved in creating tasty recipes for kidney patients on restricted diets. Further, Sandy said a cookbook was in the works, and recipes are available on the Fresenius Medical Care website. <http://www.freseniusmedicalcare.org>

Also, working with kidney disease patients, **Donna Simonds-Rose MS** works as a dietitian at

Evergreen Dialysis with El Camino Hospital where she helps renal patients plan meals that incorporate their dietary restrictions.

Maryam Melakian MS' and Anne Kolker, MS' serve as members on the Advisory Board for the web based company: Nourish Interactive. <http://www.nourishinteractive.com> The Advisory Board is comprised of "key healthcare professionals who are concerned about the growing childhood obesity epidemic. These individuals provide ongoing guidance to ensure that the content is relevant and accurate. Nourish Interactive is a free resource for nutrition games for kids, interactive nutrition tools, and tips for parents and health educators to use to promote healthy living for the whole family."

Dazzling Contributions: **Phyllis Simpkins BS' 46** received word that sports nutrition students are thrilled to be using the Nu/FS Nutrition and Metabolism Laboratory for hand-on learning about exercise and metabolism testing. This Laboratory was made possible by Phyllis's generous gift. The sports nutrition students are also recruiting SJSU athletes for nutrition assessment and counseling which combine two favorites of Phyllis: Nu/FS students and SJSU student athletes.

Molly Rauen MA' 78 and her husband Gene were showered with thank you letters from nine Nu/FS master's students who received Research Assistance Awards for their outstanding research projects. Each year, graduate students can submit a research project proposal and, if accepted, receive a grant made possible by the Molly and Gene Rauen Endowed Fund.

Warm Glow: **Jean Mulreany BA'** sends news from Wellington, Nevada where is having the time of her life after selling her Carson City Resort and Casino. She is basking in the joys of quilting, sewing, knitting, cooking, gardening, and traveling.

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.**



LUCKY ELEVEN

by Miranda Westfall



This Spring, a group of “Lucky Eleven” NuFS students had an extraordinary opportunity to attend the California Dietetic Association’s (CDA) annual meeting in Pasadena, CA.

Our Student Nutrition and Food Science Club received funding to cover the majority of the registration fees from the SJSU Associated Students. The San Jose Peninsula District Dietetic Association generously donated the remaining \$300 required for registration fees.

Not only did we gain an incredible amount of knowledge about the most prominent issues in our future profession, but we were also able to network with other students, dietetic interns, and internship preceptors from across the state. One important topic at this year’s meeting was the new 2010 Dietary Guidelines for Americans, including how the Dietary Guidelines are formulated, as well as suggestions for implementation.

There was also a fascinating comparison of 62 international food guides, after which the audience concluded that the old USDA “MyPyramid” was, regrettably, not the most user friendly. Thus, I suspect many dietitians

and nutrition educators are thrilled about the new USDA “MyPlate” campaign, which resembles in theory Britain’s “eatwell plate,” and Mexico’s “plate of good eating.”

Another prominent theme was the need to address the obesity epidemic among America’s children, including a discussion of First Lady Michelle Obama’s “Let’s Move” campaign. In addition, “Healthier US Schools Challenge” that provides monetary awards and national recognition to schools who go above and beyond the requirements of the Dietary Guidelines was discussed, as well as policies that require food served at childcare centers to align with the Dietary Guidelines.

Other topics included healthcare reform, issues in restaurant nutrition, disordered eating, bariatric treatment, and much more!

We “Lucky Eleven” left the conference inspired, motivated, and excited to see what our future in this dynamic field holds for each of us... and with our calendars marked April 26-28 for next year’s CDA meeting in Ontario, California!

STUDENTS GETTING INVOLVED

Nutrition & Food Science Club

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. In addition, scholarships to local conferences and national professional conventions are offered. Other events sponsored by the club include: presentations by speakers in all fields of nutrition and food science, the Department Convocation (graduation) ceremony planning, regular club meetings, advisement day luncheons, an on-campus job fair, and more. Clarie Hollenbeck, clarie.hollenbeck@sjsu.edu, is the Faculty Advisor.

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, contact Fritz Yambrach, fritz.yambrach@sjsu.edu, Faculty Advisor.

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. NEAT members are dedicated and enthusiastic undergraduate and graduate students in the Nutrition and Food Science program. If you are interested in joining, please contact the campus dietitian, Jennifer Waldrop, MPH, RD at jennifer.waldrop@sjsu.edu. Marjorie Freedman, marjorie.freedman@sjsu.edu, is the Faculty Advisor.



**“RESEARCH ACCOMPLISHMENTS”
NUFS MASTER OF SCIENCE GRADUATES
FALL 2010/SPRING 2011**

Marilyn Baker-Venturini	Nutrition as a Risk Factor for Falls Among Older Adults
Neetu Bagaria	Development and Evaluation of the Nutrition Education Tool for South Asians with Cardiovascular Diseases
Catherine E. Bartoli	Food Intake Patterns and Plate Waste Among Community Meal Center Guests in San Jose, CA
Holly Benson	The Development of Competencies and Supporting Learning Experiences for a Management Emphasis for Dietetic Internship
Jenna Betro	Pilot Testing the Patient Menu Translated from English to Chinese for Elderly Patients Whose Native Language is Chinese
Charu Jain Bhat	Culture Change: Improving Quality of Life by Enhancing Dining Experience in a Skilled Nursing Facility
Sally J. Gogol	Evaluation of Division of Responsibility Knowledge and Dissemination of Knowledge among Santa Clara County Childhood Feeding Collaborative Partners
Rachna Jawa	Evaluation of Complexity Care Model for In-Patient Medical Nutritional Therapy Practice
Molly J. Kitamura	Estimation of Energy Requirements for Patients in a Persistent Vegetative State
Sotiria Koutoulas	The Effects of Point of Selection Nutrition Information on Sugar-Sweetened Beverages Purchases in a Hospital Cafeteria by Differences in Age and Gender
Shealy Marissa Lebowitz	Body Image and Intuitive Eating Practices in College Men and Women
Joycelyn Delapaz Locquiao	Improving Productivity and Labor Efficiency in the Hospital - The Issue of Late Trays
Mandana Mirabrishami	A Survey of the Vitamin C Content of Juice of Organically and Non-Organically Grown Oranges
Jessica Paredes	Assessment of a Revised Clinical Nutrition Screening Process Based on the Nutrition Care Process in an Acute Hospital
Jennifer N. Sato	Food Label Effects on Customer Purchases in a Hospital Cafeteria in Northern California
Sukanya Singh	Development and Evaluation of Computer-Based Food and Fluid Tracking Application for Individuals with Chronic Kidney Disease
Danielle Soule	The Effects of a Nutrition Education Program on Increasing Consumption of Fresh Fruits and Vegetables and Decreasing Consumption of Sugary Drinks by Children at a Middle School in Northern California
Bhavna Subhedar	Development and Evaluation of a Carbohydrate Counting List for South Asians with Gestational Diabetes
Raquel Ting	Supported Liquid Membrane Microextraction with High-Performance Liquid Chromatography and UV Detection for Identifying Chlorine Disinfection By-Products in Fresh-Cut Lettuce
Kayan To	A Hospital Commissary Foodservice System: Does Adopting a Point-Of-Service (POS) Between-Meals Snack Cart Improve Patient Satisfaction?
Kimberly Wen	Relationship Between Caregiver Feeding Style and Portion Sizes Served to Children Aged 2-5 Years



**STUDENTS SPARKLE WITH SUCCESS
2011 "STARS"**



**San José State University and College of Applied
Science and Arts Outstanding Research Award**



Marilyn Baker Venturini

**College of Applied Science and Arts
Dean's Undergraduate Scholarship Award**



Miranda Westfall - \$1500

Molly and Gene Rauwen Research Awards

Marilyn Baker-Venturini - \$425
Catherine Bartoli - \$1000
Juliana King - \$368
Phoebe Li (Pui Hang) - \$1000
Joycelyn Locquiao - \$319
Ranna Modir - \$175
Jing Tang - \$751
Mandana Mirabrishami - \$1000
Raquel Ting - \$500

Circle of Friends Scholarships Awards:

Rose Y.L. Tseng Scholarship
Mandana Mirabrishami - \$1000
Nancy C. Lu Scholarship
Rida Wali - \$1000
Fern G. Wendt Scholarship
Janelle Estournes - \$1000
Elveda Smith Scholarship
Mary K. Kahn - \$1000
Jean Downes Scholarship
Miranda Westfall - \$1000

**Department of Nutrition Food Science and
Packaging**

Baccalaureate Candidate

Dietetics/Nutrition

Monica Slingerland - \$100
Jodi Richards - \$100

Packaging

Kimberly Tracie Loo - \$100



Monica Slingerland

Masters Candidate

Sally Gogol - \$150

Department Service Awards



Sarah Hashmi

Sarah Hashmi - \$75
Romica Chandra Lai - \$75
Ameila Robinson - \$75
Sukanya Singh - \$75
Raquel Ting - \$75

Josephine and Frank Morris Award

Kathy Bourque - \$175



**Nutrition Education Action Team (NEAT)
Scholarship Award**

Leanne Sapeda - \$1500

**DEPARTMENT OF NUTRITION AND FOOD SCIENCE
BACHELOR OF SCIENCE
CLASS OF 2011**

Dietetics

Kathy Bourque
Diane Demis
Sarah C. Hashmi
Danielle Herrera
Danna Largo
Allison Jean Lynch
Lauren Elizabeth
McCarville
Noora Mousa
Jodi Michele Richards
Amelia Robinson
Monica Jade
Slingerland
Julie A. Traverso
Shaweta Verma

**Emphasis in
Environmental
Food & Health
Specialist**

Jamie Murakami
Christina Phan

**Emphasis in
Food Management**

Romica Chandra Lal
Rachel Ann Lund
Paul Benjamin
Sugarman
Andrew Vu

**Emphasis in
Nutrition Education**

Ashley Marie Bartolo
Denise Beemsigne
Jacklyn Sue Behrick
Natalie Csider
Jessica Pantoja Fraser

**Emphasis in
Nutrition Science**

Phaly Phon

**Emphasis in
Sports Nutrition**

Marissa Lynn Ells
Jan Marie Amores
Marzan
Binh Pham
Jessica Suess

**Special Major:
Interdisciplinary
Health, Nutrition and
Child Development**

Gloria Lopez

Packaging

Stephany Cala
Jamime Diane
Fisher
Sarah M. Jackson
Derek Lam
Kimberlyn Tracie
Loo
Stacey Rippey
Wai-Yun Tam
Weng Wa Si Tou
Jinjing Wang

DIETETIC INTERNSHIPS 2011

External Dietetic Internships

Jodi Richards - Cornell University
Sarah Hashmi - CSU Sacramento
Shaweta Verma - University of California, San Diego

Internal Dietetic Internships

Catherine Bartoli - Alum Rock School District; Regional Medical Center of San Jose
Claudia Chan - Livermore Valley Unified School District; Washington Hospital
Danielle Soule - Washington Hospital; Choices for Children
Holly Benson - Idlewood Care Center
Jessica Paredes - Idlewood Care Center
Jocelyn Locquiao - Milpitas Unified School District; El Camino Hospital - Los Gatos Campus
Kalpana Balasubramanian - Regional Medical Center of San Jose
Karen Harvey - HM Composite
Kathy Borque - Idlewood Care Center
Mireille Salib - Good Samaritan Hospital; Kaiser Medical Center Santa Clara
Mojgan Hashemi - Valley Care Medical Center; Livemore Valley Unified School District
Molly Kitamura - Valley Care Medical Center; Livemore Valley Unified School District
Monica Slingerland - Community Hospital of Monterey Peninsula
Noora Mousa - Nutricopla (formerly HM Composite)
Ranna Modir - El Camino Hospital - Mountain View Campus; Choices for Children
Reva Badri - San Francisco VA Medical Center
Sally Gogol - Santa Clara Valley Medical Center; Cupertino Elementary School District
Shannon Lee - Cupertino Elementary School District; Tuba City, AZ (no detail on clinical)
Shealy Lebowitz - Nutricopla (formerly HM Composite)
Shirley Lin - Idlewood Care Center
Shraddha Patel - Regional Medical Center of San Jose
Sukanya Singh - HM Composite



THE JOYS OF GRADUATION

Congratulations
Graduates!

Wow! I never thought this day would arrive!



A quick catnap before my name is called.

We women love our hard earned hats!

We men love our hats, too!

Watch out world. Here we come!

CIRCLE OF FRIENDS

LIFE SUPPORT MISSION



The Circle of Friends is launching a Life Support mission for our Nutrition and Food Science Students.

As the California State University system faces a projected, enormous budget shortfall, SJSU students are being asked to shoulder an increased tuition burden. Although the final amount of tuition hike depends on the final outcome of the state budget, for full time undergraduates it can mean an increase of as much as \$1566 a year.

The gravity of this situation weighs heavily on students' backs. In a recent study, it was found that due to rising college costs, 86% of SJSU students surveyed worked for pay while in college. The average number of hours worked per week was 27. These findings, in addition to family responsibilities, make clear that many students are struggling to stay in school.

Time to power up the Circle of Friends! This year's major project will be to shore up each of our Circle of Friends Scholarship Awards from \$1000 to \$1500. Donations can be directed to one of our specific, established scholarship funds: Jean Downes, Nancy Lu, Elveda Smith, Rose Tseng, and Fern Wendt.

We will also create a new Circle of Friends Scholarship to honor our members' dedication, generosity, and vision. Additionally, if you would like to fund your own \$1500 scholarship or fund one to honor someone else, please write the name of the honoree on the bottom of your check.

Right now, your help is more important than ever. You are, truly, the foundation on which we have built 19 years of success in helping students reach their goal of graduation and fulfilling their professional promise.

Please join us in our Life Support mission 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 2010/2011 CIRCLE OF FRIENDS MEMBERS
FOR THEIR GENEROSITY AND CARING**



**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

2011-2012 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>	\$10 - \$24	_____
<i>Supporter Circle</i>	\$25 - \$99	_____
<i>Golden Circle</i>	\$100 - \$499	_____
<i>Dean's Circle</i>	\$500 - \$999	_____
<i>President's Circle</i>	\$1000 -	_____

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.