



NEWSLETTER

DEPARTMENT OF NUTRITION AND FOOD SCIENCE

Greetings to Alumni and Friends

Hello NuFS Alumni and Friends!

There have been numerous changes and exciting developments in the Department of Nutrition and Food Science during the 1992-93 year! The completion of the new food processing pilot plant has been a satisfying accomplishment. The pilot plant was needed, by 1993, to retain our approval/accreditation with the Institute of Food



Technologists, and SJSU is now one of four campuses in California with a pilot plant and an approved Food Science Program.

To celebrate, the *Circle of Friends* held a reception in May to dedicate the new food processing pilot plant. Since the State Universities are now state-assisted instead of more fully funded as in the past, we have developed our *Circle of Friends* organization for support. Although most of the funding for the pilot plant came from the state, we relied on donations through the *Circle of Friends* to finish all the details and make the lab usable. Thanks to the efforts of **Caroline Fee**, its director, we have over 90 members in the *Circle of Friends*, and over 60 were in attendance at the dedication.

Three of our senior faculty members, **Dr. Elveda Smith**, **Ms. Jean Downes**, and **Mrs. Julie Dutcher**, took advantage of Early Retirement Incentives and have retired from teaching. They have all graciously continued to support our department during the transition. **Dr. Michael Lefever** has resigned to take a higher paying position at the University of Massachusetts, Amherst, and the Dean of our College, **Dr. Rose Tseng**, has been appointed Chancellor of the West Valley-Mission Community College District.

We welcome new faculty to the Department of Nutrition and Food Science. **Ms. Joan Giampaoli** will be teaching in food-service management, and **Dr. Barbara Gordon** in nutrition education/community nutrition. A national search is being conducted to find a replacement for Dr. Lefever in hospitality management/restaurant management.

We thank all of you for your continued involvement in the NuFS department. We appreciate your willingness to

speaking to the Student Club about careers, as well as provide field trips and guest lectures for classes such as my *Professionalism NuFS 121* class. The sharing of your expertise and personal experience is so important to our program and much appreciated by all. We also thank all of you for your monetary support throughout the year.

It was wonderful to see many of you and be able to catch up on what is happening with you at events such as the retirement party for **Dr. Smith**, **Mrs. Downes**, and **Mrs. Dutcher**, hosted by **Caroline Fee**, and the pilot plant dedication. We hope to see many of you at the banquet in honor of **Dr. Tseng** on November 18. Also, if you are attending The American Dietetic Association meeting in Anaheim this Fall, plan to attend the SJSU Alumni and *Circle of Friends* meeting while there. The meeting will take place on Wednesday, October 27, from 7:30 to 9:00 a.m. Please RSVP to the NuFS Department office at 924-3100 by September 22, so we can accommodate everyone.

I would like to thank **Robin Quay**, **Dana Gaiennie**, **Caroline Fee**, **Judith Shallberger**, and others for compiling this outstanding newsletter. I hope to see you at various meetings in the future to catch up on what has been happening both professionally and personally. We request that you keep us informed of any new addresses, job changes, or married names, so we can keep in touch!

Have another great year!

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

Upcoming Events

Homecoming Football Game	Oct. 23
Alumni and <i>Circle of Friends</i> morning meeting in conjunction with the ADA meeting in Anaheim	Oct. 27
College of Applied Sciences and Arts Banquet in honor of Dr. Rose Tseng	Nov. 18
San Jose-Penninsula Dietetic Association meeting hosted by SJSU	Fall, 1993

Food Science Pilot Plant Completed

After three years of planning, remodeling, and fund-raising, the food science pilot plant is ready for operation in CCB 121. The pilot plant was necessary for approval of the Food Science Program by the Institute of Food Technologists. San Jose State University is now one of four campuses in California with a pilot plant. The equipment contained in the lab includes an evaporator, a retort, a steam jacketed kettle, a spray-drier and an extruder.

Funds for the project came from the university and from private gifts of money and equipment from individuals and corporations. Donations received through the *Circle of Friends* enabled the department to make the lab functional. Many thanks to all *Circle of Friends* members for their donations, with special recognition to **Phyllis Simpkins** (\$5,000) and **Jean Theissen** (\$1,000) of the Home Economics class of 1946 for their generous contributions. **Rose Tseng** was instrumental in obtaining most of the funds needed for the project from the state. Thanks, also, to **Henry Down**, owner of Keystone South Bay Restaurant Supply, for his donation of a steam jacketed kettle, and to **FMC** for the retort.

The core food science classes, required for all NuFS majors, will be using the lab for hands-on experiences in industrial food production. The equipment will also be used by graduate students who are completing theses or projects in the food manufacturing area.



Dr. Rose Tseng

Dr. Rose Tseng Named Chancellor

Rose Tseng, the Dean of the SJSU College of Applied Sciences and Arts, was recently named Chancellor of the West Valley-Mission Community College District. Dr. Tseng began her career at SJSU as a part time instructor in home economics. During her years at SJSU, she became a tenured professor, department chair, associate dean and dean. She is a registered dietitian and has received many awards and honors for her contributions to the field of nutrition and academics. She is internationally prominent in the nutrition field for her work with the United Nations concerning nutrition education in China.

Dr. Tseng has supported our department, most recently by assisting in the completion of the food science pilot plant laboratory and as one of the first members of the *Circle of Friends*. A College Banquet fund-raiser, "A tribute to Rose", will bring together faculty, faculty emeritus, alumni, students, family, and friends for an evening of fun and testimonials to her 22 years of service to San Jose State University. Save **November 18** to attend the banquet and help celebrate Dr. Tseng's new appointment and wish her well. Tickets for preferred seating are \$100 and \$75. Tickets are also available for \$45 for alumni, students, faculty, staff, and their guests. Proceeds benefit SJSU and the Nutrition and Food Science Department.



The Pulvis spray-drier in the new Pilot Plant

Senior Professors Retire

Three of our senior faculty, **Dr. Elveda Smith**, **Ms. Jean Downes**, and **Mrs. Julie Dutcher** took early retirement this year. Their decisions were encouraged by the Early Retirement Incentives bill, which was passed last August as a consequence of the state budget cuts.

Dr. Smith joined the SJSU faculty 26 years ago. She taught as a home economics instructor and led the department as chairperson from 1968 until 1976. She worked to split NuFS from the Home Economics Department and helped develop the NuFS department from its inception to its present status. She became Graduate Coordinator of the new department. In her retirement, Dr. Smith has continued to support the NuFS department by helping with advising and organizing the alumnae list for *Circle of Friends*, a group formed to facilitate private support of the department.

Ms. Downes became a member of the SJSU faculty in 1975. After completing her Masters Degree in Home Economics at SJSU, Dr. Smith asked her to teach a lab class for the Home Economics Department. The assignment evolved into a full-time faculty position. She also helped facilitate the transition of the department from Home Economics to Nutrition and Food Science. From 1982 until retirement, Mrs. Downes served as the NuFS curriculum representative to the College of Applied Sciences and Arts. Presently, she is revising her edition of the NuFS 135 text, *Ethnic Americans-For the Health Professional*, working with Dr. Smith on the alumnae list for *Circle of Friends*, and writing a grant proposal for the Stanford University Gerontology Education Center. She also helped the department with advising this semester.

Mrs. Dutcher retired after 14 years as a Food Service Management instructor at SJSU. She began as a part time instructor, and taught full-time during her last three years at the university. Mrs. Dutcher has moved to a small town in Oregon, where she is adjusting to the inclement weather. She has been fund-raising for a student from Bosnia, and has used her outstanding food service skills to plan and execute a smelt-feed for the town, done through the Chamber of Commerce. She is looking forward to possibly using her expertise to work with the elderly in her new community. Her involvement with the NuFS department will continue as she coordinates a workshop through the California State Department of Education for school food service on *Effective Teaching Strategies*. The program will take place through the NuFS department's Child Nutrition Management Center in the Fall.

The department thanks these professors for their years of dedicated teaching, and for their continued support of the department after retirement. Good wishes for many enjoyable years of retirement are offered.

New Professors Welcomed

The Department of Nutrition and Food Science will be welcoming two new full-time professors to the staff this Fall. **Ms. Joan Giampaoli M.S., R.D.**, who will be teaching food-service management, is an SJSU alumni, class of 1991. She brings expertise as a certified chef from the California Culinary Academy to our department. She is presently working on a grant concerning effective teaching strategies for child nutrition professionals, and she is looking forward to research in the area of sanitation and safety. **Dr. Barbara Gordon** comes to us from the Hunter College campus of the City University of New York, where she was a Professor of Nutrition. She has done extensive research in the field of fetal alcohol syndrome. She is also involved with nutrition education for children and nutrition curriculum, and she enjoys studying and speaking about food and culture. She will be teaching nutrition education classes.



Dr. Smith and Mrs. Downes, enjoying their retirement and celebrating the dedication of the Food Science Pilot Plant

Alumni Speak Out!

Jane Harmer, R.D. (M.A., 1978)



Jane Harmer received her undergraduate degree from the University of Washington, and she completed her dietetic internship at Cornell New York Hospital. In 1978, she received a Master of Arts degree in Home Economics from San Jose State University.

Jane has had many exciting work experiences throughout her career. She was the first health care specialist employed by Allied Sysco Food Service Company, a true pioneer in the field. Jane also consulted for long-term health care facilities, which led to the founding of their company, Health Care Management Composite (H.M. Composite), by Jane and Victoria Major, M.A., R.D.

Now in its seventeenth year of business, H.M. Composite provides consulting dietitians and menu systems to long-term health care institutions. In California, it serves 10% of the food service business in long-term health care and employs 32 consultant dietitians.

Jane is involved in the marketing, finance, and client relations aspects of H.M. Composite. She also provides on-premise consultations and gives seminars to her clients and the dietitians who work for her, to keep them updated on changes occurring in the industry.

Jane recommends being open to opportunities that present themselves. She suggests exploring the opportunities and finding out more about them before deciding if they are worth pursuing. Until this is done, a person's scope may be too narrow to see the benefits of the big picture. To sum up this idea, Jane quotes her partner, saying, "The answer is never 'no' until I understand the question."

Jane is also a great friend of the Nutrition and Food Science Department. She is one of the founding members of *Circle of Friends*, a group of alumni and friends dedicated to supporting the NuFS department and San Jose State University. Jane feels very strongly that it is important for alumni and friends to give their support to the university, both monetarily and by donations of time.

Marcia Denton, R.D. (M.S., 1983)

Marcia Denton works as the Food Service Supervisor, managing 22 employees, and as the Clinical Dietitian at South Valley Hospital in Gilroy. She has found herself to be well-prepared for the challenges of her career by her high-quality education at SJSU. She describes her experience with the curriculum in the NuFS

department as "excellent and up-to-date". The faculty has continued to be supportive of her after graduation. Marcia enjoys helping students with projects and sharing her expertise with them. She advises us all to be persistent and creative.

Patricia Schaaf, R.D. (M.S., 1984)



Patricia Schaaf works as a research dietitian at Stanford Medical Center. She started at Stanford as a student, doing an internship. Following her internship, she took a position at Stanford, and she has been there ever since. She feels that the research-type classes taught

by Dr. Belo and Dr. Smith helped prepare her for her career, and diet therapy was incredibly important, too. Also, Dr. Lu advised her to critically read the literature and evaluate the methodology and results. Pat has found this to be so helpful to her that she even passes it on to student interns she works with now. She has found that she was well-prepared by the faculty at SJSU for her career as a research dietitian, a field where strong clinical research skills are needed. She is proud to be a graduate of SJSU.

Phyllis Forward Simpkins (B.A., 1946)



Phyllis Simpkins and her husband have been involved in the Field House building project at SJSU for the last four years. The field house will house the SJSU football team and their locker rooms, rooms for visiting coaches, a weight room, an equipment room, and medical services. It will be a place where

physical therapy students can train. The Field House has a catering kitchen and a dining room which seats 125 people, one of Phyllis' wishes to help meet the need for hospitality. She believes that alumni need to give back to the university some of what they have gained, and she hopes her contributions to the field house and *Circle of Friends* will help more alumni become involved at SJSU.

Student Club Sharpens Up!

Equipped with the new motto, "SHARPEN THE CUTTING EDGE OF YOUR CAREER...WITH THE NuFS CLUB!", the Nutrition and Food Science Club launched into an adventurous 1992-93 year with goals to augment the student membership, to sustain an earnest commitment to professionalism, and to enjoy all the fun, energy, and camaraderie therein!

This year's activities included such time-honored traditions as hosting guest speakers (Scott Backinoff—Dreyers Ice Cream, Cade Fields-Newman—entrepreneurial dietitian, Wendy Russum—sports nutritionist, etc.), participating in the semi-annual International Food Bazaar with the NuFS Club's famous Fruit Smoothie Booth, conducting the Customer Appreciation Survey for Spartan Shops Foodservice Division, and sponsoring a successful NCIFT Raffle, as well as several nutrition booths and bake sales.

Additionally, the NuFS Club pursued various new venues of opportunity and developed further activities and programs to enhance the club members' professional experience. Some of the club's accomplishments include:

- * Instigated the First annual NuFS club/ Hospitality Management Club Superactivity wherein Allen Finckelstein, Executive Chef of Spartan Shops Foodservice, offered students his own humorous and fascinating insights into nutrition/hospitality trends and presented a demonstration on preparing seafood platters;
- * Participated in the Residence Halls' Mini-Food Expo, sponsored by Spartan Shops Foodservice, and staffed a nutrition booth to conduct "fat analysis of foods" as well as offer free samples of fruit smoothie drinks;
- * Launched the monthly "Bagel Cart" fundraiser—an entrepreneurial attempt to provide coffee and bagels to students in the hallway of the CCB;
- * Established a university-wide Tutoring Lab to assist students in almost any nutrition related course;
- * Obtained the Institute of Food Technologists' approval of the NuFS Club's bylaws and achieved official recognition as an IFT Student Chapter;
- * Supported and volunteered at professional/campus events including *Circle of Friends*, the CDA conference, SJPD Trends Symposium, and the CASA's Flights of Fantasy.

Indeed, the NuFS Club achieved their highest goals and enjoyed an industrious and prosperous year with the participation of over 50 members as well as with the

constant encouragement of the NuFS department's faculty, staff, and alumni!

NuFS Students Honored

Five students from the Nutrition and Food Science Department received awards from the College of Applied Sciences and Arts. **Marilyn Recuperero's** thesis, *Caenorhabditis elegans as a screening organism for toxins found in foods*, and **Ruth Heidmann, R.D.'s** thesis, *Comparison of muscle function tests in individuals with HIV infection and controls*, received recognition for outstanding graduate research in the college. Ms. Recuperero was advised by Dr. Lu, and Ms. Heidmann was advised by Dr. Sucher. **Joi Augustin**, advised by Dr. Lu, was a finalist in the competition. Ms. Recuperero's thesis went on to receive second place in the CSU competition.

The Dean's Alumni Scholarship was awarded to **Patricia McGowen**, who is advised by Dr. McProud. **Bhawani Pothana** was the recipient of a College Small Research Grant for her study concerning the riboflavin requirement and glutathione reductase activity in the nematode. Dr. Lu is her advisor. Congratulations to these outstanding NuFS students!



Scholarship recipient,
Patricia McGowen

Look at Our Students Go!

Eight recent graduates of the Nutrition and Food Science Department are going on to complete dietetic internships or AP4 programs.

Corine Jue (internship)
Francine Genta (AP4)
Yvette Rivas (AP4)
Marilyn Recupero (AP4)
Rhoda Meester (AP4)
Mary Eiger (AP4)
Jeanine Grillo (AP4)
Ruth Ann Sachen (AP4)

University Medical Center at University of Arizona, Tuscon, Arizona
Watsonville Community Hospital
San Mateo General Hospital
Lucille Packard Children's Hospital at Stanford
Alum Rock School District and Kaiser Permanente, Santa Clara
Choices for Children and Dominican Hospital
California Pacific Medical Center
VA Medical Center, Palo Alto/Menlo Park

New NuFS Scholarships Established

There are four new scholarships available in the NuFS department, made possible, in part, by generous support from alumni. Dr. Smith and Ms. Downes have each established scholarships to recognize their dedication to the department of NuFS. **The Elveda Smith Scholarship** will be awarded each year to one graduate student and one undergraduate student who shows professional promise. **The Jean Downes Scholarship** will be given each year to a student who excels in nutrition education. **The Fern Wendt Scholarship** and **The Rose Tseng Scholarship** have recently been established, also. Fees are increasing tremendously each year, making it more difficult for students to fund their educations. The purpose of these new scholarships is to help alleviate the stress felt by students in financial need. Giving to any or all of the scholarships is welcomed.



Convocation, 1993

Happy
Graduation!



Hospitality Management Program Shows Unprecedented Growth

The Hospitality Management major began as a joint effort two years ago between the College of Business, the Department of Nutrition and Food Science, and the Department of Recreation and Leisure Studies. The program has been directed by **Dr. Michael Lefever**, a NuFS professor. Presently, the program has 190 majors, an active student club with over 40 members, and an Industry Advisory Board with 103 community leaders in the field of Hospitality Management. The International Hospitality Celebration, a fund-raising event, has been held in 1992 and 1993, and six Hospitality Management majors graduated in Spring, 1993.

In two years, Dr. Lefever has built the Hospitality management program at SJSU to an internationally recognized program known for its quality, entrepreneurial spirit, and enterprising students. Next year, Dr. Lefever will be the Director of the Hospitality Management Program at the University of Massachusetts, Amherst. We wish to say farewell and best wishes to him, and thank him for his creative input into the Hospitality Management Program at SJSU, which has led to its early success.





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 ongoing private support to preserve the Department's dedication and commitment to excellence.

Why the Need?

"Shrinking" state budgets 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. As our dean, Dr. Rose Tseng, has stated, "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 involve Community supporters
- *To promote Alumni-Student-Faculty synergy
- *To facilitate networking
- *To celebrate SJSU Department of Nutrition and Food Science comradeship
- *To invest and build a "Legacy for the Future"

Benefits of Membership:

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

MEMBERSHIP APPLICATION

Name: _____

Year of Graduation: _____

Degree/Emphasis: _____

Home Address: _____

Phone : () _____

Employer: _____

Title/Position: _____

Address: _____

Phone: () _____

Let us know what is happening with you!

CIRCLE OF FRIENDS GIVING LEVELS
(please indicate the level of your gift)

<i>Student Circle</i>	\$10 - \$24	_____
<i>Supporter Circle</i>	\$25 - \$99	_____
<i>Golden Circle</i>	\$100 - \$499	_____
<i>Dean's Circle</i>	\$500 - \$999	_____
<i>President's Circle</i>	\$1000 and up	_____

(Each donation will be matched dollar for dollar up to a total amount of \$2500. This matching fund has been set up by an anonymous alum.)

Please make checks to:
DEPARTMENT OF NuFS, SJSU FOUNDATION

All gifts go directly to the department and are fully tax deductible

Mark your calendar now for

A Tribute to Rose Tseng

**Thursday, November 18, 1993
Fairmont Hotel, San Jose**

Save the date for this recognition of Rose Tseng

Chancellor
West Valley-Mission Community College District

Former Dean/Chair/Professor
Nutrition and Food Science
College of Applied Sciences and Arts
San Jose State University

Plan to join in the fun and festivities

A benefit for the SJSU College of Applied Sciences and Arts
(408) 924-2900 (408) 924-2901 FAX

San Jose State University
Department of Nutrition and Food Science
One Washington Square
San Jose, Ca 95192-0058

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