

NUTRITION FOOD SCIENCE PACKAGING

TRI-FOCUS

SAN JOSE STATE UNIVERSITY - DEPARTMENT OF NUTRITION & FOOD SCIENCE

HELLO ALUMNI AND FRIENDS!



The school year 1996-97 has provided numerous accomplishments, while 1998 brings new promise for achieving our future goals. To date, enrollment is up totaling 291 majors (205 Bachelors and 86 Masters) and course enrollments are at 406 Full-Time Equivalents (FTES). Creativity is translated into scholarly achievements, such as new editions of textbooks,

research journal publications, grants, and scholarships earned/awarded to our faculty, students and faculty emeritus.

Congratulations are in order for *Dr. Ronald Usiewicz* with the acceptance of a new position as President of the *Swiss Hospitality Institute* in Connecticut. We are sad that he has left our department, but wish him the greatest success. A tenure-track position search is underway, and we are happy that our interim hospitality management faculty will be *Mr. Alan Finkelstein*. He is an accomplished instructor and Executive Chef, with a wealth of international expertise.

We welcome a new Assistant Professor, *May C. Wang, R.D. Dr.PH.*, a post doctoral fellow from Stanford University. Her public health background is a valuable asset to the program. *Dr. Wang* is also transferring a grant from Stanford and is looking forward to working closely with students.

A new *San Jose State University Catalog* will be published in 1998 (both hard copy and on-line). Two, one-unit experimental courses have been approved as permanent courses and serve as electives in the curriculum: *Nutrition In Space - NuFS 193* taught by NASA nutritionist, *Dr. Meena Navidi* and *Entrepreneurial Nutrition - NuFS 194* taught by *Victoria Major, MA, R.D.* of HM Composite. Three other new courses have also been approved: *Child Nutrition Program Administration - NuFS 125* (a 45-hour summer course sponsored by the Cal-Pro-Net grant for school foodservice and child nutrition administrators, as well as SJSU students); *Food, Beverage, and Labor Cost Control Systems - HSPM/ NuFS 12* (Hospitality/Restaurant Management); and

Nutritional Considerations for the Athlete - NuFS 81 (designed for athletes only and funded by donors from Athletics).

Other curriculum revisions include the course title change from *Diet Therapy* to *Medical Nutrition Therapy* to more closely match current terminology being used in the dietetics profession. Another change involves increased content in Counseling in the *Nutrition Education - NuFS 190* course.

The *Packaging* courses will have a *PKG* prefix instead of *PT*. In consultation with the Packaging Advisory Council, course numbers and titles will be revised to more closely reflect the content and level of courses offered.

Congratulations to Food Science and students from the *Advanced Food Chemistry* course *NuFS 216!* They are the proud recipients of the \$500 Second prize awarded by the National Product Development Contest sponsored by the *Cherry Marketing Institute, Michigan* for *Cherry Tortilla Wraps*.

The *Circle of Friends* Open Forum and Reception held on April 24th honored *Walter Bortz, MD*, acclaimed Geriatrician and author of *Dare to Be 100*. Each year, the Circle of Friends invests in a commitment to foster educational pursuits. This year's focus is to create an *Endowed Student Research Fellowship Fund*. (Please see article in newsletter page 2.)

Thanks to your generosity--our alumni and friends--we celebrate a year rich in accomplishments. Please remember that you are an important segment of our vision; consequently, sharing with us about your achievements, adventures and family life can be a valuable and encouraging contribution for others. Special thanks go to *Jacci Cenci-McGrody, Kim Roth, and Sandy Queen, Judith Schallberger, and Caroline Fee*, for creating this outstanding newsletter.

Do help us to stay in touch by providing any address, job, or name changes. Let us hear from you soon.

Lucy McProud

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





Walter M. Bortz II, M.D.

1997 DISTINGUISHED HONORARY MEMBER CIRCLE OF FRIENDS

Walter M. Bortz II, M.D., nationally acclaimed geriatrician, was recognized April 24 as the SJSU Department of Nutrition and Food Science **Circle of Friends** 1997 Distinguished Honorary Award Recipient. Widely acknowledged as a leader in geriatrics, Dr. Bortz has served as President of the American Geriatric Society and was Co-Chairman of the AMA-ANA Task Force on Aging.

Dr. Bortz is truly an extraordinary physician, researcher, author, and speaker. He has a large clinical practice at the Palo Alto Medical Clinic and is also a Clinical Associate Professor of Medicine at Stanford University. He has published over 100 scientific articles, many focusing on his special area of expertise, exercise and aging. Dr. Bortz has authored two books, *We Live Too Short and Die Too Long* and his latest, *Dare to Be 100*. His writings have also appeared in the N.Y. Times, Washington Post, S.F. Chronicle, and San Jose Mercury News. Dr. Bortz is a much sought after speaker and has appeared on ABC-TV Good Morning America, Donahue, CBS News, and CNN.

Dr. Bortz, age 67, is a living example of his philosophy and follows a healthy, active lifestyle. The week before the award reception honoring his achievements, Dr. Bortz was in England where he completed the London Marathon, just one of the many running competitions he and his wife, Ruth Anne, compete in yearly.

This year's **Circle of Friends**' Reception and Award Ceremony followed an Open Forum where Dr. Bortz discussed his latest book, *Dare to Be 100*, with a packed room of students, faculty, alumni, and community guests. Dr. Bortz's presentation focused on his prescription for a long, healthy life which includes action steps detailed around diet, exercise, and attitude.

The **Circle of Friends** recognizes with great honor and appreciation, Walter M. Bortz II, M.D. as its 1997 Distinguished Honorary Member.

EXCERPT OF THANK YOU LETTER FROM DR. WALTER BORTZ

The following letter was received from Dr. Bortz soon after the **Circle of Friends** Reception on April 24

honoring him as our 1997 Distinguished Honorary Award Recipient.

Morning brings another opportunity to recall with pleasure the wonderful celebration and reception which the Circle of Friends arranged at SJSU. The warm, enthusiastic spirit was overflowing, and I am proud to have been part of it. Thank you very much for extending the honor to me. Ruth Anne (Dr. Bortz's wife and publicist) also appreciated being introduced as part of the team. Hope our paths cross soon again.



Caroline Fee, Dr. & Mrs. Bortz, Dean Ego, Dr. McProud

CIRCLE OF FRIENDS CREATES A LASTING LEGACY!

The **Circle of Friends** is a coalition of alumni, faculty, community partners, and friends of the SJSU Department of Nutrition and Food Science, who have joined together to sustain the Department's dedication to excellence. The contributions from our 150+ members have been directly responsible for enriching our students' educational experiences in a number of ways. In our fourth year of success, some major accomplishments include:

- Completion of the Food Processing Pilot Plant Laboratory
- Purchase of a Bioelectric Impedance Analyzer
- Purchase of a Portable Food Demonstration Unit
- Purchase of a Bomb Calorimeter (with microprocessor)
- Expansion of Student Advising and Career Counseling
- Establishment of 6 new Scholarship

The **Circle of Friends**' major project for the coming year is to create an Endowed Student Research Fellowship Fund. The need is great! For most students, \$200 can mean the difference between creating their own, innovative research project or accepting another already in progress. The **Circle of Friends** can provide our students with research fellowship grants needed, thus enabling them to pursue their original and worthy ideas. This endowed fund will not only help today's deserving students, but also all those who follow. Share in the joy of building this lasting legacy, and give our students the means to maximize their fullest potential. The **Circle of Friends** welcomes you as a member! (an application is provided in this newsletter)



Jean Downes is congratulated by
Jacci Cenci-McGrody

Award recipients: (from left to right)
Angelea Bruce, Helen DeMarco, Adina
Naiman, and Judy Farnsworth savoring
the moment



Angelea Bruce receives
her award from Pat Schaaf

COLLEGE OF APPLIED SCIENCES & ARTS: AWARDS RECEPTION DEPARTMENT STARS ARE RECOGNIZED

Four outstanding students and one outstanding alumna were recognized and honored from the Department of Nutrition and Food Science as part of the College of Applied Sciences and Arts Awards Reception, held May 5, 1997, in the University Room on campus. Dr. Robert Caret, President of SJSU and Dr. Linda Bain, Provost, extended a warm welcome to the recipients and guests.

Dr. Michael Ego, Dean of the College of Applied Sciences & Arts, presented a Dean's Undergraduate Scholarship to Judy Farnsworth (Nutrition and Food Science: Dietetics). Terry Miller, Associate Dean, presented Helen DeMarco with the award for outstanding Graduate Research titled "Preexercise Carbohydrate Meals: Application of Glycemic Index." Helen also received a first place award in the CSU Statewide competition for her research project. Adina Naiman was recognized with a Small Research Grant for her "Shelf Life Determination of Shredded Parmesan Cheese" project.

Pat Schaaf, alumna and Research Dietitian at the General Clinical Research Center at Stanford University Hospital, awarded Angelea Bruce with the Stanford University Scholarship for Nutrition and Food Science. This yearly award is funded by Stanford University Hospital and given to an undergraduate student who shows excellent academic and professional promise.

Distinguished Alumni Awards were presented by Dr. Ego to close the evening. Jean Downes, M.A., Home Economics: Food and Nutrition, 1975, and Emeritus Professor, Department of Nutrition and Food Science, was one of 11 University Alumni chosen for their extraordinary contributions to SJSU. Congratulations to all of these outstanding individuals!

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 Gretchen Vannice

Eiveda Smith Scholarship
\$500 Joythika Bhat

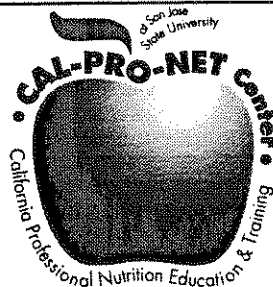
Fern Wendt Scholarship
\$100 Tracy Sirota

Jean Downes Scholarship
\$350 Jacci Cenci-McGrody

**Josephine and Frank Morris
Scholarship**
\$250 Kimberly Roth
\$250 Marisa Castaldini

Rose Tseng Scholarship
\$100 Adina Naiman

**Stanford Hospital Scholarship
for Nutrition / Food Science**
\$500 Angelea Bruce



THE CAL-PRO-NET CENTER AT SJSU A \$200,000 GRANT IN ACTION

The California Professional Nutrition Education and Training Center (Cal-Pro-Net) at SJSU was established in 1990. Its mission is to educate California School Foodservice personnel on regulatory compliance and to provide a forum for sharing innovative nutrition education ideas. The program offers in-service education conferences at SJSU throughout the year; videotapes are also available.

Cal-Pro-Net is funded by a \$200,000 grant from the California Department of Education to our SJSU Department of Nutrition and Food Science. Dr. Lucy McProud acts as the Program Director, Dr. Barbara Gordon serves as the coordinator, and Sherry Norwood, R.D. is the Program's Child Nutrition Education Specialist. Several of the department's graduate and undergraduate students also assist with the planning and operation of the conferences.

Future SJSU Cal-Pro-Net plans include refining current conference curriculum and developing new courses; a computer course for Foodservice Directors and Managers designed to increase their skills in creating visual presentations, menus, and brochures is nearing completion. Plans are also in the works for taking Cal-Pro-Net on-line. Be sure to look for Cal-Pro-Net on the Internet!

For more information regarding Cal-Pro-Net and/or its conferences, please contact Dr. Barbara Gordon at (408) 924-3105.

THIRD YEAR ANNIVERSARY OF THE GARDEN PROJECT

The SJSU Interdisciplinary Garden Project is three years old and growing strong. In 1997, Barbara Gordon, Ph. D. received a Grant to plant, tend, harvest, and document the produce from a garden grown for a Mexican American family of four. It involves comparing the cost of growing crops in a 100 square foot space with what it would cost to buy the same produce from either a neighborhood Mexican market or a large supermarket. The grant money helps purchase lumber and gardening books, along with compensating some students for their time spent working on the project. However, most of the students who participate in the garden project volunteer their time. Student workers are from different disciplines in the university. The Nutrition and Food Science students are able to fulfill some assignments from the

World Hunger course while others to relate the garden to nutrition education or community nutrition.

One NuFS student is involved because of her "... interest in gardening" and says "I am involved out of the goodness of my heart". Occupational Therapy students have a section of the garden that they use for stress management, pre-job training, or as a therapeutic modality for psychology. One OT student's most memorable experience was "... digging. It was was the hardest, but I enjoyed it". Broadcast and Journalism students are able to complete assignments by interviewing the garden workers. Other departments, such as Engineering, Entomology, Biology, and Nursing have also had interest in the garden.

The garden project on campus has sparked interest into other community gardens around the bay area. Students from the NuFS department have studied approximately nine community gardens in San Jose and San Francisco. Demographic descriptive research has been done to determine who gardens, why they garden, what is done with the produce that is harvested, and health problems among the community gardeners. With this information, students gain knowledge about issues such as food hunger, food insecurity, and fitness.

Dr. Gordon's goals for the garden project are to have an international herb garden for the NuFS cooking classes and to be able to produce vegetables and herbs for the student-faculty dining room. She finds the garden project "... fun and a different way of interacting with students." She also states that it "... helps students move off campus and interact with others." She loves to "...see the students' involvement and how jazzed they get." To her, the garden serves two purposes: a model project for the community and a way of raising student consciousness. It is an example of how in the Urban setting it is possible to raise food on a small scale, expand one's budget, beautify a neighborhood, and increase community spirit. Additionally, the garden increases student awareness of food systems, vegetables in the diet, and the ease of obtaining fresh produce (on a small scale). Dr. Gordon is pleased with the amount of cooperation and camaraderie within the NuFS Department and SJSU disciplines.

For additional information and inquiries, please contact Dr. Barbara Gordon at (408) 924-3105.



Dr. Barbara Gordon outside of the Central Class Room Building in front of the garden

NUTRITION AND FOOD SCIENCE STUDENT CLUB SOARS TO NEW HEIGHTS

The Nutrition and Food Science Student Club, under the leadership of President Marty Wilson, had the best year ever! The Club sponsored numerous fund raising and professional development activities.

The Club netted approximately \$300 by participating in the Fall and Spring SJSU International Food Bazaars. In the Fall, the Club prepared and sold home made pizzas; in the Spring it made and sold two delicious Indian Cuisine dishes. The Club also raised over \$560 by holding a raffle in conjunction with the Northern California International Food Technologists Meeting. Additionally, a new Club logo was developed and used to print T-shirts, aprons, and tote bags; these were offered for sale, both to enhance departmental spirit and raise funds. Funds raised from all efforts were used to support scholarships for attendance at professional meetings and to underwrite Convocation expenses.

Professional development activities were also a strong focus of this year's Club activities. Outstanding speakers from local hospitals, schools, and businesses came to Club meetings to share their expertise and experience with large turnouts of enthusiastic students. Additionally, the Club sponsored a major nutrition education event on campus, in conjunction with the American Dietetic Association National Nutrition Month in March. An information booth was set up in front of the Student Union Cafeteria for one week – three hours per day. During that time, 20 club volunteers spoke with approximately 300 SJSU students and distributed 1500 handouts on nutrition and healthy eating.

Analyzing recipes for Birdseye Food Company's website was another rewarding project. A team of club volunteers analyzed over 150 recipes (using the Department's Nutritionist IV software) for which they received \$1,200. Profits were used to purchase five additional copies of this software which were donated to the Department for student use.

A final and incredibly successful effort was a Dietary Analysis Project sponsored by the *San Jose Mercury News*. The newspaper selected six interested community members to have their present, personal diets analyzed and nutritional recommendations made. This work was performed by 12 dietetics students. The results were published in the *San Jose Mercury News* in January of this year, with glowing acknowledgment of the expertise of the students and the Department.

ALUMNI SIGHTINGS

Jean Downes, M.A. '74 has recently completed a second edition of her textbook, "Ethnic Americans for the Health Professional."

Timi Gustafson, B.S. '91 can be found hosting her website: (www.eatright@cyberdiet.com). Be sure and visit her to see the outstanding service she provides.

Rhoda Meester, B.S. '93 was featured in a front page article in the "Willow Glen Resident" on September 4, 1996. The news story described activities of the Diabetes Society of Santa Clara County where Rhoda is a nutrition educator. Susan Gutterman, M.S. '82, Diabetes Society Board Member, was quoted in the article. In addition to serving on the Board for the past 12 years, Susan is presently employed as Supervisor of Customer Service at Lifescan Corporation. Marjoneh Ravai, M.S. '89, authored an article, "California Walnuts – The Natural Way to a Healthier Heart" which was published in *Nutrition Today*. She works as a food scientist with Thomas Payne Market Development Consultants in Burlingame, CA. Janet Cecchino DiChiro, M.S. '76, was one of the authors of the article, "Registered Dietitian Time Requirements in the Modification of Diet in Renal Disease" which was published in the *Journal of the American Dietetic Assoc.* Leta Frye, M.S. '82, was voted as President-Elect of San Jose Peninsula Dietetic Association and will take over as President next year. Carol Bogert, M.A. '78 has recently retired to live in Sea Ranch, CA, after serving as a nutrition counselor for many years at Good Samaritan Hospital Clinics. Pamela Kittler, M.S. '83 has a new website, "Four Winds Food Specialists," that focuses on culture and food. Visit her for some excellent information at: (www.fwfs.com)

Please send your own news and "sightings" to the Department to share in our next newsletter.

STUDENTS WIN \$500 IN NEW PRODUCT DEVELOPMENT CONTEST !

Five graduate students in Dr. Miriam Saltmarch's Seminar in Food Chemistry class (NuFS 216) were awarded second place and a cash prize of \$500 for their "Cherry Tortilla Wraps." For the sixth year, the Cherry Marketing Institute (CMI), a national promotion organization for tart cherries in Lansing, Michigan, sponsored a new product development contest for college students.

Coincidentally, the contest entries were required to be submitted during the Spring Semester at approximately the same time that a similar assignment was due in the class. Teams of three to five students were required to develop, market, and conduct shelf-life testing of their product, and then prepare an oral and written presentation. All students chose to develop a product featuring tart cherries, and two groups actually entered the contest.

There were eighteen entries from nine universities in the contest this year, and a total of \$2,000 in cash prizes awarded. The second place team of elated NuFS students included Angelea Bruce, Adina Naiman, Marisa Castaldini, Gretchen Vannice, and Sandy Queen. The team honored Dr. Saltmarch with a delicious dinner at Eulipia Restaurant to show their appreciation for her constant support, encouragement, and advice during this project!



Karen Meredith, B.S. '96

Karen is putting her food science background to excellent use. She is presently working as an ingredient supplier and quality assurance manager for George Hiala Farms in Morgan Hill, a local company that processes garlic and chili peppers. When Karen is away from her job, she enjoys gardening, cooking, and golfing. Karen's most memorable experience at SJSU was when she and two fellow students participated in an IFT College Bowl Trivia Contest. The event included schools from the Western United States area. Karen particularly enjoyed beating Cal Poly and U.C. Davis by correctly answering more food science questions!



Stephanie Brooks, M.S. '96

Stephanie was Chief Clinical Dietitian at Stanislaus County Medical Center before deciding to enroll at SJSU to earn her M.S. Degree. A graduate nutrition degree was a personal goal, and Stephanie welcomed the opportunity to increase her knowledge and job opportunities. Presently, Stephanie teaches a Nutrition and World Hunger course at SJSU and does nutrition consulting. She is also working on two research projects at Santa Clara County Medical Center, one testing muscle function analysis as a tool for nutritional assessment and the other involves hemodialysis patients. In Stephanie's spare time, she loves to backpack with her husband and enjoys the beauty of the California Mountains. Stephanie remembers finishing her thesis as the greatest moment in her graduate student years at SJSU.



Janice McGibbon, B.A. '72

Janice retired from Kaiser Hospital, Santa Teresa in 1991. She began working there as a part-time R.D. in 1975. The following year she became their Administrative Dietitian, a position she held for 15 years. While working in this managerial position, she also earned an MBA from Pepperdine University. Since retirement, Janice has been an active member of the Sierra Club. She and her husband enjoy hiking, backpacking, downhill skiing, and traveling. Janice has truly walked the world, hiking throughout France, Italy, Switzerland, and Nepal. In addition to her outdoor activities, she enjoys the opera, symphony, and reading. One of Janice's most memorable experiences during her SJSU student years was receiving her acceptance for a dietetic internship at UCSF.

Jewel Swindle, M.A. '80

Jewel is a graduate of SJSU in Home Economics with an emphasis in Foods and Nutrition and a former lecturer in the Department of Nutrition and Food Science. While at SJSU, Jewel taught Foodservice Production Management and the Foodservice Production Management Lab (NuFS 111 and 111L); she also established the Approved Preprofessional Practice Program (AP4) in the field of Dietetics. After leaving SJSU, Jewel worked for the Santa Clara County Council on Aging for more than 5 years until her retirement in 1996. She jokes that she is on her "third or fourth retirement now"

Jewel has the distinction of being a 50-year member of The American Dietetic Association and will be honored at the 1997 ADA National Meeting in Boston. She is presently enjoying retirement with her husband and traveling to visit grandchildren in the Midwest.

Deadra Rubin, B.S. '95

Dee is presently a Clinical Dietitian at Alameda Hospital, an acute care, skilled nursing facility. She has recently been involved in the demanding task of developing and implementing HACCP for this facility. Dee is also interested in developing a program to help restaurants verify their "heart-healthy" menu item claims to comply with new regulations. She now lives in Alameda and in her limited leisure time, enjoys gardening and bike-riding. Her memories of SJSU include cramming for exams and developing great respect for her professors. Without a doubt, the highlight of her SJSU experience was the October, 1995, trip to Beijing, China with Dr. Nancy Lu. Touring the city of Beijing and spending time with nutrition professionals from nine countries was an exciting experience for Dee.



Darcy Becker, B.S. '96

Darcy will complete her AP4 requirement at Kaiser Hospital, Santa Teresa this summer and will take the R.D. exam in the fall of this year. Darcy "thoroughly enjoyed" her AP4 experiences, both in foodservice in the Alum Rock School District, and in clinical dietetics at Kaiser. She also serves as Chairperson of the Youth Nutrition Committee of the American Cancer Society in Santa Clara County. Her hobbies include gardening and camping with her family. Darcy finds it coincidental that while attending SJSU, she took classes with Vicki Castelli, who is now an outpatient R.D. at Kaiser Hospital, with whom she will be working. Her memories of SJSU include planning and preparing meals in her Foodservice Production Management class and the challenging semester she experienced in her Nutrition and Metabolism class.



Gwen D'Antoni, M.S. '95

Gwen is a consulting dietitian for three major clients. She is working with the Womens' Healthy Eating and Living Study, a randomized, eight year clinical trial looking at the effects of diet

intervention and food preparation classes among women with breast cancer. She also develops programs for residents of six homes for the developmentally disabled, and participates at an East Palo Alto Congregate Meal Site. Her prior experience has been in a long-term care facility, but she prefers to stay broad-based because "there is so much to learn!" Gwen enjoys traveling, gardening, and walking in the Stanford Hills close to her home. Having spent six years at SJSU working on her M.S. and preparing to be an R.D., she has many memories. She remembers the NuFS 8 class which ended so quickly each period that she was not ready to leave! She also recalls asking Dr. Saltmarch in her Food Science class (NuFS 101) if she was speaking English! She particularly enjoyed group work in classes because it increased her awareness of other cultures. Gwen feels that SJSU prepared her well for her professional responsibilities, but that this outcome "depends on what you put into it."



Sharbari Khanna, M.S. '95

Sharbari is employed by Beverly Health Services in Los Gatos as a Clinical R.D. in a 60-bed convalescent hospital where she serves as a Consulting R.D. for high-risk patients. She also does quality assurance for

foodservice in a second 72-bed convalescent hospital. Both positions are highly challenging and give Sharbari an opportunity to "do everything." She feels well-equipped to meet these challenges as a result of numerous volunteer hours, classroom experiences at SJSU, and her AP4 position at the Veteran's Administration Hospital in Palo Alto. Sharbari encourages students to pursue emerging opportunities in the field of long-term care, as excellent positions of responsibility are becoming available. She still volunteers with the American Cancer Society and very much enjoys giving nutrition presentations for elementary school classes. When asked about a favorite memory from SJSU, Sharbari mentioned how much she learned in Dr. Saltmarch's Seminar in Food Chemistry class (NuFS 216), especially since she "knew nothing going into the class!" But the highlight of her SJSU experience was "graduation!"



Helen DeMarco, M.S. '96

Helen is a recent graduate but she has accomplished so much in the past year! In 1996 Helen was featured with several awards. However, since graduating Helen has many new exciting awards to her

credit. She was named 1997 California Dietetic Association's Outstanding AP4 Dietetics Student; American College of Sports Medicine's (ACSM) Southwest Division 1st Place Winner for the Outstanding Research Award: 1997; SJSU Outstanding Researcher Award: 1997; California State Research Competition 1st Place Honors in the category of Health, Nutrition, and Clinical Sciences at the Graduate Level; and the 1997 ADA New Researcher Award sponsored by Ross Products Division - Abbott Laboratories. Helen was invited to speak at many conferences and seminars this past year which included: two sports nutrition seminars at Santa Clara University to Female Athletes (Triads), the ACSM National Conference on the topic of the "Zone Diet" in Denver, CO, the Pacific Rim Conference on Exercise and Sports Medicine at Oregon State University on the topic of "Nutrition Counseling of the Athlete", and the Korean National University of Physical Education's Study Program at U.C. Berkeley on the topic of "Sports Nutrition." With two new publications accepted on her Master's Thesis "Preexercise Carbohydrate Meals: Application of Glycemic Index", Helen is a true Sports Nutrition Super Star. Look for her publications in the September 1997 Supplement of the Journal of the American Dietetic Association and the journal "Medicine and Science in Sports and Exercise."

PACKAGING STUDENT ASSOCIATION BY SABINE PRATHER



Packaging Advisory Council Members
Danny Stover, Chuck Tudor, and
Herb Schuneman



Packaging Advisory Board Members
meet in council chambers

During the Spring Semester, the Packaging Student Association was very productive. They had several excellent guest speakers who shared their work experience at the Club Meetings. Club members attended the joint Western Packaging Association (WPA) and Institute of Packaging Professionals (IOPP) Golf Tournament (to raise funds), and hosted the Annual IOPP Student Night.

Traditionally, at the IOPP Student Night, students enrolled in Packaging Development and Evaluation present a comprehensive, thorough project they spend weeks developing. Students redesign existing product packages to save on the amount of waste, to save the company money, and to learn in the process. It is a great opportunity for students to show industry representatives what the Packaging Program teaches. It was a great night, and everyone enjoyed themselves.

At the end of the semester, the Packaging Student Association had its Annual Box Sale and BBQ. Too bad the BBQ got rained out! We also elected new officers. The Fall 1997 officers will be Mark Escobedo (President), Pal Khangaldy (VP), Timi DiSilvo (Secretary), and Ikuno Kayo (Treasurer). Congratulations to all!

For more information, please call Sabine Prather at home (408) 778-0040 or at work (408) 224-1300.

PACKAGING SCHOLARSHIPS ACADEMIC YEAR 1996/1997 AWARDS ANNOUNCEMENT

The following SJSU packaging students have been awarded scholarships for the academic year 1996/1997.

Name	Amount	Sponsor
Rvan Velesco	\$1,000	Packaging Education Forum
Tramy Lieu	1,000	Packaging Education Forum
Ashoridinpal Khangaldi	1,000	Packaging Education Foruin
Mard Ando	1,000	Linotype
Monica Moradkhan	1,000	Reed Corporation
Minh Ngoc Tran	1,000	Reed Corporation
Vintia Garcia	1,000	Tharco
Grace DeGuzman	1,000	California Packaging Club
Lisa V. Kon	1,000	California Packaging Club
Cindy Tan	1,000	Flexible Packaging Association
Sabine Prather	500	Tharco
Suzanne B. Ramos	500	Tharco
Cydney Biagioly	500	Western Packaging Association
Abelia Moreno-Siqey	500	Western Packaging Association
Ben Duong	500	Western Packaging Association
Ikuko Kato	500	Western Packaging Association
James Wise	500	Sealed Air Corporation
Premi Ramachandran	240	Flexible Packaging Association
Electra Gavros	240	Flexible Packaging Association
Kayo Hatton	240	Flexible Packaging Association

Other scholarships awarded to packaging students in the AY 1996/1997 are:

PMMI travel (14 students)	\$5,600	Packaging Machinery Manufacturing Institute
Professional Meeting (all)	2,000	Institute of Packaging Professionals

Total awards to SJSU packaging students in the AY 1996/97, \$21,820. The Packaging Program is now accepting applications for the next academic year awards. For further information and forms, please contact the Packaging Program Coordinator, at 924-3210 or the Department of Nutrition and Food Science.



Left to right: Victoria Major, President of HM Composite, Inc. & Jane Harmer, Vice President

HEALTHCARE MANAGEMENT COMPOSITE, INC. AN ALUMNI STORY OF COURAGE, OPPORTUNITY, AND SUCCESS

Healthcare Management (HM) Composite, Inc. is a vital and thriving business started by our very own alumni, Victoria Major, '70 and Jane Harmer, '77. Victoria and Jane formed HM Composite in 1976 with the expressed purpose of providing a professional menu system for the long term care facilities that they individually serviced. Between them they had 14 clients. Once they developed their joint professional menu system, they decided to offer the program to other facilities, thus, beginning a successful marketing effort that continues to impress new clients.

H.M. composite has grown from a kitchen table operation with Victoria's and Jane's children collating menus, to a thriving corporation located in their new corporate office in downtown Campbell. Under the leadership of Victoria, who serves as President, and Jane, Vice President, HM Composite now employs 40 Registered Dietitians, has a support staff of eight and provides service to 12% of all long term facilities in California.

Today, their original "one menu fits all needs" model now offers clients a choice of five different menu options. A customer dictated menu system is also available. Additionally, HM Composite's services have been expanded to include consultation from Registered Dietitians, assistance from Dietetic Technicians, availability of a dietary software program, and provision of research dietitians from NASA and USDA.

HM Composite has had an incredible first 20 years of operation. Victoria and Jane's vision, dedication, and hard work have made this success possible. With the growth of HMO's, cost containment requirements, greater accountability, and increased nutritional therapy options, they continue to meet the challenges of change. HM Composite stands ready to offer the highest quality services well into the next century!

THE JOYS OF GRADUATION CONVOCATION 1997

Below: Class of '97
The glorious moment has arrived!!!



Above:
Jennifer Hoesel with
her husband,
A.J. Hanna
and Anne Kolker



Above: Dr. Lucy McProud
Toasts the Class of '97



Above:
Dr. Dean Ego adds
his congratulations



Above:
Bhawani Pothana receives
best wishes from
Dr. Nancy Lu



Above:
Pamela Kittler '83
Convocation Guest Speaker
catches up with
Dr. Kathy Sucher



Below: Dr. Mariam Saltmarch
raises her dessert in celebration



Above: Sheena Nijjar with her
father and two sisters

Above:
Marty Wilson, Student Club Pres.
and her dedicated Convocation
organizers Dana Richards and
Gretchen Vannice



THE RIGHT DIET FOR SPACE INHABITANTS?

After being inspired by NASA Nutritionist, Dr. Meena Navidi's Nutrition In Space (NuFS 193) class, Jaci Cenci-McGrody (M.S. candidate) began working with NASA as a contractor developing a process for planning a vegetarian diet to be used in conjunction with a Bioregenerative Life Support Food Production System (hydroponically grown food and recycled waste in a closed system environment) for use in long-term space missions.

When manned missions like those planned for habitat on Mars last more than 30 days, human nutritional intake becomes critical because of the limited food storage and physiological effects of reduced gravity, possible temperature changes, and exposure to radiation. Questions regarding psycho-social and behavioral changes must also be considered, as confinement and isolation within space habitats may affect the act of eating, food habits, and exercise regimes.

In the 21st century as humans begin to explore deep space, maintaining nutritional balance and optimum health in space habitats will be crucial to the success of these missions. Systems like Bioregenerative Life Support Food Production must be in place to meet this challenge.

This article is an excerpt from a paper entitled: "A Six-Step Practical Approach: Menu Design through Consumer Satisfaction in a Regenerative Life Support System," written and presented by Jaci Cenci-McGrody at the 27th International Conference on Environmental Systems. Jaci plans to publish three additional papers with NASA Drs. David Bubenheim, Mark Kliss and NRC Scientist Gerard Heyenga for the Conference on Nutrition Concerns of Long Term Travel, the Third International Conference on Life Support & Biosphere Science and the *Journal of Food Science & Technology*.



Jaci is investigating the nutritional composition of lettuce crops in one of the many closed environmentally controlled chambers at NASA Ames Research Center.

1ST CLASS UNIVERSITY ROOM A "REAL LIFE" DINING ROOM LABORATORY

The 1st Class University Room has successfully completed its first year of operation. It is not only a dining room providing cuisine and service to faculty, staff, and students, but also serves as a laboratory for students of "Culinary Concepts" (a Hospitality Management course). The facility is operated by Spartan Shops, Inc. and "Culinary Concepts" students, supervised by Alan Finkelstein (executive chef and lecturer in the Nutrition and Food Science Department).

The 1st Class University Room provides a hands-on environment for learning the intricacies of food service; each "Culinary Concepts" student works 6 hours per week and is assigned to food preparation, customer service, or other related duties. Additional class lectures are conducted by Alan Finkelstein to teach the principles and skills needed to succeed in food service and restaurant management.

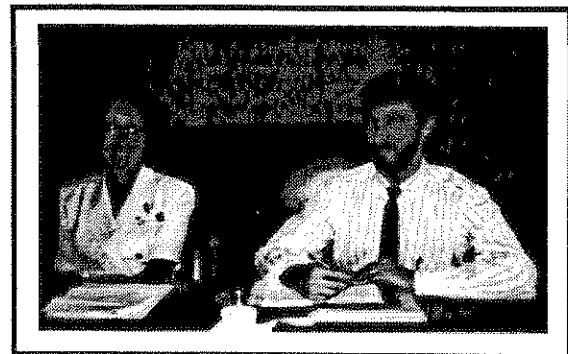
According to Alan, the operation has continued to grow throughout the year, now serving more than 200 meals per day. Judging from the incredible repeat business and positive customer comments, the 1st Class University Room has been a great success and will continue to offer excellence in cuisine and service in years to come.

ANNUAL DIETETICS ADVISORY BOARD MEETING



Above: (left to right) Victoria Major, Heidi Pendelton, and Dr. Lucy McProud

Below: Diane Much and Brian Mitchler



NuFS STUDENT SUCCESSES

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

Darcy Becker: Alum Rock Union Elementary School District, Kaiser, Santa Teresa, CA

Eddie Bell: San Jose Medical Center, San Jose, CA

Rachel Brothers: San Mateo General Hospital, San Mateo, CA

Marisa Castaldini: Kaiser Medical Center, Santa Clara, CA and Choices for Children, Campbell, CA

Melanie Chong: University of Hawaii, Dietetic Internship

Carolyn D'our: Virginia Dietetic Internship

Noel Dibish: San Jose Unified School District, San Jose, St. Lukes Sub-Acute Hospital and Nursing Center, San Leandro

Teresa Doran: Santa Clara Valley Medical Center, San Jose, CA, San Mateo General Hospital, San Mateo, CA

Melissa Gibson: Choices for Children, Campbell, CA and Kaiser Medical Center, Santa Clara, CA

Jennifer Hoesel: San Francisco State U., S.F., CA

Jenny LeDuc: Salinas Memorial Hospital, Salinas, CA

Keri Leone: Kaiser Medical Center, Oakland, CA., and Kaiser Medical Center, Santa Clara, CA.

Dorothy Parker: V. A. Medical Center, Palo Alto, CA

Maria Raspolic: Spartan Shops, San Jose, CA and Santa Clara Valley Medical Center

Mary Loretta Rose: San Mateo General Hospital, San Mateo, CA

Mona Sabha: V. A. Medical Center, San Francisco, CA

Valerie Simler: San Jose Unified School District, San Jose, and St. Lukes Sub-Acute Hospital and Nursing Center, San Leandro, CA

Lori Yamaguchi: V. A. Medical Center, Palo Alto, CA

Susan Yamamoto: Watsonville Community Hospital, Watsonville, CA

NuFS SHOWCASES BACHELOR OF SCIENCE 1997 GRADUATES

Edward Bell

Robyn Browder

Angelea Bruce

Peter Caropelo

Aimee Duval

Lori Dena

Melinda Ferreira

Deborah Garcia

Husna Hasmi

Jennifer Hoesel

Grace Johnson

Kurosh Kamar

Ing Lin

Michele McCarthy

Gina Mastromatteo-Dion

Sheena Nijar

Hashina Perkins

Christy Pope

Emily Selbo

Jennifer Trailer

Crista Tran

Manuela Voicu

NuFS SHOWCASES MASTER OF SCIENCE 1997 GRADUATES*Thesis/Project Title*

Joselyn Allen	<i>Application of Colorimetric Assay for the Determination of Cyanide in Deoiled Jojoba Meal</i>
Ana Boardman	<i>Chromatigraphic Determination of Elaidic Acid in Lard and Mexican Dishes Prepared with Lard</i>
Maria Castaldini	<i>The Use of Multimedia for Diabetes Education</i>
Melanie Chong	<i>A Low Literacy HIV/AIDS Nutrition Education Handbook</i>
Bridget Clark	<i>The Eval. of the Effectiveness of an Interactive Computer Ed. Program on Res. Methodology</i>
Teresa Doran	<i>Use of Computer-Based Courseware to Teach Research Methodology in Dietetic Curriculum</i>
Keri Leone	<i>The Health Belief Model Applied to Adult Hypercholesterolemia: An Evaluation of Motivation</i>
Bhawani Pothana	<i>Riboflavin Requirements in the Nematode C. Elagans</i>
Valerie Simler	<i>Barriers to Teaching Nutrition in Elementary Schools</i>
Sepideh Sobhani	<i>Degree of Acculturation of Iranian Immigrants' Food Use and Habits in the U.S.</i>
Lori Yamaguchi	<i>Improvement in Nutrient Intake by Elderly Meals-on-Wheels Participants Receiving a Liquid Nutrition Supplement</i>

HEARTFELT THANKS TO THE 1996-97 CIRCLE OF FRIENDS MEMBERS FOR THEIR GENEROSITY AND CARING

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Boia Ashaolu
Janet Barton
Darcy Becker
Laurie Becker
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Nancy Black
Carol M. Bogert
Stephanie Brooks
Bonnie Wilson Bruce
Flora R. Burnham
Betty Campbell
Robert E. Caron
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Jacci Cenci-McGrody
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Martin Yan

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UPCOMING EVENTS

1997

- Sept. 16 - Student Poster Session, *San Jose, Peninsula Dietetic Association*, Sponsored by SJSU
VA, Palo Alto, CA
- Oct. 27-30 - Annual Meeting of the *American Dietetic Association*, Boston, MA
- Sept. 23-25 - *WestPack Expo*: Anaheim, CA

1998

- April 30- - Annual Meeting of the *California Dietetic Association*, San Jose, CA
- May 2
- April TBA - *Circle of Friends Reception*, SJSU
- June 13-17 - Annual Meeting of the *Institute of Food Technologists*, Atlanta, GA

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