

Nutrition Food Science PackagInG



SAN JOSÉ STATE
UNIVERSITY

TRI-FOCUS

DEPARTMENT OF NUTRITION, FOOD SCIENCE & PACKAGING

GREETINGS ALUMNI AND FRIENDS!



2012-2013 was quite a year with lots of exciting events and thoughtful memories.

On the national scene, the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND) came to the department last

November to perform a site evaluation. A review team of five dietitians evaluated our Didactic Program in Dietetics (DPD) and our Dietetic Internship (DI) program. The accreditation site visitation team wanted to meet with all constituencies, including students, alumni, faculty, outside faculty, and preceptors in group meetings on campus. They also went off-campus for a dietetic internship on-site visit and discussions with preceptors. Thanks to everyone's efforts and our students' high passage rate on the Registration Examination (91% for DPD students and 90% for DI students), we had a strong, positive evaluation and look forward to receiving a full accreditation for the next ten years.

Stateside, the California State University (CSU) System instituted curriculum changes. This year, all programs had to reduce the number of credits to graduate down to 120 credits total (previously we required 123 for our Dietetics and 124 for our Food Science and Technology programs). This was challenging, but we did achieve the reduction.

Department changes have also occurred. Dr. Kathryn Sucher retired in August. A going away reception was held for her in the food preparation laboratory on April 30th. Speakers at the event included Dean Charles Bullock, co-author Pamela Kittler, Circle of Friends Director Caroline Fee, as well as myself. Dr. Sucher taught at SJSU in our department for 31 years since 1982. Kathy will be remembered for her many contributions to the department including teaching Medical Nutrition Therapy, as well as serving as our Dietetic Internship Director and Curriculum Committee Chair. She was also the Director of Advising for our College of Applied Sciences and Arts, as well as the College Director of Outcomes Assessment. In

addition, she served as the Director of the College Student Success Center. I will definitely miss her on a daily basis, since I counted on her input so much regarding department activities.

Looking ahead, we will welcome a new faculty member in the Fall semester. She will teach Medical Nutrition Therapy courses and serve as the new Dietetic Internship Director. Her name is Dr. Colette La Salle. She completed her doctorate at the University of California at Davis, and she is a Registered Dietitian. Dr. LaSalle also has experience working in long term care, as well as for the Women, Infants and Children program (WIC).

As always, we wish to thank everyone who contributed to this Alumni Newsletter including our editor and Circle of Friends Director, Caroline Fee, as well as writers Fatemeh Tabib, Micha James and Melinda Young.

Best wishes for a fantastically successful and healthy year!

Lucy McProud

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

DR. KATHRYN SUCHER RETIRES

By Fatemeh Tabib



After 31 years as a professor, advisor, and mentor to students, and as a dear colleague and friend to the faculty, Dr. Kathryn Sucher has retired. Dr. Sucher instilled in her students a knowledge of medical nutrition therapy, and excited them with her passion for food and culture. The students and faculty of the department as well as the Circle of Friends and alumni will miss her dearly, although we're all excited and looking forward to the next chapter of

Continued on page 10

FACULTY ACCOMPLISHMENTS 2012-2013: JUST A "FEW" HIGHLIGHTS

Accomplished Authors

Dr. Kasuen Mauldin and colleagues published a textbook chapter Nutrition Alterations and Management in *Critical Care Nursing: Diagnosis and Management* (7th ed.).

Publications

Dr. Lucy McProud, Ashwini Wagle and their advisee published an article on the effects of food labeling on customer purchases in a hospital cafeteria in the *Journal of Foodservice Business Research*.

Dr. Fritz Yambrach published two articles in *Packaging World* on world packaging markets and industry support in education.

Dr. Marjorie Freedman and her advisees published five peer reviewed articles in Journals of *Advances in Nutrition, Nutrition Education and Behavior, Nutrition Therapeutics*, and *Hunger and Environmental Nutrition*. Topics included: community engagement, organization and development for public health practice, food intake patterns and plate waste among community meal center guests, nutrition translation blended with food science, and how potatoes, including French fries, contribute key nutrients to diets of US adults.

Ashwini Wagle, colleagues, and graduate advisees had four abstract publications accepted to the *Journal of the Academy of Nutrition and Dietetics* (JAND). Colleagues on the abstracts included: **Dr. Kathryn Sucher, Dr. Lucy McProud**, and **Dr. Marjorie Freedman**.

Research Poster Presentations: California Dietetic Association (CDA) Annual Meeting

Ashwini Wagle, Elizabeth Brown, Dr. Clarie Hollenbeck and their graduate advisee presented 1 poster.

Ashwini Wagle, Dr. Kathryn Sucher and their graduate advisee presented 1 poster.

Caroline H. Fee and her graduate advisee presented 1 poster.

Dr. Majorie Freedman and her graduate advisees presented 5 posters.

Dr. Kasuen Mauldin and her graduate advisees presented 2 posters.

Dr. Lucy McProud, Ashwini Wagle and their graduate advisee presented 1 poster.



Ashwini Wagle

Research Poster Presentations: Food and Nutrition Conference and Exhibition (FNCE) Annual Meeting

Dr. Lucy McProud, Caroline H. Fee, and their graduate advisee presented 1 poster.

Dr. Majorie Freedman, Ashwini Wagle and their advisees presented 2 posters.

Ashwini Wagle, Dr. Kathryn Sucher and their advisees presented 2 posters.

Abstract Acceptance

Dr. Lucy McProud, Ashwini Wagle, and their graduate advisees had 3 abstracts accepted.

Dr. Kasuen Mauldin and her advisees had 3 abstracts accepted.

Research Poster Presentations: San Jose Peninsula District (SJPD) of the CDA



Kasuen Mauldin

Ashwini Wagle, Dr. Lucy McProud, Linda Sweeney and their graduate advisee presented 1 poster.

Dr. Lucy McProud and Dr. Panfilo Belo and their graduate advisees presented 1 poster.

Ashwini Wagle, Dr. Marjorie Freeman, and their graduate advisee presented 1 poster.

Dr. Kasuen Mauldin and her graduate advisee presented 1 poster.

“Accomplishments” continued from page 2

Other Research Presentations

Dr. Kasuen Mauldin and her graduate advisee presented two posters at the CSU Program for Education and Research in Biotechnology (CSUPERB). Additionally, her undergraduate scholar presented orally at the 34th Annual Central CA Research Symposium (CCRS).

Savvy Speakers



Caroline Fee

Caroline H. Fee was an invited Webinar presenter targeting primary care providers for the Stanford Geriatric Education Center, Stanford University.

Elizabeth Brown spoke at a conference for Cardiac Rehabilitation Nurses at El Camino Hospital.

Dr. Fritz Yambrach was a guest lecturer at Sholle Pack-

aging and Exxon Mobil.

Dr. Marjorie Freedman was an invited speaker at the South Bay Premier at SJSU and the Environmental Laboratory for Sustainability and Ecological Education (ELSEE).

Grand Grantees

Dr. Lucy McProud, Ashwini Wagle, and Linda Sweeney (coordinator) received a \$202,899 grant



Linda Sweeney

from the California State Department of Education (Cal Pro-Net) to provide training workshops for child nutrition specialists and foodservice directors.

Dr. Lucy McProud and **Caroline H. Fee** received Graduate Student Research Assistance grants from private donors, Molly and Gene Rauen for \$3850.

Dr. Kasuen Mauldin

has 4 on-going funded research projects through CSUPERB, SJSU, and the Almond Board of California, with grants totaling over \$290,000.

Professional Awards

Dr. Lucy McProud was selected as one of 13 members of the Child Nutrition Advisory Council, California State Department of Education, Sacramento. She was also named “Certified Food Scientist” 2013 by the Institute of Food



Elizabeth Brown

Technologists.

Dr. Marjorie Freedman received Honorable Mention for Let’s Move! Faith and Communities Video Challenge and was an invited guest to the Let’s Move! Event at the White House, attended by First Lady Michelle Obama.

Elizabeth Brown was

awarded first place in both the Northwest and Southwest Regional National Masters Rowing Competitions, and was awarded second place in the National Masters Rowing Championship.

Other

Dr. Lucy McProud supported the Perishable Foods Council (PCF) Internship, coordinated with UC Davis and Bill Rudolf, President of the PCF. Seven SJSU students, the highest number to date, were selected as interns.

Dr. Marjorie Freedman is involved in the Advisory Boards for the Hershey Company and Three Square Meals, and is involved with the Santa Clara County Health Advisory Commission.



Marjorie Freedman

Dr. Fritz Yambrach developed packaging internships at Medtronic, Xpedx, and Intuitive Surgical, and also is a consultant to Intuitive Surgical.

SIMULATION TRAINING FOR DIETETIC EDUCATION

By Erica D'Apice

Thanks to funding provided by SJSU's Curriculum Innovation Project grant and the collaborative efforts of Dr. Kasuen Mauldin (Nutrition, Food Science and Packaging), Ms. Gigi Smith (Occupational Therapy), and Drs. Karen Bawel-Brinkley and Colleen O'Leary-Kelley (Valley Foundation School of Nursing), students from NuFS 108L: Nutrition Laboratory have had the exciting opportunity to participate in interdisciplinary simulation training in the nursing simulation facilities.



Simulation employs the use of realistic scenarios that unfold in real-time in a simulated clinical setting that replicates the physical environment in which learners will ultimately work. It provides novice students the opportunity to develop and practice patient-care skills, apply and integrate knowledge from a variety of courses, and build confidence by encountering clinical scenarios in a controlled and safe environment.

During their time in the simulation lab, SJSU students from Nutrition, Nursing, and Occupational Therapy gained experience working together and communicating effectively with one another as a part of a healthcare team in a simulated and realistic hospital setting. It is no surprise that student feedback was overwhelmingly positive and enthusiastic.

While the benefits of using simulation technology in education have been well established in other allied health professions including medicine, dentistry, and nursing, to date, simulation has not been widely adopted in dietetics education. The nutrition department at SJSU is proud to be among the first didactic programs in dietetics to bring simulation training to its students thus providing them with training that prepares them for real-world clinical situations that is on par with other members of the healthcare team.

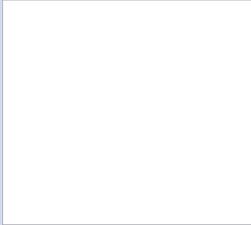
With the increasing interest in using simulation technology in dietetics teaching, Dr. Mauldin was invited to give a presentation titled, "Simulation in Interdisciplinary Allied Health Education: Debriefing and Reflection as a Critical Step in the Learning Process" at the Food & Nutrition Conference & Expo in Philadelphia, PA in October 2012.

In addition, Dr. Mauldin's graduate student, Erica D'Apice, presented a poster on her project assessing student perceptions regarding the utility of interdisciplinary simulation at the 2013

California Dietetics Association meeting in Santa Clara, CA in April 2013. It will be exciting to see the use of simulation training in dietetics teaching develop and expand here at SJSU!



ALUMNI SIGHTINGS



The sightings this year could not have been brighter than at the California Dietetic Association (CDA) Meeting in April which was held right in our own backyard. Featured program speakers were:

Manual Villacorta, MS' 2004 who spoke on: "*Think Outside the RD Box, You are the Expert.*"

In addition, **Katrina Perez Alvarez, MS' 2008** gave a presentation on: "*Counseling Latino Families with Overweight/Obese Children: Optimizing Interventions.*" Rounding out our illustrious presenters was **Dalia Perelman, MS'** who spoke on: "*Diabetes – New Ideas for Prevention, Treatment, and Even Cure.*"

Our bright stars also include **Stephanie Brooks, MS' 1995**, who is the CEO and owner of "Bay Area Nutrition." Stephanie was selected for the 2012 Best of Campbell Award in the Dietitian category by the Campbell Award Program. Each year, the Campbell Award Program identifies companies that have achieved exceptional marketing success in their local community and business category through service to their customers and the community.

Also, lighting up the sky is **Sucheta Gehani, BS' 2012**. As a dietetic intern, she implemented an "Employee Health & Safety Program" for the employees at Cupertino Union School District (CUSD), which combined nutrition and yoga.

Tish Litchfield, MS' 19 Director of the nutrition department at CUSD was overwhelmed by the positive response this program received, and asked Sucheta to write an article so that other school districts could benefit from this simple, yet effective, program. The article was published in the April issue of *Poppy Seeds*, which is the California state's food service magazine.

Far away sightings: **Shweta Mishra, MS' 2009** sends news she is presently working as the Head Nutritionist at Jehangir Hospital in Pune Area, India.

Kati Fosselius, MS' writes she is currently Director of the Dietetic Internship Program and Instructor in the Department of Nutrition at Instructor, Department of Nutrition at Cedar Crest College in Allentown, PA.

Vicki Castelli, MS' 1995 is now the Director of the Coordinated Program in Dietetics and Assistant Professor at La Salle University in Philadelphia. She

writes that there, they use both of Dr. Kathryn Sucher's textbooks in the program. Her fellow faculty members are impressed when she tells them that Dr. Sucher was her teacher!

On the West Coast, sightings are always excellent! Some fine examples include **Lucia Briceno MS' 2012**. With a B.S. Degree in Nutrition and Dietetics from Venezuela, and a MS in Nutritional Sciences from SJSU, two Dietetic internship (Venezuela and USA) and almost 3 years of clinical experience in Venezuela, Lucia is now a Registered Dietitian at LAC-USC Medical Center. Her present focus is on Medical Nutrition Therapy, Nutrition Support, Preventive Medicine.

Stephanie Monterroza BS' 2012 is presently working under the AmeriCorps VISTA program. Stephanie is the Program Assistant to Cooking Matters, a six-week series of nutrition/cooking classes offered to low income families all around the Bay Area.

Heather Schwartz, MS' 2007 is keeping the fog at bay in San Francisco where she works as a Dietitian, and Wellness Coach for San Francisco Perinatal Associates. There, she uses her medical nutrition science background paired with her experience in counseling and coaching, to optimize the health of pregnant women and their families through their delivery and beyond. She is also working as a Nutrition Consultant at "A Place for Mom" where she is a guest blogger and resident expert on topics of senior nutrition and nutrition considerations for caregivers.

There could be no more eloquent alumni update, then the excerpts from a letter sent by **Marcia Moore, BA' 1974**. In her letter, she wrote, "My education at San José State University prepared me for my current diverse lifestyle as a registered dietitian. Since my graduation, I have successfully been self-employed and a business owner. My love of teaching and working on grants for the underserved has led me to my current full time position of Middle School Science and MSI teacher. Many doors easily opened with my past experiences of Home Economics. Please continue to plant seeds and cultivate concerned leaders in our world, not only in foods and nutrition, but also in global concerns.

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!**

DEPARTMENT OF NUTRITION, FOOD SCIENCE, AND PACKAGING
BACHELOR OF SCIENCE
CLASS OF 2013

Dietetics

Jacqueline Marie Cassini
 Nancy Chen
 Elizabeth Cuellar
 Ameneh Danai
 Jocelyn de Leon
 Hector Diaz
 Beatriz Consuelo Espinosa
 Jennifer Nani Glass
 Jessica Audry Harken
 Anna Marie Harrington
 Angela Hays
 Kim Hibbs
 Carly Hoobler



Carly Hoobler

Bonita G. Huang
 Shannon Catherine Hughes
 Tatiana Klebanov
 Andrea Luty
 Jeanette Nicole Mathios
 Julia McKinnie
 Sara Miley
 Kylie Rose Miraldi
 Mustafa John Mujtaba
 Tamara Hanna Nijmeh
 Kari Olandese
 Grace Alma Palm
 Sital Patel
 Brittney Patterson
 Nancy Khanh Pereida
 Monica Nicole Ramos
 Kimberly Reisman
 Joshua James Rodriguez
 Noelle Sebastian
 Samantha Anne Stough

Emily Tam
 Adrianna Troussard
 Yazied Widatalla

Food Science & Technology

Thomas Armenta
 Maira Nunez
 Dorothy Pramono

Packaging

Kystal Corpuz
 Ilya Danengirsh
 Brian An Du
 Nyra Murphy
 Julie Nguyen
 Rosalynn Ong
 Pamela Plagata

Emphasis in Nutrition Education

Joseph Julian Delgado
 Jennifer Vanessa Johnson
 Tiffany Lee
 Regina C. Licican
 Helen Loi John
 Pease Kristine Ly
 Pham
 Jamila Ismail Sanfaz
 Kristine Sherwood
 Christine Vy Truong

Emphasis in Nutrition Science

Fatima Akile
 Jennifer Mae Knudson
 Thanh Thuy Luu
 Yolanda Thach

Emphasis in Food Management

Marisa Benson
 Aida C. Best
 Asia Connor
 Michelle Hamilton
 Margo Rae Lang
 Melissa Newman
 Shannon Nguyen
 Dalton Chima Osuka

Susan Phegley
 Carolyn Smith



Margo Rae Lang

Emphasis Environmental Food and Health Specialist

Lila Chang Leslie
 Juarez Frank
 Leong Natasha
 Tkacheff

Emphasis in Sports Nutrition

Stephen Chan
 Joshua Chow
 Kevin Chung
 Steven Si



Thomas Armenta

Acknowledgement

Special thanks to Daniel Gaines for his generosity in letting us include his outstanding photographs in our Department Newsletter.

Daniel Gaines PHOTOGRAPHY
 P.O. Box 23441, San Jose, CA 95153
www.danielgainesphotography.com

**“RESEARCH ACCOMPLISHMENTS”
MASTER OF SCIENCE GRADUATES
FALL 2012/SPRING 2013**

Carrie Arnold	Effect of a Cooking Matters Nutrition Education Program on Nutrition Knowledge and Fruit and Vegetables Intake in Adolescents and Teens.
Thira Burns	Assessing Coping Mechanism of Food Insecurity Among Urban University Students.
Lucy Qian Chang	Comparison of Microbial Activity and Sensory Quality of Regular and Reduced Sodium Salami.
Erica D’Apice	Interdisciplinary Simulation: A Novel Approach to Dietetics Education.
Kathy Gates	Barriers to Enrollment in Supplemental Nutrition Assistance Program.
Liny Natalia	Implementation Success Rate and Effectiveness of Oral Liquid Nutrition Supplementation in Nursing Home Residents.
Micaela Scarpulla	Incidence of Hypophosphatemia During Refeeding of Adolescent Anorexia Nervosa Patients.
Michelle Stroebe	Student Satisfaction of Scratch-Cooked, Healthier Modified Meals and Assessment of the School-Provided Lunch and Dinner Program for Elementary School Children, Ages 6-11.
Rida Wali	A Pilot Program to Evaluate the Effect of Training Table Based Nutrition Education and Menu Modification on the Nutrition Knowledge and Dietary Intake of Collegiate Football Players at a NCAA Division I University.

DIETETIC INTERNSHIPS 2013

Internal Dietetic Internships

Fall 2013

Carrie Arnold	Los Altos Sub Acute/Rehab Center
Thira Burns	El Camino Hospital - Los Gatos
Erica D’Apice	Stanford University Medical Center
Kathy Gates	Livermore USD/Valley Care Med Center
Anh Hansen	Kaiser Fremont/Livermore USA
Tatiana Klebanov	Nutrition Therapy Essentials
Slywia Klos	Los Gatos Meadows
Liny Natalia	Idlewood Care Center/Diablo Valley
Fatemeh Tabib	Milipitas, USD/Santa Clara Valley Med Center

External Dietetic Internships

Fall 2013

Kim Reisman	MBA/RD Program Dominican University, Chicago
Hector Diaz	Fresno State (CSU)
Mandana Mirabrishami	Oakwood University DI
Ankita Sachdeva	Crestwood Distance DI
Sahar Saffi	University of Northern Colorado



**STUDENTS SPARKLE WITH SUCCESS
2013 "STARS"**



by Melinda Young

Circle of Friends Scholarships

Fern Wendt Memorial
Jordan Arnold \$2000

Nancy C. Lu Scholarship
Dorothy Pramono \$2000



Justine Vega

Jean Downes Scholarship
Gabriel Lisera \$2000

Elveda Smith Scholarship
Erica D'Apice \$2000

Rose Y. L. Tseng Scholarship
Justine Vega \$2000

Circle of Friends Scholarship Award
Amanda Holst \$2000

Molly and Gene Rauen Research Assistance Awards

Sneha Jain \$850
Erin Avery \$1000
Erica D'Apice \$1000
Amy Reisenberg \$1000

Josephine & Frank Morris Award



Hector Diaz - \$200

NuFS & Pkg Department Service Awards

Thomas Armenta \$75
Beatriz Espinosa \$75
Nani Glass \$75
Shannon Hughes \$75
Margo Lang \$75
Liny Natalia \$75
Maira Nunez \$75
Pamela Plagata \$75
Steven Si \$75
Rida Wali \$75
Joshua Rodriguez (Service Award for NEAT) \$75

Outstanding Student Awards

Baccalaureate Candidate

Dietetics/Nutrition
Brittany Patternson \$100



Food Science and Technology
Dorothy Pramono \$100

Packaging
Krystal Corpuz \$100

Masters Candidate

Erica D'Apice - \$100



NUTRITION AND FOOD SCIENCE (NU/FS) STUDENT CLUB ACTIVITIES 2012-2013

Monthly meeting included presentations from accomplished nutrition professionals who spoke about their jobs and expertise. These outstanding nutritionists included:

Barbara Chang, MS, RD, Clinical Nutrition Manager, El Camino Hospital, Mountain View
 Amber Watson, RD, SNS, Coordinator/Child Nutrition Services, Alum Rock Union Sch. District
 Doris C. Fredericks, MEd, RD, RYT, Executive Director for Choices for Children
 Susan Howe, President and Founder, Intrinsic Group
 Suzanne Ousey, RD, consultant dietitian and founder, Nutrition Therapy Essentials
 Jessica Paredes, MS, RD, Public Health Nutritionist, Contra Costa County Senior Nutr. Program
 Janet McDonald, PhD, Ret. RD, Senior Public Affairs Specialist, FDA/San Francisco District
 Judy Morgan, MBA, RD, Director of Communications, Nutricopia, Inc.

In addition, the following club members were awarded scholarships to attend the California Dietetic Association (CDA) Annual Meeting and Conference held in May:

Ashlee Gossard
 Beatriz Espinosa
 Brittney Patterson
 Carly Hoobler
 Nani Glass
 Stephani Joseph



Jessica Paredes MS,RD speaking to the Nu/FS student club members

Other Club activities included holding a fundraising auction and bake sale, selling healthy snacks (fresh fruits and vegetables) to SJSU students using the department's Smart Cart, and hosting networking socials.

Nani Glass at the Club Bake sale



PACKAGING STUDENT CLUB ACTIVITIES 2012-2013

The Packaging Club hosted guest speakers from the following organizations:

Exxon Mobil
 Scholle Packaging
 The Aluminum Association

Twenty four lucky students represented SJSU at the Association for Packaging and Processing Technologies (PMMI) Show in Chicago, IL in October 2012, all of whom were supported by the PMMI group.

Five Packaging students were awarded \$1000 scholarships from Paperboard Packaging Council and Herb Schuneman.

Other club activities included field trips to the Woodbridge Winery to witness firsthand a High Speed Bottling Line and a Fall Lunch and a Spring BBQ for Packaging Club members.



Dr. Fritz Yambrach,
 Coordinator of Packaging Program

“Kathy Sucher” continued from page 1

Dr. Sucher’s academic and philanthropic work during her retirement. I would like to share the following conversation I had with Dr. Sucher about her work and her legacy at San José State University, and about her plans for the future.

Q. How did you become interested in the field of nutrition? Growing up, I wanted to become a veterinarian, and when time for college came around I was looking for a major. My sister-in-law graduated from UC Berkeley in Food Science and recommended it. At the time, Food Science was no longer a separate major – it was Food and Nutrition Science. So, I became a student at Berkeley in Food and Nutrition Science and soon after fell in love with nutrition.

Q. When did your interest in Medical Nutrition Therapy begin? I went into Medical Nutrition Therapy as a Nutrition Specialist at McGaw Laboratories. Total Parenteral Nutrition (TPN) was introduced in the 70s, and McGaw was the first company to provide crystalline amino acid solutions. I was in charge of teaching nutrition and nutrition assessment to the sales associates. As a result of my work there, I became interested in continuing my education in clinical nutrition. So, I returned to school and received my doctorate in Nutritional Biochemistry at Boston University Medical Center, where my research focused on IV medium-chain fat emulsions.

Q. Were you always interested in teaching? After receiving my doctorate in Boston, my husband and I both wanted to move back to California. We decided that whoever got the first job, we would move there. As it turned out, I was the first, landing a job for a year of teaching at Cal Poly San Luis Obispo. At Cal Poly I discovered that I had a passion for teaching, and I decided that I wanted to pursue it as a career. I joined San José State University as an instructor in 1982, and the following year as a tenure-track professor. I’ve been with the Department of Nutrition for the past 31 years.

Q. How did your interest in Food and Culture come about? There’s a funny story behind that. While I taught at Cal Poly there was a food and culture class, which I attended every week because of the food! As many of my students and colleagues know, I enjoy all types of food, and I’ll try anything at least once. When I was interviewed for the teaching job at San José State, I told them I could teach the food and culture class – not realizing that there wasn’t a textbook for it. Low and behold, I got the job teaching the class and had to scramble to put together reading material and organize it in a useful fashion. My first graduate student was Pamela Kittler, and for her graduate thesis she was interested in writing a heart-healthy cookbook. I said

to her, “We don’t need another one of those; we need a book for this class!” And that’s how the Food and Culture book came about. It was the first food and culture book geared toward the needs of nutrition professionals and Registered Dietitians.

Q. How did your interest in writing a textbook on Medical Nutrition Therapy come about? I felt a passion not only for food and culture, but also for medical nutrition therapy. After years of using a nursing pathophysiology book, I decided it was time to have a nutrition book that included both pathophysiology and the essentials of nutrition therapy. Thus, working on a *Nutrition Therapy and Pathophysiology* textbook was very rewarding. Throughout the years, I’ve come up with textbooks that teach the basics, but that also give students the tools to become successful dietitians.

Q. Do you have any advice for past, current, and future NuFS students? Follow your passion! If you’re really interested in one area, learn as much as you can, and eventually you *will* find employment in that area. Always keep learning, and be open to new experiences and opportunities! My mantra is, “Have a lot of irons in the fire and one will catch.” Try a lot of different things, and you’ll find the right one. You may like several areas, but maybe just one will have an employment opportunity. Remember, what doesn’t kill you makes you stronger! I also learned throughout the years to always say yes to the opportunities you’re given. I’ve been open to every opportunity throughout my career, the only exception being a job offer to work with raging monkeys in a laboratory (which I politely declined)!

Q. What are your future plans after retirement? I’ll be doing a fair amount of traveling for the first couple of years, as long as my husband and I are able! I’ll continue to co-write the textbooks, keeping them updated with the literature and feedback from working dietitians and nutrition professionals. I also have very exciting news for everyone, especially future interns: I’m starting a scholarship for NuFS Dietetic Interns with financial needs, in hopes of providing a helping hand. This is an incredible investment in our students’ futures, and I look forward to seeing other members of the Circle of Friends help students achieve their dreams.



Kathy Sucher congratulating masters graduate Liny Natalia

CIRCLE OF FRIENDS TIME TO TAKE STOCK!

Our Circle of Friends begins its next 20 years. It's time to take stock! Your investment in our students' education and success has yielded fantastic returns. These begin with renovation of the Food Production Laboratory and creation of a Nutrition Metabolism Laboratory and Student Learning Center.

In addition, we have purchased state of the art scientific equipment, for example, a bioelectric impedance analyzer, basal metabolism instrument, exercise equipment, and a metabolic cart.

Scholarships have shown strong growth. The number of Circle of Friends Scholarship awards has expanded from four to six, with one more in the works. Also, scholarship award amounts have been increased (because of our support) from \$500 to \$2000. In addition, Research Assistance Awards (for up to \$1000) have been instituted.

With the help of the Circle of Friends, our students continue to be recognized by the California Dietetic Association and, nationally, by the Academy of Nutrition and Dietetics (formally ADA) for their outstanding nutrition research. Further, our graduates serve in key leadership positions at hospitals, clinics, food companies, and entrepreneurial pursuits throughout the North and South Bay areas.

However, the greatest challenge for our students remains the cost of higher education. In fact, this year's applications for Circle of Friends Scholarships more than doubled! Thus, for the coming year, the Circle of Friends will continue to enhance each scholarship award to \$2000 and reach out for additional "angel investors" who want to start their own scholarship fund or create one in someone's honor or memory.

The return on our 20 year Circle of Friends investment has been extraordinary! Now, more than ever, our students need your help.

Please update your information on the membership form on the back of this newsletter and send your gift to the Department to continue making a difference for our students.



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

2013-2014 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)

Current Students \$10 - \$24 _____

Supporter Circle \$25 - \$99 _____

Golden Circle \$100 - \$499 _____

Dean's Circle \$500 - \$999 _____

President's Circle \$1000 - _____

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

Please make checks to:

TOWER FOUNDATION, NUFS, CIRCLE OF FRIENDS

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.