

NUTRITION FOOD SCIENCE PACKAGING

SAN JOSÉ STATE
UNIVERSITY

TRI-FOCUS

DEPARTMENT OF NUTRITION, FOOD SCIENCE & PACKAGING

BEST WISHES ALUMNI AND FRIENDS!



What an eventful year we had! At the graduation convocation on May 27 we celebrated 109 graduates (93 Bachelors and 16 Masters degrees).

New Additions on Campus: Our new President Dr. Mary Papazian arrived in July. Previously, she was President of Southern Connecticut State University in New Haven. She grew up in Southern California, and

all of her degrees were earned at UCLA.

Also, we are happy to have a new Dean of our College of Applied Sciences and Arts Dr. Mary Schutten who just finished her first year at SJSU. Previously, she served as Associate Dean at Grand Valley State University in Michigan and completed her Masters degree at Long Beach State University in Kinesiology and Doctoral degree at Indiana University

Additions to our Department: We are excited to welcome three new faculty members for the coming academic year, one in Packaging: Xiaojing (Kate) Liu from Wuhan University of Technology and two in Foodservice Management/Dietetics: Adrienne Widaman from University of California at Davis, and Jamie Kubota, our MS Alum who has been teaching part-time for us.

New Chapters Ahead: This year, I participated in the Faculty Early Retirement Program which requires a maximum of a 50% workload. Since the Department Chairperson position, for which I was elected, is already 50%, I could not officially teach courses. There is one year left of my four year Department Chairperson term, so I will do the same for the coming academic year. The following year 2017-2018 we will have a new Department Chairperson elected; however, I will stay on for my last year teaching supervision courses (field experience, dietetic internship and individual studies courses) so I can help make a smooth transition.

A Sad Farewell: Dr. Elveda Smith passed away on May 28. She will always be remembered for her dedication to the department. Please see the Memorial article on page 4 to learn about her extraordinary contributions.

In closing: We wish to thank everyone who contributed to this Alumni Newsletter including our editor and Circle of Friends Director Caroline Haas, as well as writers Maggie Li, Kirby Sanchez and Monika Riley.

Hope the year ahead is happy, healthy, and productive!

Lucy McProud

FEATURED FACULTY JAMIE KUBOTA, MS, RD

by Monika Riley



Nutrition, Food Science, and Packaging Department welcomes full-time faculty member Professor Jamie Kubota, MS, RD: baker, traveler, teacher, and dietitian.

She states “my biggest passion is getting people excited about whole foods nutrition. Research shows people are spending more and more of their food dollars away from home. I am passionate about getting people—and nutrition students—back in the kitchen and cooking healthy.”

Professor Kubota graduated with a Bachelor’s in Business Administration in Accounting from Texas A&M University at College Station. She always had a love of cooking and baking. After working in bakeries and caterers throughout high school and college, she enrolled in the California Culinary Academy where she graduated with a degree in Baking and Pastry. She worked at La Nouvelle Patisserie on Union Street and at Ernie’s Restaurant. After becoming a Pastry Chef, she booked a flight to Europe where she traveled for six weeks before settling down in Paris where she spent a year working at two boulangeries.

After returning to the states, she worked as a pastry chef in Texas but missed the Bay Area. She moved back and started a cake business. She found herself specializing in what she calls “healthy cooking, sinful baking,” which motivated her to go back to school to study nutri-

Continued on page 2

FACULTY ACCOMPLISHMENTS: JUST A “FEW” HIGHLIGHTS

Publications



Marjorie Freedman

Marjorie Freedman. Canned Vegetable and Fruit Consumption is Associated with Changes in Nutrient Intake and Higher Diet Quality in Children and Adults: NHANES 2001-2010. *Journal of Academy of Nutrition and Dietetics* and Making the Case for a “Pay as You Go” Community Supported Agriculture (CSA) model. *Journal of Hunger & Environmental Nutrition.*

Colette LaSalle. Soy Provides Modest Benefits on Endothelial Function without Affecting Inflammatory Biomarkers in Adults at Cardiometabolic Risk. *Molecular*



Colette LaSalle

Nutrition Research. **Kasuen Mauldin.** Nutrition Chapter in Health of South Asians in the United States: An Evidence-based Guide for Policy and Program Development. *South Asian Public Health Association.* **Giselle Pignotti.** Egg Intake and Dietary Quality among Overweight and Obese Mexican-American Postpartum Women. *Nutrients.* **Ashwini Wagle.** Improving Quality of Life by Enhancing Dining Experience in a Skilled Nursing Facility. *Journal of Foodservice Business Research* and Evaluation and Improvement to the Nutritional Value of Meals and Student Satisfaction with Menu Changes at an Extended Learning Site. *Journal of Foodservice Business Research.* **Fritz Yambrach.** Consumer Perceptions towards Package Designs: A Cross Cultural Study. *Journal of Applied Packaging Research.*



Kaseun Mauldin

Journal of Applied Packaging Research.



Giselle Pignotti

Jamie Kubota continued from page 1

tion. She is an SJSU alumna and completed her MS in Nutritional Science and her dietetic internship at Mills Peninsula Hospital. Her graduate research was titled, “Evaluation of the Effectiveness of a Cooking Skills Development Program on Eating Behaviors and Cooking Skill Knowledge Level of College Students.” In addition to her experience in pastry and nutrition, she has also done food styling for Ghirardelli Chocolate and food and nutrition consulting for recipe developers and magazines.

Some of her research interests include quantifying cooking skill levels among students entering and exiting didactic programs, and the effectiveness of hands-on

Grants



Linda Sweeney

Directors in K-12 schools across the U.S.”

Ashwini Wagle, Lucy McProud, Linda Sweeney. California Professional Nutrition Education Training (Cal Pro Net). \$222,000. “Child Nutrition Personnel and School Food Service



Ashwini Wagle

Professional Awards/Honors

Heidi Kiehl, “Dolores Nyhus Memorial Award” and “Outstanding Dietitian of the Year Award,” California Academy



Fritz Yambrach

of Nutrition and Dietetics and Academy of Nutrition and Dietetics. **Linda Sweeney,** “Distinguished Service Award,” California Academy of Nutrition and Dietetics. **Izzie Brown,** “Outstanding Teaching Award of the Year Nutrition Faculty 2015-2016,” Department of Nutrition, Food Science & Packaging. **Fritz Yambaugh,** “Outstanding Teaching Award of the Year Packaging Faculty 2015-2016,” Department of Nutrition, Food Science & Packaging.

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Other

Karen Knoblauch, Game Design Contest, 3rd place. “Consumption: A Nutrition Board Game.” **Kasuen Mauldin, Irene Chou, and Deepa Singamsetti.** (Summer 2016). Faculty Led Programs to Hong Kong, Taiwan, and Puerto Rico, respectively. These programs offer a variety of nutrition courses and course related international travel.

culinary training and academic nutrition curriculum in terms of diet quality and student’s confidence in counseling others. She is also interested in the effect of menu management and the use of targeted cultural menus on the incidence of malnutrition in skilled nursing facilities.

Professor Kubota offers the following advice to students, “follow your passion—figure out what you love to do and set a path to take you in that direction, but be open to opportunities that come your way. Find a mentor in your chosen field, network, and stay involved—more opportunities are likely to come find you when you stay connected.”

A CELEBRATION OF LIFE ELVEDA SMITH - FEB.18, 1935 - MAY 28, 2016



To truly understand the extraordinary contributions of Elveda Smith, the following remembrances shed some light. *Lucy McProud* writes:

We were very fortunate to have Elveda Smith involved in our department. Dr. Smith served as the Chair of Home Economics from 1966-1968 and continued as a faculty member as the department evolved to Nutrition and Food Science until her retirement in 1992. As the Graduate Coordinator of the Master's program, Elveda's eye for detail was especially appreciated as she kept careful track of each graduate students' progression through their Master's program, nudging them along with timely reminders of important deadlines.



Elveda and Lucy McProud

Jean Downes faculty emeritus, colleague and close friend gives a special perspective on Elveda's 27 years at San Jose State University:



Jean Downes and Elveda

The most cherished relationship to have with Elveda was to know her as a friend. Her varied interests might have surprised some students who only saw her serious side. She was a football fan; a 49er Faithful. She enjoyed attending light opera performances and often listened to books on tape. An invitation for lunch at her favorite fish restaurant was never rejected. To know her away from work was to know that she very much enjoyed having a good time.

Upon her retirement, she established the Elveda Smith Scholarship that provides yearly \$2000 student awards to help students reach their goal of graduation. *Caroline Haas (Fee)* remembers the timing of Elveda Smith's retirement with the inception of the Department's Circle of Friends:

Dr. Elveda Smith - teacher, mentor, and leader - always had the best interest of students in her heart. She was not only a founding member of the Circle of Friends, but she also worked tirelessly in finding alumni who had lost touch with the department. Her great joy was to connect them to the Circle of Friends so that present and future students would benefit with enhanced educational opportunities and scholarships.

Dr. Elveda Smith embodied the excellence and heart of the San Jose State University: Department of Nutrition, Food Science and Packaging. Her commitment to providing every student with a quality education was paramount. Her influence helped create a department culture of excellence among students and faculty that remains to this day. She will be missed by all who knew her and by the many who have been touched by her lasting legacy.



It is with great thankfulness and deepest appreciation to Elveda that we dedicate this newsletter to celebrate her life.

ALUMNI SPOTLIGHT CAROL CASEY, MS, RD

Carol Casey, MS, RD has had an amazing career path! Her first job and passion was working with animals for the San Francisco Zoo as a Licensed Veterinary Technician in their Veterinary Hospital. She then went back to San José State University to earn her master's degree in Nutritional Science. After working for several years as a Registered Dietitian, she was asked to return



to the zoo, as she was fondly remembered and revered for her lifelong commitment to animal wellness. In fact, a new position was created for her. In her new role, as Zoo Nutritionist, Carol works with the Veterinary, Animal Care and Wellness Departments to provide nutritional direction for the diverse animal collection and ensures healthy and appropriate dietary recommendations. Carol has forged a unique career incorporating her love of animals, nutrition, and did we mention, she is an expert at hand rearing giraffes!

“STELLAR RESEARCH ACCOMPLISHMENTS” MASTER OF SCIENCE GRADUATES FALL 2015/SPRING 2016

Vaishnavi Balasubramanian	Thermal Analysis of Refrigerant Gel Packs at Room and Controlled Atmosphere
Yan Yin (Janette) Cen	Motivations Regarding Fruit and Vegetable Consumption Do Not Translate to Increased Intake Among International Students Attending a Large Urban University in Northern California
Lisa Chaudoin	The Relationship Between Energy Availability and Bone Mineral Density in Recreational Endurance-Trained Cyclists: A Pilot Study
Angela Dyck	The Effects of Budget-Friendly Cooking Classes on Students' Beliefs, Attitudes, Self-Efficacy, and Behavior Regarding Healthy Eating
Maria Koerner	Impact of Acculturation in United States in Dietary and Physical Habits of South Asian Women
Hema Kundargi	The Effect of Cultural Variation of Spices and Herbs on Improving Meal Pleasure and Increasing Food Intake in Nursing Home Residents
Manu Misra	Development and Evaluation of Computer-Based Application for a Nutrition Education Tool for South Asians with Renal Disease
Carolyn Nealis	The Recovery Experience of Celiac Patients Following a Gluten-Free Diet
Brittney Patterson	Simulation within Dietetics Education: How Efforts Have Changed Educators' Needs and Familiarity
Rachel Ann Sepulveda	Prevalence and Predictors of Gluten and Lactose Sensitivity in Inflammatory Bowel Disease
Kristen Siu:	Evaluation of a University Campus Retail Dining Food Redistribution Problem with Local Food Charities
Melissa Strathman	Health and Diabetes Survey to Determine the Feasibility of a Simulation-Based Research Study in Type 2 Diabetes
Natsuko Tsuji	Effect of Multicultural Cooking Classes on Cultural Competency of University Students
Jason Wong	A Pilot Study to Evaluate the Effectiveness of a Supplemental Tutorial on Student Knowledge of Basic Genetics and Nutritional Genomic Concepts
Cassidy Willingham	Post-Activity Nutrition for Youth in Recreational Sports
Yi Zhang	Turbidity Tolerance in Produce Wash Water

DIETETIC INTERNSHIPS 2016

Internal Dietetic Internships

January 2016

Christine Brownell: Santa Clara Valley Medical Center

Wan Cahyadi: Santa Clara Valley Medical Center

Janette Cen: Idylwood

Angie Dyck: Mills Peninsula

Yasaman Khadivi: Kaiser San Jose

Patty Lopez: Alum Rock School District

Garrett Meo: Nutrition Therapy Essentials

Manu Misra: Idylwood

Carolyn Nealis: Mills Peninsula

Michelle Pilant: Nutrition Therapy Essentials

Becky Ringer: VA-San Francisco

Rachel Sepulveda: Stanford Hospital

Natsuko Tsui: Santa Clara School District

Kristen Ueberschaer: Nutrition Therapy Essentials

Cassidy Willingham: Stanford University Dining Service

Jason Wong: Los Gatos Meadows

Katie Woten-Adams: Nutrition Therapy Essentials

Laura Wullschlegel : Stanford Hospital

Barbora Zlatuskova: Nutrition Therapy Essentials



Becky Ringer

June 2016

Tugba Bayrak: Dignity Hospital Redwood City

Kathy Deng: VA San Francisco

Ashley Hoover; Santa Clara Valley Medical Center

Ivonne Hull: Nutrition Therapy Essentials

Tram Huynh: Mills Peninsula

Venus Kalami: Stanford Hospital

Maria Koerner: Nutrition Therapy Essentials

Kristi Matthews: Nutrition Therapy Essentials

Christina Patrone: Santa Clara Valley Medical Center

Kristin Siu: Nutrition Therapy Essentials

External Dietetic Internships

Amanda Aufdermauer: Boston

University MS/DI Program

Aaron Noe: Golden Gate Dietetic Internship

Grace Palm: Sea Mar Community Health Center, Seattle

Tommy Ronquillo: VA Los Angeles



Amanda Aufdermauer

NUTRITION STUDENT CLUB ACTIVITIES

President Fernanda Garcia and her leadership team led the Student Club with great energy and productivity! There were many opportunities for student members to network with peers and professionals. Locally, students were able to attend the San Jose Peninsula Dietetic District annual "Trends in Nutrition" conference held at Mission College. On the state level, the club provided scholarships for students to attend the California Academy of Nutrition and Dietetics (CAND) Annual Conference held in Riverside on April 21-23.

Nutrition legislation was also highlighted. Students were able to participate in a Public Policy Workshop in Sacramento. The club provided scholarships to cover the costs of those who attended. Attendees were then able to share their experiences with others club members.

Community outreach was a priority. A fund raising event "Empty Bowls" was organized and held on April 4 in the new SJSU Student Union Ballroom. The proceeds from this event went to Martha's Kitchen, an organization that provides food and services to those in our community that deal with food insecurity and hunger.

PACKAGING PROGRAM STUDENT HIGHLIGHTS

Dr. Fritz Yambrach Packaging Program Coordinator led his students in another terrific year!

Suitcases were packed, seatbelts were fastened, and off they went.

Twenty-eight Packaging students travelled to Las Vegas for the PMMI Pack Expo, a national packaging show. Also, an international experience was on the agenda. Dr. Yambrach organized a trip to ESI Reims, France. While there, French Packaging students hosted SJSU Packaging students for the week, while Professor Yambrach lectured every day on Medical Device Packaging.

Closer to home, the Packaging students enjoyed field trips to the Tesla Plant in Fremont and Perishable Foods Council Plants. To round out the year, the students also hosted guest speakers from the Packaging industry, including Colleen Murray from Foster Farms.



**STUDENTS SPARKLE WITH SUCCESS
2016 "STARS"**



Circle of Friends Scholarships

Circle of Friends Scholarship
Rachel J. Carey - \$2000

Dietetic Internship Scholarship
Kristen Ueberschaer - \$2000

Jean Downes Scholarship
Hilary Anderson - \$2000

Elveda Smith Memorial Scholarship
Roberta Ritter Spier - \$2000

Rose Tseng Scholarship
Luz Isela Aceves Gonzalez - \$2000

James P. Burke Memorial Scholarship
Tommy Ronquillo - \$1000

Fern Wendt Memorial Scholarship
Meng Yan (Maggie) Li - \$2000

Molly and Gene Rauen Research Assistance Awards

Brittney Patterson - \$1000
Hemlata Kundargi - \$800
Meng Yan (Maggie) Li - \$1000
Caroline Wiswell - \$900

Josephine and Frank Morris Awards

Amanda Aufdermauer - \$250
Aaron Noe - \$250



Rachel Carey



Luz Gonzalez



Brittney Patterson

Bertha Kalm Scholarship Award

Luz Isela Aceves Gonzales - \$4500

Nu/FS & Pkg Department Service Awards

Rachel Carey - \$50
Anthony Co - \$50
Chia-Yu (Nancy) Liu - \$50
Andrew Vasquez - \$50
Anne-Hortense Carrot - \$50
Amanda Duong - \$50
Dennis Garcia - \$50
Alexea Kouris - \$50
Kevin Oshiro - \$50
Kenneth Savage - \$50
Kathleen Briones - \$50
Fernanda Garcia - \$50
Navdeep Sheena - \$50
Maria Koerner - \$50



Tommy Ronquillo



Venus Kalami

Outstanding Student Awards Baccalaureate Candidates

Setareh Venus Kalami for Nutrition - \$100
Tommy Ronquillo for Nutrition - \$100
Timothy Go for Food Science & Technology - \$100
Sachiyo Abe for Packaging - \$100

Masters Candidate

Carolyn Nealis for Nutrition - \$100



Nutrition Club Officers
Irabely Acevedo, Rachel Carey, Navdeep Sheena, Fernanda Garcia

CIRCLE OF FRIENDS JUST IMAGINE

Just imagine: If everyone cared as much as you.
Excerpts from two of our Circle of Friends Scholarship Award recipients
capture our impact.

Kristi writes, “I am very happy and appreciative to have been the lucky recipient of a Circle of Friends scholarship. The support and guidance I’ve been given through my journey at SJSU has strengthened my spirit. The Nutrition Department has inspired me to move forward. Thanks to you, in the near future I will finally achieve my goal, which is to keep people in my community healthy with my work as a dietitian.”

Venus, last year’s Circle of Friends Scholarship recipient, shares some thoughts the weeks before her graduation in May, ‘Here comes the final stretch – the papers, the exams, and the stress, but also comes the time to look around, take in our surrounding, and appreciate the opportunity we’ve had to grow and be challenged. Perhaps, now is the time to show your appreciation to those who have helped you along the way. Recognize the contributions these people have made. What a privilege it has been to be a NU/FS Spartan. I have been overwhelmed by an unparalleled education and kindness from my peers and professors that I will bottle and warmly revisit throughout my lifetime.”

As you can see, these and so many more of our talented and deserving students are passionate about their education and desire to help others in their future careers in nutrition. With our help, they can realize their dreams. What an amazing opportunity we have to make a lifetime of difference.

Please join us by sending the enclosed membership form on the back of this newsletter with your so appreciated gift.

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

Marian Crockett	Alan Finkelstein	Marrisa Shealy Lebowitz	Suzanne Ousey	Sharon Meuth Studdert
Lacy Amor	Doris C. Fredericks	Gabriel Lisera	Donna Philips	Kathryn Sucher
Julie Anderson	Marjorie Freedman	Lela Llorens	Melinda D. Poliarco	Julie Suzuki
Lois Atkinson	Kathleen Gamez	Nancy C. Lu	Kimberly Potter	Alice Morris Swanson
Darcy Becker	Rita K. Garcia	Audrey Lupo	Peyvand Pourhosseini	Linda Sweeney
Panfilo S. Belo	Christopher Gardner	Diane Madgic	Sandy Queen	Raniayu Tangangoa
Dean Biersch	Gina Giambra	Victoria Major	Mary (Molly) C. Rauen	Michelle Taylor
Dolores Billman	Barbara H. J. Gordon	Sue Martinek	Harold Redsun	Nancy Theisen Bennett
Pauline Bischoff	Dan Gordon	Kasuen Mauldin	Amy Reisenberg	(daughter of Jean Theisen)
Walter M. Bortz	Mildred Haas	Susan P. McCloud	Claire Reyes	Aimee Thomas
Brianda Brashear	Caroline H. Haas (Fee)	Patricia McDonald	Margaret Richardson	Raquel Ting
Lucia Briceno	Jane K. Harmer	Janet McDonald	Karen P. Ross	Rose Tseng
Stephanie Brooks	Keirnin Harris	Lucy McProud	Najwa Saah	Kim Vagt
Elizabeth Brown	Doris Allread Hartwig	Jennifer Meltz	LaPaula Sakai	Carolyn Valoria
Barbara Chang	Sarah Hashmi	Joanne Mitani	Karen Scarpulla	Gretchen Vannice
Sally Chaves	Jo Ann Hattner	Marcia Moore	Patricia Schaaf	Justina Vega
Nicole Choyce	Leta Marie Hayden	Judi Morrill	Judith Morrison Schallberger	Sarah Viaggi
Don Christopher	Frances V. Henderson	Michelle Morris	Mr.and Mrs. Blaine Shull	Janice Wai
Ann Coulston	Nancy Hikoyeda	Toby McPherson Morris	Deepa Singamsetti	Holly E. Weber
Narsai M. David	Haiyan Huang	Sumedna Mullick	Monica Slingerland-Moore	Philip R. Wente
Margaret A. Davis	Nancy Jacobson	Jean E. Frankenberg	Phyllis Simpkins Endowment	James Werle
Helen DeMarco	Carolyn Jung	Mulreany	Elveda Smith Endowment	Ryann Maloney Williams
Norma Jean Downes	Patricia Kearney	Tina Powell Nano	Stephanie Spencer	Martha J. Wilson
Alice Fagundes	Anne Milliken Keller	Interagency Nutrition	Betty Wattles Starr	Carol Whiteley Wolf
Lauffer Family Trust	Pamela Goyan Kittler	Council	Laurie Steinberg	Diana Wright
John W. Farquhar	Karen Knoblauch	Dale F. Olds	David L. Stone	Martin Yan
Cade Fields-Gardner	Lee Ann Langan	Mary S. Olive	Carol M. Strong (Bogert)	Stephanie Ziemann

San José State University Department of Nutrition, Food Science and Packaging

SAN JOSÉ STATE UNIVERSITY **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

2016-2017 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:
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.