



DEAN'S MESSAGE

Welcome to the College of Applied Sciences and Arts (CASA) Spring 2017 Newsletter. This semester has provided San José State University and CASA much to celebrate.

First, we celebrate the leadership of our new president, Dr. Mary Papazian, who was inaugurated on Thursday, May 4, with faculty, staff, friends and local community leaders attending this prestigious event on Tower Lawn.

We are celebrating the positive impact of a San José State University education for our graduates. In January, a New York Times article, "America's Great Working Class Colleges," listed San José State University number eight. This ranking was for the percentage of students from the bottom fifth of the income distribution upon entering college who move up in the top three-fifths after graduation.

For the first time ever, we celebrated the CASA faculty and staff by awarding the CASA Service Awards, December 7. You can read about all of the awardees in this newsletter. Our commitment to inclusion and creating a welcoming education environment was commemorated when we presented the annual Committee to Enhance Equity and Diversity (CEED) awards at our Spring Semester Annual Meeting. You won't want to miss the fascinating stories of faculty, staff and students who contribute their time and effort to diversity and inclusion on campus and beyond.

On April 28, SJSU and CASA honored 900 Dean's Scholars (the most ever) and 78 President's Scholars respectively. Dean's Scholars are undergraduate students who have earned a 3.65 or higher grade point average in at least two contiguous semesters of the three semesters prior to the Honors Convocation.

President's Scholars are undergraduate students who have earned a 4.0 grade point average at San José State University in at least two contiguous semesters of the three semesters prior to the Honors Convocation.

The college leadership of the Dean's Office, Directors and Chairs spent a good part of the semester engaging in dialogue about who we are, how we fit together, and how we can describe more clearly all the amazing things that are going on in the college. You will notice a wheeled logo in the newsletter which represents the symbiotic relationship of all the schools and

departments in the college. As a college, we are applied in nature, community focused and interdisciplinary while promoting social justice, innovation, global awareness and health as wellness.



Please take a look at this Spring's CASA Blog series. It illustrates how our students apply their knowledge in the community in which we live, work and play. A sort of "What's so Applied about Applied Sciences and Arts" series. This series is a small sample of the many wonderful partnerships with our communities.

We have reprinted these stories in our newsletter along with instructions on how to receive our blog. Please follow us as we celebrate the college happenings via the blog.

We are also celebrating the big challenges that come our way to continue to provide our students with the best educational experience possible. We hope to welcome another dozen new tenure track faculty to the college this fall and we celebrate that we are growing in numbers of students majoring in CASA programs. One of our educational challenges is the Health Building Renovation Project. This is a multimillion dollar project that will add much needed labs and clinic spaces, offices, classrooms, and more advising space. We are renovating the first two floors, (formerly the Student Wellness Center) for this purpose. A portion of the building will be completed by August. Because of a rainy season, the age of the building, and ever increasing building costs, this challenge is increasing. Any support that you can provide would be deeply appreciated.

Finally, we celebrate you, our CASA family, who have contributed to the very fabric of who we are. Each of your stories contributes to the story of the college and the university.

I hope that you enjoy this newsletter and your summer,

Dr. Mary Schutten
Dean, College of Applied Sciences and Arts

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Faculty in Memoriam

Dr. Dennis E. Brown, age 83, passed away on March 15, 2016, in Salem, Ore. Dr. Brown joined the (then) Department of Journalism and Advertisement as an assistant professor in 1978, served as department chair and retired as full professor in 1992.

Dr. William Evans, age 82, passed away on Oct. 31, 2016. Dr. Evans joined the School of Social Work in 1976 and retired as professor and faculty field liaison in 2012.

Dr. Jack Smolensky, age 90, passed away on Dec. 10, 2016, in Palm Desert, CA. Dr. Smolensky joined the Department of Health Science faculty in 1957 and retired as professor in 1993.

Dr. Lee Allan Walton, age 81, passed away on Dec. 20, 2016, in Morgan Hill, CA. Dr. Walton, former Kinesiology Professor, taught for 35 years where he was honored as Distinguished Alumnus Professor in 2000. He was also the recipient of the Professional Service Award in 2016.

College of Applied Sciences and Arts Presents the First Annual CASA Service Awards

What promises to be a continuing tradition, the first CASA Service Awards were presented December 7, 2016, followed by a special presentation by Dr. Richard Levy, Chairman of the Varian Medical Systems Board of Directors, 2002-2014, on the "Future of United States Health Care."

Awards were presented in the following categories: Lifetime Faculty Service Award; Lifetime Faculty Service Award for Lecturer; Annual Faculty Service Award, Annual Faculty Service Award for Lecturer and the Administrative and Professional Service Award.

Lifetime Faculty Service Award

The Lifetime Faculty Service Award is awarded for a career of ongoing outstanding service to the college, university, the community and/or the profession spanning a period of the past 10 years or more. **Dr. Lucy McProud, Chair, Department of Nutrition, Food Science and Packaging** was one of two faculty members who received the 2016 award. In 1984, Dr. McProud accepted an Interim Chair position in the department and little did she know she would be the department chair 31 years later. Dr. McProud's let's do attitude has highly benefited the Nutrition, Food Science and Packaging department.

In 1992, when a professor suggested developing a department alumni group to raise private support for state of the art equipment, Dr. McProud listened. Today, "Circle of Friends," has raised funds for the Nutrition Metabolism Laboratory and renovated the Food Science Laboratory among other accomplishments. Funds from "Circle of Friends," now offers six yearly \$2000 student scholarships.

The second CASA Lifetime Faculty Service Award was presented to **Dr. Lori Rodriguez, The Valley Foundation School of Nursing.**

Dr. Rodriguez is a die-hard advocate for students, patients and the population of California. She collaborated with Patricia Benner for her doctoral dissertation from UCSF and then published: *Confronting Life and Death Responsibility: The Lived Experiences of Nursing Students and Nursing Faculty Response to Practice Breakdown and Errors in Nursing School.*

Dr. Rodriguez's interweaving of these concepts has developed students who are leaders, who serve patients and families and in turn transform the health of segments of our state population and beyond.



Lifetime Faculty Service Award for Lecturer

The Lifetime Faculty Service Award for Lecturer, is awarded for a career of ongoing outstanding service to the college, the university, the community and/or the profession spanning a period of the past 10 years or more. The 2016 Lifetime Service Award for Lecturer was awarded to **Professor BJ Grosvenor, Department of Health Science and Recreation.** Professor Grosvenor is commended for her diligence in merging recreation and hospitality. There were some difficult decisions to be made ranging from units for internships to core coursework and the quality of her work was unmatched.

Professor Grosvenor is applauded for her service as a CASA representative on SJSU'S Academic Senate and the Senate's organization and Government Policy Committee. She is also an excellent advisor for students with her clear and thoughtful approach. Her ability as a teacher balancing compassion with high expectations and standards that fosters an energized classroom where students are engaged and interested in learning. This is a gift and wonderful to see in action.

Annual Faculty Service Award

The Annual Faculty Service Award is awarded for outstanding unit, college, university, community and/or professional service during the previous academic year.

In 2011, **Professor John Delacruz, School of Journalism and Mass Communications** was recruited from the United Kingdom. His tenacity in connecting students with local media and advertising firms, technology firms and non-profit entities have benefited students beyond belief. Cisco Systems, immediately impressed with Professor Delacruz's knowledge, experience and engaging personality, assisted in setting up a Cisco Telepresence so that students were able to connect with global professional advertising experts from New York's 5th Avenue.

Since joining the School of Journalism and Mass Communications, Professor Delacruz developed and led several international learning initiatives. He travelled with students to London and Madrid who had the opportunity to be instructed by Professor Delacruz's contacts who happen to be some of Europe's top advertising creative and management executives.

Annual Faculty Service Award for Lecturer

The Annual Faculty Service Award for Lecturer is awarded for outstanding unit, college, university community, and/or professional service during the previous academic year. In 2016, this award was presented to two lecturers.



From left to right: Halima Kazem-Stojanovic, Tabia Shawel, Deborah Nelson, John Delacruz, BJ Grosvenor, Lucy McProud, Lori Rodriguez

The first award was presented to **Professor Deborah Nelson, The Valley Foundation School of Nursing.** Since 2006, Professor Nelson has brought her nursing skills to students in a variety of ways. She has taught a myriad of courses to nursing students and is to be commended for her expertise in maternal child nursing in which she has taught both professional role development and clinical practice.

Professor Nelson's involvement in the The Valley Foundation School of Nursing global programs has benefited students greatly. She has organized several trips to Grenada through Faculty Led Programs where students were provided with a strong foundation in community health and volunteer service.

The second Annual Faculty Service Award for lecturer was presented to **Professor Halima Kazem-Stojanovic, School of Journalism and Mass Communications** for, not only, her commitment to students, but the international community as well.

Professor Kazem-Stojanovic's Faculty Led Program to Greece and Germany to interview Syrian Refugees had a profound impact on, not only, the students, but the refugees as well. Upon returning back to the United States, Professor Kazem-Stojanovic launched a public relations campaign regarding bags that the refugees were constructing out of life vests. Media coverage both locally and nationally was generated and, because of that coverage, the bags are being sold and benefiting these refugees.

Professor Kazem-Stojanovic's is also to be commended for her international reporting for Al Jazeera America and Al Jazeera English's human rights sections that demonstrates her commitment for the rights of marginalized groups and the effects of systemic discrimination.

Administrative and Professional Service Award

The Administrative and Professional Service Award is awarded for outstanding college, university, and/or professional service that goes beyond expectations and responsibilities of the staff member's position. This year's award was presented to **Tabia Shawel, School of Social Work.** Ms. Shawel is commended for her outstanding professional service in the School of Social Work. Her administrative support for the field internship program in which she processes 300 graduate students and 150 majors and organizes and processes all the field agency agreements is vital to the School of Social Work.

In her spare time, Ms. Shawel also plans three major events a year (student orientation, field internship agency fair, and celebration of community connections) as the key event planner, working with the field director and other school administrators.



CASA Committee to Enhance Equity & Diversity Awards Presented at the Spring Welcome Assembly

At the annual CASA Spring Welcome Assembly, the 2017 CASA CEED awards were presented. The acronym, CEED, stands for the Committee to Enhance Equity and Diversity with its mission “to enhance the mission of CASA by promoting a deeper understanding of equity and diversity by recognizing and being responsive to issues on age, class, disability, ethnicity, gender, race, religion, and sexual orientation.”

In order for nominees to qualify for these awards, they must satisfy one or more of the following criteria: outstanding service to equity and diversity enhancement on the San José State University Campus; outstanding service to equity and diversity enhancement in the community; and outstanding activities and projects that contribute to a better understanding of equity and diversity issues.

The CEED award categories include:

- Undergraduate Student Service
- Graduate Student Service
- Faculty Service
- Staff Service
- Student Organization Service

Undergraduate Student Service Awards

Earning the First Undergraduate Student Service Award is [Francisco Garcia](#) also known as Frankie. Frankie, a student in the [Department of Kinesiology](#) and a Mexican American Studies minor, could not wait to celebrate his 21st birthday and it wasn't for the typical drinking age reason. Frankie knew that as a 21-year old he was legally able to petition for U.S. citizenship for his parents. The oldest of four children, Frankie grew up in Highland Park, Los Angeles, a neighborhood known for gang violence and low socioeconomic status.

Last summer, Frankie attended Dr. Kasuen Mauldin's Hong Kong faculty led program where he learned about Chinese/Cantonese culture, “Frankie just stood out among my students because he was the only student who brought a clipboard to take notes while touring the city,” recalls Dr. Mauldin. Frankie currently serves as an Equal Opportunity Program mentor to freshman and transfer students.

Earning the Second Undergraduate Student Award is [Joseph Montoya](#), a student in the [School of Journalism and Mass Communications](#). Joey, as he likes to be called, is very active in Native American issues and spreading awareness among a number of channels both on and off campus. In Fall 2012, Joey set up Urban Native Era during his first year of college.

Urban Native Era started and continues to spread

awareness of indigenous issues throughout the world. After travelling to the Democratic convention, Joey got involved with Standing Rock. Today, students across campus recognize Joey's stickers and images that bring awareness of indigenous people's issues.

[Natsuko Tsuji](#), [Department of Nutrition, Food Science and Packaging](#) earned the Graduate Student Award. As a graduate student, Natsuko conducted a research project examining if participation in multicultural cooking classes had an impact on cultural competence of SJSU students. Natsuko designed, planned and taught five multi-cultural cooking classes to expose students to different cultures.

She taught Japanese, Thai, Caribbean, Indian and French cooking classes. Natsuko worked alongside Cassie Barmore, SJSU's Campus Dietician. Both Natsuko and Cassie desired to find out if participating in a fun, social ethnic cooking class was one way a person could increase his/her cultural competence. Before the classes, Natsuko administered a cultural competence survey and distributed the same survey one month after the class. Natsuko has been invited to present her work at conferences and expositions and has published a summary of her work in the Journal of the Academy of Nutrition and Dietetics.

[Dr. Edith Kinney](#), [Department of Justice Studies Professor](#) received the Faculty Service Award for her work on numerous initiatives related to social justice, equity and diversity on SJSU's campus. She developed a partnership with the Mosaic Cross Cultural Center which promotes diversity, awareness, social change and cultural empowerment. Dr. Kinney continues to play an enormous role in the planning and executing of the annual human rights lecture series. In Spring 2015, Dr. Kinney assisted in bringing former Black Panther, Angela Davis for a keynote lecture to a standing room only crowd that included many founding members of the Black Lives movement community.

The Staff Award was presented to [Cassie Barmore](#), [Department of Nutrition, Food Science and Packaging](#). Cassie Barmore successfully promoted and fostered a deeper understanding of equity and diversity as it relates to socio economic status and cultural food practice among SJSU students, faculty and administrators. Cassie identified that food scarcity, due to a lack of money, was a major barrier to student success. She took it upon herself, outside of her job duties, to collaborate on projects to feed low income students and teach students how to cook the food they receive. Cassie believes that all students, regardless of income status should have access to three healthy, and well balanced, meals per day.

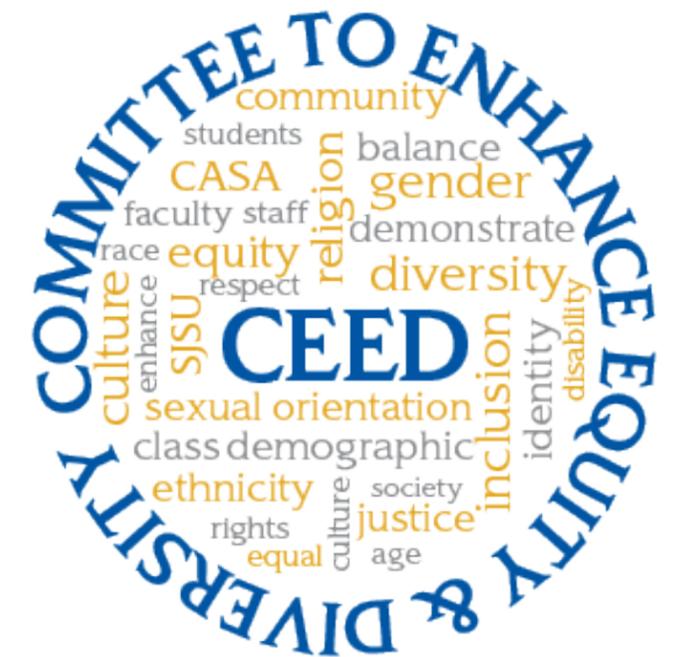


From left to right: Frankie Garcia, Natsuko Tsuji, Joey Montoya, Social Work Graduate Student Association (Meg Glenn, Alisia Murphy, Miriam Pokharel-Wood), Dr. Edith Kinney, Cassie Barmore

The [Social Work Graduate Student Organization \(SWGSA\)](#) received the Student Organization Award. Two years ago, students expressed concern about the expression of unfavorable racial comments in the classroom and requested several faculty and student initiatives to engage the school community in a dialogue. Thus, the “authentic conversations” initiative was developed as open and explorative discussions about race, power, and all forms of oppression were spoken from our lived experiences. Today, SWGSA has shown leadership in keeping this momentum going. Because of this initiative all social work classes now include a shared agreement for maintaining a safe learning environment and openness of communication.

Thank you to the CEED Committee who thoughtfully reviewed applications. These include:

CEED Chairperson, Dr. Deborah Bolding, Occupational Therapy; Lt. Col. United States Air Force, Michael Pecher, Air Force ROTC, Aerospace Studies; Dr. Susan Ross, Health Science and Recreation; Dr. Faranak Memarzadeh, Hospitality Management; Dr. Phylis West-Johnson, School of Journalism and Mass Communications; Dr. Wilson Yuan, Justice Studies; Dr. Seung Ho Chang, Kinesiology; Tonia San Nicolas-Rocca, School of Information; Dr. Ruth Rosenblum, Valley School of Nursing; Dr. Adrienne Widaman, Nutrition, Food Science & Packaging; Dr. Edward Cohen, School of Social Work; and Dr. Pam Richardson, Associate Dean, College of Applied Sciences and Arts.



College of Applied Sciences and Arts Receives Award at Essence of Blackness Gathering

The College of Applied Sciences and Arts received an award for its low student DQ rate and that zero Black students discontinued their college education. SJSU's African American Student Success Taskforce put on the third annual Essence of Blackness gathering in the Student Union Ballroom where students, faculty and community members came together Monday, March 13, to celebrate black culture.

The theme for this year's Essence of Blackness was "celebrating our roots" with the goal of not only entertaining the community but also educating about the African continent and the Diaspora. The event was catered by Back A Yard, Jon Jon's BBQ and Walia Ethiopian Cuisine. "At CASA, we make every effort for all students to succeed and graduate," says Dr. Mary Schutten, Dean, College of Applied Sciences and Arts. "This award demonstrates that CASA is succeeding in student success."



Dean Schutten accepts the Harambee Award from Provost Feinstein

New York Times Reporter David Streitfeld Receives School of Journalism and Mass Communications William Randolph Hearst Award

On Monday, March 13, faculty in the SJSU School of Journalism and Mass Communications presented David Streitfeld, Reporter, New York Times with the William Randolph Hearst Foundation Award for outstanding professional journalism.

JMC faculty and students gathered for an informal luncheon with David Streitfeld to discuss views on a wide range of timely global issues and Silicon Valley concerns.

Following lunch, Streitfeld was recorded in the JMC School television studio with an audience of JMC faculty and students discussing President Donald Trump's clashes with the media. Journalism professor Bob Rucker said the guest of honor complemented SJSU student questions. "He was impressed with their keen interest in what's going on," said Professor Rucker, "and saw how our students cared about the issues now being widely discussed across the nation."

At the end of the day, faculty and students gathered for a reception with refreshments at the SJSU Student Union and the presentation of the Hearst Award. Streitfeld also participated in a question and answer session with the audience. Faculty and students across campus and schools

around the Bay Area engaged with Streitfeld on a wide range of topics. One student from San José's Lincoln High School arrived early, and Mr. Streitfeld personally encouraged him to pursue his interest in studying journalism in college.

Streitfeld answered questions about how the New York Times and its digital platform group are responding to constant attacks by White House staff and President Donald J. Trump.

Streitfeld was part of the national newspaper team awarded journalism's top honor, the Pulitzer Prize, for Explanatory Reporting "for its penetrating look into business practices by Apple and other technology companies that illustrates the darker side of a changing global economy." He won his first "Best in Business" award from the Society of American Business Editors and Writers for his investigation of fake online reviews, and his second for an in-depth look (written with Jodi Kantor) at Amazon's employment practices. The Amazon story drew more comments than any story in New York Times digital history.

Previously, Streitfeld worked for the Los Angeles Times and, before that, the Washington Post. He has written for New Yorker, Vogue, Wired and other magazines. He is also the editor of books about Gabriel Garcia Marquez, Philip K. Dick and J.D. Salinger.

Streitfeld thanked everyone at SJSU for their warm welcome and the award. He promised to keep in touch with the School of Journalism and Mass Communications.



Spartan Daily Wins 2nd and 5th Place in National Competition

The Spartan Daily, a daily SJSU campus newspaper, housed in the School of Journalism and Mass Communications has placed second nationwide for Best Newspaper and fifth for Best Special Issue among four-year daily newspapers in the Associated Collegiate Press Best of Show awards at its 33rd Annual National College Journalism Convention in San Francisco March 4-5.

The Spartan Daily and Access Magazine had earlier won 11 statewide awards from the California College Media Association, which held its awards banquet Saturday, March 4, in conjunction with the ACP national convention.

Out of more than 100 universities nationwide participating in the convention, the Spartan Daily finished second with its issue from February 17, 2016. The issue featured Raphael Stroud's outstanding coverage of the SJSU hate crime trial (with an equally outstanding infographic by Kavin Mistry), Vasuki Rao's story on the California Faculty Association's preparations for a faculty strike, and articles on Super Bowl 50's impact on the area, the Syrian refugee crisis and gender in the United States military.



The Spartan Daily's special issue on Millennials from November 22, 2016, placed fifth nationwide. It contained articles on undocumented students, political activity among millennials, and material examining young people who defy often-unquestioned stereotypes of young people as lazy and unfocused.

This is the third consecutive year the Spartan Daily has finished in the top five nationwide in this competition.

School of Social Work Celebrates March, Social Work Month at Annual Dinner



recognition, networking, and catching-up with friends and colleagues.

"Thank you to NASW, USWA, SWGSA, the School of Social Work, and our many partners for their sponsorship of this event," says Dr. Peter A. Lee, Director, School of Social Work. "Without you, our event would not have been the success that it was."

The 2017 National Association of Social Work South Bay Unit awards were given to Carlos Bejarano, for Outstanding Social Work Student, Adriana Andrade, Community Champion of Change, Emily Bruce, Outstanding Social

The School of Social Work celebrated Social Work month by holding its annual Social Work Celebration and Awards event Friday, March 24th, at Left Bank Restaurant, Santana Row. Approximately 75 students, alums, and professional partners shared an evening of

Work Professor and Soma Sen, Social Worker of the Year. Congratulations to all of the 2017 National Association of Social Work South Bay Unit award winners.

Also, at the celebration, the School of Social Work launched the "Fundraising Match Challenge" based on a \$6,000 pledge from Dr. Raymond and Mrs. Lucille Lee, and Dr. Peter Allen Lee. The Lee Family will match up to \$6,000, essentially doubling each person's contribution to the School of Social Work.

If you would like to donate during this campaign, please go to <http://www.sjsu.edu/giving/> and click on the GIVE NOW button on the right to get to the "Give to SJSU" page. Then, in the "Other Purpose" text box, please type in either "Social Work Writing Support" or "Social Work Director's Discretionary Fund."

Aside from financial support, the School of Social Work is always interested in creating ways to connect and support alums in a life-long relationship and journey towards success. If you want to re-connect as an alum, have an idea for a program, thinking of being an instructor at our School or looking for mentorship opportunities, please feel free to contact peter.a.lee@sjsu.edu with your ideas, suggestions, or questions.



School of Information Presents Global Curriculum in a Unique Way

The goal of CASA's international experience is to introduce all students to international and intercultural perspectives in order to prepare them to live and work in an increasingly globalized world. The School of Information (iSchool) is going about this in a unique way.

In 2016, Drs. Sue Alman and Christine Hager of the iSchool received faculty awards from the College of Applied Sciences and Arts (CASA) that will be used to promote global citizenship and engagement.

With the grant award, Dr. Alman developed a digital repository of materials to support iSchool faculty members as they internationalize their online courses. According to Dr. Alman, the repository can also be used as a model for all CASA faculty members.

"The receipt of this award is an honor, and it indicates the high level of importance that the SJSU CASA administration has placed on assuring that all students are introduced to international and intercultural perspectives in order to prepare them to live and work in an increasingly globalized world," Dr. Alman said.

Dr. Hagar has used the grant to create a new globalization and information course syllabus that will provide iSchool students with a broad overview of the influence of globalization within the context of an information society and focus particularly on political, economic, technological and socio-cultural issues.

"I was delighted to be awarded a Global Citizenship and Engagement Faculty Stipend from the SJSU, College of Applied Sciences and Arts, to aid the development of a Globalization and Information course," says Dr. Hagar.

This interdisciplinary course will provide Master of Library & Information Science (MLIS) and Master of Archives and Record Administration (MARA) students with a broad overview of the influence of globalization on the generation, organization, access, transfer, and use of information. It will examine issues of globalization within the context of an information society and focus particularly on political, economic, technological and socio-cultural issues. The course will engage students in global conversations, help prepare students to think globally, to be global citizens, and to play an active role in a

multicultural world. It will prepare students to pursue alternative career paths as information professionals.

When students complete this course they will be able to: critically analyze political, economic, technological, and socio-cultural issues of information in a global context; explore the challenges of competing perspectives and expectations about the influence of globalization on information infrastructures, uses of information, knowledge, and power; reflect on the roles and functions of libraries, information agencies and organizations, and information professionals in an increasingly global society; experience cross-cultural communication by engaging in discussions with information professionals in different countries; and gain an understanding of globalization theory as it relates to information generation, organization, dissemination, and use.



CASA Students Experience International Destinations Through CASA Faculty Led Programs this Summer

Approximately 125 students will be traveling internationally overseas this summer through CASA's Faculty-Led Programs (FLPs) which are led by faculty from the College of Applied Sciences and Arts. These popular courses are the best ways to earn SJSU academic credit and gain international experience. Additionally, some FLP courses meet general education requirements.

School of Journalism and Mass Communications Professors Diane Guerrazzi and Halima Kazem will be leading students to **Greece and Italy** to focus on the Syrian refugee immigration. Students will have a rare opportunity to tell the immigrants' personal stories of struggle and fortitude, May 28-June 17.

Professors Deborah Nelson and Katherine Kinner, The Valley Foundation School of Nursing, will be leading students to **Grenada** to develop a sense of civic responsibility, acquire cultural competence, and experience practice based skills within a cultural context, June 8-28.

Occupational Therapy Professors Dr. Anne MacRae and Professor Alison George will be leading students to **Malta**, to gain an international perspective on healthcare, especially occupational therapy practice, within the Maltese cultural context, June 15-July 2.

Associate Professor Jerilyn Smith and Guest Lecturer Uyen P. Nguyen, Occupational Therapy, will lead students to **Vietnam** to gain cross-cultural and cross-national insight into the political, social, cultural and economic factors in Vietnam that influence the way individuals engage in daily occupations and how health care services are defined from June 12-26.

Occupational Therapy Professor Dr. Megan Chang and Nutrition, Food Science and Packaging Professor Dr. Irene Chou will lead students to **Taiwan** where they will learn how culture influences food intakes and health care delivery in this country, formerly known as Formosa from June 19-July 4.

Dr. Lynn Andonian, Occupational Therapy, and Dr. Ruth Rosenblum, The Valley Foundation School of Nursing, will lead students to **Jyväskylä, Finland**, where they will attend JAMK University to attend classes with other health major students from around the world, May 28-June 11.

Dr. Tamara McKinnon and Dr. Colleen O'Leary-Kelley, The Valley Foundation School of Nursing, will lead students on a three-week exploration of **Ireland** where they will learn about the Irish healthcare system and provide opportunities to

collaborate on continuing professional development courses and other health-related projects, July 20-August 8.

Dr. Shirley Reekie, Kinesiology, will lead students to the United Kingdom of **Great Britain and Northern Ireland** where they will explore British sports, culture and recreation, June 22-July 14.

Professor Karen Harvey, Nutrition, Food Science and Packaging will lead students to **Hong Kong** where they will learn the cultural aspects of food as related to regional, ethnic and religious influences, June 13-28.

Professor Deepa Singamsetti, Nutrition, Food Sciences and Packaging, will lead students to **Puerto Rico** where she says, "your senses will be engaged with the sights, sounds, and tastes of the island," July 3-19.

CASA has long been recognized for its excellence in preparing both undergraduate and graduate students for professional work in fields related to health and community wellness, and applied human services. Comprised of eleven schools and departments, CASA has utilized the unique interconnectedness of health professions and applied sciences to address issues related to social change, social justice and human rights. Leveraging cutting-edge, applied research and strong community partnerships, CASA serves as a leader in promoting evidence-based, healthy outcomes for the region and California, as well as locations across the globe.

During the Spring 2017 semester, we featured a series of blogs that demonstrate some of the many ways CASA undergraduate and graduate students apply what they have learned in the community and beyond.

Find out how to follow our blog on page 20.

Journalism Students Broadcast Cinequest Film Festival in Real Time

If you plan on attending the 2017 Cinequest Film Festival, there is a good chance you may be interviewed by Journalism 166 students.

Three years ago, when Professor Tom Ulrich, JMC Studio Director Juan Serna and Professor Neal Waters were gauging Adobe software and what they could accomplish, an idea struck. “We thought with our Adobe software and \$6,000 of rented video equipment we could broadcast an event live and audiences could view events in real time,” recalls Tom Ulrich, Journalism Professor, School of Journalism and Mass Communications. Thus, an ongoing relationship with the Cinequest Film Festival was formed.

Utilizing Journalism 166 Convergence Newsroom, a course designed for the experienced journalism major who wishes to learn about multimedia reporting for online platforms, Professor Ulrich and his team, approached the Cinequest Film Festival team and asked them if they could film opening night, closing night and all of the events in between. Ulrich recalls, “With Adobe software, we rewrote the rules for broadcast when my team of 12 students replaced a \$1 million transmission truck with \$6,000 of computer gear. We beamed live coverage of the film festival to subscribers of our digital arts magazine, South Bay Pulse.”



South Bay Pulse, a digital arts and entertainment magazine was launched by Ulrich, with Professor Neal Waters in time for Cinequest 2015. “This March we will be covering Cinequest for the third time,” says Waters.

“Filming Cinequest events is a three-week commitment for our class and probably four or five weeks when you take in the preliminary planning,” says Ulrich. “We spend the rest of the year covering the community at large.”

Professor Thomas Ulrich is a regular contributor to Wines & Vines. He has written feature stories for Time, The Washington Post, the Christian Science Monitor and Orion Magazine. He helped launch SHiFT magazine with four professors from the Lucas College of Business nine years ago and launched South Bay Pulse, a digital arts and entertainment magazine, with Professor Neal Waters, in time for Cinequest 2015.

The Western Publishing Association awarded the staff of the magazine “best student print publication for 2016.” The staff of South Bay Pulse worked with Adobe to develop features for the latest edition of DPS (Digital Publishing Suite) software.

Department of Hospitality Management’s Pebble Beach Program Provides Students with on the Job Hospitality Experience

If you plan on visiting the AT&T Pro Am Golf Tournament, Pebble Beach California, February 6-12, there is a good chance you may be served by one of SJSU’s Special Event Management students. “We have 32 students going down this year. Of those, the majority are Hospitality majors, with a couple of Kinesiology majors and a few majoring in public relations,” says Terry Thompson, Professor, Special Event Management Training.

The Department of Hospitality Management is excited to celebrate its 12th year of partnership with Pebble Beach Resorts to assist with the 2017 AT&T Pebble Beach Pro-Am. “Our students will be working On Course Food and Beverage, Sky Suites and Chalets,” says Thompson. “They will be managing anywhere from 5 to 50 volunteers and paid employees during the tournament, depending on where they are working. Students will work directly with Pebble Beach representatives to manage, plan, coordinate, and oversee these hospitality areas at one of the PGA’s most celebrated golf tournaments.”

In order to be chosen for this opportunity, students must complete an application, write an essay and complete a panel interview.



“There are over 100 students that apply every year and we only choose 32,” says Thompson.

Once students have been accepted in the program, they must attend over 60 hours of training that is conducted in conjunction with the Pebble Beach staff. In this training, they learn how to set a table properly, adjust shades and lights, and prepare a proper break service according to the Lodge at Pebble Beach standards.

“It is a real commitment,” recalls Anissa Sanders, public relations major and member of last year’s student team. “We are required to stay near Pebble Beach for a week, waking up at 4 a.m. to eat breakfast and be at the courses by 6 a.m. Then, back to our lodging at 6 p.m. and have dinner with the team, and then to bed by 10 p.m. to do it all over again the next day.”

If they perform well, students can be invited back a second time for management and paid positions. Ms. Sanders has been invited back this week to manage three VIP rooms in the Lodge. She was also invited to work the 2016 Pebble Beach Food and Wine Festival and Concours d’Elegance this past year. “Being a part of the Special Event Management Team taught me not only about the hospitality industry, but also about myself with the help of amazing advisors and Pebble Beach Managers. They help you grow and become confident in your choices as a manager. I’m happy to have done the program because I have built a network of friendships and, ultimately, a family.”



The AT&T Pebble Beach Pro-Am is one of golf’s most celebrated and beloved events. Spanning three beautiful courses on the Monterey Peninsula (Spyglass Hill Golf Course, Monterey Peninsula Country Club Shore Course, and Pebble Beach Golf Links), it attracts the PGA’s top professionals and some of the best-known celebrities. The goal of the AT&T Pebble Beach

National Pro-Am is not only to provide a highly competitive and entertaining PGA event, but also raise money for philanthropic causes.

It is truly exciting that San José State University has the opportunity to participate in this incredible event. The Hospitality Management Program is always on the lookout for some of San José State’s most responsible, enthusiastic, and professional students to join the Special Event Management Team.

Departments of Kinesiology & Justice Studies Professors Teach College Courses at Elmwood Correctional Facility

Students at the Elmwood Correctional Facility in Milpitas completed the first round of college courses offered by San Jose Staté University (SJSU) on Monday, December 12, 2016. Seventeen men passed the Introduction to Kinesiology course and 14 women passed the Justice Studies – Record Clearance Project: Practical Legal Skills course. Students attended class twice a week for 12 weeks, plus study hall and workshops for additional support.

The Kinesiology course introduced the men to the philosophy, history, and sociology of physical activity; sport and exercise psychology and the biomechanics and physiology of physical activity. The course covered careers in health and fitness, therapeutic exercise and teaching, coaching and sport instruction, plus sport management. In addition to course readings, students took weekly quizzes, a mid-term and final exam, plus gave a group presentation. In a resume workshop, students identified their personality characteristics and skills in preparation for seeking employment.

“Going in, I did not know what to expect. I was ecstatic to see how many of the students wanted to better themselves,” said Arman Medina, Kinesiology Lecturer at SJSU. I was impressed with how smart they all were. They all worked very hard.” Medina taught the in-custody course with the assistance of SJSU instructional student assistant, Julius Passion.

The Practical Legal Skills class prepared students to help people clear criminal convictions from their records. Beginning with reading statutes to determine legal eligibility for dismissal of convictions and reduction of felonies, students also learned and practiced legal interviewing and writing skills necessary to complete court paperwork for a client seeking expungement. Students learned to give community presentations on expungement law, and practiced course skills in hands-on workshops. Guest speakers included people who had their records cleared and a judge who spoke on courtroom protocol.

“We asked students how the class could be improved. They suggested: more homework and have class meet every day. A teacher’s dream!” said Peggy Stevenson, director of the SJSU Record Clearance Project. “I was impressed with the dedication, discipline and mutual support that the students demonstrated on a daily basis.” Stevenson co-taught the course with Nishtha Jolly, MS, with assistance from Anahi Beltran, Nina Bernardini and Zulema Pimentel-Licea.



Thank you to the Santa Clara County Office of Reentry Services - Winter 2017 Newsletter for this article.

Masters of Social Work Student Assists Syrian Refugees

When Masters of Social Work student, Shabnam Sharifi, was reading and hearing about the Syrian refugee crisis in Fall, 2015, she immediately wanted to help.

"I happened to search the Internet to see what I could do and I came upon SKT.org, a United Kingdom organization that was planning a trip to supply families with winter gear and clothing," says Ms. Sharifi.

Ms. Sharifi learned that many children of refugees had not survived the past winter because it was very cold and they did not have the proper clothing and winter gear. "I decided to sign up. However, in order to go on this excursion, I not only had to pay my own airfare but raise \$4500 to contribute to purchasing winter gear and clothing."

Setting up a Go Fund Me account allowed Ms. Sharifi to raise the needed funds. "I remember expressing my concern to my sister about raising this amount of money in a short amount of time." Within four days, Ms. Sharifi raised \$4500 and in just a few short weeks, raised \$20,000 for the cause.

With the power of social media, Ms. Sharifi utilized her Facebook page to spread her story. "I asked all of my friends to share my post," recalls Ms. Sharifi. "People are amazing, I couldn't have done this without everyone sharing my story and I was amazed at how giving people were."

In preparation for her journey, Ms. Sharifi even visited an Islamic School in Milpitas and presented a power point presentation to the students to educate them about the Syrian refugees.



Ms. Sharifi, as the last child in her family and the only one born in the United States, grew up listening to the stories of her parents and siblings. "My parents are refugees who fled Afghanistan when they were at war with Russia in 1990," recalls Ms. Sharifi. "As I grew up I was fascinated with my parent's stories. When my family left Afghanistan, my mom

was pregnant with my older sister, plus had three other children in tow. They first settled in Pakistan and then decided they could not stay there. They had family in the Bay Area and here we are."

In October, 2015, Ms. Sharifi flew to Istanbul where she spent the night and met about 19 others at the Ataturk Airport, Istanbul. "My travel mates included people from the Middle East, Chicago and the Bay Area, the rest were from the United Kingdom," recalls Ms. Sharifi.

"The children were so happy, even with scars on their bodies from being near bombs going off."

Spending a week in Reyhanli, which is on the border of Turkey and Syria, Ms. Sharifi had the opportunity of visiting an orphanage for children and widows. "This experience changed my life and has put my life in perspective," says Ms. Sharifi. "I have more appreciation for my parents and what they have gone through. The children were so happy, even with scars on their bodies from being near bombs going off."

Shabnam Sharifi is graduating in May, 2017, with a Masters in Social Work. Currently, she is working with foster children in Alameda County. She feels growing up in a family of refugees drew her to a career in social work.



CASA Students Apply Their Learned Skills to Real Clients at Timpany Center

When Kinesiology Professor Nancy Megginson heard about the closing of Timpany Center in December, 2008, little did she realize

that eight years later, the College of Applied Sciences and Arts (CASA) would be managing the center in conjunction with the County of Santa Clara.

"A colleague of mine was leaving and I learned that the management of the Center was up for bid," recalls Professor Megginson. "I mentioned it to then Kinesiology department chair, Shirley Reekie and she said "go for it."

On April 6, 2009, CASA opened the doors of Timpany Center with 22 members. "Everything had been taken out of the building and the only thing left was the therapeutic pool," remembers Professor Megginson. "Lucky for us, the County of Santa Clara provided a \$3 million renovation of the pool."

Timpany Center opened in Fall 2009 to the general public with a large celebration that included many community leaders and elected officials. From the start, the center was used as a service learning vehicle for CASA students.

Professor Christine Di Salvo required her Public Relations Campaigns class to write a public relations plan for the center. The nursing students provide Healing Bones and Body classes as well as provide blood pressure screenings for members. The Nutrition majors teach members about healthy eating habits. In addition, the departments of Kinesiology and Health Science received a \$750,000 grant with Stanford regarding diabetes prevention and research aimed for persons of native heritage that include American Indians, African Americans, South Americans and Samoans.



Photo credit: David Schmitz | San Jose State University

Yearly, SJSU's Center for Healthy Aging and Multicultural Populations (CHAMP) and the Santa Clara County Department of Health and Aging Services holds its annual senior population health fair at the center.

Timpany Center offers specialized services within a warm water pool, as well as a spa. Both the pool and spa have accessible ramps and small steps. Wheelchairs and walkers are available to use for easy pool and spa entry and transfer.

The center's low \$50 monthly membership gives members access to up to 12 hours/day of pool and spa use. In addition, clients have access to open aquatic exercise, a wide range of aquatic based classes, land based classes, swim lessons and personal training for individuals of all ages and abilities.

All employees at the Center are SJSU students. This is an opportunity for students to be employed while attending college. In addition, there are approximately 24 interns completing at least 125 hours at one time. "These students are working with clients in adapted physical activities," says Professor Megginson.

"The Timpany Center memberships have increased instrumentally," says Professor Megginson. "The very first day we had 22 members, now we have about 7500 people who use the Center monthly." Four years ago, a scholarship program was instituted. Low income residents can apply and if they meet the criteria in regards to income and need the services, their monthly fee is \$25. "The center has a great community reputation and folks find out about it through word of mouth," says Professor Megginson.

The Timpany Center was built in 1979 and is located behind the Santa Clara Valley Health and Hospital System. "Timpany Center has proven to be a great relationship between SJSU and the County of Santa Clara, however, the winners are our students who have a unique opportunity to apply their learned skills on real clients," says Professor Megginson.

MISSION STATEMENT

The Timpany Center's mission is to provide, through multi-agency involvement and San José State University student service learning, inclusive aquatic and land-based activities that target the promotion of physical health and wellness in individuals with disabilities, obesity, and/or advanced age from the greater Santa Clara County community.

Magical and Whimsical Pinterest Boards Earn Scholarships for Incoming iSchool Students

The San José State University School of Information has awarded five incoming students the Director's Scholarship for Excellence for demonstrating enthusiasm for the information profession.



Using creativity and research skills, Mary Barnett, Kimberly Cole, Theresa Berger, Farima Kafai, and Lauren Abel were awarded \$1,000 each for creating Pinterest boards that reflect their specific career interests. The Director's Scholarship for Excellence "recognizes the potential of new students to serve as information professionals and take a leading role in shaping our profession."

Barnett considers herself a "pretty hardcore Pinterest user," but she wasn't satisfied with her original board before curating the one she submitted for review, "My Magical Library."

"My [Pinterest board] is an expression of who I like to imagine myself as when I close my eyes and go to my mind palace," she said. "I wanted to create a place where your eyes can wander, you can sip a cup of tea beside a crackling fire, and you can explore gorgeous pins that represent both who I am as a person and as a future information professional."

Barnett said she's the first person in her family to earn a bachelor's degree and "my masters is a great undertaking." The Director's Scholarship for Excellence will help her cover the cost of tuition.

"I am so excited to continue my journey toward my goal of becoming a librarian, and this scholarship from SJSU will help immensely. I found out that I had been awarded the scholarship on my birthday when I was in Scotland, and it made my birthday trip so much more amazing," she said.



As an active member of the Harry Potter fandom, Cole had no trouble deciding what the theme of her Pinterest board, aptly named "The Hogwarts Library School," would be.

"The Hogwarts houses are an instinctive way for me to think about personality traits and social behaviors, and I knew I could come up with something valuable to say using those terms," she said. "I wanted my board to include a balance of pins about what libraries can do in their communities, my experiences in the library world so far, and pins related to the Harry Potter theme."

Cole, who manages the teen and graphic novel collections at a public library in Denver, said she would like to continue working in public libraries but hasn't made her mind up about where she'd like to specialize.

"I love the large-scale creative events of children's programming and the relationships you develop with kids and their families. But I also love the challenge of a difficult reader's advisory question from a lifelong reader, and I'm curious to know more about Makerspaces. There are so many possibilities to explore," she said.



A running joke among family and friends over Berger's love of history and desire to become an archivist inspired her new student scholarship Pinterest board, "An Archivist? So you're gonna steal the Declaration of Independence?"

"I want to be Nicolas Cage's character in 'National Treasure.' I thought about the film, its plot, and how much fun it is to watch, and I realized my experiences with archival science and volunteering in archives have been just as, if not more, exciting," she said. "So, I decided to run with the idea that indeed, I do want to have a career much like the adventure portrayed in the film, and there was my board: use images and quotes from the movie that embody what I love about archives."

Berger said it was "humbling" and "validating" to be awarded the scholarship. She looks forward to refining her library science and archival studies skills, learning new ones such as coding and making new connections while at SJSU.

"Not only did [the scholarship] relieve some of the financial stress I was experiencing as I geared up to start my first semester of graduate school, it also boosted my confidence in making the right choice to pursue a degree in library science. I am so glad my passions and commitment to the field were recognized," she said.



Kafai spent several months casually perusing the Internet and collecting pins that caught her eye. As the application period approached, she decided she wanted to showcase the many services available at public libraries.

"I wanted to guide viewers through a day of discovery spent at the library, and that's where 'Let's Play 'I Spy' at the Library!' came into play," she said. "What better way to stimulate the senses and spark curiosity than with an engaging game that invites exploration? I gathered programs and design elements from libraries around the world, and with the added twist of what you might hear, smell and feel, I created my own version of 'I Spy,' at the library."

Kafai said she was "thrilled" to receive the scholarship, noting that it was a relief to have part of her tuition covered for her first semester at SJSU.

"I can focus more on my classes and less on finances. I'm really excited about the range of electives offered at the iSchool. I hope to try a bit of everything, from courses on library services for diverse communities to web design for improving the usability of information retrieval systems. I'm especially looking forward to learning about archives, records and preservation management and trying out different internships," she said.



Lauren Abel saved to The Librarian Awakens

{30} ***Conclusion*** "Remember: the library will be with you always." With that, I'd like to thank the SJSU Department of MLIS for this opportunity to partake in a truly engaging scholarship application. I am grateful for your time and consideration.

Using 29 pins organized by chapters, Abel's board, "The Librarian Awakens," follows the hero's journey from "Padawan" to "full-fledged Jedi." In chapter 3, she explains, "No padawan could ever progress to the Jedi trials without knowing a thing or two about coding. I was inspired to start

a computer coding program for children after attending a training. This helps introduce youngsters to the ever evolving world of computer science. I hope to use my formal training to improve how I conduct such programs."

Abel became interested in librarianship in her "schooldays" when she assisted a librarian. She now "eagerly awaits the start of her formal training to become a full-fledged librarian; a custodian of knowledge and information that aids others as they seek guidance through a galaxy of information known as the Internet."

The Director's Scholarship for Excellence is open to all first-time iSchool students who have an undergraduate GPA of at least 3.5 and is funded by donations from faculty, alumni and friends of the iSchool. To date, 20 students have been awarded the scholarship to aid them on their journey toward earning a Master of Library and Information Science degree.



The Valley Foundation School of Nursing Nurse Managed Centers Provide Free Services to Well and Frail Elders

For over 30 years, The Valley Foundation School of Nursing Nurse Managed Centers has provided quality community based health care services in an innovative educational environment. The focus of the Nurse Managed Centers is health promotion and illness prevention for populations across the lifespan. The Nurse Managed Centers provide free services to well and frail elders and persons with chronic mental illness.

"Today, there are nine nurse managed centers and two psych mental health clinics," says Dr. Daryl Canham,

Nursing Professor. Catholic Charities of Santa Clara County John XXIII is one of the nine nurse managed care centers that SJSU students serve. Each semester approximately 10 students perform community health practices for John XXIII clients. "Primarily they work with multi ethnic seniors," says Dr. Canham.

The Nurse Managed Centers give undergraduate students an opportunity to apply their skills that they have learned in the classroom. "Students provide assessment for the patients as well as advocate for client's well-being.

They take the client's blood pressure as well as talk with the clients about their health concerns such as medications they may be taking and if they need to see a physician," says Dr. Canham.

Other Nurse Managed Centers where nursing students perform services are: Cambrian Senior Complex, High House, Timpany Center, Hilltop Manor, Family Shelter, Beach Flats in Santa Cruz, and Sunnyvale Life Garden.

"We have approximately 450 nursing students," says Dr. Canham. "And at least 60 students every semester have the opportunity to assist the community in our Nurse Managed Centers."

School of Journalism Advertising Students Win a Plethora of ADDY Awards at the Silicon Valley Advertising Association

On Thursday, February 23, the School of Journalism and Mass Communications Advertising program was very proud. That's because the advertising students received Best of Show, one Gold, five Silver and six Bronze awards at the annual Silicon Valley American Advertising Federation's (AAF) ADDY Awards.

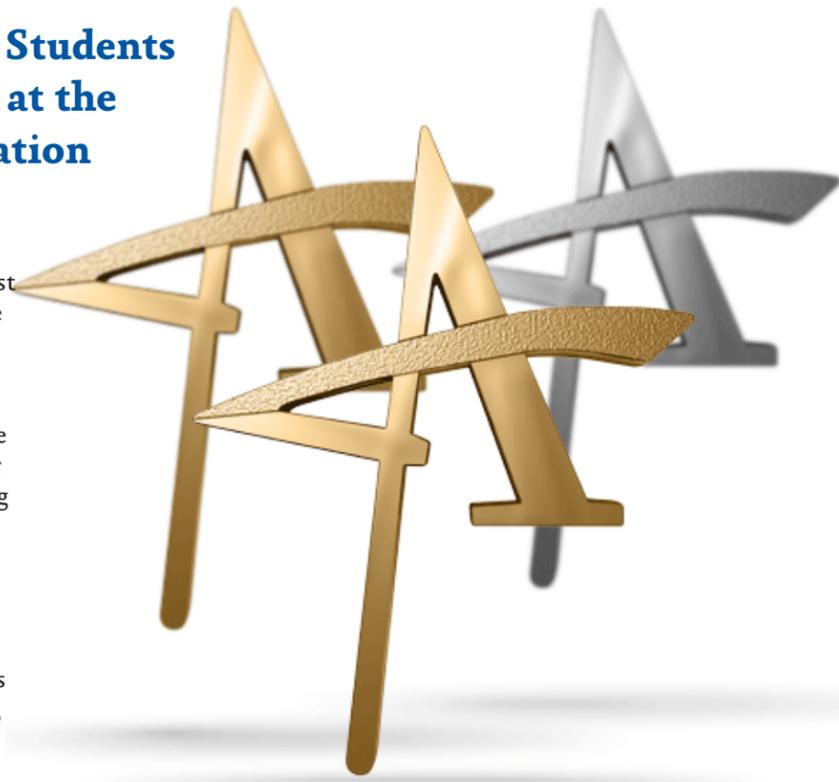
"Rewarding the best creative work of the previous year, the ADDY's are judged by industry professionals who consider student and industry entries on an equal footing. Receiving a Bronze, Silver or Gold is only topped by the coveted ADDY or Best of Show," says Professor John Delacruz, Advertising.

The event was held at Hapa's Brewing in San José and was introduced by members of the AAF Board. SJSU professors Tim Hendrick, John Delacruz and lecturer David Ocampo, president, AAF as well as principal at Milagro Marketing introduced the show and presented awards to the winners. Creative direction for the event came from Professor Delacruz and was executed by students Arabela Espinoza and Talia Nakhjiri who worked from the theme of "Making your Mama Proud" across print, video, social media and event presentation.

Arabela Espinoza and Talia Nakhjiri won the only Gold award for an integrated campaign for Ventana Surfboards. "Ventana is a Santa Cruz based board manufacturer who designs, builds and sells surfboards crafted from up cycled wood," says Professor Delacruz. "The wood typically comes from waste produced by other manufacturers in the area, Santa Cruz guitars for instance, or historic buildings under demolition." Students Espinoza and Nakhjiri's campaign was a new range of custom boards built with wood from the Western Flyer, John Steinbeck's boat that was featured in his book, *Log from the Sea of Cortez*. "We are very proud of these students. This campaign was exquisitely art directed and crafted, won the JMC Blue Cow Award and awarded Best of Show!"

In addition, a number of non-profit campaigns received five Silver awards. Rebecca Ahrens and Eddie Toro received a Silver award for the Save Our Shores campaign. Natasha Mislant and Jackie Powers received one for a social media campaign for I Go Topless, a one-woman non-profit aiming to bring awareness about cultural change around single use plastics, targeting plastic coffee cup lids specifically.

Culture was at the heart of Agency 66's Royal Opera House Take-Over campaign. Silver awards were won by Agency 66, a student agency in the capstone Campaigns class consisting of Sean Taylor, Veronica Sandoval, Genna Carr, Rafael Cardenas and Derek Nelson. A team from the Dwight, Bentel and Hall student advertising and public relations



agency led by Rebecca Ahrens and Josh Soyombo won a Silver award for an on-campus campaign positioning Acura in a new market space. Arabela Espinoza and Talia Nakhjiri's campaign for Amnesty International, Feel My Injustice also was presented with a Silver award.

The student teams also received six Bronze awards who responded to briefs as varied as Kuntal Choudhary and Amanda Tiet's direction and advertising work for Gap Denim. Arabela Espinoza and Talia Nakhjiri received theirs for a non-profit initiative for Save Our Shores. This was the Dump the Bag campaign that was instrumental in California voter's decision to retain the statewide plastic bag ban. These campaigns were integrated with an emphasis on social media. Other Bronze awards explored new approaches to media like Natasha Mislant's series of six-second bumper ads for IKEA and Christine Huynh and Erika Nielsen's mobile and radio campaign for Election - a non-partisan organization educating millennials on their voting choices. Kuntal Choudhary and Amanda Tiet won another Bronze for a rebranding and packaging solution for Barnum's Crackers while Leah Viele-Verner received her Bronze award for "All the Right Moves" a campaign designed for a local realtor.

"We are pleased that SJSU's advertising students are receiving recognition of their creative endeavors," says Professor Delacruz. Last year there were also a record-breaking number of awards received, five Bronze, one Silver and one Gold. In 2013, there was one Bronze, one Silver award and in 2014, only one Silver award was given. "This year was a monumental year for our advertising students and we are very proud of their success."

Addy Awards at a Glance:

Best of Show: Arabela Espinoza and Talia Nakhjiri

Gold: Arabela Espinoza and Talia Nakhjiri

Silver: Arabela Espinoza and Talia Nakhjiri
Natasha Mislant and Jackie Powers
Rebecca Ahrens and Josh Soyombo
Rebecca Ahrens and Eddie Toro
Sean Taylor, Genna Carr, Veronica Sandoval,
Derek Carr, Rafael Cardenas

Bronze: Natasha Mislant
Leah Viele-Verner
Arabela Espinoza and Talia Nakhjiri
Kuntal Choudhary and Amanda Tiet
Kuntal Choudhary and Amanda Tiet
Christine Huynh and Erika Nielsen



Nutrition Students Are a Step Ahead in Dietary Employment

If you visit a health care facility, school district, or food bank there is a good chance that a SJSU Nutrition, Food Science and Packaging student is completing an internship. That's because Nutrition, Food Science and Packaging students are required to obtain an internship working in their field.

When students enroll in the Bachelor of Science in Nutritional Science program, they can specialize in two concentrations which includes a concentration in dietetics or packaging. They can also specialize in environmental food and health, food management, nutrition education, nutrition science and sports nutrition.

"The Dietetics students who go on to become Registered Dietitians have to complete 1200 hours of accredited competency-based dietetic internship program as well as pass the national Registered Dietitian Examination," says Dr. Lucy McProud, Chair, Department of Nutrition Food Science and Packaging. "In addition, after completing a dietetic internship, students must take a national exam to become a registered dietitian." SJSU's program boasts a 90 percent passing rate on the exam and according to Dr. McProud "all get employed."

The Nutrition and Food Science program teaches students about nutrition aspects that includes food borne illnesses, diet and disease and community nutrition. If students want to major in the sports field, they learn which foods can help an athlete's best performance.

Professor Karen Harvey, lecturer, teaches four classes in the program and is also a consultant dietician. She is especially fond of teaching Nutrition 139 Hunger and the Environment. "This class is a current events class where we discuss poverty in our community. Unfortunately, this topic has become more and more relevant," says Professor Harvey. "Right now there is such a need and so many students are hungry that we have five food banks on campus."

Professor Harvey has a master's degree in nutrition specializing in dietetics and also works for Nutrition Therapy Essentials. "Our interns are all over the place," says Professor Harvey. "By requiring an internship, students can transition to see what the job is all about and if they really want to go in this direction."

Many universities do not require an internship in a nutritional program. "If students are enrolled in a program that requires them to have an internship, they have a much greater chance of getting an internship," says Professor Harvey. "And they also have a greater chance of passing the registered dietitian exam."

Recreation Therapy Students Help Fellow Students in a New “Stress-Less” Biofeedback Lab

Do you have test anxiety? Worry about the outcomes of your current project? What about the stress of figuring out your career pathway? If you are just stressed about the rigors of college life or life in general, you may want to visit the “Stress-Less Tech Lab” at San José State University’s 1st floor of the Wellness Center.

Ross adds, “Randomized controlled trials have shown college students can decrease anxiety in as few as 5 training sessions.”



“We are celebrating the first academic year of our Lab where students help students by facilitating biofeedback computer games designed to reduce feelings of stress and anxiety,” says Dr. Susan Ross, Assistant Professor and Director of Recreation Therapy and Complementary and Alternative Health Practices in the Health Science and Recreation Department, San José State University.

When clients enter the Biofeedback Lab they are immediately fitted with an ear piece that calibrates their heart rate. The Stress-Less Tech Lab utilizes HeartMath software that is also used at Stanford, Kaiser, Boeing, U.S. Department of Veteran Affairs, NASA and more. By measuring heart and pulse rate, the software program is able to determine the stress level of the individual.

Students that work in the Stress-Less Tech Lab are enrolled in the RECL 148 class, Principles of Biofeedback. They attend class twice a week and gain invaluable experience during Lab hours: Wednesdays, 10:00 a.m. to 2:00 p.m and Thursdays noon to 4:00 p.m.

“We can look at the data on the computer screen and determine your emotional and physical state by analyzing your heart rate variability.” Poor heart rate variability is a predictor of numerous medical conditions and psychosocial disorders such as depression, panic disorder, fatigue, hypertension, diabetes mellitus, ischemic heart disease, coronary heart disease (predicts sudden cardiac death), congestive heart failure, hypertension, weight gain and alcoholism.

Biofeedback is a health-improvement intervention in which patrons learn to control (self-regulate) his or her body’s functions, such as the heart or respiration rate, by seeing signals from his or her body displayed on a computer display. Physical Therapists use biofeedback to help patients regain strength and movement in dysfunctional muscles. Recreation Therapists use it to treat clients with various physical conditions such as pain or migraine headaches or mental health disorders such as depression and anxiety.

Sessions generally take about 30 minutes. Student workers first obtain a baseline of two minutes of normal breathing. Then a client’s stress response is recorded to gauge the clients’ psychophysiological response to stressors. Student workers teach peer clients a 6-Breaths breathing technique that involves slow and deep breathing, six in one minute, to induce an initial physiologically coherent state. Then student workers assess, debrief, and educate. Depending on the need of the student patron, the worker may lead the client through other basic breathing techniques such as a ball moving in a smooth sine wave. Other clients might play a computer game

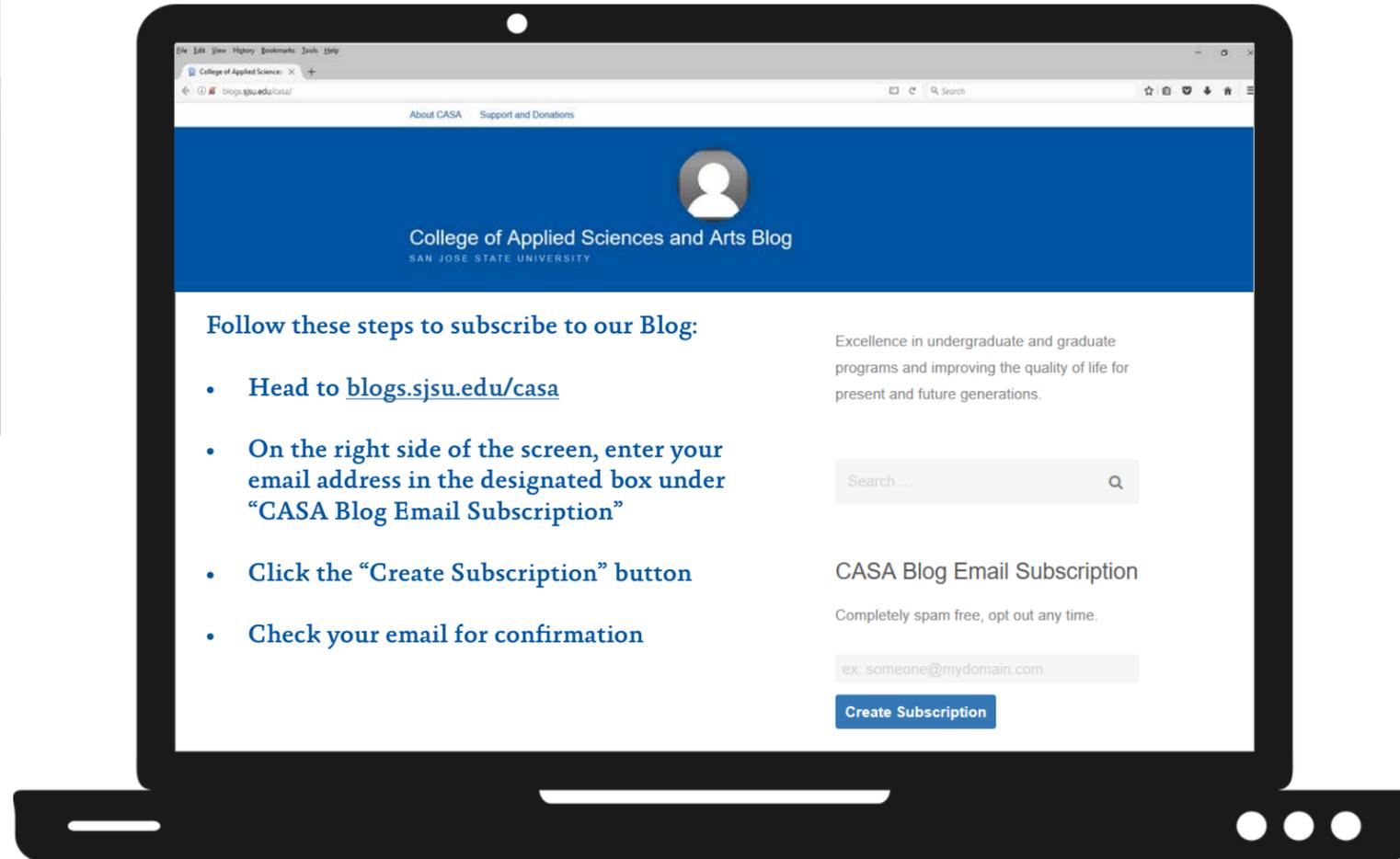
designed to change physiology and emotions from stress to peacefulness. Student experiences are debriefed and then there is closure.

“Other randomized controlled studies have shown that biofeedback can help students improve in their ability to pay attention, which means a great deal if they want to read textbooks, write papers, or listen to important lectures” says Dr. Ross. “Most of us carry some level of anxiety due to the many demands of daily life. In fact, the Stress-Less Tech Lab is open to not only students but faculty and staff as well.”

SJSU’s Stress-Less Tech Lab is the third lab of this type in the country. The other two can be found in the Recreation Therapy Department at East Carolina University and at University of North Carolina’s Chapel Hill Recreation Therapy Department. “We are so fortunate to have participation from nursing, kinesiology, psychology and nutrition classes, yet we are still SJSU’s best kept secret.”



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Occupational Therapy Profession Celebrates 100 Years at Philadelphia Conference

During Spring Break, the Department of Occupational Therapy (OT) faculty attended the American Occupational Therapy Association Annual Conference in Philadelphia where the profession of Occupational Therapy celebrated turning 100 years old!

One poster selected was provided by Professor Allison Smith, lecturer and former SJSU OT graduate student, and one poster selected was provided by recent OT graduate students Nancy Huang, Monique Afram, Cameren Muller, Ashley Sanches and Tiffany Tzuang.

The OT faculty had 16 presentations and over 40 SJSU occupational therapy graduate students had research posters accepted for presentation at the conference. Two research posters were selected for a special honor as podium presentations.

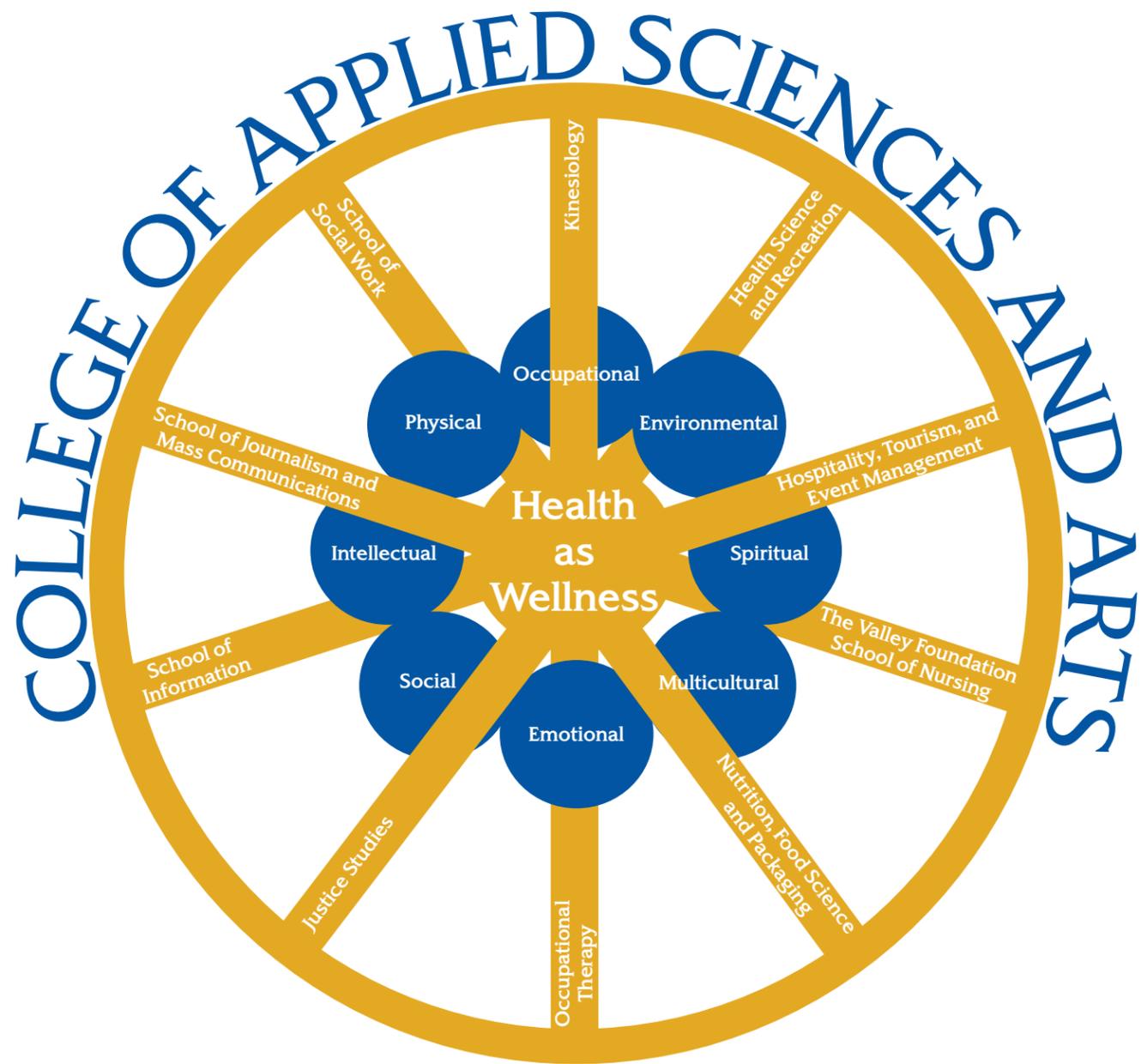
Additionally, Associate Professor Jerilyn “Gigi” Smith received the Fellow of the American Occupational Therapy Association (FAOTA) award at the conference. Previous Chair of the OT Department, Dr. Lela Llorens, was honored at an American Occupational Therapy Foundation event where Dr. Heidi Pendleton, also a former Chair of the OT Department, was instrumental in raising funds for the Dr. Lela Llorens’ named scholarship.



The Department of OT is very proud of Dr. Lynne Andonian who will have her photo voice research displayed at the San Francisco Main Library from May 8 to August 10, 2017. The research was completed while Lynne was on her sabbatical and is an example of work with a community partner: The Community Technology Network’s blog - link: <http://ctnbayarea.org/blog/life-got-wider-new-photo-exhibit-explores-online-lives-seniors/>

For more information log on to: <http://sfpl.org/index.php?pg=1028375301>.



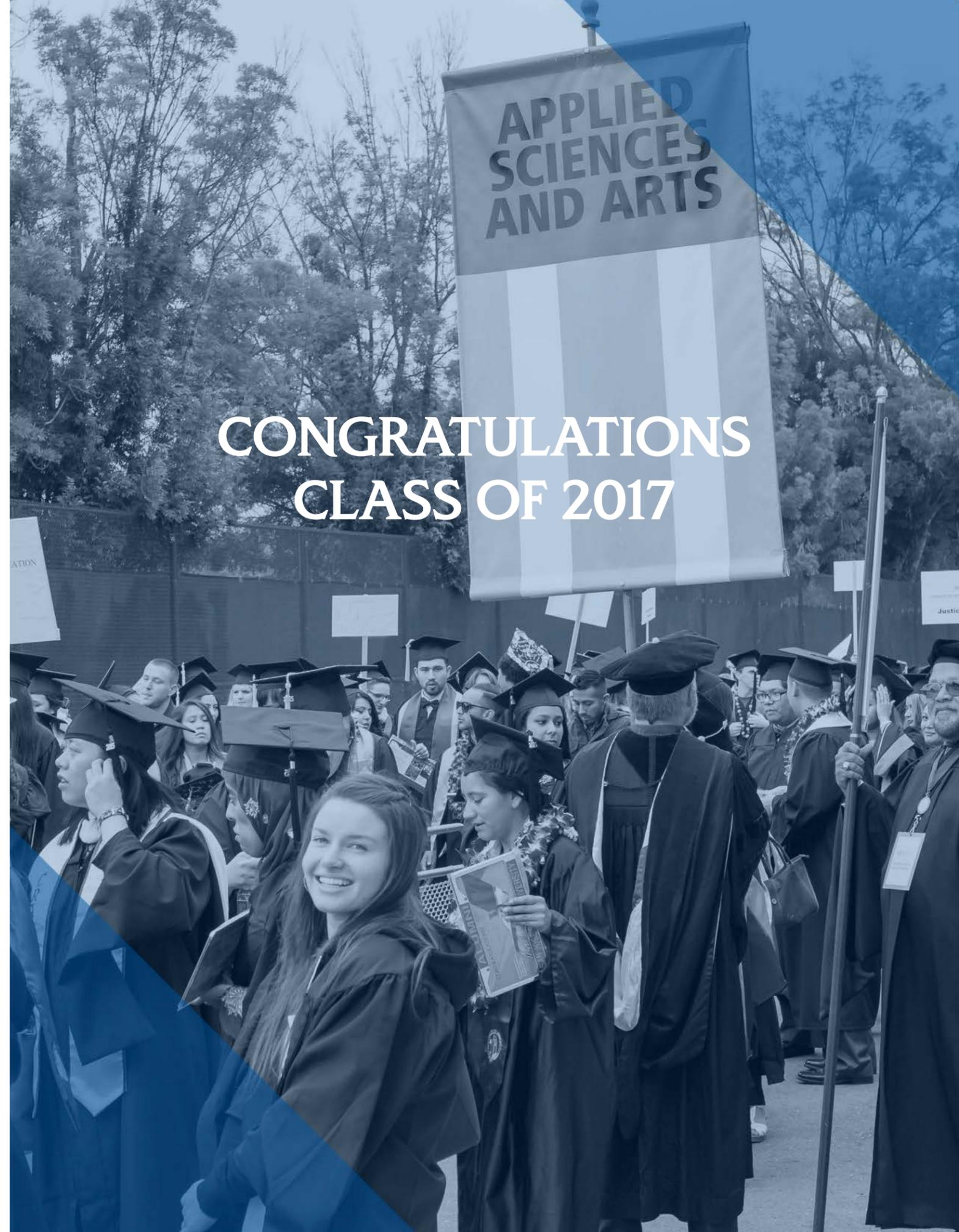


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