

SJSU

PREPARING
LEADERS
AND
PRACTITIONERS

Achieving
Health and
Wellbeing
for All™

SPARTAN COMPLEX

College of **Health
and Human Sciences**

Department of **Health Science and Recreation**



SJSU HSR Journey
and Stories



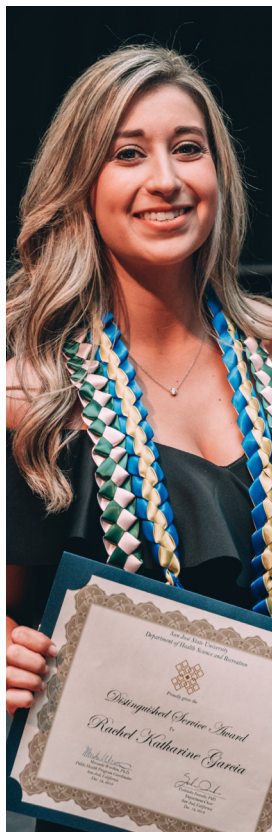
Park/ Rec RX
Movement



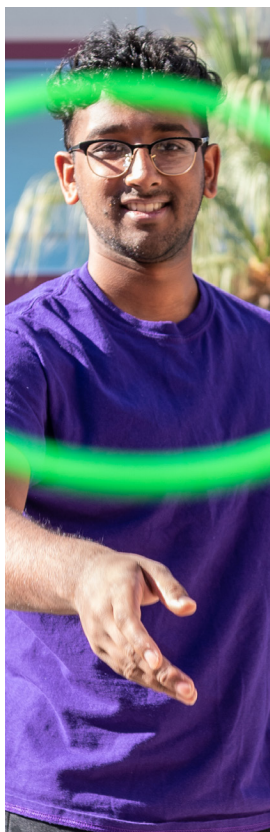
Where Will HSR
take you?



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Achieving



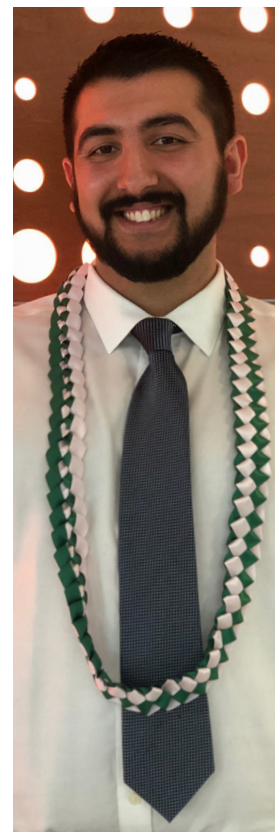
Health



and



Wellbeing



for All

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LETTER FROM DEPARTMENT CHAIR

Greetings!

On August 15, 2018, I started my new role as the Chair of SJSU Department of Health Science and Recreation (HSR). The subsequent duration of my time with the department has re-assured me that the pursuit of this role is an extremely worthwhile endeavor/journey, surrounded by all the talented and passionate people within, and partnered with, our department that has enormous potential for sustainable growth and meaningful transformation.

Looking back and reflecting on over 20 years of my academic career within public higher-education settings in the United States and Canada, I wholeheartedly embrace the central role of “authentic meaningful engagement” in our collaborative work. To decompose this expression, **authentic** means being real or genuine (not fake, nor artificial), while **meaningful** means having a clear sense of purpose/meaning. Then, to me, **engagement** is about being respectful and appreciative/grateful of differences in our conversation/dialogue, co-learning, and involvement with our stakeholders including our students, alumni, faculty and staff, and our community and professional partners. Collectively, authentic meaningful engagement with those stakeholders in an inclusive, transparent, and empowering way, is essential to take us to the next level and build our prosperous future of SJSU HSR department together.

One immediate action that I have initiated to lead/facilitate is our organic, iterative process for strategic journey planning and execution (SJPE) described more in another section of this document. Beyond such a big-picture, visionary initiative, I have also been involved in a number of operational issues, including student advising and support, curriculum and faculty development, administrative office support, and communications/promotion of our programs via purposeful story-telling. Considering constantly evolving needs and demands of the fields of public health and recreation, we are committed to being vigilant and adaptive to these contextual factors from socio-ecological, system perspectives.

Overall, I am fully committed to the notion that leadership involves integrity, accountability, and transparency. This fundamental statement reminds me that effective leaders always show integrity in all actions everyday every minute, and should be accountable and transparent in their behaviors and decisions to serve the organization and promote its success collectively rather than for the sake of self-interest. Hence, always, the organization (in our case, SJSU HSR Department) comes first before self-interest!

In closing, I would like to remind you that my door is always open. Please feel free to stop by my office (SPX 202), call me (408-924-1318), and/or email me (yoshitaka.iwasaki@sjsu.edu). Clearly, our alumni and students, as well as our community/professional partners play a very important role in co-creating/co-building the prosperous future of SJSU Department of HSR. I sincerely look forward to working with you all for many years to come!

All the best,



Yoshitaka (Yoshi) Iwasaki, Ph.D.
Professor & Chair



Our new strategic plan, developed through the use of an inclusive, organic, and iterative process, has identified our new vision, identity, and mission statements of the department as follows:

VISION

We aspire to be innovators and leaders in learning and teaching, scholarship, and professional practice to ignite social change towards a more vibrant, prosperous, and just world where the optimal health and wellbeing of individuals and communities are achieved and sustained.

IDENTITY

We are a thriving diverse academic, scholarly, and professional community that integrates public health, recreation, and personal wellness through high-impact experiential learning, scientific inquiry, critical thinking, play, and lifelong learning to promote social change and justice using collaborative engaged actions.

MISSION

To cultivate a learning community, advance scholarship, and act as an agent of social change within the domains of public health and recreation through serving our diverse SJSU HSR students and alumni and partnering communities to facilitate personal and community transformation.



SJSU HEALTH SCIENCE AND RECREATION STRATEGIC JOURNEY PLANNING AND EXECUTION (SJPE) PROCESS

Our strategic planning efforts have stemmed from the principle that we all care about our Health Science & Recreation (HSR) department, especially about the future of the department. Collectively, “we” include not only our faculty and staff, but also include our students, alumni, and community and professional partners with whom our department works and is engaged.

These collective efforts represent our “journey” that involves respectful, open communications and dialogues to be part of change and transformation of the department to take the department to the next level. Such a collective journey involves building people relationships through the engagement of representatives from our students, alumni, and faculty, while appreciating/mobilizing the needs and aspirations of our community and professional partners.

In particular, these efforts have been guided by the principles of co-learning and sharing-power that involve the notion of learning from each other and making our decisions collectively by acknowledging the voices, talents, and contributions of our diverse representatives. In practice, these involve organic, iterative processes that include both planning and action because we are all committed to both the processes and resulting tangible outcomes/products. Specifically, our efforts are geared toward co-creating

a strategic plan and then implementing the plan together, facilitated by our working group called “strategic journey planning and execution committee” (SJPEC) including representatives from our student, alumni, and faculty groups.

Overall, our strategic planning represents a collective journey of both co-creating and co-implementing the vision of our department through articulating who we aspire to become and where we strive to be in the future. Then, our mission identifies the focus of activities and pathways to drive the department in order to achieve the vision. Specifically, the mission reflects the questions of why we exist, why we do what we do, and why we are together in our department that convey the coherent purpose of our department. Importantly, such vision and mission are contextualized within our unique identity and distinction of the department with respect to the questions of who we are and why we matter as the department. Furthermore, our new strategic plan describes the guiding principles of our department collectively identified, as well as top priorities of actions and strategies for the department, considering the current and future contexts of our department.

Finally, we must note that our strategic plan is a living document that requires periodical examinations and revisions because the environment and context



where the department is located and operates continue to change over time. It is essential that we continue to be vigilant and attentive to dynamic, evolving needs and demands of the fields of public health and recreation. For this purpose, our strategic plan should be flexibly adaptive to these contextual factors from socio-ecological, system perspectives.

To give you an update, the key themes emerged from the SJPE committee's initial brainstorming about top priorities of our department include: (a) Strategic Action to Mobilize Our New Vision, (b) Purposeful Storytelling, (c) Hosting a Conference, (d) Continuous Curriculum Improvement, and (e) Cultivate a Learning Community or "Hub" (e.g., Via Mentorship Program).

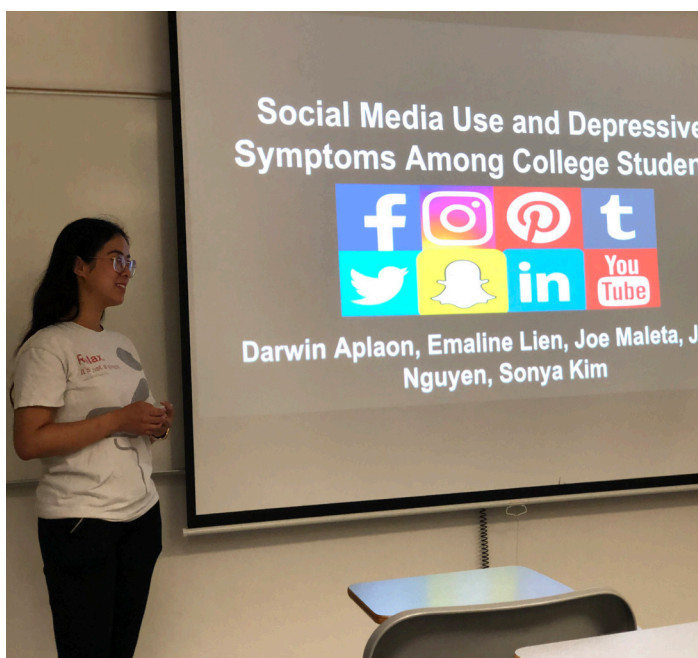


First, it was commented that if we spend so much time and energy for a big undertaking such as hosting a conference, it would make sense to take a first step with the aim of more directly addressing and mobilizing our new vision — i.e., “to ignite social change towards a more vibrant, prosperous, and just world where the optimal health and wellbeing of individuals and communities are achieved and sustained.” For example, a specific departmental action or activity should be more in line with our vision and commitment to community transformation.

Second, the importance of “storytelling” was emphasized. Clearly, it is vital for our department to strengthen our communication strategies through website improvement, social media presence, as well as periodic communications with our stakeholders including our students, alumni, and community partners. In particular, it is essential for us to understand what the stories of our department are and who the audiences for these stories are (e.g., students, practitioners, community organizations, other SJSU departments), as well as what appropriate mediums to communicate those stories are.

Also strongly endorsed include our plan to host a “solution-oriented” conference/symposium around public health and recreation issues through engaging our students from all three programs, our alumni, and our community and professional partners together. Another important suggestion raised is to host a career conference targeting student populations by featuring a wide variety of career options within our fields of public health and recreation through engaging our alumni and community agency partners.

Furthermore, I am pleased to let you know that we have already established a working group for revising our undergraduate public health curriculum to better prepare our graduates in the evolving field of public health. Finally, another area of priority identified involves the cultivation of a learning community or “hub” through investing in a structural, innovative, and navigational mentorship program through student, alumni, and faculty engagement.





Guiding Principles of SJSU Health Science and Recreation Department



As illustrated in our diagrammatic visual, first, community-building is an over-arching guiding principle — which is about building our HSR departmental community through working with and engaging our stakeholders including our students, alumni, and community and professional partners, as well as our faculty and staff. Accordingly, promoting sense of community within our HSR department is our top priority as our identity statement indicates, “We are a thriving diverse academic, scholarly, and professional community.”

Under this over-arching principle, we have five core principles including engagement, interdependence, leadership, innovation, and diversity. Each of these five core principles is further explained by more specific concepts. For example, engagement involves respect, communication, and collaboration, whereas interdependence is supported by inclusion, co-learning, and sharing-power. Importantly, leadership involves integrity, accountability, and transparency. This implies that leaders are to show integrity in all of their actions all the time every second/everyday, and are to be accountable and transparent in their vision, behaviors, and decisions to serve the organization and promote the success of the organization more than just for the sake of self-interest. Hence, the organization always comes first before self-interest.

It is also very important to emphasize that all of these principles are interrelated. For example, the notion of sharing-power is considered to be relevant and related to all of the five core concepts — namely, leadership, engagement, innovation, and diversity, as well as interdependence. In particular, it is essential to acknowledge the functions that mobilize the foundational constructs (e.g., respect, communication, and collaboration) that support the development of these five higher concepts as the core principles (e.g., engagement), all of which, then build/create our community of SJSU HSR Department altogether.

In turn, this departmental community mobilizes the further development of the five higher concepts/core

principles (i.e., engagement, interdependence, leadership, innovation, and diversity), which then further build/mobilize the foundational principles (e.g., humility, advocacy, and social justice). Such multi-directional interrelatedness involving both vertical (both top-to-bottom and bottom-to-top) and horizontal connectedness is a hallmark of our guiding principles of the department. Such interrelatedness both distinguishes and connects among: (1) the over-arching principle (i.e., SJSU HSR community-building), (2) the five core principles (e.g., engagement, innovation), and (3) the foundational principles (e.g., critical thinking, reflection, and creativity) at three levels. Overall, all of those **building blocks** of principles come together and construct the **pyramid** of guiding principles from a holistic, system perspective.

Practically, this **pyramid of principles** altogether guides our day-to-day activities and actions within our teaching, research, and service, as well as other operations. Adhering these over-arching, core, and foundational principles into our day-to-day operations and actions supports and mobilizes our newly developed vision, identity, and mission. Hence, our vision, identity, and mission are aligned with, linked to, and contextualized within our guiding principles. Collectively, we strive to contribute to the sustainable growth and transformation of our department through serving the needs of our stakeholders including our students, alumni, community/professional partners, as well as our faculty and staff. All of these efforts and actions come together to build the prosperous, thriving future of our department.





PROGRAMS

The Department of Health Science and Recreation at San Jose State University prepares leaders and practitioners who promote health and improve the environments in which we live, work, learn, and play. We strive to embrace a Teacher-Scholar-Practitioner Model through student, alumni, faculty, and community engagement to advance practices in public health and recreation fields.

Master of Public Health (MPH) Program

Founded in 1970, the Master of Public Health (MPH) program has been accredited by the Council on Education for Public Health (CEPH) since 1974 and is offered in two formats. Our campus format is regular session and offers the flexibility to complete the program full or part-time. Our synchronous online format is offered through the College of Professional and Global Education. Our MPH students engage in an integrated program of learning, scholarship, and internships in partnership with a diverse network of community agencies.

Bachelor of Public Health Program

Our undergraduate curriculum in public health examines the multiple dimensions/determinants of health (e.g., physical, emotional, social, environmental, and spiritual) and the scientific and practical basis for understanding and promoting health at the population level (epidemiology, policies, and community health) to create the optimal, meaningful conditions for health and wellness for all. This undergraduate degree provides preparation for entry into public health careers in governmental, private, and non-profit sectors to plan, manage, and evaluate public health services in both community and clinical settings.

Bachelor of Recreation Program

Our recreation degree program, founded in 1947 (the oldest undergraduate recreation degree program in the State of California), has a core curriculum accredited by the Council on Accreditation of Park, Recreation, and Tourism Related Professions (COAPRT) since 1987. We offer concentrations in Recreation Management and Recreation Therapy, as well as a minor in recreation and a minor in recreation and nature. We also plan to offer an innovative Master's Program in Recreation through Northern CSU four-campus coalition.

All of our programs at both undergraduate and graduate levels incorporate student-centered curriculums with our commitment to community development, social justice orientations, interdisciplinary and intercultural/globalized approaches with its emphasis on rigor and innovation, high-impact experiential learning (e.g., community service learning), and career-focused applied orientations.



HSR STUDENT ORGANIZATIONS

Getting involved with one or more of the Health Science and Recreation Department's student organizations is one of the best investments you can make while at SJSU.

Through our student organizations, you'll meet new people, make new friends, network with alumni and other professionals, and get to know the faculty outside of the classroom. All of our student organizations are involved in community service and professional development.

The Recreation Therapy Club supports students in this concentration as they learn about the field, explore career options, and support each other.

Email: recreationtherapysjsu@gmail.com

Health Science Honor Society (HS2) at San Jose State University is an honor society that acknowledges and awards undergraduate Health Science /Public Health students for academic excellence and passion in Health Science. The organization's members are encouraged to keep their grades up, be involved in the community through volunteer work in various places and participate in philanthropic activities. HS2 is constantly expanding and evolving by implementing new projects that work to assess the needs and assets of those within the SJSU community. The Health



Science Honor Society motivates its members and others to be active contributors in making a difference.

Email: healthsciencehonorsociety@gmail.com

Website: sjsuhs2.weebly.com

Public Health Peer Advisor is an organization open to Health Science/Public Health undergraduate students, who wish to work with faculty advisors in assisting peers in course and scheduling planning, answering questions about a Health Science/Public Health major and/or minor, assisting peers with filling out forms, and answering questions about classes, course load, and professors. Students must complete an application and screening process prior to being initiated into the organization.

Tabling is right next to the HSR office (Spartan Complex 201), right in front of the elevators.

Email: public.health.peer.advisors@gmail.com

HSR Graduation Celebration Committee is volunteer student-led group that is in charge of planning and managing the department celebration each semester under faculty supervision. It is a great opportunity for students who are interested in contributing to their graduation celebration.

Contact: Dr. Marcelle Dougan: marcelle.dougan@sjsu.edu or Dr. Joshua Baur: joshua.baur@sjsu.edu

MPH-SA(MPH Student Association) is a full partner in nearly all aspects of the MPH program, both on campus and online. "The purpose of this organization is to promote and facilitate professional development, alumni relations, communication, and peer support among graduate students and to serve as a liaison between students and faculty to ensure the best possible graduate program in the Department of Health Science and Recreation." All MPH students are members of MPH-SA and participate in the events/planning of events. MPH-SA works to plan professional development events (such as panels with professionals, networking workshops/events), maintain contact with MPH alumni, plan MPH social events and ensure that there is a space for MPH students to report issues/concerns with/about faculty/courses anonymously. Presidents of MPH-SA serve as a conduit between students and MPH faculty to relay and address issues/concerns.

Email: sjsu.mph.sa.leaders@gmail.com

CSU HEALTH POLICY CONFERENCE

“Being there was really impactful. It made me re-evaluate my own life and the choices that I am making to better myself and my own knowledge.” –John Medellin



The CSU Health Policy Conference is an event that takes place each Spring where the HSR department takes a dozen public health students to Sacramento for a CSU-wide Public Health policy conference. Over the course of two-days students attend legislative hearings and meet with legislators, lobbyists, government employees, and public health students from other CSU campuses. Students are selected through a competitive application process and all attendees are representatives of the CSU system at the State Capitol.

Program History and Preview:

The CSU Health Policy Conference evolved from CSU-LA Public Health program Chair - Water Zelman's desire to bring undergraduate students to the state Capitol for professional networking and exposure to state and policy career opportunities. The first year, Dr. Zelman took only students from CSU-LA, but following the immediate success, he reached out to other public health program leaders in the CSU to invite statewide participation. In the years that have followed, each spring the Capitol welcomes more than 200 undergraduate public health students from around the state. The annual event attracts a series of high profile and dedicated state leaders, employees, lobbyists, public health professionals, legislators, analysts, and student interns as invited speakers. The event also builds in opportunities to learn more about state history, observe legislative hearings, and meet with local representatives. Lastly, it provides a unique opportunity that brings together faculty and students from all across the state to learn about each other and to learn from each other. The event is two full days and requires a two-night stay in Sacramento. During this time, most meals are shared and included in participation. Students are not expected to financially contribute in any way, thus allowing participation

among all students equally. In 2019, thirteen students from the undergraduate and graduate public health programs in the HSR Department attended the 7th Annual CSU Health Policy Conference in Sacramento in late April.

The HSR department has had the privilege of participating every year since 2013. The department has taken between 12-15 students each spring and each event has been considered a success by both faculty and student standards. During the first few years, it was difficult to find students to participate, but in the most recent years, far more students are interested than spaces will allow. Last spring (2018) more than fifty students applied to attend. In fact, the program has even been sought by new students to the major who have expressed that this opportunity impacted their decision to select our major.

In addition to the student involvement, our faculty representative has organized legislative visits, panel discussions with leaders and public health professionals at California Department of Public Health (CDPH), and secured access to the Assembly Chamber and an Assembly member to welcome the entire group of more than 200 faculty and student participants. For more information about this event contact: Dr. Anji Buckner-Capone: anji.buckner@sjsu.edu





TRAVELING ABROAD OPPORTUNITIES

VAMOS A OAXACA

Vamos a Oaxaca, previously known as the “Alternative Spring Break” is the result of a 14-year relationship based on mutual respect, commitment to wellness, and trust between two communities; the artisan families of the Eco-Alebrije Association of Arrazola in Oaxaca, Mexico and a group of enthusiastic SJSU students and faculty partners.

The program was originally founded by Dr. Kathleen Roe, who envisioned a program that built upon the talents of SJSU students and local leaders in Oaxaca; creating an exchange of culture and knowledge. Since 2006, over 275 SJSU students have contributed to community-driven project to create a sustainable economy in Arrazola through art, community, education and environmental stewardship. During the “intercambio” (exchange) a group of students live with host families in the pueblo of Arrazola and work side-by-side with local leaders on grass-root projects to address critical, unmet needs. Vamos a Oaxaca engages with the community not only as professionals, but as family. For years, students have worked with the community as equals, treating their homes as if they were their own.



Vamos a Oaxaca exposed SJSU students to diversity, cultural immersion, and political and economic differences in the global community. For the first time ever in the 2018-2019 school year, Vamos a Oaxaca became entirely student lead. A group of students, under the guidance of Dr. Kathleen Roe, committed themselves to continue to serve their community and promote wellness. This is one of the most precious and enriching traditions of our school and department, students are ensuring its legacy continues.

VAMOS A OAXACA!

Interested in participating? **Email: vamosaoaxaca@gmail.com** for more information.

Every year a group of students are given the opportunity to attend this trip!

PUBLIC HEALTH STUDENTS STORIES



Leandra Van Kuran

Leandra Van Kuran, is a graduating senior at San José State University. She spent the last two years immersed in the Health Science and Recreation department, pursuing her degree, establishing connections with peers and professors, and getting involved in student organizations. Throughout her time in the HSR department, she has been active with the Health Science Honor Society and served on the board for the past year; she became involved with the Health Team Building course (HS-25), as a Teacher's Assistant for more than a year; and, she volunteered in Honduras with the Global Public Health Brigades in the spring of 2018.

“The courses offered by the Health Science and Recreation Department have pushed me closer towards finding my passions and following my goals in Public Health. My Health Program Planning course (HS-159) gave me the opportunity to develop a program plan for diabetes prevention and management, leading me to an internship at the California Department of Public Health, working directly with the Diabetes Program Lead. With the California Department of Public Health, I have been able to develop health education materials that will be published and distributed across the state, learn the process of applying for program grants, and create numerous connections that will help me get hired at the state level of Public Health.”

Rae-Ann Santos is a fourth year student at San José State University (SJSU). As a public health major, she has a robust understanding of what health means at various levels and across many cultures. She learned about the transcendence of health across multiple disciplines to better serve the public as well as the importance of cultural competency, humility, and efficiency as they relate to community health promotion—a significant pillar of public health. Advocacy is one of her main interests as it relates to health care and it is tied to the aspect of social justice which has a strong and contagious presence at SJSU. It is difficult to walk through the buildings, statues, and architecture (e.g. Tommy Smith and John Carlos Statue) because they radiate with community empowerment, passion, and resilience. She hopes to be a catalyst of social change as she explores various careers in public health. Her commitment to community empowerment and supporting community projects in under-served populations is unchallenged. She maintains consistent support to the programs and positions that she upholds at SJSU because they provide her with a platform to evoke change in the community and advocate for improved health for everyone on the SJSU campus.

“SJSU provided me with situations that challenge my perspective of health and social justice by engaging its students in discussions about the reality of health policy as well as providing opportunities for networking and gaining hands-on experience with health care technology and processes. Through conversations with faculty, staff, and guest speakers, I have reaffirmed my decision to pursue higher education after my bachelor’s degree and intend on obtaining my master’s in public health.”



Rae-Ann Santos



Joey Razaqi

Joey Razaqi, graduated in the Fall of 2018. He was chosen as an intern for the California Department of Public Health (CDPH) where he has been given the opportunity to grow as a person and gain experience in his field of study. Moving away to a new city and learning how to adapt has given him a chance to excel by allowing him to grow outside of his comfort zone. The internship within the Emergency Preparedness Office at CDPH has provided Joey an opportunity to learn how the state of California prepares for possible future disasters as well as creating plans for hospitals and local health departments to follow in the event of a disaster, giving guidance and assistance to prevent mass casualties and or spread of disease within populations of the affected areas.

“Moving away to a new city was intimidating, although the SJSU department of Public Health pushed and motivated me to take a leap and move. I now feel comfortable and believe I will be given an opportunity after this internship. Without the motivation and support from the HSR department, I would have never been able to make this life changing decision on my own which is now leading me on the path of a brighter and happier future.”



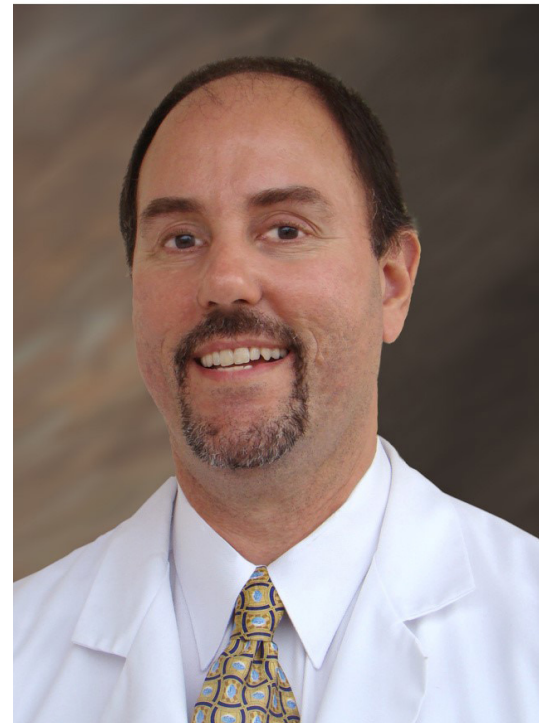
Rubi Deniz

Rubi Deniz, graduated in the Fall of 2018. During her time at SJSU, she committed to getting her degree in Public Health because she has a passion for promoting health & wellness among communities. She also realized that there were passionate professors, an abundance amount of resources, and a variety of public health careers. She recommends students to put in the work to pursue those opportunities.

“The department and professors promote many opportunities that support our professional development. I learned about an internship at the California Department of Public Health through the faculty and was accepted. I was able to apply my knowledge about program planning at a state level and network. This experience will definitely have an impact on my future career.”

My name is Dean Kelaita, MD, and I am currently a student in the online Master of Public Health (MPH) program at San Jose state University. I completed medical school in New York, as well as internship and residency at University of California, San Francisco School of Medicine in the specialty of family medicine. Since 1996 I have been practicing rural primary care medicine in the Sierra foothills of California. I learned early on in my career as a physician that there were significant limitations to the ways I could help my patients prevent disease and live longer. I could not affect the social determinants such as rural poverty, limited access to health care services, and the prevalence of smoking and alcohol use I was seeing in the patient population I was serving. I wanted to better care for the entire population and improve the health status of the community outside of my doctor's office. When not working or studying, I enjoyed restoring classic cars and spending time outdoors in the beautiful Sierra foothills with my family.

“Through pursuing a master’s degree in public health, I feel like I can make a bigger impact and larger difference in the health of my patients and community. The online MPH program through San Jose state University allows me to continue to work in my current capacity as a rural doctor while enrolled in an advanced degree program.”



Dean Kelaita





Two Portraits of Undergraduate Success

Karen Alfaro

In the Spring of 2018, Karen received a health science group email sent by Dr. Miranda Worthen where she learned about the opportunity of attending an SJSU McNair Scholar Boot Camp in the summer of 2018. At the time Karen had no idea what the program was about but it generated enough interest for her to reach out to the Director of the McNair program, Dr. Maria Cruz who informed her that the program would cost \$300. Karen knew there was no way she could afford the expense at the time; however, it did not stop her from expressing her financial concerns to Dr. Worthen. From that conversation she learned that the Dean of the College of Health and Human Sciences could potentially help her fund the program. Karen is thankful to former Dean Mary Schutten because she agreed to help fund the McNair Boot Camp program for her. The SJSU McNair scholar program helps low-income or underrepresented undergraduate students apply to graduate schools and assists them with doing a research project in which the participant is required to have a faculty mentor. Karen joined the McNair program late, but she was able to quickly gain not one but two faculty mentors, Dr. Worthen and Dr. Vicky Gomez, to help her with her research study. Karen is

currently conducting research on women's perception of entering, staying, and leaving toxic relationships. She recently got accepted to present her research at the 40th Central California Research Symposium at Fresno State University on May 1, 2019. Her interest in global mental health led her to become a member of the American Public Health Association (APHA). Karen attended her first conference in the Fall of 2018 where she had the opportunity to network with many professionals in the field. She continues to receive emails about her specific interests in maternal mental health. She received an email from APHA to attend the 2020 Mom Forum: An Intersection Between Maternity and Mental Health in Los Angeles. To be able to attend this conference, she would have to pay out of pocket or try applying for a scholarship. Karen was 1 out of 10 individuals who were fortunate to receive a scholarship. Her APHA experience also gave her the chance to apply and be accepted to the NAPA-OT field school in Antigua, Guatemala. After graduation this spring, Karen will be leaving to work in pediatric nutrition. She states, "APHA has been a great resource for me and I hope to one day present my future research." She also thanks her faculty mentors, Dr. Worthen, and Dr. Gomez for being so helpful in guiding her through her first research experience.



Justin Menchaca

Justin Menchaca was accepted into the SJSU McNair Scholar Program in the Spring of 2018. The SJSU McNair scholar program helps low-income or under-represented undergraduate students apply to graduate schools and assists them with doing a research project.

The program requires the student to have a faculty mentor and do a study where the student is the primary research. Justin chose Dr. Miranda Worthen as his faculty member based on her previous research with veterans. When Justin transferred to San Jose in the Fall of 2017 he was enrolled in HS-74 Health Communities taught by Dr. Worthen. He was intrigued by the previous research Dr. Worthen had done with veterans because he himself is still in the military. Through the SJSU Coffee with a Professor program, Justin decided to invite Dr. Worthen out for coffee to learn more about her research and during that meeting he told her of his desire to conduct research on 1st generation college veterans. At the time Dr. Worthen was starting a research project examining mental health and transfer students alongside two other undergraduate public health students and invited Justin to join the project. He gladly accepted and during the Fall 2017 semester, he and two other former undergraduate students created everything they needed to collect data under the supervision of Dr. Worthen. By the Spring 2018 semester, Justin and his research team were collecting and analyzing the

data. During the process, the team submitted three abstracts to present at the 2018 American Public Health Association (APHA) Conference in San Diego.

All three of the abstracts were accepted and Justin had the opportunity to present at APHA, along with a May 2018 Public Health graduate, Michelle Laine. Justin and Michelle presented two posters and an oral presentation about their research on depression among public health students, specifically examining transfer status as a potential risk factor. They also won an award for one of their posters from the APHA Public Health Education and Health Promotion Section.



Public Health Faculty Journeys and Stories



Monica Allen

Monica Allen, DrPH, MPH, completed her Bachelor of Science degree in Health Sciences and Master of Public Health in Health Promotion and Education at Loma Linda University. She also received a California State Secondary School Teaching Credential in Health Science at the Loma Linda University School of Education. In 2005, she was awarded the Chancellor's Fellowship to study for a Doctor of Public Health Degree at the University of California, Berkeley School of Public Health. In addition to the degree, awarded in 2014, she completed the requirements for the Multicultural Specialty Certification. Dr. Allen's research focuses on disparities in health status and outcomes. Her specific interests can be incorporated into two broad research areas: (a) the reduction of health disparities, and (b) how to customize interventions to best meet the needs of diverse and underserved communities. Her dissertation, titled "Exploring Motivations and Expectations of Christian Churches in Public Health Partnerships," highlights her interest in faith community and public health partnerships.

She has served as Co-Investigator at the Kaiser Permanente Division of Research on an NIH funded project Increasing Participation in Cancer Clinical Trials and as a Senior Clinical Research Coordinator at the Helen Diller Family Comprehensive Cancer Center, University of California, San Francisco. Currently, she is an Assistant Professor of Public Health and the Director of the Master of Public Program at San Jose State University.



Miranda Worthen

Miranda Worthen, PhD is an Associate Professor. She joined the faculty in 2012 and in 2017 won the Early Career Investigator Award from SJSU. Worthen's research examines the psychosocial experiences of vulnerable populations that have undergone high levels of trauma, with an emphasis on those who have participated in armed forces or have been impacted by exposure to war. Past research included a multi-year participatory action research study with young mothers who had been child soldiers in Sierra Leone, Liberia and northern Uganda. She has also conducted research with U.S. veterans who served in Iraq and Afghanistan.

Worthen has published extensively, with many of her articles published in high impact factor journals including JAMA. She has been awarded external funding for her work with the Native American Health Center on suicide prevention, youth empowerment and tobacco use reduction among urban Native youth. Worthen's current research focus is on student wellbeing. She is the co-Principal Investigator with Dr. Vicky Gomez on a participatory action research study with students in the department aimed at improving wellbeing by increasing a sense of belonging. Worthen enjoys mentoring students in research. Indeed, watching her undergraduate students present at the 2018 American Public Health Association annual meeting was a career highlight!



Vicky Gomez

Vicky Gomez, DrPH, MPH, recently completed her Doctor of Public Health degree from UC Berkeley's School of Public Health. She was born and raised in San Francisco's Mission District and obtained her BS in Health Science and BA in Raza Studies from San Francisco State University (SFSU). She went on to obtain her Masters of Public Health (MPH) in Community Health Education from SFSU in 2009. For the last decade, Vicky has worked as a research coordinator and community-based participatory researcher on various cancer-related studies. Her commitment to addressing cancer disparities in the Latino community served as the driving force to return to school for her doctorate degree and continue her research agenda as an assistant professor at SJSU. Vicky's doctoral research explores if digital storytelling is a feasible community-developed intervention for increasing colorectal cancer screening intention among Latinos who attend church in Alameda County. Her research pilot study was successful and now she will be testing the effectiveness of the community-developed digital storytelling intervention in the San José area. Dr. Gomez and her research team were recently celebrated at the American Public Health Association's Annual Conference in San Diego as the peer-selected winner of the Public Health and Health Promotion's Material Contest for her study's digital stories promoting colorectal cancer screening in the multimedia category. In addition to her cancer control research, she is the co-investigator with Dr. Miranda Worthen along with a talented group of undergraduate co-researchers of a community based participatory research project to develop and test a digital storytelling intervention on the topic of belonging and resilience among new incoming and transfer students. She is also in the process of building a university-community collaboration with a local San José community organization, Latinas Contra Cancer, to write a grant to develop a digital storytelling campaign to illuminate the stories of Latinos with cancer in California. Dr. Gomez teaches Health Science 104: Community Health Promotion to undergraduate students in the fall and spring semesters. In the MPH campus program, she teaches Health Science: 201 Groups and Training in the fall and Health Science 272: Program Planning and Evaluation in the spring. Dr. Vicky Gomez is thrilled to begin her academic professional career in the Department of Health Science and Recreation in the College of Health and Human Sciences!



Daniel Cao

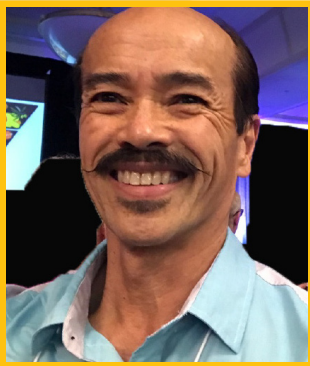
Daniel Cao (last name pronounced "cow"), MPH, is an adjunct faculty member teaching HS-161: Epidemiology since the Fall 2017 semester. He was born and raised in the South Bay and attended the UC Berkeley School of Public Health for both his bachelor's degree and MPH in epidemiology & biostatistics. He is a mental health program specialist for the School Linked Services initiative by the Santa Clara County Behavioral Health Services Department, and he is an assistant track & field coach for shot put and discus at Cupertino High School. In his free time he enjoys weightlifting and taking care of his small orchard of 21 fruit trees including pluots, nectarines, peaches, pomegranates, cherries, apples, Asian pears, persimmon, plum, nectarplum, and aprium. A Fun fact: "I like Nike Air Force 1 Ultra Flyknits."



Robert Rinck

Robert Rinck, PhD, MPH is the Fieldwork Coordinator for the MPH Program at San Jose State University and Chapter President of the Northern California Society of Public Health Education Chapter (NC-SOPHE). Robert co-wrote and received a SOPHE mini-grant on “Clearing the Air” which successfully worked towards making San Jose State University a tobacco-free campus.

Robert is the advisor to the COUGH@SJSU club, which spearheaded the tobacco-free initiative, and won the Outstanding Service Program Club for SJSU campus in 2018. Robert was part of the Salud Familiar project which won the Outstanding Program Award at the SOPHE National Conference in 2015. Robert also received the Outstanding Community Engagement Service Award in 2017 from SJSU. Robert made his film debut in the documentary, “Making it Right” in 2007 and presented the award winning documentary, “Football United: Passport to Hope” at the International Sports Film Festival in Los Angeles in 2011.



Amor Santiago

Amor Santiago, DPM, MPH is the Executive Director of APA Family Support Services, a 30 year-old agency that promotes healthy children and families by providing family support services to prevent child abuse and domestic violence. APA also advocates for culturally competent services for Asians and Pacific Islanders and others through education, community building, and leadership development. APA operates family resource center services in San Francisco

through eight locations including four in Visitacion Valley (Visitacion Valley Strong Families.) Family resource centers in San Francisco are particularly focused on early childhood development, school readiness; parent education, support, empowerment and leadership; and school success.

For over 25 years, he has worked in non-profit development, health and wellness programming, and multi-ethnic community collaborations. Dr. Santiago has led non-profit organizations serving diverse low-income and immigrant communities. He was the founding Executive Director of the Community Health Partnership of Santa Clara County, an association of community health centers and was President and CEO of Asian Americans for Community Involvement a multi-service agency providing social, mental health and medical services. Dr. Santiago later served as Executive Director of the India Community Center; Vice President and Director of the Healthy Living Initiative at The Health Trust; and Director of Healthy Silicon Valley, a collaborative of more than 100 organizations working to address childhood obesity. He was a founding Co-Chair of the API Council, and currently serves as Co-Chair of the API Health Parity Coalition and the Steering Committee of the San Francisco Health Improvement Partnership.

Dr. Santiago is a graduate of Westmont College. He completed a Doctor of Podiatric Medicine degree from the California College of Podiatric Medicine, and a Master's in Public Health degree from San Jose State University, where he teaches health care organization and administration. He is also a certified massage therapist. He is a Senior Fellow of the American Leadership Forum and was recognized with a Unity in Diversity Medal by Santa Clara County.



Marcelle Dougan

Marcelle Dougan, ScD, MPH, MEng. is an assistant professor. Her approach to research and teaching has been interdisciplinary, aimed at providing practical solutions to improve health outcomes in the population. Her research focuses on cancer and reproductive epidemiology, and incorporating data grounded in high-quality research to deliver practical solutions that can positively influence our lives. She is also interested in the application of digital health tools to improve the quality of life in populations affected by chronic disease. She has published peer-reviewed articles in journals including International Journal of Cancer, the International Journal of Obesity, and the American Journal of Epidemiology.

Dr. Dougan received postdoctoral training at Stanford University, where her research included examining circadian variation in the immune system in relation to breast cancer progression in women with advanced breast cancer. She holds a doctoral degree in epidemiology from Harvard University, an MPH from Columbia University, a master's in chemical engineering from Imperial College of Science, Technology, and Medicine, University of London, and a graduate certificate in technology management from Stevens Institute of Technology, New Jersey.



Anji Buckner-Capone

Anji Buckner-Capone, P.h.D, MPH, is an assistant professor with extensive experience in public health and community health education. Before coming to SJSU, she worked in community health promotion where she developed, implemented, and evaluated community based programs in oral history, disability advocacy, youth development, personal health and wellness, and caregiver training. Her professional public health interests are in social determinants of health and equity, community advocacy, health policy, school health, and teaching and learning. Her current research is focused on school climate assessment in California's public schools. She has a bachelor's degree in Feminist Studies and Community Studies, a master's degree in Public Health, and a doctoral degree in Education.

RECREATION STUDENT STORIES



DAISY SAEPHAN

Daisy Saephan is from North Highlands, California. She graduated from Highlands High School in 2014. North Highlands is a small town in Sacramento where she says there is a lot of love and pride but not too many people graduate high school on time and pursue a four-year university degree. She is currently a senior at San Jose State University who graduated in May 2019 with a Bachelor of Science degree in Recreation Management. What helped her push through her difficult barriers is the dedication for being an Avid Via Individual Determination (AVID) student since the 7th grade.

She is resilient and can overcome any obstacle as long as AVID is in her thoughts. Being part of AVID not only helped her prepare for college but also helped Daisy create life-long goals and made her dreams come to life. She credits AVID for being the person she is today.

“Throughout my college journey, I find myself wanting to be able to continue to give back to my community whether it is to Highlands High School, the Southeast Asian community or the environment itself. There is a lack of Recreation involvement within these communities and I want to provide others what Recreation has offered me. Recreation gives me the opportunity to incorporate science, life, and positive energy all at the same time; it teaches us to appreciate nature, try new things, and help people heal and live life without nature-deficit disorder. As I take more courses, I fall more in love with recreation and the purpose of its services which is improving peoples lives physically and mentally. I am passionate about serving youth and supporting them on finding their purpose in life. For my soon-to-be career, I want to be involved with educating low-income/disadvantaged/under-served communities about the purpose and benefits of recreation. I want to help implement successful youth developmental strategies in schools of Sacramento and other communities locally, nationally and globally, to ensure youth are developing as healthy and fully functioning adults.”



HANNAH (STORM) SKRIPEK

Hannah (Storm) Skripek grew up in Scotts Valley, California, with a great love of nature, inspired by her many home schooling teachers. Her path towards becoming a Recreation Therapy major has been as winding as the trails in the redwoods, but she would not trade that experience for anything. In community college, she studied Theater Arts with a focus on Technical Theater. When the time came to apply to universities, she chose San Jose State, initially in a different field, later switching to the Recreation Therapy program.

“What I love most about Recreation Therapy is how multidimensional it is. I can bring all my unique interests and passions into it, and I’m always learning something new. I feel like it’s a field I will never be bored in, and this degree will take me many places.”



TYLER MALLOY

Tyler Malloy is a third-year transfer student at San José State University studying Recreation within the college of Health and Human Sciences. He has been working for the Parks, Recreation, and Neighborhood Services Department (PRNS) for the City of San José since November 2013. Unsure of his prospects prior to working for PRNS, he hopped back-and-forth between majors, initially wanting to be a teacher for youth in unde-rserved schools. Working within the Recreation field allows him to continue his passion working for his community while serving a beautifully diverse population. He

started his work as a Recreation Leader for the Willow Glen Community Center and then moved onto the Seven Trees Community Center as the Teen Coordinator; supervising recreation leaders and over 60 teens from around the community and local schools. He currently works in the Citywide Sports Facility Reservations unit and is responsible for permitting, maintaining, and assessing over 82 tennis courts and over 43 grass and synthetic/turf sports fields. He enjoys working in the Recreation field, to effectively promote positive development through parks and accessible public spaces, while collectively contributing to building and improving a better community. He is projected to graduate in the Spring of 2020 and plans to take a year off from school to focus on his career pursuits. He then plans to return to school to complete a master's degree in Recreation and to hopefully become a director for a park's department someday.

“Working in the Recreation field and with people through parks and public spaces allows me to leave my community better off than how I found it. I enjoy getting the opportunity to work within a major that allows me to make others appreciate parks and nature through recreation and fun. Majoring in Recreation has opened my eyes to the disparities among recreation and open spaces, and I hope to bring new and innovative ideas to any role that benefits the greater good.”



EVA WIDSTRAND

Eva Widstrand is a graduating Recreation Major at San Jose State University class of 2019. She grew up a wild child always outdoors and lost a bit of that spark through a difficult time during her parent's divorce. However, she found that passion for the outdoors and all its glories again when she came across recreation as a major. It has allowed her to find opportunities in outdoor recreation where she can share her love for our outdoor spaces with others.

“I was not originally a Recreation major, but found it accidentally and fell in love. It took me a good chunk of my college career to find out what I wanted to do in life, and it wasn't until I came across recreation as a major my first semester at San Jose State University that I had a strong idea what I wanted to pursue. Throughout my time at SJSU and in the rec major, I grew to understand and appreciate how recreation and leisure activities affect all of our lives. Finding recreation has allowed me to explore and discover all the opportunities it presents, and it has. I was able to find my passion for the outdoors in recreation, and further pursue a career in teaching about leaving no trace and protecting our environment as well as how to enjoy it without harm. Leisure and recreation have connected me with my community and brought peace and happiness to my life. I cannot thank the recreation advisors and professors as well as my peers enough for helping and encouraging my future steps. It has been a long, but rewarding path and I cannot wait to see what lies ahead.”

Recreation Degree Program Aligns with Parks Rx Movement

The recreation industry, as led by the National Recreation and Park Association and the National Park Service, has shifted its long-time purpose of recreation for enjoyment to recreation to improve health. This paradigm shift emerged in a global context in April 2010 at the 1st Healthy Parks, Healthy People Congress in Melbourne, Australia. This catalyst gave rise to what is now known as the Park Rx movement that aims to reduce health disparities and improve physical and mental health by increasing access to outdoor and nature-based experiences. With its focus on health, advocacy,

and social justice, this global movement recognizes parks and recreation as an essential part of the public health structure, as well as a catalyst for social change making them vibrant, relevant, and valuable to everyone. In preparation for our 75th anniversary, the Recreation degree program at San Jose State University, has aligned its identity, vision, mission, and curriculum with this global, national, and local movement that includes people, parks, non-profits, public health, and healthcare providers. This new positioning gives graduates of the Recreation program cutting edge knowledge



and skills to be trans-disciplinary leaders of health-through-recreation. Within this matrix, faculty and alumni of Public Health, Recreation, and Recreation Therapy are better supported to work collaboratively to innovate solutions to health-related problems that previously may not have been possible.

While partnering with health systems, the field of parks and recreation is committed to providing access to parks, nature, and recreation, improving individual and community health, and advancing science. Overall, this Park Rx movement advocates and promotes synergy and coherence between recreation and public health.



Recreation Faculty Stories

Susan Ross PhD, CTRS, RTC

Susan Ross is an Assistant Professor and Coordinator of Recreation Therapy and Complementary and Alternative Health Practices. Her primary research examines personal transformation from trans-disciplinary perspectives and is the subject of her forthcoming book, *The Map to Wholeness: Real Life Stories of Crisis, Change, and Reinvention; Your Guide Through the 13 Phases of Transformation*. The book and a series of academic articles describe findings from her doctoral dissertation that revealed an underlying pattern of transformation that extends seminal theory in tourism called the W-curve, clinical psychology model of Accelerated Experiential Dynamic Psychotherapy, and mythology vis-à-vis Joseph Campbell's renown hero's journey. Her research about transformation is cited as being among the first to define and study two burgeoning tourism niches, transformative travel and temple stays. Dr. Ross' dissertation method is showcased in a special issue of trans-personal psychology as an example to embolden scholarly use of a participatory approach called cooperative inquiry.

Her analysis of transformation has led her to conduct research in areas of transformation through close encounters with humpback whales and in partnership with leading anthropologist on Inka mysticism Juan Nunez del Prado, investigate an indigenous phenomenon called 'sacred play'. Her interests in recreation therapy led her to study the use of biofeedback to reduce stress of student veterans and sensory stimulation effectiveness



among children in coma states. Her future research will focus on psychological experiences among study abroad alumni after they return home. As a recreation therapist, she specializes in the treatment of women survivors of sexual trauma, post-traumatic stress, and adventure therapy. In partnership with indigenous elders, she leads study abroad to ancient sites where students learn traditional energy healing practices called pujillay, or sacred play.

“Play is the only way the highest intelligence of humankind can unfold.”
– Joseph Chilton Pearce

Joshua Baur, Ph.D.

Joshua Baur, is an assistant professor in the Department of Health Science and Recreation. He is currently serving as the Coordinator for the Recreation Programs as well. In addition to teaching, administrative duties, and advising, he conducts research on the relationship between humans and the natural environment. His study of human ecology occurs primarily in the context of urban and developed settings, looking specifically at the relationship between recreation and leisure behavior of urban and city dwellers, and their attitudes, perceptions, and behaviors towards the nature.

He grew up in Southern California enjoying time outdoors with family and friends. During his leisure time, he enjoys hiking, camping, listening to music, reading, and spending time with his wife and kitties.



*“Life on Earth is miraculous.
It deserves to be treated with
respect.”-Unkown*



Where will HSR take you?

Due to trans-disciplinary, inter-professional nature of our programs, our graduates have secured a wide variety of employment within public health and/or recreation fields ranging from governmental/public and private sectors to commercial/ for-profit and non-profit sectors. Many of our graduates from our undergraduate public health program go on to work in community based organizations

(governmental, non-profits), clinics and other medical groups, and hospital networks, such as Stanford Health Care, San Francisco Department of Public Health, County of Santa Clara Public Health Department, and California and New Mexico Departments of Health. Our students also go into the pharmaceutical industry, research and development, policy and advocacy.



MPH (Master of Public Health) graduates hold a variety of positions in the public, private, non-profit, and government sectors. Graduates currently hold positions in the US Food and Drug Administration (FDA), University of California, San Francisco (UCSF), the Veteran's Association, Infectious Disease Bureau (IDB) Public Health Division (PHD), and as researchers, professors and Department Chairs at universities around the country. County Public Health Departments and Kaiser are employers of large numbers of SJSU MPH graduates in roles in disease surveillance, community benefits, health education, worksite wellness, and nutrition.



Students graduating from the recreation and recreation therapy degrees have been seeking and securing employment at local, regional, and statewide agencies. Below is a sample of employment locations – City of San Jose Department of Parks, Recreation and Neighborhood Services (PRNS), Veterans Affairs Palo Alto Health Care System (VAPAHCS), City of Santa Clara Parks & Recreation Department, Autism Family Network (AFN) Santa Cruz, City of Menlo Park's Recreation Department, Santa Clara Valley Medical Center (SCVMC), City of Los Altos Recreation and

Community Services, San Francisco Recreation and Park Department, Peninsula Volunteers, Easterseals, YMCA, as well as Oakland Raiders, California's Great America, United Service Organizations, City of Petaluma Parks and Recreation Department, City of Watsonville Parks and Community Services, City of Santa Cruz Parks and Recreation Department, and Redwood City Parks, Recreation and Community Services Department.

PUBLIC HEALTH

ALUMNI STORIES

Nikole Trainor

*Program Coordinator, San Francisco
Department of Public Health*



Nikole Trainor is an SJSU alumni currently working full-time for the San Francisco Department of Public Health (SFDPH) as the Getting to Zero Program Coordinator, while also teaching part-time at SJSU in the undergrad Department of Public Health. She has worked for SFDPH in the STD Prevention and Control Branch for the past 10 years. She was the Multisite Coordinator for the first U.S. PrEP Demonstration Project, responsible for implementing three PrEP programs at San Francisco City Clinic, Whitman Walker in DC, and the Department of Public

Health in Miami FL. She is currently the lead coordinator for the new San Francisco PrEP Supports Campaign in addition to spear heading the new Pharmacist Delivered One Stop PrEP Program at Mission Wellness Pharmacy in San Francisco, CA. For the past 15 years, she has been dedicated to improving the quality of life for all communities of color and speaking boldly about inequities that

negatively impact communities in which she serves.

“I hold my hopes and dreams that one day, equity and justice will be a reality and lived experience for all people of color close to my heart. This is the only thing that keeps me fueled and inspired to continue my work in Public Health.”



Alvin A. Galang

*Senior Training and
Development Analyst,
City of San José*

Alvin Galang, is the Senior Training and Development Analyst for the Department of Parks, Recreation & Neighborhood Services in the City of San José, California. He has been a City employee for over 10 years, bringing his unique background and experience to the field of Parks and Recreation. He is an alumnus of San José State University (SJSU), receiving his Bachelor's degree in Health Science with a concentration in Health Care Management, and his Masters in Public Health degree with an emphasis on Community Health Education. He has worked in both the non-profit and government sectors, and has occasionally lectured at SJSU as an adjunct faculty.

“My passion is serving people. In all that I do, I apply the philosophy of kaizen or continuous improvement. I do my best to serve the people that serve the community by providing the training and development that they need to be successful. My formal education in public health and my professional career in parks and recreation has allowed me to bring and apply my passion to the opportunities that have been presented to me.”



Isra Ahmad

Research and Evaluation
Specialist II, Santa Clara
County Public
Health Department

Isra Ahmad has been a tobacco control advocate for over 7 years. She has experience in tobacco prevention education, tobacco research, tobacco policy advocacy, adoption and implementation and has led national tobacco control advocacy efforts. She has worked with Truth Initiative, California Youth Advocacy Network, the Tobacco Related Disease Research Program and Stanford Prevention Research Center. Currently, in her role at Santa Clara County, she serves as the research and evaluation specialist for the Tobacco Free Communities Program. She earned her Bachelor's of Science from San Jose State University and her Masters of Public Health from UC Berkeley. After completing her Master's program, she returned to San Jose State University to lecture an undergraduate Epidemiology course. In her free time, she enjoys hiking, painting and spending time with her family and friends.

"I love what I do because everyday is different and advancing equity in our communities is embedded in my day to day work."



Christina Goette

Sr. Health Program
Planner, San Francisco
Department of
Public Health

Christina Goette earned a Master of Public Health in Community Health Education from San Jose State University in 1997. Since 1999, she has worked for the San Francisco Department of Public Health, Community Health Equity and Promotion Branch and is currently a Senior Health Program Planner. In 2006, she co-founded (and still directs) the Shape Up San Francisco Initiative – whose motto is to make the healthy choice the easy choice. Her chronic disease prevention work focuses on policy and environmental prevention strategies to address chronic disease health disparities and inequities related to nutrition and physical activity. In 2008, she led the initial Bay Area Regional Soda Free Summer campaign, and serves on local, state and national groups addressing sugary drinks. She worked with San Francisco policymakers to develop SF's 2014 and 2016 excise taxes on sugary drinks and volunteered on the campaigns. With the successful passage of the 2016 Sugary Drink Distributor Tax (SDDT), her work has expanded to include staffing to the Sugary Drink Distributor Tax Advisory Committee as well as managing over \$3.5 million in SDDT revenue for community-based grants. In 2002, she had the distinct honor of teaching the incoming MPH cohort the HS-200: Public Health Intro course at SJSU; it lasted only one semester before she became a mom and turned her personal time to parenting.

A longtime San Francisco resident, she enjoys the Bay Area's beautiful natural surroundings with her daughter and their dog.

"It always seems impossible until it's done." –Nelson Mandela



Jean Breny

*Professor and Chair,
Department of Public Health
at Southern Connecticut
State University*

Jean Breny is a Professor and Chair of the Department of Public Health at Southern Connecticut State University. She has been on the faculty since 2000 and teaches undergraduate and graduate-level health promotion courses. She received her PhD in Health Behavior/Health Education from the University of North Carolina at Chapel Hill (2000) and her MPH in Community Health Education from San Jose State University (1994). She also holds a visiting professorship at the Public Health Institute at Liverpool John Moores University and is an Associate Scientist at the Center for Interdisciplinary Research on AIDS (Yale University). She has worked in Izmir, Turkey as a Fulbright Senior Specialist in Global/Public Health and currently is President—Elect of the Society for Public Health Education (SOPHE), taking on the role of President in March, 2019.

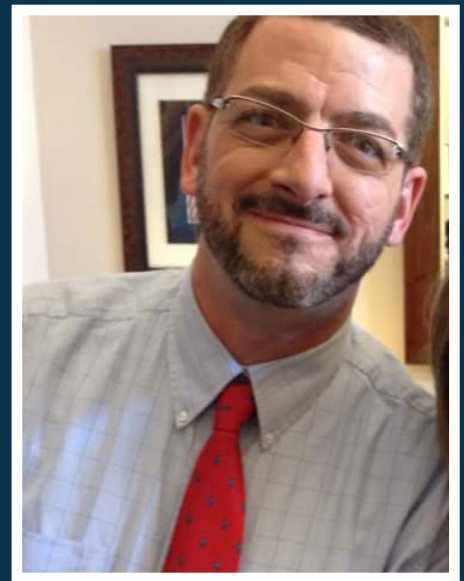
Dr. Breny's scholarship aims to eliminate health disparities through qualitative research methods through a community-based participatory research paradigm that informs public health practice. Along with colleagues at Southern Connecticut State and Yale Universities, she is developing a Center for Health Equity and Eliminating Racism (CHEER) that will train students in anti-racist research. Additionally, she is co-authoring a research methods book on Photovoice methods for Sage Publishing, a methodology for which she has widely published.

"I came to the field of public health after working in family planning and women's health and realizing that there was a lot of inequity with regards to HIV/STIs and unplanned pregnancy. Not sure what I exactly wanted to do with this feeling of inequity, attending SJSU for my MPH, with its grounding in community organizing, community-based work, empowerment, and equity brought it all together!"

Andrew Gans, MPH has worked in HIV prevention and care services for over 30 years since first volunteering as an HIV emotional support volunteer with non-profit organizations in northern California in 1987. He got his Master of Public Health (MPH) degree from San Jose State University in 1992, where he later served as Adjunct Faculty in the Department of Health Science until moving to New Mexico in 2001. He has worked with the New Mexico Department of Health (NMDOH) since 2003, most recently as HIV, STD and Hepatitis Section Manager since summer 2013. In this role, he oversees five different program areas including HIV prevention, HIV care/treatment services, hepatitis, sexually transmitted diseases (STD) and harm reduction. The section has been an innovator in a variety of areas with model statewide programs including a high volume statewide syringe exchange, opiate overdose prevention, a strategy and comprehensive plan to eliminate hepatitis C virus (HCV) by 2030 and methods for finding undiagnosed HIV cases in a state with low/moderate prevalence.

He has been the delegate to the National Alliance of State and Territorial AIDS Directors (NASTAD) from New Mexico since 2008 and served as Chair during 2015-2016. This has allowed him to advocate with federal health agencies for sustained funding and reasonable outcome and reporting requirements for state and local governmental public health departments.

“I got into public health because I saw alarming disparities in infectious diseases, particularly HIV and STD. My training from SJSU helped me be effective at responding to these health issues, as the program trained on doing health education with a community focus and real understanding of community engagement and involvement. Individuals and communities can be empowered with skills to improve their own health.”



Andrew Gans

*Section Manager,
The New Mexico
Department of Health*

RECREATION

ALUMNI STORIES



Kevin Hayes

***Recreation Coordinator,
City of Petaluma***

Kevin is currently a Recreation Coordinator within the City of Petaluma's Parks and Recreation Department. His areas of focus include youth and adult sports programming, athletic field rentals and allocation, and special event planning. While attending Allan Hancock College in his hometown of Santa Maria, Kevin decided to pursue his education further by applying for transfer to San Jose State University and enrolling in their Recreation Management program. Upon graduation from San Jose State with his four-year Bachelor of Science in Recreation Management, and an additional two years with the Sharks and 49ers, Kevin decided that to once again pursue a career in municipal recreation. Kevin was later approached by the City of Petaluma's Parks and Recreation Department about their staffing needs and high interest level in his abilities. After much discussion and deliberation, he chose to pursue this new opportunity in Petaluma, and has since been settling into his new Recreation Coordinator position. One of his favorite quotes that he believes encompasses recreation and leisure comes from American author Mitch Albom, and is as follows:

"Devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning."



Kristina Reed

***Recreation Therapist II,
Santa Clara Valley Medical Center***

Kristina Reed is a proud graduate of SJSU's Class of 1999. She graduated with a Bachelor's degree in Recreation and Leisure Studies with an emphasis in Therapeutics. Shortly after graduation she passed her national exam and became a CTRS. Since she was a young child she always knew she wanted to be in a helping profession. Early on in college she explored many professions and then by chance came upon Recreation Therapy. She learned she would be able to combine passion for helping others as well as being able to help people recreate at the same time. She completed her internship at Santa Clara Valley Medical Center in the rehabilitation program, primarily working with Spinal Cord Injury patients. She was then fortunate enough to get hired on immediately after the internship. She has now worked at SCVMC for almost 20 years, primarily in the Brain injury and stroke unit. For Kristen, the opportunity to help others get back to a satisfying leisure lifestyle after often a life changing event is so

rewarding. She would not want to work anywhere. People often ask her if she really gets to play at her job. The answer is yes, but there is so much more to it. From a personal side she is a proud wife and mother of 2 beautiful children, a 9 y/o son and 7y/o daughter. She was born in the Bay Area and has never left! For her own leisure interests she enjoys cheering on her kids playing sports, watching professional sports, traveling, dancing, crossword puzzles, vegging out in front of the T.V. and so much more!



Johannah (Spencer) Baccaglio

*Event Program Manager, Operations Team, Cisco Live US,
Cisco Systems*

Johannah (Spencer) Baccaglio graduated from San Jose State University in Spring 2007. She has had a successful career in event planning. It may not have been the path she expected, but the journey has been unique and has provided a myriad of experiences along the way. She began her career as an event planner for a local catering company, there she learned “back of the house” protocol for events. She focused on growing the company’s business of wedding and corporate events, making connections with local venues and

networking with vendors. After four years, she reached a point where her career growth had plateaued, and she was ready for a change. Through connections she made with vendors, she was able to apply for a position as a catering and sales director for a venue in Santa Clara. After accepting the role, the position would allow her to take strides in putting her sales skills to the test. The position also introduced her to management, overseeing a staff of employees for each event. In 2012, Johannah’s high school approached her when a position came available to run their large fundraising events. The school was impressed with her skill set and appreciated that she was already familiar with the community, as an alumna of the school. Taking into account they would need to train her specifically on fundraising events, they were willing to take that chance. She flourished in this role, bringing new life to the events, while increasing loyalty of donors through their monetary commitments, in support of the students. She now works on a team for a local Bay Area tech company. Her team plans the largest customer event for the company nationwide, featuring tradeshow, technical education, and programming components. Through her consistent effort to network with peers in the industry, she was able to apply for this role and recently celebrated her third anniversary with the team. She continues to be challenged in this role and thoroughly enjoys all the joys and challenges she encounters.

Johannah’s career has provided her with lots of experiences that have made her well rounded in the industry. She always thought she’d remain in the private sector or do weddings for the majority of her career. She is extremely happy with where her journey has led her to date, leading her to the world of corporate events. Nearly 12 years after graduating from SJSU, she remains involved in the Recreation Department and has mentored many peers who are a part of the event industry. She strongly believes in the idea of paying it forward through mentoring, as many in this industry have done for her. Through the connections she fosters, she has continued to grow and looks forward to what the next decade will bring to her career journey.

“If you do what you love, you’ll never work a day in your life.”



Amy Eilts , MPA

Senior Operations &
Programs Manager, USO

Amy Eilts entered the Recreation Department at San Jose State after working for the City of Cupertino for 7 years. She graduated San Jose State with a degree in Recreation Management after completing an internship in Guantanamo Bay with Navy Morale, Welfare and Recreation. Following graduation she joined the Peace Corps and used the skills and knowledge from her time at San Jose State to develop youth programming around girls' education and empowerment in Azerbaijan.

After serving two years in the Peace Corps Amy started working for the USO, a non-profit supporting active duty military and their families through morale boosting recreation and emotional wellness activities. She has since earned her Master's Degree in Public Administration and continues to work for the USO as a Senior Operations & Programs Manager and stays active in volunteer work throughout Northern California.

"I love my field of work because non-profits can provide an incredibly impactful set of programs for communities that may otherwise miss out on opportunities to use recreation as a tool for self awareness, empowerment, education, and emotional support."



Matthew Milde, CPRP, CFEA

Facilities and Events
Supervisor,
City of Healdsburg

Matthew Milde is an accomplished recreation and special events professional with 15+ years of experience in leadership and program planning. Having worked for San Jose Sport Authority, Bay Area Sports Organizing Committee, Santa Clara County Parks, and the City of Menlo Park, he has developed and executed high-profile events in fast-paced, festival, concert, and performing arts settings and is experienced in marketing/branding, sponsorships, and managing employee teams, vendors and volunteers.

As a park and recreation professional, he has supervised facility & aquatic maintenance programs and public/private partnerships. He is an energetic, humorous, organized, and highly creative professional with talent in establishing and cultivating community relationships.

Matthew has a Bachelors Degree in Recreation and a Master's Degree in Recreation with a concentration in International Tourism from San Jose State University. Since 2008, he has guest lectured annually in several courses including Event Production, Play &

Creativity, Creating a Meaningful Life, Event Planning, Recreation Program Planning, and co-taught Leadership & Group Dynamics. In Spring 2018, he taught the Festivals and Community Special Events course. Currently, Matt is a Recreation Supervisor with the City of Healdsburg and oversees community special events, special event & film permitting, the Healdsburg Community Center, community gardens, and the public/private partnership of the Villa Chanticleer.

Prior to moving up to wine country, he served as the Vice-President of CPRS District IV and has continued his involvement in CPRS as Director at Large for District I. He consistently strives to reach a higher bar and rallies those around him to join his quest for challenge and accomplishment. He is infectious and capable of producing excellent results in any endeavor through creativity, perseverance, education, diligence, and sincerity. He is a Certified Festival and Event Associate through the International Festivals & Events Association and is a Certified Park and Recreation Professional through the National Recreation and Park Association.

“The parks and recreation profession is essential in empowering individuals of all ages and abilities to strive for personal excellence while providing a safe space for people to grow and thrive. It serves as a platform for teaching new skills, enhancing creativity, inspiring innovation, promoting health & wellness, and shaping community to positivity transform lives.”

Nick Calubaqui received his Master's in Recreation Management from San Jose State in 2007. For the past 24 years, he has worked in the parks and recreation profession, serving the cities of Half Moon Bay, Santa Cruz, Watsonville and Morgan Hill. He recently returned to the City of Watsonville, where he serves as the Parks and Community Services Director, managing the City's 26 parks and extensive recreation programs. He has also served as a part-time lecturer at San Jose State. Over the years, he has been very involved with the California Parks and Recreation Society, serving on a number of statewide committees and initiatives and holding a variety of board positions for District 4 and 6, including District 6 President, and serving as the Region 2 Representative on the State Board of Directors. When he is not creating recreational opportunities for others, he enjoys spending time with his wife and two kids, surfing, skiing and more recently, training for and doing triathlons.

“The parks and recreation field is an amazing career path that allows you to live a life of purpose. This profession is full of passionate individuals who are dedicated to making life better for the communities they serve.”



Nick Calubaqui

**Director of Parks and
Community Services,
City of Watsonville**

Anna Bielecki

Recreation Coordinator, City of Gilroy Recreation Department



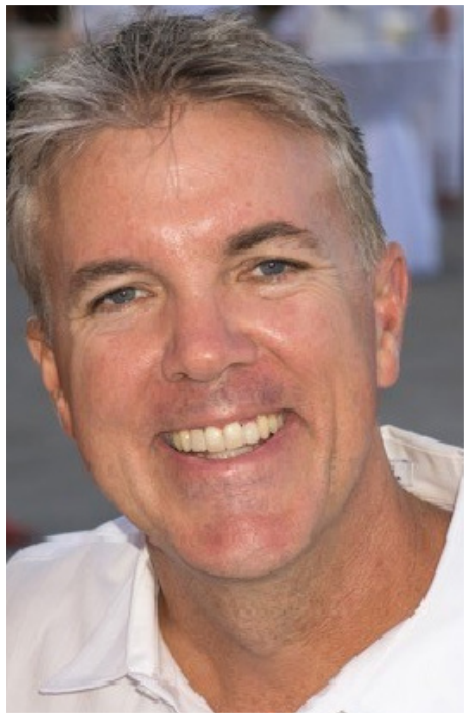
“Recreation is an essential component to building stronger and healthier communities. Having begun my career in outdoor recreation and parks, there are two quotes that sum up my passion for the profession...

‘Parks Make Life Better’ and ‘Go Outside and Play.’”

Anna Bielecki grew up in San Jose, just 4 miles from the SJSU campus and attended SJSU right out of high school. As a young person, she knew she wanted to go to college but was unsure of what she wanted to “be” when she grew up. She began her college career as a Humanities major (now her minor), then switched to Environmental Studies but neither turned out to be the right fit for her. She was fortunate enough to have a roommate who told her about Recreation. She had always loved the outdoors and found out the Recreation major had an emphasis in Parks Resource Management. For Anna, majoring in Recreation was like finding a home, and it was exactly where she needed to be. She received her B.S. in Recreation and Leisure Studies with an emphasis in Parks Resource Management. At the time, the Recreation major required a semester long internship prior to graduation. She was fortunate enough to intern with Santa Clara County Parks, which led to a seasonal position as a Park Ranger and eventually a permanent position. During her tenure with Santa Clara County she was able to return to SJSU and obtain her MS in Recreation. She has been working in the recreation field for the last 24 years for a variety of local government agencies. Her career has given her experience in outdoor recreation, youth programming and aquatics. Most recently, she was fortunate enough to be appointed as a lecturer in the Recreation department at SJSU. She is passionate about her profession and takes great pride in her Alma Mater. She is grateful to be able to share her passion with current students.

Chris Beth

Director, Redwood City Parks, Recreation, & Community Services Department



Chris Beth, Director of the Redwood City Parks, Recreation and Community Services Department, is an SJSU -B.S. Recreation and Leisure Studies 1991 alum. He also received his Master of Public Administration in 1995. He has been in the municipal park and recreation profession for 28 years and has worked for the City of Redwood City the past 20. The Redwood City Parks, Recreation and Community Services Department has 68 full time employees, over 150 casual employees year round, and has an operating budget of over \$18M. He served as President of the California Park and Recreation Society (CPRS) - a professional organization which serves over 4,200 members in the State of California - in 2009-2010; and was a State Board member for six years.

He also serves on the Police Activities League Board of Directors; serves as one of the Founding members of the Downtown Lions Club; and serves as Liaison to the Redwood City Parks and Arts Foundation. What he really enjoys is serving the community and making it the best place to live, work and play.

“SJSU instilled in me a sense of purpose, encouraging me to perform at my best, not being afraid to try new things, and that failure is a path to learning not a roadblock.”

**B.S. in Recreation and Leisure Studies,
Masters in Public Administration**



Andrea Wood

Sales Executive, California's Great America

Andrea Snyder-Wood is a San Jose native who graduated from San Jose State University with a Bachelor of Science degree in Recreation & Leisure Studies, concentrating in Tourism and Commercial Recreation. Prior to graduation, she completed a college internship at California's Great America as the Special Events Coordinator. There she successfully executed multiple high-profile events, including Autism Awareness Day as her final project. Little did she know she would be returning 10 years later. Post-graduation, she focused primarily on planning, coordination and sales in the events, wedding, trade show, and construction industries. One of her most memorable projects was

the 2nd Annual Ainsley House Bridal Fair for the City of Campbell. She was responsible for all aspects of the event production including securing vendors, training volunteers, and executing the event day of. She worked with a Board of Director's and successfully raised money for their scholarship program. Alongside her career focus on events, she has worked in general construction as part of the business development team assisting in acquiring large commercial build projects. This includes an emphasis on the trade show industry where her overall responsibilities have included selling and managing design-builds, for both workplace environments and trade show booths from concept to completion. All of these experiences have lead her back to California's Great America, where she has earned the Sales Achievement Award for being in the top three sellers across all thirteen Cedar Fair parks in 2018. In her free time, she enjoys being a mom of three: daughter, Paige (3); son, John (6 months); and bonus son, Zachary (9). She adores fishing with her husband, swimming and reading.

"Concierge of FUN" School – RECKie for Life"



Caryn Collopy

Recreation Director at San Jose State University

Having a dream to move into a professional career, she started with the City of Santa Cruz Parks and Recreation department in 1976, holding positions as swim aide, swim instructor, lifeguard, and then pool coordinator over an 11-year period. By 1987, after taking units at Cabrillo College, she was offered a position at San Jose State University as the Aquatic Center Manager. Thus, her journey on our campus begun, and has continued forward from those early years to the present. Along the way, there were many challenges, both personal and professional. Because of the deep

determination she showed, she was awarded the Fortitude Award in 2016 when she received her Bachelor's degree with a Special Major in Recreation and Kinesiology. It was clear that she wanted to continue her education and went on to receive her Masters' from CSU East Bay in 2020 so that she can teach in an environment that supports and educates others in the profession.

"Commitment, determination, fortitude equals my passion for our profession in Hospitality, Recreation & Tourism."



Alisa Krinsky

Recreation Therapist Supervisor, Veterans Affairs Palo Alto Health Care System

Alisa Krinsky received her Master of Science degree in Recreation and Leisure Studies with an emphasis in Therapeutic Recreation from the Department of Recreation and Leisure Studies at San Jose State University in 1987. She began her career at the Veterans Affairs (VA) Palo Alto Health Care System in June of 1988 and has worked there across a 27-year span as a recreation therapist and for the past 10 years, as a clinical supervisor. She took leave from the VA in 2002 and supported Senior Care Network as their Clinical Director and from 1995 through 1998 when she served as a consultant for Geriatric HealthCare Consultants. Over the past 32 years, she has contributed to the field of Recreation Therapy.

Alisa has presented at numerous local, state, national, and international conferences, co-authored five peer-reviewed journal publications, pilot tested several evidence based practice protocols, and provided clinical internships to numerous Recreation Therapy students. In 2007, she was promoted to supervise the Fitness and Wellness Clinic and the Recreation Therapists at the Spinal Cord Injury and the Western Blind Rehabilitation Centers at the VA Palo Alto. She has been an active member of the Bay Area Therapeutic Recreation Association (BATRA) since 1994 and the American Therapeutic Recreation Association (ATRA) since 1987 and was recognized for advancing the profession when she received the 1996 ATRA Presidential Award for pilot testing protocols for treatment of people with chemical dependency. She is a strong advocate of the Recreation Therapy profession; she has taught in the capacity of part-time faculty and guest lecturer at San Jose State University and San Francisco State University. In addition, she and Rick Mason, another SJSU alumni, launched the first quadriplegic rugby team in the state of California in 1989 (which is still in existence).

In summary, with the help of her leadership, the Recreation Therapy Service at the VA Palo Alto HealthCare System is known for being the largest and most complex Recreation Therapy Service that provides innovative treatment to Veterans and active duty service members. Her integrity as a leader of Recreation Therapy seeps into her personal life because she works hard and plays hard. For instance, when she was called about this nomination she was literally on a ski lift in Lake Tahoe.

She and her husband Paul love to travel, spend time with friends, family, and their two dogs (Deacon and Shiloh), hike, cycle, and watch movies. She has studied rhythmic tap dancing for 21 years. She truly has a passion for recreation and her profession that began with SJSU.

“I discovered recreation therapy when I lived in Colorado during the summer of 1983 at the Outdoor Education Center for the Handicap in Breckenridge. I knew intuitively that I uncovered a profession that I could be passionate about because I love helping others. After 32 years, I am still passionate about our Recreation Therapy Profession because of our unique, holistic approach to facilitating more meaningful leisure engagement at the highest level of independent capability. Working in a clinical setting for most of my career, I feel recreation therapists help people re-connect with themselves through powerful modalities and experiences.”



Sean Eaton

Senior Park Ranger, Santa Clara County Parks & Recreation Department

Sean Eaton was born and raised in San Jose and has lived here all of his life. He is a graduate of Independence High School and attained two certificates from Central County Occupational Center while in high school from 1988-1992. He has worked in the private sector as a printer, sheet metal mechanic and telecommunications lineman until 2005 when he returned to school. He attended the West Valley-Mission Community College District to seek retraining and career development through the California State Department of Rehabilitation. He initially pursued a Bachelor of Science in Kinesiology, finished his General Education requirements and was accepted to San Jose State University in 2008. He changed his degree program to Recreation Management while attending San Jose State. He completed his internship graduation requirement with Santa Clara County Parks in the Summer of 2010.

He is a two-time San Jose State Dean's Scholar and Graduated Cum Laude in 2011. After graduation he worked as a Recreation Specialist for Los Altos Recreation and began applying for several different Parks and Recreation jobs. He stayed in contact with his internship supervisor and was referred to a Captain in Park Ranger Operations for a seasonal/extra help opportunity. He applied and was hired in August of 2011. While working as a seasonal Park Ranger, he applied for a permanent Park Ranger opportunity and was hired in January 2012. In February 2012, as part of his job training requirement, he attended a Federal Law Enforcement Training Center-Ranger Academy in Windsor, CA.

Sean graduated in April 2012 and began his 14-week Field Training Program with Santa Clara County Parks & Recreation. After successful completion of the rigorous training requirements, he was badged and assigned to the Vasona/Lexington/Los Gatos Creek Park Unit where he worked for approximately 5 years. He took the opportunities given to him and became a Field Training Officer in 2014, training new Park Ranger recruits. In 2015 and 2016, he also Worked Out of Class (WOOC) as a Sergeant (Senior Park Ranger) for his immediate supervisor who was WOOC in another division of Santa Clara County Parks and Recreation. He applied to be a Park Ranger Sergeant (Senior) in 2017 and was promoted. He has been working in his new role in the Sanborn/Skyline/Stevens Creek Park Unit since February of 2017.

“The time I spent at San Jose State was pivotal and my instructors and advisors helped me develop the skills needed to work in in my newly chosen career. My degree program has been an essential component of my success and provided me the foundation to achieve the level of success needed to thrive in the Parks and Recreation field.”



Janae Whitcomb

Recreation Supervisor, City of San José

Janae Whitcomb is a native of San Jose. She has been interested in recreation ever since her first introduction to community services as a youth summer camp participant. While this was a starting point, it wasn't until attending SJSU that she was driven to make a difference in enhancing the lives of others through building community and inclusion. It is this experience that drives her passion for community engagement and enhancing the lives of those around her. Throughout her career, her focus has always been to provide people with a positive and memorable experience. She considers herself lucky to have chosen a career that she is so passionate about and the diversity that it provides. She has had a long standing career in recreation with the City of San Jose, diversifying herself in the multiple career opportunities that recreation offers. After graduating from SJSU in 2016, Janae became a Recreation Supervisor where she oversees a wide variety of community services and programs. When it comes to being an effective leader, Janae said,

“that positive leadership is a critical foundation for any community’s success, and becoming an effective leader allows you to seize opportunities and address challenges productively”. She also shared that, “everything that you say and do creates an impact, so speak with integrity and lead by example.”



Matthew Araujo

Product Educator, SBCU (Specialized Bicycle Components University)

Born and raised in Campbell, I am lucky to be a Bay Area native. I'll admit that I am an apple that has not fallen far from the tree; both my parents received their degrees in Recreation from SJSU. As soon as I was old enough to work, I began as a day camp leader for the City of Campbell Parks & Recreation department, my camp name was Squiggy. During those summers I discovered commuting by bicycle was much more fun than in a car. That mindset continued through college, where I found the Department of HSR. Post college I brought my love of LEGO into my professional career, teaching engineering concepts to children using this toy system as the teaching material. Through patience and persistence I found employment with Specialized Bicycle Components. I have climbed my way through their sales department and now have the joy of being a product educator for their internal education team, SBCU (Specialized Bicycle Components University). The content I help create within this team has a global reach, and during our class season, I get to interact with and educate bicycle retailers throughout the United States.

“I am so very fortunate to have combined my education, which I affectionately refer to as the ‘science of play’ with my love of bicycles. I’ve recognized through first hand experience that cycling can change lives. My hope is that I can continue to introduce people to the flow that can be found when cycling and how it enables an active and fulfilling lifestyle.”



A Special Thank You

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healthscience-group@sjsu.edu

PROJECT DIRECTOR

Yoshitaka Iwasaki

CREATIVE DIRECTOR

Tina Korani

SENIOR EDITOR

Shirley Canela

CONTRIBUTING EDITOR

Alana Kennedy

CONTRIBUTING PHOTOGRAPHERS

Robert Bain

Zoe Alvarez

Lindsey Boyd

Hoi Shan Cheung

Alyson Chuyang

Alana Kennedy

Jonas Elam

Paul Hang

Madyson Montoya

Winona Rajamohan Jessica

Stopper

Vicente Vera

GRAPHIC DESIGNERS

Zoe Alvarez

Jonathan Austin

Lindsey Boyd

Hoi Shan Cheung

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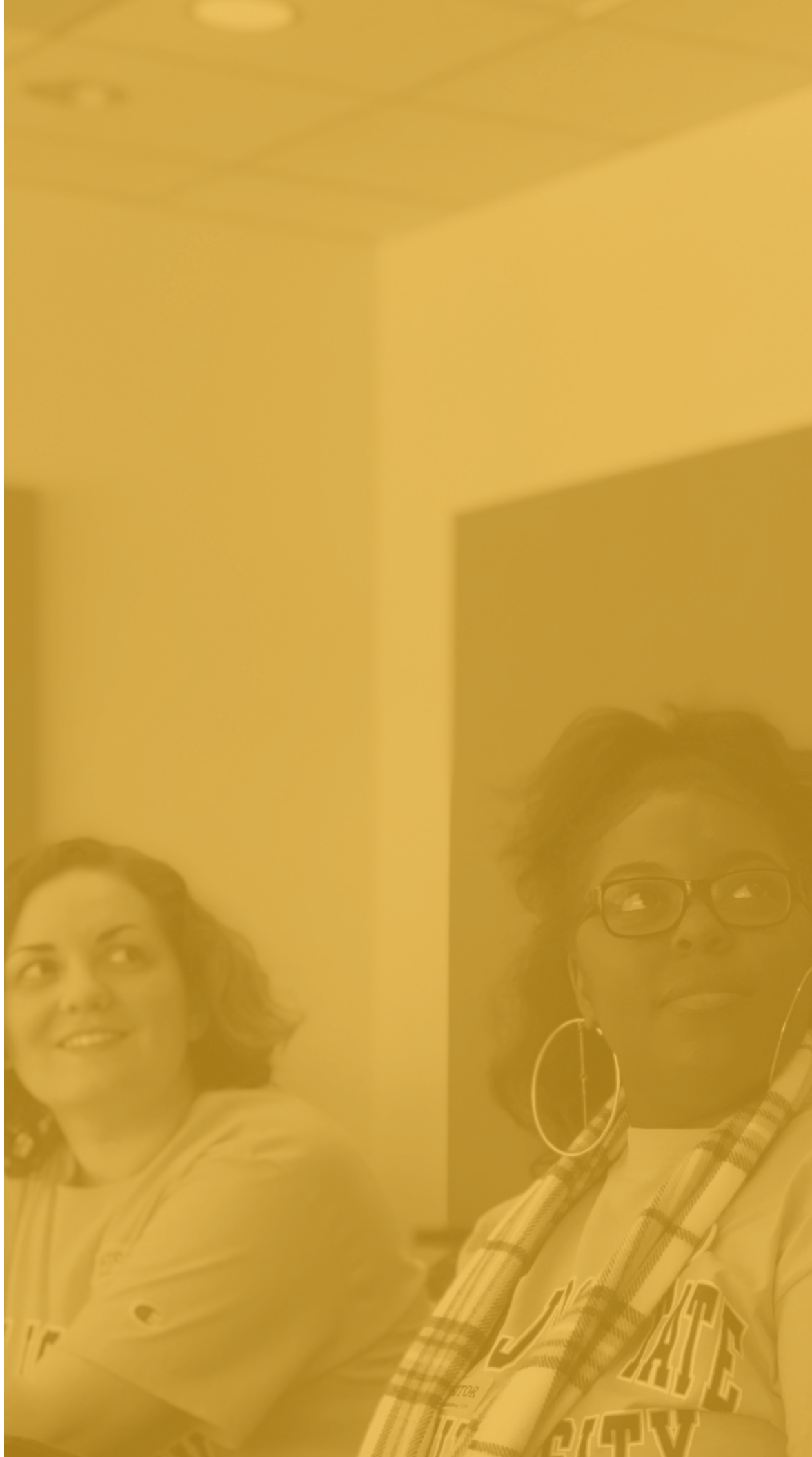
Javier Velez

Vicente Vera

PROJECT MANAGERS

Jonathan Austin

Winona Rajamohan







Spartan Complex 202 (SPX 202)



healthscience-group@sjsu.edu



www.sjsu.edu/hsr/



+1 (408) 924-1318