



# NUTRITION FOOD SCIENCE FOOD MANAGEMENT

# TRI-FOCUS

## DEPARTMENT OF NUTRITION & FOOD SCIENCE

### HELLO ALUMNI AND FRIENDS!



Students and faculty from the Department of Nutrition and Food Science, once again, have been recognized for their accomplishments in research. Our graduate student Manuel Villacorta was selected as the Outstanding Student Researcher of the entire California State

University CSU System at the state competition in May for the category of Health, Nutrition and Clinical Research. Dr. Clarie Hollenbeck was his graduate advisor. The title of his research was "Effects of Breast Feeding on Blood Glucose Regulation Among Overweight, Obese Latina Women With A History of Gestational Diabetes."

Purvi Shah was also recognized as the Outstanding Student Researcher for the College of Applied Sciences and Arts. Her research was entitled, "Evaluation of the Ketogenic Diet Program at Kaiser Permanente," and Dr. Kathryn Sucher was her graduate advisor. As validation of our "stellar" student research, the department dominated this year's California Dietetic Association Meeting's research poster displays, accounting for 14 out of a total of 29!

Our department accomplishments are likewise praiseworthy. The University and the CSU require all departments to complete a Five Year Program Plan and Review. Accordingly, in February we had an evaluation by an external evaluator (the Department Chairperson from Fresno State University). We were pleased with the commendation we received for our accomplishments, especially in light of our limited resources.

The department has also experienced some changes. Two of our staff members have retired this year: Irene Tupper, Administrative Coordinator (19 years in department), and Judith Schallberger, Instructional Support Technician (12 years). We greatly appreciate their numerous contributions to the Nutrition and Food Science Department over the years. We will miss them

dearly and wish them both a fantastic retirement!

We are also sadly saying goodbye to two of our faculty. Barbara Gordon retired, and Tawni Holmes accepted a faculty position back in her hometown at University of Central Oklahoma. Our best wishes to Dr. Gordon and Dr. Holmes for a bright and healthy future!

On a final note, we deeply appreciate the Circle of Friends for supplementing our resources, so we can continue to provide our students with an excellent education. We especially wish to thank Caroline Fee, Sherry Butler, Danielle Greiner, and Heather Schwartz for developing this tremendous newsletter!

Please update us on any news about your careers, as well as your family life. Let's keep in touch!

A handwritten signature in cursive script that reads "Lucy McProud".

Lucy McProud, PhD, RD  
Department Chairperson

### DR. KATHRYN SUCHER STILL GOING STRONG!

by Danielle Greiner



Although Dr. Kathryn Sucher has been at SJSU for 22 years, she still demonstrates a passion for teaching, learning, and education. Dr. Sucher earned her doctorate in Nutrition Science at Boston University and Medical Center. In 1982 Dr. Sucher was offered a job at SJSU as a full-time temporary faculty member, and one year later was offered a tenure position. She rapidly rose through the ranks to full Professor.

Dr. Sucher is very actively involved both in and out of the classroom. She teaches Medical Nutrition Therapy, Nutrition for the Health Professions, and the Colloquium for Nutrition and Food Science. Outside of the classroom, Dr. Sucher serves as the department's

## FACULTY EXCELLENCE: JUST A "FEW" HIGHLIGHTS

by Danielle Greiner

**Accomplished Authors****Kathryn Sucher**

Kathy Sucher coauthored with Pamela Goyan Kittler (Department Alumna) the fourth edition of their *Food and Culture* textbook.

**Judi Morrill and David Stone**

Judi Morrill and David Stone completed the new edition of *Are You Eating Right? Compare Your Diet to the Official Recommendations Using the Nutrient Content of 5000+ Foods*.

**Research Presentations****Clarie Hollenbeck**

Clarie Hollenbeck and 10 of his graduate advisees presented research abstracts at the California Dietetic Association Meeting in April.

Six of these abstracts have been accepted for presentation at the

American Dietetic Association Meeting in October. Dr. Hollenbeck's advisee, Manuel Villacorta, won the CSU Outstanding Researcher Award for the Health, Nutrition, and Clinical Science Category.

**Tawni Holmes**

Tawni Holmes and her graduate advisees presented nine research abstracts at the California Dietetic Association Meeting in April. Three of these abstracts have been accepted for presentation at the annual American Dietetic Association Meeting in October.

**Lucy McProud**

Lucy McProud coordinated the Poster Session at the San Jose Peninsula District of the California Dietetic Association meeting, where she was also coauthor of 16 poster presentations. In addition, she is coauthor of 4 Poster Sessions to be presented at the American Dietetic Association Annual Meeting in October.

**Grand Grantees****Barbara Gordon**

Barbara Gordon was awarded a \$1500 California State Lottery Grant to fund improvements for the SJSU Interdisciplinary Garden Project.

**Caroline Fee**

Caroline Fee was awarded a \$600 California State Lottery Grant for purchase of nutrition education materials.

**Lucy McProud**

Lucy McProud received an \$87,000 grant from the CA State Department of Education to fund the Cal Pro Net Center to train child nutrition personnel and school foodservice providers.

**Savvy Speakers****Judi Morrill**

Judi Morrill spoke at Macy's Valley Fair to help kick off the American Heart Association's "Go Red for Women" campaign to make women aware of their risk of developing heart disease.

**Caroline Fee**

Caroline Fee spoke to the El Camino YMCA Older Adult Fitness Association on "Evidence Based Nutritional Needs of Older Adults," at Willow Glen Villa on "Healthy Eating in Later Years," and at the American Society on Aging Summer Series on "Multidisciplinary Assessments and Team Work in Geriatrics."

**Kathryn Sucher**

Kathy Sucher made a presentation on "Nutrition and Cultural Competency" at the California Dietetic Association and the American Diabetes Association Post Graduate Course in San Francisco.

**Leadership and Awards****Tawni Holmes**

Tawni Holmes was awarded the NuFS "Outstanding Full-time Professor" Award and was also awarded the California Dietetic Association Excellence in Community Nutrition Award for 2004.

**Caroline Fee**

Caroline Fee received the NuFS "Outstanding Part-time Professor" Award.

**Kathryn Sucher**

Kathy Sucher was awarded the Outstanding Dietetic Internship Director Award for Area 1 by the American Dietetic Association.

## IRENE, NUFS DEPARTMENT SECRETARY, RETIRES AFTER 19 YEARS

By Vida Goudarzi



Irene Tupper, began her job as Secretary of the Department of Nutrition and Food Science at San Jose State University in December 1984. During all of her years in the department, Irene was a great help. She always wore a big smile and was a source of endless

information for students. In Irene's own words, "For the last 19 years, I have had a very good experience with our department. I learned and progressed a lot, and Dr. Lucy McProud is the best."

Irene has a bachelor's degree in home economics and taught home economics for many years before coming to SJSU. Irene collects cookbooks and likes sewing, cooking, and traveling. She also has four children and four grandchildren. Her plans for retirement include more rest, travel, and time to spend with her family.

We wish her the best and congratulate her on her retirement.

## DR. BARBARA GORDON RETIRES

Dr. Barbara Gordon has retired after teaching 10 years for the department. She will be fondly remembered for her love of teaching and her ground breaking work as founder of the SJSU Interdisciplinary Garden Project. Her future plans include welcoming the birth of her first grandchild and, of course, continuing her passion for gardening. We wish her all the best.

## IN MEMORY: ROBERT (BOB) CARON

Robert (Bob) Caron passed away on April 12, 2004. Bob was our NuFS Department Technician from 1980-1993, and will be remembered always for his many contributions and dedication to SJSU and our NuFS Circle of Friends. To honor the life of Bob, contributions can be directed to his scholarship fund. Please direct your gift to NuFS, Circle of Friends, SJSU and write Bob Caron Scholarship on the bottom of your check.

## JUDITH SCHALLBERGER LEAVES HER MARK OF EXCELLENCE

After 26 years of tireless service to SJSU, the last 12 as our NuFS Instructional Support Technician, Judith Schallberger has retired.

Judith settled for nothing less than the very best in all of her myriad responsibilities.

"Ask Judith," were the most repeated words heard in the department, as she was a master problem solver. Her uncanny gift of finding creative solutions to pressing problems and her willingness to help others defines this incredible woman. Among her many accomplishments, she was instrumental in planning the renovation of the Food Processing Pilot Plant, Food Production Kitchen exhaust system, and design for renovation of the Food Preparation Laboratory (which still awaits a donor "angel" to fund this project).

Additionally, Judith oversaw the numerous upgrade projects in our Central Classroom Building, including window replacements, heat ventilation and air conditioning renovation, wiring for computer access, roof repairs, and painting of laboratories, to name just a few.

Judith's financial and budgetary planning skills were of the highest order. Her insights and wisdom helped ensure the health and well being of the entire department, including the Circle of Friends graduate student research assistance award process and a cash trust account to fund the purchase of laboratory research supplies.

Judith was also a gifted meeting and event planner. Her organization and creative talents were the envy of the entire campus. Every event, large or small, was beautifully planned and orchestrated. Judith's creative touches will be remembered by all, including her exquisite floral arrangements and her keen sense of style..

Upon retirement, Judith plans to continue her artistic pursuits which include floral design, pottery, and other creative art projects. She also plans to have more time to travel with her husband Lou. We know Judith will carry on her personal standard of excellence in all she pursues, and we are forever grateful for all that she has done to further the excellence of the department.



## ALUMNI SIGHTINGS

**Sarah Shelor MS'01** sends news from Bronx, NY. She recently was promoted to Chief Dietitian at the Hebrew Home for the Aged at Riverdale – Fairfield Division. With this great promotion, she and her husband have decided to stay in the area for another year and a half. She adds that “SJSU really helped me prepare for this new job.”

**Robin Williams, MS'80** sends news from Houghton Lake, MI. She is still working for Diabetes Outreach Networks and loves her job. She also enjoys golf and reports that playing with a group of “girls” holds a lot more fun than playing with her husband Joe who has been observed biting his tongue on her less than perfect shots!

**Sarah Berkowitz, BA'73** writes that currently she is project coordinator for “Everyday English @ Your Library,” a federal and state funded cultural diversity program that enables the Regional Library District in Fort Vancouver, WA to host English conversation circles for non English speakers.

**Loan Pham, MS' 96** writes from Los Angeles that after teaching for the NuFS department for many years, she is enjoying being a student, once again, working on her graduate degree in Public Health Nutrition at UCLA.

**James Burke, MS'02** now makes his home in Santa Rosa and commutes each week for a three day stint to Kaiser, Santa Clara, where he serves as Senior Health Educator for their Health Education Department. However, the big news is his engagement to “Jenn.” They will be getting married in May 2005.

**Gurminder (Mindy) Tumber MS '84** was recently seen at the SJSU College of Applied Sciences and Arts “Salute to the Stars” event catching up with Emeritus Professor Dr. Elveda Smith. Mindy continues to work at Kaiser Permanente Fremont as a clinical dietitian and

also generously shares her time and expertise with our NuFS students.

Food Science graduate **Thomas Low, BS'03** is now working at California Natural Foods, while **Yuki Mikoshiba, BS'01** is employed for Senba USA, Inc.

**Angelo Corvino, BS' 02** has been spotted working for Monterey Mushrooms, Inc. as their Corporate Chef and Food Technologist and reports that he loves his job.

**Laurie Becker, BS' 96**, Executive Director at Willow Glen Villa, Atria Senior Living Group, returned to SJSU in April as a panelist for the Careers in Aging Week.

**Caroline Spinali, MS'03** sent a Christmas photo of her son Adrian (who celebrated his first birthday in May) to the department. Pictures do not lie. His photo was beyond adorable.

**Molly Raven, MA'78** and her husband Gene received news in April of the first three NuFS graduate students who received research awards from their newly endowed “Molly and Gene Raven Fund.”

Rounding out our alumni news: **Phyllis Simpkins BA'46** was the “star” of the 25th Reunion Celebration of the SJSU International House, which she and her husband Alan donated to the university and is named in her honor: *SJSU Phyllis F. Simpkins International House*. As she spoke to the more than 100 former residents from 11 countries who attended the event, her modesty will be remembered always. She simply stated, “Alan and I received very good educations at San Jose State. I could try to be very philosophical about ‘giving back,’ but it’s not that complicated – we knew there were financial needs on the campus, and we knew we wanted to help.”

We have come to a close for the sightings this year. However, whether near or far, please send us your news. We would love to hear from you.

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“Dr. Sucher” continued from page 1

Dietetic Internship Director and has served as Chair of the SJSU Board of General Studies and as a member of the College of Applied Sciences and Arts Curriculum Committee.

In addition to her activities on campus, Dr. Sucher is also an accomplished author and speaker. Dr. Sucher and Pamela Kittler (MS 1983) recently completed the 4<sup>th</sup> edition of their *Food and Culture* textbook. They both spoke at the California Dietetic Association’s annual meeting and at the American Diabetes Association’s Post Graduate Course in San Francisco about nutrition and cultural competency. The American Dietetic Association also recognized her as the Outstanding Dietetic Internship Director in Area 1. Wow!

Although Dr. Sucher spends much of her time teaching and helping to develop her student’s

professional futures, she does take a little time to do things for herself. She enjoys yoga, walking, reading, crocheting, gardening, and spending time with her husband Peter, son Alex, and 2 cats.

Dr. Sucher’s future looks as exciting and promising as her career at SJSU. She is currently working on a textbook on medical nutrition therapy. She would like to have a website for this book and update the book online. After she retires, she would like to become a Certified Diabetes Educator and a world traveler. Some of the places she would like to visit are Germany, Greece, Israel, India, Spain, Italy and Morocco.

We are lucky to have such an accomplished and enthusiastic teacher at SJSU. Her witty humor and passion for learning enrich the lives of her students in and out of the classroom, and we are thankful that she joined the SJSU family in 1982.

## SALUTE TO THE STARS NUFS SHINES BRIGHTLY!

by Heather Schwartz

On the evening of May 5, 2004, the College of Applied Sciences and Arts (CASA) Awards Reception was held in the Barrett Ballroom. The names of several NUFs students were on display in gold stars, as well as other students from CASA. Five NUFs students were presented with awards, as well as two NUFs alumni. The Dean of CASA, Dr. Michael Ego, presented the awards.

Both awards for Outstanding Graduate Research were given to our NUFs students. **Purvi Shah** was awarded for her excellence in her research project titled, "Evaluation of the Ketogenic Diet Program in the Treatment of Pediatric Epilepsy at Kaiser Permanente Medical Center."

**Manuel Villacorta**, a second time winner of this award, was applauded for his excellent research in his thesis, "Effects of Breastfeeding on Blood Glucose Regulation Among Overweight/Obese Latino Women with Past History of Gestational Diabetes." Manuel was also presented with the Outstanding Thesis award, which is given to only one student from CASA per year. It was also announced that Manuel had just been honored with the first place award from the CSU Statewide Research competition.

Dean Ego presented the Small Research Grants Awards next. Of the three grants presented, NUFs students walked away with two. **Rachel Gekas**, was given this award for her research project titled, "Metabolic Adaptation of Resting Metabolic Rate (RMR) in Response to Caloric Deprivation." **Chien-Fang "Riva" Huang** was the other NUFs student presented this award for her thesis, "Determination of the Microbial Level in Pasteurized Human Milk."

The NUFs department was represented yet again when **Heather Schwartz** received the San Jose State University Alumni Association Scholarship. This scholarship was given to two CASA students who represent outstanding accomplishments in scholarship and community service

The final event of the evening was the presentation of the Distinguished Alumni Awards to nine awardees, one from each department. Due to the extraordinary accomplishments of two of our alumni, the NUFs department was able to honor both **Jane Harmer** and **Victoria Major**.



Riva Hwang, Rachel Gekas, Heather Schwartz, Manuel Villacorta (L to R), and Purvi Shah (bottom)

## DISTINGUISHED ALUMNI OF THE YEAR JANE HARMER, MA, RD VICTORIA MAJOR, MA, RD

by Heather Schwartz

Jane Harmer, MA, Home Economics, 1977 and Victoria Major, MA Home Economics, 1970 were chosen to share the Distinguished Alumna of the Year Award for their extraordinary accomplishments as founders of Healthcare Management (H.M.) Composite Inc. and for their dedication and support to the Nutrition and Food Science Department, formerly named the Department of Home Economics.

Victoria and Jane founded H.M. Composite in 1976 with the expressed purpose of providing menu systems for long term care facilities. Over the years, H.M. composite has grown from a kitchen table operation to a thriving 25 year old corporation that features professional consultant dietitians and menu planning. Today, over 220 facilities rely on H.M. Composite for expertise in providing the highest quality meal delivery.

Former President, Victoria, currently coordinates the menu service while Jane, former Vice President, is retired. In addition to their professional success, both Victoria and Jane have given so much back to the department, providing employment opportunities for many of its alumni. Victoria has also taught classes in Entrepreneurial Nutrition for the department, while Jane continues to serve as Co Chair of the department's Circle of Friends Scholarship Awards Selection Committee.

In addition, Victoria and Jane, both individually and as a corporation, have given much needed and so appreciated financial support to further the excellence of students in the Department of Nutrition and Food Science.



Distinguished Alumna, Jane Harmer, (left) and Distinguished Alumna Victoria Major (right) are congratulated by Emeritus Professor Elveda Smith (center),

**“RESEARCH ACCOMPLISHMENTS”  
NUFS MASTER OF SCIENCE  
Fall 2003/Spring 2004/Summer 2004  
Thesis and Project Titles**

<b>Nachal Bhangal</b>	<i>Evaluation of the Effectiveness of Childhood Nutrition Workshops on the Knowledge of Childcare Providers Regarding Childhood Nutrition</i>
<b>Sherry Butler</b>	<i>An Analysis of Non-Tariff Export Barriers Experienced When Exporting Processed Food from Small and Medium Sized Food Companies Out of California</i>
<b>Carol Catherine Casey</b>	<i>Evaluation of the Effectiveness of Childhood Nutrition Workshops on the Knowledge of Childcare Providers Regarding Childhood Nutrition</i>
<b>Cassey Chen</b>	<i>Outcomes Assessment Survey of Students, Alumni, and Their Employers or Dietetic Internship Supervisors of the Department of Nutrition and Food Science at San Jose State University</i>
<b>Vida Goudarzi</b>	<i>Changes in Nutrient Intake Among College Freshman at an Ethnically Diverse, Metropolitan University</i>
<b>Olivia Kayan Ho</b>	<i>Infant Feeding Practices of Chinese Americans Living in the San Francisco Bay Area</i>
<b>Archana S. Joshi</b>	<i>Development of a High Protein and High Calcium Beverage from Ragi and Soy Protein Isolate</i>
<b>Swarna Koneru</b>	<i>Arginine Requirement and Metabolic Blockage in the Biosynthetic Pathway of the Nematode, <i>Caenorhabditis elegans</i></i>
<b>Alivia Lucci</b>	<i>The Effects of Nutrition Education with the Addition of Food Preparation on First Grade Students' Acceptance of and Preference for Healthy Snack Foods</i>
<b>Shirley Mirzaian</b>	<i>Variety of Portion Sizes Among Different Ethnic Groups at San Jose State University</i>
<b>Parinaz Mohamadi</b>	<i>The Nutritional and Dietary Health Practices of College Freshman at an Ethnically Diverse, Metropolitan University</i>
<b>Rathna Noojibail</b>	<i>Comparison of Different Types of Soy Ingredients in the Formulation of a Soy Based Sweet Snack</i>
<b>Uma Palaniappan</b>	<i>Perceptions of WIC Staff and Participants as to the Effectiveness of the “Go Grow Glow”-a Weight Management Class</i>
<b>Chaitali Rede</b>	<i>A Study of Breakfast Eating Behavior Among Preschool Children and Their Parents</i>
<b>Keren Segal</b>	<i>The Effectiveness of the SHAPEDOWN Program: A Behavioral Family-Based Weight Control Program for Children and Adolescents</i>
<b>Purvi Shah</b>	<i>Evaluation of the Ketogenic Diet Program at Kaiser Permanente</i>
<b>Manuel Villacorta</b>	<i>Effects of Breastfeeding on Blood Glucose Regulation Among Overweight/ Obese Latino Women with Past History of Gestational Diabetes</i>



## STUDENTS SPARKLE WITH SUCCESS



### California State University System Outstanding Researcher Award for Health, Nutrition, and Clinical Science Category

Manuel Villacorta



### Fern Wendt Memorial Scholarship

Brynn Gislason \$1000

### Rose Tseng Scholarship

Danielle Greiner \$1000

### Josephine & Frank Morris Award

Suzanna Sherer \$175

### Molly and Gene Rauen Research Scholarship Awards

Rachel Gekas \$500

Shirley Mirzaian \$500

Heather Moradian \$500

### Stanford University Hospital Scholarship

Melissa Yee \$500

### American Specialty Health – Dietetics Scholarship

Suzanna Sherer \$2500



### San Jose State University Outstanding Award for Graduate Research

Purvi Shah

Manuel Villacorta

### Department of Nutrition and Food Science Outstanding Student Awards

#### Baccalaureate Candidate

Nutrition/Dietetics: Phuc Nguyen

#### Masters Candidates

Sherry Butler

Manuel Villacorta

### San Jose State University Outstanding Award for Thesis

Manuel Villacorta

### San Jose State University Alumni Association Scholarship

Heather Schwartz \$1250

#### Department Service Awards

Lauren Adams

Amy Cashman

Diana Chan

Darrin Freitas

Vida Goudarzi

Parinaz Mohamadi

Long Pham

Amber Watson

Melissa Yee

### College of Applied Sciences and Arts Dean's Outstanding Graduate Research Award

Rachel Gekas

Chien-Fang Riva Huang

### College of Applied Sciences and Arts Lottery Grant

Danielle Greiner

Manuel Villacorta

### Circle of Friends Scholarship Awards

#### Jean Downes Scholarship

Suzanna Sherer \$1000

#### Evelda Smith Scholarship

Roli Mehrotra \$1000



Riva Hwang and Heather Schwartz-  
Graduate Student "Stars"

**DEPARTMENT OF NUTRITION AND FOOD SCIENCE**  
**Bachelor of Science**  
**Fall 2003/Spring 2004 Graduates**



**Dietetics**

Adams, Lauren*	Jusinski, Jennifer	Pham, Long	Sayama, Tracy
Chan, Diana	Klisiak, Veronica	Perez, Begona Ciera	Sherer, Suzanna
Fejer, Orshi	Nguyen, Phuc	Torres, Arianel	Yee, Melissa Ming**
Freitas, Darrin Roy	Nguyen, Thi	Tsang, Angela	Watson, Amber

**Food Science**

Sasradjaya, Sylvia

**General Nutrition**

Emphasis in Food Management:	Cashman, Amy**
Emphasis in Nutrition Education:	Mondares, Sarabeth
	Shim, Ying Ying
Emphasis in Sports Nutrition:	Sierra, Mary E.
	La, Cindy
Emphasis in Packaging:	Melert, Molly
	Fathi, Soudabeh

\* Minor in Studio Art

\*\* Minor in Complementary and Alternative Health Practices

**DIETETIC INTERNSHIPS 2003-2004**

**External Dietetic Internships**

Phuc Nguyen, University of Oregon Health Sciences, Portland, OR

Melissa Yee, New York State University at Stony Brook, Stony Brook, NY

**Internal Dietetic Internships**

Cassy Chen, Livermore Valley Unified School District/Valley Care Medical Center

Teresa Harden, Oakland Unified School District/ Mariner Post Acute Network

K. Olivia Ho, Meals on Wheels, Seton Medical Center

Susan Sherer, Jefferson Union High School District/San Mateo County General Hospital

Kristi Vuica, San Jose Medical Center/Health Dimensions

Ashwini Wagle, Watsonville Community Hospital

Betsy Walter, Seton Medical Center

Amber Watson, Alum Rock School District/ VA Medical Center, San Francisco



Melissa Yee looks forward to her east coast adventure as a dietetic intern in Stony Brook, NY.

## NUFS STUDENT CLUB GOES THE EXTRA DISTANCE!

### PROVIDING GUEST SPEAKERS

#### HELPING THE COMMUNITY

Phuc Nguyen, this year's Student Club President, also gave his "all" to the Nutrition Education Action Team (NEAT).



#### RAISING FUNDS

Heather Schwartz, graduate student, helped lead the NEAT members at the SJSU Health Fair.

- **September:** Faith Tootel, RD and Elaine Rodgers, RD, Renal Dietitians from Satellite Dialysis, San Jose, gave club members insight into their area of specialization.
- **October:** Helen DeMarco, RD (MS'96) shared her expertise with the club on Sports Nutrition, while at a second meeting Marty Wilson, RD (MS'98) spoke to the club about Celiac Disease. Club members also participated in the AIDS Walk and held a Pumpkin Raffle to raise funds for convocation.
- **November:** Joel Greiner delivered a presentation on Fitness, Supplements and Nutrition. Food Science club members attended the Monterey Bay NCIFT meeting at La Rochelle Winery and also held their annual Food Science raffle.
- **December:** The club organized a Food Drive to help the Second Harvest Food Bank and also held a Department raffle to raise money for convocation.
- **February:** The club continued its fund raising activities by making and selling rice krispy treats
- **March:** The National Nutrition Month Health Fair sponsored by the Nutrition Education Action team (NEAT) and the Nutrition and Food Science Club was held on campus in the Student Union. Later that month, Tricia Goldberg, NuFS graduate student, spoke to the club on Eating Disorders and Body Image, while Brenda Davis, RD, came to the next meeting to speak on the "Optimal Diet."
- **April:** Nutritional Service Director from Good Samaritan Hospital attended the club meeting and spoke on "Foodservice in the Hospital Setting."
- **May:** Lauren Adams, NuFS senior student, spoke to the club about "Treatment for Diabetes." Club members interested in food science attended the NCIFT Supplier's Night at the Oakland Convention Center, while final plans for Graduation Convocation were on everyone's mind!

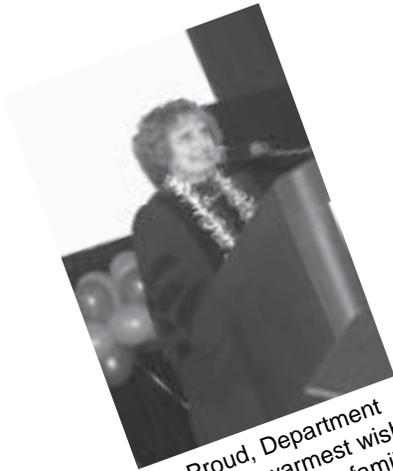


SJSU student gets his body composition measured by Alice Waterbury, NEAT member.



Amber Watson (right), NEAT member, explains serving sizes to SJSU student.

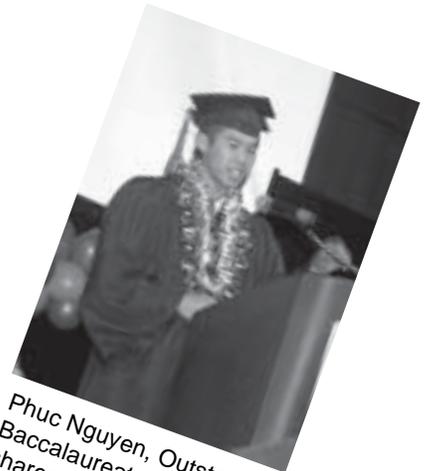
## THE JOYS OF GRADUATION



Lucy McProud, Department Chair, extends warmest wishes to the graduates, their families, and friends on this dazzling day.



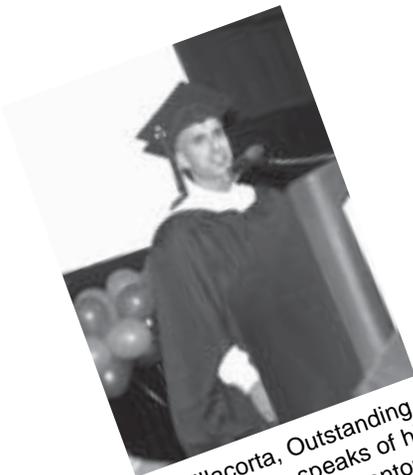
Don Christopher is congratulated by Caroline Fee upon receiving the Circle of Friends 2004 Distinguished Honorary Award complete with "garlic" lei, a fitting tribute to the "Garlic King."



Phuc Nguyen, Outstanding Baccalaureate Award Recipient, shares fond memories and parting thoughts with his fellow graduates.



Sylvia Sasradjaya, Melissa Yee, Amber Watson, Suzi Sherer, and Long Pham (left to right) listen with rapt attention, as thoughts of the future dance in their heads.



Manuel Villacorta, Outstanding Masters Awardee, speaks of his long journey to this momentous day and of using obstacles as opportunities for growth and success.



Sherry Butler, Outstanding Masters Awardee, receives jubilant congratulations from Pan Belo, graduate student coordinator.



"Seize the Day and the Future"  
Darrin Freitas and Lauren Adams stand ready and raring!

## 2004 CIRCLE OF FRIENDS DISTINGUISHED HONORARY MEMBER



Don Christopher, founder and visionary of Christopher Ranch who is aptly referred to as the “Garlic King,” was recognized on May 29 as the SJSU Department of Nutrition and Food Science 2004 Distinguished Honorary Award Recipient.

In 1956, Don

Christopher established Christopher Ranch on 130 acres in Gilroy. On 10 of these acres, he decided to try his hand at growing garlic. This passion for garlic grew (literally). Today, Christopher Ranch covers over 4000 acres of garlic and other produce. Over 70 million pounds of fresh garlic are packed and shipped each year, making the “Ranch” one of the largest producers and packers of garlic in the US.

Don Christopher is not only a farming visionary, but also an innovator in food science and technology. In addition to fresh garlic, Christopher Ranch has developed garlic products including whole peeled cloves, chopped, crushed, roasted, and pickled garlic, and garlic braids. He is also recognized as a leader in Agribusiness. He started the Fresh Garlic Association in 1978 to promote the sale and use of fresh garlic, and in 1979 was instrumental in founding the Gilroy Garlic Festival, a yearly event known far and wide as a “not to be missed celebration of all things *garlic*.”

In addition to his impressive professional accomplishments, Don Christopher has also given so much back to the community. He has been recognized as Gilroy Man of the Year and Gilroy Citizen of the Year. He has also served as President of Rotary Club, a member of the Santa Clara County Sheriff’s Advisory Board, and Chairman of the Santa Clara County Planning Commission.

Moreover, Don Christopher is an avid supporter of public education. He not only attended elementary and high school in San Jose, but also joined our ranks as a SJSU Spartan. Just recently, he made a major donation to the Gilroy School District to be used to build a new high school that will honor his vision and commitment to public education by being named Christopher High School.

At this year’s Circle of Friends Reception, which was once again held in concert with the Department’s

Graduation Celebration and Convocation, Don Christopher graciously accepted his Distinguished Honorary Award. His son Robert was at his side and made an inspirational tribute to his father’s personal path to success, a path paved with passion, innovation, and caring.

Don Christopher 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 Don Christopher as its 2004 Distinguished Honorary Award Recipient.

## CIRCLE OF FRIENDS THROWS A LIFE LINE TO STUDENTS



Students are struggling to stay afloat, and the “Circle of Friends” has an extraordinary opportunity to throw them a life line. Imagine taking a full load of classes while holding down a job to pay the bills. Students barely keep their heads above water, and now another tidal wave has hit.

Student tuition, for the second year in a row, is soaring. Fees are projected to increase 14% for undergraduates (with an additional 8% increase for each of the next two years) and a whopping 25% for graduate students (with a 10% additional increase for each of the next two years). The number of scholarship applications this spring more than doubled. Now, the need is greater than ever. Thus, for the first time, the “Circle of Friends” is repeating last year’s major project to help offset these additional surges in tuition: Each of the “Circle of Friends” Scholarships will be increased from \$500 to \$1000 awards.

Your donation to our Circle of Friends can make a lifetime of difference. If you wish, your gift can be directed to one of our specific, established scholarship funds: Jean Downes, Elveda Smith, Rose Tseng, and Fern Wendt. You can also fund your own \$1000 scholarship (or fund one in memory or to honor someone else). Just write the specific honoree’s name on the bottom of your check.

Creating opportunities for others is what the Circle of Friends is all about. Our compass has never been more true. With your help, our remarkable students can continue on their path to graduation and their bright future as leaders in their nutrition and food science professions.

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

## CIRCLE OF FRIENDS SUSTAINS EXCELLENCE

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 of yearly \$500 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: \$500 was given 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
- Selection of Distinguished Honorary Members: Each year, a professional who has made extraordinary contributions to Nutrition, Food Science, or Culinary Arts is honored.
- Production of a yearly Members’ Only Directory
- Production of a yearly Department Newsletter



## GUARDIANS ANGELS HEARTFELT THANKS TO THE 2003/2004 CIRCLE OF FRIENDS MEMBERS FOR THEIR GENEROSITY AND CARING

Coorina Alcaraz-Alvarez	Cade Fields-Gardner	Joseph and Lela Llorens	Elveda Smith
Lois Atkinson	Alan Finkelstein	Thomas Low	Caroline Spinali
Joey Au	Doris C. Fredericks	Eileen MacKusick	Betty Wattles Starr
Darcy Becker	Darrin Freitas	Patricia McDonald	Dalia Stempa
Laurie Becker	Kathleen Gamez	Janet McDonald	David L. Stone
Carol Beebe	Rita Garcia	Toby McPherson	Sharon Meuth Studdert
Dean Biersch	Christopher Gardner	Lucy McProud	Kathryn Sucher
Carol M. Bogert	Gina Giambra	Anne K. Milliken	Mary Ann Sullivan
Walter M. Bortz	Dan Gordon	Joanne Mitani	Alice Morris Swanson
Stephanie Brooks	Mildred Haas	Judi Morrill	Jean Crandall Theisen
Mary Ann Bullock	Jacquelyn Rogers Hackbart	Jean E. Frankenberg Mulreany	Ellen Benson Thompson
Sherry Butler	Jane K. Harmer	Michelle R. Neyman	Rose Tseng
Kathryn Cefaloni	David and Elsie Heiman	Dale F. Olds	Gurminder K. Tumber
Ann Coulston	Nancy Hikoyeda	Molly S. Olive	Sarah Viaggi
Sheryl Curtis	Christine Grimm Hinrichs	Eva Prudhomme Orton	Janice Wai
Narsai M. David	Jennifer Hoesel	Loan T. Pham	Holly E. Weber
Margaret A. Davis	Nancy Jacobson	Sandy Queen	Philip R. Wentz
Helen DeMarco	Carolyn Jung	Mary (Molly) C. Rauen	Kimberly Whelan
Antonella Dewell	Jeanne D. Kennedy	Harold Redsun	Marianne M. Wilcox
Alanna Bennam Dittoe	Pamela Goyan Kittler	Karen P. Ross	Carol Whiteley Wolf
Norma Jean Downes	Anne Kolker	LaPaula Sakai	Diana Wright
Julie Dutcher	Nancy Kowalski	Patricia Schaaf	Lori Y. Shigemura Yamaguchi
John W. Farquhar	Maria Kwok	Judith Morrison Schallberger	Martin Yan
Hamid R. Farzi	Lee Ann Langan	Donna Simonds-Rose	
Caroline H. Fee	Kathleen L. Leger	Phyllis Forward Simpkins	