

# NUTRITION    FOOD SCIENCE    PACKAGING

# TRI-FOCUS

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

## GREETINGS ALUMNI AND FRIENDS!



San Jose State University is "on the move." The student population at SJSU has grown to 28,280, and construction of the University-City Library is over 60% completed with a completion date projected for August 2003. This state-of-the-art library will have eight floors and a mezzanine. In addition, ground will be broken to begin building the new high-rise

Residence Halls (5000 beds) in

January 2003. More students living on campus will add an exciting, new dimension to student participation in after-hours campus activities such as sports and cultural events.

A San Jose State University Open House, "Showcase for Learning," was held for the first time last fall. It was such a success that it has been expanded to two days this year. Friday, October 25<sup>th</sup> is planned for Graduate Students (3:00 to 7:00 pm), and Saturday, October 26<sup>th</sup> is planned for undergraduate students (9:00 am to 1:00 pm). Thanks again to the alumni who helped us with last year's event (Jill Christensen, Beth Trumbo, Dale Olds, and others)!

Our department is "on the move," as well. We now have 180 majors, 117 bachelors and 63 masters students. The convocation graduation ceremony held this year was our biggest ever! Over 350 students, families, and friends attended. The students did a remarkable job planning this celebration event, which even included a multicultural buffet luncheon.

Dr. Tawni Holmes has been a fantastic addition to the faculty. She teaches Community Nutrition, Nutrition Education and Counseling, Current Issues in Nutrition (masters level), and Physical Fitness and Nutrition (a general education/non-major course). Students enjoy her down to earth style and examples from her recent work as a dietitian in Oklahoma.

Preparations are in full swing for our accreditation site visit by The American Dietetic Association in September. A Self Study document for the undergraduate dietetics program and an additional Self

Study document for the Dietetic Internship are an integral part of our preparatory activities.

We are excited about a proposal to the USDA to fund a Processed Food Institute. This Institute would be a combined program using both San Jose State University and Texas A&M. The emphasis will be on gaining export markets. SJSU would concentrate on Asian markets, while Texas A&M would emphasize those in Mexico. The Institute is envisioned to provide training to small and medium sized US food processors. We will keep you posted.

Circle of Friends continues to support us in every way, and we are grateful for their assistance. Thanks to our alumni and friends, we continue to be able to provide our students with an outstanding education. For developing this exemplary newsletter, we especially wish to thank *Caroline Fee, Sherry Adamski, Caroline Spinali, Molly Paulson, Kara Schrandt, and Judith Schallberger.*

Please keep us updated on 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

## A NEW HOME FOR HOLMES

by Jocelyn Dubin

This Fall, the faculty of the Department of Nutrition and Food Science (NUFS) welcomed new Assistant Professor, Dr. Tawni Holmes. While Dr. Holmes is no stranger to academia, she has spent much of the past eleven years on the other side of the proverbial desk. Prior to joining the NUFS faculty, Dr. Holmes attended Oklahoma State University (OSU) where she obtained her bachelor's, master's, and doctoral degrees in Nutritional Science.

In addition to focusing on her own education, Dr. Holmes has been involved in several efforts to further the nutrition knowledge of others. While attending school, Holmes worked at the Oklahoma Medical

## FACULTY SNAPSHOTS: BEYOND THE CLASSROOM

by Kara Schrandt

### Accomplished Authors

- ☆ **Kathleen Cahill** was a contributing author for *Tracks*, a publication for the Wildlife Center of Silicon Valley.
- ☆ **Joan Giampaoli** co-authored two articles titled, "Challenges to implementing food safety & HACCP programs in school foodservice" and "Food safety practices of employees in school foodservice," in the *Journal of Child Nutrition & Management*.
- ☆ **Clarie Hollenbeck** co-authored "The effects of soy-derived isoflavones on serum lipids and lipoproteins in moderately hypercholesterolemic postmenopausal women," in the *Journal of Clinical Endocrinology and Metabolism*. He also co-authored two abstracts: "The effects of phytoestrogen supplementation on serum lipids and lipoprotein profiles in elderly postmenopausal women" and "Nutrient intake and body composition among HIV-infected men." Both were published in the *Journal of Investigative Medicine*.
- ☆ **Lucy McProud** co-authored 8 posters presented at the California Dietetic Association's San Jose Peninsula District Poster Session on SJSU Student and Faculty Research in September of 2001.
- ☆ **Loan Pham's** research article, "Culturally relevant nutrition education improves dietary quality among WIC-eligible Vietnamese immigrants," was featured in the *Journal of Nutrition Education and Behavior*.

### Grand Grantees

- ☆ **Caroline Fee** received a California State Lottery Grant for Professional Development to be used for "Resting Metabolic Measurements: An Individual Experience for Nutrition Students."
- ☆ **Joan Giampaoli** received a Hubert Humphrey Research Grant from the Child Nutrition Foundation. She used this grant to complete her dissertation and help fund additional research.
- ☆ **Clarie Hollenbeck** received the Interdisciplinary Diversity Project Program Grant 2002 for the development of an interdisciplinary program entitled "Human and Environmental Effects of Global Conflict." The program will be taught in the fall of 2002.
- ☆ **Lucy McProud** was awarded two California State Department of Education 2002-2003 CalProNet grants. One was for \$71,000 to train child nutrition personnel. She also was awarded the Team Nutrition Training Grant in the amount of \$82,000 to train childcare personnel in Dietary Guidelines for Americans.



Joan Giampaoli is ecstatic at the completion of her PhD.

### Leadership and Awards

- ☆ **Kathleen Cahill** organized the Health Fair for National Nutrition Month for the San Jose Dietetic Association at the Westgate Mall. Kathleen also developed an internship program for students to study wildlife rehabilitation at the Wildlife Center of Silicon Valley where she serves on the board.
- ☆ **Caroline Fee** received the Dean's Outstanding Lecturer Award for 2001-2002 presented by the SJSU College of Applied Science and Arts. She was also recognized by the NuFS Student Club with the Part-time Teacher of the Year Award for 2001-2002.
- ☆ The Disabilities Resource Center and Michael Ego, the Dean of the College of Applied Sciences and Arts, recognized **Barbara Gordon** for her outstanding work with disabled students in the SJSU Interdisciplinary Student Garden Project.
- ☆ **Clarie Hollenbeck, Tawni Holmes, Judi Morrill, and Barbara Gordon** were selected as faculty members of the first MUSE program for 2001 – 2002 at SJSU.
- ☆ **Lucy McProud** coordinated the California Dietetic Association's San Jose Peninsula District Poster Session on SJSU Student and Faculty Research in the fall of 2001.

### Savvy Speakers

- ☆ **Toni Bloom** and her company, Toni Bloom & Associates, have been spreading the nutrition word in seminars presented to several corporate accounts including Sun Microsystems, Aspect Communications, Juniper Networks, Silicon Graphics, and SRI International.
- ☆ **Caroline Fee** delivered her presentation titled "Evidence Based Nutrition Recommendations for Older Adults" at the YMCA in Palo Alto.
- ☆ **Joan Giampaoli** presented "Challenges to Food Safety in School Foodservice" at The American Dietetic Association Conference and Exhibition in St Louis, MO.
- ☆ **Barbara Gordon** presented "Urban Gardening in the Curriculum at SJSU" to the San Jose Peninsula Dietetic Association.
- ☆ **Clarie Hollenbeck** co-presented three presentations at the CDA annual meeting this April in Sacramento. They included "Dietary Intake and Nutritional Adequacy of Subject-selected Diets in Children and Adolescents with Systemic Lupus Erythematosus," "A Survey of the Attitudes and Beliefs on Nutrition and Diabetes of Asian Indians in Jain, Sikh and Hindu Religious Groups," and "Development of a Disordered Eating Treatment Protocol for College Health Services."

☆ **Kathryn Sucher** co-presented a 2-hour workshop on Diversity and Diabetes at the CDA annual meeting. She looks forward to co-presenting the workshop again at the American Association of Diabetes Educators meeting in Philadelphia this August.



Dr. Kathryn Sucher looks forward to her encore presentation.

### Faculty Recognitions

☆ **Joan Giampaoli** was honored by Oregon State University with her Doctorate Degree in Food Systems Management in August 2001.

- ☆ The Spartan Daily highlighted **Barbara Gordon** in a number of articles. Featured topics included the Harvest Festival, cooking with green tomatoes, and planting spring crops and harvesting winter crops.
- ☆ **Miriam Perry (Saltmarch)**, Professor, was honored at the 3<sup>rd</sup> Annual service Recognition and Awards Luncheon for Tenure Track Tenured Faculty for 15 years of service at the university.

### Other

- ☆ **Lucy McProud** accepted a \$7500 check for the Packaging Program from the Western Packaging Association in February 2002.

*A New Home for Holmes* continued from page 1



Research Foundation where she provided nutrition education to patients enrolled in clinical research studies. She also participated in university-based research through her work as a graduate associate. In addition to being involved in research studies, Dr. Holmes enhanced students' educational

experiences by working as a teaching assistant at OSU.

Dr. Holmes is excited about establishing her new academic home at SJSU. She is especially grateful for the helpful faculty, friendly and interactive students, and the good fortune of being able to live and work near the ocean.

Of course, with every new job, there are challenges. As with all professors, old and new, Dr. Holmes works hard to balance her teaching schedule with the demands of grading, curriculum planning, research, and committee involvement. The fact that she has already designed and planned a freshman seminar for the Fall '02 MUSE (Metropolitan University Scholars Experience) series is evidence that Dr. Holmes thrives when challenged.

In addition to acclimating to her new work environment, Dr. Holmes and her husband, Brandon, are settling in to residential life on the Central Coast. When the workday is done, the two enjoy "people watching" in Downtown Santa Cruz, reading novels, and going for walks. They also take advantage of Northern California's varied geographical surroundings by pursuing adventures in camping and snowboarding.

Within and beyond the classroom, Dr. Holmes seems to be settling in to her new life quite nicely. She is a wonderful addition to our department, and we are honored that she has chosen San Jose State as her new academic home.

## "GROUND BREAKING" NEWS INTERDISCIPLINARY GARDEN PROJECT

In 1994, Dr. Barbara Gordon and her students, in cooperation with SJSU grounds keepers, transformed an outdoor recreation area (previously used by the Occupational Therapy Department) into the Interdisciplinary Garden Project. Since then, with contributions from community hardware and nursery businesses, the garden has provided hundreds of SJSU students with opportunities to apply nutrition education and community nutrition skills.

Students from dozens of other majors on campus have also participated in the garden project by learning gardening techniques related to sustainable methods of food production as an antidote to hunger. Hundreds more have been exposed to the concept of urban agriculture by student presentations in classes.

This past academic year was filled with garden activities: The Fall Harvest Festival was a highlight. Representatives from the San Francisco League of

Continued on page 6



Dr. Barbara Gordon has nurtured the growth of the Interdisciplinary Garden Project since 1994. Eight years later, the Garden is still producing a bountiful harvest of educational experiences.



**West Pack 2001, Anaheim CA (July 2001):** The Western Packaging Association granted student scholarships, and held their annual banquet where our Dr. Jorge Marcondes won Western Packaging Association's Distinguished Packaging Person of the Year Award.

**PackExpo West 2001, Las Vegas NV (Sept 2001):** This year, Las Vegas was home to the annual PackExpo packaging convention. Students had the opportunity to work on the convention floor and in seminars, dealing with vendors first hand.

**Western Packaging Association Meeting, San Jose State University (March 2002):** The members of Northern California's exclusive packaging club held their monthly meeting at San Jose State University, where they awarded the Packaging Program with a monetary donation to assist in the department's advancement.

**Western Packaging Association Golf Tournament, Stockton CA (May 2002):** The Western Packaging Association hosted their annual golf tournament, with the proceeds going to the Student Packaging Association. Students had the opportunity to meet various industry representatives in a beautiful 18-hole setting.

**Student Night, Dave & Busters (May 2002):** The event was the culmination of the graduating senior's packaging course work. They presented Final Projects to the packaging industry at Student Night. Led by Herb Scheuneman, this class utilized the packaging industry for mentors.

**Scholarship Awards:** The Student Packaging Program thanks the industry tremendously for all its support. This year's scholarship awards include:

### PACKAGING PROGRAM SCHOLARSHIP AWARDS

Recipient	Sponsor	Amount
Marjan Hajiabbasi	Marjorie H. Bright (allocated for Fall 02-Spring 02) and Western Packaging Association	\$3,000
Stefanie Harris	Western Packaging Association	\$1,000
Maryam Hajiabbasi	Western Packaging Association	\$1,000
Stephanie Little	Western Packaging Association	\$500
Armando Padilla	Western Packaging Association	\$500
Soudabeh Fathi	Western Packaging Association	\$500
Jeffrey Samjoy	Western Packaging Association	\$500
Josh Merilos	Western Packaging Association	\$500
Kenneth Chandraatmadoa	Western Packaging Association	\$500
Vy Nguyen	Western Packaging Association	\$500
Phuong Bi	Western Packaging Association	\$500

## “SHOWCASE FOR LEARNING” NUFS DEPARTMENT STRUTS ITS STUFF

by Caroline Spinali

On November 10, 2001, San Jose State University hosted its first ever open house event, called *Showcase for Learning*. Intended as a forum to introduce prospective students and their parents to the diverse educational opportunities at SJSU, the Nutrition and Food Science Department lured many of the 6,250 visitors to their booth and made a strong impression with our enthusiastic staffing, enlightening information, and engaging hands-on activities.



SJSU President Caret (pictured with faculty Miriam Perry Saltmarch) can't resist the lure of the NuFS booth.

Some Highlights of the Day:

### Nutrition

- Nutrition faculty, students, and alums Jill Christensen, Beth Trumbo, and Dale Olds distributed nutrition education and department curriculum information, magnets, and individual packets of pistachios (NuFS Club t-shirts were the official uniform of the day)
- Graduate Assistants conducted infra-red body composition testing for guests
- Nutrition Education Action Team peer educators

illustrated a healthy diet using a model food guide pyramid, complete with rubber food

### Food Service

- Food service faculty exhibited the principles of proper hand-washing and food safety using GloGerm and a black light

### Food Science

- “Harriet Potter,” none other than Graduate Assistant, Sherry Adamski, demonstrated how to make gummy worms in a magic show atmosphere
- A computer slideshow presented a day in the life of a food science student



Sherry Adamski -  
Magician Extraordinaire

### Packaging

- Visitors received candy bars packaged in cardboard fire engines, a tribute to the recent heroism shown by the nation's fire fighters
- Packaging faculty and students displayed and distributed a CD-ROM introducing guests to the field of packaging

## STUDENT POSTER SESSION GETS RAVE REVIEWS

by Molly Paulson

The Nutrition and Food Science students showed off their graduate projects, theses, and dietetic internship experiences at the annual Poster Session Event last fall. The posters were on display and featured during the San Jose Peninsula District Dietetic Association's meeting held at the Palo Alto Veterans Hospital in Menlo Park.

The impressive posters received great adulation, as they displayed strong clinical, educational, and practical



applications for both dietetic professionals and students. The internship posters were particularly unique, as they demonstrated involvement and collaborative learning experiences between interns and their supervisors.

The poster session was a huge success with dietetic professionals and many SJSU alumni, students, and faculty in attendance. Thanks to all who came out to support the students' hard work.

## DISTINGUISHED ALUMNA OF THE YEAR PATRICIA M. SCHAAF, MS, RD, CDE

Pat's expertise, generosity, and spirit of caring have enriched the education and development of so many students in the Department of Nutrition and Food Science.

Pat earned both her BS in Dietetics and MS in Nutritional Science in 1982 and 1984, respectively. In 1985, she began her career as a research dietitian at Stanford University Hospital in their General Clinical Research Center. Pat continues there today as their Senior Research Dietitian, responsible for the nutrition and dietetic services for all research protocols conducted at the Center.



Pat Schaaf with husband Jim  
at her side.

Pat also develops, supervises, and leads training programs for medical staff, students, and dietetic interns. In this role, Pat has provided invaluable nutrition research experience for many nutrition students over the past 17 years.

Additionally, Pat is an accomplished writer, with 12 publications to her credit; she has also given numerous professional presentations. Adding to her expertise, Pat is also a Certified Diabetes Educator (CDE) and has developed educational materials and provided counseling to hundreds of patients.

Leadership in dietetics is yet another one of Pat's contributions to the profession. She has served in leadership positions at both the state and local levels.

In sum, Pat is an incredible role model, both as an accomplished professional and an alumna who cares deeply for her department and "gives back" so much to its students.

"Interdisciplinary Garden Project" continued from page 3

Urban Gardeners, the American Cancer Society, the WIC Program at the Indian Health Center in San Jose, and the garden project of the 5-A-Day Program in Monterey County participated.

The SJSU garden served as the focus for these organizations by showing SJSU students the application of gardening to the 5-A-Day Fruit and Vegetable campaign for health and cancer risk reduction. As a bonus, everyone enjoyed munching on fruit and vegetables, a result from fundraising efforts of Mrs. Audrey Wright, mother of our department's own lecturer Dr. Diana Wright,

The garden has received acclaim and recognition from numerous sources. The Spartan Daily Newspaper published a feature article on the Fall Harvest Festival, while the Second Harvest Food Bank was the grateful recipient of the garden's bounty (15 pounds of beets in the fall and 19 pounds of red and white chard in the spring.) The San Jose Peninsula District of the California Dietetic Association also featured the garden in their fall meeting. Dr. Gordon was joined with two other speakers who discussed the contributions of gardens to nutrition education and community health and wellness.

For all her "ground-breaking" work, Dr. Gordon was recognized by the SJSU Disabilities Resource Center. She received a faculty award for inclusion of students with disabilities in garden activities. These students (three who use wheel chairs, one blind, and one deaf) all

learned to do planting, tending, and harvesting. The Dean of the College of Applied Sciences and Arts, Dr. Michael Ego, also recognized Dr. Gordon for her outstanding work in accommodating students with disabilities in the SJSU Interdisciplinary Garden Project.



SJSU student (left) learns about garden experiences  
from Audrey Wright and Rima Clair.

## “SALUTE TO THE STARS” STUDENTS – FACULTY - ALUMNI

by Caroline Spinali

This year's College of Applied Sciences and Arts (CASA) Awards Reception was held in the Barrett Ballroom on May 6, 2002. The theme of this reception was "Salute to the Stars," and the stars certainly sparkled in the Nutrition and Food Science (NuFS) Department. Five students, one alumna, and one faculty member from our department were honored with awards presented by Dr. Michael Ego, CASA Dean.

Hafsabibi Mojoy received the Dean's Undergraduate Scholarship Award, and represented the NuFS Department for outstanding accomplishments in scholarship and service. The NuFS Department is lucky to have her professional and personal skills working on our side.



Chair Lucy McProud poses with  
Dean's Scholarship winner,  
Hafsabibi Mojoy.

One of the three Outstanding Graduate Research Awards went to Dorothy Lee, who also received a \$500 Small Research Grant at the 2001 ceremony to help fund her award winning work in determining dietary intake and nutrient adequacy of self-selected diets of youngsters with lupus.



Dorothy Lee wins the  
Outstanding Graduate  
Research Award.

on lipids and lipoproteins in moderately hypercholesterolemic postmenopausal women.

Once again, this year's two Small Research Grants went to NuFS students, Swarna Koneru and Manual Villacorta. Swarna received a \$500 grant for her research



Antonella Dewell stands proud with  
her Research and Thesis Advisor,  
Dr. Clarie Hollenbeck.



Swarna Koneru is  
honored with a Small  
Research Grant Award.

concerning requirement and blockage of arginine and histidine in nematodes, and Manuel received a \$500 grant for his research concerning the effects of breastfeeding on glucose regulation in Latino women with type 2 diabetes.

To match its lavish new look and location, the reception also included some innovative new award categories: Outstanding Lecturer, Professor, Scholar, and Service. Recipient of San Jose State University's first ever award to

recognize the colossal and often overlooked contribution of part-time faculty was Caroline Fee, our very own beloved Lecturer and Circle of Friends Director. In a very moving acceptance speech, Ms. Fee thanked Dean Ego for his forethought in creating such an unprecedented award and accepted it on behalf of all the part-time lecturers at SJSU.



Manual Villacorta also  
receives a Small  
Research Grant Award.

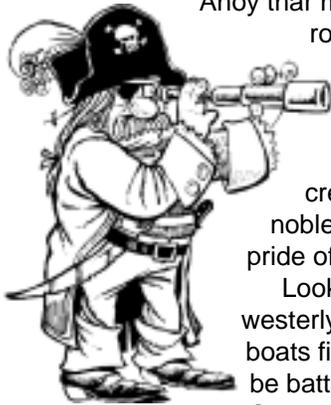
The final event of the evening was the presentation of the Distinguished Alumni Awards to nine awardees, one from each department. The NuFS alumna recipient was Patricia Schaaf, who earned her B.S. in Dietetics in 1982, and her M.S. in Nutritional Science in 1984. Ms. Schaaf is the Senior Research Dietitian at Stanford's General Clinical Research Center, in charge of the nutrition component of clinical research conducted there. In addition to this fundamental role in research, she shares her work with the profession through volunteer leadership positions, as well as her numerous publications and presentations.



Chair Lucy McProud is flanked by Pat Schaaf on the  
left and Caroline Fee on the right.

## ALUMNI SIGHTINGS: "THAR SHE BLOWS!"

Edited by Adam Fee



Ahoy thar mateys! This vessel's been round the world plowin' the waves, findin' the treasure, and dividin' the booty. Let me tell ye mateys what's become of our dear ole crew who once manned this noble ship, *the "SJSU NUFS,"* pride of the Pacific!

Look what arrived with the westerly winds. Mariners towin' long boats filled with treasures. Better be battenin' down the hatches.

Some mighty big swells of service and waves of accomplishments are a comin'.

Thars **Stephanie Brooks, MS'96** receivin' the California Dietetic Association 2002 Award: *Young Dietitian of the Year*. Why shiver me timbers! Thars **Phyllis Simpkins BA'46** (and her late husband Alan) a gettin' the "Dan Caputo Founder's Award" for outstanding contributions, lifetime achievement, and extraordinary service to the SJSU Spartan Foundation

Ah Ha! A couple of mates have taken up the pen, ever mightier than the sword. Thars **Antonella Dewell, MS'01** not mincin' any words in her article, "Effects of Soy-derived Phytoestrogens on Serum Lipids and Lipoproteins in Moderately Hypercholesterolemic Postmenopausal Women," published in the *Journal of Clinical Endocrinology and Metabolism*, while **Kathleen Cahill, MS'94** has been spotted in the crow's nest writin' for the Winter 2001 Edition of *Tracks: Wildlife Center of Silicon Valley*. Her feature, "In Praise of Bats" is a tribute to her long nights atop the sails.

A mighty crew was seen this April in the Port of Riverside, at the California Dietetic Association Meeting. Sailors of fortune they were, with **Mary Foley, MS'99** makin' her presentation, "Marketing to Promote Healthy Eating Among Low Income Communities in California." **Pamela Kittler, MS'83** (with faculty member, Kathy Sucher) hoisted their sail as they spoke on "Diversity in Diabetes," while **Gretchen Vannice, MS'99** was in command as she spoke about the rough seas of "Metabolic Syndrome."

Also on board mannin' thar poster presentations were **Christina Pekrul, MS'01** with her "Development of a Disordered Eating Treatment Protocol for College Students" and **Joan Giampaoli, MS'92** with her "Challenges Relative to Food Safety in Food Service."

Now mateys! Let me tell you who's been jumpin' the ship of solitude. Newlywed **Sherry Adamski, BS'99** walked the plank with her man David Butler in San Jose on August 3. Amazingly, **Helen DeMarco, MS'96** was also thrown overboard with Randy Ziraldo that same foggy morning.

**Sarah Shelor, MS'01** will be takin' that long walk off a short pier soon enough, when she completes her

dietetic internship at UNV Reno; then, she be plannin' to move to New York where her husband will be attendin' the Culinary Academy.

Good news be comin' from across the seven seas. **Chandra Zeil, BS'99** had a beautiful baby girl, Morgan, who was born in January 2002- nearly ready for swabbin' the decks!

Up from the galley, thars **Jill Christensen, MS'99**. When she be gettin' a spare moment from her sports nutrition practice, she rigs up her schooner and races to shore. Thar, she be a' riddin' her new horse, "Sierra," a 3y/o German Warmblood and Thoroughbred mix.

Gang way! Mate, **Jean Downes, MA'74** just returned from her yearly genealogy research trip to Salt Lake City. She be plannin' on writin' a genealogy book on her *family*, with a history of the times included.

Lest ye be scuttled like scallywags or marooned like sorry sea dogs. See ye here who's been plowin' through the high seas of success.

Aye! **Francisco Holloway, MS'99** be a Sports Nutritionist, plunderin' for a professional soccer team in Argentina. **Beth Trumbo, MS'00** be sittin' at the dock o' tha bay in San Francisco as a Home Health Dietitian for Kaiser's Golden Gate Service Area.

Then, thars **Antonella Dewell, MS'01** beginnin' a new adventure as a Research Dietitian at Stanford Medical Center, workin' with **Pat Schaaf MS'84**. Lest we forget **Khabera (Rin) Hartwig, MS'81** who's now chartin' a course as Nutrition Director for the Headstart Program in Livermore.

Who else have we seen a' sailin' these parts? Well, thars **Gretchen Vannice, MS'99**, Manager of Educational Services in Portland OR area for Integrative Therapeutics, Inc. And we've discovered **Hamid Farzi, BS'90** who set sail with his own quality assurance consulting company.

And, how 'bout **Lorraine Chattergee, MS'00** presentin' to the department's nutrition colloquium students about the joys of her job as Research Coordinator of Nutrition Studies at Stanford Center for



Research and Disease Prevention.

Ahoy! **Deadra Rubin-Thorn, BS'96** just came a 'bout with her own company, Nutrition and Food Service Solutions [www.feedright.com](http://www.feedright.com), whar she be developin' software for health care information management, while **Angela Bruce, BS '97** be shaping up those beach bums in San Diego whar she works as a Consulting Dietitian.

Fresh off our 2000 voyage, thars **Shannon Richie, BS'00** dividin' her watch as a Dietitian for Medical Weight Management in Los Gatos and HM Composite in Campbell, while **Rachel Cabagio, BS'00** sails the seas

## ALUMNI SIGHTINGS

(continued)

as an office manager, workin' on getting her poetry book published.

Seaworthy **Christie Zucca, BS'00** now hoists her sail at Community Medical Center in Fresno as thar Clinical Dietitian. She writes, "I love being a Clinical Dietitian. It is wonderful, and I am very lucky to be a part of it all."

Many ole mates docked at Stanford University this May to attend the "Controversies in Cardiovascular Nutrition Conference." These burly buccaneers included **Lorraine Chattergee, MS'00, Caroline Spinali, (graduate student), Sarah Viaggi, BS'85, Eileen MacKusick, MS'94, Marty Wilson, MS'98, Vicki Castelli, MS'95, Gretchen Vannice, MS'99, Dahlia**

**Pearlman, MS'99, Kathleen Cahill, MS'94, Caroline Fee, MA'79, Darcy Becker, BS'96, Danica Lozano, MS'01, and Pat Schaaf, MS'84.**

A Fond Farewell! Who steered thar way through this year's convocation? Well, none other than those savvy swashbucklers, **Shelly Wingert, MS'00, Mary Foley, MS'99, Mary Denny, MS'85, and Pat McDonald, MS'95** (with her seaworthy husband Bill)

And remember **mateys!** Don't forget to send your news to us here at the good ship, "*SJSU NUFFS*," where ye learned ye seafaring ways, May the skies keep clear; your journey sail smooth; and may the wind be always blowin' at your back!

### ALUMNA INVESTS IN THE FUTURE

Molly Rauen, MA'77 is an alumna with a generous heart, keen mind, and eye to the future. Her recent \$10,000 gift of securities will be directed to the department's Circle of Friends Student Research Assistance Fund. This fund provides \$500 research grants to deserving students who have innovative and cutting edge research proposals. Without this support, many students cannot pursue their visionary and highest quality ideas.

Molly knows, first hand, the value of outstanding research. Her own ground breaking research, "A Study of Some Dietary and Food Selection Changes in Selected Jejunoileal Bypass Patients," focused on the post-operative relationship between food consumption and the recovery of jejunoileal bypass patients. (Jejunoileal bypass was one of the first surgical bypass

procedures used to treat people suffering from morbid obesity).

Molly went on to present her cutting edge research at the California Dietetic Association Annual Meeting, and her manuscript was published in the Journal of the American Dietetic Association. Now, Molly's gift will allow many more students to pursue their own quality research projects, and also be published in prestigious professional journals.

Quality research and publication is at the heart of a strong and vital academic reputation. Thus, not only individual students, but also the entire department will benefit immeasurably from Molly Rauen's generous gift, a gift of lasting value providing **big dividends** far into the future.

### A LETTER OF THANKS FROM JOCELYN DUBIN, MS'02



"I would like to express my gratitude to the San Jose State University Department of Nutrition and Food Science Circle of Friends. By awarding me the Circle of Friends Research Assistance Award, this organization ensured the financial feasibility of this project. All materials purchased with the award contributed greatly to the success of my project. Thank you for your benevolent demonstration of support."

### A CALL TO "ACTION"

The department's Circle of Friends Student Research Assistance Fund presents an incredible opportunity to leave a lasting legacy for current students and all those who follow. Our dream is to make this an endowed fund, which will ensure that yearly student research grants be funded by annual interest, without dipping into the principal. If you would like further information, please contact Caroline Fee: at 408-924-3116 or [cfee@casa.sjsu.edu](mailto:cfee@casa.sjsu.edu).

**NUFS MASTER OF SCIENCE**  
Fall 2001/Spring 2002/Summer 2002  
**Thesis/Project Title**

<b>Ashbaugh, Julie</b>	<i>Roux-en-Y Gastric Bypass: An Annotated Bibliography and Research Based Guidelines for Long Term Nutrition Care</i>
<b>Burke, James</b>	<i>Eating Disorder Resource Guide for Stanford University Students</i>
<b>Dubin, Jocelyn</b>	<i>Healthy Plates, Healthy Pregnancies: An Evaluation of the Nutrition Knowledge, Dietary Intake, and Dietary Behaviors of Pregnant African American Women</i>
<b>Elbling, Halle</b>	<i>An Evaluation of Physical Activity Education in a Child Care Setting</i>
<b>Feng, Wei-chen</b>	<i>Requirements and Blockages in the Biosynthetic Pathway of Methionine and Leucine in the Nematode <i>Caenorhabditis Elegans</i></i>
<b>Gupta, Bhavna</b>	<i>Determination of Antioxidant Properties of Jojoba Oil</i>
<b>Katz, Gilah</b>	<i>Food Composition Analysis: RDA Requirements for Health Service Employees</i>
<b>Lozano, Danica</b>	<i>Oral Glutamine and the Prevention and/or Decrease of Chemotherapy Induced Stomatitis in High Risk Patients</i>
<b>Oudomugsorn, Sirapa</b>	<i>Anti-Nutrient Analysis of Taro</i>
<b>Orzech, Shoshana</b>	<i>The Characteristics and Needs of Children and Adolescents Diagnosed with Type II Diabetes in Santa Clara County, CA</i>
<b>Ravi, Sripriya</b>	<i>Requirements of Phenylalanine and Blockage in its Biosynthesis in <i>C. Elegans</i></i>
<b>Shah, Sarika</b>	<i>A Survey of the Attitudes and Beliefs on Nutrition and Diabetes of Asian Indians in Jain, Sikh and Hindu Religious Groups</i>
<b>Shelor, Sarah</b>	<i>Development of a Professional Self-Assessment Tool for Use in the Dietetic Internship Program at San Jose State University</i>
<b>Stempa, Dalia</b>	<i>Evaluation of the Effective Uses of a Behavioral, Family-Based Weight Control Program in Latin-American Obese Children</i>
<b>Tadimeti, Sujatha</b>	<i>Screening and Diagnosis of Syndrome X Conditions: Survey of Asian Indians in the San Francisco Bay Area</i>
<b>Verano, Florlinda</b>	<i>Risk Factors for Cardiovascular Disease Among Postmenopausal Women: The Stanford Women's Health Initiative Observational Study</i>

**RECOGNITION OF EXCELLENCE**

**San Jose State University  
Equity and Diversity Enhancement Awards**

Sarika Shah  
Dalia Stempa  
Sujatha Tadimeti

**Circle of Friends Research Assistance Awards**

Tabassum Munir \$500  
Kara Schrandt \$500  
Manuel Villacorta \$500

**College of Applied Sciences and Arts**

**Dean's Undergraduate  
Scholarship**

Hafsabibi Mojoy \$500

**Small Research Grants**

Swarna Koneru \$500  
Manuel Villacorta \$500

**Outstanding Graduate  
Research Award**

Dorothy Lee

**Outstanding Thesis Award**

Antonella Dewell



Dorothy Lee was also chosen as a finalist at the CSU Graduate Research Competition.

**Nutrition and Food Science Department  
Outstanding Student Awards**

**Baccalaureate Candidates**

Nutrition/Dietetics: Kimberly Whelan  
Packaging: Stefanie Harris

**Masters Candidate**

Halle Ebling

**Service Awards**

James Burke  
Jasleen Chhabra  
Jocelyn Dubin  
Mary Ann Graham  
Ellit Khangaldy  
Brenda Knight  
Frances Mills  
Shoshanah Orzech



Halle Ebling is honored as Outstanding Masters Candidate.

**Circle of Friends Scholarship Awards**

**Jean Downes Scholarship**

Dalia Stempa \$500

**Elveda Smith Scholarship**

Kara Schrandt \$500

**Rose Tseng Scholarship**

Joey Au \$500

**Josephine & Frank Morris Scholarship**

Huong Bi \$500



Caroline Spinali receives California Dietetic Association's prestigious Outstanding Student Award.

**California Dietetic Association**

**Outstanding Dietetics Student in California**

Caroline Spinali

**Poster Session Presenters**

Dorothy Lee  
Sarika Shah  
Sujatha Tadimeti



Stafanie Harris, Outstanding Packaging Student Award winner, poses with Mary Ann Graham, Service Award recipient.

**DEPARTMENT OF NUTRITION AND FOOD SCIENCE**  
**Bachelor of Science**  
**Fall 2001/Spring 2002 Graduates**

**Dietetics**

Au, Joey  
 Bi, Huong  
 Burton, Sandy  
 Bustichi, Shanna  
 Chang, Alice  
 Chhabra, Jasleen K.  
 Mills, Frances A.  
 Neal, Lisa  
 Nguyen, Vinh  
 Whelan, Kimberly

**Food Science and Technology/  
Food Service Management**

Mikoshiba, Yuki  
 Lam, Ivy

**General Nutrition**

Chang, Alice  
 Dinh, Chau  
 Huston, Jenny  
 Norris, Christiana

**Packaging**

Dalimartha, Kamelia  
 Graham, Maryann  
 Khanh, Nguyen  
 Khangaldy, Ellit  
 Knight, Brenda  
 Mojica, Leina  
 Panos, Athanasia  
 Saam, Alicia  
 Sanchez, Geroge



Nothing brings a bigger smile than Graduation Day!  
 Lisa Neal (right) and her Mom are living proof.

**DIETETIC INTERNSHIPS 2001-2002****External Dietetic Internships**

Stephanie Herman Belinge: Veterans Administration of Greater Los Angeles

**Internal Dietetic Internships**

Julie Ashbaugh: Choices for Children and Kaiser Medical Center- Santa Clara  
 Joey Yuet Yung Au: Alameda County Medical Center  
 Huong Bi: Good Samaritan Hospital  
 James Burke: Kaiser Medical Center-Santa Clara and Santa Clara Office of Education/Head Start  
 Halle Elbling: San Jose Medical Center/Health Dimension  
 Gilah Katz: San Jose Medical Center/Health Dimension  
 Diana Kirk: Mariner Post Acute Network  
 Yume Le: Santa Clara Valley Medical Center  
 Frances Mills: Pajaro School District and Walnut Creek Kaiser Medical Center  
 Shoshanah Orzech: Watsonville Community Hospital  
 Jocelyn Dubin: Watsonville Community Hospital  
 Dorothy Lee: Hayward USD and VA Medical Center, San Francisco  
 Linda Liu: Fremont Unified School District and Mariner Post Acute Network  
 Danica Lozano: Kaiser Santa Teresa and Cupertino Elementary School District  
 Christina Pekrul: Diablo Valley Unified School District and Kaiser Foundation Hospital, Oakland  
 Sarika Shah: San Mateo County General Hospital  
 Sujatha Tadimeti: St. Rose Hospital  
 Florinda Verano: Choices for Children and Valley Care Medical Center

## NUFS STUDENT CLUB BATS 1000!

The Nutrition and Food Science Student Club had a pennant-winning year:

- September kicked off the fall series with a welcoming meeting for students. Elizabeth Bailey from the San Jose Peninsula District Dietetic Association was the star guest hitter.
- November's meeting featured guest player Kristen Keith who spoke about her role as the Director of Food Services for the Berryessa School District in San Jose.
- December's meeting was a team feast. Dr. Kathryn Sucher discussed multicultural foods and customs. Students also sampled delectables from different cultures.
- February's meeting started off the spring series. Kimberly Whelan, NuFS Club VP for Dietetics and mentee for the Legislative Chair of the San Jose Peninsula District of the CDA, spoke about the impact of Public Policy on Dietetic Professionals.
- February was a stellar month. A second meeting was held featuring Mary Foley of Project LEAN. Mary discussed community-based social marketing in public health: An innovative approach to nutrition education on the community level.
- March was a grand slam win. The Nutrition Education Action Team Educators, NuFS Club Members, and Students took part in the Nutrition Month Fair in the Student Union. The theme for 2002 was "Start Today for a Healthy Tomorrow."
- April's meeting, a social and networking gathering, hit a home run.
- May's meeting finished up the season in great style. Rick Richard from VOPAK USA spoke about his experiences as a brewer, wine maker, QA Manager, sales manager for food distributors, and positions in tomato and fruit cannery companies.

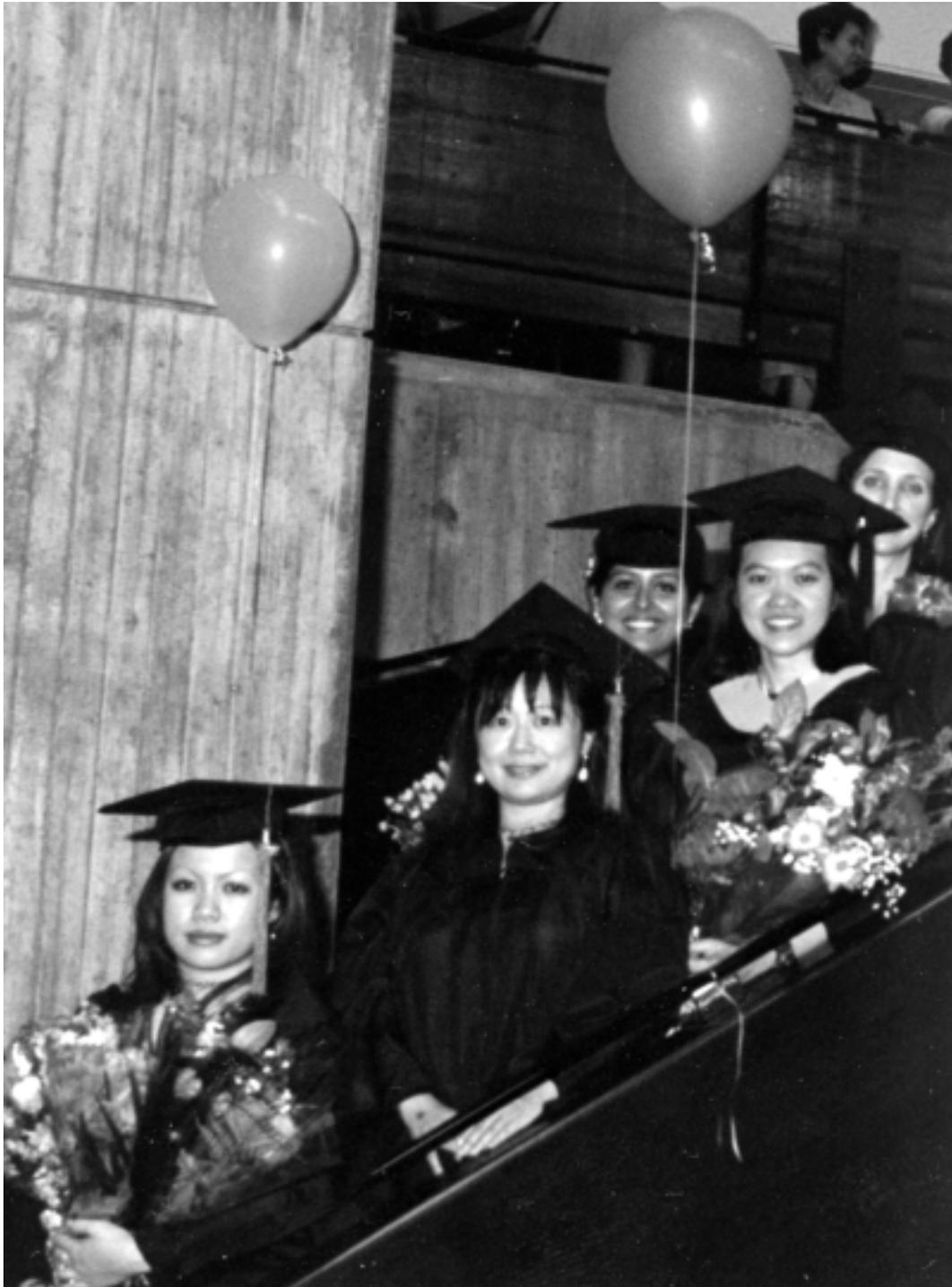


Nutrition Education Action Team Educator, Gilah Katz, impresses SJSU students with the importance of eating a balanced diet (using the Food Guide Pyramid as a visual aid) at this year's Nutrition Month Fair.



Food Science students present prizes at the annual fund raising "Raffle" held at this year's Northern California Institute of Food Technologists (NCIFT) Meeting. Pictured (left to right) are Sirapa Oudomugsorn, Angelo Covino, NCIFT Rep, and Thomas Low.

## THE JOYS OF GRADUATION CONVOCATION 2002



### **Stairway to Heaven!**

Leading the way are (left to right) Huong Bi, Yuki Mikoshiba, Jasleen Chhabra, Sirapa Oudomugsorn, and Kimberly Whelan.

**2002  
DISTINGUISHED HONORARY MEMBER  
CIRCLE OF FRIENDS**



Carolyn Jung, Food Editor for the San Jose Mercury News, was recognized on May 25 as the SJSU Department of Nutrition and Food Science, Circle of Friends, 2002 Distinguished Honorary Award Recipient.

After graduating Magna Cum Laude from San Francisco State University with her BA degree in Journalism, Carolyn began her career as a news reporter for the Ft. Lauderdale Sun-Sentinel. She then came back "home" to California and continued her career, reporting for the San Jose Mercury News.

However, Carolyn was always a food lover at heart; she even admits to having a life-long love affair with food. Thus, in 1997, after 11 years as a news reporter, she became the Food Editor for the San Jose Mercury News and continues in this leadership role today.

Carolyn is not only an accomplished Food Editor. She has also been recognized for her extraordinary feature writing. She received a *First Place Award for Food News Writing* from the Association of Food Journalists in 2001. This May, she was chosen as the *First Place Winner for Feature Writing about Restaurants and Chefs*, by the prestigious James Beard Foundation.

At this year's Circle of Friends Reception which was, once again, held in concert with the department's Graduation Celebration and Convocation, Carolyn Jung graciously accepted her Distinguished Honorary Award. She shared some secrets for success with the graduates that included: Listen to your parents and friends. Be open to new opportunities. Above all, do what you feel **passionate** about.

Carolyn truly exemplifies 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, Carolyn Jung as its 2002 Distinguished Honorary Award Recipient.

**CIRCLE OF FRIENDS  
FORBIDDEN BEHAVIOR!**

There is one thing the Circle of Friends never does: Forget why we exist. Our mission – to sustain the department's dedication and commitment to excellence – has been our guiding light since 1993, giving us direction and purpose. Now, a new challenge awaits.

Quality education demands the most current, accurate, and effective instructional materials. To fully grasp a concept such as atherosclerosis, portion size, or menu analysis, a vivid illustration or graphic telling is needed.

However, the department's meager collection of instructional tools (videos and other materials) is seriously outdated. Those that portray crucial nutrition-related topics like heart disease and diabetes contain antiquated information. Other essential nutrition topics like osteoporosis and weight management have no materials at all.

We have an incredible opportunity to make a difference in the quality of education for our students, by funding the creation of a "teaching toolbox." This Circle of Friends \$10,000 major project will actually be a collection of the best and most up-to-date learning tools (models, videos, DVD's, and CD Rom's). As a bonus, the university's Instructional Resource Center has agreed to house, catalogue, and manage our private collection.

**Please join us and send in your membership today** to make this "teaching toolbox" a reality. **Your support is the key** to our continued success in providing excellence in education. (**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 members have been directly responsible for enriching our students' educational experiences. **In our ninth year of success, some of our major accomplishments include:**

- ✓ Completion of a Food Processing Pilot Plant Laboratory
- ✓ Purchase of a Bioelectric Impedance Analyzer
- ✓ Purchase of a Portable Food Demonstration Cooking Unit
- ✓ Purchase of a Bomb Calorimeter
- ✓ Purchase of a Heavy Duty Professional Range
- ✓ Development of a High Quality Department Web Site
- ✓ Purchase of "BodyGem": An Instrument that Measures Resting Metabolism
- ✓ Creation of Six Scholarship Funds
- ✓ Creation of a Student Research Assistance Fund

**HEARTFELT THANKS TO THE 2001/2002 CIRCLE OF FRIENDS MEMBERS  
FOR THEIR GENEROSITY AND CARING**

Sherry Adamski  
Sandra A. Akrawi  
Coorina Alcaraz-Alvarez  
Lois Atkinson  
Darcy Becker  
Carol Beebe  
Dean Biersch  
Nancy Black  
Carol M. Bogert  
Walter M. Bortz  
Stephanie Brooks  
James Burke  
Rachel Cabigao  
Betty Campbell  
Robert E. Caron  
Kathryn Cefaloni  
Jacqueline Cenci-McGrody  
Ann Coulston  
Barbara Crow  
Gwen D'Antoni  
Narsai M. David  
Margaret A. Davis  
Helen DeMarco  
Mary Denny  
Antonella Dewell  
Danielle Dowens  
Norma Jean Downes  
Jocelyn Dubin  
Julie Dutcher  
John W. Farquhar  
Hamid R. Farzi  
Caroline H. Fee  
Cade Fields-Gardner  
Alan Finkelstein  
Mary Lee Foley  
Four Winds Food Specialists  
Doris C. Fredericks  
Leta Levin Frye  
Kathleen Gamez  
Herlinda Garcia  
Gina Giambra  
Barbara H. J. Gordon  
Dan Gordon  
Mildred Haas  
Jane K. Harmer

Khabera (Rin) Hartwig  
David and Elsie Heiman  
Frances V. Henderson  
Diane Hester  
Christine Grimm Hinrichs  
Jennifer Hoesel  
Margaret Jarvis Impink  
Nancy Jacobson  
Becky (Harris) Jasperse  
Carolyn Jung  
Jeanne D. Kennedy  
Pamela Goyan Kittler  
Maria Kwok  
Lee Ann Langan  
Helenka Livingston  
Joseph and Lela Llorens  
Susan P. McCloud  
Patricia McDonald  
Janet McDonald  
Toby McPherson  
Lucy McProud  
Anne K. Milliken  
Joanne Mitani  
Pantea Molavi  
Marcia J. Moore  
Judi Morrill  
Jean E. Frankenberg Mulreany  
Vaunden Nelson  
Michelle R. Neyman  
Molly S. Olive  
Dorothy Carr Parker  
Melinda D. Poliarco  
Clara Porcella  
Peyvand Pourhosseini  
Mary (Molly) C. Rauen  
Paige Reddan  
Harold Redsun  
Shannon Ritchie  
Karen P. Ross  
Kimberly Roth  
Andrea Sabatino Sanchez

LaPaula Sakai  
Patricia Schaaf  
Judith Morrison Schallberger  
Valerie Simler  
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. Wentz  
Kristy Wilce  
Marianne M. Wilcox  
Margaret Woch  
Carol Whiteley Wolf  
Diana Weissman Wright  
Lori Y. Shigemura Yamaguchi  
Martin Yan

