



NUTRITION FOOD SCIENCE FOOD MANAGEMENT TRI-FOCUS

DEPARTMENT OF NUTRITION & FOOD SCIENCE

GREETINGS ALUMNI AND FRIENDS!



Our students' accomplishments have, once again, brought recognition of excellence to the Department of Nutrition and Food Science. Danielle Greiner was selected as the San Jose State University (SJSU) Outstanding Student Researcher in the category of Health, Nutrition and Clinical Research, as well as receiving the award for

Outstanding Thesis from the College of Applied Sciences and Arts (CASA). Guiding her to these remarkable accomplishments was Dr. Clarie Hollenbeck, her graduate faculty advisor. The title of her research was "A Longitudinal Study of College Freshmen Weight Gain: Changes in Resting Metabolic Rate (RMR) and Body Composition and the Influences of Diet and Exercise Habits."

In addition, two of the three CASA Small Research Grants (\$500) were awarded to students from our department. Further, one of four Equity and Diversity Distinguished Service Awards, as well as one of two SJSU Alumni Association Scholarships were awarded to Nutrition and Food Science Students.

Statewide, for the second year in a row, our department dominated this April's California Dietetic Association Annual Meeting's research poster displays in Riverside, CA, accounting for 9 out of a total of 25! Nationally, we were also visible with three research poster sessions presented at the American Dietetic Association annual meeting in Anaheim last October.

Please join me in welcoming two new tenure track faculty who will begin this fall semester. Dr. Marjorie Freedman will fill the Nutrition Education and Community Nutrition faculty position, and Mrs. Ashwini Wagle will serve as the new Foodservice Management faculty member. Both bring a wealth of experience, expertise, and enthusiasm to the department.

There are many exciting changes on campus, including the new Campus Village which will open this fall and provide three residence hall buildings (the tallest is 15 stories high) for over 2000 additional students.

Additionally, we have a new SJSU Provost Dr. Carmen Sigler who took office last Fall, and a new Dean of our College of Applied Sciences and Arts Dr. Inger Saguten-Edwards who began her term this July. (Our former Dean Dr. Michael Ego went to the University of Connecticut to be Vice Provost of the Stamford regional campus).

On a final note, the *Circle of Friends* continues to enhance the excellence of our students and the department by providing scholarships, funding the department convocation graduation ceremony, and supporting graduate student research. We especially wish to thank Caroline Fee, our Director of the *Circle of Friends*, as well as Heather Schwartz, Deepa Singamesetti, and Danielle Greiner for developing this fantastic newsletter!

Please keep us up to date about your careers and accomplishments, as well as any family news. Let's keep in touch!

Lucy McProud, Ph.D., R.D.
Department Chairperson

HELEN DEMARCO, MS, RD STAR STUDENT TO STAR FACULTY MEMBER by Danielle Greiner



Ms. Helen DeMarco did her undergraduate studies in early childhood development at the University of Oregon. While at the University of Oregon, she became actively involved in dance. It was through this movement that the seed for fitness and health was planted.

After college she moved to San Francisco and began working at a health club as an aerobics instructor. She quickly worked her way up through the ranks and became a manager. During her three years at the health club, she

FACULTY EXCELLENCE: JUST A “FEW” HIGHLIGHTS

Accomplished Authors

Pan Belo and Miriam Perry coauthored a research study with their masters student, Nacim Nazari: *Availability of Iron and Zinc in Commercial Infant Cereals*.

Caroline Fee was the author of *Culturally Specific Nutrition Education and Common Cultural Remedies used for Treatment of Diabetes* published in the Stanford Geriatric Education Center “Mental Health and Diabetes in Seven Ethnic Populations” monograph.

Clarie Hollenbeck and Lucy McProud served as coauthors for two articles: *The Characteristics and Needs of Children and Adolescents Diagnosed with Type 2 Diabetes Mellitus in Santa Clara County* which was published in the California Journal of Health Promotion and *Roux-en-Y Gastric Bypass* which was accepted for publication in The Bariatrician.

Nancy Lu coauthored two abstracts: *Arginine Requirement and Metabolic Blockage in the Biosynthetic Pathway of the Nematode, Caenorhaditis Elegans* and *Nutritional Requirement of Pantothenate, Panthethine, and Coenzyme A in the Free Living Nematode* which were presented at the annual Experimental Biology Meeting held in San Diego.

Kathy Sucher coauthored an article, *Using a Hemodialysis Video as a Teaching Tool to Increase Nutrition Students’ Knowledge* which was published in the Journal of Nutrition Education Behavior.

Research Presentations

Helen Demarco presented a poster at the San Jose Peninsula District of the California Dietetic Association entitled: “Considerations for an Effective Sports Nutrition Program.”

Claire Hollenbeck and his graduate advisees presented 8 poster presentations at the California Dietetic Association Meeting in April. Additionally, Dr. Hollenbeck’s advisee, Danielle Greiner won the SJSU Outstanding Researcher Award for the Health, Nutrition, and Clinical Science Category.

Kathy Sucher and her graduate advisees presented two abstracts at the annual California Dietetic Association Meeting in April; one of these was also presented at the annual American Dietetic Association Meeting in October.

Lucy McProud coordinated the Poster Session at the San Jose Peninsula District of the California Dietetic Association meeting, where she was also coauthor of 14 poster presentations. In addition, she was coauthor of three Poster Sessions presented at the California Dietetic Association Annual Meeting in April.

Grand Grantees

Lucy McProud and **Sandy Queen** received two grants from the California State Department of Education: \$124,970 to do training of child nutrition program personnel for the Cal-Pro-NET Center and \$68,426 for presenting “Fruits and Vegetables Galore” workshops throughout the state.

Caroline Fee was awarded a \$1600 California State Lottery Grant to support student research in measurement of resting metabolism.

Kathy Sucher received a \$1250 California State Lottery Grant for professional development.

Savvy Speakers

Helen DeMarco provided a lecture, “Do Athletes Really Have Eating Disorders?” which was featured as part of the SJSU Student Health Center Eating Disorders Week in February.

Caroline Fee was a keynote speaker at the Stanford Geriatric Education Center Videoconference in May where she spoke on “Culturally Remedies for Treatment of Diabetes in African American and American Indian Populations.”

Kathy Sucher made a presentation on “Cultural competence for Diabetes Counseling and Weight Management” at the Diabetes Society of Santa Clara County annual meeting in San Jose.

Leadership

Kathleen Cahill participated as a member in a Nutrition Delegation to South Africa through the People to People Ambassador program.

Lucy McProud served on the Child Nutrition Advisory Council for the CA State Department of Education.

AN EXPERIENCE OF A LIFETIME IN WEST AFRICA

by Heather Schwartz

With the inspiration and help of my mentor (and NuFS alumna) Cade Fields-Gardner, MS, RD, along with guidance from my Nu/FS thesis advisor Professor Claire Hollenbeck, I was able to develop my research proposal titled "Infant Feeding Practices and Beliefs Among Women in Podor, Senegal." The purpose of my research was to identify and describe the complex nature of infant feeding among women living in northern Senegal, West Africa.

The financial support from the Molly and Gene Rauhen Research Award, Circle of Friends Elveda Smith Scholarship, and CASA Small Research Grant, enabled me to travel to Senegal for 15 days in mid-April, 2005. There, I collected research data for my thesis.



Heather Schwartz and her research team

In collaboration with Counterpart International (CPI), a non governmental organization that operates health clinics in developing countries, I trained four local Senegalese to conduct one-on-one interviews.

Using CPI's 4X4 trucks and drivers, our research team was able to reach 15 socio-demographically diverse villages in a week's time. In total, we collected some 60 hours of interview data from 45 women.

I'm currently in the process of analyzing the data and writing up a report for CPI's Maternal and Child Health Care Clinics. CPI plans to use the findings of my research to implement infant feeding education interventions in northern Senegal.

This experience has been life-changing and has allowed me to spread my wings into my new found



Heather Schwartz takes time out to enjoy the friendship of the local villagers.

passion-international dietetics. I would like to personally thank Dr. Hollenbeck, Cade Fields-Gardner, Molly and Gene Rauhen, Elveda Smith, Circle of Friends, and CASA, along with NuFS students and faculty for their inordinate amount of support. A big THANK YOU to everyone!

Cade Fields-Gardner (MS 1987) has been concentrating on international work integrating nutrition-related care in HIV/AIDS over the last five years. Much of her work is now in the southeastern regions of the African continent where she is involved in clinical, public health, food technology, business development, and agricultural projects. Her most recent addition is a dietetics and small gardens systems project to support the nutritional well-being of people receiving antiretroviral (anti-HIV) medications in Kenya. Her project is one of only three food/nutrition-related projects to be supported by funds from the President's Initiative for AIDS Relief (sometimes known as PEPFAR).



ALUMNI SIGHTINGS



This year's "Harvest" is bountiful:

Stephanie Brooks MS'96 surprised everyone when her ray of sunshine Sophie arrived over a month early on Thanksgiving Day. Needless to say, the holiday bird never made the oven! **Uma Sivanath MS'05** welcomed her new "sprout" Varsha on May 20, six days before her graduation convocation. Rounding things out, **Ashleigh Coffeng MS'96** (Nu/FS part time faculty member) produced her new "bud" Austen Michael Coffeng on June 30. Our best wishes to all our new "seedlings."

Toby McPherson MS'02 sends news of laying down new "roots." On September 25 she married Christopher (Chris) Morris, while **James Burke MS'02** tied the knot in May with his longtime friend Jenn. **Molly Rauhen MA'78** enjoyed the "bloom" of a lifetime with her husband Gene, as they celebrated their 50th Wedding Anniversary in July. Over 90 guests joined in to mark this wonderful occasion.

News from our international garden: **Susan Sherer BS'04** wasted no time after passing her RD exam in May. The following day she transplanted herself to Africa for two years as a Peace Corps Volunteer.

Back on US soil, **Jean Frankenberg Mulreany BA'76** sends news from Minden, NV where she and her husband Patrick founded and operate the Carson Valley Inn. Jean was also the founder of the department's "Dietetics Club" started in 1975, which now has evolved into the Nu/FS Student Club. As the club celebrates its 30th anniversary, the department is forever grateful to Jean for her vision and energy. "Sowing seeds" in Oregon **Gretchen Vannice MS'99** has been sighted. She enjoys working from her home office for *Nordic Naturals, Inc.* which is headquartered in Watsonville, CA.

Our California soil is rich with news: From the publication hilltop, **Joi Gleason Augustin MS'92** has been recognized for

her excellent research. She coauthored an article, *Comparison of the Atkins, Ornish, Weight Watchers, and Zone Diets for Weight Loss and Heart Disease Reduction: A Randomized Trial*, which was published in the Journal of the American Medical Association. **Marlene Tutt BS'86** has been spotted in San Diego where she is a dietitian for the San Diego County Sheriff's Department. She works with adults and juveniles and is involved in the central production center where 43,000 meals are prepared daily.

In our own backyard, **Karen Weinman Trolan BS'81** writes about her transition, after retiring from the business world. She has returned to her nutrition "roots" and is passionate about "making a difference in people's lives" by teaching exercise and good nutrition.

Jacob Chernack BS'03 has been sighted working for Sequoia Hospital in Redwood City as a clinical dietitian. Also, from Redwood City we have news from **Caroline Spinali MS'03**. After passing her RD exam last August, grass has not grown under her feet. She is busier than ever being a full time Mom for her son Adrian, contracting part time with San Mateo/Foster City School District, starting a home based business as a scrap booking demonstrator, and continuing as news editor for SJPD-CDA.

Rounding out our alumni news: **Pat Schaff MS'84** continues her passion for the dietetics profession. She gave an extraordinary presentation on "Code of Ethics for the Profession of Dietetics" at last September's SJPD-CDA meeting which also included a SJSU Poster Session featuring research and projects from over 35 Nu/FS graduate and internship students.

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.

"Helen DeMarco" continued from page 1

became increasingly interested in nutrition. After careful consideration, Ms. DeMarco decided to enroll at SJSU as a graduate student in Nutritional Sciences.

It was at SJSU that Ms. DeMarco came alive and excelled above and beyond anyone's expectations. She spoke at national meetings on sports nutrition, had her project on glycemic index with elite cyclists published in *Sports Exercise in Medicine and Science*, won the California State University research competition, won the ADA New Researcher Award, won the GOLD (Graduate of the Last Decade) award, and was elected and served on the council of the South West Chapter of the American College of Sports Medicine.

Immediately after graduation, Ms. DeMarco was hired at SJSU to teach sports nutrition and at Stanford University to work as a part-time sports nutritionist. Within a few years, a full-time position as a sports nutritionist for UC, Berkeley became available, and Ms.

DeMarco was asked to fill these shoes. For three years she designed policies and procedures for nutrition counseling, made educational materials for athletes and coaches, provided technical advice to staff, trainers, and doctors, and served as an integral member of the eating disorder team. Ms. DeMarco described her experience at Cal Berkeley as, "living my dream." Although she was doing what she loved, within a few years she began to miss academics. She returned to SJSU to teach part-time and served in a full-time capacity last year.

What does the future have in store for this spunky sports nutritionist? Ms. DeMarco would like to continue teaching at SJSU, but is also open to a full-time teaching position at a community college or directing another sports nutrition program with elite athletes. She is excited about what the future has to hold. Judging from her past, there is no doubt that she will be successful in whatever she decides to do. Good luck, Helen!

A NUFS NIGHT TO REMEMBER: SALUTE TO THE STARS

by Heather Schwartz

On the evening of May 2, 2005, the Dean's Awards Reception for the College of Applied Sciences and Arts (CASA) was held in the Barrett Ballroom. The names of NuFS student award recipients were displayed on gold stars which adorned the walls, along with names of other student awardees from CASA. Seven NuFS students were presented with awards, as well as one NuFS alumna. The awards were presented by the Interim Dean of CASA, Carol Christensen.

The evening began with the presentation of the CASA Dean's Undergraduate Scholarships. Our Nu/FS student **Corinna Zaglmayr** was honored as the recipient of one of these awards.

Both awards for Outstanding Graduate Research were given to our NuFS students. **Danielle Greiner** was awarded for her excellence in her thesis titled, "A Longitudinal Study of College Freshmen Weight Gain: Changes in RMR and Body Composition and the Influences of Diet and Exercise Habits." **Judith Pierre** was recognized for her outstanding thesis, "Assessment of Nutritional knowledge, Obstacles to Compliance with Nutritional Recommendations and Strategies to Overcome Them in African-Americans with Type 2 Diabetes Mellitus." **Danielle Greiner** was also presented with the Outstanding Thesis Award, which is given to only one student from CASA. She will go on to present it in Sacramento at the California State University Thesis Competition this fall. Good luck Danielle-we are cheering for you!

Dean Christensen presented the Small Research Grants Awards, next. Of the three grants presented, NuFS students walked away with two. **Chun Liu**, was

given this award for his thesis work titled, "Biotin Requirement and Pyruvate Carboxylase and Acetyl CoA Carboxylase Activities of Nematode *C. Elegans*."

Heather Schwartz was the other NuFS student presented this award for her thesis, "Infant Feeding Practices and Beliefs among Women in Podor, Senegal."

The NuFS department was represented, yet again, when **Begoña Cirera Perez** received the Committee to Enhance Equity and Diversity (CEED) Distinguished Service Award. This award honors students for their extraordinary contributions to enhancing the equity and diversity on the SJSU campus and in their community.

Wrapping up the seven NuFS student awards was **Susanne Rough**. She was presented with one of the coveted CASA SJSU Alumni Association Scholarships. This award is given to a CASA student who has given her/his time to improving the community, while maintaining a 3.5 or higher GPA.

The evening ended with the CASA Distinguished Alumni Awards. **Holly E. Weber**, MS 1993 was recognized as the Department of Nu/FS honoree. Holly was nominated for this award for her continuous support of the NuFS department, which includes her membership in Circle of Friends and her service to many NuFS students as a preceptor and mentor. Holly-heartfelt thanks for all that you have done for the NuFS department!



Susanne Rough

DISTINGUISHED ALUMNA OF THE YEAR, HOLLY WEBER MS, RD



Holly's expertise and spirit of caring have enriched the education and development of students in the Department of Nutrition and Food Science. Since her graduation in 1993, Holly has worked as a registered dietitian and Public Health Nutritionist with Santa Clara County Public Health Department.

She also serves as Project Coordinator, with Project LEAN, a statewide nutrition education program. The scope of her work includes developing multicultural community education programs and materials, policy development

and implementation, media relations, coalition development, budget, and contract management. Leadership in dietetics is yet another one of Holly's contributions to the profession. She has served in many leadership positions both at the state and local levels. Holly has also given numerous professional presentations and is a favorite guest speaker for the SJSU Student Nutrition Club. In addition, Holly has served as a preceptor and student project advisor for SJSU nutrition students over the past 15 years. In this role, Holly has provided students with invaluable community nutrition experience. In sum, Holly is an incredible role model, both as an accomplished professional and as an alumna who cares deeply for her department and gives back so much to its students.

**“RESEARCH ACCOMPLISHMENTS”
NUFS MASTER OF SCIENCE
Fall 2004/Spring 2005/Summer 2005
Thesis and Project Titles**

Juhi Aggarwal	<i>Implementation of the Healthy Insurance Portability & Accountability Act (HIPAA) in Nutrition Service Departments Located in San Francisco Bay Area Hospitals</i>
Tracy Beeman	<i>The Effect of a Nutrition and Health Intervention on Changes in Clinical Risk Factors for Chronic Diseases and Nutrition Knowledge</i>
Linda Blum	<i>Ketogenic Diet: A Literature Review</i>
Priya Dua	<i>Effectiveness of Use of a Web Page [Intranet] For Catering Orders in a Hospital Foodservice Setting</i>
Danielle Lauren Greiner	<i>A Longitudinal Study of College Freshman Weight Gain: Changes in Resting Metabolic Rate (RMR) and Body Composition and the Influences of Diet and Exercise Habits</i>
Riva Huang	<i>Microbial Study of Thawed Pasteurized Donor Milk Stored at a Refrigerated Temperature Under a Simulated Hospital Setting</i>
Vishakha Khanna	<i>Evaluation of the Effectiveness of Community Based Nutrition Education Versus Individual Nutrition Counseling Among Older Adults</i>
Sandy Liu	<i>Recommendation of Chinese Herbs in Chinese Infant Feeding Practices in the San Francisco Bay Area</i>
Roli Mehrotra	<i>Teachers' Perception of the Effectiveness of a Tip Sheet for Improving the Classroom Snacking Behavior of Elementary School Children</i>
Shirley Mirzaian	<i>The Effect of Ethnicity on Selection of Portion Size in a College-Aged Population</i>
Heather Moradian	<i>Nutrition Education for Special Olympic Athletes</i>
Puneet Nahal	<i>Developing DASH Menus for Meals On Wheels</i>
Nacim Nazari	<i>Availability of Iron and Zinc in Commercial Infant Cereals</i>
Margaret Pagaduan	<i>The Prevalence of Metabolic Syndrome Among Adult Filipinos in the San Francisco Bay Area</i>
Jennifer Parker	<i>Evaluation of the Effectiveness of an Intervention Program Used to Encourage Less Screen Time and More Physical Activity Among Children Currently Enrolled in the Women, Infants, and Children (WIC) Program in San Jose, CA</i>
Heather Schwartz	<i>Infant Feeding Practices and Beliefs Among Women in Podor, Senegal</i>
Bhumika Shah	<i>Comparison of Ideal Body Weight (IBW) Equations and Published Height-Weight Tables for Healthy Adults</i>
Uma Sivanath	<i>Effect of Home Based Processing Methods on the Phytate Content of Desi Chickpeas</i>
Jade Strobel	<i>Assessment of Vietnamese in Santa Clara County About the Knowledge of Causes and Treatments of Type 2 Diabetes</i>



STUDENTS SPARKLE WITH SUCCESS



San Jose State University Outstanding Researcher Award for Health, Nutrition, and Clinical Science Category

Danielle Greiner

Molly and Gene Rauen Research Awards

Kati Fosselius	\$500
Ashmeet Kaur	\$500
Suzanne Rough	\$500
Heather Schwartz	\$500

San Jose State University Alumni Association Scholarship

Suzanne Rough	\$1250
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College of Applied Sciences and Arts Outstanding Award for Graduate Research

Danielle Griener
Judith Pierre

College of Applied Sciences and Arts Outstanding Thesis Award

Danielle Griener

College of Applied Sciences and Arts Small Research Grants

Chun Liu	\$500
Heather Schwartz	\$500

College of Applied Sciences and Arts Dean's Undergraduate Scholarship

Corinna Zaglmayr	\$500
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Committee to Enhance Equity and Diversity (CEED) Distinguished Service Award

Begona Cirera Perez

Circle of Friends Scholarship Awards:

Jean Downes Scholarship

Kati Fosselius	\$1000
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Evelda Smith Scholarship

Heather Schwartz	\$1000
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Fern Wendt Memorial Scholarship

Asmeet Kaur	\$1000
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Rose Tseng Scholarship

Begona Cirera Perez	\$1000
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Josephine & Frank Morris Award

Heather Schwartz	\$175
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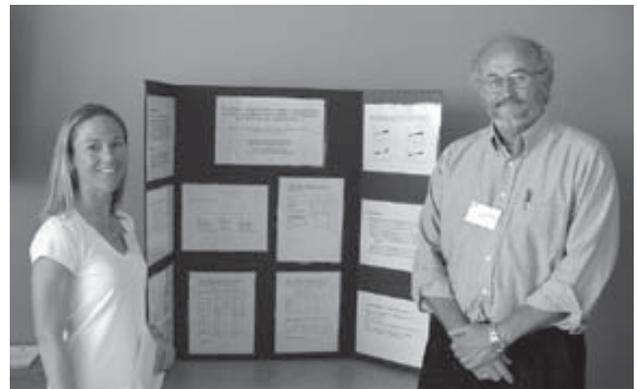
Department of Nutrition and Food Science Outstanding Student Awards:

Baccalaureate Candidate

Nutrition/Dietetics:
Alice Waterbury

Masters Candidate

Danielle Greiner



Danielle Greiner presents her award winning research project with her advisor Professor Claire Hollenbeck.

Department Service Awards

Andrew P. D'Agostino	Francisco Guerrero
Puneet Nahal	Brynn Gislason
Isabel Andrade	Roli Mehrotra
Sally Buckley	Cynthia Busenhardt
Cherie Cheng	Margaret Pagaduan

DEPARTMENT OF NUTRITION AND FOOD SCIENCE
Bachelor of Science
Fall 2004/Spring 2005/ August 2005

**Dietetics**

Beltran, Melissa
 Buckley, Sally F.
 Busenhart, Cynthia
 Cheng, Cherie
 D'Agostino, Andrew P.
 Gislason, Brynn
 Guerrero, Francisco
 Ladd, Vanessa L.
 Mirelez, Sara
 Waterbury, Alice

Food Management

Montejano, Brian

Food Science

Andrade, Isabel
 Viscomi, Antonette

Packaging

Bi, Phuong
 Daneshfar, Mahsa

DIETETIC INTERNSHIPS 2004-2005

External Dietetic Internships

Lauren Adams, RUSH Presbyterian Hospital, Chicago
 Heather Schwartz, University of California San Francisco

Internal Internships

Tracy Beeman, Livermore Valley Unified School District/Kaiser Hayward
 Nachal Bhargal, Washington Hospital, Fremont
 Lorraine Chatterjee, Stanford Medical Center
 Hsin-Yi (Cydney) Chu, Seton Medical Center
 Andy D'Agostino, Sutter Maternity & Surgical Center/Watsonville Community Hospital
 Priya Dua, Alum Rock School District/San Jose Regional Medical Center
 Rachel Gekas, VA Medical Center (SF)/San Lorenzo USC
 Danielle Greiner, Watsonville Community Hospital
 Riva Huang, Choices for Children/Kaiser Medical Center Santa Clara
 Vishakha Khanna, Santa Clara Valley Medical Center
 Katherine Lee, San Jose Regional Medical Center, Alum Rock School District
 Sandy Liu, Peninsula Hospital, Burlingame
 Roli Mehrotra, Santa Clara Valley Medical Center
 Shirley Mirzaian, Alum Rock School District/ Kaiser Santa Teresa Hospital
 Heather Moridian, VA Medical Center San Francisco/ Meals on Wheels San Francisco
 Margaret Pagaduan, Seton Medical Center
 Jennifer Parker, St. Louise Regional Hospital
 Tracy Sayama, Sequoia Hospital, Meals on Wheels, Menlo Park
 Jade Stobel, VA Medical Center, Palo Alto
 Monika Suri, Mariner Post Acute Network
 Arianel Torres, Alum Rock School District/San Jose Regional Medical Center
 Kristi Vuica, Santa Clara Valley Medical Center/Valley Care Medical Center
 Andrea Whitson, Berryessa School District/Valley Care Medical Center
 Alice Waterbury, HM Composite



Heather Schwartz ponders her next adventure at University of California, San Francisco Hospital as their dietetic intern.

NUFS STUDENT CLUB HIGHLIGHTS

The following Guest Speakers shared their time, experience, and expertise with club members:

- Karina Perez (NUFS graduate student) enlightened students about the Women's, Infants', and Children's (WIC) Supplemental Nutrition Program.
- Joel Greiner and Danielle Greiner (NUFS graduate student) delivered a knockout presentation on Sports Nutrition.
- Toni Bloom, MS, RD shared secrets of her success as a RD who has a successful private nutrition consulting practice.
- Holly Weber, MS, RD regaled students with the joys of being a Public Health Nutritionist with the Santa Clara County Public Health Department, and her work with Project LEAN, a statewide nutrition education program.



Karina Perez

Club Members shared their time and energy to help others:

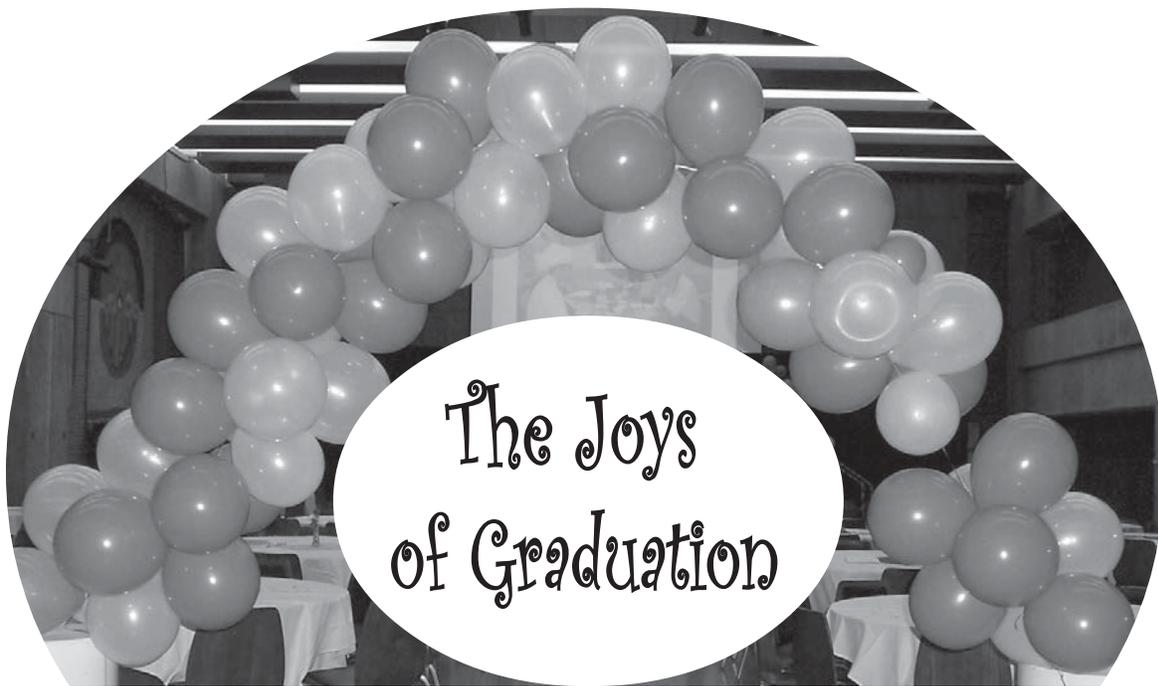
- The Club sponsored a Second Harvest Food Bank Holiday Canned Food Drive in December.
- A National March Nutrition Month Health Fair was held on campus in the Student Union. Students from the Nutrition Education Action Team (NEAT) and the Club provided nutrition education to the entire campus community.



Helen De Marco clutches her award basket after hearing the Club voted her Outstanding Full Time Faculty member for 2005.



Ashwini Wagel grins from ear to ear upon announcement of her selection by the Club as outstanding Part Time Faculty member for 2005.



The Joys of Graduation

Interim Dean Carol Christensen welcomes the graduates, their families, and friends.



Chair Lucy Mcproud expresses her admiration for graduates' accomplishments.



Professor Kathryn Sucher congratulates Brynn Gislason upon receiving her diploma.



Outstanding Graduate Student awardee Danielle Greiner receives a hearty handshake from Professor Pan Belo.



Time for "taking wings." Puneet Nahal embodies the spirit of the Class of 2005.

CIRCLE OF FRIENDS ROLLS ON TO NEW TERRAIN

Just as a circle has no end, the Circle of Friends rolls on to new terrain. Getting "SMART" is about to be added to our list of accomplishments.

"SMART" refers to using the latest technology to integrate audio-visual components into the classroom. These "SMART" classrooms are renovated and equipped with ceiling mounted computer, video, and DVD projectors, plus a wall mounted wide screen. All are activated with a push of a button.

What a step forward! Currently, outdated and unreliable audio-visual equipment must be moved around on awkward carts. In addition, projected images and small screens are difficult for students to view.

However, "SMART" does not come cheap. The estimate for converting the department's three major classrooms is \$70,000. With incredible generosity, one of our founding Circle of Friends members Phyllis Simpkins has stepped forward and pledged \$60,000. To reach our \$70,000 goal, we need to raise an additional \$10,000.

Your gift can help make all the difference. Together, in addition to providing scholarships and support to students, the Circle of Friends will reach a new level in our mission: to preserve the department's dedication and commitment to excellence.

Please send in your so appreciated and needed gift today and join us in getting "SMART. (An application is provided on the back of this newsletter).

HEARTFELT THANKS TO THE 2004/2005 CIRCLE OF FRIENDS MEMBERS FOR THEIR GENEROSITY AND CARING

Sandra A. Akrawi
Lois Atkinson
Joey Au
Joey Au
Darcy Becker
Laurie Becker
Carol Beebe
Dean Biersch
Nancy Black
Robert Bogdanoff
Carol M. Bogert
Walter M. Bortz
Stephanie Brooks
Mary Ann Bullock
James Burke
Sherry Butler
Kathryn Cefaloni
Don Christopher
Ann Coulston
Sheryl Curtis
Andrew D'Agostino
Narsai M. David
Margaret A. Davis
Louella De Mers
Helen DeMarco
Antonella Dewell

Alanna Bennam Dittoe
Danielle Dowens
Norma Jean Downes
Julie Dutcher
John W. Farquhar
Hamid R. Farzi
Caroline H. Fee
Cade Fields-Gardner
Alan Finkelstein
Mary Lee Foley
Doris C. Fredericks
Darrin Freitas
Leta Levin Frye
Kathleen Gamez
Rita Garcia
Christopher Gardner
Gina Giambra
Barbara H. J. Gordon
Dan Gordon
Mildred Haas
Jacquelyn Rogers Hackbart
Jane K. Harmer
David and Elsie Heiman
Nancy Hikoyeda
Christine Grimm Hinrichs
Jennifer Hoesel

Haiyan Huang
Nancy Jacobson
Becky (Harris) Jasperse
Carolyn Jung
Jeanne D. Kennedy
Pamela Goyan Kittler
Anne Kolker
Nancy Kowalski
Maria Kwok
Lee Ann Langan
Kathleen L. Leger
Joseph and Lela Llorens
Thomas Low
Nancy C. Lu
Eileen MacKusick
Victoria Major
Susan P. McCloud
Patricia McDonald
Janet McDonald
Patricia McDonald
Toby McPherson
Lucy McProud
Anne K. Milliken
Joanne Mitani
Pantea Molavi
Marcia Moore

Judi Morrill
Russell & Jean Morris
Jean E. Frankenberg Mulreany
Rubi Myrick
Michelle R. Neyman
Dale F. Olds
Molly S. Olive
Eva Prudhomme Orton
Loan T. Pham
Melinda D. Poliarco
Peyvand Pourhosseini
Sandy Queen
Mary (Molly) C. Rauen
Harold Redsun
Karen P. Ross
Kimberly Roth
Andrea Sabatino Sanchez
LaPaula Sakai
Patricia Schaaf
Judith Morrison Schallberger
Heather Schwartz
Suzi Sherer
Donna Simonds-Rose
Phyllis Forward Simpkins
Deepa Singamsetti
Elveda Smith

Caroline Spinali
Betty Wattles Starr
Dalia Stempa
David L. Stone
Sharon Meuth Studdert
Kathryn Sucher
Mary Ann Sullivan
Alice Morris Swanson
Jean Crandall Theisen
Ellen Benson Thompson
Karen Weinman Trolan
Rose Tseng
Marlene D. Tutt
Sarah Viaggi
Janice Wai
Alice Waterbury
Holly E. Weber
Philip R. Wentz
Kimberly Whelan
Marianne M. Wilcox
Shelly Wingert
Margaret Woch
Carol Whiteley Wolf
Diana Wright
Martin Yan
Helen Ziraldo



San José State UNIVERSITY

San Jose State University Department of Nutrition and Food Science

CIRCLE OF FRIENDS

One Washington Square, San Jose, CA 95192-0058 (408) 924-3100

What is it? A coalition of Alumni, Students, Faculty, and Friends who have joined together to provide on-going private support to preserve the Department's dedication and commitment to excellence.

Why the Need? "Shrinking" state budget for higher education make this support crucial to continue to offer the highest quality education and training to our students. Private funding is now critical to safeguard course offerings, laboratory supplies, computer labs, equipment, and scholarships. SJSU can no longer be considered as state supported but state assisted.

Circle of Friends Goals: To reestablish Alumni relationships with the Department
To encourage Student participation
To promote Alumni - Student - Faculty synergy
To involve Community Partners
To facilitate networking
To celebrate SJSU Department of Nutrition and Food Science comradeship
To invest in and build a LEGACY FOR THE FUTURE

Benefits of Membership: Networking with Alumni - Faculty - Students - Community Partners in cooperative ventures/ endeavors and in seeking and filling positions
Membership Recognition: NuFS Newsletter/SJSU Contributors to Excellence
Membership Directory

Check here if you DO NOT wish your name to be included in the Directory

2005- 2006 MEMBERSHIP / RENEWAL APPLICATION

Directory info: (please enter only changes since last directory edition)

Name: _____

(*Alums: Name(s) while at SJSU): _____

College/University(s): _____

(circle degree)

BS/BA yr: _____ Deg./Emphasis _____

MS/MA yr: _____ Deg /Emphasis _____

Ph.D/Other yr: _____ Deg./Emphasis _____

Home Address: _____

City State Zip

Phone: () _____

Email: _____

Employer: _____

Title/Position: _____

Address: _____

Phone: () _____

Email: _____

Area of Expertise: _____

CIRCLE OF FRIENDS GIVING LEVELS

(Please indicate the level of your gift)

Current Students \$10 - \$24 _____

Supporter Circle \$25 - \$99 _____

Golden Circle \$100 - \$499 _____

Dean's Circle \$500 - \$999 _____

President's Circle \$1000 - _____

All gifts go directly to the Department and are fully tax deductible.

Please make checks to:

NUFS, CIRCLE OF FRIENDS, SJSU

PLEASE RETURN APPLICATION BY October 15 TO BE INCLUDED IN THE MEMBERSHIP DIRECTORY

*We'd like to hear from you! Please attach a separate sheet with your news.