

NUTRITION FOOD SCIENCE PACKAGING

SAN JOSÉ STATE
UNIVERSITY

TRI-FOCUS

DEPARTMENT OF NUTRITION, FOOD SCIENCE & PACKAGING

HELLO ALUMNI AND FRIENDS!



Lots of excitement this year! Our new University President Dr. Mary Papazian was honored at her official inauguration ceremony on May 4th after a week of celebratory events.

Closer to home, our Department has lots of news. We are happy to welcome a new faculty member

for the coming academic year: Dr. John Gieng earned his doctorate at Pennsylvania State University and his Bachelor's degree at University of California, Berkeley, both in Nutrition. Currently, he works for the University of California Cooperative Extension and teaches nutrition part-time at California State University East Bay and Santa Clara University. Dr. Gieng will teach research methodology courses for us at the undergraduate and graduate levels.

Dr. Clarie Hollenbeck who formerly taught these courses will be participating in the Faculty Early Retirement Program (FERP) beginning Fall semester 2017. However, Dr. Hollenbeck will continue to teach Nutrition and Metabolism and the Advanced Nutrition courses on a part-time basis next year.

After 32 years, my term as Department Chairperson has ended! Next year, I will participate in the Faculty Early Retirement Program (FERP) teaching supervision courses (field experience, dietetics internship and individual studies courses) part-time. In addition, I look forward to helping ensure a smooth transition, as Dr. Ashwini Wagle has been elected as our new Chairperson.

Dr. Wagle has hit the ground running! She has a wealth of experience working in the field of Nutrition and Dietetics, as well as numerous years of teaching. She also has served as the Director of the Didactic Program in Dietetics (DPD) and has led the program accreditation process.

Dr. Wagle earned her doctorate degree in the area of Educational Leadership and completed a University Leadership Group Experience throughout 2015-16. The Department will be in excellent hands under her leadership!

We wish to thank everyone who contributed to this Alumni Newsletter including our Editor and Circle of Friends Director Caroline Haas (Fee), as well as writers Kirby Sanchez, Travis Swiatlo and Fiona Young.

Best Wishes for a happy and healthy year ahead!

Lucy McProud

FEATURED FACULTY DR. ADRIANNE WIDAMAN

by Monika Riley



The Nutrition, Food Science and Packaging Department welcomes Assistant Professor Dr. Adrienne Widaman. With experience as a clinical dietitian and manager and a passion for food service management, she brings a wealth of knowledge and experience to the department.

Dr. Widaman graduated with a Bachelor's degree at UC Davis in Clinical Nutrition and completed her dietetic internship with Bastyr University in Hawaii. As a dietitian, she worked in adult intensive care, skilled nursing, and outpatient cancer care, among others. She also completed her Ph.D. at UC Davis in Nutritional Biology.

Dr. Widaman encourages students to pay special attention to food service—especially quantity food production and management skills—as they are integral to dietetics practice.

“You can't be successful clinically unless you are really involved in food service because you are always trying to get people to eat,” she said. She encourages students and dietitians to be familiar with their food service operation and staff in order to be more effective, clinically. She stresses that management skills are just as important as clinical skills.

FACULTY ACCOMPLISHMENTS: JUST A “FEW” HIGHLIGHTS

Publications

Giselle Pignotti - Pignotti GA, Hook G, Ghan E, Vega-López S. (2016) “Effects of Nopales (*Opuntia* spp) on Lipoprotein Profile and Oxidative Stress among Moderately Hypercholesterolemic Adults: A Pilot Study.” *Journal of Functional Foods*, 27: 115-21.



Giselle Pignotti

Fritz Yambrach - “Packaging Technology Applied to Water Issues” and “Cottage Food Laws Open Market for Small Volume Packaging”



Ashwini Wagle

Ashwini Wagle - Charu Jain Bhat, MS; Ashwini Wagle, MS, RD; Lucy McProud, PhD, RD. “Culture Change: Improving Quality of Life by Enhancing Dining Experience in a Skilled Nursing Facility.” *Journal of Food-service Business Research* 19:3, 2016.

Adrienne Widaman, Keim NL, Burnett DJ, Miller B, Witbracht MG, Widaman KF, Laugero KD. “A Potential Tool for Researchers: Evaluating a Computer-Led Dietary Assessment Tool in Overweight and Obese Women during Weight Loss.” *Nutrients*. March 2017; 9(3), 218; doi:[10.3390/nu9030218](https://doi.org/10.3390/nu9030218)

Adrienne Widaman, Witbracht M, Forester S, Laugero K, Keim NL. “Chronic Stress is Associated with Indicators of Diet Quality in Habitual Breakfast Skippers.” *Journal of Nutrition and Dietetics*. November 2016; 116(11). 1776-1784.

Kasuen Mauldin, Diwan, S., and Jonnalagadda, S. S. (2017). Chapter 5: “Nutrition.” In Memoona, H., Parikh, P., and Nagaraj, N.C. (Eds.) *Health of South Asians in the United States: An Evidence-based Guide for Policy and Program Development*. South Asian Public Health Association (SAPHA), CRC Press.



Adrienne Widaman

Grants

Kasuen Mauldin - \$1,500. TEAM (Teaching with Engaging and Affordable Materials) Grant Program Curricular Grant Participant; funded by AB 798, College Textbook Affordability Act *Affordable Learning Solutions – Research and Adopt Free Open Educational Resources for Use in NUFS 8*.



Kasuen Mauldin



Linda Sweeney **Ashwini Wagle, Lucy McProud, & Linda Sweeney** – \$185,000. California Professional Nutrition Education Training (Cal Pro Net) from the California State Dept. of Education Training Workshops for Child Nutrition Personnel and School Foodservice Directors.

Adrienne Widaman, San Jose State University (SJSU) Undergraduate Research Grant awarded Spring 2017 for academic year 2017-18. Undergraduate Student - Xavier Robledo

Fritz Yambrach - \$419,000. California/USDA Specialty Crop Grant to Construct Nutrient Rich Nut and Fruit Product. (Under review at Federal level), Accepted by CA Agricultural Department.



Fritz Yambrach

Honors/Awards

Kasuen Mauldin - Golden Gull Award (for San José State University CHEW classes) Pacific Coast College Health Association.

Lucy McProud – Lifetime Service Award, College of Applied Sciences and Arts (CASA), SJSU. **Outstanding Professor Award 2016-2017**, Student Nutrition Club. SJSU.

Ashwini Wagle - Excellence in Education Award, California Academy of Dietetics and Nutrition (CAND), 2016-2017.

Fritz Yambrach - Diamond Award: DuPont International Package Innovation Design. “Fritz Water Vest” a Design to Easily and Safely Carry up to 20 Pounds of Water.

Dr. Adrienne Widaman continued from page 1

Reflecting her passion for the integration of dietetics and food service, she currently teaches NUFS 113 (Food Systems Management and Procurement) and NUFS 20 (Sanitation and Environmental Issues).

Her research “Chronic Stress is Associated with Indicators of Diet Quality in Habitual Breakfast Skippers” was recently published in the *Journal of the Academy of Nutrition and Dietetics*. This observational study reflects her interests in meal patterns, dietary intake, and how these change over the course of a day.

In addition to studying eating habits, Dr. Widaman is particularly interested in dietary assessment methods. She is in the process of developing a Controlled Feeding Laboratory at the university. “If you are looking at nutrition

as an outcome, you have to measure it right,” she said.

The feeding laboratory will provide a controlled environment to monitor the intake of research participants, a more objective methodology compared with other assessment measures such as 24-hour recalls or food logs. She is also trained in Nutrition Data System for Research (NDSR), a system used for analyzing 24-hour dietary recalls, food records, and recipes. She encourages students who are interested in learning to perform 24-hour recalls or interested in the Controlled Feeding Laboratory to reach out to her for potential NUFS 180 individual study credit or research opportunities.

Welcome, Dr. Widaman!

DR. LUCY MCPROUD COLLEGE OF APPLIED SCIENCES AND ARTS (CASA) LIFETIME SERVICE AWARD

A “Lifetime of Service” is a perfect descriptor for Dr. Lucy McProud.

Turning back the clock, in 1984 Lucy McProud was appointed Interim Chair of the Department of Nutrition and Food Science. In 1985, she was elected permanent Chair by her department faculty. Per University policy, every four years since then, another department election is held, and every year until 2016 Lucy McProud has been re-elected. In Fall 2016, she announced her plans to step down as Chair at the end of her term in May 2017. This coming academic year she plans to continue teaching at 50% in order to provide a smooth transition and support to the new Department Chair Dr. Ashwini Wagle. Lucy plans to officially retire in May 2018.

Doing the math, Lucy McProud has continuously led the Department of Nutrition and Food Science (now named Department of Nutrition, Food Science and Packaging) for 32 years! Given the demands of the job, this, in itself, is an extraordinary example of service, not only to the Department but also to CASA and the University.

Dr. Lucy McProud will be celebrating her 35 years of service to SJSU in 2018. For over a quarter of a century, her dedication and contributions to the Department, CASA, the University, and her profession serve as a legacy of her “Lifetime of Service and Excellence.”

DR. LUCY MCPROUD’S “STEPPING DOWN” CELEBRATION!



Lucy and husband Bob

After officiating for the last time as Chair of the Department of Nutrition, Food Science and Packaging at the May 26 Graduation Convocation, a “Stepping Down” celebration was in order. Faculty, staff, family, and friends gathered to honor Lucy and thank her for 32 years at the helm. After a wonderful buffet luncheon and amazing cake (all lovingly prepared by faculty member Jamie Kubota), a special and most fitting gift was given: Two bright blue personalized stadium chairs were presented to Lucy and her husband Bob, both devoted SJSU Spartan Football fans!

PASSING THE CHAIR!



Dr. Lucy McProud officially passed on the position of Chair of the Department of Nutrition, Food Science and Packaging to Dr. Ashwini Wagle on June 1, 2017. Dr. Wagle was elected to serve as the new Department Chair by an overwhelming support of the faculty. We thank Dr. McProud for her 32 years of excellent leadership and look forward to the outstanding future leadership of Dr. Wagle.



Lucy and Ashwini

FACULTY LED PROGRAMS

SJSU'S first faculty led tours (FLP'S) launched in summer 2016. Our department offered three! These tours provided students with 3-6 units of academic credit in general education courses focused on food and culture, multicultural health, food science, and global food issues.



Hong Kong

In addition, the tours provided students with “a once in a lifetime overseas experience.”

Dr. Kasuen Mauldin's students explored the vibrant scene of Hong Kong. Highlights included seeing the effects of food behavior on culture, health, and economics. Students experienced food tasting, walking tours, learning about Traditional Chinese Medicine, and interaction with Hong Kong students majoring in health related fields. Dr. Mauldin noted “This was a life changing experience, one that has given students multicultural perspectives and life-long friendships.”

Puerto Rico was the destination of Professor Singamsetti's tour. Students were given an amazing insider look. They learned about sustainable food ecosystems, visiting a rain forest, an organic coffee plantation, and a local food

bank. In addition, students enjoyed many local cultural activities. “The Puerto Rico Program was a huge success with students returning saying that they had an experience of a lifetime, something they will never forget, and it helped them to accelerate their graduation date,” exclaimed Professor Singamsetti.



Puerto Rico

And lastly, Dr. Irene Chou (with her colleague from the Occupational Therapy Department Dr. Megan Chang) adventured to Taiwan. As with the other FLP's, their tour provided students with academic classes. It also provided firsthand experiences in food production, food process-



Taiwan

ing, and issues of food safety. Accordingly, students visited the World Vegetable Center, Sun-Moon Lake Tea Production and Processing Plant, and food production lines in Standard Foods Corporation and Jianan Hospital.

Due to their overwhelming success, these FLPs' are being repeated for summer 2017. As an exciting addition, Professor Singamsetti is adding a new Winter Break 2018 FLP to India.

“STELLAR RESEARCH ACCOMPLISHMENTS” MASTER OF SCIENCE GRADUATES FALL 2016/SPRING 2017

| | |
|----------------------------------|---|
| Donald Babadalir | Thickness and Porosity Differences in Old and New TYVEK 1073B |
| Vaishnavi Balasubramanian | The Effect of Headspace on Temperature Maintenance in Biotech Packaging |
| Hilary Cole | How Does Diet Relate to Memory in Older Adults? |
| Helen Jerome | A Case Study Evaluation of Alternative Packaging Suggestions to Re-Design Current Packaging Methods for Printed Circuit Boards |
| Maggie Li | Association of Body Mass Index, Body Composition, Body Fat Distribution, and Disease Risks in Filipino and Caucasian Americans |
| Madeline Moritsch | The Market Match Incentive Program Reduces the Cost of Satisfying Fruit and Vegetable Recommendations at Farmers' Markets in Santa Clara County |
| Sarah Schmitt | How Much Does It Cost a College Student to Meet USDA Fruit and Vegetable Recommendation? |
| Caroline Wiswell | Produce Costs More at Farmers' Markets as Compared to Local Supermarkets in Central Santa Clara County |

DIETETIC INTERNSHIPS 2017

Internal Dietetic Internships

January 2017

Judy McCarthy: Nutrition Therapy Essentials

Hilary Anderson: VA-San Francisco

Samantha Younes: San Jose Regional
Medical Center

James Almerood: Saratoga Retirement
Community

Maggie Li: Kaiser- Santa Clara

Monika Riley: Santa Clara Valley
Medical Center

Caroline Wiswell: Santa Clara Valley
Medical Center

Kevin Rogers: San Jose Regional Medical Center

Julie Sanders: Saratoga Retirement Community

Daihao Yan: Sequioa Hospital

Roberta R. Spier: Mills Peninsula Hospital

Silva Bou Mjahed: Stanford Medical Center

Rachel Carey: Livermore School District

Fredalyne Benitez: Nutrition Therapy Essentials

Melanie Turkowski: Nutrition Therapy Essentials

Hema Kundargi: Nutrition Therapy Essentials



Hilary Anderson

Melinda Vo: Nutrition Therapy
Essentials

Diana Ngo: Nutrition Therapy
Essentials

June 2017

Luz Aceves: Nutrition Therapy
Essentials

Emily Hetzel: Santa Clara Valley
Medical Center

Ruby Canchola: Santa Clara Valley Medical Center

Minerva Valencia: Nutrition Therapy Essentials

Jordan Arnold: Nutrition Therapy Essentials

Laureen Geraci: Mills Peninsula Hospital

Ashton Easterday: Saratoga Retirement Community

Tisha Bartolome: Nutrition Therapy Essentials



Rachel Carey

External Dietetic Internships

Erika Halstead: Meredith College, NC

Sarah Schmitt: UC Davis Medical Center

Madeline Moritsch: Golden Gate Internship

Maria Anel: Case-Western University (MS/DI)

NUTRITION STUDENT CLUB ACTIVITIES

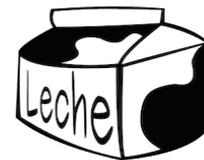
This year, the Student Club provided many opportunities for students to get involved.

A welcome reception in the Fall was organized for new students to meet the faculty and enjoy meeting other classmates. Professional meetings were held in both Fall and Spring semesters. The guest speakers included Karen Candito, Santa Clara County Jails Food Services Director, and Cassie Baremore MS, RD our very own SJSU Campus Dietitian. One of the most outstanding opportunities was an Internship Preceptor Reception was hosted by the Club. At this event the dietetic students were able to meet preceptors and learn more about the various dietetic internships to which they may apply.



Professor Fritz Yambrach, PhD
Coordinator, Packaging Program

SAN JOSÉ STATE UNIVERSITY PACKAGING PROGRAM RANKED 2ND AMONG BEST PACKAGING PROGRAMS IN THE US



San José State University (SJSU) Department of Nutrition, Food Science and Packaging (NUFSP) Packaging Program was ranked 2nd in the top 20 best value packaging programs of 2017 in the United States, according to Value Colleges <http://www.valuecolleges.com/>

SJSU offers an unusual interdisciplinary program focused on food packaging: the BS in Nutritional Science with a concentration in Packaging. This exceptional major brings together not only nutrition and food science, but design, processing, materials, and all of the many demands that come into creating, packing, and shipping food. Such an intensive and thorough program in this area is rare, and SJSU's affordable tuition, both for California residents and non-residents, has given it a solid reputation as a value

Dr. Ashwini Wagle, Department Chair of NUFSP, was excited to hear the news and said we are eager to become the best packaging program in the country. "We will strive for the number one spot!"



**STUDENTS SPARKLE WITH SUCCESS
2017 "STARS"**



Circle of Friends Scholarships

Circle of Friends Scholarship
Mary Hall - \$2000

Dietetic Internship Scholarship
Ashton Easterday - \$2000

Jean Downes Scholarship
Jessica Cuevas - \$2000

Elveda Smith Scholarship
Grace Kim - \$2000

Rose Tseng Scholarship
Matt Sciamanna - \$2000

James P. Burke Memorial Scholarship
Kyle Goody - \$1000

Fern Wendt Memorial Scholarship
Hannah Peabody - \$2000

**Molly and Gene Rauen Research
Assistance Awards**

Luz Aceves Gonzalez - \$1000
Hilary Cole - \$677
Ashton Easterday - \$1000
Mary Hall - \$1000

Josephine and Frank Morris Awards

Luz Aceves Gonzalez - \$250
Ashton Easterday - \$250

Graduate Equity Fellowship

Luz Isela Aceves Gonzales - \$3000



Luz Isela Aceves Gonzales



Matt Sciamanna

Nu/FS & Pkg Department Service Awards

Hilary Cole- \$50
Erika Halstead- \$50
Jun Kwon- \$50
Maggie Li- \$50
Andrea Nuyda- \$50
Ameill Paz- \$50
Roslyn Phan- \$50
Yosef Shuja- \$50
Mary Smith- \$50
JoAnn Yang- \$50



Maggie Li

**Outstanding Student Awards
Baccalaureate Candidates**

Matt Sciamanna – for Nutrition -\$100
Laura Caroline Elizabeth Lawson
for Packaging - \$100

Masters Candidate

Sarah Schmitt for Nutrition - \$100

**California Academy Nutrition and Dietetics
Howe Award**

Holly Michelson

**California Academy Nutrition and Dietetics
Foundation Award Dolores Nyhus Graduate
Fellowship**

and

**James Beard 53K Scholarship for Graduate
Studies, MS Program in Nutrition Science and
Food Policy at TUFTS University**

Setareh "Venus" Kalami



Sofia Niva, Elisa Njoo and Andrea Nuyda

CIRCLE OF FRIENDS BECAUSE OF YOU

Because of YOU.....

Circle of Friends Scholarships help change lives.

Snippets from three of our Circle of Friends Scholarship Award recipients say it Best!

Luz writes: "As a first generation graduate student, I have faced many financial barriers. I am currently employed outside school with a \$12.50 per hour salary for an average of 24 hours a week.

Consequently, I have to save more than half of my salary for my educational needs. This scholarship will help me pay my tuition bill for the upcoming semester and reach my dream of improving the quality of life for my Latino community by becoming a bicultural and bilingual Registered Dietitian."

Mary explains: "This scholarship will help me focus on completing my master's research project on molded purees for people with dysphagia {difficulty in swallowing} diets. In addition to the financial aspect of this scholarship, it makes me feel as though I have the professional and emotional support of the department and has given me a sense of being buoyed up by those who have come before me."

Hilary shares some thoughts: "As a student I am under constant financial hardship. Living off the wages I make has been tight and stressful. I have been pushing on through this process and trying the best I can, all with the hopes of a future that will benefit both me and other people. While I am very motivated, it is sometimes hard. When I received word that I was selected for this \$2000 scholarship, it brought tears to my eyes, both from the relief of having the help, as well as being truly touched for the recognition of my hard work. I will not forget your contribution to my education, and I am looking forward to the time when I can be supportive of future professionals in our field."

What an amazing opportunity we have to make a lifetime of difference.

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

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

| | | | | |
|--------------------------|------------------------|------------------------------|----------------------------|------------------------|
| Lois Atkinson | Kathleen Gamez | Marrisa Shealy Lebowitz | Sandy Queen | Sharon Meuth Studdert |
| Amanda Aufdermauer | Rita K. Garcia | Gabriel Lisera | Molly and Gene Rauen | Kathryn Sucher |
| Darcy Becker | Christopher Gardner | Lela Llorens | Endowment | Julie Suzuki |
| Dean Biersch | Gina Giambra | Nancy C. Lu | Harold Redsun | Alice Morris Swanson |
| Dolores Caprara Billman | Barbara H. J. Gordon | Diane Madgic | Amy Reisenberg | Linda Sweeney |
| Pauline Bischoff | Dan Gordon | Victoria Major | Claire Reyes | Raniayu Tangangoa |
| Walter M. Bortz | Mildred Haas | Susan P. McCloud | Margaret Richardson | Michelle Taylor |
| Brianda Brashear | Caroline H. Haas (Fee) | Patricia McDonald | Kevin Rodgers | Nancy Theisen Bennett |
| Stephanie Brooks | Jane K. Harmer | Janet McDonald | Karen P. Ross | Raquel Ting |
| Elizabeth Brown | Doris Allread Hartwig | Lucy McProud | Najwa Saah | Rose Tseng |
| Barbara Chang | Sarah Hashmi | Jennifer Meltz | LaPaula Sakai | Kim Vagt |
| Sally Chaves | Jo Ann Hattner | Joanne Mitani | Karen Scarpulla | Carolyn Valoria |
| Nicole Choyce | Leta Marie Hayden | Marcia Moore | Patricia Schaaf | Gretchen Vannice |
| Don Christopher | Frances V. Henderson | Judi Morrill | Navdeep Sheena | Justina Vega |
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| Alan Finkelstein | Jamie Kubota | Kimberly Potter | David L. Stone | Martin Yan |
| Doris C. Fredericks | Lee Ann Langan | Peyvand Pourhosseini | 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

2017-2018 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.