



VOL. 10, SUMMER 1996

# NEWSLETTER

DEPARTMENT OF NUTRITION AND FOOD SCIENCE

## *Hello Alumni and Friends!*



We have had an eventful school year 1995-96 and look forward to another successful year 1996-97. We now have a total of 262 majors (183 Bachelors and 79 Masters).

We are celebrating the approval of a new Minor in Packaging/Food Science.

This new minor will help accommodate the packaging / food science industries who need graduates to work in these fields, by providing students in other technical majors (e.g. Biology, Chemistry, Environmental Studies, Graphic Arts, etc.) with coursework in the area to help them function better on the job.

Another development is the Dining Room Project. A pilot test has been approved for one year (1996-97) for Hospitality Management students in the Culinary Concepts course HSPM/NuFS 23 to supplement the work of the staff in the University Dining Room via marketing projects and other innovative activities. Plans include development of a juice bar and provision of a *roped-off area* for seating and wait service. *Alan Finkelstein* will be the instructor, and he is also a certified chef.

The department has undergone several evaluations this year and is proud of the outcomes. The University Five-Year Program Plan/Review involved visitation from an external evaluator and a lengthy self-study document. Positive feedback has been given at all administrative levels of evaluation received, thus far. In addition, the entire university is in the process of identifying Academic Priorities over the course of a year, and we are happy to say that programs in the Nutrition and Food Science department have been looked upon favorably and recommended for *enhancement* thus far in the process (at the College level). Another evaluation involves the Approved Pre-Professional Program in Dietetics (AP4). The Five-Year Program Evaluation Document for AP4 was due to The American Dietetic Association this summer. Again we are proud of our students' knowledge and performance. All students who have completed the AP4 and have taken the Registration Examination for dietitians have passed (100% passage rate).

The Circle of Friends Reception held on April 30, was a tremendous success. Caroline Fee, our Director, and her hard working committee of faculty and students, planned a wonderful event which honored Philip Wente, co-owner of Wente Vineyards of Livermore, highlighting the department's Packaging and Food Science areas. This year's *Circle of Friends* purchase, the demonstration cooking unit, was also featured. It was so wonderful to see many of you at this memorable celebration.

Thanks to the support of our alumni and friends, we have had many accomplishments to brag about this year. This has been our best year ever for student scholarships. A warm thank you to Dr. Elveda Smith and Mrs. Jean Downes for all of their efforts to help us get better organized and proactive in the student organizations. We depend on your generosity to act as role models for our students and provide them with enthusiasm and hope for a bright career in the profession in the future. Special thanks go to Stephanie Brooks, Jacci Cenci-McGrody, Valerie Simler, Judith Schallberger, and Caroline Fee for creating this outstanding 1996 Newsletter.

Please help us stay in touch by providing any address, job or name changes. Have a wonderful year 1996-97!

**Lucy McProud, Ph.D., R.D., Chairperson**  
Department of Nutrition and Food Science  
San Jose State University

### UPCOMING EVENTS

#### 1996

- Sept. 18 - Student Poster Session, *San Jose Peninsula Dietetic Association*, Sponsored by SJSU
- Oct. 21-24 - Annual Meeting of the *American Dietetic Association*, San Antonio, TX
- Nov 17-21 - *Pack Expo*, Chicago, IL

#### 1997

- Jan. 26-29 - Annual Meeting of the *American Society for Parenteral & Enteral Nutrition*, San Francisco, CA
- April 3-5 - Annual Meeting of the *California Dietetic Association*, Anaheim, CA
- Spring - *Circle of Friends Reception*, SJSU
- June 14-18 - Annual Meeting of the *Institute of Food Technologists*



### **CIRCLE OF FRIENDS RECEPTION A FIVE-STAR CULINARY FEAST!**

A "culinary feast" aptly describes the **Circle of Friends** Reception held on April 30, in the President's Reception Room, on the San Jose State University. This memorable event was presented by our very own talented students under the direction of Graduate Assistant, Jacci Cenci-McGrody and Advisor, Judith Schallberger.

The theme, a **Wine Country Picnic**, in keeping with the 1996 Circle of Friends Honorary Member, Philip Wente of Wente Vineyards, was beautifully carried out with picnic baskets, french breads, vintage wines, fresh fruits, and antique wine presses and other memorabilia from the Wente Winery.

The sumptuous menu was planned, prepared, and presented by the department's Foodservice Production Management and Culinary Concepts Classes under the direction of Alan Finkelstein, Instructor and Executive Chef.

Fresh salmon with dill sauce, homemade chicken tarragon sausages, bountiful roasted vegetables, and a five-foot family style picnic sandwich were presented as "starters". Sautéed scampi and portabello mushrooms were featured "hot" from the portable Cooking Demonstration Unit (which the **Circle of Friends** recently purchased for the department).

Throughout the evening, guests sampled excellent chardonnay and cabernet wines which were generously provided by Wente Vineyards. Homemade biscotti, decadent chocolate mudslides, and giant chocolate dipped, stemmed strawberries rounded out this gastronomic feast.

The guests: alumni, community partners, university dignitaries, faculty, and students unanimously gave this extraordinary event their highest rating: **Five Stars!**



### **PHILIP R. WENTE, WENTE VINEYARDS 1996 DISTINGUISHED HONORARY MEMBER**

Philip Wente, leader of the fourth generation of California's oldest operating family vineyards (founded, 1883) was recognized by the **Circle of Friends** as its 1996 Distinguished Honorary Member. This Award was presented at the annual Gala Reception, hosted by the **Circle of Friends**, which was held on campus, April 30. Mr. Wente delivered the keynote address, which envisioned the future of the Wente Wine Dynasty to a packed room of alumni, students, faculty, community partners, and friends.

Philip Wente is a true visionary as he leads the Wente Family (with his sister, Carolyn, and brother, Eric) in California's dynamic wine industry and agribusiness. He holds a B.S. degree from the University of California at Davis in Agricultural Science and Management, with a specialization in viticulture and enology. He is the current Chairman of the California Wine Institute and President of the Wente Land and Cattle Company. Additionally, Mr. Wente is a moving force in the Livermore Valley as a leader in land use, planning, and development issues. The family business also includes the gourmet, award winning Sparkling Wine Cellars Restaurant and a growing international market for Wente Wines. Wente Vineyards is represented on our packaging Industry Advisory Council. Philip Wente, truly, carries on his family's rich tradition, vision, and dedication to excellence.

The **Circle of Friends** recognizes with great honor and appreciation, Philip Wente, as its 1996 Distinguished Honorary Member.





### **PHYLLIS SIMPKINS, HONORARY DOCTOR OF HUMANE LETTERS**

Phyllis Simpkins, B.A., Home Economics, 1946, was awarded an Honorary Doctoral Degree in Humane Letters from the California State University Board of Trustees and San Jose State University at the Graduation Ceremonies held on May 25, in Spartan Stadium. Phyllis stood beside her husband, Alan, who was also awarded this highest honor and recognition.

Phyllis Simpkins's leadership, vision, and generosity have enriched the entire University. She and her husband, Alan, created the new athletic field house by donating the major funds and raising additional monies for project completion. The field house has been named in their honor as the *Simpkins Stadium Center*. They also established the San Jose State University International Center and plan to donate this beautiful residential complex to the University. Among her many accomplishments, Phyllis has served as President of the University Alumni Association and has received the University's prestigious Tower Award. She was also recently honored as the 1996 College of Applied Sciences and Arts Distinguished Alumna from the Department of Nutrition and Food Science.

Our warmest congratulations to Drs. Phyllis and Alan Simpkins!

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### **CIRCLE OF FRIENDS - SCHOLARSHIPS**

The following Nutrition and Food Science Students were awarded scholarships based on their academic excellence, service to the Community/University/Department, or professional promise.

**Dorothy Fong Lee Scholarship**  
\$250 Adina Naiman

**Jean Downes Scholarship**  
\$200 Marisa Castaldini  
\$150 Melissa Arnold

**Elveda Smith Scholarship**  
\$250 Susan Yamamoto  
\$500 Carol Russell

**Josephine and Frank Morris Scholarship**  
\$100 Rubi Myrick

**Fern Wendt Scholarship**  
\$100 Teresa Doran  
\$100 Samantha Reek

**Rose Tseng Scholarship**  
\$100 Stephanie Brooks

**Hal Adams Scholarship**  
\$150 Betty Kwong  
\$150 Karen Meredith

**Stanford Hospital Scholarship  
for Nutrition / Food Science**  
\$500 Darcy Becker

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### **SCHOOL FOOD SERVICE PROFESSIONALS LEARN WITH CAL-PRO-NET**

California Professional Nutrition Education and Training enjoyed a most successful year in its mission: to improve child nutrition programs throughout California by developing curriculum and conducting classes for school food service professionals. This was Dr. Barbara Gordon's second year overseeing this \$325,000 grant which is funded by the Child Nutrition and Food Distribution Division of the CA Department of Education. She is very proud of the many accomplishments of the Cal-Pro-Net team.

In April, Cal-Pro-Net presented Part 1 of its annual course entitled "Effective Teaching Strategies". This 45-hour course instructs child nutrition professionals how to use meaningful, interactive teaching techniques with their staff members. The second part of the course will be taught in August. In addition to teaching this course, Cal-Pro-Net also created the curriculum for a new Child Nutrition Program Management Administration Course. This will be offered for the first time in August, right on our SJSU campus, and will teach administrative skills to school foodservice professionals.

Another of Cal-Pro-Net's accomplishments this year was the development of Food-Based Menu Planning; food service workers are being taught to plan school meals in order to meet the USDA's updated regulations. Menus must be changed to meet new requirements, i.e., meals now contain more fruits and vegetables, more fiber, less fat, and more diversified protein sources.

Finally, Cal-Pro-Net proudly presented three teleconferences for line personnel in school food service. The first covered the topic of nutritional needs of children; the second taught basic food preparation skills; and the final one addressed how to build effective teams to implement changes in menu requirements and how to advance personal careers in school food service. Dr. Gordon was instrumental in coordinating these teleconferences, which were viewed by over 40 different sites throughout California.

Cal-Pro-Net, in its eighth year at SJSU, has not only provided a vital service for school food service workers, but has also been a valuable learning experience for many NuFS department graduate and undergraduate students.

For information concerning future Cal-Pro-Net conferences, contact Dr. Barbara Gordon, (408)924-3105.

### **SJSU: HOW DOES YOUR GARDEN GROW?**

The SJSU Interdisciplinary Student Demonstration Garden Project on campus certainly has grown! Now, in its second year, it has expanded to involve at least 40 students from 6 different departments. These students have helped to increase the University's outreach to the community through their various garden projects. As a result, there are now ongoing nutrition education workshops for children, adults, and senior citizens, and demographic data has been accumulated on 4 of the 16 community gardens in San Jose. The SJSU Garden Project helps students evaluate the reasons why people participate in community gardens: whether it be for hunger relief, community involvement, or personal enjoyment. It also serves as a consciousness-raising tool and excellent avenue for nutrition education.

According to Dr. Barbara Gordon, a link was formed recently between the SJSU Garden Project and the City of San Jose. The Department of Parks and Recreation and Neighborhood Services has employed a senior citizen who works part time to help maintain the campus garden. He is paid by the Area Council on Aging and his job is to maximize the available space in the garden. He also oversees the soil improvement, planting and weeding. This involvement is rewarding feedback from city officials who feel the garden is a truly worthwhile community service.

Inquiries are encouraged; please contact Dr. Barbara Gordon at (408)924-3105. Thank you for your interest.



**Drs. Anne MacRae and Barbara Gordon  
in the SJSU Interdisciplinary Student Demonstration  
Garden**

## ALUMNI NEWS!



### Randi Szromba (B.S. with a chemistry minor, 1990)

Randi is the Director of Technical Services at *Creative Spices, Inc.*, a spice and dry mix blending company. Randi and her husband have bought a house in Tahoe and enjoy spending any free

time skiing and biking. She fondly remembers her student years and the instructors who were so helpful. Randi recalls Dr. Saltmarch's encouraging words when she was having trouble with the food engineering class. She also enjoyed spending time with her classmates, "they were like a second family." When graduation time came, Randi remembers having mixed emotions. She was thrilled that she had completed her degree, but was sad to say goodbye to her "family".

### Brian Mitchler (B.S., 1987)

Brian has been working with SJSU Spartan Shops since graduation and completion of his internship. For the past two and one-half years, he has held the position of Dining Services Computer Systems Manager. Brian and his wife celebrated their seventh anniversary in June, and they enjoy spending time with their two young children. Brian also loves playing soccer and watching the Clash play. Brian's most memorable experience at SJSU was during his senior year, when he was President of the Student Nutrition Club; he particularly enjoyed going to the Institute of Food Technology meeting in Las Vegas and networking with many people in the industry.



### Dawn Shuey (B.S., 1994)

Last November, Dawn and her husband moved to Ukiah, where she is a nutrition consultant for the Head Start Program in Lake and Mendocino Counties. Dawn enjoys the scenic beauty of green mountains, clean air, and reduced traffic. She and her husband are expecting a baby soon and are very excited. Dawn remembers her last year at SJSU as her best academically and professionally. She very much enjoyed being President of the Student Nutrition Club, where she polished her leadership skills and made lasting friends.



### Timi Gustafson (B.S., 1991)

Timi has a private nutrition consulting practice in Menlo Park where she provides individual counseling. She also presents nutrition lectures to corporations in the Bay Area. Most recently, Timi and her business partner, Cynthia Fink, have developed an internet site on the world wide web (<http://www.CyberDiet.com>) to provide nutrition information to cyber surfers. Timi enjoys playing tennis, walking her dog, a black lab and spending time with her family. When they can, she and her husband travel together. During her student years, Timi recalls Dr. Sucher's motivating words "Take it one class at a time." Timi is also grateful to Ms. Dougherty for encouraging her to apply to the internship at UCSF. Timi feels that she received a very good education and was well prepared for her internship.

## CIRCLE OF FRIENDS CREATES A FUTURE PROMISE!

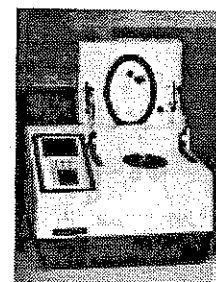
The Department's Circle of Friends began in 1992 as a proactive, alumni "vision" in the face of severe cutbacks in state funding for San Jose State University. In 1993 the "vision" became a reality as alumni, faculty, students, community partners, and friends formed a coalition to provide ongoing, private funds to enrich our students' education and preserve the Department's dedication to excellence.

Now, the **Circle of Friends** is completing its third year of success. Major accomplishments made possible by our members' generosity and caring include:

- Completion of our Food Processing Pilot Plant
- Purchase of a Bioelectric Impedance Analyzer (a state-of-the-art piece of equipment that measures % body fat and lean muscle mass)
- Purchase of a portable Food Demonstration Unit (an invaluable teaching tool to provide instruction in food preparation and cooking principles)
- Establishment of six new Scholarship Funds.

In addition to building scholarship funds, the **Circle of Friends'** planned, major project for the coming year is to purchase a **Bomb Calorimeter** (which measures the caloric content of foods). Students will be able to actually view how caloric values of foods are derived. The instructional and research opportunities are truly exciting, opening new avenues of educational and hands-on applications for students.

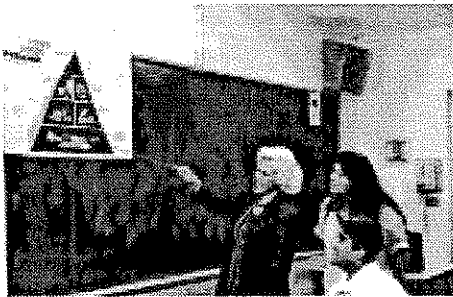
You, too, can share in the joy of building a "future of promise", thus, ensuring the vitality and excellence of our Department. The Circle of Friends welcomes you as a member! (An application is provided in this newsletter).



**Bomb Calorimeter**

## RECENT GRADUATES FIND HAPPINESS WHILE TAKING DIFFERENT CAREER PATHS

A career in Nutrition and Food Science can open diversified career paths. Three recent Nutrition and Food Science graduates find personal success and happiness while taking three different avenues: Dietetics/Sports Nutrition, Foodservice Management, and Nutrition Education.



**Helen DeMarco, (M.S., Nutritional Science; Dietetics/Sports Nutrition, 1996)**

Helen's love of exercise physiology and nutrition fueled her with all of the ambition and desire she needed to receive her recent master's degree. Her passion for excellence has been a motivating factor for all faculty and students who have worked and studied with her. Off campus within the community, Helen has strengthened her desire to educate and counsel clients about sports and nutrition as Assistant Director of Sports Nutrition at Stanford University.

No doubt Helen's knowledge of nutrition and metabolism kept her energy high as she team taught the NuFS 163 course in Nutrition and Physical Fitness during Spring and Summer sessions. Over the past 20 years Helen has been involved in a variety of athletic activities. Her experiences as an aerobics instructor, cyclist, runner, and weight trainer have served as the foundation for her success and happiness in the exciting field of Sports Nutrition.

At the department's convocation program in May, Helen acknowledged her Mother who attended the graduation ceremonies, for her inspiration and support. Her college friends were credited for their dedication in helping her to learn all those Chemistry structures in their daily study sessions. What Helen appreciated most from her professors were their flexibility and openness that allowed her to stay focused on her interests.

Helen was selected as an Outstanding Master of Science Candidate and received this year's **SJSU Alumni Association Scholarship**, the **1995 Elveda Smith Scholarship**, and was selected Among the **Who's Who of American College Students**.



**Sandra Mohr, (M.S., Nutritional Science; Foodservice Management, 1996)**

Sandy found happiness in setting a goal for receiving her Master's Degree in Foodservice Management and reaching it in 1996! Her AP4 experience at SJSU Spartan shops was instrumental in preparing her for a career in management and she highly recommends the three months rotation at Spartan Shops for other Foodservice Management students. Sandy will complete her AP4 rotation in August building on her clinical skills at Kaiser Medical Center. The AP4 program has opened a "world of opportunities" according to Sandy, offering her a variety of career options in Foodservice Management, Food Sales, Sports Nutrition, and Home Healthcare.

As a Dietetics Technician for seven years at Stanford University Medical Center, Sandy gained valuable nutrition knowledge while preparing clinical assessments of patients. In 1995 she applied her assessment skills as the Director of the Bioelectrical Impedance Lab to help educate students, faculty and community members about their body's health.

Sandy believes that, "Alumni mentors are extremely important to NuFS students." Seven years ago Sandy met alum Cade Fields Garner, M.S., R.D.. Cade has acted as Sandy's mentor and has involved her in consulting part-time. Sandy has learned a great deal from Cade and values the comradeship. Sandy keeps her eye on sports nutrition because of her active lifestyle. She is an avid weight lifter, water skier, snow skier, roller blader and mountain biker.



**Rubi Myrick, (B.S., Nutritional Science; Nutrition Education, 1995)**

Rubi feels her greatest joy has come from educating others about nutrition. As elected President of the Student Nutrition and Food Science Club for 1995-1996. Rubi helped educate NuFS students by disseminating information from professional societies. She also

arranged for professional guest speakers to speak on community nutrition and diabetes featuring SJSU Alums, Holly Weber, M.S., R.D. and Candyce Roberts, M.S., R.D., and Stephanie Keck, B.S., R.D..

Volunteering has also brought Rubi much happiness. Last summer, Rubi volunteered to act as camp counselor to educate youths about diabetes at the American Diabetes Association, SummerYouth Diabetics Camp. This provided Ruby with a great opportunity to apply her nutrition education skills as she helped youths learn more about their bodies and how to eat properly. At the Annual Diabetes Fair, Rubi has presented diabetes information to many different age groups and continues to volunteer her time. She has found her interaction with all age groups to be extremely rewarding.

Rubi has enjoyed a very interesting career with 15 years experience as a Laboratory Animal Specialist and Histotechnologist studying drug effects on animal tissues at Roche Bioscience/Syntex Research Development Center in Palo Alto, CA.. This valuable experience has helped Rubi to understand the importance of nutrition and drug interactions in both animals and humans.

After completion of her AP4 experience at Kaiser Medical Center and Choices for Children, Rubi plans to become a Registered Dietitian and to begin a new career in providing support and nutrition education to individuals to improve their health and lifestyles. Rubi is the 1996 recipient of the **Josephine and Frank Morris Scholarship**.



### **A NuFS STUDENT'S ADVENTURES AT THE CALIFORNIA DIETETICS CONFERENCE**

*By Lisa Daniels*

My day began at 7:30 Thursday morning to register and then to attend the CDA President's welcome. A quick cup of badly needed coffee, then off to "Assessing an Individual's Antioxidant Defenses." I then had about ten minutes to absorb the information, not unlike some of my academic experiences, before heading to "Hunger and Food Insecurity in California." Next, it was a quick trip to "Product Marketplace" then off to lunch.

I had a few minutes before "How to Teach and Translate the 1994 Diabetics Nutrition Recommendations" so I went to the very informative Poster Session. My day ended at 2:45 PM when I went to my friend's house and prepared dinner for her family. It was the least I could do for the free room and board.

Friday began at 8:45 AM with a terrific seminar entitled, "Three R's of Networking." After that I practiced my newly found skills by introducing myself to complete strangers and collected valuable business cards for the future. Next came the exhibits where many treasures could be found and many of them at NO COST. Unfortunately, I had already had lunch and was too full to try all of the samples. Now here is where it got tricky. The student reception was at 4:00 PM and Dr. Sucher's "Food and Culture: A Practical Approach" was at 4:10 PM. What to do? Both of course. First, a quick swing by the reception to say hello to Dr. McProud and pick up my "Future R.D." ribbon, then off to Dr. Sucher's seminar. And then back home for pizza and a movie.

By Saturday I was getting a little homesick so I decided to make it a short day. It began at 9:40 AM with "Dyslipidemia: Diagnosis and Treatment" and ended with "Counting Carbohydrates: How to Zero in on Good Diabetes Control." I headed home glad to have come.

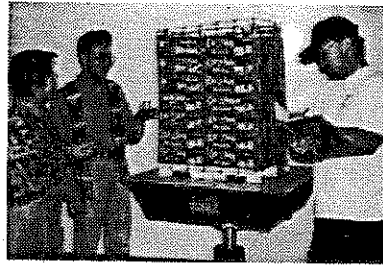
There were many other seminars other than the ones I have mentioned here, but these were the ones I was most interested in. Some were scheduled at the same time and it wasn't always easy to choose which one to go to. I had a wonderful time, and I have every intention of attending the conference next year at the Disneyland Hotel (April 3-5, 1997) and I would strongly urge other students to attend.





### **NEW COURSE IN PACKAGING SPREAD THE WORD!**

The Packaging Program at SJSU received approval of its newest course: "PT 152/Env S 152 - Packaging in Society and the Environment". The environmental Studies Program has expressed an interest in their students enrolling in the course which will be available Fall 1996 to "all" SJSU students. According to the program coordinator, Dr. Jorge Marcondes, this course will strengthen the demand for the Packaging Program tremendously because it will provide the opportunity for a broad range of SJSU students to gain knowledge about the packaging industry and its exciting career opportunities.



### **PACKAGING STUDENTS AWARDED \$6,500 IN SCHOLARSHIPS**

Seven students from the SJSU Packaging Program were honored as the recipients of the following scholarship awards: The **California Packaging Club** awarded two \$1,000 scholarships to **Sabine Prather** and **Suzanne Ramos**. **PEF** presented **Mary Govaars**, **Fariba Ighanian**, and **Greg Schwinghammer** each with \$1,000 scholarships. **Sealed Air** awarded a \$500 scholarship to **John LaRiviere**, and the **Flexible Packaging Association** recognized **Alex Jorgensen** with a \$1,000 scholarship.

### **DEAN HONORS UNDERGRADUATE SCHOLARS**

The following Nutrition and Food Science, Hospitality Management, and Packaging, undergraduates achieved an academic record of 3.65 or better. These student's were recognized at an *Honors Convocation* held in the San Jose State University Event Center on the evening of April 26, 1996. A reception immediately followed where family, friends, and teachers extended their personal congratulations.

Hawley Almstedt  
Darcy Becker  
Sandra Borland  
Rachael Brothers  
Alex Cuevas  
Aimee Duval  
Sandra Faria  
Patricia Fitch  
Husna Hashmi  
Nancy Jacobson  
Alexander Jorgensen  
Deborah Keller  
Betty Kwong

Karen Meredith  
Toshia Montgomery  
Annarae Morales  
Quyen Nguy  
Deadra Rubin  
Heidi Shoemaker  
Tiffany Sullivan  
A. Fong Tsang  
Amy Tse  
Maureen Zatorski



**Students in the SJSU Packaging Lab**

### **SJSU PACKAGING PROGRAM RECEIVES \$100,000 EQUIPMENT GRANTS**

Teaching and research opportunities in the SJSU Packaging Program have been greatly enhanced. Over \$100,000 for laboratory equipment upgrades has been provided by donations from the packaging industry and other funds allocated to the Packaging Program. New state-of-the-art equipment includes: random vibration controller, environmental data recorder, shock data acquisition system, head space analyzer, universal testing machine, large color plotter, flat bed scanner, printer, and several pentium PCs.

In addition, the Packaging Program just received five design software programs in their newest versions. These computer programs will be used in the materials and design classes that SJSU offers in packaging.

According to the program coordinator, Dr. Jorge Marcondes, these laboratory upgrades will allow the program to improve its education and research capabilities significantly: "We emphasize hands-on activities in our undergraduate program, so our graduates can start on the job immediately because they have already acquired practical skills at the University; in addition, faculty and graduate students are now able to explore various research areas in our own lab". Additional information about the SJSU Packaging Program may be obtained by contacting Dr. Jorge Marcondes at (408) 924-3210, fax (408) 924-2955, or direct e-mail to: [marconde@sjsuvm1.sjsu.edu](mailto:marconde@sjsuvm1.sjsu.edu). Address letters to SJSU's Packaging Program, One Washington Square, San Jose, CA 95192-0058.





**CONVOCATION '96  
A BANNER CELEBRATION**

The 1996 SJSU Commencement Ceremony held at Spartan Stadium on May 25, was followed by a gala Nutrition and Food Science Convocation and Luncheon for graduates, families, and friends at the Italian Gardens in San Jose.

The event was hosted by the *Nutrition and Food Science Club* and organized by **Natalie Pont** and **Stephanie Thorvund**, the Club's Convocation Co-chairs. The event was presided over by **Dr. Lucy McProud**, Department of Nutrition and Food Science Chairperson. Guest speakers honoring the occasion were **Dr. Michael Ego**, Dean of the *College of Applied Sciences and Arts* and guest alumni speaker, **Victoria Major, MA, RD**, President and Founder of *HM Composite* which specializes in menu development for long-term care facilities.

Following the reception, luncheon, and processional, **Dr. McProud** began the ceremonies with the introduction of the faculty members from the Department of Nutrition and Food Science, which also includes courses in Restaurant Hospitality Management, and Packaging. Awards and scholarships were then presented to students and faculty. Student award recipients were recognized: **Nancy Jacobson**, **Karen Meredith** and **Alex Jorgensen** - Outstanding Baccalaureate Students, **Helen DeMarco** - Outstanding Master of Science Candidate. Students presented with scholarships: **Betty Kwong** and **Karen Meredith** - *Hal Adams Scholarship*; **Rubi Myrick** - *Josephine and Frank Morris Scholarship*; **Susan Yamamoto** - *Elveda Smith Scholarship*; **Stephanie Brooks** - *Rose Tseng Scholarship*.

Faculty honors went to **Dr. Miriam Saltmarch**, *Outstanding Full-time Faculty Member* who specializes in food science and **Dr. Claire Hollenbeck**, *Outstanding Part-time Faculty Member* with a specialization in nutrition metabolism.

A special thanks to all those who volunteered to make this year's Convocation a tremendous success!



**CONGRATULATIONS TO OUR  
MASTER OF SCIENCE GRADUATES**

**Master's Project Titles:**

**Alyssa Blau** - Outcomes Assessment of the 1993-94 Graduates and Their Employers/Supervisors and 1995 Undergraduate and Graduate Students of Nutrition and Food Science.

**Stephanie Brooks** - The Reliability of Muscle Function Testing.

**Danielle Cochran-Yantis** - Food Safety Knowledge and Attitude Among Santa Clara County Restaurant Operators.

**Helen DeMarco** - Pre-exercise Carbohydrate Feedings: Application of Glycemic Index.

**Geetha Desai** - Impact of Malnutrition in Patients with Pneumonia on Lengths of Stay.

**Melissa Gibson** - Maternal Eating Attitudes as a Risk Factor for Disordered Eating Among Daughters.

**Sandra Mohr** - Factors Contributing and Costs Related to Delivery of Late Patient Meal Trays at Stanford University Hospital.

**Dorothy Parker** - A Bibliography of Culturally Appropriate Nutrition Education materials in Vietnamese and Spanish for Diabetes, Heart Disease, Hypertension and Weight Control.

**Sonal Patel** - Development of Dietary Intake Assessment Tool for East Indians in the United States.

**Loan Pham** - Creative Ways of Increasing the Use of Calcium Rich Foods Among Low-Income Elderly and WIC Eligible Vietnamese Families.

**Maria Raspolic** - Prevalence of Malnutrition in Long-Term Care of Elderly Patients.

**Andrea Sabatino** - Nutrition Knowledge and Eating Attitudes: A Mother-Daughter Study.

**Hsueh-Ping Sun** - Dietary Habits, Health Beliefs, and Food Practices of Chinese Americans Living in the San Francisco Bay Area.

### **NuFS STUDENT SUCCESSES**

Eighteen recent graduate of the Nutrition and Food Science Department are going to complete a **Dietetic Internship or AP4 Programs.**

**Alyssa Blau:** ARAMARK Healthcare Support Services, Napa, CA (external AP4)

**Danielle Cochran-Yantis:** San Jose Unified School District, San Jose, CA and O'Connor Hospital, San Jose, CA (AP4)

**Helen DeMarco:** St. Lukes Sub-Acute Hospital and Nursing Center, San Leandro, CA and Choices for Children, Campbell, CA (AP4)

**Geetha Desai:** Alum Rock Unified School District, San Jose, CA and Santa Clara Valley Medical Center, San Jose, CA (AP4)

**Lorna Dunn:** Choices for Children, Campbell, CA and Santa Clara Valley Medical Center, San Jose, CA (AP4)

**Christina (Schrengohst) Lewis:** Brooke Army Medical Center, Fort Sam Houston, TX (Internship)

**Kathleen Milliken:** V. A. Medical Center, La Jolla, CA (Internship)

**Sandra Mohr:** Kaiser Medical Center, Santa Clara, CA and Spartan Shops, San Jose, CA (AP4)

**Rubi Myrick:** Kaiser Medical Center, Santa Clara, CA and Choices for Children, Campbell, CA (AP4)

**Dorothy Parker:** V. A. Medical Center, Palo Alto, CA (AP4)

**Sonal Patel:** San Mateo General hospital, San Mateo, CA (AP4)

**Loan Pham:** UC San Francisco, San Francisco, CA (Internship)

**Deadra Rubin:** San Mateo General hospital, San Mateo, CA (AP4)

**Andrea Sabatino:** VA Medical Center, La Jolla, CA (Internship)

**Heidi Shoemaker:** University of Nevada, Reno, NV (external AP4)

**Theresa Smith:** CSU-Northridge, Northridge, CA (external AP4)

**Julie Sun:** CA Pacific Medical Center, San Francisco, CA and Choices for Children, Campbell, CA (AP4)

**Molly Wren:** Mills/Peninsula Hospital, San Mateo, CA (AP4)

### **College of Applied Sciences & Arts: Awards Reception Nutrition and Food Science Students are # 1!**

Nutrition and Food Science Students were bestowed with the highest number of Awards given by the College to any one of its 11 Departments. These seven students were honored at the *College of Applied Sciences & Arts Awards Reception*, held May 6, 1996 in the Faculty Dining Room on campus. **Dr. Robert Caret**, President of SJSU and **Shelley Ash**, Chair of the College Alumni Association kicked off the evening program with a welcome.

**Dr. Michael Ego**, Dean of the *College of Applied Sciences & Arts*, presented a Dean's Undergraduate Scholarship to **Samantha Reek** (Nutrition and Food Science: Dietetics). **Terry Miller**, Associate Dean of the *College of Applied Sciences & Arts*, presented **Stephanie Brooks** as one of the *Outstanding Graduate Researchers*.

**Jyothika Bhat** and **Dalia Perelman** were recognized for their *Small Research Grants*. **Pat Schaaf**, Research Dietitian at the *General Clinical Research Center at Stanford University Hospital*, awarded **Darcy Becker** with the *Stanford University Hospital Scholarship for Nutrition and Food Science*. **Terry Miller** presented **Helen DeMarco** as one of the two *SJSU Alumni Association Scholarship* recipients.

**Dr. Ego** closed the reception by recognizing **Phyllis Simpkins** (B.A., 1946, Home Economics) with a *Distinguished Alumni Awards*. Alums were chosen for their extraordinary accomplishments. Congratulations to all these outstanding students and alumni!

**HELP...LOOKING FOR LOST ALUMNI...HELP!****Alumni/Friends:**

To identify as many alumni as possible, we need your input. Please look over the list of names below for whom we have no addresses. If you know an alumni's married name, current address, or job information, please call the departmental office at (408) 924-3100 or mail it to the department. Thank you so much for your help!

**A**

Abruzzini, Julie Marie  
Ashford, Susanne  
Avilla, Kristi

**B**

Baca, Margaret  
Baker, Andrea  
Bansal, Arvind  
Barber-Andrews, Lisa A.  
Barnes, Janet Sue  
Bazeghi, Farideh  
Becker, Maureen  
Becker, Theresa Green  
Bedard, Dorothy  
Beedoe, Jean Beleno, Delia B.  
Bernhardt, Marie  
Bishop, Jolene  
Blak, Virginia  
Boehm, Greg  
Bradley, Regina  
Brewer, Tammy L. Phillips  
Brown, Jackie  
Brown, Sandra Lee

**C**

Cavanaugh, Rachel  
Chen, An Lien  
Connelly, Jaylene  
Conrad, Ann  
Corral, Olga  
Costello, Janet  
Crain, Bonnie  
Croce, Carol

**D**

Davis, Leslie A.  
Dedering, Chris  
Decker, Rosemary  
Del Secco, Theresa  
Dickenson, Julia Anderson  
Dinardi, Dominica  
Dunn, Faye Skelton

**E**

Eastlack, Kathleen Sager  
Edge-Tahirkeili, Margaret  
Eulensen, Margaret Ann

**F**

Feller, Kathleen  
Ferguson, Lorraine Seger  
Field, Pat  
Foss-Hutton, Sharon Lynn  
Foster-Sly, Dorothy  
Francis, Connie  
Frangadakis, Elaine Chrisafis  
Frazier, Monica  
Frueh-Jalilian, Marsha  
Fuller, Sally

**G**

Gawryluk, Marie  
Gee, Letitia  
Genin, Jill  
Giammona, Karen  
Gibbons, Jane  
Golden, Jill Susan

**H**

Hajik, Haidee Hildebrand  
Harmon, Shawn P.  
Hart, Christine  
Heck, Cathy  
Hoffman, Mitzi Greenfield  
Howard, Karen M.  
Hsu, Cheng Chi  
Huff, Cecilia

**I**

Jonsdottir, Steinunn  
Jettas, Terrie  
Johnston, Jill Walker  
Jones, Sharon  
Jones, Suste Ruth  
Jorgensen, Alexander H.

**K**

Kanke, Joyce  
Ketterman, Dana Lynn  
Kibbie, Janice  
Kilbridge, William  
King, Sally  
Koehn, Mary McBain  
Kolk, Margaret Murray  
Komrosky, Caren  
Kesler, Virginia  
Kinoshita, Karen

**L**

LaDucca, Doreen  
Laederich, Elizabeth  
Lambert, Camille  
Lee, Vivian  
Lewin, Joanne  
Lorilla, Arlene  
Luna, Andrea  
Loredo, Gayle

**M**

Malouf, Robert  
Mandelbaum, Dorit  
Marcedes, Lawrence  
Marquis-Hokana, Susan Barnes  
Matthews, Brian  
Matin, Tahereh H.  
McClary, Linda Marie  
Medeiros, Chris  
Meillon, Joyce  
Mendoza, Lisa Ann  
Meyer, Wayne  
Miller, Donna  
Moore, Kristina Beresini

Morris, Cecilia A.  
Movsesian, Susan  
Murphy, Maureen

**N**

Nagaraj, Premalatha  
Nakamura, Karin Seuji  
Nguy, Queyn T.

**O**

Oldmark, Sofia  
O'Riordan, David

**R**

Rahn, Lisa  
Raspolic, Maria  
Richardson, Sherri Lynn  
Riordan, Shari Ricks  
Romero-Minardi, Patricia  
Roper, Kim Marie  
Rose, Wendy Marie  
Runolfson, Eloise

**S**

Serrano, Vivian Wecke  
Setiabudi, Sylviati  
Sevilla, Mark  
Shaug, Vicki  
Silverstein, Loti  
Smith, Tammi M.  
Smith, Theresa  
Sohirad, Shohreh  
Spina, Joann Marie  
Spitale, Fran  
Sprayberry, Kristi L. DeFries  
Stafford, Catherine Meman  
Stagall, Pamela  
Stam-Epps, Marilyn  
Stonebrook, Marilyn  
Strohm, Linda  
Sundberg, Britta  
Swearington, Margaret Ahern

**T**

Tarazi, Farideh  
Taylor, Deborah Ann  
Tinker, Cynthia  
To, May  
Trillo, Pamela  
Trillo-Guidotti, Lori

**V**

Van Geldun, Susie  
Viswanathan, Chandrika

**Y**

Yuan, Sun-Juan

**Z**

Zatorski, Maureen Hannon

**NUFS SHOWCASES BACHELOR OF SCIENCE 1996 GRADUATES**

Nilofar Ahrari  
Molly Azimzai  
Laurie Bazinet  
Darcy Becker  
Laurie Becker  
Sandra Borland  
Rahael Brothers  
Kelly Epley  
Aganad Esmeralda  
Brandi Evans  
Patti Fitch  
Electra Gavros  
Jan Girard

Karen Howard  
Nancy Jacobson  
Alexander Jorgensen  
William Kilbridge  
Betty Kwong  
Jenny LeDuc  
Shaunti Luce  
Karen Meredith  
Kathleen Milliken  
Toshia Montgomery  
Rubi Myrick  
Quyên Tu Nguy  
Eileen Pasqua  
Joy Petite

Natalie Pont  
Karen Rich  
Kim Roper  
Mary Loretta Rose  
Lisa Sakae  
Jiyoung Shins  
Heidi Shoemaker  
Stephanie Thorvund  
Jessica Tores  
Camille Ursenbach  
Jonny Vu  
Veronica Wimer  
Susan Yamamoto



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