NUTRITION FOOD SCIENCE PACKAGING



TRI-FOCUS

SAN JOSÉ STATE
UNIVERSITY

DEPARTMENT OF NUTRITION, FOOD SCIENCE & PACKAGING

HELLO ALUMNI AND FRIENDS!



Another exciting year for us! The graduation convocation on May 22nd took place in the new Student Union, and we had the best turnout ever with over 900 in attendance. Faculty, friends and family are all so very proud of our graduating students.

Our Department is stronger than ever. We are happy to have Dr. Giselle Pignotti on board this year. She comes with a wealth of talents as you can read about in the article below. On another note, saying good bye is never easy. After nearly 30 years of service, Dr. David Stone retired in the Fall. He taught Introduction to Human Nutrition for non-majors and Computer Applications courses. We definitely miss Dr. Stone's witty humor and computer expertise.

The Campus continues to buzz with construction projects. The new Student Wellness Center was completed in June; it is located right next to our Central Classroom Building (where the old Barbecue Pit used to be). This beautiful building will house the new Health Center and Counseling and Psychological Services. As an exciting prospect, we hope to obtain some of the space vacated at the former location of the Health Center for our Nutrition Research Laboratories.

In addition, the Spartan Complex Building will be completed in August, just in time for the Kinesiology and Hospitality Management Departments to move back in before Fall semester starts. Also, a new 850 bed student dormitory is under construction and will be completed in another year. Once this is completed, the older dorms will be torn down to make way for a new Recreation and Aquatic Center. We hope you will visit us and see all the changes that are taking place, in person!

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 Melinda Young, Jason Wong and Stephani Joseph.

Best wishes for a fantastic and successful year!

buy Mc Proud

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

FEATURED FACULTY DR. GISELLE PIGNOTTI

by Jason Wong



For the 2014-2015 school year, the Nutrition, Food Science, and Packaging Department welcomes its newest faculty member, Dr. Giselle Pereira Pignotti. Our newest faculty member was born and raised in Brazil. In high school, she

considered a number of possible careers before embracing nutrition. She eventually chose to major in nutrition at the University of São Paolo in her native Brazil.

As an undergraduate, Dr. Pignotti was involved in helping pregnant women lose weight, which inspired her to learn more about health and nutrition. Upon completing her undergraduate degree, she pursued a Master's degree while working at a public health clinic with low-income families. She then chose to pursue a doctoral degree in the U.S.

After moving to the United States, Dr. Pignotti earned her Ph.D. from an interdisciplinary program in physical activity, nutrition, and wellness at Arizona State University. Her dissertation was entitled "The Efficacy of Nopales (*Opuntia spp.*) on Lipoprotein

Continued on page 2

FACULTY ACCOMPLISHMENTS: A "FEW" HIGHLIGHTS

Publications

(Here is just a sampling of each of our faculty members' numerous publications).



Collette LaSalle. Soy provides modest benefits on endothelial function without affecting inflammatory biomarkers in adults at cardiometabolic risk. Molecular Nutrition Food Research. Fritz Yambaugh, Validation in package

design and Food packaging contact issues. World Packaging Magazine. Ashwini Wagle, Culture change: Improving quality of life by enhancing dining experience in a skilled nursing facility. Journal of Foodservice Business Research. Marjorie Freedman. Examining a new "pay



Fritz Yambaugh

as you go" Community Supported Agriculture



(CSA) model: A case study. Journal of Hunger and Environmental Nutrition. Clarie Hollenbeck. Hispanic adults attending English as a Second Language (ESL) classes at an adult school are food insecure. Journal of Hunger and

Clarie Hollenbeck Environmental Nutrition. Kaseun

Mauldin. New guidelines for adult malnutrition assessment: A focus on the obese critically ill patient population. Critical Care Nurse. Giselle Pignotti. Comparison and evaluation of dietary quality between older and younger Mexican-



Marjorie Freedman

American women. Public Health Nutrition.

Dr. Giselle Pinotti continued from page 1

Profile and Oxidative Stress among Moderately Hypercholesterolemic Adults." Her early research publications included work on calcium and vitamin D intake and supplementation as well as body composition and bone mass of postmenopausal osteoporotic women. More recently, she has investigated the contributions of sugar-sweetened beverages and refined grains to the dietary sugar intake in postpartum Latinas. She has also studied the lipoprotein cholesterol distribution and LDL particle size in Mexican Americans with metabolic syndrome.

Grants/Funding

Ashwini Wagle, Lucy McProud, Linda Sweeney. California Professional Nutrition Education



Training (Cal Pro NET). \$222,098. "Foodservice Trainings for Food Service Directors, K-12 Public

Schools." Kaseun Mauldin. SJSU Research, Scholarship &



Kaseun Mauldin

Creative Activity (RSCA) Grant Program. \$5,000 "Pilot study: Use of interactive activity-monitoring technology to improve pregnancy outcomes in a high-risk pregnant population"

Professional Awards/Honors

Izzie Brown, "Outstanding Part Time Professor



Award," Department of Nutrition, Food Science & Packaging. Kaseun Mauldin, "Outstanding Professor Award," Department of Nutrition,

Food Science & Packaging,

"Outstanding Izzie Brown Dietetics Educator Award," Academy of Nutrition & Dietetics. Ashwini Wagle, "Outstanding Faculty Advisor Nomination," SJSU Student Leadership Organization.



Ashwini Wagle

Dr. Pignotti's interest in working at a teaching university brings her to SJSU. She is adjusting to life in California and is especially fond of the weather. She is also enjoying SJSU and likes her colleagues and the students. Unlike many large research universities, Dr. Pignotti appreciates the smaller classes at SJSU which give her more opportunity to interact with students and faculty. In her first year, Dr. Pignotti taught Nutrition Education, Current Issues in Nutrition, and Human Nutrition in the Life Span. We are so fortunate to have such a talented and caring new faculty member!

ALUMNI SIGHTINGS

Rainfall of News: Michelle Taylor, BS' 2014 is busier than ever as owner and CEO of "Magic Kitchens," which provides frozen meals nationwide, primarily to seniors. Margo Lang, BS' 2013 is now working as the Dietary Manager at Driftwood Healthcare in Santa Cruz. She is happy to be part of a company that has many SJSU alumni working at different facilities. She believes there are at least 3 dietary managers and 2 RD alums within the company. Go Spartans!

Kim Reisman, BS' 2013 is currently finishing her last semester at Dominican University in Chicago in their RD/MBA program. She may be moving back to the area in August and will be checking to see if anyone is hiring an RD with business expertise! Thea Roberts Lynch, MS' 2011 now runs the nutrition component of Casa Serena's Eating Disorders Adolescent Outpatient Program. She also has a foot in the door doing per diem work with Nutricopia, a menu consulting company.

Cynthia Busenhart-Robison BS' 2005 has been working at Satellite Healthcare for the past five years in hemodialysis. She passed the CSR exam and is now a certified specialist in renal nutrition. Shelley Steed Wood, BS' 2012 is busy working on obtaining her MPH and is enjoying a dream job as a full time dietitian specializing in spinal cord injury rehabilitation at Valley Medical Center.

Rivers are Overflowing: Miranda Westfall, BS' 2012 is currently living in Los Angeles. She finished her MPH at UCLA in June 2014 and is now working for a grantfunded childhood obesity program. The program has a pediatric obesity clinic at UCLA. Miranda also works in the community to train UCLA medical school residents and LAUSD health providers in obesity prevention and treatment. Nazarina Larida, BS' 2012 writes she is working for the Child and Adult Care Food Program (CACFP) for Los Angeles County, where she is a Nutrition Field Specialist and Educator.

Michelle Hamilton, BS' 2013 is a Food Safety Specialist with Ecolab. She loves her job doing food safety inspections at Starbucks, company cafeterias, movie theatres, fast food restaurants, as well as fine dining restaurants. She also enjoys the opportunity to train chefs and kitchen managers on food safety. Teresa Nigro, BS' 2012 writes from Santa Barbara where she is an independent contractor and doing work for Ventura County and Carpentaria Unified School District, as well as providing nutrition consulting.

Reservoirs are Full: Gretchen Vannice, MS' 1999 has been very productive as coauthor for the Academy of Nutrition and Dietetics (AND) Position Paper on Fatty Acids. She has also authored two books this past year. Marlene Tutt, MS' 1986 published an article, "Corrections Corners," in the Dietetics in Health Care Communities Connections publication. Marlene works as an RDN at a county corrections facility in San Diego.

Heather Schwartz, MS' 2007 is enjoying her job as a Nutrition Consultant for NewboRN-Solutions. She provides in-home nutrition visits to address pre- and post-natal pregnancy concerns, along with whole family nutrition optimization. She also specializes in pre and gestational diabetes, weight management, meal/snack planning, and family fitness solutions. Justina Vega, BS' 2013 writes she has been working at the Health Trust, facilitating nutrition lessons and Better Choices, Better Health workshops for people with chronic illness. She has also been hired at the Watsonville WIC Program as a full time Nutritionist.

Yashmi Mistry, BS' 2007 continues to work as a clinical dietitian in local hospitals. She is also the President Elect for San Jose Peninsula District (SJPD) Dietetic Association. She feels so lucky to be working with such a great team of fantastic dietitians! Aimee Thomas BS' 2012 has now received her DTR and is working at a residential treatment center for eating disorders in Menlo Park.

Alternate Streams: Sorn Aeneas Cademe-Khemera, BS' 2006 sends news that although he was a former NuFS Club President, he didn't stay in the field of nutrition. He found his calling as a Special Education Teacher. Hylary Locsin, BS' 2007 went on to get her Masters in Library Science. She is now working as an adult services librarian in Morgan Hill. She writes, "Although I don't get to use my NuFS degree professionally, it still comes in handy all the time!" Henriette Oberg, BS' 2006 sends news from upstate New York. She writes, "Life has been busy! I am a stay at home mom, Girl Scout Troop leader, volunteer at one of my daughter's school, in the library, & I own my own business. I think about SJSU often... & miss CA a lot!"

Molly Rauen MA'1978 and her husband Gene were showered with thank you letters from eight Nu/FS master's students who received Research Assistance Awards for their outstanding research projects. Each year, graduate students can submit a research project proposal and, if accepted, receive a grant made possible by the Molly and Gene Rauen Endowed Fund.

We have come to a close for sightings. However, as always: Whether near or far, please send us your news. We would love to hear from YOU.

In Memory

Julianne Dutcher, MA, RD, retired faculty member passed, away on July 19, 2014. She served on the faculty for many years, leading the Food Service concentration. Julie was an extraordinary teacher with a keen mind and wonderful sense of humor. She will be dearly missed by all who had the privilege of knowing her.



Class of 2015

"STELLAR RESEARCH ACCOMPLISHMENTS" MASTER OF SCIENCE GRADUATES FALL 2014/SPRING 2015

Erik Byard Case Study Solving Distribution Damage of a Fragile Cardiovascular Medical

Device

Romica Chandra Lal Consumer Perceptions Towards Package Designs: A Cross Cultural Study

Marian Crockett Exploring Alternative Methods for Identifying Low Energy Availability in Athletic

Women

Greg Esselmann The Ability of 6-Mil and 8-Mil Perfecform Nylon-Based Forming Film to Resist

Flex Cracking and Pinhole Formation After Ionizing Radiation Exposure of 25 KGY

or 50 KGY

Hilary Elizabeth Fessler Nutrition Knowledge and Beliefs of Mothers and Snack Food Purchasing Behaviors

for Their Child(ren), Ages 4 Months to 2 Years

Ashlee Jenson Gossard Frequency of Counseling Sessions and Weight Loss Maintenance in a Commercial

Lifestyle-Based Weight Management Program

Erin Hodgson Dietary Profile of Women at Risk for Gestational Diabetes Mellitus: Is Saturated

Fatty Acid Intake in Early Pregnancy A Predictive Marker for Development of

Gestational Diabetes?

Helen Jerome A Case Study Evaluation on Alternative Suggestions to Re-Design Current

Packaging Method for Printed Circuit Boards

Stephani Joseph A Case for Improved Nutrigenomics Education in ACEND-Accredited Programs
Yiwen Lu Examination of Harvest of the Month Classes on Student Choice and Food Intake

Sumedha Mullick Effectiveness of Instruction about Food Safety Principles and the Outside Food

Policy

Amy Y. Reisenberg The Accuracy of Pregnancy-Specific Equations to Estimate Body Fat Percentage in a

Methodically At-Risk Pregnant Population

Annie Rubin Impact of a High School Mentoring Program on Nutritional Knowledge and Health

Habits of Elementary School Students

Heather Saltzman Restricting Calories and Other Behaviors Pre-, During-, and Post-Alcohol

Consumption in College Aged Students

Chloe Sasakado The Development of a Food Tasting Sampling Educational Intervention for Senior

Veterans Residing in a Skilled Nursing Facility

Chandni Sen Sinha Accuracy of Malnutrition Screening in Oncology Patients

Melinda Young The Relationship Between Weight Stigma and Eating Behaviors in College Students

DIETETIC INTERNSHIPS 2015

Internal Dietetic Internship

Winter 2015

Ashlee Gossard – El Camino-Los Gatos Hospital
Tim Hsieh – Nutrition Therapy Essentials/Berryessa Union School District
Sarah Miller – Santa Clara Valley Medical Center
Jovanna Ponco – Nutrition Therapy Essentials
Amy Reisenberg – Stanford University Medical Center
Annie Rubin – Stanford University Medical Center
Melissa Strathman – Santa Clara Valley Medical Center
Danelle Willey – Nutrition Therapy Essentials

Summer 2015

Pamela Cabrera – Mills-Peninsula Medical Center
Lisa Chadoin – Los Gatos Meadows
Ayde Colin – Nutrition Therapy Essentials
Hilary Fessler – Valley Care Medical Center/Livermore School District
Erin Hodgson – Stanford University Medical Center
Anni Huang – San Francisco VA Medical Center
Stephani Joseph – Santa Clara Valley Medical Center
Yiwen Lu – Santa Clara Valley Medical Center/Idylwood Care Center
Nancy Pereida – Nutrition Therapy Essentials
Claire Reyes – Nutrition Therapy Essentials
Claire Reyes – Nutrition Therapy Essentials
Chloe Sasakado – San Francisco VA Medical Center
Chandni Sen Sinha – Kaiser Permanente Santa Clara Medical Center
Annaleis Strom – Idylwood Care Center
Aimee Thomas – Idylwood Care Center
Melinda Young – Stanford University Medical Center



Claire Reyes



Melinda Young

External Dietetic Internship

Carrie Arnold – University of Nevada, Reno Marc Sanchez – Morrison Chartwells Dietetic Internship

NUTRITION STUDENT CLUB ACTIVITIES

This year Club President Rebecca (Becky) Ringer and her leadership team were very productive. There were opportunities for student members to become involved in community, industry and school-oriented projects and to meet with career professionals, faculty, and other students.

In addition, scholarships to local conferences and state professional conventions were offered. Other events sponsored by the Club included: presentations by speakers in all fields of nutrition and food science, planning the Department Convocation ceremony, and holding regular Club meetings.

The Club also managed the Department's "Smart Cart" that offers all SJSU students the opportunity to purchase healthy snacks and beverages such as bottled water, cheese sticks, fresh organic fruit, granola bars, yogurt and vegan snack bars.

PACKAGING PROGRAM STUDENT HIGHLIGHTS

The Packaging Program led by Dr. Fritz Yambrach had a terrific year. Twenty-five Packaging students visited Chicago for the PMMI Pack Expo, a national packaging show. The students had a booth representing SJSU. At the show, the Packaging students competed in the "AMAZ-ING Packaging Race" where they built a Packaging product to specifications provided by participating machine companies.

In addition, twenty-five Packaging students visited Intuitive Surgical to view the manufacturing of the Da Vinci Robotic Surgery System. Also, Packaging students entered the American Forest Products (AFP) Paperboard Packaging competition and placed well in a field of 64 applicants. The AFP awarded \$3,000 in student scholarships. Other Packaging student scholarships included \$1,500 from the Healthcare Compliance Council (HCC) and \$3,500 from the Schueneman Scholarship Fund.



STUDENTS SPARKLE WITH SUCCESS 2015 "STARS"



by Melinda Young

Circle of Friends Scholarships

Circle of Friends Members' Scholarship Chandi Sen Sinha \$2000

Dietetic Internship Scholarship Erin Hodgson \$2000



Chandi Sen Sinha

Jean Downes Scholarship
Andrea Howell Cooper \$2000

Elveda Smith Scholarship Setareh "Venus" Kalami \$2000

Nancy Lu Scholarship Rachel Sepulveda \$2000

Rose Y.L. Tseng Scholarship Kristi Matthews \$2000

Nutrition Education Action Team (NEAT) Scholarship Tugba Bayrak \$1500

James P. Burke Memorial Scholarship Hilary Fessler \$1000

Mary Guidotti Memorial Scholarship Patricia Lopez Ramirez \$500

Fern Wendt Memorial
Lisa Chaudoin \$2000

Molly and Gene Rauen Research Assistance Awards

Yan Yin (Janette) Cen \$500 Angela Dyck \$1000 Hilary Fessler \$600 Erin Hodgson \$1000 Stephani Joseph \$600 Yiwen Lu \$1000 Manu Mistra \$1000 Natsuko Tsuji \$1000 Melinda Young \$1000

Josephine & Frank Morris Award

Stephani Joseph \$200 Melinda Young \$200

NuFS & Pkg Department Service Awards

Rocio Berumen \$50
Tanya Christiansen \$50
(Service Award for PHE)
Ashlee Gossard \$50
Molly Harcourt \$50
Ashley Hoover \$50
(Service Award for PHE)
Yiwen Lu \$50
Zayra Ramirez \$50
Rebecca Ringer \$50
Chandni San Sinha \$50
Kristin Ueberschaer \$50



Yiwen Lu

Hazel Hawkins Hospital Scholarship

Kristi Matthews \$2000

Outstanding Student Awards

Baccalaureate Candidate Yasaman Khadivi for Nutrition \$100 Alexander Lee for Packaging \$100

Masters Candidate

Romica Chandra Lal for Packaging \$100 Amy Reisenberg for Nutrition \$100 Annie Rubin for Nutrition \$100



Amy Reisenberg



CIRCLE OF FRIENDS DROUGHT?

Not for the Circle of Friends.

On the contrary, this year we've already seen a downpour of support.

Our seven established scholarship funds: Jean Downes, Nancy Lu, Elveda Smith, Rose Tseng, Fern Wendt, Dietetic Internship, and Circle of Friends Members' continue to provide life giving reservoirs.

Additionally, three new scholarship were awarded this year. These new scholarships were created to honor the memory of cherished loved ones and celebrate their life. Planned gifts are another way to ensure a constant stream and lasting legacy. Please contact me at 408-924-3101, if you would like to get further information.

How does your support make all the difference? Over half of our students are the first in their family to graduate from college. This is a life changing experience, not only for them but also for their families.

With graduation, our students' dreams of becoming nutrition professionals are made possible.

Please send your vital gift along with the membership form on the back of this news-

letter and join our outpour of support.

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

Lacy Amor Julie Anderson Lois Atkinson Darcy Becker Panfilo S. Belo Dean Biersch Mr. and Mrs. Billman Walter M. Bortz Lucia Briceno Stephanie Brooks Elizabeth Brown Kathryn Cefaloni Barbara Chang Sally Chaves Don Christopher Ann Coulston Narsai M. David Margaret A. Davis Helen DeMarco Norma Jean Downes Alice Waterbury Fagundes John W. Farquhar Cade Fields-Gardner Alan Finkelstein Patricia Fitzgerald

Doris C. Fredericks Marjorie Freedman Kathleen Gamez Rita K. Garcia Maria Garcia Christopher Gardner Gina Giambra Barbara H.J.Gordon Dan Gordon Susan Palmer Gutterman Mildred Haas Caroline H. Haas (Fee) Jane K. Harmer Keirnin Harris Doris (Rin) Hartwig Sarah Hashmi Leta Marie Havden Frances V. Henderson Danielle Herrera Nancy Hikoyeda Haiyan Huang Nancy Jacobson Carolyn Jung Anne Milliken Keller Pamela Goyan Kittler

Karen Knoblaugh Derek Lam Lee Ann Langan Kiko Lenio Chun (Leo) Liu Lela Llorens Nancy C. Lu Audrey Lupo Eileen MacKusick Victoria Major Ryann Maloney Sue Martinek Kasuen Mauldlin Susan P. McCloud Patricia McDonald Janet McDonald Lucy McProud Jennifer Meltz Joanne Mitani Marcia Moore Judi Morrill Michelle Neyman Morris Toby McPherson Morris Jean E. Frankenberg Mulreany Tina Powell Nano

Interagency Nutrition Council Dale F. Olds Mary S. Olive Sam Ousey Tenly Petrino Melinda D. Poliarco Peyvand Pourhosseini Sandy Queen Molly and Gene Rauen Endowment Harold Redsun Karen P. Ross Erin Roth Bobbi Rowe Sahar Saffi LaPaula Sakai Karen and John Scarpulla Patricia Schaaf Judith Morrison Schallberger Phyllis Simpkins Endowment Deepa Singamsetti Monica Slingerland Elveda Smith Stephanie Spencer Betty Wattles Starr

Audrey Nickell

Laurie Steinberg David L. Stone Carol Strong (Bogert) Sharon Meuth Studdert Kathryn Sucher Julie Suzuki Alice Morris Swanson Linda Sweenev Aimee Thomas Lee Tincher Rose Tseng Kim Vagt Gretchen Vannice Sarah Viaggi Mary Foley Von Ploennies Ashwini Wagle Janice Wai Holly E. Weber Kimberly Wen Philip R. Wente James Werle Martha J. Wilson Shelly Wingert Carol Whiteley Wolf Diana Wright Martin Yan



IN TRIBUTE

Jean Crandall Theisen, Home Economics Class of 1946, passed away on January 2, 2015. She will always be remembered for her generous heart and wonderful sense of humor. Jean was an alumna who cared so much for the success of our students. In fact, she was the one to suggest our alumni group be called "Circle of Friends." We are forever indebted to Jean and dedicate this year's newsletter to her giving spirit.



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 ongoing 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. <u>Private funding is now critical</u> 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 - endeavors and in seeking and fi Membership Recognition: NuFS Numbership Directory Check here if you DO NOT wis	lling positions lewsletter/SJSU Contribut	ors to Excellence	e	
2015	5-2016 MEMBERSHI	IP / RENEWAL	APPLIC	ATION	
Directory info: (please enter <i>only</i> changes since last directory edition)				
Name:					
(*Alums: Name(s) while at SJSU):		CIRCLE O	CIRCLE OF FRIENDS GIVING LEVELS		
College/University(s):		(Please ir	ndicate the level o	f your gift)	
(circle degree) BS/BA vr:	Deg./Emphasis				
MS/MA yr:	Deg /Emphasis		4		
Ph.D/0ther yr:	Deg./Emphasis	Current Students	\$10 - \$24		
Home Address:		Supporter Circle	<i>\$25 - \$99</i>		
		Golden Circle	\$100 - \$499		
City St	tate Zip	Dean's Circle	\$500 - \$99 9		
)				
Email:		President's Circle	\$1000 -		
	n:				
Address:		All gifts go directly to the	e Department and are	fully tax deductible.	
		p	Please make checks to:		
)	TOWER FOUNDA			
Area of Expertise:			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.