

NUTRITION FOOD SCIENCE PACKAGING

TRI-FOCUS

SAN JOSE STATE UNIVERSITY - DEPARTMENT OF NUTRITION & FOOD SCIENCE

GREETINGS ALUMNI AND FRIENDS!



The Nutrition and Food Science Department continues to shine in research year after year! Our graduate student Megan Stebbins was selected as the *Outstanding Researcher for San Jose State University* in her applied category of research, and competed in the state-wide CSU competition. The title of her research was *Survey of Selected Nutritional Health Programs of College*

Freshman, and Dr. Tawni Holmes was her graduate advisor. Last year, Dr. Hollenbeck's student Dorthy Lee also received this same university-wide *Outstanding Graduate Student Researcher* distinction, and went on to compete at the state level. Her award winning research was entitled, "*The Dietary Intake and Nutrient Adequacy of Self-selected Diets of Children and Adolescents with Systemic Lupus Erythromatosus (SLE)*".

Additionally, 2002-2003 was a very productive year for developing new curriculum. A new, Advanced General Education course in "Food and Culture" was approved to meet the general education requirements of Culture and Civilization in Area V. This is quite an accomplishment, as NuFS is the only department in our College of Applied Sciences and Arts to have a course approved in this area.

Also, the department now offers a course in "Complementary and Alternative Health Practices." This class serves as one of the core courses in a newly approved minor and certificate program, "Complementary and Alternative Health Practices" (CAHP), which is part of our interdisciplinary relationship within the Division of Health Professions and is administered by the Dean's Office.

We are also excited about a new curriculum emphasis proposed to prepare students as Environmental Food and Health Specialists. If the proposal is approved, students completing the curriculum would serve as sanitarians and be qualified to inspect restaurants and institutional foodservice operations for food safety. Specific courses

required by the county and state for this California State Credential are included in the curriculum.

Some curriculum change has occurred, as well. The bachelors degree concentration in Packaging has now moved to the College of Engineering (Industrial Systems Engineering Department). However, we still plan to work together via the new Processed Food Institute of which packaging is an integral part. In addition, we continue to have masters students interested in combining Packaging with their Food Science program of study.

Thanks to everyone who was involved at the end of September in our accreditation site visit by The American Dietetic Association (ADA) for the Didactic Program in Dietetics and the Dietetic Internship. We couldn't have been successful without your participation in the question/answer sessions conducted by the three ADA site visitors. Currently, we are responding to their suggestions for a few minor areas to enhance.

The Circle of Friends continues to sustain the excellence of our department, and we are so grateful for their support and financial assistance. Thanks to our alumni and friends, we continue to be able to provide our students with an outstanding education. We especially wish to thank Caroline Fee, Sherry Adamski-Butler, Caroline Spinalli, Vida Goudarzi, Purvi Shah, and Judith Shallberger for developing this fantastic newsletter.

Please let us know any news about your careers, as well as your families. We look forward to hearing from you.

**DR. PANFILO BELO:
HIS DOOR IS ALWAYS OPEN**

by Kara Schrandt

Dr. Belo's door is always open to students, even after 23 years of teaching at SJSU. Prior to joining the SJSU family, Dr. Belo made use of his Agricultural Chemistry and Food Science degrees as a research associate at his alma mater, Michigan State University.

FACULTY EXCELLENCE: JUST A “FEW” HIGHLIGHTS

by Purvi Shah

Accomplished Authors

- ☆ Kathryn Sucher’s textbook Food and Culture (4th ed.) was coauthored with Pamela Kittler (Department Alumna).
- ☆ Tawni Holmes had 2 articles published, one in the Journal of Nutrition for the Elderly and one in Nutrition Research.

Research Presentations



- ☆ Claire Hollenbeck and his graduate advisees presented six abstracts at the California Dietetic Association Meeting in April. Three additional abstracts have been accepted for presentation at the annual American Dietetic Association Meeting in October.

Grand Grantees

- ☆ Miriam Saltmarch Perry was awarded a Global Studies Institute Fellowship to examine non-tariff barriers to exporting for California Food Companies.
- ☆ Tawni Holmes received a Zellmer Scholarship Trust Fund Grant from the California Dietetic Association Foundation to do a survey on collaborative efforts throughout the state to fight childhood overweight.
- ☆ Lucy McProud received 2 awards from Cal Pro Net, funding a variety of workshops for child nutrition specialists and school foodservice directors.

Leadership and Awards

- ☆ Miriam Saltmarch Perry was appointed Co-Director of Processed Food Institute (a new institute at SJSU).
- ☆ Tawni Holmes received the NuFS “Outstanding Full-Time Professor” Award.
- ☆ Caroline Fee received the NuFS “Outstanding Part-Time Professor” Award.
- ☆ Kathryn Sucher was honored with the Dean’s Outstanding Service Award from the College of Applied Sciences and Arts.

- ☆ Radesh Palkurshi received the Dean’s Outstanding Research Award from the College of Applied Sciences and Arts.

Savvy Speakers

- ☆ Kathryn Sucher spoke on “Cross Cultural Nutrition Education” at the National Kidney Foundation annual meeting in Dallas TX.

Faculty Recognitions

- ☆ Lucy McProud served as Editorial Board member of Journal of Foodservice Research International Journal.
- ☆ Lucy McProud was selected for the California State Advisory Board: Child Nutrition Advisory Council.

NUTRITION IN THE LAND OF SPAM

by Kathleen M. Cahill

Every afternoon last January I found myself navigating through the jungles and typhoon-damaged villages of Guam to reach the University. Here I was, teaching “Science and Hunger” to students from six different Micronesian islands, all gathered together for the unique opportunity of a college education. During my brief stay, I attempted to switch them from regular Spam to Spam Lite, discussed the emergence of vitamin A deficiency and obesity in the islands (as a result of abandoning fish and papayas for white rice and canned meat), and arranged for them to reforest eroding land and deliver food to those displaced by the typhoon as their service learning projects. I walked through beautiful stretches of thick greenery and was invited on a hunt for the invasive yet elusive brown tree snake. Although Guam was ravaged by 180 mph winds two weeks before I arrived, my experiences on this island were wonderful and enriching and the local people gracious and warm-hearted. I will carry this memory with me always.





**VAUNDEN I. NELSON
1923-2003**

Vaunden Nelson touched so many lives, during her 31 years of teaching at SJSU in the Department of Home Economics. Her teaching expertise was in home management, consumer economics, research methods, and independent living for the disabled.

Among her many accomplishments, Vaunden was selected as California's Outstanding Home Economics Teacher. She also held leadership positions in the American Home Economics Association and Delta Kappa Gamma Society International, an organization of women educators.

Vaunden retired from SJSU in 1988 as an Emeritus Professor. However, she continued her passion for education, becoming renowned for her expertise in genealogy research. She also continued her dedication to students, becoming a charter member and sustaining supporter of the department's Circle of Friends.

Forever remembered, Vaunden Nelson was, truly, an educator extraordinaire.

In Memory: Maude L. Ashe

Maude Ashe passed away this year at the age of 95. In 1973 she retired from the Home Economics Department, after teaching for 30 years at SJSU. Among her many accomplishments, she developed a California Foods Class based on the history of various cultural foods in the California population. This original class has evolved into the Cultural Foods Course taught in the department today.

Dr. Panfilo Belo continued from page 1

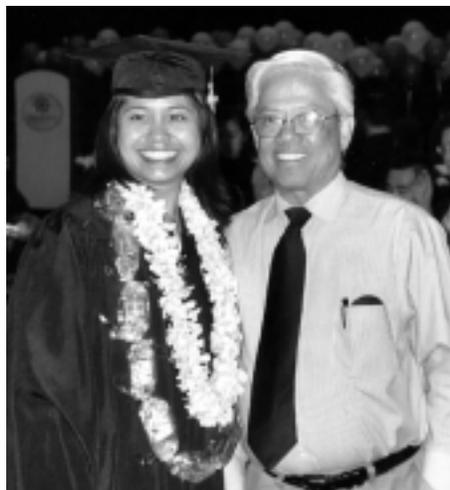
However, it was his doctoral thesis involving the biochemistry of onion flavor that led him to the food science industry. He worked in Research and Development at McCormick & Co. in Baltimore, developing an onion oil product before relocating to Gilroy, California. Making one last employment change before arriving at SJSU, Dr. Belo conducted research at UC Berkeley, utilizing an NIH grant to study dietary fiber.

In addition to teaching food science classes, Dr. Belo also serves as the department's graduate student coordinator. With 24 newly accepted graduate students this spring, he faces many challenges; however, he truly enjoys interacting with each graduate student one-on-one. Additionally, many graduate students approach Dr. Belo for advice on graduate projects and theses because of his prominence in food science research.

The busy schedule that Dr. Belo endures on campus is well balanced with many leisure activities enjoyed near his Gilroy home. Weekends are filled with gardening, sometimes experimenting with new strains of protein-rich beans. He also enjoys casual tennis games with his friends or when his son, an attorney in Ohio, visits.

Summer vacations are what Dr. Belo really gets excited about. He and his wife are currently planning a trip to his favorite place – Hawaii (the specific island is yet to be determined). However, no summer is complete without a driving trip within the United States. One recent tour included routes through Las Vegas and Sedona to visit his daughter, a doctoral student of medical anthropology, in Dallas.

Dr. Belo is committed to exploring new and exciting interests and endeavors, whether in or out of the classroom. We are privileged to learn from his experiences and honored to have him as a teacher, advisor, coordinator, committee member, colleague, and friend.



Dr. Belo and graduate _____ who is adorned with his favorite "Island" spirit of Congratulations.

ALUMNI SIGHTINGS

From distant continents, we have news: **Donielle German, BS'97** has spent the last two years as a Peace Corps Volunteer in Haiti, working in a small, rural health clinic providing health education and nursing assistance. Upon her return to the US, she plans to return to school to pursue a degree in nursing and public health.

Antonella Dewell, MS'01 has recently returned from a year's world tour with her husband, where among her many delights was a visit to her native Italy. Speaking of Italy, **Jane Harmer, MA'77** also went there on a fabulous trip this spring with her husband Geoff, then returned just in time to meet with Emeritus Professor Elveda Smith to select the Circle of Friends Scholarship Award Recipients for this year.

From our own US shores, **Jean Frankenburg Mulreany, BA'76** owner and CEO of the Carson Valley Inn/Casino, reports that 2 of her 4 children are now attending University of Nevada-Reno. **Cindy Hank Morus, BA'79**, a certified financial recovery counselor based in Hood River OR and President of Phelps Creek Financial Counseling, writes that she loves her work helping individuals, couples, and small businesses with money management.

Theresa Sanchez, BS'84 sends news from Sacramento. She is returning to school to seek a MSW degree at Sacramento State University. She then plans to get her LCSW and blend that with her RD to do some part time counseling after she retires from the California Department of Social Services. **Dawn Gomes Sibert, BS'91** who lives in Stockton announced the birth of her son, Orion, born March 12; he was advertised as a major "cutie."

Right in our own backyard: San Jose Peninsula District (SJPD) of the California Dietetic Association is teaming with alumni who provide leadership including: President **Marty Wilson, MS'98**; Treasurer **Mary Foley, MS'99**; Membership Chair **Shelly Wingert, MS'__**; Nomination Committee Chair **Pat Schaaf, MS'84** and her Committee Members **Erin Stenger, MS'00** and **Sarah Viaggi, BS'85**; Legislative Co Chair **Kimberly Whelan, BS'02**; and Trends Education Workshop Chair **Marguerite Giuliano, BS'03**.

At this year's Trends Education Workshop, none other than our very own **Pat Schaaf, MS'84** was a keynote speaker. Her presentations focused on her expertise in the area of lifestyle change as the primary prevention to decrease the risk of Type 2 diabetes. Pat was also honored this year as the recipient of the California Dietetic Association "Award for Excellence in Clinical Nutrition."

The September SJPD meeting was an alumni extravaganza. This yearly meeting features the NuFS graduate student and dietetic intern projects displayed on posters for viewing at the event. Among the alums seen enjoying these outstanding posters were; **Julie Ashbaugh, MS'02**; **James Burke, MS'02**; **Mary Foley, MS'99**;

Dorothy Lee, MS'02; **Gilah Katz, MS'02**; **Sarah Viaggi, BS'85**; and **Darcy Becker, BS'96**. Following the Poster session **Stephanie Brooks, MS'96** gave an outstanding presentation on Medical Nutrition Therapy Reimbursement. Stephanie was also honored this year with the California Dietetic Association "Award for Excellence in Private Practice, Business, and Communications."

Rounding out our alumni news: **Laurie Becker, BS'96**, Executive Director at ARV Assisted Living in San Jose, reports that she loves her job; Laurie credits her first experience as a dietetic intern working in food service as opening the door to this dream job. **Phyllis Simpkins, BA'46** was honored at the 25th Anniversary Celebration of the SJSU Phyllis F. Simpkins International House. Over 150 guests (mostly alumni of the International House) shared this glorious event.

Pamela Kittler, MS'83 recently completed the 4th edition of her extraordinary text book, "Food and Culture" and continues to be the preeminent expert in cultural nutrition. **Eileen Mackusick, MS'94** continues to teach Advanced Clinical Nutrition for the department in addition to working as Chief Clinical Dietitian at Watsonville Community Hospital. However, she says her greatest responsibility and joy is being Mom to "Bob" (her English bulldog).

Caroline Spinali, MS'03 gave the best presentation of her life. She was scheduled to give a speech as the outstanding masters graduate at this year's convocation on May 24. However, Adrian, her new baby son, decided to make his appearance during the same time. Guess which presentation took precedence?

We have come to a close of our sightings for this year. However, whether near or far, please send us YOUR news.

HELEN DEMARCO RECEIVES "GOLD" AWARD



Dean Ego and Helen DeMarco, pure GOLD

Helen Demarco, MS'96 was selected as The Graduate of the Last Decade (GOLD), representing the SJSU College of Applied Sciences and Arts. She was presented with her honorary award medallion at the Annual SJSU Tower Award Dinner in April.

Helen is also a registered dietitian and taught for many years in her specialized area of sports nutrition for our NuFS Department. Currently, Helen is the Sports Nutritionist for the Athletics Department at UC Berkeley. Congratulations Helen for bringing home the GOLD!

SALUTE TO THE STARS NUFS BRINGS HOME THE GOLD!

by Purvi Shah

This year's College of Applied Sciences and Arts (CASA) Awards Reception was held in the Barrett Ballroom on May 5, 2003. The theme of this reception was "Salute to the Stars," and the stars were all gold in the Nutrition and Food Science (NuFS) Department. Eight students, one alumna, and two faculty members from our department were honored with awards presented by Dr. Michael Ego, CASA Dean.

Jennifer Jusinki received the Dean's Undergraduate Scholarship Award, and represented the NuFS Department



Molly Rauen celebrates with son Ray and daughter Margie (front); Lucy McProud, Caroline Fee, and husband Gene (back)

for outstanding accomplishments in scholarship and service. Three of our graduate students received awards for Outstanding Graduate Research. **Shoshanah Orzech's** research

topic was "The characteristics and needs of children and adolescents with type 2 diabetes mellitus in

Santa Clara County." **Monica Shah's** outstanding graduate research was entitled, "The effects of treatment on body weight, dietary intake, and exercise patterns in newly diagnosed individuals with obstructive sleep apnea."

Megan Stebbins also received an award for her outstanding graduate research. See details on page 1.

The Outstanding Thesis Finalist Award went to **Sripriya Ravi**. Her topic focused on metabolic needs in nematodes and was entitled, "Phenylalanine requirement and blockage in its biosynthesis in *C. Elegans*."

Three of our remarkable students also received CEED Awards. These awards are given to students in recognition of their extraordinary contributions to enhancing equity and diversity on the SJSU campus and in the community.

Judith Pierre and **Karen Rubio** received Recognition Awards, while **Manuel Villacorta** received the CEED Distinguished Service Award.

The "Salute to the Stars" included the Dean's Outstanding Faculty Awards. These college-wide awards are very prestigious, as the award recipients are chosen from the entire faculty in all nine departments of the College of Applied Sciences and Arts. **Dr. Kathryn Sucher** received



Kathy Sucher and son Alec

DISTINGUISHED ALUMNA OF THE YEAR MARY (MOLLY) RAUEN, MA, RD

Mary (Molly) Rauen, MA, Home Economics, 1978, has been chosen as the Distinguished Alumna of the Year for her extraordinary dedication and support to the Nutrition and Food Science Department, formerly named the Department of Home Economics.



Her support and generosity to the department have been directly responsible for the creation of an endowed Department of Nutrition and Food Science, Circle of Friends, Student Research Assistance Fund. This fund provides \$500 research grants to deserving graduate students who have innovative and cutting edge research proposals. In her honor, the fund will be formally named the "Molly and Gene Rauen Endowed Graduate Student Research Assistance Fund."

As a graduate student herself, Molly completed ground breaking research, "A Study of Some Dietary and Food Selection Changes in Selected Jejunoileal Bypass Patients," which 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 presented her research at the American 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..

Molly Rauen's lasting legacy will, truly, enrich the academic reputation and prestige of the entire department.

the Dean's Outstanding Faculty Award for Service and **Dr. Radesh Palakurthi** won the Dean's Outstanding Faculty Award for Research.

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 **Molly Rauen**, who earned her MA in Home Economics in 1978 when she completed ground breaking research (please see accompanying article for details). Molly has given this opportunity to today's NuFS students by creating the "Molly and Gene Rauen Endowed Graduate Student Research Assistance Fund.

**“RESEARCH ACCOMPLISHMENTS”
NUFS MASTER OF SCIENCE
Fall 2002/Spring 2003/Summer 2003
Thesis and Project Titles**

Carolyn Agamao	<i>Evaluation of a Clinical Model</i>
Michelle Chaudoir	<i>First Graders and Nutrition Education</i>
Rachel Freiberg	<i>Evaluation of the Effectiveness of a Hemodialysis Video as a Teaching Tool for Nutrition Students</i>
Leleh Hajhaseini	<i>Freshman 15 (Dietary Changes of Freshman Students Upon Their Entry to College)</i>
Teresa Harnden	<i>Testing the Effectiveness of an In-Store Nutritionist on Changing Food Purchasing Behaviors of Shoppers: A Supermarket Intervention</i>
Youngseok Kang	<i>The Antioxidant Activity of Raisins in Lipid Oxidation</i>
Tabussum Munir	<i>Assessment of Parents' Beliefs Concerning the National School Lunch Program</i>
Marilyn Oppezzo	<i>Barrier Reduction in Participant Selected Versus Specifically Defined Macro Nutrient Hypocaloric Diets</i>
Molly Paulson	<i>Outcomes Assessment of Students, Alumni and Employers/ Internship Supervisors of Alumni of the Department of Nutrition and Food Science at San Jose State University</i>
Judith Pierre	<i>Assessment of Type 2 African-American Diabetes' Nutritional Knowledge; Obstacles to Complying With Nutritional Recommendations and Strategies Used to Overcome Them</i>
Kara Schrandt	<i>Development of a Food Frequency Questionnaire for Individualized Patient Treatment at the Cardiac Therapy Foundation</i>
Monica Shah	<i>The Effects of Treatment of Newly Diagnosed Sleep Disorders on Body Weight, Dietary Intake, and Exercise Pattern</i>
Caroline Spinali	<i>Evaluating the Use of Technology-Based Advising Media in the Nutrition and Food Science Department of San José State University</i>
Megan Stebbins	<i>Survey of Selected Nutritional Health Programs of College Freshman</i>
Laurie Steinberg	<i>Survey of California Health Professionals Involved in Group Efforts to Fight Childhood Obesity</i>
Manuel Villacorta	<i>Effects of Breastfeeding on Blood Glucose Regulation Among Overweight/ Obese Latino Women With Past History of Gestational Diabetes</i>
Carlyn Yee-Hicaiji	<i>Assessment and Intervention of Soda and Milk Consumption in High School Students</i>



STUDENTS SPARKLE WITH SUCCESS



San Jose State University Equity and Diversity Enhancement Awards

Karen Rubio
Judith Pierre
Manuel Villacorta

San Jose State University Outstanding Award for Research

Megan Stebbins



Monica Shah

College of Applied Sciences and Arts

Dean's Undergraduate Scholarship
Jennifer Jusinski \$500

Dean's Outstanding Graduate Research Award
Shoshanah Orzech
Monica Shah
Megan Stebbins

Outstanding Thesis Finalist
Sripriya Ravi

Circle of Friends Scholarship Awards

Jean Downes Scholarship
Traci Lasquete \$500

Rose Tseng Scholarship
Han Le \$500

Fern Wendt Memorial Scholarship
Angela Tsang \$500

Circle of Friends Research Assistance Awards

Caroline Spinali \$500
Lakshmi Sridher \$500

Stanford University Hospital Scholarship

Lauren Adams \$500

Josephine & Frank Morris Scholarship Award

Manuel Villacorta \$175
Kasey Carter \$175

Hal Adams Scholarship for Outstanding Student in Food Science and Technology

Angelo Corvino \$300

Nutrition and Food Science Department Outstanding Student Awards

Baccalaureate Candidates

Nutrition/Dietetics: Marguerite Giuliano
Packaging: Stefanie Harris
Food Science: Thomas Low

Masters Candidate

Caroline Spinali

Service Awards

Mark Diskowski
Victor Frausto
Patricia Kakunted
Nancy Kowalski
Traci Lasquete
Han Le
Karen Rubio
Betsy Walter



Dr. McProud congratulates Manuel Villacorta and Megan Stebbins.

DEPARTMENT OF NUTRITION AND FOOD SCIENCE
Bachelor of Science
Fall 2002/Spring 2003 Graduates

Dietetics

Carter, Kasey
 Crewse, Elisha
 Chermak, Jacob
 Diskowski, Mark
 Frausto, Victoriano
 Galletti, Gina
 Gapuz, Michelle
 Giuliano, Marguerite
 Hayon, Lory
 Hurtado, Arianel
 Kakunted, Patricia
 Lasquete, Traci
 Le, Han
 Ngo, Khanh
 Rubio, Karen
 Walter, Betsy

Food Science & Technology

Corvino, Angelo
 Low, Thomas
 Yang, Li-Lan



Patricia Kakunted's beautiful smile says it all.

General Nutrition

Bortolussi, Dominic
 Castillejos, Argelyn
 Chen, Erica
 Kowalski, Nancy
 Moran, Patricia
 Romo, Miriah
 Wong, Regina

Packaging

Fathi, Soudabeth
 Harris, Stefanie
 Little, Stephanie
 Merilos, Joshua
 Padilla, Armando
 Samjoy, Jeffrey

DIETETIC INTERNSHIPS 2002-2003**External Dietetic Internships**

Michelle Chaudoir - John Hopkins Bayview Medical Center, Baltimore, MD
 Kasey Carter - University of Kansas Medical Center, Kansas City, KS
 Molly Paulson - Emory Hospital, Atlanta, GA
 Maria Saavdra - VA Medical Center San Juan, San Juan, Puerto Rico
 Kara Schrandt - Brigham & Women's Hospital, Boston, MA

Internal Dietetic Internships

Carolyn Agamao - Community Hospital of Monterey Peninsula.
 Sandy Burton - Kaiser Santa Teresa Hospital and Choices for Children
 Wei Chen - San Jose Regional Hospital
 Rachel Freiberg - VA San Francisco Hospital and Cupertino School District
 Laleh Hajhosseini - Good Samaritan Hospital
 Teresa Harnden - Oakland Unified School District and VA San Francisco Hospital
 Tabassum Munir - Valley Care Medical Center and Hayward Unified School District
 Marily Oppezzo - VA Palo Alto Hospital
 Judith Pierre - Oakland Kaiser Hospital and Oakland Unified School District
 Caroline Spinali - VA San Francisco Hospital and Choices for Children
 Megan Stebbins - Good Samaritan Hospital
 Manuel Villacorta - Meals on Wheels San Francisco and Kaiser San Francisco Hospital
 Kimberly Whelan - Salinas Memorial Hospital
 Carlynn Yee-Hicaiji - Sequoia Hospital



Traci Lasquete, Regina Wong, and Karen Rubio revel in the "crowning" moment.

NUFS STUDENT CLUB BREAKS ALL PREVIOUS RECORDS!

by Sherry Adamski Butler



Nutrition Education Action Team (NEAT) pose after SJSU annual National Nutrition Month Fair



Henrietta Oberg, Student Club President, gives nutrition tips to SJSU student.

- **September got things off to a great start.** A Club Social was held where students meet the NuFS officers, mingled, and enjoyed friendship and food.
- **October picked up the pace.** Speaker, David Barron, took the Club on an amazing journey through the world of hypnosis, and spoke about life-style changes related to establishing healthy eating habits. In a second meeting, Pamela Goyan Kittler, MS, an alumna of SJSU, spoke about her expertise as a cultural nutritionist. She also discussed her book, Food and Culture and her many cultural food articles.
- **November kept things going strong.** Mr. Bud Charlick, Manager of Monterey Mushroom, Inc., spoke about his 14 years in Product Development and Quality Assurance and his 40 year experience as a Food Scientist in private industry. A second meeting was held where Patricia Lam, RD, also an alumna of SJSU, talked of her career in nutrition, clinical dietetics, and public health.
- **February kicked off the spring semester activities.** Jennifer Styles, MA, RD, SJSU Campus Nutritionist, described how she made her way to SJSU, and the activities that take place at the SJSU Health Center.
- **March came on strong.** The Club members practiced their nutrition education and counseling skills at the annual National Nutrition Month Fair held in the student union. Later in the month, Alan Roth, of Second Harvest Food Bank, came to speak to the Club about the indispensable role of this organization within the community.
- **April kept the Club in the lead position.** Marty Wilson, MBA, MS, RD, President, San Jose-Peninsula District of the California Dietetic Association, shared her expertise "Teaching Weight Management." In a second meeting, Denise Tomanek, RD at Kaiser of Santa Teresa, spoke to the Club about being a registered dietitian in a hospital setting.
- **May brought a record breaking finish.** The club did fundraising for Convocation, by holding a raffle and selling delectable, chocolate covered strawberries. All agreed it was the best year ever!

PACKAGING STUDENT CLUB BIDS FAREWELL

by Michael Borchers

2003 has been a very eventful semester for the Packaging Program! The biggest news is the undergraduate packaging concentration has shifted from the NUFS Department to the Department of Industrial Engineering, effective Fall 2002. However, there are still several students completing their coursework under NUFS. Due to this transition, the Student Packaging Association is currently very small, but it is exciting to see the new faces of engineering students interested in packaging. The Student Club and Packaging faculty will truly miss the incredible support and enthusiasm they have experienced in the Nutrition and Food Science Department!

THE JOYS OF GRADUATION

2003 CIRCLE OF FRIENDS DISTINGUISHED HONORARY MEMBER



Dr. Christopher Gardener, renowned nutrition researcher and educator, was recognized on May 24 as the SJSU Department of Nutrition and Food Science, Circle of Friends, 2003 Distinguished Honorary Award Recipient.

After graduating from Colgate University with his BA degree in Philosophy, Dr.

Gardener went on to earn his PhD in Nutritional Sciences from UC Berkeley. He then spent an additional five years doing post doctoral work as a research associate with the Stanford Center for Research and Disease Prevention. In 2001, Dr. Gardner was appointed and continues to serve as an Assistant Professor for Research in the Department of Medicine at Stanford University.

Dr. Gardner's reputation as a researcher is known far and wide. He has 17 research publications and 3 book chapters to his credit, and recently accomplished an amazing feat: He was awarded not one, two, or three, but **four** major National Institutes of Health (NIH) Nutrition Research grants. Specifically, these grants are studying the Effect of Soy Isoflavones on the Prostate, Breast, and Bone; Ginkgo Biloba and Vascular Function; Effect of Garlic on Plasma Cholesterol; and Potential Benefits and Risks of Popular Weight Loss Diets (Atkins, Zone, Ornish, and Traditional approaches).

Dr. Gardner is in constant demand as a keynote speaker, and never fails to capture an audience with his charm, deep insights, and gift of translating nutrition research into real world application. In fact, he is the master of communicating what it all "really means."

At this year's Circle of Friends Reception which was, once again, held in concert with the department's Graduation Celebration and Convocation, Dr. Gardner graciously accepted his Distinguished Honorary Award. He spoke on his personal path to becoming a vegetarian and how this led to his passion for pursuing a career as a nutrition researcher.

Dr. Christopher Gardner 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, Dr. Christopher Gardner as its 2003 Distinguished Honorary Award Recipient.

CIRCLE OF FRIENDS CANNOT BE BROKEN!

Our "Circle" cannot be broken! Difficult times only strengthen the Circle of Friends' resolve to help students in need.

A 10% increase in tuition, last semester, hit students hard. Fees went from \$957 to \$1044. An additional 30% increase is planned for Fall after the California State budget is finalized. Thus, another \$313 will be added, bringing tuition to \$1357 per semester.

Students' backs are against a wall. Many simply cannot afford to pay these extra fees. Thus, to help offset the 40% increase in tuition, this year's major project is to build each of our Circle of Friends Scholarship Awards to \$1000. Donations can be directed to one of our specific, established scholarship funds: Jean Downes, Elveda Smith, Rose Tseng, and Fern Wendt. What a meaningful way to honor one of these former "Professors" who did so much for so many.

If you would like to fund your own \$1000 scholarship (or fund one to honor someone else) just write the specific honoree's name on the bottom of your check. Right now, your help is more important than ever. You are, truly the foundation on which we have built 10 years of remarkable accomplishments.

Please send in your gift today and join our distinguished membership. (An application is provided with this newsletter).

CIRCLE OF FRIENDS CELEBRATES ITS 10 YEAR ANNIVERSARY!



The "Circle of Friends," a coalition of alumni, faculty, students, and friends, has joined together to sustain the department's dedication to excellence. Our members' generosity and caring have made so many things possible. Here are just a "few" major accomplishments:

- Creation of a "Teaching Toolbox," including videos and models, to enhance student learning
- Realization of a Department Web Site of the highest quality and professional caliber
- Funding Student Research Assistance Awards
- Purchase of "BodyGem," an instrument that measures resting body metabolism
- Purchase of a Bioelectric Impedance Analyzer, an instrument that measures body composition
- Enhancement of Student Scholarships: \$200 is given every year to build each of the Circle of Friends' Elveda Smith, Jean Downes, Fern Wendt, and Rose Tseng Scholarship Funds
- Sponsorship of the Student Convocation and Celebration: \$1000 is given each year to the Student Club to enable all graduates to participate in this "once in a lifetime" event
- Production of a yearly Member's Only Directory for networking

HEARTFELT THANKS TO THE 2002/2003 CIRCLE OF FRIENDS MEMBERS FOR THEIR GENEROSITY AND CARING

Sandra A. Akrawi	David and Elsie Heiman	Paige Reddan
Coorina Alcaraz-Alvarez	Frances V. Henderson	Harold Redsun
Lois Atkinson	Christine Grimm Hinrichs	Karen P. Ross
Joey Au	Jennifer Hoesel	LaPaula Sakai
Darcy Becker	Margaret Jarvis Impink	Patricia Schaaf
Laurie Becker	Nancy Jacobson	Judith Morrison Schallberger
Carol Beebe	Carolyn Jung	Phyllis Forward Simpkins
Dean Biersch	Jeanne D. Kennedy	Elveda Smith
Nancy Black	Pamela Goyan Kittler	Caroline Spinali
Carol M. Bogert	Maria Kwok	Dalia Stempa
Walter M. Bortz	Lee Ann Langan	David L. Stone
Stephanie Brooks	Helenka Livingston	Sharon Meuth Studdert
James Burke	Joseph and Lela Llorens	Kathryn Sucher
Sherry Butler	Eileen MacKusick	Mary Ann Sullivan
Betty Campbell	Susan P. McCloud	Alice Morris Swanson
Robert E. Caron	Patricia McDonald	Jean Crandall Theisen
Kathryn Cefaloni	Janet McDonald	Ellen Benson Thompson
Jacqueline Cenci-McGrody	Toby McPherson	Rose Tseng
Ann Coulston	Lucy McProud	Gurminder K. Tumber
Barbara Crow	Anne K. Milliken	Sarah Viaggi
Narsai M. David	Joanne Mitani	Janice Wai
Margaret A. Davis	Marcia J. Moore	Holly E. Weber
Helen DeMarco	Judi Morrill	Philip R. Wentz
Antonella Dewell	Jean E. Frankenberg Mulreany	Kimberly Whelan
Alanna Bennam Dittoe	Vaunden Nelson	Marianne M. Wilcox
Danielle Dowens	Michelle R. Neyman	Margaret Woch
Norma Jean Downes	Molly S. Olive	Carol Whiteley Wolf
Jocelyn Dubin	Melinda D. Poliarco	Diana Weissman Wright
Julie Dutcher	Peyvand Pourhosseini	Lori Y. Shigemura Yamaguchi
John W. Farquhar	Mary (Molly) C. Rauert	Martin Yan
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		
Gina Giambra		
Barbara H. J. Gordon		
Dan Gordon		
Mildred Haas		
Jacquelyn Rogers Hackbart		
Jane K. Harmer		
Khabira (Rin) Hartwig		

