

# SJSU

WASHINGTON  
SQUARE FALL/  
WINTER 2017



SJSU gives health a spirited “Spartan up”



## Message from the President



As we move briskly through fall 2017 and approach the holiday season, I am reminded of the first week of classes in August when I shared my vision for San José State's future.

It is one where we, as a community of alumni, students, faculty and staff members, expand our ideas of what is possible, build upon the achievements of yesterday, and, together, draw the blueprints we will use to shape tomorrow's ambitions.

Our ability to thrive is contingent on our ability to engage you, our alumni, as well as students, faculty and staff members, in dialogue and collaboration across areas of study. This is particularly true in the area of health innovation.

In this issue, alumni healthcare leaders discuss the industry's multidisciplinary approach to individual and community health (page 18). They point to the need for universities to provide future healthcare innovators with opportunities for interdisciplinary discovery, integration and methods of application. As an institution of higher education, San José State must reflect the dynamic needs of the industries and communities we serve.

From Silicon Valley, New York City (page 25) and hurricane-ravaged Texas (page 28) to Haiti and Ethiopia (page 6), San José State's alumni and faculty members continue to find creative ways to advance health and wellness while helping others. Through mobile health initiatives, some Spartans are working to create ways to bring healthcare to anyone anywhere (page 8).

The health of our university is reflected in the strength of our athletics program. Once a basketball player, San José State's new Athletics Director Marie Tuite (page 12) considers her experience as an athlete an essential component to leading SJSU's fine Spartans forward, continuing to integrate athletics with our campus and community.

As Spartans, our reach should always exceed our grasp. We have an exciting future ahead of us, and I encourage you to join us in the adventure. I wish you and your families a healthy and happy holiday season.

Mary A. Papazian  
President  
San José State University

## WASHINGTON SQUARE

The Alumni Magazine of  
San José State University

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### On the cover

Inspired by the playful body forms of Swiss theater troupe *Mummenschanz*, designer Peter Carvalho tapped into his childhood memories of the group's performances to create a "Spartan up" face that smiles at SJSU's contributions to health innovation. Learn how to "Spartan up" on page 32.

## Digital W/SQ

To read stories and online-only content on  
your preferred device, go to [sjsu.edu/wsq](http://sjsu.edu/wsq).

# Letters, Comments and Posts

## CELEBRATING DIVERSITY

Thank you for the Spring/Summer 2017 issue of *Washington Square*. It was excellent to read about the impact of a variety of Spartans in the larger community.



—Patricia Nguyen, '12 Sociology

## DARE TO DREAM

“Dreamers: The Undocumented Student and Immigrant Experience” was a beautiful story. Thank you for putting the spotlight on those who have to go above and beyond to obtain higher education and the basic rights often taken for granted by most citizens in this country.

—Diana Garcia

## BUZZWORDS

The latest issue of *SJSU Washington Square* touts ideas like diversity, inclusion, support for “undocumented students,” etc. These could be taken as simply PC buzzwords except for the fact that their intent is to undermine American values, culture and immigration law. Perhaps, in the future, SJSU will move to a neutral political stance.

—Andrew Barnes

## THE POWER OF MERCY

Wow! Amazing story! Very well written. It brought tears to my eyes to read about what good Mercy is doing for our community. Congratulations, Mercy, on getting your DNP!

—Kris Dudley, administrative coordinator, College of Science

## CONSIDER EASE OF READING, PLEASE

Just a short note to comment on the recent edition of *Washington Square*. Possibly, it might win an A for design, but an F for ease of reading. White on gray and gray on white are difficult to read.

—Chet Keil, '54 Business Administration

## GRAM KNOWS BEST

I thoroughly enjoyed reading “Gram's Stories” and appreciated this issue’s focus on challenges and diversity. Thank you!

—Carolyn Canete

*SJSU annual giving manager*

## “A HEALING LEGACY”

What a great life, Conrad. You have accomplished so much.

—Sarah Cheekars



## Thank you, Ellen! “Beyond Football” Receives \$25,000

*“I love this coach. I love his team. I love his dancing. #GoodGoesRound #OneMillionActsofGood”*

—Ellen DeGeneres

Watch the video of the football team’s response to DeGeneres’ gift at [sjsu.edu/wsq](http://sjsu.edu/wsq). —Ed.

## Share Your Thoughts

*Washington Square* welcomes letters to the editor regarding campus issues and the stories in its pages. Letters accepted for publication may be edited for clarity or space, and may not necessarily reflect the views of San José State.

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# Mindfulness-Based Occupational Therapy

New certificate program provides training in compassionate care



“We are currently experiencing a chronic disease crisis in the United States,” says SJSU Lecturer **Rochelle McLaughlin**, '00 MS Occupational

Therapy. “Our healthcare practitioners have to manage over-full patient care loads, and the healthcare environment is incredibly intense.”

To help practitioners learn to be more balanced, McLaughlin developed SJSU’s new Mindfulness-Based Occupational Therapy (MBOT) Advanced Certificate Program. The five-part, 11-unit sequential

program includes four online courses and a five-day, mid-program retreat. It teaches students to appropriately integrate the skills of mindfulness into both

*“Be more in tune with what’s needed in the moment.”*

– *Rochelle McLaughlin*

their personal lives and professional careers in a variety of healthcare settings. Open to licensed healthcare professionals, McLaughlin says that the pilot program will prepare students to take better care of themselves and their patients. Students will be able to respond more skillfully to the intensities that are inherent in today’s healthcare environment.

“Practitioners tend to over-give of themselves, which can lead to burnout, anxiety and depression. The skills practiced in MBOT are an antidote for these imbalances,” she says. “It helps them be more in tune with what’s needed in the moment and how to meet the needs of others in an empathetic, compassionate way.”

There are 1,440 minutes in every day. Each one is an opportunity to choose how to respond, says McLaughlin. “The recognition that we have a choice can be profoundly healing, empowering and liberating.”



# WHAT IS YOUR EQ?

From job interviews to difficult conversations with your boss, the way you carry yourself in the workplace could make or break your career. To learn about emotional intelligence, the Job Maestro spoke with SJSU's new Lucas College and Graduate School of Business Dean Dan Moshavi. He is an expert in leadership, high-performance teams, change management, and attitudes and emotions in the workplace. What's cool about EQ, he says, is that it's a set of competencies that anyone can develop.

ILLUSTRATION: MICHELLE LAGASCA

## WHAT IS EQ?

Emotional Quotient (EQ) or emotional intelligence is the ability to perceive, understand and regulate emotions—your own and others. A big part of it is self-awareness: Do you see yourself as others see you?

## DOES EQ IMPACT YOUR RELATIONSHIPS?

Absolutely. Your ability to manage relationships is another key component of EQ. In your place of work, you are developing a reputation score whether you know it or not. Emotionally intelligent people realize this and regularly reflect on how they have handled interactions with colleagues, customers and clients. They recognize that relationships shouldn't be transactional and shouldn't depend on someone's position in the organization. Reputation is affected as much by how you treat the receptionist as how you treat your boss.

## HOW CAN IT HELP YOU MAKE A POSITIVE FIRST IMPRESSION?

Part of being emotionally intelligent is spending time thinking about that impression before you make it, especially in a job interview context where a first impression takes about seven seconds. How are you dressed? Are you making eye contact? How is your handshake? Are you projecting confidence? Think deeply about those seven seconds.

## HOW DOES EQ AFFECT YOUR CAREER?

When first entering the workforce, people are often hired for their technical competence, whether it's accounting, marketing or engineering. Research shows, however, that one of the biggest reasons that people fail to advance as leaders and, in fact, sometimes have their careers come to a standstill, is the inability to develop or improve their EQ.

## THREE GREAT WAYS YOU CAN IMPROVE YOUR EQ:

### 1 SEEK FEEDBACK:

One way to find out how others perceive you is to solicit and be open to feedback from colleagues and friends. But, steel yourself for the responses! Hearing candid feedback can be difficult.



### 2 WORK IN TEAMS:

## 2



Take classes and join organizations where teamwork is emphasized. The adaptability, conflict management and influence capabilities needed for successful teamwork are all tied to emotional intelligence.

## APPROACH MEETINGS AS LEARNING LABORATORIES:



We all have a range of emotions and some of these are difficult for ourselves and others to experience, but you can develop the competency to read emotions in others and respond in effective ways. A great place to observe this in action is during meetings. Watch the room and how people are reacting to the speaker, especially in their non-verbal language. Are they signaling respect, disinterest or perhaps hostility? Does the speaker pick up on the emotions in the room? Does he or she react or adapt in appropriate ways?

A portion of a \$2.5 million gift from *Gloria Chiang, '78 Business Administration, '79 MBA, and her husband Michael* will help advance Moshavi's vision to provide soft skills training, including how to improve EQ, to students in the Lucas College and Graduate School of Business.

**WSQ** web extra!

*Anger in the Workplace*  
Check out Moshavi's TEDx talk, "Upsides of Anger," at [sjsu.edu/wsqa](http://sjsu.edu/wsqa).

**"WHEN I WALKED OUT OF SAN JOSÉ STATE WITH A DEGREE IN JOURNALISM, I BELIEVED I HAD TAKEN AN OATH TO BE RESPONSIBLE TO THE PUBLIC, TO COVER IT FAIRLY, TO SHINE ITS REFLECTION IN THE MIRROR SO IT COULD DECIDE IF, AS A SOCIETY, IT WAS DOING THINGS RIGHT, AND, YES, CONSIDER HOW TO DO THINGS BETTER."**

—*Ysabel Duron, '70 Journalism, CEO of Latinas Contra Cancer, speaking at SJSU's 2017 Commencement.*

**"I LOVE SAN JOSÉ STATE. I GET EMOTIONAL WHEN I TALK ABOUT THIS PLACE. SAN JOSÉ STATE RAISED MY EXPECTATION OF WHAT I HAD THE ABILITY TO DO."**

—*Legendary coach Dick Vermeil, '58 Physical Education, '59 MA Education, inspiring Spartan football players gathered in the Scott Gadow Academic Center.*

**"THE HUNGER NOW IS FOR OWNERSHIP AND PLANTING THE SEEDS FOR REAL BLACK WEALTH THAT WILL CHANGE GENERATIONS."**

—*Talia Caldwell, former professional basketball player, founder of Five Fifths Culture, speaking at Game Changer: Promoting and Understanding Diversity, Inclusion and Tolerance in Sports Media Coverage.*

**WORDS FROM DISTINGUISHED CAMPUS VISITORS AND SPEAKERS**

**"FUNDAMENTALLY, TECHNOLOGY DOESN'T JUST HAPPEN. IT HAPPENS THROUGH PEOPLE. PEOPLE INNOVATE."**

—*Rick Ambrose, Lockheed Martin executive vice president, Space Systems, speaking at the Charles W. Davidson College of Engineering's Silicon Valley Leaders Symposium.*



# VESTED BENEFITS



In Haiti, Ethiopia and the Dominican Republic, women and children haul water in five-gallon buckets on their heads—a common practice in rural communities worldwide. It's an image that **Fritz Yambrach** remembers from his childhood, when his missionary teachers would share photos from their trips to South and Central America. Decades later, the director of San José State's Nutrition, Food Science and Packaging program discovered that he could use packaging techniques to lessen their burden.

Yambrach teamed up with industry colleagues to design the Fritz Water Vest, an anti-microbial, ergonomic water carrying device made of low-cost materials—and winner of the 2017 DuPont Diamond Packaging Innovation Award. He says that “appropriate” design can accomplish as much—if not more than—“cutting-edge” technology.

“Our attempt was to make something at-cost and get it out there for people to use, to show that our industry does make significant contributions to the culture—to the world,” he says.

Yambrach's team went to Haiti after the 2010 earthquake, where they recognized additional applications that the vest could have for disaster relief agencies. The hands-free design helped people access potable water and allowed them to accomplish simultaneous tasks. The feedback from subsequent beta tests in Ethiopia demonstrated that one vest could impact an entire community.

“One of the comments we got in Ethiopia was that girls, whose job it is to get the family water, couldn't go to school, because they were walking miles to get water and come back,” he says. “But with the water vest girls were able to go to school *and* take the water vest with them. Providing water is one thing, but all of a sudden the benefits cascade.”

Yambrach hopes to provide Fritz Water Vests free of charge to nonprofits serving the communities that need it most.

—Julia Halprin Jackson



**WSQ** web  
extra!

Watch a video about  
Yambrach's water vest  
at [sjsu.edu/wsqa](http://sjsu.edu/wsqa).



## Healthy Change

Earlier this year, I got sick. It was a dizzying experience that required an extended leave from work and a reevaluation of, well, everything. Health can do that. It can change the trajectory of our lives.

Back among my fellow Spartans, I'm feeling better and continue to transform my approach to life. Slowing down to enjoy calming campus bamboo on my lunchtime walk. Watching dragonflies and happy students zipping around Tower Lawn. Unplugging by plugging into a meditation app. Embracing the adventures of a more plant-based diet. Tempeh can be tasty. Really. Spending time with family and friends. Gardening. Helping and coaching others. Change happens when all of these come together.

Now I find myself on SJSU's Healthy Campus 2020 steering committee,

made up of healthy-minded colleagues—alumni, students, faculty and staff members—from across the university. As part of a multi-year, collaborative effort, our charge is to help SJSU be healthier, to create a community in which people thrive.

San José State is the first campus in the CSU system to join this national effort, but I hope others will follow the university's lead. Working to improve our own health and that of our communities is a change we all can make. In the words of SJSU's initiative: treat yourself well.

—Jody Ulate, editor



*More than 50 campuses and universities in the United States and Canada have joined the American College Health Association's Healthy Campus 2020, which is part of the Centers for Disease Control and Prevention's Healthy People 2020 effort. **Learn more at [sjsu.edu/wsqa](https://sjsu.edu/wsqa).***



# Owning Your Health

**DOES MOBILE HEALTH INCREASE ACCESS TO HEALTHCARE AND MAKE IT MORE PATIENT-CENTRIC?**

*By Lori Ferguson*

*Illustrations by Michelle Lagasca*

Counting steps, burning calories, measuring water intake, analyzing sleep cycles—these days it seems that everyone is monitoring some aspect of their health with a fitness band or smartwatch. These wearable devices may be among the first things that spring to mind when one thinks about mobile health (mHealth), but they're part of a much larger picture. According to the Food and Drug Administration, wearable devices and mHealth fall under the rubric of digital health, an area that also includes health information technology, telehealth, telemedicine and personalized medicine.



This diverse sector is ripe for innovation and entrepreneurs are responding, bringing new health apps and services to the market every day. Those active in the field agree that there is much to be gained with respect to patient focus and personalized service, but they also caution that there are still many questions around regulation, privacy and veracity of information to be addressed.

## GREATER PATIENT ENGAGEMENT

“A lot of people have been jumping on the mobile health bandwagon with all manner of wellness apps, because it’s a relatively easy pathway to market,” observes **Guna Selvaduray**, chair of SJSU’s Department of Biomedical, Chemical and Materials Engineering. “These types of apps aren’t subject to the same level of FDA scrutiny as many other medical devices, so the barrier to entry is much lower. But there’s a big difference between wellness and health.” There’s nothing wrong with improving wellness, Selvaduray continues, but we also need to be realistic about the utility of the data we’re collecting. “Having the ability to take one’s blood pressure four or five times a day and forward it to your physician doesn’t automatically mean that your health will improve,” he points out. “It’s valuable data, of course, but it needs to be placed in a larger context. If you discover your blood pressure is too high over an extended period of time, for example, you’re going to need guidance on how to address the problem. mHealth definitely has a role to play in improving healthcare and outcomes, but it should not be viewed as a panacea.”

That said, Selvaduray says there are many exciting mobile initiatives underway. He cites Proteus Digital Health, Inc.—a Redwood City, California, business offering a new category of therapy—as a prime example of a company that’s making healthcare more patient-centric through technology. Proteus Discover, the company’s flagship offering, provides physicians a way to

monitor patient adherence and response to prescribed medications. “Patients don’t always take their prescriptions regularly or in the manner prescribed—behaviors that can negatively affect health outcomes,” says Selvaduray. “The technology Proteus has created is addressing that problem in a meaningful way.”

When patients use Proteus Discover, they take a prescribed medication co-encapsulated with an ingestible sensor (by their pharmacist), which transmits information to a wearable patch, explains Proteus VP of Product-Integration and Security **Todd Thompson**, ’89 Mechanical Engineering. The patch then creates a digital record that is sent to the patient’s mobile device and to the Proteus Portal, where doctors and care-

**“mHealth definitely has a role to play in healthcare and outcomes, but it should not be viewed as a panacea.”—Guna Selvaduray**

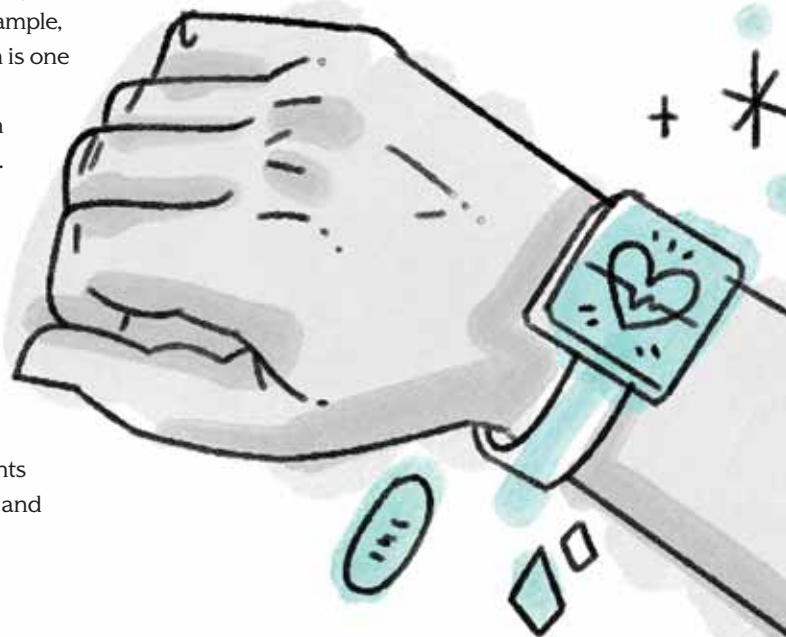
givers can access the information shared by the patient. This technology is particularly beneficial to those with cardiovascular and infectious diseases, where high medication adherence is not only critical to improving patient outcomes but also helpful in reducing the healthcare costs due to excess hospitalizations, emergency room visits and office visits. “For example, non-adherence to medication is one of the most likely causes of re-admission for patients with heart failure,” says Thompson.

Digital health tools like Proteus Discover also improve patient engagement because they make the consequences of patients’ actions clearer to them, says Thompson. “We’ve found that once patients start to understand the cause and

effect of their medication-taking behaviors, they become more engaged in their own healthcare. They gain confidence in their ability to manage their disease and have some concrete data they can discuss with their physicians, which makes for a richer dialogue between patient and provider, and ultimately improves outcomes.” Digital healthcare is all about patients first, Thompson asserts, and tools like Proteus Discover provide information that not only empowers patients but also enables physicians to deliver more focused care.

## INCREASED ACCESS TO INFORMATION

While the benefits of a digital health product like Proteus are clear, one wonders if there are other ways in which mobile offerings can make healthcare more accessible and patient-centric. “Yes, unequivocally,” asserts **Bryan Dang**, ’16 Nursing. A nurse with a minor in human systems integration, Dang says mobile technology can also be a boon to healthcare education. With the rapid developments in cloud computing, artificial intelligence and virtual reality, individuals increasingly view technology as part of the fabric of life, he explains. Dang points to a 2017 Pew Research Center survey that indicates that 95 percent of Americans own a cellphone of some kind



and 77 percent own a smartphone, a dramatic increase from the 35 percent recorded in 2011. It's only natural that technology would find its way into healthcare, he asserts. "The novelty of tech is fading—it's more commonplace—so when it comes to healthcare these days, people are more focused on privacy issues and the veracity of the information they're receiving than the way that information is accessed."

Dang is working to expand that access through Syminar, a company he co-founded to deliver healthcare education through virtual reality. He came up with the idea after leaving his job at Google to study human systems integration and complete nursing school. "Hands-on training for healthcare workers is critical," he explains, "but to mitigate the risk of injury, clinicians

train with sophisticated, high-tech mannequins in simulation centers before working on actual patients. These centers are very expensive to equip, which can make medical education costlier and more difficult to access." Dang's solution: an online classroom that enables teachers and remote students a more efficient means of interacting through virtual reality. By transposing the physical learning space into a lean, virtual reality environment, teachers can deploy a range of classroom capabilities—from demonstrating procedures to distributing learning materials, answering questions and giving quizzes—to an unprecedented number of online students. The potential applications are myriad. "Syminar could be used in a triage center—allowing people to respond remotely to a natural disaster, for example—or to educate health providers in remote rural settings who might not have access to a simulation center. It's really about using telecommunications to bring an increasingly divergent mobile audience closer together."

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## ENHANCED PERSONALIZATION OF SERVICES

Using telecommunications in the service of healthcare is also what drives **Theresa Pittman**, '78 Nursing Science, '94 MS Nursing Education. Pittman is chief clinical officer at Opcionato, a service that provides personalized, evidence-based fertility advice to couples during their fertility journeys through phone and email consultations. She joined the start-up after working as a fertility nurse practitioner for 30 years. "Fertility journeys are lengthy, stressful and expensive," says Pittman, "and over the course of my career, I've witnessed many success stories as well as many failures. I was seeking a way to use my decades of experience

to reach more individuals, in different locations and at various points in their fertility journey. Opcionato allows me to do both."

Pittman is passionate about her work and grateful that she can employ a technology-driven health solution to empower individuals as they make their way through the fertility process. "When I worked in the traditional medical setting, I could see that patients didn't always understand what they were being told. Now I can answer their questions in the privacy and comfort of their own home, no matter what stage of the fertility journey they're in. It's immediate, convenient and highly individualized." She is quick to add, however, that mHealth initiatives complement, rather than replace, traditional care. "Technology simply allows us to become more client-focused and offer more cost-effective options."

In **Christine Hagar's** experience, technology can sometimes provide the only viable healthcare option. An associate professor in SJSU's School of Information, Hagar is an active member of Mobile HIFA (mHIFA), a sub-group of Healthcare Information for All (HIFA, hifa.org) that is working to make sure that first aid, maternal, child health and nutrition information are available for citizens in low- and middle-income countries via mobile phone, free of charge. Mobile phone availability continues to grow around the globe, notes Hagar, while healthcare providers are often scarce, making the need to make healthcare information available via mobile devices even more pressing.

"Thousands of children and adults in low-income countries die from lack of appropriate life-saving treatment, a situation that could be mitigated by mobile phones equipped with free health information." Ideally, says Hagar, the information would



be pre-loaded onto the handsets prior to sale and would not require a connection to access. The information would cover topics such as common childhood illnesses, complications of pregnancy and childbirth, first aid and nutritional information. “Individuals in low- or middle-income countries frequently lack access to any kind of health care or professional advice, and they are forced to make healthcare decisions—which are often wrong and dangerous—without access to reliable guidance.” For example, Hagar says, children suffering from diarrhea

**“Thousands of children and adults in low-income countries die from lack of treatment, a situation that could be mitigated by mobile phones equipped with free health information.”**

**—Christine Hagar**

need lots of fluid, but many parents wrongly believe they should withhold fluids. “Four in 10 children in India receive less to drink when they have diarrhea, which tragically increases their risk of death,” she explains. A basic mHealth initiative that equipped every mobile phone with basic healthcare information could combat such problems. “With a mobile application, the information is immediately available at the point of need, which is key.”

Being available at the point of need is **Winifred (Wynn) Schultz-Krohn’s** modus operandi. Eighteen years ago, the SJSU professor of occupational therapy (OT) founded a program that offers OT services to residents at Family Supportive Housing, a local shelter that provides temporary housing to support families experiencing homelessness. For this healthcare profes-

sional, mHealth is quite literally mobile: she and a handful of student volunteers drive to the shelter to provide occupational therapy services to help the families. “Instead of forcing the residents to find OT services and then figure out a way to reach a provider, we bring services to them.”

Occupational therapy helps people with things they do in day-to-day life, Schultz-Krohn explains, making it a valuable healthcare offering for individuals trying to get back on their feet. During the school year,

Schultz-Krohn and her students are at the shelter one to two days a week, and in the summer, students are at the shelter full-time, completing their clinical experience under Schultz-Krohn’s supervision. They’re running camps for

school-age children as well as teaching imaginative play to preschoolers, financial literacy to teens, and work readiness training to parents. “The program has evolved since I founded it 18 years ago,” says Schultz-Krohn. “I’m always listening, asking about needs and altering programs accordingly.”

While it remains to be seen what long-term impact mHealth and other digital health offerings will have on healthcare and health outcomes, one thing is clear: this trend will continue to grow. “We’re seeing a democratization of access to personalized and evidence-based health information and a friendlier approach to health through the use of technology,” asserts Pittman. Todd Thompson agrees. “In our experience, digital technology, including mHealth initiatives, makes healthcare more personal, more effective and more meaningful.”



As new SJSU Athletics Director Marie Tuite takes the helm, she's putting athletes and the Spartan community first.

# Running Ath

*By Julia Halprin Jackson*

*Photography by Christina Olivas and James Tensuan*

Morning breaks over San José State's Event Center, grass still wet with dew, and Marie Tuite is on a run. She holds her hands high like a boxer, jogs under the My Story is Here banners that dot the Paseo de Cesar Chavez, and waves to the construction crew who surround the site of the future Spartan Recreation and Aquatic Center. It is seven a.m. and Tuite's day as San José State's athletics director is just beginning.



# letics

When her appointment was officially announced at a press conference on campus in May, Tuite navigated the room like a basketball court, weaving among colleagues and student-athletes with the practiced grace of a player anticipating each successive move. She fielded just one question from the media:

Is the mindset toward women in athletics changing?

“I do think it’s changing,” she said, sporting Spartan blue and gold, smiling alongside San José State’s third female president. “In the past, there

has been the perception that in order to command a room of 100 football players and 15 male football coaching staff members, you need to, one, perhaps be male, and two, even more so, perhaps, have played football. To think a woman can’t manage a football program is not only disrespectful to women, but maybe even more importantly to men. I certainly don’t want to be sitting here in front of you because I’m a woman, but I’m absolutely thrilled to be here as a woman—that I have the opportunity to represent San José State.”

Her handshake is strong, her shirtsleeves almost always rolled to the elbow, as if she’s ready, at any moment, to trade in her heels for a sturdy pair of running shoes. Upon learning that her male colleagues developed strong bonds on the golf course, she perfected her golf game, occasionally introducing herself as “Marie Tuite, professional golfer.”

One of seven children, Tuite is a first-generation college graduate whose experience as the lead scorer on Central Michigan University’s basketball team set the tone for her career in athletics. A pace-setter who sets the bar high, she is unafraid to confront obstacles. She credits her work ethic to her father, who worked three jobs to support their family, and her love of competition to her four brothers. Proud mother to two grown men, she’s familiar with the sacrifices that working parents make daily. The third woman ever to

be inducted into her alma mater’s Sports Hall of Fame, Tuite became the first woman to hold a permanent position as director of athletics at San José State in 2017—one of nine woman athletics directors at 128 NCAA Division I Football Subdivision schools nationwide. As an athlete who competed before the landmark Title IX legislation was introduced in 1972, protecting opportunities for women participating in activities receiving federal support, this fact is not lost on her.



As a senior member of the athletics team since 2010, Tuite helped usher San José State into the Mountain West Conference in the 2013-2014 season and took a ceremonial first swing at the new Spartan Golf Complex ribbon cutting in spring 2017. Whether she was recruiting coaches, managing staff or fundraising at the University of California, Berkeley, the University of Washington or Seattle University, over the years Tuite became accustomed to being one of few women—often the only woman—in a decision-making room.

TUITE PLAYED FIELD HOCKEY AND BASKETBALL FOR CENTRAL MICHIGAN UNIVERSITY, WHERE SHE WAS THE THIRD WOMAN INDUCTED INTO CMU'S SPORTS HALL OF FAME IN 1990.



## Athletics Yesterday and Today

While Tuite's primary objectives include increasing graduation rates for student-athletes, generating revenue and competing daily, she believes, first and foremost, that student-athletes must be deeply rooted in community, that alliance to a team represents a much larger social membership. She has known this since her days at Central Michigan, where she was a basketball star and joined an academic fraternity. In high school she played bass clarinet in the marching band and competed as a cheerleader. She knew this as an associate athletics director at the University of Washington, where in 2007 she invited alumnae who had competed prior to Title IX, before scholarships and resources were allocated to woman athletes, to return to campus to receive the sports awards they had never been granted.

"What I loved most about the event was that Dr. Emmert, who is now president of NCAA ... stood up in front of this sold-out room of women and their families and apologized," she remembers. "He said, 'I'm sorry that we didn't provide the same opportunities for you as we did for these young men.' And these women came up on stage, they got their letter and they got their varsity blanket if they graduated. I underestimated how moving that would be for me. It was a touchpoint I'll never forget in my life."

By publicly acknowledging the more than 200 alumnae, Tuite and her team granted them access to an even bigger community, a tribe to which she proudly belongs. As much fun as she had playing basketball, her allegiance to sport has always been a reflection of her desire to contribute to something greater.

## Spartans Show Up

During SJSU's 2016–2017 school year, 225 woman student-athletes competed in 13 sports, with an equal number of male student-athletes in seven sports. Tuite sees athletics as a way to bring the entire campus community together. When President Papazian was officially inaugurated as San José State's president in early May, members of the Spartan football team appeared in uniform, their blue and gold jerseys popping out in a crowd of city and university officials. On campus move-in day, student-athletes from every sport showed up at Campus Village to help students move into the dorms.

"We have to show up, because if we want people to support us, we have to support them," she says. "That's very important to me. I want a partnership."

Since early 2016, so much has happened to connect Athletics in its South Campus home to the main university campus at One Washington Square. San José State has welcomed a



Unfazed, she has taken the same approach that has served her as a teacher, coach and mentor to countless student-athletes over the years. She puts the team first. "Competing on a team with your peers for a common goal sort of prepares you for just about anything in life," she says. "I think it's the greatest opportunity to be a student-athlete, male or female."

**"To be an athlete, you have to move past your own self-interests, because it's not about you—it's about the team."**



**“We have to show up, because if we want people to support us, we have to support them,” she says. “That’s very important to me I want a partnership.”**



new president, Tuite as athletics director, new Football Head Coach Brent Brennan, and new Men’s Basketball Head Coach Jean Prioleau. During the 2017–2018 school year, Athletics has launched Beyond Football, a new program designed to help prepare student-athletes for professional life beyond the sport. The All In football campaign was officially kicked off with a special summer event, appropriately taking place on the same turf where Spartan greats such as Dick Vermeil, Jeff Garcia, Tyler Ervin, James Jones and David Fales made history. Tuite has made it her goal to integrate athletics into campus culture. Regardless of their sport, gender or major, she encourages student-athletes to apply skills learned on the field to their lives beyond athletics.

“To be an athlete, you have to move past your own self-interests, because it’s not about you—it’s about the team,” she says. “You are a reflection of something larger than yourself—the team, the department, and most importantly, the university. Those are wonderful skillsets to have as you enter the world, whether in personal relationships or in the workplace. It is the very best training ground. And, how would the world be different if we moved past our own self interests?”

## **An Athlete at Heart**

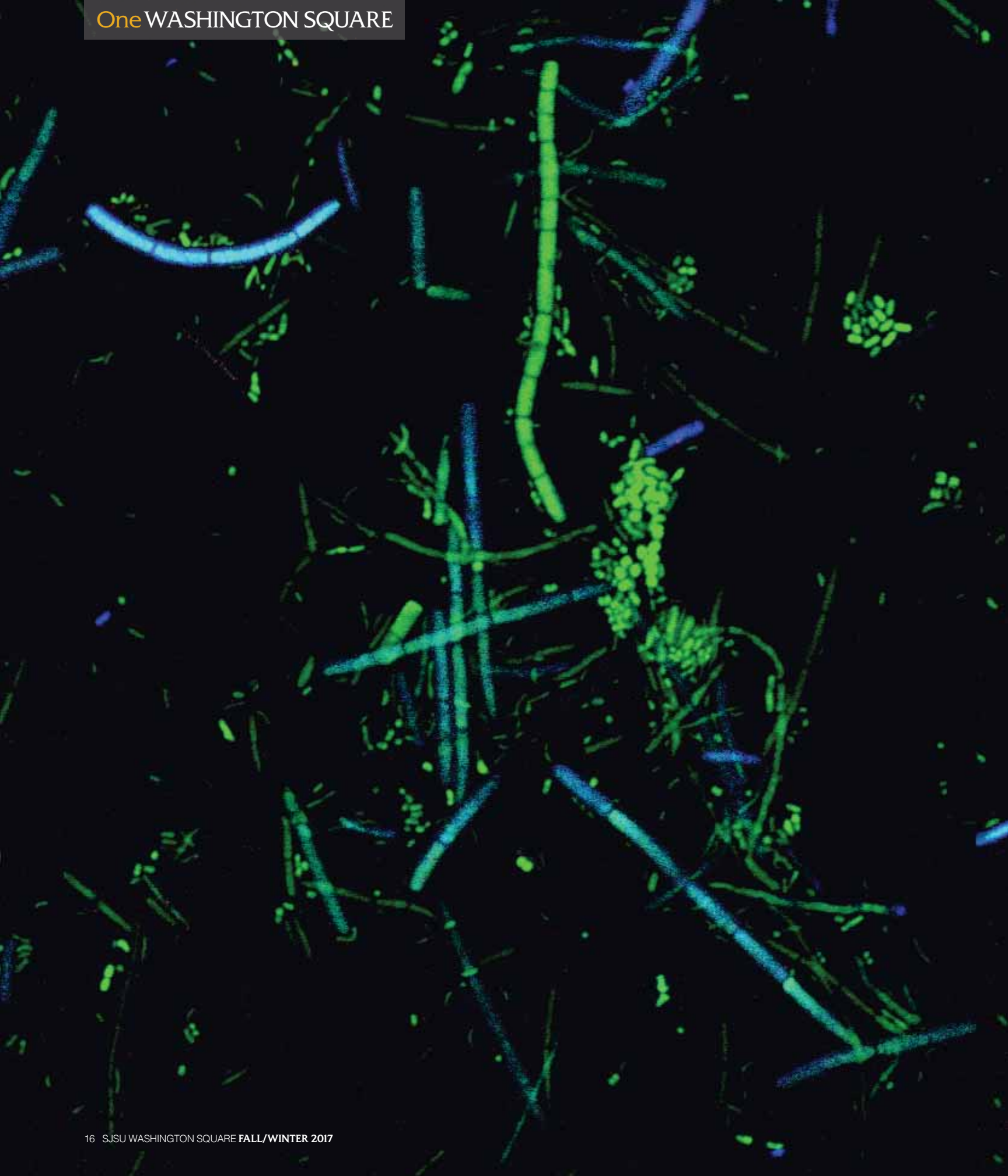
Tuite still considers herself an athlete. Her commitment to athletic achievement remains strong, six decades in the making.

Perhaps that’s why, one December day in 2013, she shivered at the starting line for the California International Marathon in Sacramento. In the moments before the race started, she wondered what had compelled her to run 26.2 miles at 60 years old. The answer was simple: Because she said she would.

“In my first job interview, the interviewer asked me, what are your goals?” she says. “One of them, I said, was to run a marathon. I was 22 years old and not a distance runner. And so did I do it in my 20s, my 30s, my 40s or my 50s? No. It took me a while—40 years after I said I was going to do it—but I was so glad I did.”

During the marathon, runners were encouraged to wear layers of clothing. As the race progressed, runners shed shirts and sweaters on the road, which were picked up by organizers who washed and donated them to charity. Even as a single runner amidst a mighty pack, Tuite was fueled by the impact that the marathon would have on the community. It was a familiar feeling—a swell of Spartan pride that started in her feet.







# One Big (Micro) BIOME



Flourescence Confocal Microscopy by Cleber Ouverney

A galaxy of clustered cells, magnified thousands of times under the microscope, tells a story of human existence. Small but mighty, bacteria adapt to the human body and protect it against invading pathogens. “Each individual has what we call a microbiome, which is this conglomerate of all the microbes on and in the body specific to you,” says Microbiology Professor Cleber Ouverney. By breaking down the fundamental elements that make up bacteria, scientists can map out potential links to common health problems. The Ouverney lab, in collaboration with Stanford University, has identified the genome sequence of TM7 (shown in blue), a group of uncultured and recently discovered bacteria linked to oral diseases. The exchange of bacteria coming in and out of the body can sometimes influence the way a person feels, acts and grows. “The microbiome worldwide is all somewhat interconnected,” says Ouverney. “If you think about it, we’re all just one big biome.”

**WSQ** web  
extra!

*To learn about the year  
Ouverney spent in the  
Amazon, visit [sjsu.edu/wsq](http://sjsu.edu/wsq).*

# THE SAN JOSÉ

## STATE OF HEALTHCARE

BY JASMINE FRANCE, JODY ULATE AND JULIA HALPRIN JACKSON  
PHOTOGRAPHY BY THOMAS SANDERS AND TOM CHERREY

The nation's complex and hotly debated healthcare system affects us all. *Washington Square* wanted to hear from alumni insiders who are shaping the industry—from hospitals and biotech companies to medical devices and research and development. We interviewed 10 healthcare leaders from a range of fields and learned that health innovation must come from nearly every major discipline, not just from doctors, nurses and technicians.

Read on for a selection of their responses on the state of U.S. healthcare, advice for navigating the complex system, and what inspired them to help people achieve their fullest, healthiest lives.

Find their full Q&As at [sjsu.edu/wsq](http://sjsu.edu/wsq).



INNOVATION

ACCESS

# What are the biggest challenges in U.S. healthcare today?

There's good work that's being done, but it doesn't get propagated quickly enough. We have some unrealistic expectations of what healthcare can do for us. We need to think about how to cost effectively increase productivity, while improving patient outcomes in less time. —*Dave Busch*

I'm going to focus on kids. When most people talk about healthcare and funding, they're really focusing on the adult market, because as we age, we tend to have more and more ailments. The good news is that most kids are healthy. The issue is that when children get sick, they can get very sick very quickly, and there's not enough money for research of pediatric diseases. —*Sherri Sager*

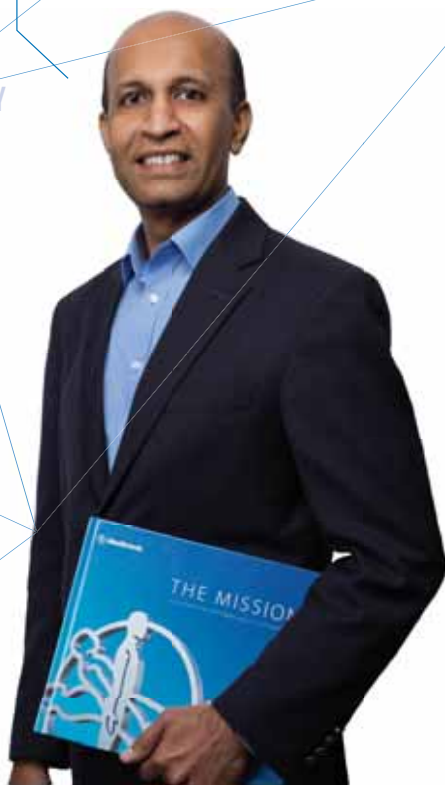
“Three things: the cost factor, the accessibility, and increasing the effectiveness of therapy. It goes without saying that the cost associated with healthcare continues to rise. The accessibility of healthcare to the broader population is still limited. And there are still areas of diseases that aren't treated as effectively as they should be.”

We have a growing epidemic of obesity and, in general, poor health. A lot of it is lifestyle choices. Physicians need to show patients the importance of changing what they can—exercising, stopping smoking, perhaps going on statins, for example—early on in the disease progression, before they end up having a heart attack or a stroke. —*Bob McRae*

Unfortunately, sometimes decision-making is driven by economics. Trying to mix clinical judgment and decisions with financial judgment and decisions is like mixing oil and water. —*Julie Cherry*

Everybody should have access to healthcare. That means everyone who is in our borders, and all healthcare, including mental health. —*Phil Pesta*

“The healthcare industry is probably a couple of decades behind other industries in its use of technology. People can have a big impact by making it easier for doctors, nurses and technicians to do their jobs, and reducing the human error. I'll give you an example. You've heard of Watson? IBM had it digest every single oncology paper in existence. Basically, they taught Watson how to diagnose cancer.”



**Nitin Salunke**  
'10 MBA  
Global Vice President,  
Research and Development,  
Medtronic

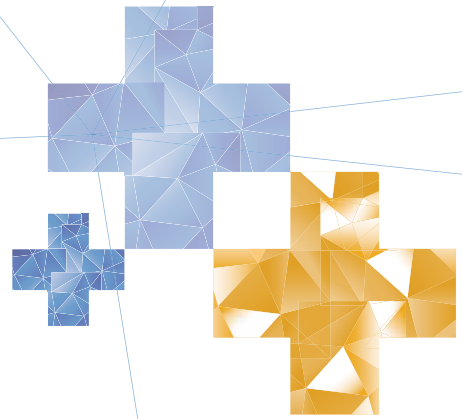


**Jarie Bolander**  
'95 Electrical Engineering  
COO, Lab Sensor Solutions

## What is currently working well?

The proliferation of technology is working well to some degree. There are some players who are more focused on profit than providing care. But I believe that we've seen a good adoption of technology in the healthcare industry, as well as advances in treating people and ensuring that they stay healthier. —*Bob McRae*

Venture capitalists have invested more than \$18 billion in health technology alone over the last five years in the U.S. We're delivering better outcomes. The quality and quantity of innovation continues to be very promising. —*Lucia Soares*



TECHNOLOGY

“What works really well is that so many of the people involved in healthcare find it meaningful. They care about people and want to help people be better. This is a huge untapped resource. How do we ensure that healthcare professionals have the tools and resources to do their work well and effectively?”

“Using technology to connect your healthcare record, providers and medical tests. Some of our partners are really able to identify where we're not following protocol, so we can see where we strayed and try to get care back on track.”



**Bill Graham**  
'92 MPH  
President, Sequoia Hospital,  
Dignity Health



**Barb Pelletreau**  
'84 MPH  
Patient Safety Officer,  
Dignity Health

MEDICAL

## What inspired you to work in healthcare?

My first foray was trying to figure out how to make clinical laboratories more efficient by tracking blood samples. Basically, making sure that samples don't get lost, which is actually a really big problem in healthcare. When I looked at that, I decided that I wanted to help people, and that was only reinforced by my late wife, who had leukemia. I feel it's one of my duties to fix this and to ensure that we are doing everything we can using the technologies available.

—*Jarie Bolander*

I had an internship in hospital administration and was inspired by all I learned. I wanted a career that enabled me to make a positive impact in my community, and healthcare seemed like a direct path to realizing that goal. There are no perfect or simple answers in healthcare, and I appreciate the opportunities for intellectual challenge and collaboration that presents. —*Bill Graham*

“The idea of applying technology to healthcare problems was compelling and became even more so when my daughter was diagnosed with cancer. The field continues to be inspiring. Building a device that removes cataracts is amazing, because in 20 seconds or so, you can complete the procedure. And it's 100 percent successful. Bringing sight to people who otherwise wouldn't be able to afford it is incredible.”

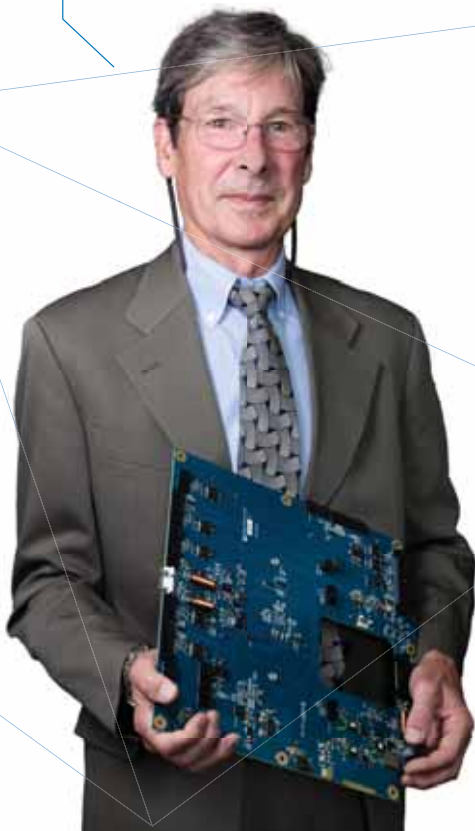
I grew up in a super healthy family, and it made more sense to me to prevent illness than treat it. I started the employee wellness program at John Muir Medical Center while working on my master's degree in public health. I was also working with 20 cities in Contra Costa County for health and wellness and slowly moved to large-scale companies. Promoting a holistic lifestyle reaps far more benefits.

—*Barb Pelletreau*

My brother was born with a congenital heart defect. He has been a great inspiration in my life. He taught me that people can live happy and high-quality lives, even with health challenges. I wanted to work in healthcare so I could help people like my brother. —*Julie Cherry*

In my first five years working, I was building digital platforms. While it was fulfilling, I felt something was missing. It was a hot space, but I felt my work needed to contribute to a higher cause if I was going to be working so many hours. I realized I needed to be in healthcare. It's been very rewarding. —*Lucia Soares*

“I get to be an advocate for kids' health issues. From my perspective, it's an ideal pairing of doing the right thing for kids and young people, and my knowledge of how government operates and making it work for kids.”



**Dave Busch**

'74 Business Administration  
(Management)  
VP of Medical, NEO  
Technology Solutions



**Sherri Sager**

'83 MPA  
Chief Government  
Relations Officer,  
Lucile Packard  
Children's Hospital

## Is there advice or information about healthcare that everyone should have?

Typically, when we think of healthcare, we think of the working professionals like doctors and nurses. But to make that system work, there's an entire ecosystem that supports it—everything from hospitals all the way to the hospital suppliers, medical devices, biotechnology, and other services. We need individuals with a variety of backgrounds to be part of that ecosystem. —*Nitin Salunke*

Create a project plan for your malady. Doctors and nurses are there to help and give advice, but they are not the end all, be all. Have a plan, do research, know what the options are, and question what's going on. Others care, but in the end it's your decision. —*Dave Busch*

Ask questions. Most providers will gladly answer your questions. Don't be intimidated. It's your health, and you have to be an active participant in your healthcare at all times. —*Sherri Sager*

First and foremost, it's important to have a good relationship with your doctor. Healthcare is complicated. Care, treatment and insurance can all be confusing and overwhelming, so it's important to have a doctor you trust. —*Barb Pelletreau*

We are experiencing a major shift in healthcare. Patients are becoming more empowered, as they should be. Remember that you as the patient are the customer. —*Lucia Soares*

“Become the expert in whatever you need help with, because you need to be your own health advocate.”

### ADVOCACY

“Find somebody who works in the healthcare industry, like a nurse or a doctor, that you can talk to. For the caregivers, there are wonderful community networks online where you can find support. At hospitals, medical centers or your health insurance company, ask for an advocate. Anybody who wants a care manager to help them navigate his or her course of illness is entitled to one.”



**Bob McRae**  
'96 Mechanical Engineering  
Chief Technical Officer,  
Semler Scientific



**Julie Cherry**  
'93 Nursing, '97 MS Nursing  
Chief Clinical Officer  
and VP of Clinical  
and Consulting Services,  
Care Innovations,  
an Intel Company



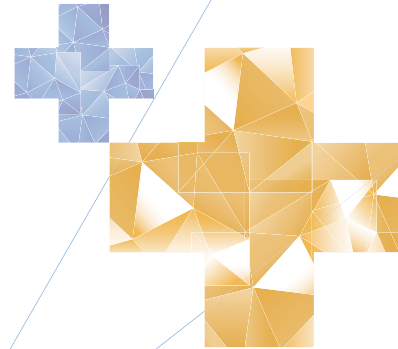
# What is one message you'd like to share with your fellow alumni?

NURSING

Enjoy life. It's probably the best thing you can do for your health and wellbeing. —*Dave Busch*

Take advantage of your opportunities while you're in school, and support the school when you leave. When you get out there in the community and working, don't forget who laid the foundation for you. —*Julie Cherry*

With our busy lives, I think we get preoccupied, and we don't stay connected with each other. With the great location that San José State has in the middle of Silicon Valley, we alumni should take more time to interact with and learn from each other. —*Nitin Salunke*



RESEARCH

“Find your passion, pursue it relentlessly, and never forget to give back.”

“Be excellent. Make SJSU proud with what you're able to accomplish. Take all the great skills and knowledge and make this a better place for all of us.”



**Lucia Soares**  
'02 MBA  
Vice President,  
Healthcare Technology Strategy,  
Johnson & Johnson



**Phil Pesta**  
'94 General  
Design Studies  
VP of Operations,  
BioCardia

# ALUMNI

## UPDATES

Spartan stories always make us proud. Share your updates with *Washington Square*.

Get connected to the Spartan network! Join the Alumni Association online or call 408-924-6515. Are you on LinkedIn? Join more than 28,000 Spartans who stay in touch through SJSU's official group—and see the power of your SJSU connections.



### '70s

#### MICHAEL ELLZEY

'78 Political Science, a U.S. Marine Corps and Vietnam War veteran, directs the Richard Nixon Presidential Library and Museum in Yorba Linda. He holds a law degree from Lincoln University School of Law.

#### JILL JEPSON

'71 Anthropology, received the 2017 Denny Prize for Creative Writing, a faculty/staff award, from St. Catherine University in St. Paul, Minn. A professor of linguistics and writing, she received her doctorate in anthropological linguistics from the University of Chicago and also holds an MFA from Vermont College of Fine Arts.

#### DON LECOUEUR

'75 Special Major, '76 MA Psychology, published *Making Lemonade* (CreateSpace, 2017), a memoir, using the pen name Anthony French. The collection of "31 anecdotal tales spans more than 60 years," he reports.

#### HOLLY MCCAIN

'73 Art/Interior Design, exhibited her oil paintings in a show titled "Color Connection" in Cambria in July.

#### MICHAEL PARRA

'79 Microbiology, hematologist and oncologist for Colorado's Rocky Mountain Health and Benefits, was named a Pinnacle Lifetime Member last December in recognition of his contributions to the medical field. He previously served as Denver Cancer Care's chief medical officer for 19 years.

#### RYAN REINHOLD

'72 Journalism, retired as Navajo County (Ariz.) Precinct 6 Constable in June. During his 22-year career as a judge, he adjudicated civil and criminal cases in 19 Arizona courts and four tribal courts. A former member of the faculty at the National Judicial College and Institute of Court Management, he has also served as district chairman of the Boy Scouts of America, assistant district governor of Rotary Club and president of the Pinetop-Lakeside Chamber of Commerce.

#### ANN RICHARDS

'73 Music, retired after 40 years as 2nd/Assistant Principal Flute with the Nashville (Tenn.) Symphony Orchestra. The co-author of *Bicycling Middle Tennessee* (Pennywell Press, 2003) and *Bicycling the Natchez Trace* (Pennywell Press, 2002), she teaches at Belmont University in Nashville.

#### THOMAS VERTIN

'77 Political Science, '83 MPA, is current president/CEO of Pacific Mercantile Bancorp, headquartered in Costa Mesa. He previously served as president of the bank's commercial banking division. Prior to his career in banking, he worked for the World Health Organization in Geneva, Switzerland.

### '80s

#### BRIAN ADAMS

'80 Theatre Arts, '94 MS Mass Communications, is vice president of Bellarmine College Preparatory and an entertainment reporter for KLIV and KRTY Radio.

#### H.O. "BUD" BIGGS

'80 Chemistry, retired as plant manager of Mitsubishi Cement Corporation in Lucerne Valley. He started his career in 1962 with Kaiser Cement Corporation in Cupertino.

#### ANDREW BODISCO

'89 Marketing, was recently promoted to regional market president, East Bay region, at Comerica Bank. He also serves on the board of directors at St. Martin de Porres Catholic School in Oakland.

#### RONALD CORTEZ

'82 Business Administration, took up his new post as vice chancellor for administrative and business services at the University of California, Irvine in February. He was previously vice president of administration and finance/CFO at San Francisco State University. A U.S. Air Force veteran, he holds a law degree from Santa Barbara College of Law.

#### DIANE KUYOONJIAN

'81 Advertising, is chief marketing officer at Michelson Found Animals Foundation, a Los Angeles-based nonprofit supporting animal welfare. She previously worked in corporate marketing for brands including Expedia, DIRECTV and Nestle.

#### VICKI LUNDY-REVELS

'82 Business, owns Antioch-based Carefree Travel and Entertainment, a firm that specializes in luxury travel to warm weather destinations. Earlier in her career, she managed Uniglobe and Carlson Wagonlit travel agencies, handling both the corporate and leisure sides of the business.

#### JEFF MAROZICK

'87 Criminal Justice, a 25-year veteran of the San José Police Department, is Marin Community College District's new police chief, overseeing the two College of Marin campuses. He was twice awarded Officer of the Year honors for his work with the San José Police Department.

#### SILVIO REGGIARDO III

'84 Finance, who specializes in estate planning, probate and tax law at Downey Brand, was named a "Northern California Super Lawyer" and recognized by *Sacramento Magazine* as a "2017 Top Lawyer."

#### GLENN SHEPHARD

'89 Civil Engineering, a U.S. Navy veteran, directs the Ventura County Watershed Protection District. He also holds a master's degree in civil engineering from the University of Florida.

#### CORDEL STILLMAN

'86 Civil Engineering, is Sonoma Clean Power Authority's director of programs. He previously served as Sonoma County Water Agency's deputy chief engineer.

### '90s

#### SUE CHOE

'98 MS Accounting, was appointed the new CFO of Promethean, a global education technology company headquartered in Atlanta, Ga. Most recently she served as vice president of finance at Seattle's RealNetworks, a publicly traded firm that specializes in digital media, software and games.

#### IAN KALMAN

'95 Advertising, started his own line of greeting cards, Bald Guy Greetings. Take a look at: baldguygreetings.com.

#### LORRAINE MCINTIRE

'96 MA Taxation, recently joined the tax department of McGowan Guntermann, CPAs in Santa Barbara. Past president of the Silicon Valley branch of Tax Executives Institute, she has also served on the advisory committee of SJSU's High Tech Tax Institute.

#### CHRIS MONAHAN

'94 Business, a 27-year veteran of the San José Police Department, joined the Piedmont Police Department as captain. A native of San José, he began his association with the SJPD as a police cadet in 1980 and rose through the ranks to become a lieutenant. He also taught as adjunct faculty in San José City College's Administration of Justice program.



*I am trying to help people channel the energy that they have into something beautiful.*

# SUBWAY THERAPY

**Matthew “Levee” Chavez** sits at a table in New York City’s Union Square, sporting a thrift store suit and tie, holding a sign that reads “Subway Therapy.” This act of social practice, which started as an invitation for conversation, went viral after he set up shop at the subway the day after the 2016 presidential election. He wrote “Express Yourself” on a Post-It and stuck it to the tiled wall. By midnight, the wall was papered with 2,000 messages of peace, hope, anger, frustration, confusion and sadness. Chavez, ’13 Creative Arts, had tapped into New York’s communal psyche—using an everyday office supply.

As days passed, messages multiplied. The New York Historical Society archived 5,600 Post-Its. Chavez took some to his apartment, where messages infiltrate his Instagram and influence his work. His adopted moniker “Levee” represents the levee he grew up alongside in Gilroy, California, and his desire to help people direct their feelings.

Chavez started exploring performance art as public absolution when he moved to New York after teaching in Korea in 2015. He’d had to stay in a Korean hospital while recovering from an accident, giving him time to reflect.

“I was thinking a lot about how people feel better about the things they feel bad about,” he says. “I wanted to see if I could develop something more accessible to a public audience.”

Chavez started by asking strangers to share stories in a notebook he called the Secret Keeper, later transitioning into community “therapist.” Though Subway Therapy gained international acclaim after the election, earning Chavez a two-book contract, he says his work is nonpartisan.

“Emotions are like water,” he says. “People are overflowing because they are upset or struggling or isolated. In those moments, it’s really great to have something that can keep you on the right path.”

—Julia Halprin Jackson

# What's on your mind?

*“We don’t grow when things are easy. We grow when we face challenges.”*

## COMMUNITY CONNECTOR

Strolling through Facebook’s Menlo Park campus, **Netta Conyers-Haynes** passes a café stocked with coffee and fruit, gestures to conference rooms named after 1980s movies and stops before a wall-turned-whiteboard covered in doodles. As Facebook’s head of internal communications for North America, Conyers-Haynes, '07 Public Relations, values every word.

“The free drinks and free food are lovely, but it’s how we work with each other—the openness in the environment we create, the autonomy that we really push our teams to have,” she says. “That’s really the essence of our culture.”

Conyers-Haynes specializes in promoting positive culture at work and beyond, a likely result of attending 13 different schools before 10th grade. Though it was difficult to be uprooted, the constant cultural shifts taught her to adapt, relate to others and pursue her goals. A self-supported college student, she’d had to work through her San

**WSQ** web extra!

Watch Conyers-Haynes’ convocation address at [sjsu.edu/wsq](http://sjsu.edu/wsq).

José State commencement ceremony. Ten years later, she delivered the convocation address to the class of 2017 at the African-American Convocation. Touched by the students’ passion for social justice, she refers to it as “her” graduation, an opportunity to launch a new generation.

“We don’t grow when things are easy,” she said to an auditorium of Spartans clad in red, black and green. “We grow when we face challenges.”

From negotiating her first promotion to founding her own communications firm, Conyers-Haynes has never hesitated to accept a challenge. Propelled by a desire to expand opportunities for people of color, she learned to “interact with people in an intentional way, where you can influence with your voice, either for yourself, the people you love, your beliefs, or the causes you advocate for.”

“I consider myself a connector,” she says. “My role at Facebook allows me to tap into things I enjoy doing—connecting people and building community.”

—Julia Halprin Jackson

**JOHN PRESLEIGH**

'99 MS Civil Engineering, public works director of Santa Cruz County since 2009, was named president of the County Engineers Association of California. A longtime advocate for infrastructure improvements and local road funding, he has also served as director of the American Public Works Association and as manager of the Highway 1 Construction Authority.

**SUDHA SUNDARESAN**

'99 MS Computer Science, was promoted to vice president of cloud engineering at Santa Clara's Ayla Networks, a global IoT platform for manufacturers. Prior to joining Ayla in 2012, she worked at Cisco as a software engineer, architect and technical lead. She received her undergraduate degree in electronics from the Government College of Engineering in Salem, India.

**LT. COL. JACOB THORNBURG**

U.S. Air Force, '99 Aviation, is the 54th Airlift Squadron commander at Scott Air Force Base in Illinois. The squadron flies four C-40C aircraft on Special Air Missions as directed by Air Force headquarters, transporting members of the Presidential Cabinet and Congress, foreign heads of state and other dignitaries. "After 17 years in the Air Force, I'm flying my fifth aircraft," Thornburg said. "It's been an amazing journey."

**SAVITA VAIDHYANATHAN**

'98 MBA, current mayor of the city of Cupertino, is the first Indian-American woman to hold the position. In a community hall address after her victory last fall, she said: "I've had several congratulatory messages saying that I'm the first woman mayor of Indian origin. I do take pride in that, but I (also) want to thank the residents of Cupertino who voted me in not looking at ethnicity at all."



## THE TEAM THAT ALMOST LEFT TOWN (TWICE)

When he realized "the Giants' story had never been told," **ROBERT GARRATT**, '64 BA, '69 MA, English, emeritus professor of English at the University of Puget Sound, decided to write it. *Home Team: The Turbulent History of the San Francisco Giants* (University of Nebraska Press, 2017) covers the franchise's early days in New York, the move west, World Series glory and the sometimes rocky relationship between city and team. "*Home Team* is a must for any baseball fan," declared Marty Lurie, KNBR radio host.

## CATASTROPHE AVERTED

The mission of the "riotous cast of characters" in *How to Stage a Catastrophe* (Capstone Children's Books, 2017): save—by hook or by crook—the Juicebox, a failing community theatre. In her middle-grade fiction debut, **REBECCA DONNELLY**, '15 MLIS, has earned reviewer raves and an "Indies Introduce" nod from the American Booksellers Association. "Conspiratorial theatrics and all-around good fun," praised *Kirkus Reviews*.

**WSQ** web  
extra!

Read a Q&A with  
Rebecca Donnelly at  
[sjsu.edu/wsq](http://sjsu.edu/wsq).

## FORAGING THE "WILDS OF LANGUAGE"

*field guide to autobiography* (H\_NGM\_N, 2017) by **MELISSA ELEFThERION**, '12 MLIS, "isn't conventional nature poetry," clarified poet and critic Juliana Spahr. "It's poetry that helps us understand the future and the world that embeds it ... a field guide to the ecosystem that is being human." Also the author of five poetry chapbooks, Eleftherion works as a reference and teen services librarian in Mendocino County and manages the Poetry Center Chapbook Exchange.

## RACE, EMPIRE AND NATION

In *Performing Race and Erasure: Cuba, Haiti and U.S. Culture, 1898–1940* (Palgrave, 2016), Department of Humanities Chair **SHANNON ROSE RILEY** examines how Cuba and Haiti played crucial roles in the rethinking of race in the United States at the turn of the 20th century. University of Kansas Distinguished Professor David Roediger hailed the book as "brilliant" scholarship. An interdisciplinary artist and scholar, Riley's visual and performance works have been exhibited and staged in the U.S., Germany and Cuba.



“I could either spend the rest of my life asking why bad things happen or focus on what I could do to make a difference.”

# A REVOLUTION OF KINDNESS

**Hal Donaldson**, '79 Journalism, was fresh out of San José State and working as a ghostwriter when an assignment took him to Calcutta, India. Upon arriving, Donaldson's hosts indicated there was someone they wanted him to meet: Mother Teresa. “She asked me what I was doing to help the poor and suffering,” he recalls, “and I had to answer ‘Nothing.’ She responded, ‘Everyone can do something.’”

It was this admonition, says Donaldson, together with the kindnesses shown to him after losing his father as a boy of 12 and a closer reading of the Bible in college, that ultimately gave rise to Convoy of Hope, a faith-based nonprofit founded by Donaldson and his family in 1994.

Convoy of Hope began as an international initiative to feed children, says Donaldson, and has since expanded into a community relief and disaster response at home and abroad. In the past 20 years, the organization has served over 80 million people in need and distributed over \$712 million worth of food and supplies.

“In the early days, I was haunted by the reality of so much pain and suffering in the world,” Donaldson concedes. “Then I realized that I could either spend the rest of my life asking why bad things happen or focus on what I could do to make a difference.”

Many are following Donaldson's lead. Convoy of Hope has experienced a huge uptick in volunteers over the past year or so, and people nationwide are pushing for a revolution of kindness, an effort that Donaldson supports in his latest book, *Your Next 24 Hours: One Day of Kindness Can Change Everything*.

Whatever Convoy of Hope accomplishes, says Donaldson, is due in part to his time at San José State. “I came to college from a welfare family at a formative time in my life. I had a lot of questions, but the campus community was accepting, the professors were nurturing, and by the time I graduated, I was a different guy.”

—Lori Ferguson

Learn more about Donaldson's work, including Hurricane Harvey relief efforts (pictured above), at [convoyofhope.org](http://convoyofhope.org).

PHOTOS: COURTESY OF CONVOY OF HOPE

#### **SHELLY VIRAMONTEZ**

'93 Marketing, '00 MA Special Education, was named superintendent of the Campbell Union School District. She began her teaching career in 1996 as a special day class teacher at the district's Rolling Hills Middle School. The Campbell district serves more than 7,500 preschool to eighth-grade students in six Santa Clara County cities.

#### **GARY WALTERS**

'90 MBA, is vice president of customer success at TraceGains, a software company based in Westminster, Colo.

#### **MARK WILLIAMS**

'99 MS Human-Computer Interaction, is co-founder of the San Francisco-based Firefly Vapor, a vaporization technology firm. He has previously directed design teams at several Silicon Valley companies, including, most recently, Apple.

'00s

#### **ANDIE APPLE**

'01 MLIS, previously assistant library director of the Kern County Library system, was promoted to interim library director. She brings to the job 19 years of county library experience.

#### **JAMMIE BEHRENDT**

'01 MA Education, a veteran San Mateo County educator, is the new assistant superintendent of Menlo Park City School District. The previous director of educational services in the Belmont-Redwood Shores School District and architect of that district's Local Control Accountability Plan, she has been an administrator for 10 years and began her career as a teacher in 1995.

#### **JAVIER CERVANTES**

'03 Business, '11 MBA, received his law degree from San Francisco's UC Hastings College of the Law in May.

#### **VANESSA COOPER**

'03 MA French, is executive director of the city of Alameda's Housing Authority and an adjunct faculty member in SJSU's Department of Urban and Regional Planning.

#### **TERI FAUGHT**

'08 MA Education, is assistant principal of Mountain View High School. A member of the faculty since 2004, she initially taught science before transitioning to the district's instructional support team, coaching teachers on educational technology and new science standards.

#### **JIMMY FORBIS**

'05 MPA, formerly Monterey's finance director, is the current finance director of Gilroy. During his tenure as Monterey's director, he was credited with managing the city's finances during a \$100 million construction boom and the passage, in 2014, of Measure P, a one percent local sales and use tax to repair city streets and the city's storm drainage system.

#### **JONATHAN KARPEL**

'01 Biochemistry, is an assistant professor of biology at Southern Utah University in Cedar City. He recently received tenure.

#### **GEOFF MACE**

'03 Finance, is winemaker and cellar operations manager at The Stomping Ground, a Central Coast custom crush facility. Earlier in his career, he worked as a winemaker for Constellation Brands.

#### **RACHEL MELICK**

'05 Political Science, is recreation manager of the city of Calistoga. An intercollegiate swimmer at SJSU, she began her career in recreation as a seasonal open water lifeguard for Sonoma County Regional Parks and later worked as Tiburon Peninsula Club's aquatics director.

#### **PIERRE NOUJAIM**

'07 Radio/Television/Film, is sports anchor and reporter for Sacramento's ABC10. He tweets his own opinions about hockey and much else at: [twitter.com/thenouj](https://twitter.com/thenouj).

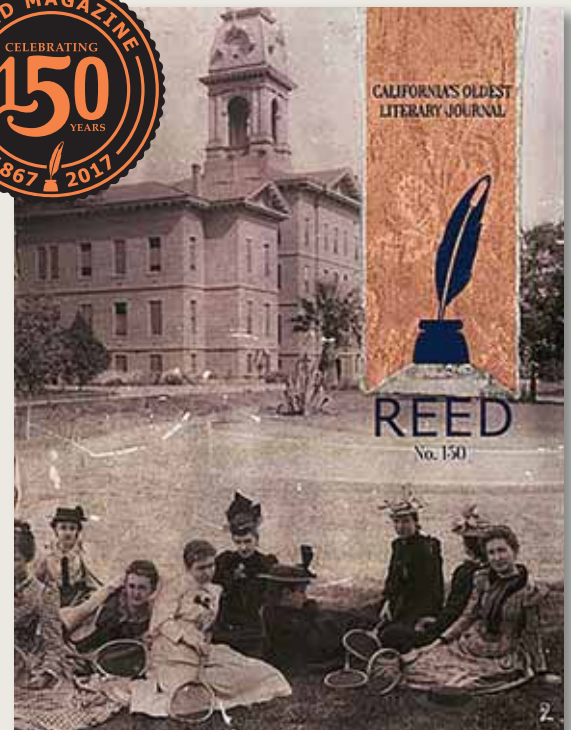
#### **RACHEL ROMINA**

'05 Music, a member of the Choraliers while at SJSU, currently directs the San Benito Oriana Chorale, a 38-member choir. She is also the accompanist at First Presbyterian Church in Hollister and teaches piano and voice lessons in San José and Hollister.

## THE FOURTH INDUSTRIAL REVOLUTION HAS BEGUN

# IR4

Learn how the Cognitive Era is affecting your life and career through a 2017-2018 speaker series on the emerging field of cognitive science: [sjsu.edu/ir4](https://sjsu.edu/ir4).



## Happy 150th Anniversary, Reed Magazine



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 One Washington Square  
 San José, CA 95192-0258



### VALERIE ROYALTEY-QUANDT

'05 MA Education, former director of student services, assessment and accountability at Campbell Union High School, is principal of Jordan Middle School in the Palo Alto Unified School District. She holds a doctorate in social justice education administration from San Francisco State.

### GOLAREH SAFARIAN

'03 MA Communications, published *Gogi & Mogi Go to the Garden* (MindTripz, 2017), a children's picture book. A native of Tehran, she started her professional career as a crime and political reporter in Canada and for 10 years worked at Fox Broadcasting Company in various posts, including director of content production. In 2016, she started MindTripz, a media and entertainment company.

### ADAM TAFRALIS

'07 Kinesiology, was inducted into the Peninsula Sports Hall of Fame at ceremonies held in Millbrae last April. The starting quarterback for the Spartan team from 2004 to 2007, he received SJSU's Most Valuable Player award in 2007. In 2008, he signed with the Indianapolis Colts and later played for the Hamilton Tiger-Cats, a Canadian Football League team. He retired from football in 2012.

## '10s

### CAROLYN HENLEY CIESLA

'10 MLIS, is interim associate dean of learning resources and assessment at Prairie State College, a community college in Chicago Heights, Ill. She has worked at PSC since 2013 and earlier in her career served as assistant director for the Stanford Technology Ventures Program at Stanford University.

### MARIANNE LETTIERI

'13 MFA Spatial Arts, received a 2017 Silicon Valley Artist Laureate award for exceptional achievement in the arts and contributions to the cultural life of Silicon Valley. Her work has been exhibited in solo exhibitions at the San Francisco Museum of Craft and Design, Mountain View Center for the Performing Arts, the Peninsula Museum of Art and elsewhere. A Cubberley Artists Studio Program artist-in-residence, she also serves on the leadership team of Doing Good Well, a national initiative to empower next-generation female leaders in the arts.

### KATE PARKER

'15 MLIS, was appointed member-at-large of the Santa Barbara Symphony Board of Directors. Library director at Cate School in Carpinteria, she also serves as adjunct librarian at Santa Barbara City College.

### JESSICA QUINTERO

'11 Hospitality, owns and operates the recently opened Just Right Family Café on Winchester Boulevard in Campbell. She "hatched the café idea," she told the press, as a stay-at-home mom yearning for somewhere that combined a play area for her kids and the opportunity for a bit of "adult conversation" for herself. To prepare for her new business venture, she attended the American Barista and Coffee School in Portland, Ore.

### AFSHAN REHMAN

'15 Industrial and Systems Engineering, is a project manager at Kaiser.

### GEORGIA REITMIRE

'12 MLIS, an employee of the Yakima Valley (Wash.) Libraries since 2014, was recently promoted to Zone I managing librarian.

### THERREN WILBURN

'16 MA Sports Management, is athletic director of Palo Alto High School and calls his mother his "biggest inspiration. She instilled hard work and commitment in me, which has helped me get to this point in my career," he told the press. While at SJSU, he taught a beginning basketball class for the Department of Kinesiology and volunteered at the YMCA of Silicon Valley.





# FACULTY IN MEMORIAM

During the solar eclipse on August 21, while the sun was partially blocked and appeared to be in the shape of a crescent, WSQ's Michelle Frey captured these crescent-shaped shadows beneath a tree in front of Clark Hall.

**JOHN NEPTUNE**, age 97, in April. An analytical chemist, Neptune worked on the purification of uranium at Oak Ridge National Laboratory during World War II. He joined SJSU's Department of Chemistry in 1955 and served as department chair from 1973 to 1986. He retired in 1990 but continued to work as a lecturer in the department until 2007.

**MICHAEL O'FLYNN**, age 82, on June 19, in San José. A native of County Louth, Ireland, O'Flynn was a professor in SJSU's Department of Electrical Engineering, where he taught for more than 40 years. During his career, he also taught classes at Mission College and Santa Clara University.

**DUILIO PERUZZI**, age 90, on Sept. 1, 2016, in San José. A native of Summerville, Pa., Peruzzi received his doctorate from the University of Michigan in 1963. He joined SJSU's Department of Geography in 1965, retiring in 1993. During his career, he also worked for the U.S. Department of Defense, the Library of Congress, the U.S. Geological Survey and NASA Ames.

**RODOLFO SERRANO**, age 84, on Feb. 7, in Clovis. A native of Mendota, Serrano received his undergraduate degree from SJSU in 1954 and his doctorate in cultural anthropology and education from the University of Arizona. An associate dean in SJSU's School of Education, he retired from CSU Bakersfield.

**JOHN SHIFFLETT**, age 64, on April 28, in San José. A native of Dubuque, Iowa, Shifflett received his undergraduate degree at the University of Iowa and taught jazz at his alma mater early in his career. He joined SJSU's School of Music and Dance in 2001. A versatile bassist, he played with several San José bands and on hundreds of albums, including those by Bay Area musicians Scott Amendola, Taylor Eigsti, Peter Apfelbaum and Anton Schwartz.

**RICHARD TIESZEN**, age 65, on March 28. An internationally recognized scholar in phenomenology, logic and the philosophy of mathematics, Tieszen received his undergraduate degree from Colorado State University and his doctorate from Columbia University. He joined SJSU's Department of Philosophy in 1989 and also held visiting professor posts at Stanford and Universiteit Utrecht in the Netherlands. His books include *After Gödel: Platonism and Rationalism in Mathematics and Logic* (Oxford University Press, 2011) and *Phenomenology, Logic and the Philosophy of Mathematics* (Cambridge University Press, 2005).

*Alumni who have passed away are remembered online at [sjsu.edu/wsqa/memorial](http://sjsu.edu/wsqa/memorial).*



# SPARTAN UP!

A San José State tradition has taken shape, and it's the shape of a Spartan.

Now seen across campus, from athletic fields to classrooms, the “Spartan up” hand gesture is one more way to share our SJSU pride. On behalf of all Spartans, we thank those who have had a hand in creating it!

To accompany every football pre-game show, SJSU Marching Band Director **Scott Pierson**, '72 Music, '73 Teaching Credential, arranged the “Procession of the Spartans” in 1990. The song is “loud, in your face—ballsy,” he says, and it begged for audience participation. Pierson instructed band members, cheerleaders and fans to create a Spartan head with their fingers, which he sees as a representation of San José State.

**Blake Sasaki** named the gesture “Spartan up” nearly 20 years later. The senior

associate athletics director of external relations says it communicates a sense of identity and pride that connects everyone from the 18-year-old freshman to the 80-year-old alumna. “It means to step up—get in the game,” says Sasaki. “Give back to your university. Be a leader in your community. Strengthen the bond between SJSU students and alumni, so that we are all one team.”

Cheerleading Head Coach **Kelvin Lam**, '18 MBA, says that the “Spartan up” gesture is made more meaningful by the people who embrace it: “San José State itself is just a place. But it's the things that you do in that place, the connections that you make, that give it all that extra meaning. It's like trying to talk about what love means. You can put little hearts everywhere, but they don't

mean anything until you add a picture of a loved one. Then you realize that those hearts are special.”



## How to “Spartan Up”

To create a Spartan head with your fingers, form a helmet with your thumb and index finger. Curl remaining three fingers over the top of the helmet, mimicking a feathered plume. Share generously.

# WE'RE ALL

Are you?

**There's a bold, new vision for San José State.**

It's not just about athletics. It's not about football alone. But there are many examples of how a thriving football program can transform a university. It can be the path to success for all of our programs in every corner of the university. Under the leadership of Athletics Director **Marie Tuite** and Football Head Coach **Brent Brennan**, and with the support of alumni like legendary coach **Dick Vermeil**, '58 Physical Education, '59 MA Education, and donors **Cindy**, '77 Liberal Studies, and **Rich Thawley**, '77 Political Science, we can build and sustain a great football program.

We have good people who care about SJSU's student-athletes. They care about the football program. And they care about the university. Will you join us?

—Paul Lanning

Vice President, University Advancement  
CEO, Tower Foundation of SJSU



*"The time has come for us to move football to the next level."*

—Marie Tuite



*"We're going to teach hard work, we're going to teach respect, we're going to teach toughness, and we're going to teach love."*

—Brent Brennan



*"If it wasn't for San José State, I wouldn't be wearing this world championship ring."*

—Dick Vermeil



*"I feel fortunate that we can make a difference. I'm excited and I'm all in."*

—Cindy Thawley



*"The game has changed. We've changed the thinking. I hope you want to be a part of it. I hope you can step up."*

—Rich Thawley

**ALL In**  
THE CAMPAIGN FOR  
SPARTAN FOOTBALL

To learn more about the August 10 "All In" kickoff and to support the campaign, visit [sjsufotball.com](http://sjsufotball.com)

# My Story is Here

## **Kathleen Roe**

Professor, Health Science

**“When your heart is open,  
you feel that you have the  
capacity to do more.”**

After her son left for college in 2004, Health Science Professor Kathleen Roe felt ready “to be open to adventure, to do something different from what I had been doing—and in that space, came the *intercambio*.” The *intercambio*, or exchange program, emerged when she met a Oaxacan artist collective that specialized in creating handmade *alebrijes*, beautifully decorated figurines. By forming a multicultural partnership, she created opportunities for social change at home and abroad. The annual trips to give health presentations in schools and learn community principles from Mexican leaders blossomed into an alliance that she says has “helped shape” not only her career, but her students’ careers as well.

## **Share Your Story**

*My Story is Here is a statement of pride in being a member of the SJSU community. In 100 words, tell us how you’ve used what inspires you to make a difference in the world. Include your name, major, year of graduation and telephone number. Send information via email to [wsqeditor@sjsu.edu](mailto:wsqeditor@sjsu.edu) or USPS: WSQ Editor / SJSU / One Washington Square / San José, CA 95192-0258.*

