

NUTRITION      FOOD SCIENCE      PACKAGING

# TRI-FOCUS

**SAN JOSE STATE UNIVERSITY - DEPARTMENT OF NUTRITION & FOOD SCIENCE**

HELLO ALUMNI AND FRIENDS!



We are proud to have graduated 79 students from our department this 1998-99 academic year: 62 Bachelors degrees (with concentrations in Dietetics, Food Science and Technology, Foodservice Management, and Packaging), and 17 Masters degrees.

Currently, we have a total of 301 majors in the department (223

Bachelors and 78 Masters students).

Further, course enrollment figures for the department are at an all time high, with 528 Full Time Equivalent Students (FTES). This is because our general education courses are so popular with non-majors. For example, in Spring Semester 1999, we offered 20 sections of the *Nutrition and World Hunger* course (NuFS 139) and 19 sections of the *Introduction to Science Through Nutrition* course (NuFS 9).

We are thrilled to welcome two full-time temporary faculty in Nutrition to our staff. Since they have previously taught part-time in Nutrition and Food Science at San Jose State University, many of you may know them. *Dr. Clarie Hollenbeck* earned his doctorate at Oregon State University and was a senior scientist at Stanford Medical Center. *Michelle Neyman* earned her doctorate at the University of California at Davis, and her expertise is in Community Nutrition.

Also, we are proud to announce the accomplishments of two of our faculty members. *Dr. Panfilo Belo* (Food Science) was promoted to Full Professor, and *Dr. Jorge Marcondes* (Packaging) earned early tenure and promotion to Full Professor.

Additionally, faculty member, *Dr. Nancy Lu*, served as half-time Associate Dean of the College of Applied Sciences and Arts this year. Next year, she will continue to serve in the college office working on Health Professions and Applied Sciences curriculum, staffing, and scheduling issues, as well as the *Pacific Rim Newsletter* and other activities

This year, the *Circle of Friends* combined their reception with the department convocation reception and ceremony, instead of scheduling a separate event. The result of the *Circle of Friends* sponsorship and monetary support, combined with strong fund-raising by the student club, was that many more graduates (and their families) could afford to attend the graduation festivities than in the past.

The *Circle of Friends* Distinguished Honorary Award recipients for 1999 were Dan Gordon and Dean Biersch, co founders and owners of Gordon Biersch Brewing Company. Their major brewing and bottling plant is located in San Jose, as well as 1 of their 12 restaurants. Fund-raising priorities for *Circle of Friends* in 1999-2000 will focus on our food science concentration.

Following the *Circle of Friends* purchase of a new professional range for the Quantity Foods Production Kitchen, we are also excited that new stoves will be installed in the Food Science/Food Preparation Laboratory, CCB 125. This will enhance the laboratory experiences of three quarters of all the students in the department, as they are required to take classes offered in this classroom.

Speaking of progress, how many of you remember the sweltering heat and blistering cold experienced in the Central Classroom Building? At last, the environment is much improved, since the building's heating, ventilation, and air conditioning system was finally repaired this year.

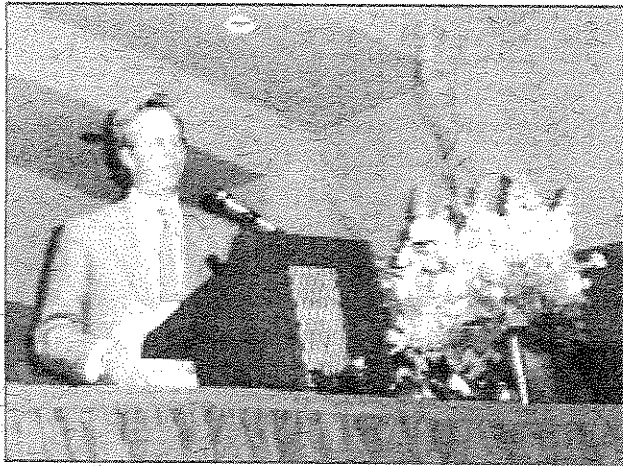
Thanks to the help of our alumni and friends, we continue to be able to provide our students with an excellent education. For creating this fantastic newsletter we owe special thanks to *Caroline Fee, Nicholas Boer, James Burke, Dana Rogers, Laura Hawkins, Nathan House, Lichi Pai, Sarah Shelor, and Judith Schallberger.*

Do keep in touch!

*Lucy McProud*

Lucy McProud, Ph.D., R.D., Chairperson  
Department of Nutrition & Food Science  
San José State University





DEAN BIRSCH  
Gordon Biersch Brewing Company

### 1999 DISTINGUISHED HONORARY MEMBERS CIRCLE OF FRIENDS

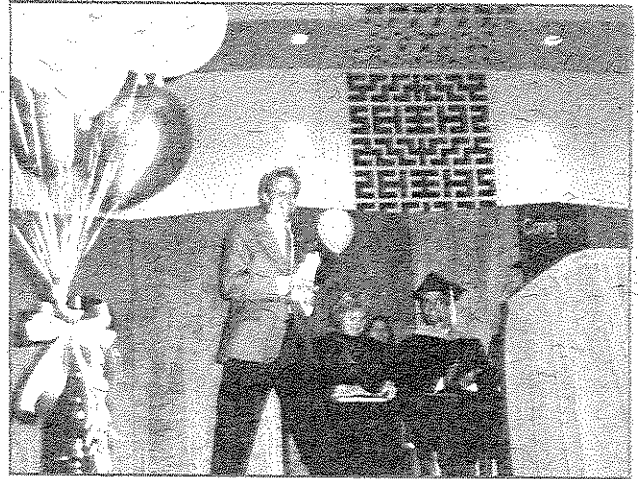
Dan Gordon and Dean Biersch, co founders and owners of Gordon Biersch Brewing Company, were recognized on May 29 as the SJSU Department of Nutrition and Food Science **Circle of Friends** 1999 Distinguished Honorary Award Recipients.

Gordon and Biersch joined forces in 1987 with a shared vision of developing super-premium lager beer and creating unique brewery restaurants, serving international and regional foods, to compliment their beers. Each of them brought their own area of excellence to the partnership, Dan having the expertise in beer brewing and Dean in restaurant/hospitality management.

Their joint venture has enjoyed incredible success. The Gordon Biersch line of bottled and draft beers is the second fastest growing draft beer brand in the United States. In fact, the company built its own 90,000 bbl brewing and bottling facility in San Jose in 1997. In addition, the first Gordon Biersch Restaurant in Palo Alto was so popular that the company decided to carry their success to San Jose, where the second restaurant was opened.

Gordon Biersch has now expanded to 12 restaurants in 5 states, in addition to numerous airport, resort, and sporting event concessions. The company plans to "come up for air" in 1999, investing in major restaurant facility improvements, opening two new properties, and preparing the company for further growth. In short, Dan Gordon and Dean Biersch are true leaders in the microbrewery industry, gifted restaurateurs, and celebrated San Jose icons.

At this year's Circle of Friends Reception, which was held in concert with the Graduation Celebration and Convocation, Dean Biersch accepted both Distinguished Honorary Awards (as Dan Gordon was involved in his most creative endeavor, welcoming the birth of his baby girl). Dean spoke to the graduates, their families, and friends on the company's secrets of success. His words of wisdom centered on charting a personal course after graduation and having an entrepreneurial spirit and will to succeed.



Dean Biersch strides to podium to share words of wisdom with graduates

Dan Gordon and Dean Biersch truly embody what the **Circle of Friends** is all about: passion for quality, success, and commitment to excellence. The **Circle of Friends** recognizes with great honor and appreciation, Dan Gordon and Dean Biersch as its 1999 Distinguished Honorary Award Recipients.



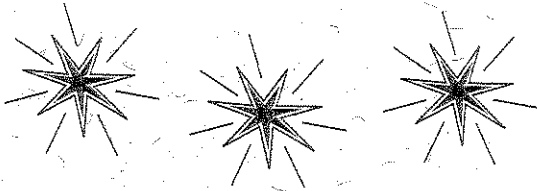
Caroline Fee, Director Circle of Friends,  
presents Distinguished Honorary Award plaque  
to Dean Biersch

## CIRCLE OF FRIENDS CHAMPIONS EXCELLENCE!

This coming year, the **Circle of Friends** has a tremendous opportunity! With our past support, the department has grown and flourished. In recognition of this success, the university is providing funds to update our antiquated food science/preparation laboratory. These much needed funds will provide the basics. However, to make this laboratory truly excellent, state-of-the-art food testing instruments are needed.

Our goal is to raise \$10,000 for this project. The first priority is to purchase a digital spectrophotometer. This instrument measures changes in food pigments due to enzymatic activity caused by changes in environmental conditions such as heat and light. This enzymatic activity creates undesirable, off-colors in foods. Therefore, the ability to understand this concept is crucial in food science and technology education.

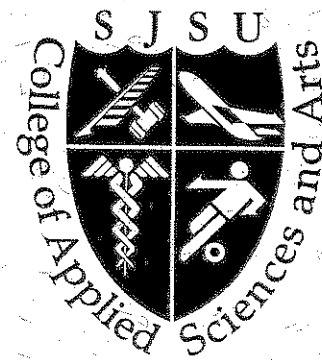
You can help maximize the opportunities that lie ahead. Share our vision to produce tomorrow's leaders in nutrition and food science. The **Circle of Friends** welcomes you as a member. (An application is provided in this newsletter).



## CIRCLE OF FRIENDS MISSION AND MAJOR ACCOMPLISHMENTS

The "Circle of Friends" is a coalition of alumni, faculty, community partners, and friends of the SJSU Department of Nutrition and Food Science who have joined together to sustain the department's dedication to excellence. The contributions from our 150+ members have been directly responsible for enriching our students' educational experiences in a number of ways. In our sixth year of success, some major accomplishments include:

- Completion of the Food Processing Laboratory
- Purchase of a Bioelectric Impedance Analyzer
- Purchase of a Portable Food Demonstration Cooking Unit
- Purchase of a Bomb Calorimeter (with microprocessor)
- Creation of a Student Research Assistance Fund
- Purchase of a Heavy Duty Professional-Range
- Establishment of six new Student Scholarship Funds



## NUTRITION STUDENTS, ALUMNA, MAKE SHOWING AT AWARDS CEREMONY

The College of Applied Arts and Sciences honored nutrition students (who academically "applied" themselves) at its annual Award Reception held on campus May 3. Dr. Michael Ego, the College's Dean, presided over the ceremony and - along with Pat Schaaf, a research dietitian at UCSF Stanford Health Care - handed out the three \$500 Nutrition and Food Science awards.

For their outstanding performance and professional promise, undergrads Coorina Alcaraz-Alvarez and Elizabeth Batalao won scholarships, while graduate student Jill Christensen



Pat Schaaf presents \$500 scholarship to Elizabeth Batalao

received grant money for her research on obesity. Christensen is focusing on the exercise needs for overweight, low-income adolescents. Alcaraz-Alvarez was awarded the Dean's Undergraduate Scholarship and Batalao the UCSF Stanford Health Care Scholarship.

The evening opened with welcoming remarks by



Dept. Chair, Dr. Lucy McProud, congratulates Coorina Alcaraz-Alvarez

SJSU Provost, Dr. Linda Bain, and concluded with Dr. Ego's presentation of the Distinguished Alumni Awards. Our own Leta Levin Frye, who graduated with a M.S. in Nutritional Science in 1982, was one of nine university alumni honored. Frye was selected for her extraordinary contributions, both to SJSU and the nutrition profession.



Faculty Advisor, Dr. May Choo Wang, shares the crowning moment with Jill Christensen

## LETA LEVIN FRYE DEDICATED NUTRITIONIST AND COMMUNITY VOLUNTEER

The Department of Nutrition and Food Science is proud to have Leta Frye as our outstanding alumna for the 1998-99 academic year. She has enjoyed a remarkable career focused on providing health services and programs for Santa Clara County's older residents, while still finding time to help our younger students.

Leta, who received master's degrees from SJSU for Nutritional Science in 1982 and for Gerontology in 1994, has done much to enhance our NuFS department. She helped develop a dietetic internship program, through the Santa Clara County Senior Nutrition Program, for nutrition students who wish to work with older adults. She has also given countless hours mentoring nutrition students and giving numerous workshops such as the Annual Trends in Nutrition Symposium.

In addition, Leta has shared her expertise as a guest speaker for many community nutrition classes at SJSU. As the guest alumni speaker at the NuFS graduation convocation in May 1998, she gave a moving and motivational speech relating her education at SJSU to a successful and selfless career.

Leta spent the last 15 years working with older adults as a dietitian for the Senior Nutrition Program of Santa Clara County Social Services Agency, and has just recently retired. She also served as President of the San Jose/Peninsula District of the California Dietetic

Association for the 1997-98 term.

In accepting our outstanding alumna award, Leta adds one more honor to an already prestigious collection. She was named the Public Education Volunteer of the Year in both 1990 and 1991, received the Courage Award in 1994 from the Santa Clara County Chapter of the American Cancer Society, and earned the Live Oak Nutrition Program Special Recognition Award.

Leta is at the center of so many professional and community organizations that all wonder at her limitless energy and giving spirit. She is a member of the American Cancer Society, American Dietetic Association, California Dietetic Association, and the San Jose Peninsula District of CDA. She serves on the advisory board for the Second Harvest Food Bank and is a support group facilitator for the Alzheimer's Association.

We are honored to bestow our annual award on such a deserving individual.



Leta Frye,  
Outstanding Alumna

## NEW INSTRUCTOR MAKES A RADICALLY GOOD IMPRESSION

by

Nathan House



The NuFS faculty added a ringer to its team this year. Dr. Radesh Palakurthi—known as Dr. Rad by his students—may be a newcomer to the San Jose area, but he's hardly a newcomer to education.

Raised in India, Radesh began his college education in Calcutta, then moved to Bombay where he continued his schooling at the Institute of Hotel Management. He

then came to America and finished his Bachelor's at Florida International University, graduating in 1988.

Next, it was on to Purdue University to get his Masters, and then to Pennsylvania State University for his PhD.

Then, in 1994, the newly deigned doctor began work at the University of North Texas (UNT), teaching classes in the School of Merchandising and Hospitality Management. It was his four years at UNT that got Radesh his professional start, but it was also his downfall: He became a Dallas Cowboys fan.

Dr. Palakurthi was hired at San Jose State University in a dual capacity, both as a faculty member in the NuFS Department and also in the Hospitality/Restaurant Management Program. With us here in San Jose for just a year, Radesh says he's already comfortable teaching and living in the Bay Area. The feeling is mutual—his

impressive research and publications credits make him a great asset to SJSU.

In his leisure time, Radesh enjoys exercising, traveling, watching sports, and being entertained by documentaries on A&E, and the History and Discovery channels. When he has free time, Radesh enjoys taking road trips—he especially enjoyed Lake Tahoe and his runs up north to Vancouver, Canada. Radesh stays energized and fit by playing racquetball and running. He also finds time to enjoy action movies, his favorite being T2 (that's Terminator 2 for all you non-Arnold fans).

Radesh's parents still live in India, where his father works as a civil engineer. His Brother Sunas lives in Chicago where he works for IBM as a consultant, and his sister Sharmila is a mother of two, giving Radesh his favorite title: uncle. Actually, now Radesh has new title to top that: husband. This June, he traveled to India to get married. He will return to San Jose with his new bride just in time for the fall semester.

Speaking as a student here at San Jose State University, I am glad to have Dr. Palakurthi here as a faculty member. Besides the great contribution his experiences bring to the department, Radesh is just a friendly guy who enjoys people—the real secret to being a great professor. In fact, this intelligent, active, young married man has only one flaw... his choice in professional sports team. Come on Radesh, *the Cowboys*?

## FOOD SCIENCE TAPS INDUSTRY, YOUTH TO FUEL A BRIGHTLY GROWING FUTURE

*Faculty, students, and alumni have all been busy promoting and expanding the food science concentration this year. The degree program, which currently has 26 undergraduate and nine graduates, is expected to continue growing as awareness expands on the importance of, and the opportunities within, the discipline. Some highlights from this year's endeavors include:*

### INDUSTRY INVADES SJSU

A Food Advisory Board was formed last fall to ensure students receive an education that meets "real world" demands. Board members include industry professionals, food science professors, and one graduate student. Industry professionals include:

- Hamid Farzi from Otis Spunkmeyer
- Dale Olds from National Foods
- Kim Cortes from PHF Consultants
- Clay Glanz from Shakleys
- Rade Yankonz from Scientific Certification Systems
- Seth Goldsmith from Dole Fresh Fruit
- Linda Mazo from Mariani Foods
- Hal Redsun, retired

Eric Wilhelmsen, Ph.D., formerly of Dole and now an industry consultant, joined the NuFS faculty in 1998 as a part-time instructor. Wilhelmsen teaches world hunger, food engineering, and food chemistry, a graduate course.

### LOOKING FOR A FEW GOOD ...

Dr. Miriam Saltmarch and two graduate students, Laura Hawkins and Earl Cruz, did some high school recruiting at the county-wide Career Fair held on Feb. 10 at the Tech Museum. The mission: peak student interest in food science early so they will take the appropriate preparatory classes while still in high school.

More recruiting, this time for graduate students, took place in Oakland at the Institute of Food Technologist's Supplier Expo, on April 27. Industry professionals are in the main at this event, but many of our own students attended to learn and network.

### NUTRITIOUS TALKS

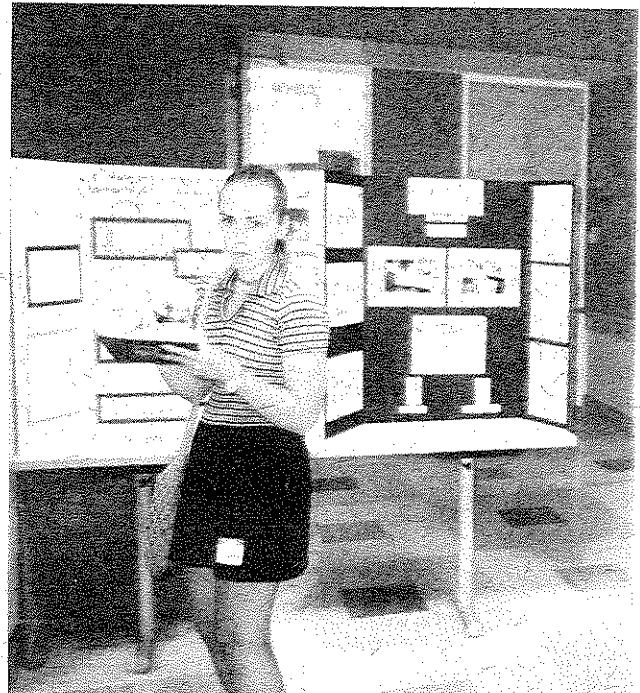
Our culturally diverse students perked up this year's many potluck "Get Togethers" – and inspired great conversation – with their authentic, ethnic dishes. The faculty and students also got together and chatted over lunch several times during the academic year.

## GOLDEN OPPORTUNITY GRADUATE DEGREE CONCENTRATION WITH A "BONUS"

An exciting, new graduate degree emphasis has been approved: **Gerontological Nutrition**. This specialization within the masters degree program is designed for students who are interested in working with older adults. Required courses include: Aging and Nutrition, Multidisciplinary Health Promotion in Later Years, Aging and Society, and Social Policy and Services in Aging.

After consultation with their graduate advisor, and based upon their thesis research or project problem, students will then choose additional coursework in gerontology. Psychology of Aging, The Older Woman, Independent Living for Aging and Disabled, and Long Term Care Organization and Management are just a few of the electives being offered.

Completion of this graduate degree emphasis with a thesis or project on a gerontological nutrition issue will result in students receiving not only their M. S. in Nutrition, but also a Certificate in Applied Social Gerontology.



Senior Tami Elderle takes notes at Student Research Poster Session sponsored by San Jose Peninsula District of CDA



## PACKAGING GETS BIGGER AND BETTER

Growing participation in the Student Packaging Association led to a dynamic and successful 1998-1999 academic year. Some of this year's highlights included:

- A rise in the number of members to 52 students
- Attendance of more than 100 at the Institute of Packaging Professionals Student Night
- More than 25 members traveling to Chicago to attend the PMMI PackExpo 98
- Financial support for Student Packaging Association activities from more than 120 attendees at the Western Packaging Association's golf tournament fund-raiser.

To encourage further interest and growth, one of the association's main goals is to cultivate professional membership. This year an e-mail roster and resume book were developed to facilitate student/professional communication, and to aid members looking for a summer internship.

Anyone interested in joining or learning more about the Student Packaging Association can call Peter Matthews at (408) 298-9657. For information on the Packaging Program, call Dr. Jorge Marcondes, Packaging Coordinator, at 408-924-3210.

## \$24,000 IN SCHOLARSHIP "PACKAGES" AWARDED

The following SJSU packaging students have been awarded scholarships during the past academic year.

<u>Recipient</u>	<u>Amount</u>	<u>Sponsor</u>
Kelly Gonsalves	2,500	Bright Family Foundation
Peter Matthews	1,000	Flexible Packaging Association
Marjan Hajabbasi	1,000	Reed Exhibitions Company
Martin DiSalvo	1,000	California Packaging Club
Maryam Hajiabasi	1,000	California Packaging Club
Jose Rochin	500	Flexible Packaging Association
Erlyn Malasan	500	Dow Chemical Company
Shar Hashemi	500	THARCO
Cydney Biagiotti	500	THARCO
Huong Ngo	500	WPA/Ken Dean
Jennifer Graham	500	Sealed Air Corporation (via PEF)
Mai Nguyen	500	Sealed Air Corporation (via PEF)
Georgia Douveas	500	PMMI (via PEF)
Barani Win	500	WPA/Ken Dean
Lan Nguyen	500	SJSU Advisory Council
Maryam Kalami	500	Dow Chemical Company

### Travel and professional meetings scholarships

Professional meetings (all)	2,000	IoPP Golden Gate Chapter
PMMI Travel, PackExpo 98	5,600	PMMI
Work Scholarship, PackExpo 98	800	Lansmont Corporation
Travel Scholarship, PackExpo 98	400	Westpak, Inc.
Industry PackExpo 98 Travel	3,200	IoPP Golden Gate Chapter, Tenneco, Inhale Therapeutics, Dow Chemical Viking Packaging and Display, R.W. James Packaging, Kim Roper

IoPP = Institute of Packaging Professionals, WPA = Western Packaging Association, PEF = Packaging Education Forum, PMMI = Packaging Machinery Manufacturers Institute.

## RECOGNITION OF EXCELLENCE

### Scholarships/Grants:

#### **College of Applied Sciences and Arts Scholarship and Grant Awards**

Dean's Undergraduate Scholarship  
Coorina Alcaarez-Alvarez \$500

Professional Development Grant  
Dana Rogers \$750

Professional Development Grant  
Mary Foley \$750

Small Research Grant  
Jill Christensen \$500

#### **Circle of Friends Scholarship Awards**

Elveda Smith Scholarship  
Chitra Dadlani \$500

Rose Tseng Scholarship  
Mary Foley \$400

Stanford University Hospital Scholarship  
Elizabeth Batalao \$500

Haas Family Scholarship  
Judy Farnsworth \$1000

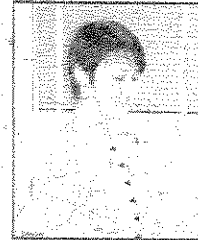
#### **Selected Graduate Student Research/Projects Accepted at State and National Professional Meetings-Poster Sessions**

California Dietetic Association – Mari Fujikawa:  
*Development of an Asian Cardiac Menu for a  
Hospital in Santa Clara County*



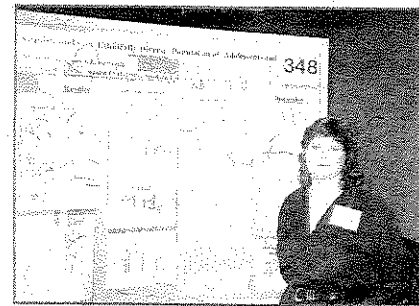
Mari Fujikawa

Society for Nutrition Education – Dana Rogers: *College Peers Teach Nutrition (Development of a Peer Nutrition Education Program for College Students: A Pilot Study)*



Dana Rogers

American Society for Bone and Mineral Research –  
Gretchen Vannice: *Magnesium and Bone Mineral  
Acquisition in Ethnically Diverse Adolescents*



Gretchen Vannice

#### **Stanford Medical Center Auxiliary Adult Scholarship Awards**

Melanie Haake \$3000  
Sarah Shelor \$3000

#### **Washington Hospital Scholarship Award**

Dimple Jashnani \$4000

#### **Northern CA Institute of Food Technologists Travel Grant**

Laura Hawkins \$475

### Honors

#### **Nutrition and Food Science Department Honors**

Dana Rogers: Outstanding Masters Candidate  
Mary Foley: Outstanding Masters Candidate  
Melanie Haake: Outstanding Baccalaureate Candidate  
(dietetics)  
Joe DeMers: Outstanding Baccalaureate Candidate  
(packaging)

#### **Who's Who Among Students in American Colleges and Universities 1999**

Dana Rogers  
Mary Foley

## ALUMNI INTERVIEWS



**Martha "Marty" Wilson,  
M.S. '98**

Marty recalls her education at SJSU as a place where team building, not competition, was the rule for students and teachers. Marty now brings this spirit of compassion to all she

pursues. She and several former classmates have become nutrition advocates, lobbying in Sacramento and writing to legislators. Their aim is to strengthen the nutrition profession by becoming proactive in health related legislation.

Currently, Marty is working with older adults, counseling them on disease prevention and lifestyle changes, as a private nutrition education consultant. Her people-person personality has rubbed off on her husband Charles, who recently made a career change from the technical side of semi-conductor software to a marketing position.

The couple are proud and close to their niece, Janel Wilson, who graduated from USC this May with a joint history and theater arts major. They attended Janel's graduation convocation where that premier people person, Henry "The Fonz," Winkler, was the master of ceremonies.

Marty gives special thanks to the faculty who encouraged her close, supportive relationship with her peers.



Pamela and Dr. Kathy Sucher  
featured in San Jose  
Mercury News

**Pamela Kittler, M.S. '83**

Pamela's good taste, and great writing skills, are in evidence everywhere. An expert in cultural foods, she coauthored, with faculty member Kathy Sucher, "Food and Culture in America," acknowledged as the best college textbook in its field. She and Kathy are founders and partners of Four Winds Food Specialists.

Pamela's quarterly newsletter, "Fork, Fingers and Chopsticks," supports food, nutrition and health professionals who work in multicultural settings. In addition to giving insights into cultural foods, the newsletter profiles ethnic groups and is filled with articles on hot nutrition topics. Her website [eatethnic.com](http://eatethnic.com) maintains ethnic health data, answers to common questions, a food quiz on her newsletter and, of course, an ethnic food page.

When Pamela is not writing about cultural foods, you can find her cooking ethnic foods and dining at ethnic restaurants. She also enjoys walking and hiking. In August, she and her husband, Richard, celebrated their 25<sup>th</sup> Wedding Anniversary.

Pamela fondly recalls having her second daughter, now a sophomore in high school, while getting her master's degree at SJSU.



**Melinda Poliarco,  
M.S. '88**

Twelve years after getting her master's in nutrition at SJSU, Melinda is planning to earn her MBA starting in the Spring of 2000.

Going back to school is no small goal, but, she's used to challenges. Melinda directs Food and Clinical Nutrition Services at three Kaiser Hospitals, overseeing the Redwood City, Santa Clara and Santa Theresa branches. She also volunteers on the Council for the San Jose Peninsula Dietetic District of CDA.

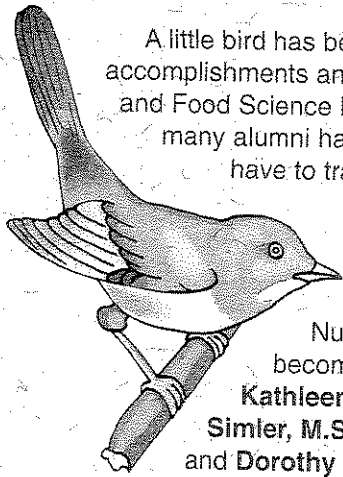
These challenges pale to what Melinda says is her latest aim: learning to play golf. When she can get some time off, she enjoys traveling to Europe and spending time with her family.

Melinda's love of challenges goes back to her favorite SJSU professor, Elveda Smith, who really pushed her to do her best. In Melinda's own words, "Elveda turned me around."



## ALUMNI SIGHTINGS

edited by  
Nicholas Boer



A little bird has been telling us of the many accomplishments and whereabouts of Nutrition and Food Science Department grads. While many alumni have migrated, you won't have to travel far to catch a glimpse -

SJSU NuFS 139  
(Nutrition & World Hunger)  
and NuFS 9 (Introduction  
to Science through  
Nutrition) classrooms have  
become natural habitats.

**Kathleen Cahill, M.S. '98, Valerie Simler, M.S. '97, Keri Leone, M.S. '97 and Dorothy Parker, M.S. '96** are right here on-campus teaching large flocks.

Diligent spotters may even see veteran **Kathryn Cefaloni, M.S. '88**, who returned just last fall to teach NuFS 139.

Flying between Cabrillo Community College and SJSU hasn't worn out **Francine Genta, M.S. '91**. Clear fall skies should allow great views of Genta through many NuFS 9 classroom windows. Returning to the department after working as a dietitian at San Jose Medical Center, **Loan Pham, M.S. '96** is singing. She says switching her career path in mid flight to teaching and research is the best decision she ever made.

Another alumna, **Janet Willis, B.S. '95**, is chirping happily away at the San Jose Medical Center where she works as their lead clinical dietitian. Both **Vicki Castelli, M.S. '95** and **Darcy Becker, M.S. '96** are enjoying their work at Kaiser, Santa Theresa Hospital where they work as outpatient and part time dietitians, respectively.

Alumna dietitians can also be spotted at Watsonville Community Hospital, where **Eileen Mackusick, M.S. '94** serves as chief clinical dietitian, and all the way across the country in White Plains, New York where **Jennifer Hoesel, B.S. '97** is working as clinical dietitian at Saint Agnes Hospital.

**Eddie Bell, B.S. '97** is putting miles behind him as well. He recently ran his fifth marathon and finished a San Francisco to Los Angeles bike ride to benefit AIDS patients. Watchers can sneak up on him here in the department where he is now relatively still, chasing after a master's degree.

**Victoria Major, M.A. '70** isn't eating worms. She was sighted packing up her nest and migrating south with her husband to the San Diego area. She will continue to lead H.M. Composite (her long term care, menu consulting business), but will focus on clients in Southern California. Her partner, **Jane Harmer, M.A. '77** will continue to perch in their corporate offices in Campbell.

Another business success, **Cade Newman Fields-Gardner, M.S. '87**, continues good works with her HIV/AIDS patient nutrition consulting company, "The Cutting Edge." Fields-Gardner, who is the company's owner and director of services, shares a nest with her husband in Cary, Illinois. **Stephanie Brooks, M.S. '97** gets a feather in her graduation cap. She recently started "Bay Area Nutrition," a consulting business where even the wingless can fly to with ease — [www.bayareanutrition.com](http://www.bayareanutrition.com).

What ever happened to **Betty Wattles Starr, B.A. '66**? This wise owl brightened her plumage with an M.B.A. from U.C. Irvine in 1983, and now shows off her talents in Inglewood, CA where she works as a renal dietitian for Pacific Coast Dialysis. **Deadre (Dee) Rubin-Thorn, B.S. '95** is closer to home, working as a clinical dietitian at Alameda Hospital. She was recently sighted there chirping a continuing education lecture/workshop, "Nutrition and Women's Health."

Our little bird told us, somewhat enviously, that **Mary Ann Sullivan, M.S. '81** is basking in the Florida sun, and works in Sarasota as the dining room manager for Plymouth Harbor Inc. Retired professor emeritus **Jean Downes, M.A. '74**, is soaring — flying west to east to her older daughter and grandson in Maryland, and east to west to her younger daughter and two grandsons in Hawaii.

Landing a job in perfect harmony with her enthusiasm and communication skills, **Adina Naiman, M.S. '98** now peddles every bird's favorite: nuts and candies from Harmony Foods. **Sima Dahi, M.S. '98** is delivering more substantial fare to San Francisco's elderly as head of nutrition for Meals on Wheels.

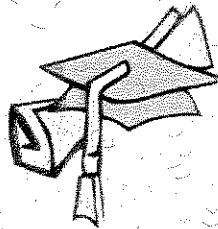
**Sandy Queen, M.S. '98** is watching over the chicks in San Jose Unified School District as their food service nutritionist. Queen is presiding in the absence of **Danielle Yantis, M.S. '95**, who has just had a little chick of her own. **Kim Roth, M.S. '98** earns the nutrition mom of the year award, giving birth to a healthy boy without missing a beat teaching her NuFS 9 class at SJSU!

**Marisa Castaldini, M.S. '96** showed off her first baby boy to the entire department at the combined Graduation Convocation and Circle of Friends Reception on May 29. Collective chirps of approval could be heard from **Phyllis Simpkins, B.A. '46, Holly Weber, M.S. '93, Sharbari Khanna, M.S. '95, Marty Wilson, M.S. '98, Joan Giampaoli, M.S. '91, and Caroline Fee, M.A. '79**, who were all in attendance.

# THE JOYS OF GRADUATION CONVOCATION 1999



The glorius day finally arrives!



Sherry Adamski takes the lead  
on the "final" student walk to Graduation Ceremonies



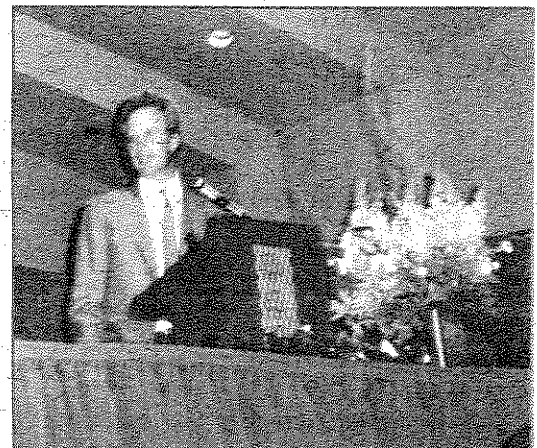
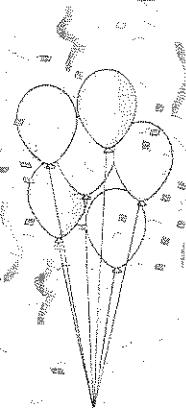
The auditorium awaits the ecstatic graduates and guests



Department Chair, Dr. Lucy McProud, welcomes the  
graduates, their families, and friends



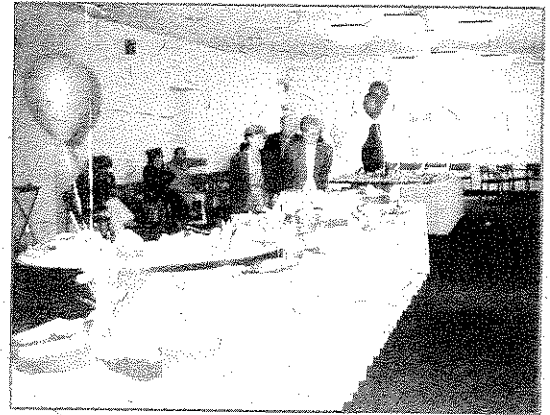
Dr. Michael Ego, Dean College of  
Applied Sciences and Arts, adds his  
congratulations and best wishes



Dean Biersch, Circle of Friends-  
Distinguished Honorary Award Recipient,  
gives graduates his secrets for success



The Class of 1999 receives a huge round of applause



Sumptuous luncheon buffet has something to please everybody



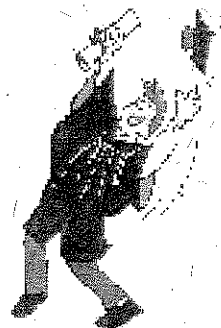
Laura Hawkins, Food Science Grad, enjoys a toast with her husband Mark



Faculty members, Dr. May Wang, Dr. Michelle Neyman, Joan Giampaoli, and Dr. Barbara Gordon enjoy catching up with Dr. Elveda Smith, Emeritus Professor



Grads Dana Rogers, Nadya Peattie, Karen Cauchi, and Sherry Adamski toast the future with Gordon Biersch "Golden Export" beer



Convocation Chair, Shannon Ritchie, receives applause for her leadership and hard work

**DEPARTMENT OF NUTRITION AND FOOD SCIENCE**  
**Bachelor of Science**  
**May 1999 Graduates**

**Dietetics**

Sherry Adamski  
 Charlotte Bech  
 Karen Cauchi  
 Tami Enderle  
 Martene Espejo  
 Celedonio M. Galiza  
 Nina Gatachalian  
 Dana Gilbert  
 Melanie Haake  
 Darlene Hong  
 Ruth Cory Howard  
 Karen Ikemoto  
 Catherine Kumagai  
 Karin Lund  
 Eric W. Parhiala  
 Nadya Peattie  
 Sandra Queirolo  
 Ginger Lee Royer  
 Amy Schlatter  
 Tejal Sheth  
 April Vandiver  
 Chandra Williams  
 Heather Wood

**Food Science**

Rhea A. Aquino  
 Kelly Eidal  
 Mary Halter  
 Samantha Miranda

**Food Service Management**

Lilliam Dominguez  
 Lisa Flores  
 Francis Gardner  
 Maria Salgado  
 Evelyn Surla

**General Nutrition**

Tracy Lindeman  
 Mary McDonough  
 Jane McIntosh  
 Karyn Torres  
 Victoria Rawlinson

**Packaging**

Vintia Afshar  
 Anthony Bantug  
 Santiago Beltran  
 Chris Birgers  
 Diana De Los Santos  
 Joe DeMers  
 Ben Duong  
 Mark Escobedo  
 Paul Garcia  
 Solivan Heip  
 Duraid Isho  
 Park Jung  
 Ashouridinpal Khangaldy  
 Thomas Nguyen  
 Thy Nguyen  
 Trang Nguyen  
 Leary C. Pay  
 Lydia Petrehn  
 Zaga Rakidzich  
 Suzanne Ramos  
 Jose Samuel  
 Rochin Silva  
 Karsumi Tanaka  
 Nghia Thien  
 Minhngoc Tran  
 Ryan Velasco

**DIETETIC INTERNSHIPS 1999***Internal Placements:*

Dalia Perelman: Santa Clara Valley Medical Center  
 Mona Shah: San Jose Unified School District / San Mateo County General Hospital  
 Jackie Thompson: Pajaro Unified School District / Kaiser- Santa Teresa  
 Geraldine Conlon: UCSF Stanford Health Care  
 Dana Rogers: Choices for Children / Valley Care Health System  
 Brandi Gregg: Cupertino Unified School District / Mariner Post Acute Network  
 Jill Christensen: Watsonville Community Hospital  
 Grace Johnson: California Pacific Medical Center / San Jose Unified School District  
 Norma Molina: San Jose Medical Center  
 Michelle Neyman: Kaiser- Santa Clara / Choices for Children  
 Dimple Jashnani: Santa Clara Valley Medical Center / Milpitas Unified School District

*External Placements:*

Melanie Haake: West L.A., V.A. Medical Center/UCLA combined M.P.H. Program  
 Jennifer White: University of Nevada, Reno  
 Mary Lee Foley: Brigham and Women's Hospital, Boston, MA  
 Elizabeth Batalao: CSU, Long Beach, combined M.S. Degree Program  
 Karen Lund: Missouri Department of Health, Jefferson City, MO

**NUFS MASTER OF SCIENCE**  
**Summer 1998/Fall 1998/Spring 1999**  
**Thesis/Project Title**

<b>Karen Massa Battilega</b>	<i>The Development and Evaluation of Vegetarian Menu Items for a High School Population</i>
<b>Lorraine Chaterjee</b>	<i>Effect of Garlic Supplementation on Plasma Lipids in Hypercholesterolemic Adults</i>
<b>Jill E. Christensen</b>	<i>Overweight and Obesity Among Low-Income Adolescents: A Physical Activity Needs Assessment at the Community Level</i>
<b>Denae Marie Curnett</b>	<i>Dietary Habits and Nutrition Knowledge of Professional Basketball Athletes</i>
<b>Mary Lee Foley</b>	<i>Female Teens with Type I Diabetes Have a Preference for Thinness and Low Body Satisfaction</i>
<b>Mari Fukijawa</b>	<i>Development of an Asian Cardiac Menu for a Hospital in Santa Clara County, California</i>
<b>Manjiri Ghate</b>	<i>The Determination of Antioxidant Activity of Polyphenol Extract from Artichoke Leaves</i>
<b>Ashleigh Harwin</b>	<i>A Study of WIC Population on San Jose, CA: Why Are the Women Choosing to Not Breastfeed?</i>
<b>Laura Hawkins</b>	<i>Chemical, Physical, and Sensory Characteristics of Spray Dried Banana Powder</i>
<b>Francisco Holway</b>	<i>Physique Characteristics of Division II Female Field Hockey Players</i>
<b>Dimple Jashnani</b>	<i>Development, Implementation, and Evaluation of a Community Nutrition Website at San Jose State University</i>
<b>Dana L. Rogers</b>	<i>Development of A Peer Nutrition Education Program for College students: A Pilot Study</i>
<b>Mona Shah</b>	<i>Nutrition Continuum of Care: The Adequacy of Interdisciplinary Transfer Packets Used on Admission to Skilled Nursing Facilities School Students</i>
<b>Yi-Ping Sun</b>	<i>Effects of Cholesterol Diets on Vascular Function and Atherogenesis in Rabbits</i>
<b>Gretchen Vannice</b>	<i>Magnesium and Bone Mineral Acquisition in Ethnically Diverse Adolescents</i>
<b>Kathleen Webster</b>	<i>Investigation of Self reported Level of Pain and Physical Functional Status with Weight Loss in Obese Persons</i>

## DIETETIC STUDENTS MAKE THE GRADE AND THE NEWS

For the fourth New Year in a row, SJSU nutrition students teamed up with the San Jose Mercury News in a published feature to counsel six volunteer "clients" in dire need of a nutritional overhaul. It was a great opportunity for client resolutions, and for our aspiring professionals to practice skills gained from such classes as Nutrition Education and Counseling and Medical Nutrition Therapy.

Guided by faculty member Helen DeMarco, M.S., R.D., students were matched up with a "designated eater," given the participant's three-day diet record, and handed Nutritionist IV software. The assignment: analyze the nutritional adequacy of the client's diet and design a 24 hour eating plan, incorporating favorite foods and integrating nutrient dense ingredients.

Students met face to face with their designated eaters at the Mercury News to counsel them on their diet. In presenting the analysis and drawing on their classroom knowledge, students were able to give their clients suggestions and encouragement for a healthier lifestyle.



Student "nutrition specialists" take a bow

Most suggestions involved small changes, such as keeping bagels at work instead of relying on vending machines, drinking calcium fortified orange juice in place of carbonated sodas, consuming more fruits and vegetables, and increasing exercise.

The results were published in the Jan. 6 and 13 editions of the Mercury News, in a series entitled "The Mercury News Food Group," headed up by health and fitness reporter Julie Sevens. The exercise was a powerful experience for both students and clients. It helped provide valuable information for Mercury News readers and gave excellent exposure for the NuFS department and dietetic professionals.

The annual collaboration is bound to create better awareness for registered dietitians as "nutrition specialists." Our student specialists this year were Elizabeth Batalao, Melanie Haake, Yume Le, Danielle Maglionico, Cheryl Valdez, and Jennifer White. Congratulations on a job well done!

## NUFS CLUB IS FIT AND SITTING FAT

After a year of professional development exercises and a steady diet of guest speakers, the Nutrition and Food Science Club is, we're proud to report, in top shape. Supporting this good health was a string of record-breaking fund-raisers, proving the club is financially robust as well.

The guest speakers covered almost as many topics as the club has members. With talks on such diverse subjects as sports nutrition, the sensory dimensions of food, and a range of public health issues, our 59 student members gained an ever-broadening appreciation of the nutrition and food science field.



Assemblyman George House is lobbied by nutrition grad student and son, Nathan

Club members not only learned; they also shared their knowledge with the community and with each other. In January, six dietetic students and Helen Demarco (faculty member) were featured in a San Jose Mercury News piece that made over the diets of volunteers with varying lifestyles, eating habits, and nutritional goals. Additionally, a panel of dietetic students, who had already had their internships approved, shared their experiences and gave interviewing tips to club members yet to start the process.

The club even practiced a little political lobbying in Sacramento. In March, several members participated in California Dietetic Association Legislation Day, listening to speakers and presenting legislators with information on the importance of medical nutrition therapy.

Club officers proved themselves worthy of their titles this year, as each fund-raising event exceeded expectations. President Melanie Haake headed three events: a candy sale brought in \$400, the raffle over \$350, and the Entertainment Book sales more than \$400 — a 50 percent increase over last year.

Another raffle, headed by Food Science Vice President Laura Hawkins, and the food bazaar, headed by Dietetics Vice President Tami Enderle, brought in a total of \$600. The food bazaar was particularly gratifying as customers lined up for baked potatoes and lemonade both days despite the rain and hail. We sold out of baked potatoes each day!

Between these fund raisers and the hard selling efforts of T-shirts and aprons by Club Adviser Dr. Miriam Saltmarch, we were able to support the year's activities, including the grand finale: the Nutrition and Food Science Graduation Celebration. With 79 graduates and an overflow crowd of family and friends, the turnout at the Convocation reception and ceremony was healthy indeed!

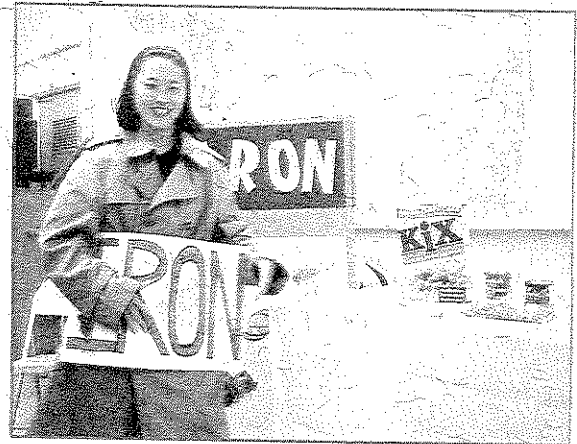
## SKITS AND POSTERS ARE A MODEL FOR LEARNING AT MOCK CONFERENCE

Creative fun and practical professional experience were combined in a special project orchestrated by students in Dr. May Wang's NuFS 190 class last fall. The Nutrition Education and Counseling class put on a mock mini-conference with projects aimed primarily at children, but viewed by nutrition faculty and invited nutrition professionals from the community. Puppet shows and Twister (with an "iron" twist) conveyed serious nutritional issues in a format that kids could understand, enjoy, and learn from.



Lisa Hagerty shares the spotlight with healthy eating puppets

posters to communicate their projects' message. An informal gathering in the poster room gave students a chance to answer questions about their projects - called interventions - and gave faculty and invited guests the opportunity to offer feedback. Many community nutritionists including Alan Roth, Molly Gonzales, Anne Glovis and Nancy Black (SJSU Health Center Nutritionist) worked with the students on their presentations and deserve thanks for their kind support.



Cathy Kumagai "pumps" iron rich foods

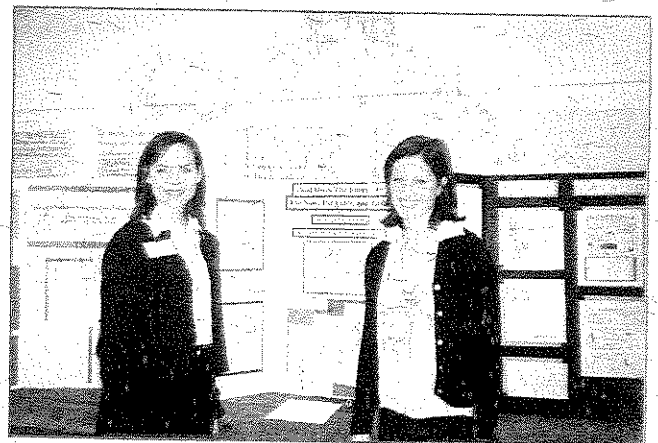
While Dr. Wang and Judith Schallberger, Department Technician, worked on the logistics of putting on the conference, it was a six-student organizational committee that came up with the program. From the total of 22 individual and group projects designed by Wang's students, committee members Jill Christensen, Tami Enderle, Catherine Kumagai, Eris Miller, Sarah Shelor and Chandra Williams chose four presentations to showcase at the conference.

Students who didn't get the chance to participate in the live displays were able to exhibit professional quality

in addition to the knowledge gained through the research and design of the projects, students gained valuable team and community-networking experience. Because the organizational committee required summaries from the students prior to a project's acceptance, the class was also a real life exercise in submitting abstracts for professional conferences.



Nadya Peattie, Karen Cauchi, and Cheryl Valdez demonstrate the rules of "Iron" Twister

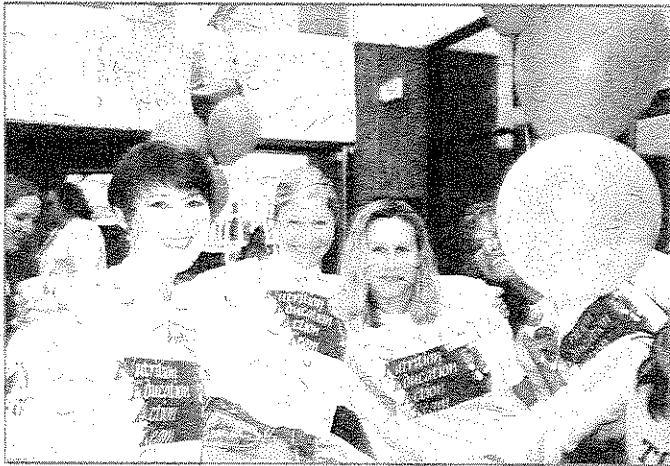


Stephanie Herman and Toby McPherson welcome questions on their poster presentation

By getting students out of the static classroom environment, Dr. Wang was able to challenge students and facilitate learning, while providing everyone with a memorable experience.

## NEW PROGRAM IS A NEAT IDEA

Putting knowledge into action, the Student Health Center together with the Nutrition and Food Science Department have a new peer nutrition education program, known as NEAT — Nutrition Education Action Team. The successful new program has more than doubled (compared to last year) the number of nutrition presentations delivered to student groups at SJSU.



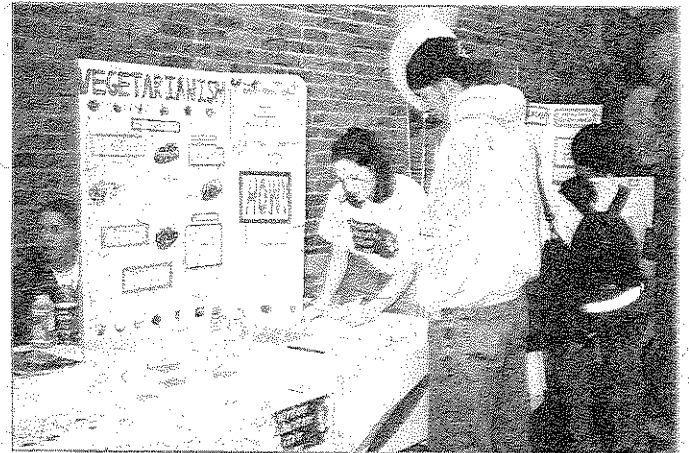
Dana Rogers, Jill Christensen, and Beth Trumbo proudly model Nutrition Education Action Team T-shirts

NEAT educators are recruited from students enrolled in NuFS 190-Nutrition Education and Counseling. Trained to develop and deliver innovative presentations to their peers, the educators are now on a mission to promote healthy eating habits and attitudes. Target student groups include not only classrooms but also clubs, sports teams, dormitory residents, and Greek organizations. In the program's first semester, NEAT educators focused on body image and eating disorders, healthy eating on campus, and sport and general nutrition.

During March — National Nutrition Month — NEAT sponsored a Health Fair that reached more than 500

students. Attendees received information on diabetes, vegetarianism, nutrition myths and quackery, heart disease, and cancer. SJSU students were able to pick up information and talk to dietetics students at 13 separate booths, plus receive free body fat, blood glucose and blood pressure testing. Helping to man the fair's booths were representatives from the American Heart Association, the Cancer Society, and the Diabetes Society.

Thanks to the guidance and hard work of graduate student Dana Rogers, Dr. May Wang, and Nancy Black, MS, RD of the Student Health Center, the NEAT Program has been a win-win situation for all involved. Students are learning about important health issues, while NEAT educators gain experience in nutrition education and develop professional presentation skills.



Toby McPherson gives tips on vegetarian diets to SJSU student attendee at Health Fair

The only problem is that dietetic students have discovered just how fun it is to venture out in the campus community — we hope it's not too hard to get them back in the classroom!



Department Chair Dr. Lucy McProud is indeed "proud" of her students who attended the California Dietetic Association annual meeting and student reception

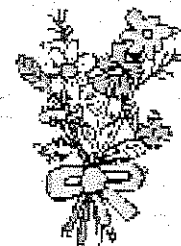


## HEARTFELT THANKS TO THE 1998-99 CIRCLE OF FRIENDS MEMBERS FOR THEIR GENEROSITY AND CARING

Sandra A. Akrawi  
Sara Arnaud  
Lois Atkinson  
Darcy Becker  
Dean Biersch  
Nancy Black  
Carol M. Bogert  
Walter M. Bortz  
Stephanie Brooks  
Bonnie Wilson Bruce  
Mary Ann Bullock  
Kathleen Cahill  
Betty Campbell  
Robert E. Caron  
Jacci Cenci-McGrody  
Laura Chaban  
Barbara Chang  
Jill Christensen  
Sheryl Curtis  
Gwen D'Antoni  
Narsai M. David  
Margaret A Davis  
Helen DeMarco  
Alanna Bennam Dittoe  
Norma Jean Downes  
Tami J. Enderle  
John W. Farquhar  
Hamid R. Farzi  
Caroline H. Fee  
Angelica Castoro Fenolió  
Cade Fields-Gardner  
Alan Finkelstein  
Doris C. Fredericks  
Molly Freeman  
Leta Levin Frye  
Kathleen Gamez  
Marie Genton  
Joan Giampaoli  
Barbara H. J. Gordon  
Dan Gordon  
Carla J. Graves  
Jeanine Grillo  
Mildred Haas  
Jacquelyn Rogers Hackbart  
Jane K. Harmer  
Khabera (Rin) Hartwig

Laura Hawkins  
David and Elsie Heiman  
Richard Heiman  
Mary Ellen Heising  
Frances V. Henderson  
Diane Hester  
Christine Grimm Hinrichs  
Jennifer Hoesel  
Margaret Jarvis Impink  
Becky (Harris) Jasperse  
Alice Susan Kawaguchi  
Jeanne D. Kennedy  
Sharbari Khanna  
Susan Kirkpatrick  
Pamela Goyan Kittler  
Lee Ann Langan  
Tish Litchfield  
Joseph and Lela Llorens  
Nancy C. Lu  
Shaunti Luce  
Diane Madgic  
Victoria Major  
Dana Malone  
Susan P. McCloud  
Patricia McDonald  
Janice A. Szabo McGibbon  
Lucy McProud  
Gloria (Imling) Meerscheidt  
Anne K. Milliken  
Joanne Mitani  
J. Brian Mitchler  
Monica Moradkhan  
Judi Morrill  
Jean E. Frankenberg Mulreany  
Rubi Myrick  
Adina Naiman  
Vaunden Nelson  
Dale F. Olds  
Molly S. Olive  
Eva Prudhomme Orton  
Dorothy Carr Parker  
Loan T. Pham  
Melinda D. Poliarco  
Clara Porcella  
Sandy Queen

Mary (Molly) C. Rauen  
Marilyn Recuperero  
Harold Redsun  
Kimberly Roth  
Deadra Rose Rubin-Thorn  
Carol L. Russell  
LaPaula Sakai  
Patricia Schaaf  
Judith Morrison Schallberger  
Valerie Simler  
Phyllis Forward Simpkins  
Elveda Smith  
Betty Wattles Starr  
David L. Stone  
Donna Friebel Storz  
Sharon Menth Studdert  
Kathryn Sucher  
Mary Ann Sullivan  
Alice Morris Swanson  
Jean Crandall Theisen  
Ellen Benson Thompson  
Rose Tseng  
Gretchen Vannice  
Sarah Viaggi  
Janice Wai  
May-Choo Wang  
Holly E. Weber  
Fern G. Wendt  
Philip R. Wentz  
Jennifer White  
Marianne M. Wilcox  
Martha J. Wilson  
Carol Whiteley Wolf  
Diana Weissman Wright  
Martin Yan



*Thank You*

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**UPCOMING EVENTS****1999**

- Sept. 21 SJSU Student Poster Session, San Jose  
Peninsula Dietetic Association
- Sept. 27 Packaging Sales and Purchasing Conference,  
San Jose State University
- Sept 28-30 WestPack, Anaheim, CA
- Oct. 18-21 Annual Meeting, American Dietetic Association,  
Atlanta, GA

**2000**

- May 4-6 Annual Meeting, California Dietetic Association,  
Palm Springs, CA
- May 27 Circle of Friends Reception/Graduation  
Convocation, San Jose State University
- June 10-14 Annual Meeting, Institute of Food  
Technologists, Chicago, IL
- June 15-18 International Association of Packaging  
Research Institute, San Jose State University

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