

## Advocating Healthy Californians and Healthy Local Economies in CSUN Public Policy 2018

On April 9th, 2018 CSUN's Marilyn Magaram Center (MMC) hosted their 6th Annual Public Policy Day event, with this year's theme "Health in Every Policy!" A special thank you to Keynote Speakers Senator Robert Hertzberg and Dr. Tony Kuo and, guest speakers from The Los Angeles County Department of Public Health (LADPH), California Food Policy Advocates, Social Justice Learning Institute, "From Farm to Preschool."

Attendees had the opportunity to learn about local and state policies and how they can impact the health of individuals and communities, but most important, how they can advocate for policies that promote health through nutrition. Topics included the Farm Bill, sustainable agriculture, the obesity epidemic, Healthy People 2020, CalFresh, food insecurity, soda policy, and Los Angeles Unified School District wellness policies. In addition, LADPH, CSUN Dining, and the MMC, kicked off their collaboration on the Sodium Reduction Initiative at CSUN: "Eat Your Best, Less Salt, More Plants" project. The Kappa Omicron Nu Student Honor Society coordinated a research poster competition. CSUN undergraduate and graduate students had the opportunity to showcase their own creative research and win cash prizes.

Congratulations to Omar Ullah (pictured below, right) for winning 1st place for his research



on Ethnic-Racial Health Disparities: Examining the Roles of Discrimination and Social Context. Abigail Pajulas won 2nd place for her research on the difference in the Translocation of Effector Proteins from *Vibrio cholerae* into *Escherichia coli*. 3rd place went to Tommy Lor, Mai Spaulding, and Michelle Sakoda who researched Perceptions of Incorporating Visual Aids Among College Students! Inspired by guest speakers, dietetic interns from the Greater Los Angeles Dietetic Internship Coalition (GLADIC) took action by creating video messages for California representatives to protect funding for CalFresh and SNAP-Ed within the Farm Bill. To watch their messages visit <https://bit.ly/2LhdGpT>



### What's in this Edition?

- MMC Highlights
- Cooking with Marmalade
- MMC Events & Collaborations
- Bee a Matador Honey
- Spring 2018 Pinning Ceremony
- MMC Student Success
- Upcoming Events



# Director's Report



Annette Besnilian, Ed.D., RD  
Executive Director

**“We might think we are nurturing our garden, but of course it’s our garden that is really nurturing us.”  
-Jenny Uglow**

The Spring semester was productive and fruitful with many exciting projects and events in the works! The dedication and hard work of our students, alumni, faculty, and staff continues to further the mission and vision of the Marilyn Magaram Center (MMC) as we serve the CSUN and global community by promoting good health and well-being through research, education, and services in food science, nutrition and dietetics. As part of a \$1 million, four-year grant awarded to the MMC by the USDA, we have been busy implementing our “Pathways to Success” program to create a route for students from high school all the way through the graduate level. This mentorship program also provides academic and financial support to dietetics fellows. Aimed at preparing the next generation of the nation’s nutrition workforce, the program focuses on addressing health disparities such as childhood obesity through improved nutrition and access to nutrition professionals trained in lactation education.

At this year’s CSUN Bull Ring semi-finals in April, our Spicy Matador team presented their new line of salt-free seasoning, Hot Stuff! Also in April, the MMC participated in CSUN’s first annual AI-JAM, which provided an opportunity for students to solve real-world problems as they worked in teams to develop Artificial Intelligence projects (see page 8).

The MMC continued to advocate for healthy Californians and healthy local economies at our 6th annual Public Policy Day on April 9th (see

page 1). The Los Angeles County Department of Public Health’s Sodium Reduction Initiative (SRI) also kicked-off at CSUN on April 10th with the SRI’s “Eat Your Best” campaign and cooking demonstration at the Farmer’s Market (see page 3).

Earlier in March, the Dietetic Interns traveled to Sacramento for the California Academy of Nutrition and Dietetics (CAND) Public Policy Workshop, where they met with legislators and discussed CAND’s public policy priorities and bills. The MMC was also happy to sponsor the student reception at the CAND Annual Conference and sponsored students to attend the LAD Conference (see page 5). In addition, our students presented their research and received scholarships at the California Women, Infants, and Children (WIC) Association Annual Conference. Student success is always our primary focus and through the MMC research center, both students and faculty have been successfully conducting their research in the community and presenting at various conferences and symposia. Our students won 1st place at the Community Engagement Symposium for their service-learning project with MyPlate! the Musical, and several students also submitted poster presentations at CSUNposium this year.

Our food science and nutrition interns participated in the 2018 IFT Food Industry Conference Student Product Development competition, in addition to receiving funding through CSUN’s I-Corps Customer Discovery Program to develop a new line of functional foods called “FitJam,” and other products and services.

In other exciting news, we recently began a collaboration with CSUN biology faculty, Dr. Rachel Mackelprang, on the “Bee a Matador” honey project (see page 5).

The CSUN Dietetic Internship program held its 3rd annual white coat graduation ceremony on June 1st. This was an exciting event for

the 2017-2018 interns who completed their 10-month dietetic internships as part of the process of becoming registered dietitians. We would like to acknowledge their efforts and involvement that has become an essential part of the success of the MMC.

We would also like to welcome the incoming 2018-2019 cohort of dietetic interns who will begin their MNT (Medical Nutrition Therapy) boot camp and DI orientation during the month of July. We look forward to helping them on their journey and wish to thank all our previous graduates, preceptors, and clinical affiliates who provide their knowledge expertise to our interns.

We have continued with our ongoing innovative projects such as the MMC Talks Education series, Eat to Be FIT 6-week online weight management program, Healthy Eating 360° series, cooking demonstrations at the Farmer’s Market, cooking workshops, lectures, symposia and educational opportunities. We are excited to announce that a “Nutrition and Wellness” feature incorporating our Nutrition Experts blog, recipes, and videos, in addition to information on MMC products, services, and events, is now available on CSUN’s official mobile app!

We also continue to reach the global community through our websites and social media, so please refer to these platforms for our projects and events.

As always, I would like to thank our family, our hard-working staff, our dedicated students, our advisory board, my colleagues, our community partners, and our generous donors. A special thank you to Sally and Phil Magaram for their continuous support. Without the help and support of each one of you, we would not be able to carry out many of our programs and achieve our mission. I look forward to working on more exciting and innovative projects this summer and during the 2018-2019 academic year!



# MMC Highlights



## Cooking for Health Workshop for Cancer Patients



On May 31st, the MMC in collaboration with the Jennifer Diamond Cancer Foundation hosted Cooking for Health workshop. Participants had the opportunity to

learn how to cook and eat healthy. In addition participants received helpful tips, ways to eat out while still eating healthy, hydration, and food safety for individuals with cancer. The MMC is planning to continue this collaboration.

## Extraordinary Service Award



We are excited to announce our very own, Executive Director, Dr. Annette Besnilian, was one of the nine CSUN faculty members who received a faculty

award from President Diane Harrison at the 2018 Honored Faculty Reception! Hosted by the Faculty Senate office and sponsored by the President's and Provost's offices, the faculty reception takes place every year to honor faculty. Congratulations Dr. Besnilian for receiving the Extraordinary Service Award and serving the university, community, students, and profession.

## Launch of "Eat Your Best" Campaign at CSUN

*Adapted from CSUN Today*



The MMC, CSUN Dining and the Los Angeles County Department of Public Health (LACDPH) are proud to announce a partnership to reduce sodium consumption with the launch of LACDPH's Sodium Reduction Initiative (SRI). The partnership with CSUN kicks off with the launch of the SRI's "Eat Your Best" campaign, and a food demonstration presented by CSUN's campus dining services and the Marilyn Magaram



Center. "Eat Your Best" promotes serving fresh and delicious plant-based foods as a strategy to reduce sodium on university campuses and among healthcare providers. The SRI is supported in part by a grant from the Centers for Disease Control and Prevention (CDC) awarded to LACDPH.

## Eat to Be FIT Online Weight Management



This spring, we crossed a new threshold with the introduction of Eat to Be FIT, an online weight management workshop. We teamed up with CSUN's Commit to Be FIT (CTBF), a

14-week fitness program for CSUN staff, faculty, students and community members offered by the CSUN Kinesiology Department.

The free online six-week weight management program was created by 2017 Dietetic Intern Francesca Campisi as an accessory component to CTBF. This year Stephanie Ng, a current CSUN Dietetic Intern recruited over 50 participants into the newly named Eat to Be FIT program. Eat to Be FIT drew positive reviews from participants as an easily accessible way to gain nutrition knowledge and improve food choices.

## Summer Culinary Camp for Kids



The MMC is excited to announce the collaboration with the Summer Academic Enrichment Program (SAEP), we were able to offer a summer culinary camp for middle school aged kids. The students enjoyed learning about the basic of culinary skills, hands-on cooking, food science, nutrition, gardening, and the knowledge necessary to make healthier food and snack choices.





# MMC Wellness Kitchen



## Cooking with Marmalade

Keep an eye out for the second volume of our Cookbook and new Delicioso Videos. There are new recipes to try out and this time with a zesty twist. The second batch of recipes incorporates cooking with marmalade—our Matador Marmalade to be exact! There will be a total of 28 new recipes. Three are from Marilyn Magaram herself. If you are looking for a refreshing, healthy, and colorful dish try Marilyn Magaram's Pico de Gallo.



Order Your  
Wellness Kitchen Cookbook,  
Matador Marmalade, and Spicy Matador Today!

<https://www.csun.edu/marilyn-magaram-center/products-services>

## Cup Noodles comes to CSUN!



An exciting collaboration started in November 2017 between the MMC and Shulman Research an ongoing sensory evaluation project with Nissin Foods (the inventor of instant ramen and maker of The Original Cup Noodles). MMC Food Science student interns were involved since the beginning of the research project in Fall 2017 to help Nissin staff with the process flow.

Interns assisted in sensory evaluation for new Cup Noodle research by handing out questionnaires, providing samples to panelists, and some days becoming the panelists themselves to taste test the product samples.

At the start of the new semester, the number of panelists increased from 50 to 75 for the continuing sensory research. The sensory project proved to be an excellent opportunity for Nissin to collect feedback from their main demographic —college students—and for MMC Food Science interns to participate in sensory evaluation research outside of the classroom.



## Marilyn Magaram's Pico De Gallo



Serves 6  
Calories per serving 90  
Cost per Serving: \$2.58  
Rich In: Calcium, Iron, and Potassium

### INGREDIENTS

- 6 oz. green or red bell pepper cut in 1/2" pieces
- 3 Green onions sliced thin
- 3/4 lb. jicama cut in 1/2 x 1/2 x 1 inch pieces
- 2 Stalks celery, cut in 1/2" pieces
- 2 Small cucumber cubed in 1/2" pieces
- 1 Whole red or pink grapefruit-scoop out meat; reserve juice
- 8 oz. can pineapple chunks packed in their own juice, drained; reserve juice
- 1 tsp. poppy seed
- 1 Tbsp. white wine or white vinegar
- 1 tsp. honey
- 3 cups romaine lettuce, chopped

### DIRECTIONS

1. Prep and chop all vegetables as indicated and chill in refrigerator until time of assembly.
2. Squeeze out juice remaining in grapefruit peels into a measuring cup. Add pineapple juice and white vinegar to measuring cup. Combine pineapple that has been drained and grapefruit sections and chill in refrigerator until serving time.
3. In a separate glass cup or small saucepan heat 1/3 of the juice and vinegar mixture. Blend momentarily until smooth. Add balance of juice and vinegar, sweetener or honey. Chill until serving time.
4. At serving time, toss fruit, vegetables, and lettuce with dressing. Sprinkle on poppy seeds and toss to distribute seeds evenly. Serve immediately.

# MMC Wellness Garden

## The MMC Wellness Garden After 2 Years

The MMC Wellness Garden was established in the Sequoia Hall courtyard less than two years ago as of Spring 2018, but we have already found our niche in the CSUN community. Our efforts to expand our presence at CSUN came to fruition through a workshop series and partnerships with other wellness and sustainability groups.

The MMC collaborated with the Oasis Center for a workshop series focused around gardening, nutrition, and wellness. We enhanced our partnership with the Institute for Community Health and Wellbeing by hosting four workshops with their participants from the Institute's Walkability Wednesday group. We are working with Local Roots to conduct research on antioxidant content of our crops grown aquaponically, hydroponically, and in soil. But CSUN students can now complete service learning hours in the Garden for class credit. The coming school year is filled with opportunity for program expansion and increased volunteer opportunities.



# MMC Events & Collaborations

## MMC Supporting Students!

On April 14th, the MMC had the privilege of sponsoring over 20 students to attend the annual CAND Los Angeles District conference, One Size Does Not Fit All: Promoting Diverse Perspectives in Dietetics.

Our students had the opportunity to meet amazing speakers, learn about topics such as ethics, research, sports nutrition and weight stigmas, and network with professionals in the field of nutrition and dietetics. The MMC was also happy to sponsor the conference, supporting our local district!



## Bee a Matador

The newest venture buzzing around CSUN is the Bee a Matador honey project! It is a collaboration between CSUN biology faculty, Rachel Mackelprang, and the MMC. The project began when Professor Mackelprang established two beehives on campus in May 2017 to study how parasitic mite treatment, supplemental feeding, and seasonal changes impact the symbiotic bacteria in the honeybees' guts, which in turn affects the health of these important pollinators.

Now there are five beehives residing on campus in the Botanic Garden and in the Orange Grove. In February 2018, the honey produced by the flourishing colonies of docile Italian honeybees was extracted and the honey was bottled from CSUN's bees for the very first time! The continuation of the research presents a never-ending list of opportunities for student learning and cross-campus collaboration.

In the Biology Department, the colonies are a part of multiple classes and students have the opportunity to participate in the research project, visit the hives, and learn about beekeeping. At the MMC, students have been involved in logo design and nutrition label creation. In addition, students will have the opportunity to collaborate with CSUN's marketing department and Innovation Incubator, to develop a business plan and to produce and market the Bee a Matador Wildflower Honey.

We are excited to see where this project goes and incorporate student involvement at every step of the project including tending to the bees honey harvesting, label designing and other projects with Bees Wax.



# MMC Events & Collaborations

## Let's Cook, Move, & Grow

Let's Cook, Move and Grow in Schools is a program developed to increase physical activity and healthy eating behaviors among elementary school students and their families in low income, predominantly Latino serving schools in Los Angeles. Thank you to our funders; Kaiser Permanente Panorama City & Kaiser Woodland Hills Community Benefit Grant Program, UCLA KP, and The Clinton Foundation.

Since July 2017, the following sites have been identified and contacted; 5-week parent education classes have been implemented at Hart Street Elementary, and CDI Early Learning Center in Fall 2017; and Calahan Elementary, Cantara Elementary, Gault Elementary, Anatola Elementary, Cohasset Elementary, Napa Elementary and LAPD Topanga in Spring 2018. All sites have gardens.

The Let's Grow Healthy Program was implemented at Anatola Elementary, Calahan Elementary, Cantara Elementary, and we revisited Gault Elementary to help revitalize their garden.

The Myplate Musical Program was coordinated and implemented at Cohasset elementary and Hart Street elementary in Fall 2017; and train the trainer was coordinated at Anatola Elementary and Hart Elementary in Spring 2018. We have also started coordinating wellness committee to help make policy change at each site.



## WIC at CSUN



The Women, Infant, and Children (WIC) program helps pregnant, breastfeeding and postpartum women, infants, and children under age 5 to eat well and stay healthy by providing healthy foods at no cost.

The main goals of the program are to reduce the complications of pregnancy, decrease the number of infants born with low-weight, and promote adequate growth and development of infants and young children. CSUN has a WIC Outreach office on campus that is open on Thursdays from 9 am to 12 pm in Santa Susanna Hall, room 104.

# MMC Spotlight

## 1st Place in Community Engagement Competition

Congratulations CSUN Dietetic Interns Samantha Boucher and Tiffany Khim Eng won 1st place for completing their service learning project with the MMC MyPlate Musical at the Community Engagement Symposium last week.



## AI Jam

This spring, CSUN held their first-ever artificial intelligence venture competition (AI-JAM). Two teams collaborated with Dr. Besnilian toward developing a product that uses artificial intelligence to accurately recognize and track an individual's food choices in order to increase awareness and improve health outcomes. The two teams won both 2nd and 3rd place in the Research track for "AI-Adventurers" and "Helia Nutrition and Health." Both AI teams received funds to further develop these projects and will be combining their efforts at the MMC this summer.

# MMC Spotlight



## Student Spotlight: Jenica Smith

We are excited to announce that one of our very own student leaders, Jenica Smith, was one of seven graduate students from the College of Health and Human Development (HHD) who participated in the 2018 Camino Thesis Talks. She tied for 2nd place!

“Serving Starving Students An Investigation of Food Aid Program on Campus” was the title of her talk. The goal of her thesis project was to analyze the accessibility of food aid on campus in an effort to increase awareness and to combat food insecurity among starving students. We want to congratulate Jenica for all her hard work!



## Congratulations!

Our Student Leaders and Student Assistants graduated this spring semester! We wish you the best in your future endeavors!



## Spicy Matador Team brings their Hot Stuff! To The CSUN Bull Ring



Another year, another CSUN Bull Ring New Venture Competition! The annual competition, hosted by California State University, Northridge David Nazarian College of Business and Economics, provides an opportunity for students to launch their innovative ideas in a “shark tank” like environment.

The MMC continues to build strong teams as they feature food science and dietetic interns collaborating on food products that highlight sustainable, nutritional health, and well-being. In the first round of the competition, 10 entrepreneurs and industry leaders determine the 20 teams that will present their work at the semifinals. With two selection phases of the competition, we are thrilled to have made it into the semifinals.

Last year, the MMC's team Matador Marmalade competed in the semifinals to showcase their orange marmalade made with oranges from CSUN's orange grove. At this year's semifinals, the Spicy Matador team presented their new line of salt-free seasoning, Hot Stuf! As a semifinalist, a cash reward of \$250 helps move the new venture idea to the next level. We could not be prouder to have made it that far in the competition and be placed into the semi-finals for a second year in a row.

Eirenel Eclevia  
Charleen Hsieh  
Cynthia Chow  
Frida Endinjok  
Madeleine Hoeks  
Andrew Pacleb  
Kennedy Johnston  
Christel Bowen  
Jennifer White  
Daniela Juarez  
Jose Serrano  
Tyler Guerra  
Griselda Arce

## We would like to welcome our new Student Leaders and Student Assistants!

Ashley Santiago  
Kelsey Good  
Victoria Ayala  
Laura Horwitz  
Kelly Rodriguez





# MMC Student Internships



## Spring 2018 Pinning Ceremony



The MMC held its third student internship pinning ceremony in the courtyard outside the MMC Wellness Garden on May 10, 2018. This spring, over 40 currently enrolled CSUN students participated in MMC’s internship programs, which included volunteer opportunities in Nutrition & Dietetics Internships or Food Science Internships.

The student interns were guided by 14 student leaders. All intern participants and student leaders were given certificates of appreciation, thanking them for their support to the MMC mission and its numerous programs on campus and within the community. The MMC internship program offers both undergraduate and graduate students an opportunity for professional development within the field of nutrition, dietetics and food science. The MMC is grateful for the continued support necessary to grow our scholarly research and projects.

## MMC Talks



MMC Talks, formerly known as the Education Lecture Series, is a nutrition and food science continuing education series. MMC Talks seeks to bring nutrition experts to CSUN students and the nutrition/ food science community, through a virtual forum, creating greater accessibility.

Several webinars were broadcast over the course of the 2017-2018 academic calendar year. In the fall, Registered Dietitian Nutritionist (RDN), Aaron Flores hosted a webinar on intuitive eating. In “Intuitive Eating 101,” Aaron explained that intuitive eating is a method that allows you to stay in tune with your body, while having a healthy relationship with food.

Aaron has a private practice in Calabasas, where he specializes in intuitive eating-health at every size and is a Certified Body Trust Provider.

In the Spring, Kacy Grossman, also an RDN, hosted a webinar “Medical Nutrition Therapy for Eating Disorders.” Medical nutrition therapy is a holistic and therapeutic method for treating medical conditions, in this case eating disorders. Kacy is the West Coast Supervisor of Outpatient Dietary Services at Center for Discovery, an eating disorder treatment facility. Kacy also has a private practice, The Shameless Eater. The MMC looks forward to hosting additional webinars from a variety of dietitians in the future—we hope you will join us!



## Social Media Internship Takeover



There’s a new segment on our social media outlets called Internship Takeover. Each week, we highlight a different internship and introduce the corresponding student leaders, student interns, and the fun projects they oversee.

With the internship takeover, we have really engaged with our e-community. We are excited to continue showing CSUN and the e-community what we are doing next. If you are not already following us on our social media outlets, Facebook, Instagram, and Twitter you are not too late! Follow us now @magaramcenter for more MMC updates, events, and internship takeovers!





# MMC Student Success



## CSUN DI 2017-2018 White Coat Ceremony



On June 1st, the 2017-2018 cohort graduated from the CSUN Dietetic Internship Program. White Coats filled the room of the Orange Grove Bistro as family, friends, and preceptors cheered on the new graduates, who had all just completed the 1,200 hour supervised practice.

This was a big celebration for the Dietetic Interns, as the ceremony marked the end of a 10-month long journey toward becoming Registered Dietitians.

Memories were shared and hugs were exchanged. The interns received their white coats from the Internship Director, Dr. Annette Besnilian and Internship Coordinator Karmen Ovsepyan, as they took the ceremonial oath to practice the art and science of dietetics to the best of their abilities and to promote excellence in the dietetic profession.

## 2018 MMC Scholarship Recipients



**Lani Rausa**  
The Tom Chen Scholarship for Food Science



**Reena Sood**  
The Christine H. Smith Scholarship for Food Science, Nutrition and Dietetics



**Kimberly Poquiz**  
The Christine H. Smith Scholarship for Food Science, Nutrition and Dietetics



**Tommy Tang Lor**  
The Besnilian Leadership Scholarship



Caroline Pak



Eirenel G. Eclevia



Griseida Ruiz



Madeleine Hoeks



Jenica Smith



Talia Bondelli



Joey Gerardi



Katie Rawson



Mariah Haroon



Rise Morisato



Sonia Ramirez



Sophia Lopez



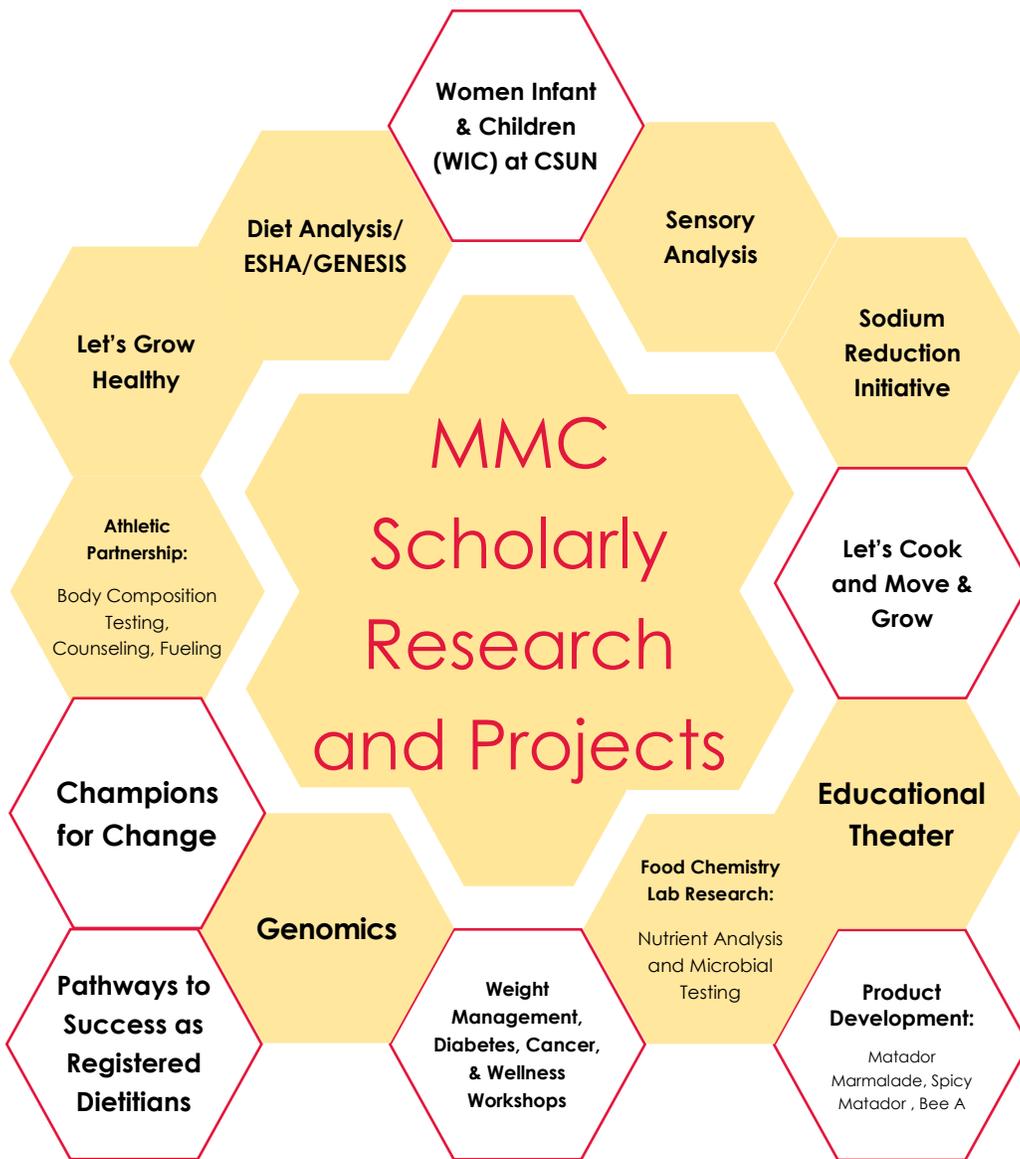
Tania Menachegani Khachatourians

## Welcome 2018-2019 Dietetic Interns

It is said that spontaneity and a good attitude are what make for the perfect adventure. To the 2018-2019 CSUN dietetic interns, as you embark on the next 10 months, 152 days, 1,216 hours, and 72,960 minutes of adventure, our wish for you is to embrace each new day with as much excitement and enthusiasm as you do the first. We do not promise the road ahead to be easy, nor each day filled with roses and daisies. We do, however promise that there will be something to be learned in each day, that the group of interns you find yourself meeting on your nerve filled first weeks will become your biggest support, the best confidants and most

important, lifelong friends. The people you once considered strangers will find a way to celebrate your every success, together you will find strength within each other while holding one another up.

For our cohort, as our year comes to an end, we look back with tear filled eyes, smiles on our faces and immense love and gratitude in our hearts as the past 10 months have been life altering. The program we dreamed of obtaining has now come to an end. Together, we the 2017-2018 Dietetic Interns, send our deepest congratulations and best wishes to each of you as embark your adventure.



## Grants

- Current
- United States Department of Agriculture National Institute of Food and Agriculture (USDA NIFA) – Pathways to success for Hispanic students as registered dietitians **(\$1,000,000)**
  - Healthy Communities Initiative **(\$895,000)**
  - Christine H. Smith Endowment **(\$363,100)**
  - WIC-based Dietetic Internship Program **(\$240,000)**
  - Kaiser Permanente Woodland Hills – Let’s eat healthy in schools. **(\$60,000)**
  - Campus Quality Fee (CQF) – Matador Wellness Garden **(\$57,250)**
  - CQF – Fueling and Educating Matadors **(\$35,530)**
  - CQF – SNACK: Student nutrition and cooking knowledge Website on a Wellness App. **(\$33,000)**
  - Tom Chen Endowment **(\$28,572)**
  - Kaiser Permanente Panorama City – Let’s cook, move, and grow healthy in schools. **(\$13,000)**
  - Suzan Jean Lebowitz Research Fund **(\$9,000)**
- New
- Joseph Drown Foundation **(\$250,000)**
  - CDC grant with LACDPH **(\$70,510)**
  - Southern California Institute of Food Technologists Section (SCIFTS) **(\$37,015)**
  - The California State University – Campus as a Living Lab (CALL) grant program **(\$28,000)**
  - CDC Sodium Reduction Initiative At CSUN **(\$15,000)**
  - ICorps AI Jam **(\$3,000)**
  - Community Engagement Interdisciplinary Grant **(\$2,000)**

## Thank You

We would like to thank each of the Magaram Center’s Advisory Board members for their continued support and participation.

**Special thanks to:**  
Farrell J. Webb, PhD  
Dean, College of HHD

Callie Juarez  
Manager of Academic Resources, HHD  
Dean’s Office

Marilynn Filbeck  
Interim Associate Dean (retired)

Luann Rocha  
Grants Officer

Jean O’Sullivan  
Public Affairs, Communications

John Pepitone  
Director of Development

Yi (Tom) Cai, PhD  
Department Chair, FCS

And all HHD and FCS Faculty and Staff for their continued support and dedication!

**Thank you to our MMC Staff:**  
Annette Besnlian, EdD, MPH, RDN, CLE, FAND  
Executive Director

Karmen Ovsepyan, MS, RDN  
Associate Director

Kenia Funetes  
Program Coordinator,  
Champions for Change

Viridiana Ortiz  
Health Educator,  
Champions for Change

Lisa Kim  
Administrative Support

Michelle Chen  
Financial Coordinator

April Diederich, RD, CSR  
MMC Internship Coordinator

Julie Jordan  
Food Science Internship Coordinator

Jocelyn Harrison, RD  
Joceline Hernandez, RD  
Diem Nguyen, RD  
Nare Davoodi, RD  
RD Consultants

Simona Hradil, RD  
Sports Dietitian

**Student Leaders:**  
Katie Rawson  
Andrew Pacleb  
Jose Serrano  
Trisha Patel  
Eirenel Eclavia  
Frida Endinjok  
Madeleine Hoeks  
Christel Bowen  
Charleen Hsieh  
Jada Cantrell  
Jenica Smith  
Kelsey Good  
Victoria Ayala  
Kelly Rodriguez  
Lorena Melendez

## Fall 2018 Upcoming Events

- Chronic Disease, Weight Management, Diabetes, and Cancer Wellness Workshops
- On-going Grocery Store Tours
- Collaborations and Health Fairs
- Food Demonstration at Diabetes Wellness Workshops
- CSUN Athletic Cooking Workshop
- Farmers Market Tabling
- Walkability Wednesdays
- Garden Workshops



The MMC would like to thank Sally and Phil Magaram and Dr. Tom and Yolanda Chen for their continuous support and dedication, not only within the center but throughout the University.

Thank you to the following staff and students for their contribution to the newsletter:

Andrew Paaleb  
Charleen Hsieh  
Eirenel G. Eclevia  
Guadalupe Alfaro Cabrera  
Itzel Dzel  
Jocelyn Harrison  
Julie Jordan  
Karine Almanza  
Karmen Ovsepyan  
Katie Rawson  
Kelsey Good  
Laura Horwitz  
Shely Salemnia  
Trisha Patel



- ◆ Come and learn about soil preparation, compost, harvesting, and more!
- ◆ Open during summer Monday, Tuesday, and Thursday from 9:30-10:30am
- ◆ For visits to the garden Mondays and Fridays, please email [magaram.center@csun.edu](mailto:magaram.center@csun.edu) to schedule an appointment

Contact us at [magaram.center@csun.edu](mailto:magaram.center@csun.edu)  
Follow us on Instagram @[csun\\_letsgrowhealthy](https://www.instagram.com/csun_letsgrowhealthy)

### MARILYN MAGARAM CENTER

*Make an impact on the students and the community through the MMC!*

NAME: \_\_\_\_\_  
COMPANY: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_  
STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
PREFERRED PHONE: \_\_\_\_\_

I am a CSUN alumnus/alumna  
Graduation Year \_\_\_\_\_ Degree \_\_\_\_\_  
 My spouse is a CSUN alumnus/ alumna  
Name \_\_\_\_\_  
Graduation Year \_\_\_\_\_ Degree \_\_\_\_\_  
 I am a parent of a current CSUN student  
Name of Student \_\_\_\_\_

[HTTPS://WWW.CSUN.EDU/MARILYN-MAGARAM-CENTER/GIVE](https://www.csun.edu/marilyn-magaram-center/give)

I WOULD LIKE TO GIVE THE MARILYN MAGARAM CENTER AT THE FOLLOWING LEVEL:

SILVER \$25.00     VISIONARY \$10,000     HUMANITARIAN \$5,000     COMMUNITY PARTNER \$2,500  
 PATRON \$1,000     FRIEND \$250     OTHER: \_\_\_\_\_ (ANY AMOUNT)

\* DONATION OF \$1000 OF MORE RECOGNIZES YOU AS A MEMBER OF THE MMCCIRCLE AND PRESIDENT'S ASSOCIATE\*

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Check out the updated  
Nutrition Experts website at:  
[www.csun.edu/marilyn-magaram-center/nutrition-experts](http://www.csun.edu/marilyn-magaram-center/nutrition-experts)

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## About Marilyn

Marilyn Magaram found joy in family, nutrition, and fitness. A USC trained Physical Therapist, Marilyn developed a passion for nutrition as she and Philip raised their children, Jodi and Justin. To earn her Master's, Marilyn came to CSUN and soon met mentor and friend, Professor Tung Shan (Tom) Chen.

Marilyn delved into research of the B-vitamin, folic acid, and its role in overall health. In 1984, she received her Master's in Nutrition, Dietetics and Food Science in Home Economics (now Family and Consumer Sciences). She became a Registered Dietitian, began a private practice, taught at CSUN and UCLA and was



inducted into the National Human Sciences Honor Society, Kappa Omicron Nu. The motivated, inspired life of Marilyn Magaram ended far too soon.

To honor Marilyn, her loving family established the Marilyn Magaram Center for Food Science, Nutrition and Dietetics at CSUN. Through community outreach, student activities and research, the Center is a vibrant reminder of Marilyn's enthusiastic approach to health and life.

## Our Vision

To be the recognized Center of Excellence in Food Sciences, Nutrition and Dietetics serving the global community.

## Our Mission

The mission of the Marilyn Magaram Center (MMC) is to enhance and promote health and well-being through research, education and services in food science, nutrition and dietetics.

## Be a part of the MMC mission and vision.

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