

VOL. 8, SUMMER 1994

# NEWSLETTER

DEPARTMENT OF NUTRITION AND FOOD SCIENCE

## Hello Alumni and Friends!



This newsletter is a wonderful opportunity to share accomplishments and events the Department of Nutrition and Food Science has experienced during the 1993-94 year. We are excited to welcome a new faculty member in Hospitality/Restaurant Management, Dr. Ronald Uciewicz, who will be joining us in the Fall. Dr.

Uciewicz comes to us from *Sierra Nevada College*. Formerly, he was Chair of the Business Administration Department which housed their Hotel Restaurant and Resort Management Program. He has also been a Chair at *Lynn University* in Boca Raton, Florida and a Dean at *University of New Haven*, West Haven, Connecticut.

We are happy about a new program addition to our department. In the Fall, approximately 35 students in the Packaging program will be transferring from the Division of Technology to join us as part of a new concentration called *Packaging Technology*. This program will complement our Food Science and Technology program. Over 70 percent of packaging is related to food and pharmaceuticals. Since the Division of Technology was reorganizing and planning to convert the packaging program to a certificate program with fewer course offerings, we saw an opportunity to adopt the program. With so much emphasis on recycling and waste management, we see close ties between packaging and product development and a variety of environmental issues. We are in the process of hiring a new faculty member in the packaging area.

Ms. Joan Giampaoli will be taking a leave of absence for two years to pursue a doctoral degree at *Oregon State University*. We will miss her dearly while she is gone. We are in the process of looking for a temporary replacement for her until she returns Fall Semester, 1996.

We were delighted to see so many of you at the *Circle of Friends* reception, April 19th, led by our Director of Circle of Friends, Ms. Caroline Fee. Our goal is to raise money to purchase a bio-electric impedance analyzer as part

of a Physical Assessment Laboratory that can be used in teaching both undergraduate and graduate courses in the Department of Nutrition and Food Science.

I would like to thank all of you for your monetary support, as well as your willingness to provide field trips, speak to classes as guest lecturers, and make presentations about careers to our student clubs. You serve as role models for our students. The sharing of your practical experience is so important for our students to hear.

I would like to thank Dana Arnold, Stephanie Brooks, Dalia Perelman, Judith Schallberger, and Caroline Fee for compiling this outstanding newsletter. We hope you will continue to update us on new events in your lives and keep us informed of any new addresses and job or name changes so we can keep in touch.

Have a wonderful year!

Lucy McProud, Ph.D., R.D., Chairperson  
Department of Nutrition and Food Science

### UPCOMING EVENTS

Student Poster Session, <i>San Jose Peninsula District of California Dietetic Association</i> , Sponsored by SJSU	Sept., 1994
Annual Meeting of the <i>American Dietetic Association</i> , Orlando, FL	Oct. 17-20, 1994
Annual Meeting of the <i>American Society for Parenteral &amp; Enteral Nutrition</i> , Miami, Florida	Jan. 15-18, 1995
<i>Circle of Friends Reception</i> , SJSU	Spring, 1995
Annual Meeting of the <i>Institute of Food Technologists</i> , Anaheim, CA	June 3-7, 1995

## ALUMNI SPEAK OUT



Caroline Fee, NuFS Faculty, presenting award to John W. Farquhar, M.D.

### JOHN W. FARQUHAR, M.D., FIRST DISTINGUISHED HONORARY MEMBER

John W. Farquhar, M.D., international authority in health research and disease prevention, was recognized by the *Circle of Friends* as the first distinguished honorary member. Dr. Farquhar, Director and Founder of the *Stanford Center for Research in Disease Prevention*, delivered the keynote address to over 100 guests on April 19. The gala reception, hosted by the CIRCLE, marked the coalition's first charter year of success.

Dr. Farquhar's visionary perspective in disease prevention began shortly after his graduation from the *University of California at San Francisco Medical School*. A one-year research fellowship in epidemiology followed at the *London School of Hygiene and Tropical Medicine*. With a specialization in cardiology and the metabolism of arteriosclerosis, Dr. Farquhar felt compelled to address the underlying risk factors associated with cardiovascular disease and the resulting premature death rate of men. Dr. Farquhar's pioneering work of the 1970's at the *Stanford Heart Disease Prevention Program* introduced the new concept of prevention to the field of health care.

Together with his group, Dr. Farquhar conducted community-wide intervention studies to assess the effect of health behavior changes (diet, exercise, stress, and smoking) on risk of cardiovascular disease. Significant risk-reduction in the populations of two California communities marked research findings. Major reductions in cardiovascular disease supported the expansion of the prevention concept to other diseases like cancer, substance abuse, and injury. Dr. Farquhar, together with his group, established the first *Center for Research In Disease Prevention* at Stanford University.

The *Circle of Friends* recognizes, with great honor and appreciation, John W. Farquhar, M.D., as its first distinguished honorary member.



#### Holly Weber, (M.S., 1992)

Holly is currently Project Coordinator for the *Bay Area District of Project LEAN*. She enjoys part-time consulting utilizing computerized nutritional analysis. Professional commitments are rewarding in her role as an active committee member for the *San Jose Peninsula Dietetic Association*.

One of Holly's best experiences at SJSU was "getting to know other students". This camaraderie among student friends is now shared as colleagues. To currently enrolled students, Holly offered these words of encouragement: *There is a light at the end of the tunnel, and it is worth all of the hard work.*



#### Bonnie Bruce, (M.A., 1976)

Bonnie continued her pursuit of academic studies and now holds an M.P.H. from SJSU and an Ph.D. from U.C. Berkeley. As a behavioral scientist and researcher at the *Stanford Center for Research and Disease Prevention*, Bonnie's work includes the development of a nutrition education

program to reduce the risk of chronic disease in adults with low literacy skills.

While at SJSU, Bonnie especially enjoyed the Department's focus on projects where information learned could be applied to real-world situations. She expressed admiration of Rose Tseng's mentoring style and career vision. Bonnie also applauded Rose Tseng's leadership style and professional growth from faculty member to Dean of the College of Applied Sciences and Arts.

#### Margie Schaaf (B.S., 1990)

Margie's favorite aspect of the *Dietetics Concentration* at SJSU was that it allowed students to work while attending college. This aspect, she feels, enhances ones educational path. Margie liked the Department's community orientation focus which, in turn, involved students with the local dietetics district. Employed as a Pulmonary Pediatric Specialist at the *Lucille Packard Children's Hospital* at Stanford, Margie's work involves children with cystic fibrosis, severe allergies, and premature infants.



#### Victoria Major, (M.A., 1970)

Victoria reflected on her memorable experience in the quantity foods production classes with Fern Wendt. A gifted entrepreneur, Victoria formed *H.M. Composite, Inc.*, with fellow alumni, Jane Harmer. *H.M. Composite, Inc.*, employs approximately 36 registered dietitians and has a 12 percent long-term care business in the state. Victoria

enjoys supporting the NuFS Department in her role as a *Dietetics Advisory Board* member. The world of business, with challenges and rewards, is particularly validating for Victoria.



**Carol Bogert, (M.A., 1978)**

With an emphasis in nutritional science, Carol commented that the difficulty of deciding on a thesis project, completing it, and graduating on time were her most memorable experiences at SJSU. Employed as a Nutrition Consultant for a medical group in the San Jose-Los Gatos area, Carol finds consulting fun and enjoys developing

materials for her clients. She concluded that her past experience as a clinical dietitian was crucial for her success as a consultant.



**Eve Orton (B.A., 1943)**

Eve's most memorable experience at SJSU was when World War II started and enrollment dropped from 4,000 to 2,000 students. Past career positions of dietitian at Providence Hospital and Santa Clara Valley Medical Center (VMC) to Director of Food Service and Nutrition at VMC punctuate Eve's expertise. Present community involve-

ment translates into wearing many hats: *League of Women Voters* - President; *Kids for Camp* - advisory board member; *Council on Aging* - task force member; and *AARP Congress* - district coordinator, *Health care Reform* advocate. Travelling to interesting countries like Russia, Turkey, China and Africa rounds out Eve's adventuresome taste for life.



**Mary Ann Sullivan (M.S., 1981)**

A native of New York, Mary Ann is an alumna of the NuFS Department (both undergraduate and graduate) who remembers when Nutrition was part of Home Economics--*I am amazed at how the Department has grown and matured over the years. The quality and scope of the programs have*

*increased dramatically since my student days in the 1970's, and I am happy to be a part of this growth.*

Mary Ann is especially proud of being involved in setting up a minor in *Nutrition for Physical Performance*, primarily through teaching the *Nutrition for Sport* course and observing the interplay between Nutrition and Human Performance majors in class. Professional accomplishments include her role as one of the charter members to help organize a local SCAN (Sports and Cardiovascular Nutritionists) in California and to serve as chairperson of the Northern California Chapter.

**Pat McDonald (B.S., 1990)**

Currently employed as a dietitian in Livermore, Pat's most memorable experience at SJSU concerned the challenging academic content of the curriculum. She expressed respect of the Department's professional standards which served as preparation for her present career path. Preventive medicine and gerontology are special interest areas that Pat is now exploring.

**CIRCLE OF FRIENDS LAUNCH PHYSICAL ASSESSMENT LABORATORY (PAL)**

The NuFS Physical Assessment Laboratory, an acquisition made possible through the *Circle of Friends* coalition, opens the door to new technology. Expanded avenues in research and learning studies will now be made possible through the purchase of a **Bio-electric Impedance Analyzer** and accessory equipment. PAL, a state-of-the-art laboratory environment, will provide new learning challenges as students examine measurements of the ratio of body fat to lean body mass and study the changes in body composition that occur with weight loss, exercise, and aging.

Demonstrations of this extraordinary equipment were available to all guests attending the Reception Gala on April 19 honoring the CIRCLES's first charter year of success. (See photo of the Bio-electrical Impedance Analysis demonstration below). Heartfelt thanks is extended to the *CIRCLE* for helping the department actualize PAL -- we couldn't have done it without your gifts!

The *Circle of Friends* maintains an on-going commitment to open doors to the future--join now! An application is provided in the newsletter (see page 7).



*Bio-electrical Impedance Analysis demonstration at Circle of Friends Reception*

**\$5,000 STANFORD UNIVERSITY HOSPITAL SCHOLARSHIP AWARD**

A \$5,000 gift from Stanford University Hospital reached our doors through the fund-raising efforts of Caroline Fee. This generous donation supports the **Alumni Scholarship Fund**, a newly established category within the College of Applied Sciences and Arts. The recipient, a Nutrition and Food Science student, will be selected annually to receive a \$500 award spanning a ten year period. This year's recipient was Deadre Rubin.

We are grateful to **Ken Bloem**, former President and CEO of Stanford University Hospital for supporting our goals. Kudos to **Caroline Fee**, *NuFS Faculty Member - Development Director*, and **CASA Alumni Board Director** for helping the Department to meet the required funding. Through these collaborative efforts, the Nutrition and Food Science Department stands *first* among the departments in the College to provide monetary resources earmarked for the **Alumni Scholarship Fund**. The Department expresses a heartfelt thanks to Stanford University Hospital for helping us to *answer the call*.

## CONGRATULATIONS TO 1994 GRADUATES

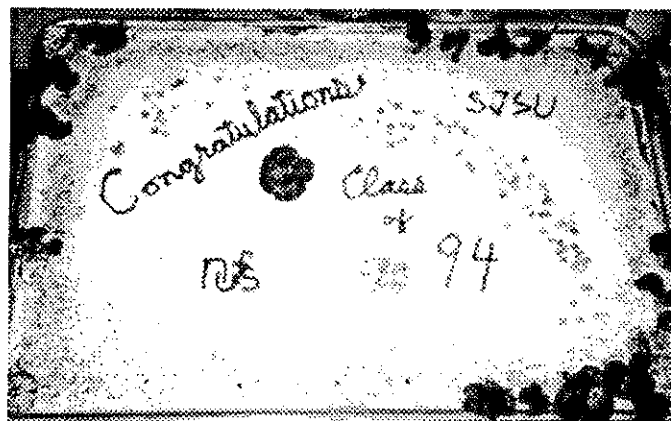
The 1994 SJSU Commencement Ceremonies held at Spartan Stadium on May 28, 1994, were followed by the NuFS Convocation and Luncheon at Leiniger Center, San Jose.

This highly-attended celebration which affirmed the goals of our graduates was hosted by the *Nutrition and Food Science Student Club* (led by Deadre Rubin, Convocation Chair) and presided over by Dr. Lucy McProud, Chairperson. Guest speakers honoring the occasion were Dr. Michael Ego, Dean, *College of Applied Sciences and Arts*, and Ms. Patricia Schaaf, Research Dietitian at *Stanford University Hospital* and former NuFS graduate.

In recognition of stellar accomplishments, a menu of awards and scholarships were presented to students and faculty. Recipients named: **Patricia McGowen** - *Outstanding Baccalaureate Student* award and **Laura McEwen** - *Outstanding Master of Science Candidate* award. Students presented with scholarship awards: **Robin Quay** and **Hoa Lam** - *Josephine & Frank Morris*; **Stephan Ballanger** - *Hal Adams*; **DeeDee Matni** - *Fern Wendt*; **Monica Atzet** - *Jean Downes*; **Deadra Rose Rubin** and **Dalia Perelman** - *Elveda Smith*. The day's festivities concluded with faculty honors to **Ms. Joan Giampaoli** - *Outstanding Full-Time Faculty Member* award and **Mrs. Caroline Fee** - *Outstanding Part-Time Faculty Member* award. Congratulations!



*Eileen MacKusick at Convocation*



## CONGRATULATIONS TO OUR MASTER OF SCIENCE GRADUATES

### Thesis and Project Titles:

**Dana Arnold** - *Critical Evaluation of Computer Courseware in an Undergraduate Nutrition and Dietetics Research Methodology Course*

**Karen Brown** - *Separation and Identification of Carotene Extracted from Tomato Skin*

**Chih Ping Lee** - *The Requirement of Niacin and Its Biosynthesis from Tryptophan in the Nematode, Caenorhabditis elegans*

**Eileen MacKusick and Denise Russo** - *Differences in Dietitian and Client Perceptions on Pamphlet Effectiveness as an Educational Tool*

**Laura McEwen** - *Development of a Computer-based Digital Video Interactive Courseware to Teach Research Methods in Nutrition*

**Christine Nelson** - *Effect of Spray Drying on Annatto Pigment*

**Kimberly Potter** - *Survey of Satisfaction of Current Students (1993), Alumni and Employees Supervisors (1990-1992) of the Department of Nutrition and Food Science at San Jose State University*

**Robin Quay** - *Towards Healthy Eating Habits: Providing Positive Eating Environments for Children*

**Candyce Roberts** - *Concept Mapping: An Effective Instructional Strategy for Diet Therapy*

**Eugenie Wong** - *Hospital Foodservice and Ethnic Foods: A Survey of Hospitals in Two Counties of Northern California*

**Mi-Sook Yom** - *Food Habits and Health Beliefs of the Korean Population in the San Francisco Bay Area*

## *LOOK AT OUR STUDENTS SUCCESSES*

Seventeen recent graduates of the Nutrition and Food Science Department are going to complete **Dietetic Internship or AP4 Programs.**

**Dana Arnold:** San Mateo General Hospital, San Mateo, CA (AP4)

**Monica Atzet:** Texas Women's University, Houston, TX (Internship)

**Alissa Fox:** Salinas Valley Memorial Hospital, Salinas, CA (AP4)

**Stephanie Keck:** Baylor Univ. Med. Center, Dallas, TX (Internship)

**Hoa Lam:** New York Hospital, New York, NY (Internship)

**Gayle Loreda:** Napa State Hospital, Napa, CA (Internship)

**Eileen MacKusick:** V.A. Medical Center, Palo Alto, CA (AP4)

**Patty McGowen:** V.A. Medical Center, Salt Lake City, UT (Internship)

**Karin Olsen:** LAC and USC Medical Center, Los Angeles, CA (Internship)

**Maria Parish:** ARA Healthcare Services, Napa, CA (AP4)

**Kim Potter:** CA Pacific Medical Center, San Francisco, CA (AP4)

**Irine Rabinowich:** Kaiser/C.D.I., Santa Clara, CA (AP4)

**Candyce Roberts:** Lucille Packard Children's Hospital, Palo Alto, CA (AP4)

**Janet Schyler:** Mills/Peninsula Hospital, San Mateo and Burlingame, CA (AP4)

**Ossie Sharon:** Cleveland V.A./Case Western Reserve, Cleveland, OH (Internship)

**Sally Quick:** S.J. Medical Center/S.J. Unified School Dist, San Jose, CA (AP4)

**Eugenie Wong:** Univ. of Wisconsin Hospital, Madison, WI (AP4)



*Dr. Sucher and Dr. Gordon at Convocation*





*Packaging Forum Pannelists: Lucy McProud, Paul Russel, Paul Yau, James Aitchison, Christina Lim and Don Betando.*

## **NuFS DEPARTMENT INTRODUCES MERGE WITH PACKAGING TECHNOLOGY**

Members of the Career Forum introduced the newly-formed curriculum merge between the Nutrition and Food Science Department and Packaging Technology on April 6, 1994. Co-hosted by the *Nutrition and Packaging Student Clubs* together with the *SJSU Career Center* - the kick-off highlighted an informative program to a well-attended student audience.

SJSU faculty/administrators, industry leaders, and students comprised the Forum celebrating the affiliation with the Packaging Technology concentration (formerly housed in the Industrial Technology Department). Various topics representing trends in the packaging industry, entry-level positions, curriculum, and more were discussed. Featured speakers included **Lucy McProud, Ph.D., R.D.**, NuFS Chairperson; **James Aitchison**, CEO-THARCO and Packaging Advisory Council President; **Don Betando**, SJSU Packaging Coordinator; **Paul Yau**, Packaging Engineer, Viking Container; **Paul Russel**, Corporate Packaging Engineer, Hewlett Packard; **Christina Lim**, SJSU Packaging student; and **Lupe Zuniga**, SJSU Career Counselor.

*Lucy McProud commented that over half of the packaging industry is related to food, nutrition, and pharmaceuticals; consequently, Food Science will be used as a vehicle to teach packaging, but general principles can be applied to nonfood packaging industries as well.*

Packaging touts an impressive identity as the world's third largest industry spanning a dramatic range from food and beverages to pharmaceuticals, computers, materials, distribution systems, and more.

The NuFS Packaging Technology concentration offers a solid educational foundation encompassing packaging principals and practices governing the five major categories (listed below) and culminating under the Bachelor of Science Degree in Nutritional Science.

- Research and Development (design and development of new products and packages)
- Engineering and Management (automated production and distribution systems management)
- Procurement (purchasing)

- Quality Control (packaging waste control and disposal)
- Marketing (sales involving packaging materials and equipment)

Internationally known packaging entrepreneurs have joined with educators and community representatives to form the *NuFS Packaging Advisory Council*. This unique group collectively donate their expertise, time, and resources to support the program. The Packaging Laboratory, student scholarships, and paid, work-internship opportunities are a testament to the dedication and integrity of this exemplary Council. The Nutrition and Food Science Department is excited about the recent merge and envisions extensive possibilities for collaboration in grants, research, and curriculum.

If you are interested in learning more about enrollment possibilities in this valuable program that meets *cutting edge* criteria, please call the NuFS Department at (408) 924-3100.

### ***ENTREPRENEURIAL NUTRITION, NuFS 196N - NEW COURSE OFFERING***

The Department of Nutrition and Food Science is introducing a new course, **Entrepreneurial Nutrition (NuFS 196N)**, for the Fall '94 semester. This one-unit course will meet on Mondays from 12:30-13:20.

The curriculum is tailored to provide information about nontraditional career opportunities in the field of nutrition and dietetics. Students will gain exposure to and acquire knowledge about private practice, self-employment, and insight into creative employment ventures that are applicable to their specific field.

**Entrepreneurial Nutrition**, a lecture-seminar designed course, will feature noted speakers. **Alanna Dittoe, R.D., AB Dittoe & Associates**, together with **Victoria Major, M.S., R.D.**, from *H. M. Composite, Inc.*, will join with members of the *Dietetics Advisory Board* to book presenters. The selected text: *The Entrepreneurial Nutritionist* by **Kathy King Helm, R.D.**, will support the course format. For additional details and/or information concerning *Open University* enrollment availability, please call the NuFS Department at (408) 924-3100.



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
- 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

**1994 - 95 MEMBERSHIP / RENEWAL APPLICATION**

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: ( ) \_\_\_\_\_

Employer: \_\_\_\_\_

Title/Position: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_

Area of Expertise: \_\_\_\_\_

**CIRCLE OF FRIENDS GIVING LEVELS**

(Please indicate the level of your gift)

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

(Gifts will be matched dollar for dollar up to a total amount of \$8000. This matching fund has been set up by anonymous alums.)

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

Please make checks to:  
**DEPARTMENT OF NUFS, SJSU FOUNDATION**  
 (stamped, addressed envelope is enclosed)

**PLEASE RETURN APPLICATION BY AUGUST 15TH TO BE INCLUDED IN THE MEMBERSHIP DIRECTORY**

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

\* \* \* \* \*

**NuFS SHOWCASES BACHELOR OF SCIENCE 1994 GRADUATES**

- |                        |                       |        |
|------------------------|-----------------------|--------|
| *<br>Christina Almeida | Meronea Lahann        | *<br>* |
| Monica Atzet           | Celia Li              |        |
| *<br>Kristi Avilla     | Monica Martines       | *<br>* |
| Stephan Bellanger      | Dee Dee Matni         |        |
| *<br>Kathleen Burk     | Patricia McGowen      | *<br>* |
| Jill Christensen       | Elisa Mendoza         |        |
| *<br>Ana Maria De Alba | Maria Parish          | *<br>* |
| Alissa Fox             | Sally Quick           |        |
| *<br>Paula Glazier     | Pricilla Raymond      | *<br>* |
| Dorylyn Halldorson     | Patricia Riordan      |        |
| *<br>David Hartfield   | Kimberly Sampson      | *<br>* |
| Rade Jankovic          | Maria Saucedo         |        |
| *<br>Kelly John        | Christina Schrengohst | *<br>* |
| Stephanie Keck         | Christine Seamons     |        |
| *<br>Susan Kirkpatrick | Molly Wren            | *<br>* |
| Ratna Kurniawati       |                       |        |

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