

Nutrition & Food Science



Alumni Newsletter
California State University, Chico
Spring 2024

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Greetings from the Chair

Joan Giampaoli



Happy 2023-24 to our Nutrition and Food Science (NFSC) Department community. Both faculty and students are excited to be back in the classroom and reinvigorated by a sense of community. It is good to see the campus alive with energy!

We welcomed a new tenure/tenure-track faculty member, assistant professor Dr. Cynthia Klobodu. Cynthia received her PhD in Nutritional Science from Drexel University. Cynthia also holds a Master of Public Health from the University of Ghana and an MBChB (a medical degree) from Kwame Nkrumah' University of Science and Technology, Kumasi. Her area of research is infertility, nutrition, and cancer survivorship in women. Cynthia teaches our "Human Nutrition" classes and is already mentoring many students in their research projects. We are thrilled Cynthia is a faculty member in our department!



A huge thank-you and gratitude to Laura and Sam Folgeman for supporting our dietetic interns. Laura and Sam set up an endowment for our interns to help them financially through their challenging dietetic internships. Interns do not get paid for the 10 months they are completing their rotations, and this financial support helps the intern be able to focus on their internship, not financial concerns. This years' recipient is Bruce Avila.

Another huge thank-you to Dr. Fay Johnson. Fay set up an award for an outstanding graduating general dietetics student to receive financial support during their dietetic internship. Like the Fogleman Award, the Dr. Fay Dietetic Internship Award helps relieve the financial burden for students entering their dietetic internship. The recipient of this award was Lillyanna Silveira.



It's been another year of change and transition. Planning in both the department and our classes remained challenging as the University was, and is, faced with budgetary issues. I give a huge thanks to our faculty who meet these challenges with determination and grace, keeping the students and quality education front and center. On the other hand, this year saw the return of more in-person teaching, providing a tremendous boost in everyone's spirits.

I want to take this opportunity to thank all the alumni and friends who made contributions to the department gift fund. Much of what we do would be impossible without your generous support. In the last year, your support enabled us to:

- Send students and faculty to present their research at state conferences
- Have students participate at the Rural SimCenter, where they practice medical nutrition therapy skills in a supervised simulated environment
- Purchase materials for food science labs such as Instant Pots
- Purchase ServSafe Certificate Exam Vouchers
- Purchase CardioCheck Analyzers for our Medical Nutrition Therapy lab
- Purchase gifts for our graduation and awards ceremony
- Purchase items for recruiting efforts

As always, I am grateful for your continued support. I hope you consider making a gift to NFSC so we can continue our tradition of excellence in education.

Gratefully yours,

Joan Giampaoli

Chair, Department of Nutrition and Food Science

Greetings from Graduate Program Director

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, including one summer, and start in fall 2024. 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). We will continue our post-baccalaureate dietetic internship but will accept fewer interns.

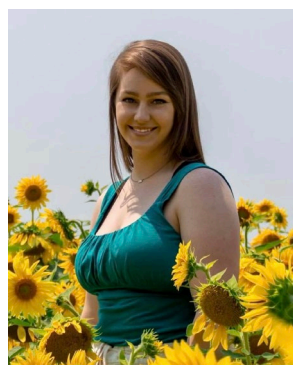
The Nutrition and Food Science Department will continue to offer a separate MS program in nutritional science with an option in nutrition education or general nutritional science. The MS program is for:

- 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

For more information, please contact Keiko Goto at kgoto@csuchico.edu.

Introducing some of our Graduate Students

Kelly Schatz



I grew up in the suburbs of Chicago and then lived downtown while pursuing my undergraduate degree. I graduated from Robert Morris University, Illinois with a bachelor's degree in exercise science. I moved to Chico in August of 2022 to pursue my master's.

Airele Muscetta

As a child, I grew up in Washington state on a small island called Whidbey Island, then moved to California and started a family. I recently graduated from Chico State with a bachelor's degree in nutrition and food science, with the option in dietetics.



Helena Hoover



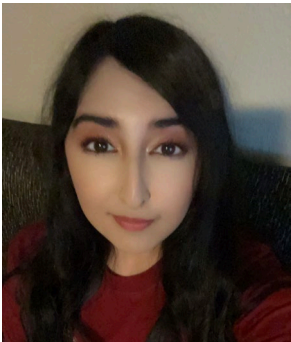
I am originally from Oakdale but have lived in Chico since 2017 (besides living in Grass Valley the past few years). I graduated from Chico State in 2021 with a bachelor's degree in nutrition and food science, with the option in dietetics, and am excited to be back in Chico learning with my peers and the great NSFC staff.

Kiana Cruise-Barriga

I am from a small town in Northern California called Red Bluff. I moved to Chico about seven years ago and started pursuing my bachelor's degree in nutrition and food science, with the option in nutrition communications. I am now starting my graduate studies in nutrition education.



Areej Anwer



I grew up in Yuba City. I graduated from Chico State with a bachelor's degree in nutrition and food science, with the option in nutrition communications, and I am currently enrolled in the master's program.

Shirin Shirani

I am an international student from Iran. I graduated from Azad University in the field of medicine, and now I'm in the master's program at Chico State.



Greetings from Didactic Program in Dietetics Director Laura Curtis



The year 2024 will bring significant changes for students pursuing a career in dietetics. As anticipated, starting at the beginning of the year, the 2024 master's mandate will require anyone sitting for the RDN exam to hold a master's degree. As a result, many of our undergraduate students are preparing for graduate school, with the majority considering combined MS/DI programs in California and across the country. Our DPD program has made curricular changes to ensure students are well-prepared for the academic rigor of graduate school.

As of the date of this writing, about half of the RDN-bound graduates from the 2021-2022 cohort have emerged into the field as newly credentialed RDNs. We are so proud of our graduates! From the 2022-23 graduating class, we saw a dramatic reduction in the number of students applying to dietetic internships or graduate schools. Only six students applied to DIs or grad schools and five were accepted. Although alarming, it is reassuring to hear that many more of the current cohort are eager to continue with their plans to pursue careers in dietetics. In October, a large group of students traveled to University of California, Davis to attend the annual DI Symposium hosted by CAND-NAD. In addition, there is much excitement for the start of Chico State's accelerated combined MS/DI, which is currently accepting applications for fall 2024.

Considering the master's mandate and in an effort to reduce barriers to entering dietetics at the undergraduate level, students need no longer apply to dietetics program but now declare the dietetics option. Those who have met ACEND's grade point standards and wish to become registered dietitians or diet technicians are encouraged to declare the option in general dietetics in their junior year. We have already received positive feedback from prospective students and aim to make a permanent change for the future.

Greetings from Dietetic Internship (DI) Program Interim Director

Joan Giampaoli



The dietetic internship continues to provide interns with challenging and varied experiences throughout the North State. For 2023-24, our dietetic interns working in rotations at Chico State's Éstom Jámani Dining, Enloe Health, Shasta Regional Medical Center, Arbor Post-Acute Care, North Valley Indian Health Center, and many others. They are all doing a great job and making a positive impact on our community. I want to thank our Chico State DI preceptors who generously give their time to supervise our interns and help them become successful and competent professionals. We could not do this without you! You make a huge difference in the lives of our students.

As always, the goal of our internship is to be looking for ways to improve the program, offer more varied experiences, and ensure that our interns are well prepared to take and pass the RDN exam and begin working as an RDN. We are working hard to better achieve these goals!

Outstanding Graduate Leader

Bruce Avila



I wanted to take a moment to express my heartfelt gratitude for being chosen as the recipient of the Outstanding Graduate Leader Award. It couldn't have been achieved without the guidance and support throughout my master's program but also during my undergraduate years. The camaraderie and community that have been cultivated played an instrumental role in shaping my academic journey. This award holds a special place in my heart because it symbolizes the strong bond I've developed with my fellow classmates and our vibrant community. It's a testament to the nurturing environment that the nutrition and food science program provides, fostering connections and growth beyond academics. I am truly honored and humbled to receive this recognition,

and I am excited to continue contributing to our wonderful alumni network.

Outstanding Undergraduate Leader

Ashlee Leonard



It was a pleasure and honor to receive the Outstanding Undergraduate Leader award. Serving as the president and secretary of the Nutrition and Food Sciences Association for two years was an experience that taught me leadership, mentoring, and collaboration skills. I enjoyed partnering with different clubs, departments, and events to make our club exciting and fun for students and staff. Helping out with several nonprofit organizations in the area was my favorite part of being in the NFSA. I loved being able to make a difference in my own community. Being a student at Chico State for three years was such an amazing experience, and I hope to return for the MSDI program. I am forever grateful for all the friends I made but especially for the several professors that helped me graduate. It was not easy, by any means, but

they continued to inspire me through my ups and downs, and I don't know how I could have done it without a select few of them. Thank you very much to them!! Thank you to the Nutrition and Food Science Department!

Outstanding Graduating Senior

Airelle Muscetta



Receiving the Outstanding Senior Award and cum laude honors was a momentous occasion that filled my heart with immense pride and gratitude. It validates the countless hours I poured into my studies, the tireless nights spent preparing for exams and writing papers, and the determination that propelled me forward, even in the face of challenges. This award represents the culmination of hard work and serves as a reminder of the incredible support I received from my professors, mentors, cohorts, and loved ones. Beyond its symbolic significance, the Outstanding Senior Award holds a deeper meaning to me. It signifies a commitment to excellence, not just in academics but also in leadership, service, and personal growth. It highlights the importance of being versatile, empathetic, and somebody who strives to make a positive impact on those around me. This honor has instilled in me a sense of responsibility to continue to serve as a role model, do my best, and inspire others to reach their full potential.

Similarly, achieving cum laude further solidifies my dedication and diligence, representing a fearlessness to ask questions, repeatedly if need be. However, it also serves as a reminder that learning is a lifelong pursuit, and it doesn't come easy. Without the support and tireless effort of those who helped me achieve my goals, this may have been a different story to tell. The honor of cum laude encourages me to continue to work hard and maintain my commitment to academic excellence as I move forward in my graduate studies.

As I transition from being a student to a professional, these awards will continue to hold great significance. They will remind me of the values that propelled me to succeed; perseverance, discipline, and a genuine passion for learning. They will serve as a constant reminder to never settle for mediocrity but to always strive for excellence in all my endeavors.

They will inspire me to utilize my skills and knowledge to make a positive impact, to be a compassionate leader, and to be of service to others. They will reinforce the concept that success is not measured solely by personal achievements but by the positive contributions we can make to the world around us.

I am truly grateful for the Outstanding Senior Award and the honor of cum laude. These awards serve as a reminder of my past accomplishments and will help to guide me as I move forward in my career. Thank you again, professors, mentors, cohorts, and loved ones who have supported me with endless encouragement, love, patience, kindness, a listening ear, and more. It has allowed me to learn, grow and get to this place in my life. I look forward to the exciting challenges and opportunities that lie ahead.

Outstanding Graduating Senior in Nutrition Management

Tiffany Greer



Receiving the Outstanding Graduating Senior in Nutrition Management award means the world to me. It's like a high-five for all the late-night study sessions, kitchen experiments, and moments of growth I've experienced during my time at the University. This recognition reminds me of the incredible support I've had from professors and fellow students who have made this journey so memorable. But it's more than just a piece of paper; it's a symbol of my commitment to promoting healthy living through nutrition. I'm excited to take this knowledge and passion into the real world and make a positive impact. This award isn't just about what I've accomplished; it's about the bright future ahead where I can inspire others to embrace a healthier lifestyle too.

Outstanding Graduate NFSC Friend

Nishna Kommoju



My sister once told me to leave people better than you found them, and in essence, I think that's what this award is about. I love the department and our students so much. Anytime I have the chance to help out or be of support, I make sure to take it so that everybody can do their best. As a student, this award means that everyone I come into contact with not only makes it to the finish line of graduation but also is set up for success with career tips and support in the future. As a nutrition professional, it means that I create a welcoming space for clients and am a helpful team member. Sometimes you need a hug and sometimes you need the truth said in a nice way. I'm here to do both and make sure we all shine!

Outstanding NFSC Friend

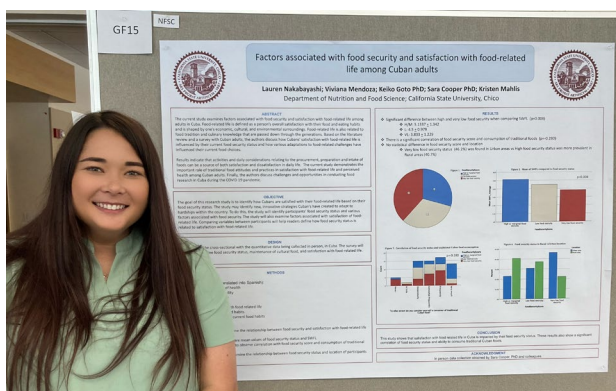
Jane Chiu



When I first heard that I was a recipient of this esteemed award, I was both immensely shocked and grateful. I would like to thank Dr. Kathryn Silliman, Dr. Joan Giampaoli, and Laura Curtis who also helped me in the beginning and throughout this journey. I especially want to express my heartfelt gratitude to Dr. Julie Holland, and Dr. Maria Giovanni who I have had the pleasure of learning from since I first started and up until my last semester here at Chico State. Once again, thank you very much to all faculty and staff of the Department of Nutrition and Food Science.

Outstanding Professional Paper

Lauren Nakabayashi



It's a great honor and privilege to receive the Outstanding Professional Paper Award because it's a testament to the rigorous effort, commitment, and perseverance put into completing a master's degree. I was a student with unrealized potential that Dr. Goto helped unlock. She acknowledged and supported me in a way that brought out the best in my work. She has been an incredible mentor and a constant support

system not only for me but for all her students. I'm extremely grateful to be able to work alongside Dr. Goto, she truly brings the best out of her students. This professional paper was a collaborative effort involving multiple disciplines. My study examines factors associated with food security and satisfaction with food-related life (SWFL) and the importance of traditional food attitudes and practices among Cuban adults.

A special thank you to Viviana Mendoza, Dr Kristen Mahlis, and Dr. Sara Cooper, all who had a part in creating the professional paper and making it successful. I am both honored and humbled for this acknowledgement and hope it inspires future nutrition students and professionals to further research this topic. Thank you.

Outstanding Graduate Star

Ana Pompa



Being honored with the Outstanding Graduate Star Award is such a privilege. As a first-generation college student and the first in my family to attend graduate school, it means the world that I was able to receive this award. Graduate school has been far from easy, and I wouldn't have been able to do it without my amazing support system. As a student, this award makes me feel seen in the classroom and as if all my efforts were worth it, from staying up late to complete assignments to juggling two jobs and an internship. As a professional, this award means that no matter how challenging a task or assignment is, anything can be accomplished and everything will work out.

Rising Star

Areej Anwer



The Rising Star reward means a lot to me. I found my undergraduate journey to be a merry-go-round of ups and downs. As a first-generation college student, finding the right information to become successful was quite difficult, I had a difficult time understanding what classes to choose. The nutrition professors I have met have been very supportive and helpful towards my academic success, and I truly feel blessed to have the unconditional love and support from my parents. I was accepted into the master's program in nutrition and food science. I am very passionate about one day becoming a dietician, and I appreciate the guidance and support I have received from my family, professors, and the friends I made along the way. I look forward to more memorable moments, but this time while I am in the master's program.

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.



Outstanding Service to the Department and Dr. Faye Dietetic Internship Award

Lillyanna Silveira



I was blessed to receive the Dr. Faye Dietetic Internship Award during my last semester at Chico State. After enduring the hard times of COVID-19, distance learning, and a rigorous workload, I was able to acknowledge my accomplishments when I was presented with the award. The Dr. Faye award instilled that I was worthy of going through with my dietetic internship and pursuing graduate school. It solidified that I am a strong student and have the potential to become a registered dietitian nutritionist. I want to thank Dr. Faye for her generosity in what she did for me and for her years of continuous support for the nutrition department at Chico State. Also, I want to thank Joan for being such a positive light within the department and supporting me throughout

tough times. As I start my MS/DI program at Idaho State, I am reminded of the role Chico State played in my journey to where I am today. Thank you to my people at Chico State—I miss you all. Go Wildcats!

The Fogelman Endowment



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 US Department of Education grant that 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 José 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, as it is worth pursuing and can lead to many interesting careers. Sam and Laura live in Birmingham, Michigan.

The Laura and Sam Fogelman Endowed Scholarship is for students wishing to complete the dietetic internship. Laura (Jones) Fogelman graduated from Chico State in 1985 and felt this step needed additional financial support 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 College 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.

Bruce Avila received this year's Fowelman Endowment.



Nutrition and Food Science Association

The Nutrition and Food Science Association (NFSA) 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.

This year, Embodied has joined NFSA as one collaborative student association that promotes 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 group, we discuss the importance of loving our bodies as they are and learning ways to have a healthy mindset towards food and exercise. This semester, students are preparing for Love Every Body Week in February and have been getting outside for group hikes.

Last spring, we had two members, our president Ashlee Leonard and VP Sammy Lajon, attend the CAND annual conference (CANDAC) on scholarship. A small group also went down to Davis in November to attend the DI Symposium in person. This semester we have had a range of presenters at our general meetings discussing topics like becoming a health inspector, edible plants of Butte County, and becoming a registered dietitian. We have also filled all lead officer roles this semester (some assistant positions are still open) so we have high hopes for what we will be able to accomplish in the spring.

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

Bethany Prince, President — bprince1@csuchico.edu

Facebook: [NFSA Facebook](#)

Instagram: [@chicostate_nfsa](#)

Giving Back

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).

Circle of Friends

**A special thanks to the following for
donating to the *Circle of Friends*:**

James Aram
Cheryl Bosio
Jocelyn Christman
Diane Cohen
Dorothy Costa
Laura Dick
Suzanne Dietrich
Alicia Docter-Dixon
Virginia and James Erickson
Dorothy Foley
Laura Fox
Joan Giampaoli
Faye Johnson
Hahna Kaiser
Barbara Kirks-Fischer
Yvonne Koehnen
Deborah Koos
Richard Korhummel
Erin Lewis
Marta McKenzie
Michelle Morris
Suzanna Nye
Larissa and William Pacuilla
Pat and Owen Peterson
Kathryn Silliman
Jana Storm
Julia Voorhees
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 next 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

Nutrition and Food Science Department

CIRCLE OF FRIENDS

Donation Form

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 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: _____

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)

Student & Friend Circle	\$1-49	<input type="checkbox"/>	Golden Circle	\$250-499	<input type="checkbox"/>
Supporter Circle	\$50-99	<input type="checkbox"/>	Dean's Circle	\$500-999	<input type="checkbox"/>
Silver Circle	\$100-249	<input type="checkbox"/>	President's Circle	\$1000 or more	<input type="checkbox"/>

All gifts go to the Department and are fully tax deductible.

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And mail to:

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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 Director

