GREETINGS ALUMNI AND FRIENDS!

San Jose State University is “on the move.” The student population at SJSU has grown to 28,280, and construction of the University-City Library is over 60% completed with a completion date projected for August 2003. This state-of-the-art library will have eight floors and a mezzanine. In addition, ground will be broken to begin building the new high-rise Residence Halls (5000 beds) in January 2003. More students living on campus will add an exciting, new dimension to student participation in after-hours campus activities such as sports and cultural events.

A San Jose State University Open House, “Showcase for Learning,” was held for the first time last fall. It was such a success that it has been expanded to two days this year. Friday, October 25th is planned for Graduate Students (3:00 to 7:00 pm), and Saturday, October 26th is planned for undergraduate students (9:00 am to 1:00 pm). Thanks again to the alumni who helped us with last year’s event (Jill Christensen, Beth Trumbo, Dale Olds, and others)!

Our department is “on the move,” as well. We now have 180 majors, 117 bachelors and 63 masters students. The convocation graduation ceremony held this year was our biggest ever! Over 350 students, families, and friends attended. The students did a remarkable job planning this celebration event, which even included a multicultural buffet luncheon.

Dr. Tawni Holmes has been a fantastic addition to the faculty. She teaches Community Nutrition, Nutrition Education and Counseling, Current Issues in Nutrition (masters level), and Physical Fitness and Nutrition (a general education/non-major course). Students enjoy her down to earth style and examples from her recent work as a dietitian in Oklahoma.

Preparations are in full swing for our accreditation site visit by The American Dietetic Association in September. A Self Study document for the undergraduate dietetics program and an additional Self Study document for the Dietetic Internship are an integral part of our preparatory activities.

We are excited about a proposal to the USDA to fund a Processed Food Institute. This Institute would be a combined program using both San Jose State University and Texas A&M. The emphasis will be on gaining export markets. SJSU would concentrate on Asian markets, while Texas A&M would emphasize those in Mexico. The Institute is envisioned to provide training to small and medium sized US food processors. We will keep you posted.

Circle of Friends continues to support us in every way, and we are grateful for their assistance. Thanks to our alumni and friends, we continue to be able to provide our students with an outstanding education. For developing this exemplary newsletter, we especially wish to thank Caroline Fee, Sherry Adamski, Caroline Spinali, Molly Paulson, Kara Schrandt, and Judith Schallberger.

Please keep us updated on the latest news about yourselves and your families!

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

A NEW HOME FOR HOLMES
by Jocelyn Dubin

This Fall, the faculty of the Department of Nutrition and Food Science (NDFS) welcomed new Assistant Professor, Dr. Tawni Holmes. While Dr. Holmes is no stranger to academia, she has spent much of the past eleven years on the other side of the proverbial desk. Prior to joining the NDFS faculty, Dr. Holmes attended Oklahoma State University (OSU) where she obtained her bachelor’s, master’s, and doctoral degrees in Nutritional Science.

In addition to focusing on her own education, Dr. Holmes has been involved in several efforts to further the nutrition knowledge of others. While attending school, Holmes worked at the Oklahoma Medical...
FACULTY SNAPSHOTS: BEYOND THE CLASSROOM
by Kara Schrandt

Accomplished Authors

☆ Kathleen Cahill was a contributing author for *Tracks*, a publication for the Wildlife Center of Silicon Valley.
☆ Joan Giampaoli co-authored two articles titled, “Challenges to implementing food safety & HACCP programs in school foodservice” and “Food safety practices of employees in school foodservice,” in the *Journal of Child Nutrition & Management*.
☆ Clarie Hollenbeck co-authored “The effects of soy-derived isoflavones on serum lipids and lipoproteins in moderately hypercholesterolemic postmenopausal women,” in the *Journal of Clinical Endocrinology and Metabolism*. He also co-authored two abstracts: “The effects of phytoestrogen supplementation on serum lipids and lipoprotein profiles in elderly postmenopausal women” and “Nutrient intake and body composition among HIV-infected men.” Both were published in the *Journal of Investigative Medicine*.
☆ Lucy McProud co-authored 8 posters presented at the California Dietetic Association’s San Jose Peninsula District Poster Session on SJSU Student and Faculty Research in September of 2001.
☆ Loan Pham’s research article, “Culturally relevant nutrition education improves dietary quality among WIC-eligible Vietnamese immigrants,” was featured in the *Journal of Nutrition Education and Behavior*.

Grand Grantees

☆ Caroline Fee received a California State Lottery Grant for Professional Development to be used for “Resting Metabolic Measurements: An Individual Experience for Nutrition Students.”
☆ Joan Giampaoli received a Hubert Humphrey Research Grant from the Child Nutrition Foundation. She used this grant to complete her dissertation and help fund additional research.
☆ Clarie Hollenbeck received the Interdisciplinary Diversity Project Program Grant 2002 for the development of an interdisciplinary program entitled “Human and Environmental Effects of Global Conflict.” The program will be taught in the fall of 2002.
☆ Lucy McProud was awarded two California State Department of Education 2002-2003 CalProNet grants. One was for $71,000 to train child nutrition personnel. She also was awarded the Team Nutrition Training Grant in the amount of $82,000 to train childcare personnel in Dietary Guidelines for Americans.

Leadership and Awards

☆ Kathleen Cahill organized the Health Fair for National Nutrition Month for the San Jose Dietetic Association at the Westgate Mall. Kathleen also developed an internship program for students to study wildlife rehabilitation at the Wildlife Center of Silicon Valley where she serves on the board.
☆ Caroline Fee received the Dean’s Outstanding Lecturer Award for 2001-2002 presented by the SJSU College of Applied Science and Arts. She was also recognized by the NuFS Student Club with the Part-time Teacher of the Year Award for 2001-2002.
☆ The Disabilities Resource Center and Michael Ego, the Dean of the College of Applied Sciences and Arts, recognized Barbara Gordon for her outstanding work with disabled students in the SJSU Interdisciplinary Student Garden Project.
☆ Clarie Hollenbeck, Tawni Holmes, Judi Morrill, and Barbara Gordon were selected as faculty members of the first MUSE program for 2001 – 2002 at SJSU.
☆ Lucy McProud coordinated the California Dietetic Association’s San Jose Peninsula District Poster Session on SJSU Student and Faculty Research in the fall of 2001.

Savvy Speakers

☆ Toni Bloom and her company, Toni Bloom & Associates, have been spreading the nutrition word in seminars presented to several corporate accounts including Sun Microsystems, Aspect Communications, Juniper Networks, Silicon Graphics, and SRI International.
☆ Caroline Fee delivered her presentation titled “Evidence Based Nutrition Recommendations for Older Adults” at the YMCA in Palo Alto.
☆ Joan Giampaoli presented “Challenges to Food Safety in School Foodservice” at The American Dietetic Association Conference and Exhibition in St Louis, MO.
☆ Barbara Gordon presented “Urban Gardening in the Curriculum at SJSU” to the San Jose Peninsula Dietetic Association.
☆ Clarie Hollenbeck co-presented three presentations at the CDA annual meeting this April in Sacramento. They included “Dietary Intake and Nutritional Adequacy of Subject-selected Diets in Children and Adolescents with Systemic Lupus Erythematosus,” “A Survey of the Attitudes and Beliefs on Nutrition and Diabetes of Asian Indians in Jain, Sikh and Hindu Religious Groups,” and “Development of a Disordered Eating Treatment Protocol for College Health Services.”
Kathryn Sucher co-presented a 2-hour workshop on Diversity and Diabetes at the CDA annual meeting. She looks forward to co-presenting the workshop again at the American Association of Diabetes Educators meeting in Philadelphia this August.

Faculty Recognitions

Joan Giampaoli was honored by Oregon State University with her Doctorate Degree in Food Systems Management in August 2001.

Research Foundation where she provided nutrition education to patients enrolled in clinical research studies. She also participated in university-based research through her work as a graduate associate. In addition to being involved in research studies, Dr. Holmes enhanced students’ educational experiences by working as a teaching assistant at OSU.

Dr. Holmes is excited about establishing her new academic home at SJSU. She is especially grateful for the helpful faculty, friendly and interactive students, and the good fortune of being able to live and work near the ocean.

Of course, with every new job, there are challenges. As with all professors, old and new, Dr. Holmes works hard to balance her teaching schedule with the demands of grading, curriculum planning, research, and committee involvement. The fact that she has already designed and planned a freshman seminar for the Fall ‘02 MUSE (Metropolitan University Scholars Experience) series is evidence that Dr. Holmes thrives when challenged.

In addition to acclimating to her new work environment, Dr. Holmes and her husband, Brandon, are settling in to residential life on the Central Coast. When the workday is done, the two enjoy “people watching” in Downtown Santa Cruz, reading novels, and going for walks. They also take advantage of Northern California’s varied geographical surroundings by pursuing adventures in camping and snowboarding.

Within and beyond the classroom, Dr. Holmes seems to be settling in to her new life quite nicely. She is a wonderful addition to our department, and we are honored that she has chosen San Jose State as her new academic home.

The Spartan Daily highlighted Barbara Gordon in a number of articles. Featured topics included the Harvest Festival, cooking with green tomatoes, and planting spring crops and harvesting winter crops.

Miriam Perry (Saltmarch), Professor, was honored at the 3rd Annual service Recognition and Awards Luncheon for Tenure Track Tenured Faculty for 15 years of service at the university.

Lucy McProud accepted a $7500 check for the Packaging Program from the Western Packaging Association in February 2002.

“GROUND BREAKING” NEWS
INTERDISCIPLINARY GARDEN PROJECT

In 1994, Dr. Barbara Gordon and her students, in cooperation with SJSU grounds keepers, transformed an outdoor recreation area (previously used by the Occupational Therapy Department) into the Interdisciplinary Garden Project. Since then, with contributions from community hardware and nursery businesses, the garden has provided hundreds of SJSU students with opportunities to apply nutrition education and community nutrition skills.

Students from dozens of other majors on campus have also participated in the garden project by learning gardening techniques related to sustainable methods of food production as an antidote to hunger. Hundreds more have been exposed to the concept of urban agriculture by student presentations in classes.

This past academic year was filled with garden activities: The Fall Harvest Festival was a highlight. Representatives from the San Francisco League of...
West Pack 2001, Anaheim CA (July 2001): The Western Packaging Association granted student scholarships, and held their annual banquet where our Dr. Jorge Marcondes won Western Packaging Association's Distinguished Packaging Person of the Year Award.

PackExpo West 2001, Las Vegas NV (Sept 2001): This year, Las Vegas was home to the annual PackExpo packaging convention. Students had the opportunity to work on the convention floor and in seminars, dealing with vendors first hand.

Western Packaging Association Meeting, San Jose State University (March 2002): The members of Northern California’s exclusive packaging club held their monthly meeting at San Jose State University, where they awarded the Packaging Program with a monetary donation to assist in the department’s advancement.

Western Packaging Association Golf Tournament, Stockton CA (May 2002): The Western Packaging Association hosted their annual golf tournament, with the proceeds going to the Student Packaging Association. Students had the opportunity to meet various industry representatives in a beautiful 18-hole setting.

Student Night, Dave & Busters (May 2002): The event was the culmination of the graduating senior’s packaging course work. They presented Final Projects to the packaging industry at Student Night. Led by Herb Scheuneman, this class utilized the packaging industry for mentors.

Scholarship Awards: The Student Packaging Program thanks the industry tremendously for all its support. This year’s scholarship awards include:

PACKAGING PROGRAM SCHOLARSHIP AWARDS

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On November 10, 2001, San Jose State University hosted its first ever open house event, called Showcase for Learning. Intended as a forum to introduce prospective students and their parents to the diverse educational opportunities at SJSU, the Nutrition and Food Science Department lured many of the 6,250 visitors to their booth and made a strong impression with our enthusiastic staffing, enlightening information, and engaging hands-on activities.

Some Highlights of the Day:

**Nutrition**
- Nutrition faculty, students, and alums Jill Christensen, Beth Trumbo, and Dale Olds distributed nutrition education and department curriculum information, magnets, and individual packets of pistachios (NuFS Club t-shirts were the official uniform of the day)
- Graduate Assistants conducted infra-red body composition testing for guests
- Nutrition Education Action Team peer educators

**Food Service**
- Food service faculty exhibited the principles of proper hand-washing and food safety using GloGerm and a black light

**Food Science**
- “Harriet Potter,” none other than Graduate Assistant, Sherry Adamski, demonstrated how to make gummy worms in a magic show atmosphere
- A computer slideshow presented a day in the life of a food science student

**Packaging**
- Visitors received candy bars packaged in cardboard fire engines, a tribute to the recent heroism shown by the nation’s fire fighters
- Packaging faculty and students displayed and distributed a CD-ROM introducing guests to the field of packaging

**STUDENT POSTER SESSION GETS RAVE REVIEWS**

The Nutrition and Food Science students showed off their graduate projects, theses, and dietetic internship experiences at the annual Poster Session Event last fall. The posters were on display and featured during the San Jose Peninsula District Dietetic Association’s meeting held at the Palo Alto Veterans Hospital in Menlo Park. The impressive posters received great adulation, as they displayed strong clinical, educational, and practical applications for both dietetic professionals and students. The internship posters were particularly unique, as they demonstrated involvement and collaborative learning experiences between interns and their supervisors.

The poster session was a huge success with dietetic professionals and many SJSU alumni, students, and faculty in attendance. Thanks to all who came out to support the students’ hard work.
Pat’s expertise, generosity, and spirit of caring have enriched the education and development of so many students in the Department of Nutrition and Food Science.

Pat earned both her BS in Dietetics and MS in Nutritional Science in 1982 and 1984, respectively. In 1985, she began her career as a research dietitian at Stanford University Hospital in their General Clinical Research Center. Pat continues there today as their Senior Research Dietitian, responsible for the nutrition and dietetic services for all research protocols conducted at the Center.

Pat also develops, supervises, and leads training programs for medical staff, students, and dietetic interns. In this role, Pat has provided invaluable nutrition research experience for many nutrition students over the past 17 years.

Additionally, Pat is an accomplished writer, with 12 publications to her credit; she has also given numerous professional presentations. Adding to her expertise, Pat is also a Certified Diabetes Educator (CDE) and has developed educational materials and provided counseling to hundreds of patients.

Leadership in dietetics is yet another one of Pat’s contributions to the profession. She has served in leadership positions at both the state and local levels.

In sum, Pat is an incredible role model, both as an accomplished professional and an alumna who cares deeply for her department and “gives back” so much to its students.

“Interdisciplinary Garden Project” continued from page 3

Urban Gardeners, the American Cancer Society, the WIC Program at the Indian Health Center in San Jose, and the garden project of the 5-A-Day Program in Monterey County participated.

The SJSU garden served as the focus for these organizations by showing SJSU students the application of gardening to the 5-A-Day Fruit and Vegetable campaign for health and cancer risk reduction. As a bonus, everyone enjoyed munching on fruit and vegetables, a result from fundraising efforts of Mrs. Audrey Wright, mother of our department’s own lecturer Dr. Diana Wright.

The garden has received acclaim and recognition from numerous sources. The Spartan Daily Newspaper published a feature article on the Fall Harvest Festival, while the Second Harvest Food Bank was the grateful recipient of the garden’s bounty (15 pounds of beets in the fall and 19 pounds of red and white chard in the spring.) The San Jose Peninsula District of the California Dietetic Association also featured the garden in their fall meeting. Dr. Gordon was joined with two other speakers who discussed the contributions of gardens to nutrition education and community health and wellness.

For all her “ground-breaking” work, Dr. Gordon was recognized by the SJSU Disabilities Resource Center. She received a faculty award for inclusion of students with disabilities in garden activities. These students (three who use wheel chairs, one blind, and one deaf) all learned to do planting, tending, and harvesting. The Dean of the College of Applied Sciences and Arts, Dr. Michael Ego, also recognized Dr. Gordon for her outstanding work in accommodating students with disabilities in the SJSU Interdisciplinary Garden Project.
This year’s College of Applied Sciences and Arts (CASA) Awards Reception was held in the Barrett Ballroom on May 6, 2002. The theme of this reception was “Salute to the Stars,” and the stars certainly sparkled in the Nutrition and Food Science (NuFS) Department. Five students, one alumna, and one faculty member from our department were honored with awards presented by Dr. Michael Ego, CASA Dean.

Hafsabibi Mojy received the Dean’s Undergraduate Scholarship Award, and represented the NuFS Department for outstanding accomplishments in scholarship and service. The NuFS Department is lucky to have her professional and personal skills working on our side.

One of the three Outstanding Graduate Research Awards went to Dorthy Lee, who also received a $500 Small Research Grant at the 2001 ceremony to help fund her award winning work in determining dietary intake and nutrient adequacy of self-selected diets of youngsters with lupus.

The Outstanding Thesis Award went to Antonella Dewell, who also received a $500 Small Research Grant in 2000 to help fund her award winning work in determining the effects of soy isoflavones on lipids and lipoproteins in moderately hypercholesterolemic postmenopausal women.

Once again, this year’s two Small Research Grants went to NuFS students, Swarna Koneru and Manuel Villacorta. Swarna received a $500 grant for her research concerning requirement and blockage of arginine and histidine in nematodes, and Manuel received a $500 grant for his research concerning the effects of breastfeeding on glucose regulation in Latino women with type 2 diabetes.

To match its lavish new look and location, the reception also included some innovative new award categories: Outstanding Lecturer, Professor, Scholar, and Service. Recipient of San Jose State University’s first ever award to recognize the colossal and often overlooked contribution of part-time faculty was Caroline Fee, our very own beloved Lecturer and Circle of Friends Director. In a very moving acceptance speech, Ms. Fee thanked Dean Ego for his forethought in creating such an unprecedented award and accepted it on behalf of all the part-time lecturers at SJSU.

The final event of the evening was the presentation of the Distinguished Alumni Awards to nine awardees, one from each department. The NuFS alumna recipient was Patricia Schaaf, who earned her B.S. in Dietetics in 1982, and her M.S. in Nutritional Science in 1984. Ms. Schaaf is the Senior Research Dietitian at Stanford’s General Clinical Research Center, in charge of the nutrition component of clinical research conducted there. In addition to this fundamental role in research, she shares her work with the profession through volunteer leadership positions, as well as her numerous publications and presentations.
Ahoy thar mateys! This vessel’s been round the world plowin’ the waves, findin’ the treasure, and dividin’ the booty. Let me tell ye mateys what’s become of our dear ole crew who once manned this noble ship, the “SUSU NUFS,” pride of the Pacific!

Look what arrived with the westerly winds. Mariners toin’ long boats filled with treasures. Better be battin’ down the hatches. Some mighty big swells of service and waves of accomplishments are a comin.’

Thars Stephanie Brooks, MS’96 receivin’ the California Dietetic Association 2002 Award: Young Dietitian of the Year. Why shiver me timbers! Thars Phyllis Simpkins BA’46 (and her late husband Alan) a gettin’ the “Dan Caputo Founder’s Award” for outstanding contributions, lifetime achievement, and extraordinary service to the SJSU Spartan Foundation.

Ah Ha! A couple of mates have taken up the pen, ever mightier than the sword. Thars Antonella Dewell, MS’01 not mincin’ any words in her article, “Effects of Soy-derived Phytoestrogens on Serum Lipids and Lipoproteins in Moderately Hypercholesterolemic Postmenopausal Women,” published in the Journal of Clinical Endocrinology and Metabolism, while Kathleen Cahill, MS’94 has been spotted in the crow’s nest writin’ for the Winter 2001 Edition of Tracks: Wildlife Center of Silicon Valley. Her feature, “In Praise of Bats” is a tribute to her long nights atop the sails.

A mighty crew was seen this April in the Port of Riverside, at the California Dietetic Association Meeting. Sailors of fortune they were, with Mary Foley, MS’99 makin’ her presentation, “Marketing to Promote Healthy Eating Among Low Income Communities in California.” Pamela Kittler, MS’83 (with faculty member, Kathy Sucher) hoisted their sail as they spoke on “Diversity in Diabetes,” while Gretchen Vannice, MS’99 was in command as she spoke about the rough seas of “Metabolic Syndrome.”

Also on board makin’ thar poster presentations were Christina Pekrul, MS’01 with her “Development of a Disordered Eating Treatment Protocol for College Students” and Joan Giampaoli, MS’92 with her “Challenges Relative to Food Safety in Food Service.”

Now mateys! Let me tell you who’s been jumpin’ the ship of solitude. Newlywed Sherry Adamski, BS’99 walked the plank with her man David Butler in San Jose on August 3. Amazingly, Helen DeMarco, MS’96 was also thrown overboard with Randy Ziraldo that same foggy morning.

Sarah Shelor, MS’01 will be takin’ that long walk off a short pier soon enough, when she completes her dietetic internship at UNV Reno; then, she be plannin’ to move to New York where her husband will be attendin’ the Culinary Academy.

Good news be comin’ from across the seven seas. Chandra Zeil, BS’99 had a beautiful baby girl, Morgan, who was born in January 2002– nearly ready for swabbin’ the decks!

Up from the galley, thars Jill Christensen, MS’99. When she be gettin’ a spare moment from her sports nutrition practice, she rigs up her schooner and races to shore. Thar, she be a’ riddin’ her new horse, “Sierra,” a 3y/o German Warmblood and Thoroughbred mix.

Gang way! Mate, Jean Downes, MA’74 just returned from her yearly genealogy research trip to Salt Lake City. She be plannin’ on writin’ a genealogy book on her family, with a history of the times included.

Lest ye be scuttled like scallywags or marooned like sorry sea dogs. See ye here who’s been plowin’ through the high seas of success.

Aye! Francisco Holloway, MS’99 be a Sports Nutritionist, plunderin’ for a professional soccer team in Argentina. Beth Trumbo, MS’00 be sittin’ at the dock o’ tha bay in San Francisco as a Home Health Dietitian for Kaiser’s Golden Gate Service Area.

Then, thars Antonella Dewell, MS’01 beginnin’ a new adventure as a Research Dietitian at Stanford Medical Center, workin’ with Pat Schaaf MS’84. Lest we forget Khabera (Rin) Hartwig, MS’81 who’s now charitin’ a course as Nutrition Director for the Headstart Program in Livermore.

Who else have we seen a’ sailin’ these parts? Well, thars Gretchen Vannice, MS’99, Manager of Educational Services in Portland OR area for Integrative Therapeutics, Inc. And we’ve discovered Hamid Farzi, BS’90 who set sail with his own quality assurance consulting company.

And, how ‘bout Lorraine Chattergee, MS’00 presentin’ to the department’s nutrition colloquium students about the joys of her job as Research Coordinator of Nutrition Studies at Stanford Center for Research and Disease Prevention.

Ahoy! Deedra Rubin-Thorn, BS’96 just came a ‘bout with her own company, Nutrition and Food Service Solutions www.feedright.com, whar she be developin’ software for health care information management, while Angela Bruce, BS’97 be shaping up those beach burnin’ in San Diego whar she works as a Consulting Dietitian.

Fresh off our 2000 voyage, thars Shannon Richie, BS’00 dividin’ her watch as a Dietitian for Medical Weight Management in Los Gatos and HM Composite in Campbell, while Rachel Cabagio, BS’00 sails the seas.

ALUMNI SIGHTINGS: “THAR SHE BLOWS!”
Edited by Adam Fee
as an office manager, workin’ on getting her poetry book published.

Seaworthy Christie Zucca, BS’00 now hoists her sail at Community Medical Center in Fresno as that Clinical Dietitian. She writes, “I love being a Clinical Dietitian. It is wonderful, and I am very lucky to be a part of it all.”

Many ole mates docked at Stanford University this May to attend the “Controversies in Cardiovascular Nutrition Conference.” These burly buccaneers included Lorraine Chattergee, MS’00, Caroline Spinali, (graduate student), Sarah Viaggi, BS’85, Eileen MacKusick, MS’94, Marty Wilson, MS’98, Vicki Castelli, MS’95, Gretchen Vannice, MS’99, Dahlia

ALUMNI SIGHTINGS
(continued)

Pearlman, MS’99, Kathleen Cahill, MS’94, Caroline Fee, MA’79, Darcy Becker, BS’96, Danica Lozano, MS’01, and Pat Schaaf, MS’84.

A Fond Farewell! Who steered that way through this year’s convocation? Well, none other than those savvy swashbucklers, Shelly Wingert, MS’00, Mary Foley, MS’99, Mary Denny, MS’85, and Pat McDonald, MS’95 (with her seaworthy husband Bill)

And remember mateys! Don’t forget to send your news to us here at the good ship, “SJSU NUFS,” where ye learned ye seafaring ways, May the skies keep clear; your journey sail smooth; and may the wind be always blowin’ at your back!

ALUMNA INVESTS IN THE FUTURE

Molly Rauen, MA’77 is an alumna with a generous heart, keen mind, and eye to the future. Her recent $10,000 gift of securities will be directed to the department’s Circle of Friends Student Research Assistance Fund. This fund provides $500 research grants to deserving students who have innovative and cutting edge research proposals. Without this support, many students cannot pursue their visionary and highest quality ideas.

Molly knows, first hand, the value of outstanding research. Her own ground breaking research, “A Study of Some Dietary and Food Selection Changes in Selected Jejunoileal Bypass Patients,” focused on the post-operative relationship between food consumption and the recovery of jejunoileal bypass patients. (Jejunoileal bypass was one of the first surgical bypass procedures used to treat people suffering from morbid obesity).

Molly went on to present her cutting edge research at the California Dietetic Association Annual Meeting, and her manuscript was published in the Journal of the American Dietetic Association. Now, Molly’s gift will allow many more students to pursue their own quality research projects, and also be published in prestigious professional journals.

Quality research and publication is at the heart of a strong and vital academic reputation. Thus, not only individual students, but also the entire department will benefit immeasurably from Molly Rauen’s generous gift, a gift of lasting value providing big dividends far into the future.

A LETTER OF THANKS
FROM JOCELYN DUBIN, MS’02

“I would like to express my gratitude to the San Jose State University Department of Nutrition and Food Science Circle of Friends. By awarding me the Circle of Friends Research Assistance Award, this organization ensured the financial feasibility of this project. All materials purchased with the award contributed greatly to the success of my project. Thank you for your benevolent demonstration of support.”

A CALL TO “ACTION”

The department’s Circle of Friends Student Research Assistance Fund presents an incredible opportunity to leave a lasting legacy for current students and all those who follow. Our dream is to make this an endowed fund, which will ensure that yearly student research grants be funded by annual interest, without dipping into the principal. If you would like further information, please contact Caroline Fee: at 408-924-3116 or cfee@casa.sjsu.edu.
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<td>Tadimeti, Sujatha</td>
<td>Screening and Diagnosis of Syndrome X Conditions: Survey of Asian Indians in the San Francisco Bay Area</td>
</tr>
<tr>
<td>Verano, Florinda</td>
<td>Risk Factors for Cardiovascular Disease Among Postmenopausal Women: The Stanford Women's Health Initiative Observational Study</td>
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</tbody>
</table>
San Jose State University
Equity and Diversity Enhancement Awards
Sarika Shah
Dalia Stempa
Sujatha Tadimeti

College of Applied Sciences and Arts

Dean's Undergraduate Scholarship
Hafsabibi Moju  $500

Small Research Grants
Swarna Koneru  $500
Manuel Villacorta  $500

Outstanding Graduate Research Award
Dorthy Lee

Outstanding Thesis Award
Antonella Dewell

Dorthy Lee was also chosen as a finalist at the CSU Graduate Research Competition.

Circle of Friends Scholarship Awards

Jean Downes Scholarship
Dalia Stempa  $500

Elveda Smith Scholarship
Kara Schrandt  $500

Rose Tseng Scholarship
Joey Au  $500

Josephine & Frank Morris Scholarship
Huong Bi  $500

California Dietetic Association

Outstanding Dietetics Student in California
Caroline Spinali

Poster Session Presenters
Dorothy Lee
Sarika Shah
Sujatha Tadimeti

Halle Ebling is honored as Outstanding Masters Candidate.

Nutrition and Food Science Department Outstanding Student Awards

Baccalaureate Candidates
Nutrition/Dietetics: Kimberly Whelan
Packaging: Stefanie Harris

Masters Candidate
Halle Ebling

Service Awards
James Burke
Jasleen Chhabra
Jocelyn Dubin
Mary Ann Graham
Ellit Khangaldy
Brenda Knight
Frances Mills
Shoshanah Orzech

Dorthy Lee was also chosen as a finalist at the CSU Graduate Research Competition.

Stafanie Harris, Outstanding Packaging Student Award winner, poses with Mary Ann Graham, Service Award recipient.
DEPARTMENT OF NUTRITION AND FOOD SCIENCE  
Bachelor of Science  
Fall 2001/Spring 2002 Graduates  

Dietetics  

Au, Joey  
Bi, Huong  
Burton, Sandy  
Bustichi, Shanna  
Chang, Alice  
Chhabra, Jasleen K.  
Mills, Frances A.  
Neal, Lisa  
Nguyen, Vinh  
Whelan, Kimberly  

Food Science and Technology/  
Food Service Management  

Mikoshiba, Yuki  
Lam, Ivy  

General Nutrition  

Chang, Alice  
Dinh, Chau  
Huston, Jenny  
Norris, Christiana  

Packaging  

Dalimartha, Kamelia  
Graham, Maryann  
Khah, Nguyen  
Khangaldy, Eilit  
Knight, Brenda  
Mojica, Leina  
Panos, Athanasia  
Saam, Alicia  
Sanchez, Geroge  

External Dietetic Internships  

Stephanie Herman Belinge: Veterans Administration of Greater Los Angeles  

Internal Dietetic Internships  

Julie Ashbaugh: Choices for Children and Kaiser Medical Center- Santa Clara  
Joey Yuet Yung Au: Alameda County Medical Center  
Huong Bi: Good Samaritan Hospital  
James Burke: Kaiser Medical Center-Santa Clara and Santa Clara Office of Education/Head Start  
Halle Elbling: San Jose Medical Center/Health Dimension  
Gilah Katz: San Jose Medical Center/Health Dimension  
Diana Kirk: Mariner Post Acute Network  
Yume Le: Santa Clara Valley Medical Center  
Frances Mills: Pajaro School District and Walnut Creek Kaiser Medical Center  
Shoshanah Orzech: Watsonville Community Hospital  
Jocelyn Dubin: Watsonville Community Hospital  
Dorothy Lee: Hayward USD and VA Medical Center, San Francisco  
Linda Liu: Fremont Unified School District and Mariner Post Acute Network  
Danica Lozano: Kaiser Santa Teresa and Cupertino Elementary School District  
Christina Pekrul: Diablo Valley Unified School District and Kaiser Foundation Hospital, Oakland  
Sarika Shah: San Mateo County General Hospital  
Sujatha Tadimeti: St. Rose Hospital  
Florlinda Verano: Choices for Children and Valley Care Medical Center  

Nothing brings a bigger smile than Graduation Day!  
Lisa Neal (right) and her Mom are living proof.  

DIETETIC INTERNSHIPS 2001-2002
NUFS STUDENT CLUB BATS 1000!

The Nutrition and Food Science Student Club had a pennant-winning year:

- September kicked off the fall series with a welcoming meeting for students. Elizabeth Bailey from the San Jose Peninsula District Dietetic Association was the star guest hitter.

- November’s meeting featured guest player Kristen Keith who spoke about her role as the Director of Food Services for the Berryessa School District in San Jose.

- December’s meeting was a team feast. Dr. Kathryn Sucher discussed multicultural foods and customs. Students also sampled delectables from different cultures.

- February’s meeting started off the spring series. Kimberly Whelan, NuFS Club VP for Dietetics and mentee for the Legislative Chair of the San Jose Peninsula District of the CDA, spoke about the impact of Public Policy on Dietetic Professionals.

- February was a stellar month. A second meeting was held featuring Mary Foley of Project LEAN. Mary discussed community-based social marketing in public health: An innovative approach to nutrition education on the community level.

- March was a grand slam win. The Nutrition Education Action Team Educators, NuFS Club Members, and Students took part in the Nutrition Month Fair in the Student Union. The theme for 2002 was “Start Today for a Healthy Tomorrow.”

- April’s meeting, a social and networking gathering, hit a home run.

- May’s meeting finished up the season in great style. Rick Richard from VOPAK USA spoke about his experiences as a brewer, wine maker, QA Manager, sales manager for food distributors, and positions in tomato and fruit cannery companies.
THE JOYS OF GRADUATION
CONVOCATION 2002

Stairway to Heaven!

Leading the way are (left to right) Huong Bi, Yuki Mikoshiba, Jasleen Chhabra, Sirapa Oudomugsorn, and Kimberly Whelan.
2002
DISTINGUISHED HONORARY MEMBER
CIRCLE OF FRIENDS

Carolyn Jung, Food Editor for the San Jose Mercury News, was recognized on May 25 as the SJSU Department of Nutrition and Food Science, Circle of Friends, 2002 Distinguished Honorary Award Recipient. After graduating Magna Cum Laude from San Francisco State University with her BA degree in Journalism, Carolyn began her career as a news reporter for the Ft. Lauderdale Sun-Sentinel. She then came back “home” to California and continued her career, reporting for the San Jose Mercury News.

However, Carolyn was always a food lover at heart; she even admits to having a life-long love affair with food. Thus, in 1997, after 11 years as a news reporter, she became the Food Editor for the San Jose Mercury News and continues in this leadership role today.

Carolyn is not only an accomplished Food Editor. She has also been recognized for her extraordinary feature writing. She received a First Place Award for Food News Writing from the Association of Food Journalists in 2001. This May, she was chosen as the First Place Winner for Feature Writing about Restaurants and Chefs, by the prestigious James Beard Foundation.

At this year’s Circle of Friends Reception which was, once again, held in concert with the department’s Graduation Celebration and Convocation, Carolyn Jung graciously accepted her Distinguished Honorary Award. She shared some secrets for success with the graduates that included: Listen to your parents and friends. Be open to new opportunities. Above all, do what you feel passionate about.

Carolyn truly exemplifies what the Circle of Friends is all about: passion for quality, success, and commitment to excellence. The Circle of Friends recognizes with great honor and appreciation, Carolyn Jung as its 2002 Distinguished Honorary Award Recipient.

CIRCLE OF FRIENDS
FORBIDDEN BEHAVIOR!

There is one thing the Circle of Friends never does: Forget why we exist. Our mission – to sustain the department’s dedication and commitment to excellence – has been our guiding light since 1993, giving us direction and purpose. Now, a new challenge awaits.

Quality education demands the most current, accurate, and effective instructional materials. To fully grasp a concept such as atherosclerosis, portion size, or menu analysis, a vivid illustration or graphic telling is needed.

However, the department’s meager collection of instructional tools (videos and other materials) is seriously outdated. Those that portray crucial nutrition-related topics like heart disease and diabetes contain antiquated information. Other essential nutrition topics like osteoporosis and weight management have no materials at all.

We have an incredible opportunity to make a difference in the quality of education for our students, by funding the creation of a “teaching toolbox.” This Circle of Friends $10,000 major project will actually be a collection of the best and most up-to-date learning tools (models, videos, DVD’s, and CD Rom’s). As a bonus, the university’s Instructional Resource Center has agreed to house, catalogue, and manage our private collection.

Please join us and send in your membership today to make this “teaching toolbox” a reality. Your support is the key to our continued success in providing excellence in education. (An application is provided with this newsletter).

CIRCLE OF FRIENDS
MISSION AND MAJOR ACCOMPLISHMENTS

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 of our members have been directly responsible for enriching our students’ educational experiences. In our ninth year of success, some of our major accomplishments include:

 ✓ Completion of a Food Processing Pilot Plant Laboratory
 ✓ Purchase of a Bioelectric Impedance Analyzer
 ✓ Purchase of a Portable Food Demonstration Cooking Unit
 ✓ Purchase of a Bomb Calorimeter
 ✓ Purchase of a Heavy Duty Professional Range
 ✓ Development of a High Quality Department Web Site
 ✓ Purchase of “BodyGem”: An Instrument that Measures Resting Metabolism
 ✓ Creation of Six Scholarship Funds
 ✓ Creation of a Student Research Assistance Fund
HEARTFELT THANKS TO THE 2001/2002 CIRCLE OF FRIENDS MEMBERS FOR THEIR GENEROSITY AND CARING

Sherry Adamski
Sandra A. Akrawi
Coorina Alcaraz-Alvarez
Lois Atkinson
Darcy Becker
Carol Beebe
Dean Biersch
Nancy Black
Carol M. Bogert
Walter M. Bortz
Stephanie Brooks
James Burke
Rachel Cabigao
Betty Campbell
Robert E. Caron
Kathryn Cefaloni
Jacqueline Cenci-McGrody
Ann Coulston
Barbara Crow
Gwen D’Antoni
Narsai M. David
Margaret A. Davis
Helen DeMarco
Mary Denny
Antonella Dewell
Danielle Dowens
Norma Jean Downes
Jocelyn Dubin
Julie Dutcher
John W. Farquhar
Hamid R. Farzi
Caroline H. Fee
Cade Fields-Gardner
Alan Finkelstein
Mary Lee Foley
Four Winds Food Specialists
Doris C. Fredericks
Leta Levin Frye
Kathleen Gamez
Herlinda Garcia
Gina Giambra
Barbara H. J. Gordon
Dan Gordon
Mildred Haas
Jane K. Harmer
Khabera (Rin) Hartwig
David and Elsie Heiman
Frances V. Henderson
Diane Hester
Christine Grimm Hinrichs
Jennifer Hoesel
Margaret Jarvis Impink
Nancy Jacobson
Becky (Harris) Jasperse
Carolyn Jung
Jeanne D. Kennedy
Pamela Goyan Kittler
Maria Kwok
Lee Ann Langan
Helenka Livingston
Joseph and Lela Llorens
Susan P. McCloud
Patricia McDonald
Janet McDonald
Toby McPherson
Lucy McProud
Anne K. Milliken
Joanne Mitani
Pantea Molavi
Marcia J. Moore
Judi Morrill
Jean E. Frankenberg Mulreany
Vaunden Nelson
Michelle R. Neyman
Molly S. Olive
Dorothy Carr Parker
Melinda D. Poliarco
Clara Porcella
Peyvand Pourhosseini
Mary (Molly) C. Rauen
Paige Reddan
Harold Redsun
Shannon Ritchie
Karen P. Ross
Kimberly Roth
Andrea Sabatino Sanchez
LaPaula Sakai
Patricia Schaaf
Judith Morrison Schallberger
Valerie Simler
Phyllis Forward Simpkins
Elveda Smith
Caroline Spinali
Betty Wattles Starr
David L. Stone
Sharon Meuth Studdert
Kathryn Sucher
Mary Ann Sullivan
Alice Morris Swanson
Jean Crandall Theisen
Alida Morse Thistleton
Ellen Benson Thompson
Rose Tseng
Gretchen Vannice
Sarah Viaggi
Janice Wai
May-Choo Wang
Holly E. Weber
Philip R. Wente
Kristy Wilce
Marianne M. Wilcox
Margaret Woch
Carol Whiteley Wolf
Diana Weissman Wright
Lori Y. Shigemura Yamaguchi
Martin Yan