



NUTRITION      FOOD SCIENCE      PACKAGING

# TRI-FOCUS

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

## HELLO ALUMNI AND FRIENDS!



I can hardly believe this year has passed and that we have celebrated another convocation graduation ceremony. The students did a fantastic job of planning this year's celebration which included a first: holding a practice rehearsal session! Many other events have also occurred this year, so I will try to cover some of the highlights.

Construction of the new University-City Library is underway at the edge of campus at the corner of San Fernando and Fourth Streets. There are also plans for building new high-rise residence halls that will include 5,000 beds (90% for students and 10% set aside for faculty and staff) to take the place of the ancient brick dormitories.

Another new development is Year-Round Operations. For the first time, Summer Session 2001 was state supported which enabled students to enroll in courses at a significantly lower tuition. Year-Round Operations provide an excellent opportunity for students but pose a challenge for departments, until union issues are resolved and departments are assured of adequate revenue to cover supplies and other expenses.

Regretfully, *Dr. May-Choo Wang* resigned during the Fall semester to pursue her research full-time at University of California, Berkeley. However, in recognition of her excellence in teaching, she was honored with the *Outstanding Dietetic Educator Award* at this year's California Dietetic Association meeting. We are also proud to report that *Dr. Kathryn Sucher* was awarded an *Outstanding Dietetic Educator Award* (as a Dietetic Internship Director) by The American Dietetic Association. Congratulations to you both!

Applause is also due to *Dr. Joan Giampaoli* for successfully defending her doctoral research at Oregon State University in April. We were delighted to hear *Dr. Giampaoli* share her dissertation at our graduate Colloquium early this Spring semester. All are anxiously awaiting *Dr. Giampaoli's* return to teaching in the Fall!

Regarding curriculum, four new emphases have been approved in the department: 1) Sports Nutrition; 2)

Nutrition Education; 3) Nutrition Science; and 3) Food Management. These new emphases will soon appear, along with other enhancements, on our department web-site.

*Circle of Friends* continues to assist us in every way, and we are so grateful for their support. Thanks to our alumni and friends, we continue to be able to provide our students with an excellent education. For developing this outstanding newsletter, we especially wish to thank *Caroline Fee, Sherry Adamski, Caroline Spinali, Jocelyn Dubin, Sarah Shelor, and Judith Schallberger.*

Do let us know the latest news about yourselves and your families!

*Lucy McProud*

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

## THE PRIDE OF OUR DEPARTMENT

by Jocelyn Dubin

*She* began her career at San Jose State University (SJSU) twenty-three years ago. Within one year, *she* went from lecturer to tenure-track professor. In 1984, *she* was appointed the interim chair of the Nutrition and Food Science (NuFS) department. A year later, *she* became the chair of the department and remains so today. *She* is our very own: **Dr. Lucy McProud.**

Prior to coming to SJSU, Dr. McProud earned her doctorate in food administration from the University of Wisconsin at Madison. Upon graduating, this newly appointed PhD accepted a lecturer position at her alma mater. Little did she know, this was just the beginning of a long and successful career in foodservice education. From the University of Wisconsin at Madison, Dr. McProud began her gradual trek westward. Before journeying to California, she accepted a temporary position at Arizona State University. From there, she headed for the West Coast and landed in the heart of Silicon Valley at SJSU.

The unique demographics of Silicon Valley, San Jose State University, and Department of Nutrition and Food Science provide Dr. McProud with some of her greatest personal rewards as department chair. As a professor, she thrives on teaching a diversity of students: single parents,

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## A SNAPSHOT OF FACULTY EXCELLENCE

by Jocelyn Dubin

We have reached the end of another highly successful academic year for the Nutrition and Food Science Department. While students worked diligently on papers, presentations, and projects, the faculty shined in a myriad of ways beyond the classroom:

### Accomplished Authors

- ☆ **Helen DeMarco** authored an article, 'Exercise and Fluid Replacement Guidelines,' in the *Scanner* (Newsletter for California Sports and Cardiovascular Nutritionists).
- ☆ **Caroline Fee's** "Multidisciplinary Health Promotion in Later Years" illuminated the proceedings of the Association for Gerontology in Higher Education's 27<sup>th</sup> Annual Meeting and Educational Leadership Conference.
- ☆ **Barbara Gordon** and **Kathryn Sucher** were contributing authors for "Dietary Habits and Health Beliefs of Korean-Americans in the San Francisco Bay Area," which graced the pages of the October, 2000 issue of the *Journal of the American Dietetic Association*.
- ☆ "Effects of Cholesterol Diets on Vascular Function and Atherogenesis in Rabbits," published in *Proc. Soc. Exp. Biol. Med.* resulted from the collaborative efforts of **Clarie Hollenbeck**, **Nancy Lu**, and colleagues.
- ☆ *Nematology* published "Requirements for Branched Chain Amino Acids and their Interactions in the Nematode, *Caenorhabditis elegans*," a study authored in part by **Nancy Lu**.
- ☆ **Lucy McProud**, **Joan Giampaoli**, and K. Battilega ushered "The Development and Evaluation of Vegetarian Menu Items" into *Child Nutrition and Management*.
- ☆ **Lucy McProud** co-authored 14 posters presented at the California Dietetic Association's San Jose Peninsula District Poster Session on SJSU Student and Faculty Research.
- ☆ **Kathryn Sucher** and Pamela Kittler's third edition of *Food and Culture* hit the bookstores this year.



Kathryn Sucher  
ADA Outstanding  
Internship Director  
Awardee

### Grand Grantees

- ☆ **Caroline Fee** received a California State Lottery Grant for Professional Development. She plans to use this grant for audiovisual support materials to enhance multicultural health issues curricula.
- ☆ **Lucy McProud** was awarded a California State Department of Education 2001-2002 CalProNet Grant in the amount of \$71,000 to train child nutrition personnel.

### Laudible Leadership/Honors

- ☆ **Clarie Hollenbeck** served as Editorial Reviewer for the *American Journal of Clinical Nutrition, Metabolism, and Diabetes*.
- ☆ **Lucy McProud** coordinated the California Dietetic Association's San Jose Peninsula District Poster Session on SJSU Student and Faculty Research in the Fall of 2000.
- ☆ **Miriam Saltmarch** served as a SJSU Academic Faculty Senator, and also was the Chair of the SJSU Technology Committee and Faculty in Residence for the Center for Faculty Development and Support.
- ☆ **Kathryn Sucher** served as President-elect of the California Dietetic Association Foundation and received the Area I Outstanding Educator Award for Dietetic Internship Programs from the American Dietetic Association.
- ☆ **May Choo Wong** was presented with the Outstanding Educator Award from the California Dietetic Association



May Wong  
CDA Outstanding  
Educator Award  
Recipient

### Savvy Speakers

- ☆ **Caroline Fee** presented "Multidisciplinary Health Promotion in Later Years" at the Association for Gerontology in Higher Education 27<sup>th</sup> Annual Meeting and Educational Leadership Conference. Our resident gerontological nutrition expert was also invited to speak on "Evidence-based Nutrition Recommendations for Older Adults" for the YMCA's Health and Fitness Series.
- ☆ **Judi Morrill** shared her nutrition expertise with lucky listeners at Avenidas Senior Center and the Tech Museum.
- ☆ **Kathryn Sucher** and Pamela Kittler delivered a presentation entitled "Cultural Foods: Traditions and Trends" to the International Association of Culinary Professionals.

### Special Staff Recognition

- ☆ **Irene Tupper**, Department Secretary, was honored by the university for 15 years of service.
- ☆ **Judith Schallberger**, Head of Department Technical Services, was honored previously for her 15 years of service to SJSU.

### FACULTY FLASH

**Tawni Holmes**, PhD, RD, has just joined our full-time faculty as an assistant professor. Her special focus will be in nutrition education and community education.

## JULIE DUTCHER, MS, RD RETIRED PROFESSOR GREATLY MISSED, BUT NEVER FORGOTTEN

By Sherry Adamski



Julie Dutcher shares a dose of her infectious laughter with Caroline Fee.

“Enormous creativity and talent.” “Boundless love and commitment to students.” “Huge heart and sense of humor.” These are just a few descriptions of Julie Dutcher, by those who have known this incredible teacher.

Julianne (Julie) Dutcher, born and raised in Connecticut, began

building her extensive background in Institutional Food Management at Skidmore College in Saratoga Springs, New York, where she graduated with a Bachelor of Science degree. She then went on to obtain her Masters Degree in Nutrition from the University of Connecticut. Following her formal education, Mrs. Dutcher amassed a wealth of work experience and expertise, and was widely recognized as a leader in foodservice management.

Julie Dutcher energized every workplace she graced. She began her career as a Home Economics Teacher at Hartford Public School in Connecticut. The “wild west” then beckoned her. First, she was hired as an instructor of nutrition and institutional management at the University of Nevada; then, she became Food Service Director for Nevada State Hospital.

In 1971, Mrs. Dutcher and her family moved to San Francisco. Among her many triumphs were her positions as South San Francisco Unified School District’s Director of Child Nutrition, and child nutrition consultant to four California counties for the State Department of Education.

San Jose was her next destination. Julie Dutcher was hired as the Director of Child Nutrition Services for Eastside Union High School District. Undaunted, she took on the responsibility of overseeing the operation of 10 food production kitchens, serving one million meals per year! She also supervised 78 employees and administrated a yearly 3.5 million dollar budget.

In 1989, Mrs. Dutcher became “Professor Dutcher.” She was appointed Associate Professor for the department. Her primary responsibility was to coordinate and teach courses in the foodservice management concentration. She was also instrumental in the creation of the SJSU Hospitality Management Program, as well as being Director of the Child Nutrition Program grant from the State Department of Education, which eventually evolved into Cal Pro Net.

Professor Dutcher retired in 1993 and moved with her husband, Jim, to Yachats, Oregon.

She continued to be a key player involved in the startup of Cal Pro Net here on campus. This involved coordinating classes, workshops and television education

classes and being available as a consultant to the group. Julie was also involved in Oregon’s Department of Education Foodservice Education outreach efforts and has co-authored two courses in food service for SJSU and Cal Poly Pomona.

Currently, Julie is involved in her community 4H program and has developed classes and a curriculum for the Job Corps Center. She is also a volunteer consultant for her local extended care facility and admits to developing a new passion for senior nutrition and holistic medicine.

For fun, Julie enjoys, and has perfected, her knack for canning foods. She has even developed reduced sugar and sugar free jams and jellies for family, friends, and those on diabetic diets. Most importantly, she enjoys being a Grandma and is awaiting the arrival of another new grandchild due in September.

Julie wanted me to mention how much she truly misses the students and her faculty friends here at SJSU. She loves hearing from all, especially former students and feels proud to have been a part of so many professional successes.

“*Pride of Our Department*” continued from page 1

recent high school graduates, older adults, students with a variety of work experiences, transfer students, and individuals from a variety of different countries.

However, the predominance of the tech industry in Silicon Valley presents our chair with some of her greatest challenges. The lure of higher paying jobs in the computer industry has made it increasingly difficult to attract students to the department and other allied health majors. But with unrelenting diligence, Dr. McProud has collaborated with NuFS graduate students and faculty throughout the College of Applied Sciences and Arts to spread the word about the exciting career opportunities available in the health professions.

After enjoying each day’s triumphs and conquering its challenges, Dr. McProud enjoys spending time with her husband and two children. In the summers, she and her family enjoy touring national parks or venturing outside the U.S. This summer, the family traveled to England.

Whether within or beyond the classroom, **Dr. McProud** is committed to living life to the fullest and giving her all. Her dedication to excellence is evident to all who have the opportunity to experience her as a teacher, an advisor, or a colleague. We are privileged to have her leadership in our department and “**proud**” (pun intended) to call her our chair.



Chair Lucy McProud on vacation with her husband, Bob, son Scott, and daughter Stephanie

## WHERE ARE THEY NOW? RETIRED FACULTY

We are indebted to our very own “Sherlock Holmes” Duo (Elveda Smith and Vaunden Nelson), for updates on these former faculty members:



Elveda Smith and Jean Downes,  
longtime colleagues and lifetime friends

### Nutrition and Food Science

**Maude Ashe:** Lives in Lenexa, KS, Enjoys writing family history and doing genealogy

**Ruth Darby:** Deceased

**Jean Downes:** Lives in Alexandria, VA, Enjoys living close to her daughter, Trinka, and grandson, Matthew, and doing genealogy research

**Julie Dutcher:** Lives in Yachats, OR (see feature article for more details)

**Helen Mignon:** Deceased

**Elveda Smith:** Former department chairperson, Lives in San Jose, Enjoys getting out and traveling again, after recovering from a heart attack in 1998

**Mary Stewart:** Lives in San Francisco, Enjoys serving in the ministry along with her husband

**Mary Ann Sullivan:** Lives in Sarasota, FL, Enjoys working as nutrition coordinator for Manatee County Head Start Program

**Rose Tseng:** Former department chairperson, Lives in Hilo, HA, Enjoys leading the University of Hawaii, Hilo as Chancellor

**Fern Wendt:** Deceased

**Katherine Young:** Lives in El Paso, TX



Rose Tseng thinking of  
her next challenge

### Home Economics: Management/Consumer Education

**Kristina DeLuz:** Deceased

**Vaunden Nelson:** Lives in Santa Clara, Enjoys adult education classes, writing, and genealogy, as well as volunteering as a genealogy consultant at Santa Clara Library

### Home Economics: Education

**Claudia Duffy:** Deceased

**Marian Pfund:** Deceased, Former department chairperson, Lived in 3 centuries: 1800, 1900, and 2000

**Bonnie Rader:** Lives in Southern California, Enjoys working as a faculty member at CSU, Long Beach and being active in the Family and Consumer Science Association

**Margaret Ware:** Deceased

### Home Economics: Clothing/Textiles

**Gladys Baird:** Deceased

**Barbara Christensen:**  
Deceased

**Margaret Gylling:** Deceased

**Sue Martinek:** Lives in Monet, MO, Enjoys sewing costumes for artistic stage productions and working as an interior designer



Vaunden Nelson,  
Home Economics  
Department historian,  
par excellence

### Home Economics/ Design and Art

**Helen Evans:** Deceased

**Anna Lou Loze:** Deceased

### Home Economics: Child Development/Family Relations

**Joyce Bolton:** Deceased

**Mary Ellen Durrett:** Deceased

**Chungsoon Kim:** Lives in Los Altos Hills, Enjoys serving on the faculty and teaching early childhood education classes in the School of Education at SJSU

**Larry Smardan:** Last known to be teaching at Fresno State University

### Teaching Service Areas

**Martha Altman:** Deceased

**Maxalene Thomas:** Deceased

### Staff

**Bob Caron:** Living in Palo Alto, Enjoys trips to Reno and Las Vegas!

**2001  
DISTINGUISHED HONORARY MEMBER  
CIRCLE OF FRIENDS**

Janet McDonald, PhD, RD, was recognized on May 26 as the SJSU Department of Nutrition and Food Science **Circle of Friends 2001 Distinguished Honorary Award Recipient.**



Dr. McDonald, a Public Affairs Specialist for the US Food and Drug

Administration, has made significant contributions to consumer education. Her academic preparation for this prestigious position began at Simmons College in Boston, where she received a BS degree in Institution Management and Dietetics. She then migrated to California, where she completed her dietetic internship at the University of California Medical Center in San Francisco. After gaining experience working as a dietitian, she decided to continue her education at the University of California at Berkeley, where she earned her PhD in Nutritional Sciences

Dr. McDonald has earned the respect and admiration of all she has interacted with during the last 15 years, in her job as Public Affairs Specialist for the US Food and Drug Administration (FDA). In this capacity, she is the first line of communication between the FDA and the general public, including the media. Her principal responsibility is public education in all matters pertaining to the FDA.

At this year's Circle of Friends Reception which was, once again, held in concert with the department's Graduation Celebration and Convocation, Dr. McDonald accepted her Distinguished Honorary Award. She spoke to the graduates about the importance of having a job you truly love. She told of the variety and her continued fascination in her job. Her description of a typical week as Public Affairs Specialist for the FDA amazed everyone, right down to the reported cases of "salmonella in the cantaloupe."

Janet McDonald is a remarkable role model and truly embodies 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, Dr. Janet McDonald as its 2001 Distinguished Honorary Award Recipient.



Pat Schaaf '84, devoted alum, presents the Stanford Hospital Scholarship for Nutrition/Dietetics at the May 2001 convocation.

**CIRCLE OF FRIENDS  
NO POWER OUTAGE HERE!**

The Circle of Friends celebrates eight years of major accomplishments that have *energized* the department: six new scholarship funds, yearly research assistance awards, six pieces of instructional equipment including a bioelectric impedance analyzer and heavy duty professional range, and a high quality department web site.

Thanks to the generosity and commitment of all our members, the power is *still on*. Once again, we are ready to "light up" the department with an exciting project: a portable, hand held device that measures a person's resting metabolism. This state-of-the-art-instrument actually measures an individual's caloric expenditure when at rest, rather than having to rely on the use of charts that give group averages. To see further details visit [www.healthetech.com](http://www.healthetech.com) and click on "BodyGem."

The educational impact of this device is far reaching. Students will learn to use the instrument and the information derived (an accurate and scientific measure of the number of calories a person uses at rest) in order to develop nutrition plans based on an individual's unique metabolism. Thus, diets can be truly personalized, which is essential for planning successful weight management, sports training, and all types of diet therapies.

**Your support is essential.** Please join us and send in your membership, to make the purchase of this impressive instrument possible. Together, we can provide the energy needed to keep our department vitalized and ensure the *bright* future of our students, tomorrow's leaders in nutrition and food science. **(An application is provided with 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 of our 125+ members have been directly responsible for enriching our students' educational experiences in a number of ways. In our eightth year of success, some of our major accomplishments include:

- ◆ Completion of the Food Processing Plant Laboratory
- ◆ Purchase of a Bioelectric Impedance Analyzer
- ◆ Purchase of a Portable Food Demonstration Cooking Unit
- ◆ Purchase of a Bomb Calorimeter (with microprocessor)
- ◆ Creation of Six Scholarship Funds
- ◆ Creation of a Student Research Assistance Fund
- ◆ Purchase of a Heavy Duty Professional Range
- ◆ Development of a High Quality Department Web Site



## STUDENT PACKAGING ASSOCIATION ACTIVITIES

**PackExpo 2000, Chicago IL (Nov 2000).** Twenty-seven students were able to attend the largest packaging convention in the US. Various seminars and workshops were held, along with the Packaging Education Forum Awards Banquet, where outstanding packaging educators and students were honored. Students obtained a great deal of hands-on information about the packaging industry, while enjoying downtown Chicago.

**Institute of Packaging Professionals National Meeting, San Jose State University (March 2001).** Members from the largest professional packaging association in the US came from all over the country to attend the National Meeting held at San Jose State. Attendees spent their days attending board meetings, technical meetings, listening to speakers, and various other activities. Their nights were occupied with industry tours, a trip to Dave & Busters, and the Annual IoPP Awards Banquet. The students helped organize the five-day event here on campus and hosted a BBQ and a tour of our packaging lab for the visiting professionals.

**Student Night, Dave & Busters (May 2001).** Graduating seniors presented their Final Projects to the packaging industry at Student Night. Each group in Dr. Marcondes' Packaging 170 class, Packaging Development and Management, was to develop a packaging system for a specific product. The Clinet Company developed a pouch to contain household disinfecting wipes. Silicon Valley Electronics developed a protective package for a radio, made entirely with 100% recycled paper fiber. LifeScan Corporation redeveloped the package for the OneTouch glucose meter, cutting down on materials and waste. The event allows students to make contacts within the packaging industry, which leads to future jobs.

**Western Packaging Association Golf Tournament (May 2001).** The Western Packaging Association (WPA) hosted their annual golf tournament. The tournament is held to promote the Student Packaging Association (SPA), with the proceeds going to our student organization. Raffle drawings are held, closest to the hole contests are played, extra shots are purchased, with intent to help out the SPA. Every year students volunteer to help with the event, to interact with the industry as well as thank them for their support.

**Industry Tours.** The Packaging Industry strongly supports the program here at San Jose State, and offers various tours for our students to attend. All of the packaging courses entail industry tours, as well as tours set up outside of class by IoPP or WPA. This year, the students have been fortunate to attend companies such as Cisco Systems, Apple Computers, Pepsi, Viking Packaging and Display Designers and Manufacturers, KLA Tencor, EPE Packaging, Earthgrains, and many others.

**Scholarship Awards.** Industry support is remarkable. Twenty-seven students were able to attend PackExpo 2000 because different companies and organizations funded the students' expenses. The industry also awarded many students with scholastic scholarships to assist with school expenses. In total, \$26,000 was awarded to students in the Packaging Program. The SPA thanks the industry tremendously for all that it contributes.

## PACKAGING PROGRAM SCHOLARSHIP AWARDS

<u>Recipient</u>	<u>Sponsor</u>	<u>Amount</u>
Jeni Pfeifer	California Packaging Club	\$1,000
Stefanie Harris	Marjorie H. Bright (allocated for Fall 01-Spring 02)	\$2,500
Stephanie Little	Packaging Education Forum	\$1,000
Maryann Graham	California Packaging Club	\$1,000
Nogol Adelmanesh	Packaging Education Forum	\$1,000
Leina Mojica	Flexible Packaging Association	\$500
Patricia Kakunted	Reed Exhibitions	\$1,000
Brenda Knight	Dow Chemical	\$500
Armando Padilla	Western Packaging Association/KenDean	\$1,000
Joshua Merilos	THARCO	\$1,000
Athanasia Panos	Reed Exhibitions	\$500
Phuong Huynh	CAPE Systems	\$500
Khanh Nguyen	Packaging Education Forum	\$500
15 students	PMMI Travel Scholarships (PackExpo 2000)	\$6,000
10 students	PMMI Work Scholarships (PackExpo 2000)	\$4,000
Stefanie Harris	Lansmont Work Scholarship (PackExpo 2000)	\$400
Michael Borchers	PackExpo 2000	\$700

## KIM ROPER DEDICATED PACKAGING ALUMNA



Kim Roper poses with department chair, Lucy McProud

This year, the Department of Nutrition and Food Science is proud to honor Kim Roper, as the Outstanding Alumna for the 2000-2001 academic year.

Kim Roper graduated in 1995 with her B.S. degree in Nutritional Science and concentration

in Packaging Technology. Since then, she has accomplished much, earning advance training as a Hazardous Materials Certified Packaging Specialist (granted by the US Department of Transportation) and Level I Certified Packaging Laboratory Technologist

(granted by the International Safe Transit Association).

Kim is currently employed as a Packaging Engineer at KLA Tencor. However, she still finds time in her busy schedule to contribute to her profession by serving as Secretary and Newsletter Editor for the Institute of Packaging Professionals Golden State Chapter.

Kim has shown true alumni spirit of giving back to her department, participating in the Packaging Advisory Board here on campus. She also has supervised undergraduate packaging students interning at KLA Tencor. Additionally, Kim has been instrumental in obtaining equipment donations to the Packaging Program.

The department extends deep appreciation to Kim for all her support to our students and faculty.

## “STARS” SHINE AT CASA AWARDS CEREMONY

by Caroline Spinali

The College of Applied Sciences and Arts (CASA) held their annual Awards Reception in the First Class Dining Room on May 7, 2001. Once again, the Nutrition and Food Science (NuFS) Department illuminated the event. Four students and one alumna from our

department were honored with awards in a ceremony presided over by Dr. Michael Ego, CASA College Dean.

Huong Bi received the \$500 Dean's Undergraduate Scholarship Award, and represented the NuFS Department for outstanding accomplishment of scholarship and service. She hopes to combine her degree in nutrition with a future degree in fashion design to help

people both look and feel great.

Both \$500 Small Research Grants went to NuFS students. Dorothy Lee received a grant for her work in determining the dietary intake and nutrient adequacy of self-selected diets of children with lupus, and Sripriya Ravi received a grant for her work concerning the requirement and blockage of phenylalanine in nematodes.



Huong Bi,  
Dean's Undergraduate  
Award Recipient



Dorothy Lee, CASA Small  
Research Grant Recipient



Sripriya Ravi and her  
proud father and sister

Shoshanah Orzech, recipient of a \$1250 SJSU Alumni Association Scholarship, has grand plans for her education in nutrition. She hopes to become a certified diabetes educator, teach sport nutrition to college students, establish a private practice, and lead workshops for people struggling with body image and eating disorders.

The crowning moment of the evening was the presentation of the Distinguished Alumni Awards to nine awardees, one from each department. The NuFS alumna recipient was Kim Roper, who earned her B.S. in Nutrition with a concentration in Packaging in 1995. Kim was honored for being an exceptional representative of the department in her profession. Not only has she continued her education with advanced certification, but she has remained active in the Institution of Packaging Professionals as well as in our department by supervising undergraduate packaging students and obtaining equipment donations.



Shoshanah Orzech surrounded by  
her husband, Mom, and Dad

Please join us in giving a round of applause to all our “stars.”

## ALUMNI SPOTLIGHT

### PAIGE REDDAN PUTS PASSION INTO ACTION

By Sarah Shelor

**Paige Reddan, M.S. '83** has proven that finding your niche in nutrition and dietetics isn't about arriving at a destination, but is a result of the journey. Paige, an alum of the department and a Circle of Friends member, currently serves as the Director of Client Services and Education for the Diabetes Society of Santa Clara Valley. However, Paige did not immediately begin working in diabetes education. After Paige earned her degree at San Jose State University (SJSU), she explored a wide variety of positions in nutrition before discovering her true passion.

After graduation from SJSU, Paige worked as a consultant for NASA examining bone loss in astronauts. She also worked as a relief Dietitian at Los Gatos Hospital, and as a counselor at the obesity clinic at Good Samaritan Hospital. Continuing her career exploration, Paige served as a nutrition counselor for Mid-Peninsula Home Health and Hospice and Home Health Plus, where she provided in-home nutrition counseling.

Paige's turning point occurred at her next job, working as weight management instructor for the Diabetes Society of Santa Clara. It was during this time Paige became intrigued by the subject of diabetes education. She began teaching diabetes education classes at the Santa Clara Diabetes Society and became a Certified Diabetes Educator in 1993. Paige



was then hired as the Director of Client Services, a position she has held for the last five years.

The Diabetes Society of Santa Clara is unique, according to Paige, because it is a freestanding outpatient clinic. The clinic offers one on one counseling, diabetes education classes, support groups, and has the largest diabetes summer camp program in the country! Just last year approximately 600 children and adolescents attended the camps. As Director, Paige oversees and plays a large part in developing the programs offered by the Diabetes Society. Paige also develops the nutrition curriculum and menus for the camps.

While speaking with Paige, it was obvious that she is passionate about her work. "One of the best places for a Registered Dietitian is in diabetes education. Teaching clients about how nutrition and their diet affects their blood sugar and overall health has a phenomenal impact, and is tremendously rewarding," she said.

In 2000, Paige was elected to the National Board of the American Association of Diabetes Educators. Her extraordinary accomplishments were recognized in March 2001 by the Women's Fund and the San Jose Mercury News with a "Women of Achievement" nomination.

When Paige recalled the time she spent at SJSU she praised the faculty of the Nutrition and Food Science Department for giving her, "great support and encouragement." "Dr. Belo always challenged me to think," she said. As the author of this article and a graduate student in nutrition and dietetics, it was a great privilege to speak with Paige Reddan. Paige has discovered her passion in the field of nutrition and has put that passion into action; she is truly a role model for us all!



March's CDA meeting in Sacramento was a perfect place to "party": (Front) Gina Giambra '00, Caroline Spinali, Mary Foley '99. (Back) Toby McPherson '01, Christina Pekrul '01, Lucy McProud, Beth Trumbo '00, and Kathy Sucher



Jane Harmer '77 receives a special gift at her retirement party, from founding partner and President of HM composite, Victoria Major '70.

## ALUMNI SIGHTINGS



As ships pass in night, many things go unnoticed. Fortunately, our crew has donned infrared, night vision goggles.

Our first sighting takes us to the "sea of love." **Dana Rogers, MS'99** tied the knot on

July 22 to her first "mate" Andrew Harper. **Jack Haddad, BS'92** also sailed into matrimony this summer and is now an official Ship's Doctor, having completed his residency in orthopedics. As to the future, **Keri Leone, MS'97** plans to set sail to marital bliss with her fiancée, Eric Weindel, in June 2002. The sea of love would not be complete without **Nancy Black, MS'88** who retired from her SJSU Student Health Center Nutritionist job to devote full time to her little sea urchin at home.

Full steam ahead, as we hear from King Neptune about our jewels of the deep.

**Phyllis Simpkins, BA'46** was inducted into the SJSU Sports Hall of Fame (along with her husband Alan, who passed away in 1997) for their incredible contributions, leadership, and devotion to their alma mater, not only to athletics, but also to the Phyllis Simpkins International House and our very own department of NuFS. **Jane Harmer, MA'77** was given a sea worthy sendoff and celebration for her retirement from HM Composite by her business partner and friend of many years, **Victoria Major, MA, 1970**.

Ship Ahoy. We sighted some high powered professional vessels. **Stephanie Brooks, MS'96** continues to ride the waves in her consulting business, Bay Area Nutrition. She can be found at her new office in Campbell and at [www.bayareanutrition.com](http://www.bayareanutrition.com). **Jill Christensen, MS'99**, is currently moored at LifeSport Medicine and Wellness Center as their Captain Nutritionist and Dietitian.

**Mary Foley, MS'99** now hoists the mast at Project LEAN (Santa Clara County Health Department) working with sea savvy **Holly Weber, MS'93**. **Susan McCloud, MS'81**, is now docked in Sacramento at the Department of Health Services, WIC Supplemental Nutrition Branch, in their Nutrition Policy and Operations Section.

Standing on the bridge, we have spotted **La Paula Sakai, MS'86** who continues at Kaiser, Santa Clara, enriching the waters with the revision of her Manual of Enteral and Parenteral Nutrition. Setting our sail northward, **Maria Parish, BS** stands watch as Clinical Nutrition Manager at Sequoia Hospital in Redwood City.

The fog lifts, and we find **Gretchen Vannice, MS'99** who recently had her article, "Bone up on Calcium," published in the October 2000 edition of *Delicious!* Ring the ship's bell; **Gill Robertson, MS'87** has come into view. Gill is a freelance writer and author of the Journal of the American Dietetic Association's "New in Review"

periodicals abstracts. Here comes another vessel. **Rubi Myrick, BS'96** is now working at Kaiser, Hayward as a diabetes educator, having recently passed her Certified Diabetes Educator (CDE) exam.

From the crow's nest, a topnotch mariner comes into sight. It is none other than **Helen Demarco, MS'96** who served as a part time faculty member and also as Captain of the department's student nutrition volunteers, (who perform nutrition analysis and counseling for the yearly San Jose Mercury News "Designated Eaters" project.) Helen has recently set sail to UC Berkeley where she will work as the Sports Nutritionist for their Athletics Department.

The tide brings news of **Karen Weinman Trolan, BS'81** who left her job as senior vice president/regional manager of the Silicon Valley offices of Coldwell Banker, to co-found and serve as CEO of Homewell, a firm that provides personal firewall products to improve security on the Internet.

Some of the crew on the good ship, "Home Ec," surfaced recently. **Jenny Ming, BA'78 Home Economics**, who graduated with a double minor in business and art, has expertly navigated her course and now serves as President of Old Navy retail chain. **Joan Blumenthal, BA'67 Home Economics**, principal and founder of Blumenthal-Hart an executive search firm, was elected to the Union League Club of Chicago's Board of Directors. **Carol Castle, BA'66 Home Economics**, was promoted from assistant principal to principal at Klamath Union High School in Klamath Falls, OR.

Ahoy Mates. The Integrative Approach to Nutritional Wellness conference held at Lucille Packard Children's Hospital at Stanford was packed with Nutrition and Food Science crew members. Among those in attendance were: **Joanne Mitani, MS'91**, **Pat Schaaf, MS'84**, **Chandra Ziel, BS'99**, **Dahlia Pearlman, MS'99**, **Mindy Tumber, MS'83**, **Eileen MacKusick, MS'94**, **Caroline Fee, MA'79**, **Shannon Ritchie, BS'00**, **Stephanie Brooks, MS'96**, and **Gretchen Vannice, MS'99**.

A fitting end to our voyage occurred at this year's graduation celebration. The farewell party included **Pat McDonald, BS'95** and her husband Bill, **Loan Pham, MS'96**, and **Pat Schaaf, MS'84**.

Closing note from our coast guard: **PLEASE SEND US NEWS OF YOUR VOYAGES!**



Phyllis Simpkins '46 with her husband Alan, in a memorable photo featured in the SJSU Sports Hall of Fame program

## RECOGNITION OF EXCELLENCE

### College of Applied Sciences and Arts

Alumni/Dean's Scholarship  
Huong Bi \$500

Small Research Grants  
Dorothy Lee \$500  
Sripriya Ravi \$500

SJSU Alumni Association Scholarship  
Shoshanah Orzech \$1250

### Circle of Friends Scholarship Awards

**Jean Downes Scholarship**  
Dorothy Lee \$500

**Elveda Smith Scholarship**  
Jocelyn Dubin \$500

**Rose Tseng Scholarship**  
Sripriya Ravi \$500

**Fern Wendt Memorial Scholarship**  
Sophia Narvarro \$500

**Stanford University Hospital Scholarship  
for Nutrition/Dietetics**  
Huong Bi \$500

**Josephine and Frank Morris Awards**  
Yume Le \$175  
Toby McPherson \$175

### Circle of Friends Research Assistance Awards

Jocelyn Dubin \$500  
Toby McPherson \$500  
Sirapa Oudomugsorn \$500



Dorothy Lee sports her million dollar smile as she receives this year's Jean Downes Scholarship Award.



Démona Elzey and Sophia Navarro rejoice as dual recipients of the Department's Service Award.

### San Jose State University Associated Students Council

Award Recipient  
Jocelyn Dubin \$1500

### San Jose State University Equity and Diversity Enhancement

Distinguished Service Honor  
Michelle Suri

### American Dietetic Association Foundation Scholarship

Award Recipient  
Christina Pekrul \$1000

### Nutrition and Food Science Department Outstanding Student Awards

#### Baccalaureate Candidates

Nutrition/Dietetics: Heidi Sanchez  
Packaging: Kerry Hamilton

#### Masters Candidate

Nutrition/Dietetics: Antonella Dewell

#### Service Awards

Démona Elzey  
Sophia Navarro  
Bhautik Mehta  
Aileen Guerrero  
Herlinda Garcia  
Christina Pekrul  
Kim Cremer

**DEPARTMENT OF NUTRITION AND FOOD SCIENCE**  
**Bachelor of Science**  
**Fall 2000/Spring 2001 Graduates**

**Dietetics**

Bhangal, Nachal  
 Casey, Carol  
 Childs, Dawn  
 Cremer, Kim L.  
 Dughi, Cynthia  
 Joiner, Justine  
 Sanchez, Heidi  
 Sawyer, Emily M.  
 Vuica, Kristi

**Food Science & Technology/  
Food Service Management**

Culp, Rebekah  
 Elzey, Demona  
 Navarro, Sofia  
 Preble, Jahna

**General Nutrition**

Chiu, Edit  
 Chiu, Nina  
 Garcia, Herlinda

**Packaging**

Andari, Vilma  
 Chavez, Ana C.  
 Douveas, Georgia  
 Guerrero, Aileen  
 Hamilton, Kerry  
 Hashemi, Shar  
 Herrera, Anderson  
 Mehta, Bhautik  
 Nguyen, Huong  
 Novicio, Cheryl  
 Oyama, Yuka  
 Phitsamay, Lona  
 Sarmiento, Lilian  
 Schwinghammer, Greg  
 Ung, Amara  
 Vo, Kim Anh



Vilma Andari and Kim Cremer proudly display the department's placard at the university-wide graduation ceremony held in Spartan Stadium.

**DIETETIC INTERNSHIPS 2000-2001****External Internships**

Toby McPherson: UCSF Medical Center, San Francisco, CA  
 Sangeetha Narasimhan: Washington State University, Spokane, WA

**Internal Internships**

Coorina Alcaraz-Alvarez: San Mateo General Hospital  
 Antonella Dewell: Choices for Children/Valley Care Medical Center  
 Deborah Knight: Saint Rose Hospital  
 Kristina Rickmond: Kaiser Hospital, Oakland/Fremont Unified School District  
 Shannon Ritchie: Dominican Hospital  
 Heidi Sanchez: VA Medical Center, San Francisco/Choices for Children  
 Donna Simonds: Community Hospital of Monterey Peninsula  
 Erin Stenger: Valley Care Medical Center/Choices for Children  
 Michelle Suri: San Jose Unified School District/San Jose Center: Health Dimensions  
 Elizabeth Wolfe: Sequoia Hospital

**NUFS MASTER OF SCIENCE**

Fall 2000/Spring 2001/Summer 2001

**Thesis/Project Title**

<b>Belinge, Stephanie</b>	<i>Evaluation and Outcomes Assessment of Programs Offered by the Department of Nutrition and Food Science at San Jose State University 1997-1999</i>
<b>Condit, Seana</b>	<i>Reducing the Incidence of Childhood Iron Deficiency Anemia in Santa Clara County through an Educational Intervention Focused on Day-Care Providers</i>
<b>Dewell, Antonella</b>	<i>The Effects of Soy-Derived Isoflavones on Serum Lipids and Lipoproteins in Moderately Hypercholesterolemic Post-Menopausal Women</i>
<b>Graham, Jennifer</b>	<i>Effect of Temperature on Vibration Properties of Cushioning Materials</i>
<b>Kirk, Diana</b>	<i>Nutritional Knowledge and Attitudes of Youth Soccer Coaches</i>
<b>Le, Yume</b>	<i>Environmental Influences on Bone Mineral Density in Post Menopausal Vietnamese Women</i>
<b>McPherson, Toby</b>	<i>Testing the New "Grab Bag" Lunch Concept for 4<sup>th</sup> and 5<sup>th</sup> Graders in the Upper-Middle Class Schools in Northern California</i>
<b>Madanogopal, Arunkumar</b>	<i>Effect of Cushion Geometry on Package Performance</i>
<b>Nouri, Mahin</b>	<i>Application of Tristimulus Colorimetry in Assessment of Browning in Artichokes and Mushrooms</i>
<b>Pekrul, Christina</b>	<i>Development of an Eating Disorder Protocol for College Campus Health Centers</i>
<b>Ranabhor, Maneesha</b>	<i>Effect of Soaking and Germination on the Trypsin Inhibitory Activity in Desi Chickpeas</i>
<b>Suri, Michelle</b>	<i>South Asian Infant Feeding Practices</i>
<b>Wolfe, Elizabeth</b>	<i>Barriers to Healthy Eating in Children: A Focus Group Study of WIC Participants</i>

## STUDENT NUTRITION AND FOOD SCIENCE CLUB EXPLORES FUTURE CAREER PATHS

This year's student club activities focused on the exploration of future career paths. Leading this "expedition," were the following extraordinary speakers:

- **Holly Weber, M.S., R.D.** paved the way, sharing her experiences in the area of public health nutrition and her current work with the Santa Clara Valley Health and Hospital System.
- **Doris Fredericks, M.Ed., R.D.** forged ahead, speaking to the club about the field of community nutrition and her years of experience and rewards as Director of Family Provider Services at Choices for Children.



Sherry Adamski, graduate assistant, wheels in materials to set up the department's exhibition at this year's Supplier's Expo.

- **Jill Christensen, M.S., R.D.** kept things moving forward, exciting students about the specialty of sports nutrition and sharing her experience and tips for success in a career as a sports nutritionist.
- **Caroline Spinali**, NuFS graduate student and California Dietetic Association mentee, enriched the journey, providing students with insights on legislative issues concerning careers in nutrition and avenues to get involved in public policy.

The student club so appreciates the time and expertise these outstanding speakers shared with our members.



Students Betsy Walter, Houg Bi, and Caroline Spinali are ready and raring to lobby legislators on "Legislation Day," sponsored by the California Dietetic Association (CDA).



Michelle Stark, MS'00, is jubilant as she displays her research project at the ADA Meeting in Denver, CO.

### UPCOMING EVENTS

**2001**

- Sept. SJSU Student Poster Session, San Jose Peninsula Dietetic Association
- Sept. 10-12 Pack Expo West, Las Vegas, NV
- Oct. 20-23 ADA Food and Nutrition Conference and Exhibition, St. Louis, MO

**2002**

- April 4-6 Annual Meeting, California Dietetic Association, Riverside, CA
- May 25 Circle of Friends Reception/ Graduation Convocation, San Jose State University, San Jose, CA
- June 15-19 Annual Meeting, Institute of Food Technologists, Anaheim, CA

## THE JOYS OF GRADUATION CONVOCATION 2001



Christina Pekrul is about to make that stunning gown her most memorable fashion statement.



Heidi Sanchez and Antonella Dewell are dressed to perfection and ready to begin the processional march.



Chair Lucy McProud gives a warm welcome to graduates, their families, and friends.



Dean Michael Ego adds his glowing comments on this year's graduating class.



Georgia Douveas, Ana Chavez, and Vilma Andari listen attentively as the convocation ceremony builds to the climax: the awarding of diplomas.



Jorge Marcondes reads inscription on honorary plaque to this year's Packaging Program Award recipient, Herb Schueneman.



Caroline Fee, Director Circle of Friends, introduces Janet McDonald, the 2001 Distinguished Honorary Award Recipient.



Student Club President, Herlinda Garcia and Vice President, Heidi Sanchez, present this year's Club's gift to the department.



Thanks to this year's Student Club, the department now has its very own impressive banner, displayed above.



The graduates "stand triumphant," as they receive a standing ovation from family, friends, and faculty.

## HEARTFELT THANKS TO THE 2000/2001 CIRCLE OF FRIENDS MEMBERS FOR THEIR GENEROSITY AND CARING

Sherry Adamski  
 Sandra A. Akrawi  
 Coorina Alcaraz-Alvarez  
 Darcy Becker  
 Jyothika Bhat  
 Dean Biersch  
 Nancy Black  
 Carol M. Bogert  
 Walter M. Bortz  
 Stephanie Brooks  
 Mary Ann Bullock  
 James Burke  
 Betty Campbell  
 Robert E. Caron  
 Jacqueline Cenci-McGrody  
 Laura Chaban  
 Ann Coulston  
 Gwen D'Antoni  
 Narsai M. David  
 Margaret A. Davis  
 Helen DeMarco  
 Norma Jean Downes  
 Jocelyn Dubin  
 Julie Dutcher  
 John W. Farquhar  
 Hamid R. Farzi  
 Caroline H. Fee  
 Angelica Castoro Fenolio  
 Cade Fields-Gardner  
 Alan Finkelstein  
 Mary Lee Foley  
 Four Winds Food Specialists  
 Doris C. Fredericks  
 Leta Levin Frye  
 Kathleen Gamez  
 Gina Giambra  
 Barbara H. J. Gordon  
 Dan Gordon  
 Maureen Griffin White  
 Mildred Haas  
 Jane K. Harmer  
 Laura Hawkins  
 David and Elsie Heiman  
 Frances V. Henderson  
 Diane Hester

Christine Grimm Hinrichs  
 Jennifer Hoesel  
 Margaret Jarvis Impink  
 Nancy Jacobson  
 Becky (Harris) Jasperse  
 Linda Wiebe Kasser  
 Jeanne D. Kennedy  
 Pamela Goyan Kittler  
 Anne Kolker  
 Lee Ann Langan  
 Joseph and Lela Llorens  
 Eileen MacKusick  
 Danielle Maglionico  
 Victoria Major  
 Susan P. McCloud  
 Patricia McDonald  
 Carol McKenna  
 Lucy McProud  
 Anne K. Milliken  
 Joanne Mitani  
 Pantea Molavi  
 Judi Morrill  
 Jean E. Frankenberg Mulreany  
 Vaunden Nelson  
 Michelle R. Neyman  
 Dale F. Olds  
 Molly S. Olive  
 Dorothy Carr Parker

Loan T. Pham  
 Melinda D. Poliarco  
 Clara Porcella  
 Mary (Molly) C. Rauen  
 Marilyn Recuperero  
 Paige Reddan  
 Harold Redsun  
 Karen P. Ross  
 Kimberly Roth  
 Andrea Sabatino Sanchez  
 LaPaula Sakai  
 Patricia Schaaf  
 Judith Morrison Schallberger  
 Valerie Simler  
 Donna Simonds  
 Phyllis Forward Simpkins  
 Elveda Smith  
 Caroline Spinali  
 Betty Wattles Starr  
 David L. Stone  
 Sharon Meuth Studdert  
 Kathryn Sucher  
 Mary Ann Sullivan  
 Alice Morris Swanson  
 Jean Crandall Theisen  
 Alida Morse Thistleton  
 Ellen Benson Thompson  
 Rose Tseng  
 Gretchen Vannice  
 Sarah Viaggi  
 Janice Wai  
 May-Choo Wang  
 Holly E. Weber  
 Philip R. Wente  
 Kristy Wilce  
 Marianne M. Wilcox  
 Martha J. Wilson  
 Carol Whiteley Wolf  
 Diana Weissman Wright  
 Lori Y. Shigemura Yamaguchi  
 Martin Yan  
 Christie Zucca

