Nutrition & Food Science

Alumni Newsletter
California State University, Chico
Spring 2022 and 2023
# Content

Greetings from the Chair ................................. 3-4  
Greetings from the Graduate Coordinator .......... 5  
  Graduate Student Research ................................. 6-8  
Outstanding Graduating Seniors and Outstanding Undergraduate Leaders ......................... 8-12  
  Dietetics ...................................................... 8-9  
  Service to the Department ................................. 9  
  Food and Nutrition Communications .................. 9-10  
  Nutrition Management ...................................... 10  
  Classroom Stars .............................................. 11-12  
Scholarship and Award Winners ...................... 13-14  
  Dr. Faye ...................................................... 13  
Fogelman Endowment ........................................ 15  
Student Club Updates ................................. 16-17  
In Memoriam: Mary Hurd-Aram ..................... 18-20  
In Memoriam: Deb Hook. ................................. 20-22  
Please Support the Department ....................... 23  
Circle of Friends .............................................. 24-25  
Circle of Friends Donation Form ................. 26
Greetings from the Chair

Joan Giampaoli

I hope this newsletter finds you well and safe. It has been quite an eventful year for the Department of Nutrition and Food Science (NFSC) and we have much to be thankful for.

The 2020-2021 academic year found our courses being delivered 100% through Zoom. It was a challenge adapting to this mode of instruction in spring, 202, but faculty met the challenge and delivered high-quality instruction to all students. The nutrition and food science faculty are amazing! As we move through the 2022-2023 academic year, we are offering classes both in-person and online as well as through a new teaching method called ChicoFlex. ChicoFlex gives the instructor the ability to teach students in a classroom environment and online simultaneously, and students can choose their instruction method. Cameras have been placed in many of the classrooms on campus so faculty can present to the students in class and online, and the online students see the instructor teaching in the actual classroom environment. This allow students to continue with classes online, as some may not be ready to return to in-person classes. I taught via ChicoFlex this past fall, and I enjoyed the interaction with the in-person and online students. Students in the classroom and online mentioned that this mode of instruction worked well for them, and the online students felt very engaged in class activities and discussions.

We were deeply saddened by the departure of our Didactic Program in Dietetics (DPD) Director, Lauren Housley. Lauren accepted a position at the University of Georgia at Athens as a clinical associate professor and director of the dietetic internship program. She and her husband Matthew will now be in close proximity to both of their families. We wish Lauren well in her new endeavors. Laura Curtis will be the incoming DPD director starting in spring, 2022. Laura brings with her years of clinical and management experience in the field and a passion for working with students. We are lucky to have her onboard!

After 30 years in the department, Tracy Berman retired in spring, 2021. Her retirement is well-deserved, but we greatly miss her. Tracy taught the nutrition and physical fitness course and supervised the sports nutrition externship. Angela Alger is now the lead coordinator for this class and is doing a wonderful job! And, she is continuing to supervise students in exciting sports nutrition externships. We are thrilled to have Angela in this new role.
In fall 2021 we launched our new Master of Science in Nutritional Science program curriculum. Several new courses were added, including nutritional genomics, nutrition epidemiology, public health nutrition, nutrition communication and leadership, and applications in nutrition research. Other courses were revised and expanded upon, including research methods in nutrition science, advanced topics in macro and micronutrients, and advanced clinical nutrition. We are very excited about this new curriculum as it adds greater depth and breadth to our MS program.

We are extremely grateful for the generous contributions of Laura and Sam Fogleman. Laura and Sam set up an endowment for our dietetic interns. Both Laura and Sam understand the challenges students face in paying for their education, and this serves as their motivation for helping students who need a little help financially to complete their education and training. A section of this newsletter is dedicated to Laura and Sam’s generous gift.

I want to take this opportunity to thank all of the alumni and friends who made donations to the department gift fund. Donations like these provide life-changing opportunities for our students. As always, we are grateful for your continued support. Keep us updated on your current activities, and please stay in touch. You remain part of the NFSC family. All the best for a happy and healthy New Year!
Greetings from Graduate Coordinator

Keiko Goto

The Department of Nutrition and Food Science is in the process of making significant changes to the Master of Science program. We anticipate the approval of a combined program (dietetic internship and MS degree) that will be completed over two academic years and one summer and start in the academic year 2024-2025. Students eligible to apply to the combined program must have completed an Accreditation Council for Education in Nutrition and Dietetics (ACEND) - accredited Didactic Program in Dietetics (DPD). The final year for our current post-baccalaureate dietetic internship will be 2023-2024. Current Chico State graduate or undergraduate students wishing to apply to the post-baccalaureate DI must meet admission requirements by early November of 2022.

The Department of Nutrition and Food Science will continue to offer a separate MS program in nutritional science with an option in nutrition education or general nutritional science. The MS program is for:

- Students wishing to complete an MS degree prior to applying to non-degree granting dietetic internship programs
- Preparing students for careers in college teaching, healthcare, industry, community agencies, or graduate study beyond the master's degree

We started offering the new MS program in fall 2021. New courses include nutrition genomics, nutrition epidemiology, nutrition communication and leadership, and public health nutrition. For more information, please contact Keiko Goto at kgoto@csuchico.edu.

Keiko Goto's Collaborative Online International Learning (COIL) project was featured in CONECTA, Tec de Monterrey magazine in September 2021. Her students in Issues in International Nutrition (NFSC 667) participated in a COIL project with students at Technologic de Monterrey (TEC), Mexico, and conducted a joint nutrition research project.
Graduate Research

Aji Fatou Bah

Coming to study nutrition in the United States from Gambia, West Africa was a huge step forward in my life, and my journey so far has been humbling and immensely rewarding. I am currently pursuing my graduate degree in nutrition and choosing the program at Chico State was an easy decision. I was excited about the graduate nutrition program and confident that it would be a great fit, since I went through the undergraduate dietetics program and appreciated the professional development and growth I experienced, because of immense support and mentoring from the nutrition department.

I share research interests with some of the faculty, like Dr. Keiko Goto, who has been a great mentor since my undergraduate years, and Dr. Seth Klobodu, who I met through Dr. Goto during my first semester of graduate school and was delighted to learn is also from West Africa and has a lot of research experience in Africa. I was granted the opportunity to work with Dr. Klobodu for my graduate research and I am grateful for his mentorship and immense intellectual support.

Starting graduate school, I wanted to do a research project that could be meaningful back home in Gambia. Nutrition is under researched in Gambia and it was overwhelming for me to pick one topic among so many that are near to my heart. Dr. Seth Klobodu had a concept for obesity research in urban Gambia and I decided that it would be perfect for my professional paper. The study involves identifying strategies to address weight, physical activity and diet challenges that exist in urban Gambia. Like in many developing countries in Africa, obesity in Gambia is greatly concentrated among the wealthy and well-educated living in urban areas. Even though we are using Gambia as a case study, there is a much bigger impact on the African diaspora; since this obesity epidemic is not unique to just Gambians and has not been heavily researched in Africa, as compared to the more developed parts of the world.

As I planned to go back to Gambia for data collection, I received a Student Award for Research and Creativity grant, which helped to fund my trip last summer. I am grateful to the provost and the University honors program for choosing to help fund my research. There is yet to be a university nutrition program in Gambia. The highlight of my summer was getting a chance to connect with the very few Gambian nutrition professionals and getting support from the National Nutrition Agency and University of The Gambia. My research is still ongoing, but my experience so far has been
invaluable. I am eager to learn more, as I believe this will supplement the knowledge and experience needed to realize my goal of training nutrition professionals and help to grow the field in Gambia.

Graduate Research
Apiradee Philasan

Hi! My name is Apiradee Philasan and I am a grad student at Chico State. I have attended Chico State since January 2020. I have a BS degree in dietetics. I was honored to receive the award for a Thai government scholarship in food science and nutrition. I am a second language learner, and my barrier is English. My goal is to be a professor after graduation in the food science and nutrition field. I am so thankful to have my committee's advice, support and knowledge about my research paper. My committee members (Dr. Keiko Goto, Dr. Seth Klobodu and Dr. Juraporn Tangpukdee) always supported, monitored and guided me on problems relating to an issue, both pro and con. Working with my committees in both Chico State and Thailand, hands-on experience in the research was truly rewarding. I conducted my research in Thailand during the whole summer of 2021. I was able to enrich my professional and personal experience.

I had the last great chapter of my life when I faced real problems and mistakes during the summer. My first problem was that my budget was limited and the expenses of traveling during the COVID-19 pandemic doubled. The international flights could not offer the same schedules due to many countries having imposed travel restrictions. I never expected to see the whole country locked down, but it has already been an interesting chapter of my life, though it has been challenging. If you have the opportunity to travel following your graduation, I would highly recommend it.

While working under the pressure of challenging situations, I learned to cope with the obstacles by innovating creative solutions. This taught me that I can find different methods for getting the best results and look for different ways to get out of the obstacles by my own volition. However, I am so grateful to be inspired by the committee members and their involvement in my work.

I was in Thailand between June until September, but I quarantined for the first month of June to follow the restriction of safety. Meanwhile, I enjoyed Thai cuisine and gained a lot of weight. I met my committee member, Dr. Juraporn Tangpukdee, and my assistants in Thailand who were kind, helpful and patient. We had the absolute best time connecting with my fellow mates and building connections between people in Thailand. I am thankful that I was able to take this trip of a lifetime.
I am so thankful for the faculty members who inspired me and gave me advice. In particular, I am so grateful for attending Dr. Keiko Goto's independent class and research method class. These classes taught me research skills, how to prepare for the writing process and how to provide instruction with compassion - these I will take with me forever. I implemented so much into my own life from what I have learned in Dr. Keiko Goto’s classes. I have so much more to learn and am ready to create a new chapter in my life. My advice for all future students is to take your time to explore out of state because there is more you can learn outside the classroom.

Outstanding Graduating Senior in the Didactic Program in Dietetics and Outstanding Undergraduate Leader

Molly Cubba

Receiving the Outstanding Graduating Senior in DPD Award is an incredible honor. It makes me feel very proud of all that I accomplished during my time at Chico State. I worked so hard to succeed in all of my DPD courses, so this award shows that all of my hard work paid off. I am extremely grateful for this award and for the professors I had at Chico State who truly made my DPD experience great. After graduating from Chico State in May, with a bachelor’s degree in nutrition and food science with an emphasis in dietetics, I jumped right into graduate school. I am currently a graduate student at the University of the Pacific, pursuing a master's degree in clinical nutrition and completing a dietetic internship. My goal is to become a clinical dietitian and eventually specialize in oncology and/or nutrition as it relates to mental health.

Receiving the Outstanding Undergraduate Leader Award means so much to me. As the president of the Nutrition and Food Science Association (NFSA), I gained experience being a leader and communicating with other students. Getting this award proved that my hard work and dedication to the club, and beyond, are recognized and appreciated. I always tried to be a supportive leader as president of the club and also with my classmates.
Outstanding Graduating Senior, Undergraduate Leader and Service to the Department

Annie Robison

Never would I have expected to be awarded outstanding graduating senior, outstanding undergraduate leader, and outstanding service to the department. It was a reminder of how far I've come and that God is faithful to equip me to follow the passion for healthcare he gave me many years ago. Moreover, it was a tribute to the dedication and sacrifice of my wonderful professors in the NFSC department - my success is theirs too! Post-graduation I am now completing my dietetic internship at Baylor University Medical Center and hope to be practicing as a clinical registered dietician by fall of 2022!

Outstanding Graduating Senior, Food and Nutrition Communication

Amber Knisley

Receiving the outstanding graduating senior food and nutrition communication award really highlighted to me that all of the efforts that I put into my degree were noticed by the wonderful nutrition professors. As we have all experienced these last four years, we all know how challenging they were to faculty and students. It means a lot to have my hard work recognized by the professors who went above and beyond to make the most of these hardships. Since I graduated in the spring I have moved to Scotland. I am starting to get settled in this new country and hope to either find work in the nutrition field or continue my education. But in the meantime, I am connecting with family and getting to know the culture by trying new foods and exploring what Scotland has to offer. I have also been helping my grandma
Renovate my great grandfather's house, which has been keeping me busy as well. I hope in the future I will be able to help these communities by educating them on the nutrition resources available to them so that they can better their overall health and wellbeing.

Outstanding Graduating Senior in Nutrition Management

Aimee Ellingson

I am so proud to have received the award, it really meant the world to me. When I was first deciding about going back to school, I had literally no idea what I wanted to pursue. When I found the nutrition department and looked into the programs offered, I knew right away, this degree was the perfect fit for me. Classes, teachers, labs, and down to the assignments, I learned so much without it feeling much like “school” because I was truly interested and seeking the knowledge. Being acknowledged with the outstanding senior award made me feel like everything I had been working so hard for, the days and nights I lost to studying, my son wanting me to come and play but couldn’t, quitting my 40k/year job, moving back in with my Dad, it made it all worth it. If I could give Chico State nutrition an outstanding award, I would give it without question. Thank you for everything you have given me and for everything I learned I could do myself.

Since graduation, I started working with Yolo County as an outreach specialist on the COVID response intake/triage team. This is a limited-term position and I will be transitioning into an environmental specialist position hopefully within a 3-year period. Update: I have accepted a permanent position with environmental health beginning April 25, 2022!
The Class Star Award is a constant reminder for me to spread positivity to everyone. Positivity and optimism are essential when we experience hardships and obstacles. COVID-19 changed everyone's academic experience with challenges no one was prepared for. I enjoyed encouraging and offering help to my peers, as well as bringing a joyful attitude into every class. I am extremely grateful for my experience at Chico State. The NFSC professors have given me so much knowledge and information. In my future endeavors, I will continue to carry on my memories from Chico State and share my positive outlook with others.

Now, I am a graduate student and dietetic intern at the University at Buffalo. My goal before I started graduate school was to become a Registered Dietician Nutritionist (RDN). While it is still a goal of mine, I have discovered my passion for research. I have chosen to complete the thesis track and I plan on exploring more in the clinical nutrition research field later on.
I am extremely honored to have received the Classroom Star Award and I am eternally grateful for my DPD family. Receiving the Classroom Star Award is such an honor and I felt overjoyed with concluding a challenging year with such a delightful gift. Committing to virtual learning was no easy transition, as I am sure many would agree. However, there were many lessons learned regarding self-care and prioritizing mental health. Being able to create a self-care plan that allowed for a balance between schoolwork and personal care is where the challenges I had faced in the beginning started to wear down. I made this my goal and at that point my learning experience enhanced and I realized how beneficial it would be to interact with my classmates and professors more during a period of isolation. I aimed to make connections and devote my final semester to creating lasting bonds and memorable zoom meetings. I am currently completing my dietetic internship at Seattle Pacific University in hopes to become a pediatric registered dietitian. My objective has always been to enhance individual learning experiences through memorable moments. My hopes would be for this to reflect throughout my practice.

Now that lectures are becoming in person once again, I hope everyone values interaction and participation in classrooms. It is true when people say the last semester goes by fast so make sure you take advantage and make it last!
Dr. Faye Dietetic Internship

Dr. Faye Johnson, who retired in 2010 after 34 years of service to Chico State, dedicated her career to helping students succeed. She taught many courses for the program, including courses in food science, cultural foods and food-service administration. Upon her retirement, Dr. Faye, as she was known by her students, established the Dr. Faye Dietetic Internship Award. Since its creation, the award has sponsored nine students with $1,000 awards.

It is her wish to acknowledge and encourage those students who have chosen internships that reflect their most passionate interests in the field. This is the primary criterion for selection for this award. Other selection criteria (in order of importance) include:

- Must be a senior or graduate student who has been accepted into an ACEND approved dietetic internship
- Must be pursuing the Registered Dietitian Nutritionist Credential
- Must have chosen an internship that matches their ongoing interests in the field of dietetics
- Financial need is considered;
- Special consideration will be given to those students who have faced significant challenges such as physical, financial, or family/dependent responsibilities, while pursuing their education

We are hoping you consider donating to this award so we can continue to honor the wishes of beloved Dr. Faye.

Please visit the Dr. Faye Award to donate today.
Dr. Faye Dietetic Internship Award

Molly Cubba

Receiving the Dr. Faye award means so much. I worked diligently to perform well in academics while also working a few different part-time jobs. I am incredibly proud that my hard work paid off. Receiving this scholarship is a huge help in aiding in the financial cost of graduate school. As a graduate student and dietetic intern, I am unable to work enough to cover all tuition costs, so receiving a scholarship is a significant help at this point in my academic career.
Laura graduated in 1985 (home economics/dietetics; business minor). She then went to work for the Dole Food Company, where she met a Registered Dietician (RD) who planted the seed that having one’s RD credential was valuable in the marketplace. After Laura had her first child (and left Dole), Laura went to work on a U.S. Department of Education grant which focused on training teachers how to implement nutrition curricula in the classroom. This experience further inspired her to obtain her master’s degree in nutrition and obtain her RD credential, which she eventually did at San Jose State University in 1991, after finishing her internship at California Pacific Medical Center in San Francisco.

Immediately after completing her internship program, she moved to the New York Area to work in home infusion care and HIV-related nutrition research. Later, she and her husband had two additional children and Laura took a sabbatical from paid work to raise them. Currently, Laura works in integrative and functional medicine helping people reverse chronic conditions using food as medicine. Laura encourages all nutrition students to obtain their RD credential if possible – it is worth pursuing and can lead to many interesting careers. Sam and Laura live in Birmingham, Michigan.

The Laura and Sam Fogleman Endowed Scholarship is for students wishing to complete the dietetic internship. Laura (Jones) Fogleman graduated from Chico State in 1985 and felt this step was a limiting factor in her career development because of a lack of adequate funding. Eventually, Laura found a path to her RD, but it wasn’t easy. Laura and Sam met at Chico State, where Sam was a business major and Laura a business minor (in addition to her dietetics major). They have also funded a similar scholarship in the School of Business. Both Laura and Sam understand the challenges students face in paying for their education, and this serves as their motivation for helping students who need a little help financially to complete their education and training.
The Nutrition and Food Science Association (NFSA) of Chico State aims to promote health and wellness to the campus and the community. Being a member of the NFSA provides a fantastic opportunity for students to gain leadership and collaborative experience, promote their passion for nutrition on campus and in the community, and network with peers, professors, and local professionals in the field. Through meetings and events, students are exposed to new opportunities, learn more about the field of nutrition and dietetics, and enjoy fun activities with others who share their interests.

NFSA activities include participation in university and community health fairs, tours of local businesses, bringing in guest speakers, and other nutrition education presentations. Members finalize our activity calendar early in the academic year to ensure a successful semester.

Last academic year, our time with each other as a club was cut short due to the COVID-19 global pandemic. However, our time together was memorable. Activities we did last year include featuring nutrition professional guest speakers who talked to us about future careers in nutrition and dietetics, promoting our club on campus by handing out food samples, preparing college-friendly recipes using the Edible Pedal, and, most importantly, having exciting meetings full of planning, networking, trivia games, and FOOD!

Now, NFSA is adjusting to a completely virtual semester. During the 2020-2021 academic year, NFSA will continue to host biweekly meetings where students can connect with one another and have some fun! Activity ideas include game nights, cooking demonstrations, dinner parties, DIY tie-dye day, personal training sessions, and, of course, National Nutrition Month!

NFSA is an excellent way to get connected and make new friends, while also exploring the possibilities within the nutrition field.

For more information about the NFSA, please contact:

Maria Giovanni, Faculty Advisor — mgiovanni@csuchico.edu
Facebook: NFSA Facebook
Instagram: @chicostate_nfsa
Embodied

Embodied is a club on the Chico State campus that focuses on a Health at Every Size (HAES) approach to living. HAES supports size diversity and healthy living through body acceptance, joyful movement, and mindful eating. As a club, we discuss the importance of loving our bodies as they are and learning ways to have a healthy mindset towards food and exercise. We feel it is important to bring light to the issues our society has when it comes to diet culture, because it has negative effects on our emotional and physical well-being. Embodied wants everyone to feel accepted as they are and have a safe place to discuss their personal struggles with their body and food. We aim to show others that it is possible to love your body without having to give into diet culture or look a certain way.

In the past our club has put on National Eating Disorder Awareness Week (NEDA) events that include a panel of people discussing their struggles with an eating disorder, an educated guest speaker on the subject, and other fun activities like craft-making, Polaroid picture-taking, and movies, all while enjoying delicious treats. In our monthly club meetings, we will typically have discussions on topics surrounding the issues of diet culture, and sometimes go out to do joyful activities like bowling or hiking. Overall, our club likes to have a variety of activities to make it fun yet productive.

For more information and ways to get involved, contact:

FACULTY ADVISOR:
Laura Curtis — lcurtis@csuchico.edu

FACEBOOK
https://www.facebook.com/groups/CSUCHAES/

INSTAGRAM
@chico_state_embodied
In Memoriam

Mary Hurd-Aram

Mary Hurd Aram was born in New Hampshire on December 4th, 1960 and passed away in Chico, California on April 20, 2022. Mary is survived by her husband, James Aram, her parents Janet and Lee Hurd, and her two sisters, Carol Kindle and Virginia Kieswetter. She attended Hanover High School before receiving a Bachelor of Science degree from the College of Life Sciences and Agriculture at the University of New Hampshire. Then she earned her master's degree in nutrition education at Chico State, after which she completed a post-graduate dietetic internship at Massachusetts General Hospital in Boston. With her formal education behind her, she eagerly returned to her adopted home of Chico to begin her career.

Mary was employed as an outpatient registered dietitian and certified diabetes educator at Enloe Medical Center until March 2019. For close to 30 years, she devoted herself to providing compassionate, outpatient nutrition services to an untold number of patients. During her last 15 years at Enloe, Mary operated a part-time, private nutritional counseling practice for patients who could not obtain the specialized nutrition services they sought elsewhere in the community. Mary also
taught nutrition classes as an associate faculty member at Butte Community College for approximately two years, and she was a nutrition consultant for the Whole Body Fitness gym in Chico for several years.

Mary was a remarkable woman and faithful friend. Acquaintances, complete strangers, and colleagues were drawn to Mary’s cheerful, positive personality and friendly, uplifting nature. She had a natural curiosity about everyone she met and was able to find common interests or topics to discuss with almost anyone. Mary touched thousands of lives—both professionally and personally.

Over their 20 years (plus) together, Mary and her husband enjoyed traveling widely, camping and canoeing at Juniper Lake in Lassen Volcanic National Park, snow skiing, hiking, riding their bikes, watching Masterpiece dramas on PBS, attending community events, and caring for their two beloved labradoodles, Izzy and Priya. Mary took pleasure in reading geological and natural history books, usually purchased at places she visited. She loved all kinds of music. An unrealized dream was to attend the Royal Edinburgh Military Tattoo (a renowned bagpipe and drum festival), then visit the Scottish Highlands, London, and on to Ireland from where her ancestors hailed.

Barbara Fischer, a colleague, had these words to say about Mary:

Mary Hurd Aram was a pillar of dietetics and nutrition in Butte County.

After completing her dietetic internship at Massachusetts General Hospital in Boston, she contacted me about our master’s degree in nutrition education. She wished to have a career in nutrition counseling, one that focused on patient learning and behavior change; she believed our program was just what she wanted, even though it was a continent away.

She was an impressive student in graduate classes, showing insights and contributing relevant information to all. After completing her degree, she began her career at Enloe Hospital doing outpatient nutrition counseling. She became one of the first certified diabetic educators in the area and was one of the few North State nutritionists who did counseling for eating disorders.

Mary was very generous in many ways to the Chico State nutrition programs. She was instrumental in assisting me develop the Chico State dietetic internships and became a valuable preceptor for dietetic interns every semester for many years. Dozens of dietitians who went through the dietetic internship received mentoring by Mary and many spoke for years of how much they learned from her that affected their future careers. She also, most willingly, was a regular speaker for my classes in nutrition education and counseling. She was highly valued for all the years of dedication she gave the department as a consistent member of the Advisory Board and Circle of Friends donor.

I am grateful personally and professionally for Mary’s presence in my life. I know she will be missed by many who knew her and worked with her in the nutrition community.
Maggi Dorsett, another colleague, said:

Mary was very committed to North Valley Dietetic Association (NVDA) and had a state-wide leadership role in the California Dietetics Association (CDA) for a couple of years.

Nutrition-related community events were important to Mary, and she enthusiastically took part in them! She organized a healthy recipe contest through the American Cancer Society, an annual event that lasted at least three years. Mary was also active with the Enloe Diabetes Support group. Other dietetic and community involvement included Enloe Outpatient and Cardiac Rehab and Nutrition Education for Bariatric Surgery.

On a personal level, Mary was one of the very best dietitians I have met. She had a depth and breadth of nutrition knowledge that was rare and was very respected by all. I will remember Mary as passionate about helping her patients improve their health through nutrition. She touched the lives of thousands of people!

In Memoriam

Deb Hook

It is with great sadness that I share news of the passing of Debra Geary Hook who left us on October 9, 2022.

Debbie or Deb as some called her was a gift to all those who knew her. Not only was she known for her intellect, she was a sincere, sensitive and compassionate listener and was known for her enormous heart. She was a friend to people and animals in need alike, particularly her “rescues” and she loved her dogs.

Debra grew up in Northern California and received her BA in social psychology and BS in clinical dietetics from California State University (1985), Chico. She moved south and received her Master of Public Health (MPH) from Loma Linda University and worked clinically primarily in southern California. More recently she was a PhD candidate in nutritional biology and metabolism at UC Davis. Over the years she also held several certifications including Contracted Service Provider (CSP), Certified Sports Nutrition (CSNC), and Master Certified Health Education Specialist (MCHES).

Debra worked throughout southern California as a metabolic and pediatric dietitian at Miller Children's Hospital, Children's Hospital Los Angeles (CHLA), University of California, Irvine Medical
in private practice where she served metabolic patients throughout the Inland Empire. In addition to her expertise in metabolics, she also developed the ketogenic diet program and protocols at LLMC and Miller Children’s hospital. She worked in Cystic Fibrosis, craniofacial, intestinal rehabilitation, oncology and general pediatrics. In addition to her clinical work, she also worked as a consultant for Ultragenyx where she trialed triheptanoin for patients with long chain fatty acid disorders.

She held several teaching positions at California State University San Bernardino, and California State Polytechnic, Pomona, where she taught multiple classes in medical nutrition therapy and community nutrition. She was a favorite lecturer at multiple universities and programs, locally and nationally.

Debra was a staunch advocate for children with metabolic disorders. She served as an expert on a committee for the California Healthy Benefits review program to ensure third party reimbursement for medical foods for individuals with metabolic disorders. She was also very active in organizations supporting individuals with metabolic disorders. For Genetic Metabolic Dietitians International (GMDI), she worked on the technology committee which developed online software for amino acid and fatty acid content of foods, as well as conference chair (2016). With the Southeast Genetics Collaborative, she participated on the PKU nutrition workgroup to create nutrition protocols and toolkit. She also served on the National Urea Cycle Association Medical Board.

In addition to her work in metabolics, Debra was an active member and Fellow of the Academy of Nutrition and Dietetics (FAND) (2014). She served on the Pediatric Nutrition Practice Group (PNPG) most recently as co-chair of publications, where she was integral in the publishing of the most recent edition of the Neonatal Nutrition Pocket Guide. She also served on the NCP-SL committee with plans to serve as one of the editors for an e-publication related to the Nutrition Care Process. Other positions she held within the PNPG include the Public Relations chair (2010) and Public Policy chair (2015) and co-chair, and locally she also was a delegate for the CDA (2009-2012), Inland Empire Dietetics Association where she served as VP of membership, member’s council, and public policy representative (2000-2014).

Debra was a fierce patient advocate, believed in the value of the dietitian, an enthusiastic mentor and the type of expert who always sought to keep asking and answering hard questions. She was an instrumental mentor to many in the metabolic community, shaping how the next generation of RDNs serve patients. Many have shared she always had a positive outlook and was a joy to work with. She had broad and far-reaching goals, thought outside of the box, and challenged us all to approach things differently from the norm. As a result, her contributions are many to the world of nutrition and dietetics as well as her memory to the people who knew her. In spite of her illness,
Debra remained positive and contributed to the end. She will be greatly missed by all who had the privilege to know her.

This tribute was written by Esther Berenhaut, dietitian at Children’s Hospital of Los Angeles, with thanks to those who contributed and shared memories.
We hope your learning experiences at Chico State helped you to pursue a rich and satisfying career. Are you willing to help current students in the Department of Nutrition and Food Science do the same? The same level of excellence in education that you received while attending Chico State is being threatened by the budget reduction in California. As a result, the Department of Nutrition and Food Science is relying more on private donations. Please consider donating to the Department of Nutrition and Food Science through the Chico State Giving Website.

**Department of Nutrition and Food Science Wish List**

- Please consider establishing an annual $1,500 scholarship for an undergraduate, graduate, or dietetic internship student named on behalf of a donor or in memory of a loved one.
- Additional time for students to obtain hands-on experience in medical nutrition therapy at the Rural Northern California Simulation Center ($1,500 a day).
A special thanks to the following for donating to the Circle of Friends:

Blackbaud Giving Fund – In Memory of Mary Hurd-Aram
  Cheryl Bosio
  Jocelyn Christman
  Diane Cohen
  Dorothy Costa
  Laura Dick
  Suzanne Dietrich
  Alicia Docter-Dixon
Virginia and James Erickson
  Dorothy Foley
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  Shane Welsh
  Julie Wetmore

**We apologize to anyone who donated and does not show up on this list. Please complete the Circle of Friends form on the previous page so we can include you next year. We greatly appreciate your support.**
Circle of Friends

What is it?
Circle of Friends is a network of alumni, current students, faculty, staff, and friends who are committed to providing ongoing private support to preserve the department’s dedication and commitment to excellence. With reduced state budgets for higher education, private funding is critical to ensure the highest quality education and training for our students. Funds may be used to support student scholarships and awards, undergraduate and graduate research, registration fees so students may attend professional meetings such as the annual meeting of the California Academy of Nutrition and Dietetics, small equipment purchases for our laboratory courses, and additional resources for our classes.

Circle of Friends Goals:

- To reestablish alumni relationships with the department
- To encourage student pride and participation
- To encourage involvement among community supporters
- To facilitate networking among nutrition professionals
- To celebrate NFSC contributions to the University and greater North State community

Donor Benefits:

- Networking with alumni, faculty, students, and community partners
- Donation recognition in the annual NFSC newsletter
- Circle of Friends directory, which is mailed to you each summer

If you donated in the past to the Department of Nutrition and Food Science and would like to be included in the Circle of Friends directory, please complete the form below and return to the Department of Nutrition and Food Science.

Name ___________________________ Name while at Chico State ___________________________

Check all that apply

BS ___ BA ___ year ________ Degree/Emphasis + University ___________________________

MS ___ MA ___ year ________ Degree/Emphasis + University ___________________________

PhD/other ___ year________ Degree/Emphasis + University ___________________________

Home address ________________________________________________________________

Phone________________________ Email ___________________________________________

Employer and Position ________________________________________________________

Address _________________________________________________________________

Phone________________________ Email: _______________________________________

Area of Expertise ____________________________________________________________

Return this form to: Department of Nutrition and Food Science
California State University, Chico
Chico, CA 95929-0002
Name: ____________________________________________
☐ No change to information listed in the NFSC Circle of Friends Directory

If you are new to Circle of Friends or have changes, please provide the following information.

*Alums: Name(s) while at CSU Chico: ________________________________
(check all that apply)

BS ☐ BA ☐ year: ______ Degree/Emphasis + University__________________________

MS ☐ MA ☐ year: ______ Degree/Emphasis + University__________________________

PhD/other ☐ year: ______ Degree/Emphasis + University__________________________

Home address: _________________________________________________________

Phone: ___________________  Email: ____________________________

Employer: _____________________________________________________________

Title/Position: _________________________________________________________

Address: ______________________________________________________________

Phone: ___________________  Email: ____________________________

Area of Expertise: ______________________________________________________

*We’d like to hear from you! Please attach a separate sheet with your news!

CIRCLE OF FRIENDS GIVING LEVELS
(Please indicate the level of your gift with a check mark)

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<th>Level</th>
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<td>President’s Circle</td>
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All gifts go to the Department and are fully tax deductible.

Please make checks to:
CSU, Chico University Foundation
And mail to:
University Foundation-0999
California State University, Chico
400 West First Street
Chico, CA 95929-0999

Check here if you DO NOT wish your name to be included in the annual faculty newsletter and the Circle of Friends Directory