

# NUTRITION FOOD SCIENCE PACKAGING

## TRI-FOCUS



SAN JOSÉ STATE  
UNIVERSITY

### DEPARTMENT OF NUTRITION, FOOD SCIENCE & PACKAGING

#### GREETINGS ALUMNI AND FRIENDS!



We had a very eventful year during 2013 - 2014.

First, Department news.... Dr. Panfilo Belo retired in June. He taught in our department for 33 years. Dr. Belo will be remembered for his many contributions to the department, including developing and teaching the majority of food

science courses. He supervised the research projects of 39 Master's students; their unique research topics involved a wide variety of food commodities and tropical foods. Dr. Belo also served as graduate coordinator for 17 years and made many enhancements to the food chemistry and food processing laboratories. A going away reception prepared by the students in Alan Finklestein's Food Service production class was held April 22nd. We will definitely miss Dr. Belo's broad experience in food chemistry and food processing and his enduring, cheerful smile and helpful attitude.

This year was also time for a Program Review by an External Evaluator. In addition, a comprehensive Five Year Program Plan document was required. We are thankful to Dr. Marjorie Freedman who was our lead writer. With Dr. Belo, our only Food Science faculty retiring in June and a small Food Science and Technology concentration program of 33 students, it was requested that the Food Science program be phased out.

The decision was also made to hire an additional nutrition faculty member to help gear up for the future Master's degree entry level requirement to become a dietitian. We are excited that Dr. Giselle Pereira Pignotti was selected as our new Assistant Professor in Nutrition to begin teaching in the Fall. She was a hospital dietitian in Brazil and completed her doctoral degree at Arizona State University. Dr. Pignotti has also worked at the Maricopa County Department of Public Health in the Office of Nutrition in Arizona. I hope that you will join me in providing a warm welcome to Dr. Pignotti.

There are also lots of changes on the campus. We have a new Provost, Dr. Andy Feinstein, who previously was the Deputy Provost at SJSU. Prior to that he was

Dean of the College of Hospitality Management at Cal Poly Pomona. There are many, many construction projects under way, as well. Phase One of the new Student Union was completed this summer. Phase Two involves upgrading the current Student Union Building and will begin soon, since Phase One has been completed.

A new Health and Counseling Building is being built next door to our Central Classroom Building and is projected to be completed next year in 2015. Also, The Spartan Complex building which houses Kinesiology and Hospitality Management is being renovated with a seismic upgrade to be completed next summer. In addition, a new 850 bed student dormitory building is planned and will take two years to complete. Once this is completed, two of the older dorms will be torn down to make way for a new Recreation and Aquatic Center. You must visit the campus when all of the buildings are completed to see these projects, first hand!

As always, we wish to thank everyone who contributed to this Alumni Newsletter including our editor and Circle of Friends Director Caroline Haas (formerly Fee) as well as writers Micha James, Annie Rubin and Melinda Young.

Best wishes for a tremendously happy and healthy year!

*Lucy McProud*

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

#### DR. PANFILO BELO RETIRES

By Annie Rubin



After 33 years of dedicated service to the NuFS/Pkg department and its students, Dr. Panfilo Belo has decided to retire.

Dr. Belo has dedicated most of his adult life to the study and teaching of science. When asked about the various areas of food science and nutrition his research has covered, he pointed

Continued on page 10

## FACULTY ACCOMPLISHMENTS 2013-2014: JUST A “FEW” HIGHLIGHTS

By Annie Rubin

### Research Posters and Abstracts



Caroline Haas

#### Food and Nutrition Conference Exhibition (FNCE) – Atlanta – October 2014

Ashwini Wagle had 2 abstracts/posters accepted; Caroline Haas (Fee), Linda Sweeney, and Kasuen Mauldin each had 1 abstract/poster accepted.

#### California Dietetic Association (CDA) Conference – Pomona – April 2014

Ashwini Wagle had 3 abstracts/posters presented, Lucy McProud had 2 abstracts/posters, and Caroline Haas (Fee), Linda Sweeney, Kasuen Mauldin, Marjorie Freedman, and Clarie Hollenbeck each presented 1 abstract/poster.



Linda Sweeney

#### Center for Healthy Aging in Multicultural Populations (CHAMP) SJSU April 2014

Kasuen Mauldin presented one abstract/poster. FNCE – Houston – October 2013  
Ashwini Wagle and Lucy McProud presented 3 abstracts/posters, Kasuen Mauldin presented 2 abstracts/posters.

### Professional Awards

**Kasuen Mauldin** received the California Dietetic Association Excellence in Research Award, 2014. The award is given to a CDA member for professional excellence in dietetic/nutrition research. Award recipients must demonstrate leadership and active participation in nutrition-related professional associations, excel in contributing to the body of knowledge of dietetics/nutrition via research and in teaching others in a specialized field of research, and have a productive history of refereed research publications.



Kasuen Mauldin

**Marjorie Freedman** received the 2013 Guardian of Health Award from the California Center for Public Health Advocacy. This award recognizes individuals for their advocacy and involvement in the political process to achieve better health for all Californians, with a focus on communities with low access to healthy food and physical activity.

**Ashwini Wagle** received the Distinguished Faculty Service Award, Committee for Enhancing Equity and Diversity (CEED), SJSU.

**Ashwini Wagle** was a Nominee for Excellence in Education Award, California Dietetic Association.

**Heidi Kiehl** received the Distinguished Service Award from the CA Dietetic Association for outstanding service to the CDA via the district or state.



Heidi Kiehl

### Speaking Engagements



Ashwini Wagle

**Ashwini Wagle** spoke on “Nutrition and Healthy Lifestyle” for the 199 mile Golden Gate Relay 2014 at Los Altos Community Center, “Barbie Dolls and Body Image, a” TV Interview on Channel 7 KTVU News, and, “Healthy Eating and Diabetes Meal Planning in South Asians”

for National Diabetes Month – six lecture series and workshops across the Bay Area.

**Marjorie Freedman** spoke on “Making the Case for a New “Pay-As-You-Go” Community Support Agriculture (CSA) Model” at the Experimental Biology Conference in San Diego, CA and “What’s to Eat? Deciphering Dietary Advice” at Pop Up University in Palo Alto, CA.

### Publications

**Marjorie Freedman:** “Food Intake Patterns and Plate Waste among Community Meal Center Guests Show Room for Improvement,” *Journal of Hunger & Environmental Nutrition*, and “A Collaborative Approach to Providing Best-Practice Childhood Feeding Guidance,” *International Journal of Child Health and Nutrition*.



Marjorie Freedman

**Fritz Yambrach:** “Who Designed That?” and “World Markets for Packaging,” *Packaging World*.

*“Accomplishments” continued from page 2*

**Colette LaSalle** was an invited speaker to “Registered Dietitians in the United States” for visiting dietetic students from several Japanese Universities, UC Davis.



Colette LaSalle

### Grants/Funding

**Fritz Yambaugh** obtained funding for 3 graduate students participating in industry-sponsored projects. The funding will cover a semester of tuition.

**Fritz Yambrach** received a FF&S packaging line gift from Kellogg’s, valued at \$300-500k.



Fritz Yambrach

**Ashwini Wagle, Lucy McProud & Linda Sweeney** received a \$209,216 grant from the Cal-Pro Net Center to provide training workshops for child nutrition specialists and school foodservice directors.

**Kasuen Mauldin** received \$10,000 from the SJSU Research, Scholarship & Creative Activity (RSCA) Grant Program.

**Kasuen Mauldin** received a \$12,000 Foundation Grant from MidPen Resident Services Corp, MidPen Housing.

**Colette LaSalle** was awarded a RSCA grant for a simulation learning based project.

### Other

**Izzie Brown** was a Consultant for Stanford Women’s Rowing team for nutrition and hydration maximization for NCAA championship bid.



Izzie Brown

**Izzie Brown** was also a Coach for youth, collegiate and masters US and British rowers at Craftsbury Sculling Center with a focus on nutrition and rowing biomechanics.

**Colette LaSalle** served as an Independent contractor for Cengage for Nutrition Therapy & Pathophysiology Textbook 3<sup>rd</sup> Ed, expected publishing date: October 2014.

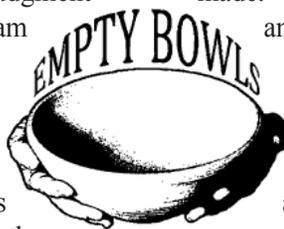
## EMPTY BOWLS

By Student Jovanna Ponco

Hunger is a major issue. According to Second Harvest Food Bank’s 2012 “Hunger Index,” 823 million meals were needed to provide three meals a day to people living in low-income neighborhoods of Santa Clara and San Mateo Counties. It was estimated that these people, themselves, could only afford 422 million meals. This left a “meal gap” of 402 million. After factoring in government programs that help to combat hunger, there remained an estimated 204 million missing meals.

This “meal gap” highlights the importance of organizations such as Martha’s Kitchen. Since its humble beginnings in 1981, Martha’s Kitchen has served over 2,750,000 meals to those in need. Martha’s Kitchen’s core mission is to “feed the hungry with dignity, no questions asked, no judgment made.” The positive impact Martha’s Kitchen has on the community is inspiring. That is why my Team Su, Tracey Nguyen, and Vi Tran wanted to join and become our Community Nutrition Service and fellow nutrition students Anna Dong, Annie Martha’s Kitchen in battling hunger. Thus, this Learning Project.

Specifically, we hosted one of Martha’s raising and conscious raising event required we went door to door to local companies spent many hours marketing and promoting the professors in the nutrition department to offer the event as either for extra-credit or as a professional meeting.



One week prior to the event, we had 10 individuals signed up to attend and raised about \$900 through ticket sales and online donations. Our hopes were to have around 30-50 people attend the April 24th event, including the entertainers (the SJSU Mambo Club, King Library Rockers, and SJSU Polynesian Club) and the family and friends who said they would try to come.

Amazingly, we ended up having attendance of over 100 participants! Everything fell into place. The entertainers displayed top-notch talent, and the attendees were surprised by the raffle prizes we were able to obtain (including a signed puck from the San Jose Sharks and a signed picture of Steve Blake from the Golden State Warriors)! Through online donations and fundraising, we raised over \$1,700.

This event ended up being so much more than just a class project of Dr. Freedman’s nutrition education course. We learned how to plan an event, ask for donations, market attendance, and collaborate effectively as a Team. Each of us played a pivotal role in the success of the event. As seniors in our last semester of the Dietetics program at San Jose State University, we graduate with not only the skills and experience we gained, but also lasting bonds of friendship.

Not bad for first time event planners, eh?

## FEATURED FACULTY MEMBER, COLETTE LASALLE, PH.D., R.D.

By Micha James



You may remember reading about Colette LaSalle, Ph.D., R.D. in our last newsletter – some people are just so interesting, one interview isn't sufficient!

In this second installment, we took some time to better acquaint ourselves with the newest addition to the

NuFS faculty roster. As an Assistant Professor with the department, Dr. LaSalle currently instructs the Medical Nutrition Therapy (MNT) course series; however, course instruction is only the tip of the iceberg with respect to her contributions.

In only one short year, Dr. LaSalle has managed to integrate herself into the fabric of the department and become an asset not only to the department but to the students as well! In addition to her role as the MNT instructor, she is also the Dietetic Internship Director and serves as the department liaison on the Committee to Enhance Equity and Diversity (CEED).

Dr. LaSalle has 10 years' experience working in Community Nutrition and as a consultant dietitian for adult day health centers and long-term care facilities. Her research interests include the interaction of nutrition, diet, and chronic diseases, with emphasis on the effects of bioactive compounds on cardiovascular disease risk factors. She is also interested in research related to nutrition education, health promotion, and designing and evaluating methods to improve dietetic education.

In our recent Q & A with Dr. LaSalle, we delved into her background, discussed her expectations of SJSU NuFS students, and found what she considers to be important qualities for a budding dietetic student.

**Q:** What inspired you to become a researcher and professor?

**A:** I was planning to pursue a career in public health nutrition, but during my dietetic internship, I had a rotation at the UC San Diego Medical Center where I was introduced to nutrition research. I really enjoyed this rotation and decided that I would go onto a PhD once I completed the DI.

**Q:** How did you come to choose the field of nutrition?

**A:** I had always been interested in the preventative aspect of nutrition, but it wasn't until after I graduated from UCSD with degrees in Biology and Psychology and

was working as a research assistant that I decided to go back and complete a DPD program.

**Q:** In building your career, what is the most difficult obstacle you've had to overcome?

**A:** Finding the time and money for research

**Q:** Please tell me a little about your background prior to SJSU.

**A:** I am originally from Vancouver, I moved to San Diego for school, then to Davis for my PhD. I have several years of experience as a practicing dietitian and have worked in a variety of settings.

**Q:** What strategies did you use to be successful in college?

**A:** I attended every lecture, read ahead, participated in study groups and, reviewed the material after class using techniques such as making comparison grids (a way of organizing material based on similarities and linkages).

**Q:** What about SJSU NuFS students is most inspiring to you?

**A:** I admire the fact that SJSU NuFS's students are able to juggle so many demands on their time – taking several classes each semester, completing volunteer hours, working, commuting, and balancing family life.

**Q:** What are the three primary expectations you have of your students?

**A:** To participate in class discussions, to come to office hours if they are having trouble with the material, and to complete the assignments to the best of their ability.

**Q:** What advice would you offer a budding research dietitian?

**A:** To gain some experience as a practicing dietitian.

**Q:** How do you define good teaching?

**A:** Providing students with the skills necessary to critically assess information and then apply this knowledge.

**Q:** Please describe your teaching style.

**A:** MNT is a complicated topic, and students must have subject knowledge and be able to apply this knowledge. Additionally, nutrition professionals need to be able to work both independently and in groups; thus, in order to accomplish this goal I think a variety of teaching methods are necessary. I do traditional lectures but also focus on in-class activities, class discussions, and group projects.

**Q:** How do you go about being a good advocate and resource for your students?

**A:** Being available, approachable, and responsive.

## ALUMNI SIGHTINGS



**Now that the World Cup Soccer tournament is finished, it is time for us to celebrate some of our very own champions!**

**Scoring a goal: Stephanie Monterroza, BS' 2012** sends news from the Los Angeles area. She is now working as Program Manager

for the Extended Food & Nutrition Education Program, where she provides day to day supervision of nutrition educators. In addition, Stephanie coaches nutrition educators in organizing and planning program promotion, data collection and data entry. In Stephanie's own words, "Health Education has been a passion of mine ever since I joined the Nutrition Education Action Team (NEAT) at SJSU and changed my major to Nutrition Education."

**Dominating the Field: Ming-Chang Tsai (Nelson), MS' 2012** is currently a graduate student at University of Louisville in Kentucky where he is in the Program of Disease Evolution in the Department of Biology. The program focuses on microbial infection in plants (mainly crops).

**Gerstein Padua, MS' 2008** is working in Seattle for the Seafood Industry. He is the Production/Quality Control Supervisor for UniSea Cold Storage. Unisea processes frozen seafood products for foodservice companies and has been developing new products in seafood cakes and patties. **Sucheta Gulani, BS' 2012** writes that she loves her job as a Nutrition Field Operations Supervisor at Milpitas Unified School District.

**Gold Medalists: Michelle Berger Marshall, MS' 2013** received the Academy of Nutrition and Dietetics (AND) Excellence in Hunger and Environmental Nutrition (HEN) Practice group award. She was honored by her colleagues for her dedication to ensuring that nutrition remains a primary focus of the work done by the nation's largest hunger-relief organizations.

**Elaine Moquette Magee, BS' 1983** is another Gold Medalist. She was selected as Stanford University's first Wellness and Performance Nutritionist for Stanford Dining, a division of Residential and Dining Enterprises. She is responsible for developing a new Performance Dining Program in partnership with Stanford Athletics, Stanford School of Medicine, and the Culinary Institute of America. The program's goal is to help students on the Stanford

Dining meal plan make healthy food choices.

**Winning Teammates: Sandy Queen, MS' 1998** reunited with her old friend and classmate **Kim Roth, MS' 1998** and her family last May in Colorado. Kim moved to Centennial (just south of Denver) from Morgan Hill 6 years ago, and reports that her whole family loves living there.

**New Team Recruit: Ryann Maloney Williams, BS' 2008**, moved back to Monterey where she found work as full time dietitian. Last year, she got married and is expecting a new baby who will keep her team on their toes.

**High Scorers: Madoka Gasper, BS' 2008** is going strong as Nutrition Program Manager for Second Harvest Food Bank of Santa Clara and San Mateo Counties. Also, on the Second Harvest Food Bank Team, but further south in Santa Cruz County, **Ayde Colin, BS' 2014** is a high scorer in her position as Director of Community Programs.

**Winning Team: Julianna King, MS' 2012** has joined the team of Bay Area Nutrition where she works as a consulting registered dietitian. Bay Area Nutrition is a winning team of consulting registered dietitians founded by our very own **Stephanie Brooks, MS' 1996**.

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

*In Memory James Preston Burke  
April 22, 1972 – February 6, 2014*



**James (Toivo) Preston Burke, MS '2002** valiantly fought cancer for 14 years. As a graduate student, James was deeply involved in the department as a Graduate Assistant and in the Student Nutrition Club. You could always find him surrounded by a large circle of friends, and he was always there to help others. His ready smile was ever present, and his keen mind and curiosity made him a true leader... Soon after graduation, James married his high school sweetheart Jen and moved to Santa Rosa. There, he was a well-respected dietitian and health educator who loved sharing his nutrition knowledge. His love for his family and friends was tireless, and he will be tremendously missed by all those who knew him.

**DEPARTMENT OF NUTRITION, FOOD SCIENCE, AND PACKAGING**  
**BACHELOR OF SCIENCE**  
**CLASS OF 2014**



**Dietetics**

Maria Angel  
 Jordan Arnold  
 Kyle Campbell  
 Nicole Choyce  
 Colin Ayde  
 Tania Cuadra  
 Rachana Dassani  
 Tina Thu Dinh  
 Anna Dong  
 Morgan Drummond  
 Sara Inez Ellsworth  
 Marth Gabaray  
 Jessica Garcia  
 Laureen Geraci  
 Catherine Hageman  
 Deidra Hallman  
 Tyler Hirasawa  
 Jennifer Johnson  
 Samantha JoAnne Keener  
 Sarah Libanti  
 Andrea Luty  
 Judith McCarthy  
 Tiffany Nguyen  
 Tracey Nguyen  
 Jovanna Ponco  
 Lareina Samonte

Kelly Stevens  
 Annie Su  
 Michelle Tayler  
 Thanh-Hoa Thach  
 Angie Tran  
 Vi Hoang Tran  
 Aileen Trujillo  
 Anthony Valat  
 Emily Ann Vo  
 Danelle Willey  
 Adilene Zuniga

**Food Science**

Jo Aquino  
 Thanh Nguyen  
 Jonathan Rivac  
 Wenzhu Zhou

**Packaging**

Kathryn Boje  
 David Cooper  
 Omid Khorasani  
 Derek Lam  
 Abegail Lyte  
 Michael Marples  
 Joseph Navarro

Daniel Nguyen  
 Gerardo Sanchez Salazar Jr.  
 Taylor Stoddard  
 Stephen Suba  
 Hiba Tariq  
 Dennis Truong  
 Jason Yamaguchi  
 Linlin Yang  
 Steven Zhang

**Emphasis in Nutrition Education**

Iris Cunanan  
 Devin Davis  
 Sarah Louise Ercolini  
 Cindy Gonzalez  
 Veronica Guitierrez  
 LaKendra Hardwick  
 Amanda Holst  
 Bonnie Larsen  
 Gabriel Lisera  
 Maria Lucatero  
 Ana Marquez  
 Charlene Munoz  
 Ashley Ross  
 Daisy Martinez Siles

Penny Speight  
 Lalaine To

**Emphasis in Food Management**

Rebecca Mockabee  
 Thanh Thuy Nguyen  
 Lonnie Siu  
 Judy Zhu

**Emphasis in Nutrition Science**

Daniel Yih Au-Yeung  
 Rut Hikmaya  
 Margaux Morgan  
 Jessica Pang

**Emphasis in Sports Nutrition**

Emily Conner  
 Martine Idiart  
 Fitzgerald Nocon  
 Joseph Ojeda

**“RESEARCH ACCOMPLISHMENTS”  
MASTER OF SCIENCE GRADUATES  
FALL 2013/SPRING 2014**

Erin Avery	An Assessment of Nutrition Knowledge and Dietary Intakes of Recreational Female Marathon Runners
Sukhjeet Bhalla	Evaluation of Commonly Consumed South Asian Foods and Creation of a Database of Nutritionally Analyzed Heart Healthy Versions of Frequently Consumed South Asian Foods
Gloria Contreras-Pena	Assessing Food Insecurity in Hispanic Adults attending ESL Classes at San Mateo Adult School
Cade Curtis-Crockett	Camelback Packaging Practices: A Case Study
Francoise Debost	Comparison of Clinical Nutrition Teaching Strategies on Knowledge Retention and Student Perceptions of the Learning Process
Jesus Dimas-Arriaga	Sun Exposure Therapy to Improve Serum 25 Hydroxyvitamin D Status in Institutionalized Older Adults
Colleen Fedor	Portion Control: An Adolescent’s Perspective
Wan Chien Ho	The Investigation of the Relationship between Pinhole Sizes and Different Pressures Created in a Vacuum Chamber used to Identify Material Flex Failures
Sneha Jain	Development and Evaluation of Ethnic South Asian Heart Health Recipes and Lifestyle Modification Materials
Micha James	Impact of Nutrition Education Food Tasting Event on Nutrition Knowledge, Behaviors, and Attitudes among Multicultural, Low-Income Older Adults Living in a Residential Housing Community
Ellen Le	Investigation of Side Paneling in HDPE Bottles containing Fish Oil
Rashmi Lote	Assessment of Mindful Eating Behaviors in South Asian Indian Population Living in the U.S.
Amy Norrish	Evaluation of Nutrition Diagnoses for Inpatient Medical Nutrition Therapy Practice
Sheena Paguio	Content Development and Evaluation of a Food Frequency Questionnaire for Filipino-Americans
Selena Secor	Redesigning Medical Device Packaging, to comply with FDA Regulations: A Case Study
Shilpa Sinha	Effect of Soaking on Phytate, Iron, and Cyanide Content of Almonds
Fatemeh Tabib	A Comparison of the Total Polyphenolic and Anthocyanin Content of Red vs. English Walnuts
Raniayu Tangangoa	Comparison of Raw and Fried Tempeh Prototypes Prepared from Soybeans, Almonds, and a 50/50 Mixture of Soybeans and Almonds

**DIETETIC INTERNSHIPS 2014**

**Internal Dietetic Internship**

Winter 2014

Charu Bhat	Nutrition Therapy Essentials
Jocelyn deLeon	Nutrition Therapy Essentials
Ameneh Denai	Idylwood Care Center
Nani Glass	Alum Rock Joint Unified School District & Regional Medical Center of San Jose
Angela Hays	Nutrition Therapy Essentials
Carly Hoobler	Los Gatos Meadows
Shannon Hughes	Santa Clara Valley Medical Center
Sneha Jain	Milpitas Joint Unified School District & Regional Medical Center of San Jose
Kari Olandese	Idylwood Care Center
Brittney Patterson	Santa Clara Valley Medical Center
Samantha Stough	El Camino Hospital, Mountain View & Livermore Joint Unified School District



**STUDENTS SPARKLE WITH SUCCESS**  
**2014 "STARS"**  
by Melinda Young



**Circle of Friends Scholarships**



Cathy Hageman

Fern Wendt Memorial  
Scholarship  
Cathy Hageman \$2000

Jean Downes Scholarship  
Ashlee Gossard \$2000

Elveda Smith Scholarship  
Raniayu Tanganoa \$2000

Rose Y.L. Tseng Scholarship  
Danelle Willey \$2000

Circle of Friends Scholarship  
Annie Rubin \$2000

Dietetic Internship Scholarship  
Jesus Dimas-Arriaga \$2000

**Molly and Gene Rauen  
Research Assistance Awards**

Francoise Debost \$1000  
Jesus Dimas-Arriaga  
\$2000



Jesus Dimas-Arriaga

**Josephine & Frank Morris Scholarship**



Michelle Tayler

Nicole Choyce \$250  
Jesus Dimas-Arriaga \$250  
Cathy Hageman \$250  
Michelle Tayler \$250



**NuFS & Pkg Department Service Awards**

Jordan Arnold \$50  
Sukhjeet Bhalla \$50  
Tania Cuadra \$50  
Anna Dong (Service  
Award for PHE) \$50  
Morgan Drummond \$50  
Tyler Hirasawa (Service  
Award for PHE) \$50  
Sarah Libanti \$50  
Rebecca Mockabee \$50  
Tiffany Nguyen \$50  
Tracey Nguyen \$50  
Jovanna Ponco \$50  
Vi Tran (Service Award for PHE) \$50  
Danelle Wiley \$50  
Adilene Zuniga \$50



Morgan Drummond

**Outstanding Student Awards**

**Baccalaureate Candidate**

Dietetics/Nutrition  
Gabriel Lisera \$100



Gabriel Lisera



Hiba Tariq

Packaging  
Hiba Tariq \$100



**Masters Candidate**

Micha James \$100



Micha James

## NUTRITION AND FOOD SCIENCE (NU/FS) STUDENT CLUB ACTIVITIES 2013-2014

Over twelve professional meetings were held allowing students to network and gain career development insight from nutrition and food science professionals, including Alice Fagundes, M.S., R.D., CDA Foundation Chair and clinical dietitian.

The Smart Cart, a quick-stop student run food cart that specializes in healthy, whole foods, made its reintroduction during the Spring semester! Proceeds from the Smart Cart assist with Convocation expenses.

NuFS Club officers and members participated in several community events, including volunteer efforts with Veggielution Community Farm, a nonprofit farm dedicated to creating a sustainable food system, community building, and providing access to healthy and local food.

The NuFS Club awarded funding to two students covering registration fees for attendance at the California Dietetic Association Annual Conference held in Pomona, CA.

NuFS Club officers and members volunteered and participated in the Spartapalooza Wellness Festival, an annual event educating the SJSU community across numerous areas including health and fitness and environmental awareness.



*“Dietetic Internships” continued from page 7*

### Summer 2014

Arriaga Dimas	Kaiser Permanente Hospital, San Jose
Francoise DeBost	Milpitas Joint Unified School District
Heather Saltzman	Veteran’s Administration Medical Center, San Francisco
Sheena Paguio	Veteran’s Administration Medical Center, San Francisco
Amy Norish	Nutrition Therapy Essentials
Gloria Contreras-Pena	Choices for Children & The Jewish Home for the Aged
Michelle Taylor	Nutrition Therapy Essentials
Sumedha Mullick	Nutrition Therapy Essentials
Tina Thu Dinh	Idylwood Care Center
Sue Bhalla	Choices for Children & Kaiser Permanente Hospital Santa Clara

### **External Dietetic Internship**

Joshua James Rodriguez	Dominican University, Chicago, IL ( MBA/RD)
Nicole Choyce	University of Oregon Health Sciences (MS/DPD)
Erica Eilenberg	Chartwell-Morrison
Cathy Hageman	San Francisco State University
Kelly Blair Stevens	San Francisco State University
Lareina Samonte	San Francisco State University
Tracey Nguyen	Central Washington University

“Panfilo Belo” continued from page 1

to the wall in CCB 122 that displayed a timeline of all of his advising work with graduate student research projects. He said that his biggest accomplishment while teaching at SJSU was advising and mentoring nearly 40 graduate students in a wide variety of research topics. Dr. Belo said it was the students and faculty that kept him at SJSU for so long.

As a young child growing up in the Philippines, he looked up to his father, who was a chemist in a local sugar factory. Dr. Belo majored in agricultural chemistry at the University of the Philippines and taught general and physical chemistry after graduation. He was invited to pursue a Masters and PhD at Michigan State University after sending a random letter to the department chair whose name he found in a book at the library in the Philippines.

Dr. Belo obtained a PhD in cholesterol metabolism and studied the blood metabolism of fed and fasted chickens. Before joining the NuFS faculty at SJSU, Dr. Belo participated in several research projects. His most memorable project was studying 75 beagles during his post-doctorate work in nutritional science at Michigan State. He also spent time developing products for corporations and created an onion ring recipe for McDonalds, which they never ended up using.

Dr. Belo came to SJSU after responding to a job opening that Dr. McProud had posted at the Institute of Food Technologists (IFT) meeting in St. Louis in the summer of 1980. He intended to stay for 3 years, but enjoyed the academic atmosphere so much that he ended up staying for the rest of his professional career. Dr. Belo

has never moved offices, and used to park right outside of the CCB building until Seventh Street was turned into a pedestrian walkway.

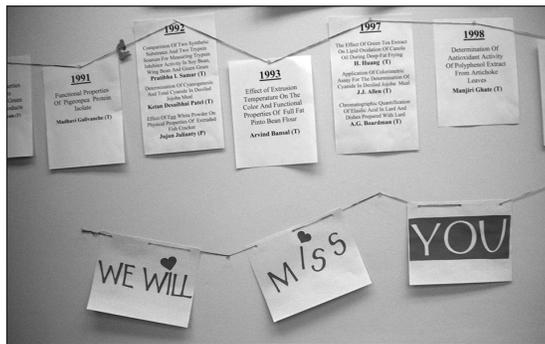
Throughout his time at SJSU, he has been an advisor for a wide range of research topics including: trypsin inhibitor activity, green tea extract effect on lipid oxidation, protein quality of various plants, antioxidant properties of polyphenols, dietary fiber, and protein isolates. He mentioned that his favorite research project was studying the protein quality of winged beans.

Looking back on his time at SJSU, Dr. Belo said his favorite memory from working in the NuFS department was converting the Home Economics lab to a Chemistry lab for Food Science. He said there were 18 large sewing machines that

were removed to make the space suitable for chemistry experiments! Dr. Belo said he is still trying to figure out his plans for retirement. He would like to take up carpentry as a hobby, and has looked into teaching jobs in the Philippines that will allow him to travel. Dr. Belo would also like to explore Australia, Thailand, and Bali.

Dr. Belo’s words of wisdom to incoming students are to complete the prerequisites first before starting the program. For those students who are graduating, he said the most important skill to bring away from the program is to know where to find the answers to questions that come up at work.

We will miss Dr. Belo’s unsurpassed dedication and commitment to his students and the field of food science. The entire NuFS/Pkg department wishes him the BEST in his retirement and future endeavors.



## STUDENT CLUB ACTIVITIES 2013-2014 PACKAGING HIGHLIGHTS

- Twenty-four students traveled to Las Vegas to attend the Annual Packaging Machinery Trade Show. Next year’s show will be held in Chicago, where the Packaging Club will host their own booth.
- Dr. Fritz Yambrach obtained funding for 3 graduate students that covered a full semester’s SJSU tuition.
- The students completed an industry-sponsored project, gaining valuable experience in practical problem solving.
- The Packaging Program was given \$3,000 in scholarship money from the American Forestry Council Paper Packaging group that was awarded during the Spring semester.
- Once again, the Packaging Program hosted 3 graduate Packaging students from the University of Reims, France and are planning a trip to Reims during the 2015 Spring Break.
- The Packaging students raised and donated \$1,000 to the Resiliency Center of Newtown, CT.



## CIRCLE OF FRIENDS THE TRUEST MEASURE

*"I am humbled to be a recipient of your Circle of Friends scholarship. Thank you so much. As a recipient, your generosity gives me the opportunity to stay in school and focus directly on my studies. My goal of graduation is almost within reach. I am truly honored to have been selected." -Annie, 2014*

Students like Annie are the truest measure of our success. However, many more students are hanging on by a thread. The tuition at San Jose State University for 2014-2015 has ballooned to \$7331 for undergraduate students and to \$8589 for graduate students. As these tuition costs continue to soar, the dream of graduation becomes ever more daunting.

Our Circle of Friends scholarships have never been more important. Your caring heart has made a real difference. We have doubled the Circle of Friends scholarships to seven \$2000 awards. However, we must not rest on our laurels, when there is so much more to do.

Your support is crucial to continue helping students like Annie and the many more deserving students to come. Together, we can help them reach their dream of graduation and becoming a nutrition professional.

Please complete the membership form on the back of this newsletter and send with your so appreciated gift.

### A Lasting Honor In Memory of Mary Guidotti, RD, 1940-2014

Friends and fellow RD's Margaret Richardson, Carolyn Valoria, Diane Madgic, Joann Hattner, Pat Kearney, and Pauline Bischoff recently sent their donations to the Circle of Friends Scholarship Fund to honor the memory of Mary Guidotti. Their donations will be used to create a Mary Guidotti 2015 Scholarship Award. Please contact Caroline Haas (Fee) with any questions you may have on creating a memorial or honorary Scholarship Fund.

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

Lacy Amor	Louis Fischl	Derek Lam	Sam Ousey	Linda Sweeney
Julie Anderson	Patricia Fitzgerald	Lee Ann Langan	Tenly Petrino	Raniayu Tangangoa
Lois Atkinson	Doris C. Fredericks	Marrisa Shealy Lebowitz	Melinda D. Poliarco	Michelle Taylor
Darcy Becker	Marjorie Freedman	Kiko Lenio	Peyvand Pourhosseini	Jean Crandall Theisen
Mohammad Beheshtaein	Kathleen Gamez	Chun (Leo) Liu	Sandy Queen	Aimee Thomas
Panfilo S. Belo	Rita K. Garcia	Lela Llorens	Mary (Molly) C. Rauen	Lee Tincher
Dean Biersch	Maria Garcia	Nancy C. Lu	Harold Redsun	Raquel Ting
Dolores Caprara Billman	Christopher Gardner	Audrey Lupo	Karen P. Ross	Rose Tseng
Walter M. Bortz	Gina Giambra	Eileen MacKusick	Erin Roth	Kim Vagt
Lucia Briceno	Barbara H. J. Gordon	Victoria Major	Bobbi Rowe	Gretchen Vannice
Stephanie Brooks	Dan Gordon	Sue Martinek	Najwa Saah	Justina Vega
Elizabeth Brown	Susan Palmer Gutterman	Kasuen Mauldlin	Sahar Saffi	Sarah Viaggi
Kathryn Cefaloni	Mildred Haas	Susan P. McCloud	LaPaula Sakai	Mary Foley Von Ploennies
Barbara Chang	Caroline H. Haas (Fee)	Patricia McDonald	Karen Scarpulla	Ashwini Wagle
Sally Chaves	Jane K. Harmer	Janet McDonald	Patricia Schaaf	Janice Wai
Nicole Choyce	Keirnin Harris	Lucy McProud	Judith Morrison Schallberger	Holly E. Weber
Don Christopher	Doris Allread Hartwig	Jennifer Meltz	Deepa Singamsetti	Kimberly Wen
Ann Coulston	Sarah Hashmi	Joanne Mitani	Monica Slingerland-Moore	Philip R. Wentz
Marian Crockett	Leta Marie Hayden	Marcia Moore	Elveda Smith	James Werle
Narsai M. David	Frances V. Henderson	Judi Morrill	Stephanie Spencer	Ryann Maloney Williams
Margaret A. Davis	Danielle Herrera	Michelle Neyman Morris	Betty Wattles Starr	Martha J. Wilson
Helen DeMarco	Nancy Hikoyeda	Toby McPherson Morris	Laurie Steinberg	Shelly Wingert
Norma Jean Downes	Haiyan Huang	Jean E. Frankenberg Mulreany	David L. Stone	Carol Whiteley Wolf
Julie Dutcher	Nancy Jacobson	Tina Powell Nano	Carol M. Strong (Bogert)	Helen Wood
Alice Waterbury Fagundes	Carolyn Jung	Audrey Nickell	Sharon Meuth Studdert	Diana Wright
John W. Farquhar	Anne Milliken Keller	Interagency Nutrition Council	Kathryn Sucher	Martin Yan
Cade Fields-Gardner	Pamela Goyan Kittler	Dale F. Olds	Julie Suzuki	
Alan Finkelstein	Karen Knoblauch	Mary S. Olive	Alice Morris Swanson	



**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

## 2014-2015 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:  
**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.