The Nutrition and Food Science Department continues to shine in research year after year! Our graduate student Megan Stebbins was selected as the Outstanding Researcher for San Jose State University in her applied category of research, and competed in the state-wide CSU competition. The title of her research was Survey of Selected Nutritional Health Programs of College Freshman, and Dr. Tawni Holmes was her graduate advisor. Last year, Dr. Hollenbeck’s student Dorthy Lee also received this same university-wide Outstanding Graduate Student Researcher distinction, and went on to compete at the state level. Her award winning research was entitled, “The Dietary Intake and Nutrient Adequacy of Self-selected Diets of Children and Adolescents with Systemic Lupus Erythematosus (SLE).

Additionally, 2002-2003 was a very productive year for developing new curriculum. A new, Advanced General Education course in “Food and Culture” was approved to meet the general education requirements of Culture and Civilization in Area V. This is quite an accomplishment, as NuFS is the only department in our College of Applied Sciences and Arts to have a course approved in this area.

Also, the department now offers a course in “Complementary and Alternative Health Practices.” This class serves as one of the core courses in a newly approved minor and certificate program, “Complementary and Alternative Health Practices” (CAHP), which is part of our interdisciplinary relationship within the Division of Health Professions and is administered by the Dean’s Office.

We are also excited about a new curriculum emphasis proposed to prepare students as Environmental Food and Health Specialists. If the proposal is approved, students completing the curriculum would serve as sanitarians and be qualified to inspect restaurants and institutional foodservice operations for food safety. Specific courses required by the county and state for this California State Credential are included in the curriculum.

Some curriculum change has occurred, as well. The bachelors degree concentration in Packaging has now moved to the College of Engineering (Industrial Systems Engineering Department). However, we still plan to work together via the new Processed Food Institute of which packaging is an integral part. In addition, we continue to have masters students interested in combining Packaging with their Food Science program of study.

Thanks to everyone who was involved at the end of September in our accreditation site visit by The American Dietetic Association (ADA) for the Didactic Program in Dietetics and the Dietetic Internship. We couldn’t have been successful without your participation in the question/answer sessions conducted by the three ADA site visitors. Currently, we are responding to their suggestions for a few minor areas to enhance.

The Circle of Friends continues to sustain the excellence of our department, and we are so grateful for their support and financial assistance. Thanks to our alumni and friends, we continue to be able to provide our students with an outstanding education. We especially wish to thank Caroline Fee, Sherry Adamski-Butler, Caroline Spinali, Vida Goudarzi, Purvi Shah, and Judith Shallberger for developing this fantastic newsletter.

Please let us know any news about your careers, as well as your families. We look forward to hearing from you.

DR. PANFILO BELO: HIS DOOR IS ALWAYS OPEN
by Kara Schrandt

Dr. Belo’s door is always open to students, even after 23 years of teaching at SJSU. Prior to joining the SJSU family, Dr. Belo made use of his Agricultural Chemistry and Food Science degrees as a research associate at his alma mater, Michigan State University.

Continued on page 3
FACULTY EXCELLENCE: JUST A “FEW” HIGHLIGHTS
by Purvi Shah

Accomplished Authors

✈ Kathryn Sucher’s textbook Food and Culture (4th ed.) was coauthored with Pamela Kittler (Department Alumna).
✈ Tawni Holmes had 2 articles published, one in the Journal of Nutrition for the Elderly and one in Nutrition Research.

Research Presentations

✈ Claire Hollenbeck and his graduate advisees presented six abstracts at the California Dietetic Association Meeting in April. Three additional abstracts have been accepted for presentation at the annual American Dietetic Association Meeting in October.

Grand Grantees

✈ Miriam Saltmarch Perry was awarded a Global Studies Institute Fellowship to examine non-tariff barriers to exporting for California Food Companies.
✈ Tawni Holmes received a Zellmer Scholarship Trust Fund Grant from the California Dietetic Association Foundation to do a survey on collaborative efforts throughout the state to fight childhood overweight.
✈ Lucy McProud received 2 awards from Cal Pro Net, funding a variety of workshops for child nutrition specialists and school foodservice directors.

Leadership and Awards

✈ Miriam Saltmarch Perry was appointed Co-Director of Processed Food Institute (a new institute at SJSU).
✈ Tawni Holmes received the NuFS “Outstanding Full-Time Professor” Award.
✈ Caroline Fee received the NuFS “Outstanding Part-Time Professor” Award.
✈ Kathryn Sucher was honored with the Dean’s Outstanding Service Award from the College of Applied Sciences and Arts.
✈ Radesh Palkurshi received the Dean’s Outstanding Research Award from the College of Applied Sciences and Arts.

Savvy Speakers

✈ Kathryn Sucher spoke on “Cross Cultural Nutrition Education” at the National Kidney Foundation annual meeting in Dallas TX.

Faculty Recognitions

✈ Lucy McProud served as Editorial Board member of Journal of Foodservice Research International Journal.
✈ Lucy McProud was selected for the California State Advisory Board: Child Nutrition Advisory Council.

NUTRITION IN THE LAND OF SPAM
by Kathleen M. Cahill

Every afternoon last January I found myself navigating through the jungles and typhoon-damaged villages of Guam to reach the University. Here I was, teaching “Science and Hunger” to students from six different Micronesian islands, all gathered together for the unique opportunity of a college education. During my brief stay, I attempted to switch them from regular Spam to Spam Lite, discussed the emergence of vitamin A deficiency and obesity in the islands (as a result of abandoning fish and papayas for white rice and canned meat), and arranged for them to reforest eroding land and deliver food to those displaced by the typhoon as their service learning projects. I walked through beautiful stretches of thick greenery and was invited on a hunt for the invasive yet elusive brown tree snake. Although Guam was ravaged by 180 mph winds two weeks before I arrived, my experiences on this island were wonderful and enriching and the local people gracious and warm-hearted. I will carry this memory with me always.
However, it was his doctoral thesis involving the biochemistry of onion flavor that led him to the food science industry. He worked in Research and Development at McCormick & Co. in Baltimore, developing an onion oil product before relocating to Gilroy, California. Making one last employment change before arriving at SJSU, Dr. Belo conducted research at UC Berkeley, utilizing an NIH grant to study dietary fiber.

In addition to teaching food science classes, Dr. Belo also serves as the department’s graduate student coordinator. With 24 newly accepted graduate students this spring, he faces many challenges; however, he truly enjoys interacting with each graduate student one-on-one. Additionally, many graduate students approach Dr. Belo for advice on graduate projects and theses because of his prominence in food science research.

The busy schedule that Dr. Belo endures on campus is well balanced with many leisure activities enjoyed near his Gilroy home. Weekends are filled with gardening, sometimes experimenting with new strains of protein-rich beans. He also enjoys casual tennis games with his friends or when his son, an attorney in Ohio, visits.

Summer vacations are what Dr. Belo really gets excited about. He and his wife are currently planning a trip to his favorite place – Hawaii (the specific island is yet to be determined). However, no summer is complete without a driving trip within the United States. One recent tour included routes through Las Vegas and Sedona to visit his daughter, a doctoral student of medical anthropology, in Dallas.

Dr. Belo is committed to exploring new and exciting interests and endeavors, whether in or out of the classroom. We are privileged to learn from his experiences and honored to have him as a teacher, advisor, coordinator, committee member, colleague, and friend.

VAUNDEN I. NELSON
1923-2003

Vaunden Nelson touched so many lives, during her 31 years of teaching at SJSU in the Department of Home Economics. Her teaching expertise was in home management, consumer economics, research methods, and independent living for the disabled.

Among her many accomplishments, Vaunden was selected as California’s Outstanding Home Economics Teacher. She also held leadership positions in the American Home Economics Association and Delta Kappa Gamma Society International, an organization of women educators.

Vaunden retire from SJSU in 1988 as an Emeritus Professor. However, she continued her passion for education, becoming renowned for her expertise in genealogy research. She also continued her dedication to students, becoming a charter member and sustaining supporter of the department’s Circle of Friends.

Forever remembered, Vaunden Nelson was, truly, an educator extraordinaire.

In Memory: Maude L. Ashe

Maude Ashe passed away this year at the age of 95. In 1973 she retired from the Home Economics Department, after teaching for 30 years at SJSU. Among her many accomplishments, she developed a California Foods Class based on the history of various cultural foods in the California population. This original class has evolved into the Cultural Foods Course taught in the department today.

Dr. Belo and graduate ______ who is adorned with his favorite “Island” spirit of Congratulations.
ALUMNI SIGHTINGS

From distant continents, we have news: Donielle German, BS'97 has spent the last two years as a Peace Corps Volunteer in Haiti, working in a small, rural health clinic providing health education and nursing assistance. Upon her return to the US, she plans to return to school to pursue a degree in nursing and public health.

Antonella Dewell, MS’01 has recently returned from a year’s world tour with her husband, where among her many delights was a visit to her native Italy. Speaking of Italy, Jane Harmer, MA’77 also went there on a fabulous trip this spring with her husband Geoff, then returned just in time to meet with Emeritus Professor Elveda Smith to select the Circle of Friends Scholarship Award Recipients for this year.

From our own US shores, Jean Frankenburg Mulreany, BA’76 owner and CEO of the Carson Valley Inn/Casino, reports that 2 of her 4 children are now attending University of Nevada-Reno. Cindy Hank Morus, BA’79, a certified financial recovery counselor based in Hood River OR and President of Phelps Creek Financial Counseling, writes that she loves her work helping individuals, couples, and small businesses with money management.

Theresa Sanchez, BS’84 sends news from Sacramento. She is returning to school to seek a MSW degree at Sacramento State University. She then plans to get her LCSW and blend that with her RD to do some part time counseling after she retires from the California Department of Social Services. Dawn Gomes Sibert, BS’91 who lives in Stockton announced the birth of her son, Orion, born March 12; he was advertised as a major “cutie.”

Right in our own backyard: San Jose Peninsula District (SJPD) of the California Dietetic Association is teaming with alumni who provide leadership including: President Marty Wilson, MS’98; Treasurer Mary Foley, MS’99; Membership Chair Shelly Wingert, MS’__; Nomination Committee Chair Pat Schaaf, MS’ 84 and her Committee Members Erin Stenger, MS’00 and Sarah Viaggi, BS’85; Legislative Co Chair Kimberly Whelan, BS’02 ; and Trends Education Workshop Chair Marguerite Giuliano, BS’03.

At this year’s Trends Education Workshop, none other than our very own Pat Schaaf, MS’ 84 was a keynote speaker. Her presentations focused on her expertise in the area of lifestyle change as the primary prevention to decrease the risk of Type 2 diabetes. Pat was also honored this year as the recipient of the California Dietetic Association “Award for Excellence in Clinical Nutrition.”

The September SJPD meeting was an alumni extravaganza. This yearly meeting features the NuFS graduate student and dietetic intern projects displayed on posters for viewing at the event. Among the alums seen enjoying these outstanding posters were; Julie Ashbaugh, MS ‘02; James Burke, MS’02, Mary Foley, MS’99, Dorthy Lee, MS’02; Gilah Katz, MS’02; Sarah Viaggi, BS’85; and Darcy Becker, BS’96. Following the Poster session Stephanie Brooks, MS’96 gave an outstanding presentation on Medical Nutrition Therapy Reimbursement. Stephanie was also honored this year with the California Dietetic Association “Award for Excellence in Private Practice, Business, and Communications.”

Rounding out our alumni news: Laurie Becker, BS’96, Executive Director at ARV Assisted Living in San Jose, reports that she loves her job; Laurie credits her first experience as a dietetic intern working in food service as opening the door to this dream job. Phyllis Simpkins, BA’46 was honored at the 25th Anniversary Celebration of the SJSU Phyllis F. Simpkins International House. Over 150 guests (mostly alumni of the International House) shared this glorious event.

Pamela Kittler, MS’83 recently completed the 4th edition of her extraordinary text book, “Food and Culture” and continues to be the preeminent expert in cultural nutrition. Eileen Mackusick, MS’94 continues to teach Advanced Clinical Nutrition for the department in addition to working as Chief Clinical Dietitian at Watsonville Community Hospital. However, she says her greatest responsibility and joy is being Mom to “Bob” (her English bulldog).

Caroline Spinali, MS’03 gave the best presentation of her life. She was scheduled to give a speech as the outstanding masters graduate at this year’s convocation on May 24. However, Adrian, her new baby son, decided to make his appearance during the same time. Guess which presentation took precedence?

We have come to a close of our sightings for this year. However, whether near or far, please send us YOUR news.

HELEN DEMARCO RECEIVES “GOLD” AWARD

Helen Demarco, MS’96 was selected as The Graduate of the Last Decade (GOLD), representing the SJSU College of Applied Sciences and Arts. She was presented with her honorary award medallion at the Annual SJSU Tower Award Dinner in April.

Helen is also a registered dietitian and taught for many years in her specialized area of sports nutrition for our NuFS Department. Currently, Helen is the Sports Nutritionist for the Athletics Department at UC Berkeley. Congratulations Helen for bringing home the GOLD!
DISTINGUISHED ALUMNA OF THE YEAR
MARY (MOLLY) RAUEN, MA, RD

Mary (Molly) Rauen, MA, Home Economics, 1978, has been chosen as the Distinguished Alumna of the Year for her extraordinary dedication and support to the Nutrition and Food Science Department, formerly named the Department of Home Economics.

Her support and generosity to the department have been directly responsible for the creation of an endowed Department of Nutrition and Food Science, Circle of Friends, Student Research Assistance Fund. This fund provides $500 research grants to deserving graduate students who have innovative and cutting edge research proposals. In her honor, the fund will be formally named the “Molly and Gene Rauen Endowed Graduate Student Research Assistance Fund.”

As a graduate student herself, Molly completed groundbreaking research, “A Study of Some Dietary and Food Selection Changes in Selected Jejunoileal Bypass Patients,” which 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 presented her research at the American 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.

Molly Rauen’s lasting legacy will, truly, enrich the academic reputation and prestige of the entire department.

SALUTE TO THE STARS
NUFS BRINGS HOME THE GOLD!
by Purvi Shah

This year’s College of Applied Sciences and Arts (CASA) Awards Reception was held in the Barrett Ballroom on May 5, 2003. The theme of this reception was “Salute to the Stars,” and the stars were all gold in the Nutrition and Food Science (NuFS) Department. Eight students, one alumna, and two faculty members from our department were honored with awards presented by Dr. Michael Ego, CASA Dean.

Jennifer Jusinki received the Dean’s Undergraduate Scholarship Award, and represented the NuFS Department for outstanding accomplishments in scholarship and service. Three of our graduate students received awards for Outstanding Graduate Research. Shoshanah Orzech’s research topic was “The characteristics and needs of children and adolescents with type 2 diabetes mellitus in Santa Clara County.” Monica Shah’s outstanding graduate research was entitled, “The effects of treatment on body weight, dietary intake, and exercise patterns in newly diagnosed individuals with obstructive sleep apnea.”

Megan Stebbins also received an award for her outstanding graduate research. See details on page 1.

The Outstanding Thesis Finalist Award went to Sripiya Ravi. Her topic focused on metabolic needs in nematodes and was entitled, “Phenylalanine requirement and blockage in its biosynthesis in C. Elegans.”

Three of our remarkable students also received CEED Awards. These awards are given to students in recognition of their extraordinary contributions to enhancing equity and diversity on the SJSU campus and in the community. Judith Pierre and Karen Rubio received Recognition Awards, while Manuel Villacorta received the CEED Distinguished Service Award.

The “Salute to the Stars” included the Dean’s Outstanding Faculty Awards. These college-wide awards are very prestigious, as the award recipients are chosen from the entire faculty in all nine departments of the College of Applied Sciences and Arts. Dr. Kathryn Sucher received the Dean’s Outstanding Faculty Award for Service and Dr. Radesh Palakurthi won the Dean’s Outstanding Faculty Award for Research.

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 Molly Rauen, who earned her MA in Home Economics in 1978 when she completed groundbreaking research (please see accompanying article for details). Molly has given this opportunity to today’s NuFS students by creating the “Molly and Gene Rauen Endowed Graduate Student Research Assistance Fund.”
“RESEARCH ACCOMPLISHMENTS”
NUFS MASTER OF SCIENCE
Fall 2002/Spring 2003/Summer 2003
Thesis and Project Titles

Carolyn Agamao  Evaluation of a Clinical Model
Michelle Chaudoir  First Graders and Nutrition Education
Rachel Freiberg  Evaluation of the Effectiveness of a Hemodialysis Video as a Teaching Tool for Nutrition Students
Leleh Hajhasseini  Freshman 15 (Dietary Changes of Freshman Students Upon Their Entry to College)
Teresa Harnden  Testing the Effectiveness of an In-Store Nutritionist on Changing Food Purchasing Behaviors of Shoppers: A Supermarket Intervention
Youngseok Kang  The Antioxidant Activity of Raisins in Lipid Oxidation
Tabussum Munir  Assessment of Parents’ Beliefs Concerning the National School Lunch Program
Marily Oppezzo  Barrier Reduction in Participant Selected Versus Specifically Defined Macro Nutrient Hypocaloric Diets
Molly Paulson  Outcomes Assessment of Students, Alumni and Employers/Internship Supervisors of Alumni of the Department of Nutrition and Food Science at San Jose State University
Judith Pierre  Assessment of Type 2 African-American Diabetes’ Nutritional Knowledge; Obstacles to Complying With Nutritional Recommendations and Strategies Used to Overcome Them
Kara Schrandt  Development of a Food Frequency Questionnaire for Individualized Patient Treatment at the Cardiac Therapy Foundation
Monica Shah  The Effects of Treatment of Newly Diagnosed Sleep Disorders on Body Weight, Dietary Intake, and Exercise Pattern
Caroline Spinali  Evaluating the Use of Technology-Based Advising Media in the Nutrition and Food Science Department of San José State University
Megan Stebbins  Survey of Selected Nutritional Health Programs of College Freshman
Laurie Steinberg  Survey of California Health Professionals Involved in Group Efforts to Fight Childhood Obesity
Manuel Villacorta  Effects of Breastfeeding on Blood Glucose Regulation Among Overweight/Obese Latino Women With Past History of Gestational Diabetes
Carlyn Yee-Hicaiji  Assessment and Intervention of Soda and Milk Consumption in High School Students
STUDENTS SPARKLE WITH SUCCESS

San Jose State University
Equity and Diversity Enhancement Awards

Karen Rubio
Judith Pierre
Manuel Villacorta

San Jose State University
Outstanding Award for Research

Megan Stebbins

College of Applied Sciences and Arts

Dean’s Undergraduate Scholarship
Jennifer Jusinski $500

Dean’s Outstanding Graduate Research Award
Shoshanah Orzech
Monica Shah
Megan Stebbins

Outstanding Thesis Finalist
Sripriya Ravi

Circle of Friends Scholarship Awards

Jean Downes Scholarship
Traci Lasquete $500

Rose Tseng Scholarship
Han Le $500

Fern Wendt Memorial Scholarship
Angela Tsang $500

Circle of Friends Research Assistance Awards

Caroline Spinali $500
Lakshmi Sridher $500

Stanford University Hospital Scholarship
Lauren Adams $500

Josephine & Frank Morris Scholarship Award
Manuel Villacorta $175
Kasey Carter $175

Hal Adams Scholarship for Outstanding Student in Food Science and Technology
Angelo Corvino $300

Nutrition and Food Science Department Outstanding Student Awards

Baccalaureate Candidates
Nutrition/Dietetics: Marguerite Giuliano
Packaging: Stefanie Harris
Food Science: Thomas Low

Masters Candidate
Caroline Spinali

Service Awards
Mark Diskowski
Víctor Frausto
Patricia Kakunted
Nancy Kowalski
Traci Lasquete
Han Le
Karen Rubio
Betsy Walter

Dr. McProud congratulates Manuel Villacorta and Megan Stebbins.
DEPARTMENT OF NUTRITION AND FOOD SCIENCE
Bachelor of Science
Fall 2002/Spring 2003 Graduates

Dietetics
Carter, Kasey
Crewse, Elisha
Chernak, Jacob
Diskowski, Mark
Frausto, Victoriano
Galletti, Gina
Gapuz, Michelle
Giuliano, Marguerite
Hayon, Lory
Hurtado, Arianel
Kakunted, Patricia
Lasquete, Traci
Le, Han
Ngo, Khanh
Rubio, Karen
Walter, Betsy

Food Science & Technology
Corvino, Angelo
Low, Thomas
Yang, Li-Lan

General Nutrition
Bortolussi, Dominic
Castillejos, Argelyn
Chen, Erica
Kowalski, Nancy
Moran, Patricia
Romo, Miriah
Wong, Regina

Packaging
Fathi, Soudabeth
Harris, Stefanie
Little, Stephanie
Merilos, Joshua
Padilla, Armando
Samjoy, Jeffrey

DIETETIC INTERNSHIPS 2002-2003

External Dietetic Internships
Michelle Chaudoir - John Hopkins Bayview Medical Center, Baltimore, MD
Kasey Carter – University of Kansas Medical Center, Kansas City, KS
Molly Paulson - Emory Hospital, Atlanta, GA
Maria Saavdra - VA Medical Center San Juan, San Juan, Puerto Rico
Kara Schrandt - Brigham & Women’s Hospital, Boston, MA

Internal Dietetic Internships
Carolyn Agamao - Community Hospital of Monterey Peninsula.
Sandy Burton - Kaiser Santa Teresa Hospital and Choices for Children
Wei Chen - San Jose Regional Hospital
Rachel Freiberg - VA San Francisco Hospital and Cupertino School District
Laleh Hajhosseini - Good Samaritan Hospital
Teresa Harnden - Oakland Unified School District and VA San Francisco Hospital
Tabassum Munir - Valley Care Medical Center and Hayward Unified School District
Marily Oppezzo - VA Palo Alto Hospital
Judith Pierre - Oakland Kaiser Hospital and Oakland Unified School District
Caroline Spinali - VA San Francisco Hospital and Choices for Children
Megan Stebbins - Good Samaritan Hospital
Manuel Villacorta - Meals on Wheels San Francisco and Kaiser San Francisco Hospital
Kimberly Whelan - Salinas Memorial Hospital
Carlynn Yee-Hicaiji - Sequoia Hospital

Patricia Kakunted’s beautiful smile says it all.

Traci Lasquete, Regina Wong, and Karen Rubio revel in the “crowning” moment.
NUFS STUDENT CLUB BREAKS ALL PREVIOUS RECORDS!
by Sherry Adamski Butler

- **September got things off to a great start.** A Club Social was held where students meet the NuFS officers, mingled, and enjoyed friendship and food.

- **October picked up the pace.** Speaker, David Barron, took the Club on an amazing journey through the world of hypnosis, and spoke about life-style changes related to establishing healthy eating habits. In a second meeting, Pamela Goyan Kittler, MS, an alumna of SJSU, spoke about her expertise as a cultural nutritionist. She also discussed her book, Food and Culture and her many cultural food articles.

- **November kept things going strong.** Mr. Bud Charlick, Manager of Monterey Mushroom, Inc., spoke about his 14 years in Product Development and Quality Assurance and his 40 year experience as a Food Scientist in private industry. A second meeting was held where Patricia Lam, RD, also an alumna of SJSU, talked of her career in nutrition, clinical dietetics, and public health.

- **February kicked off the spring semester activities.** Jennifer Styles, MA, RD, SJSU Campus Nutritionist, described how she made her way to SJSU, and the activities that take place at the SJSU Health Center.

- **March came on strong.** The Club members practiced their nutrition education and counseling skills at the annual National Nutrition Month Fair held in the student union. Later in the month, Alan Roth, of Second Harvest Food Bank, came to speak to the Club about the indispensable role of this organization within the community.

- **April kept the Club in the lead position.** Marty Wilson, MBA, MS, RD, President, San Jose-Peninsula District of the California Dietetic Association, shared her expertise “Teaching Weight Management.” In a second meeting, Denise Tomanek, RD at Kaiser of Santa Teresa, spoke to the Club about being a registered dietitian in a hospital setting.

- **May brought a record breaking finish.** The club did fundraising for Convocation, by holding a raffle and selling delectable, chocolate covered strawberries. All agreed it was the best year ever!

PACKAGING STUDENT CLUB BIDS Farewell
by Michael Borchers

2003 has been a very eventful semester for the Packaging Program! The biggest news is the undergraduate packaging concentration has shifted from the NUFS Department to the Department of Industrial Engineering, effective Fall 2002. However, there are still several students completing their coursework under NUFS. Due to this transition, the Student Packaging Association is currently very small, but it is exciting to see the new faces of engineering students interested in packaging. The Student Club and Packaging faculty will truly miss the incredible support and enthusiasm they have experienced in the Nutrition and Food Science Department!
THE JOYS OF GRADUATION
Our "Circle" cannot be broken! Difficult times only strengthen the Circle of Friends' resolve to help students in need.

A 10% increase in tuition, last semester, hit students hard. Fees went from $957 to $1044. An additional 30% increase is planned for Fall after the California State budget is finalized. Thus, another $313 will be added, bringing tuition to $1357 per semester.

Students' backs are against a wall. Many simply cannot afford to pay these extra fees. Thus, to help offset the 40% increase in tuition, this year's major project is to build each of our Circle of Friends Scholarship Awards to $1000. Donations can be directed to one of our specific, established scholarship funds: Jean Downes, Elveda Smith, Rose Tseng, and Fern Wendt. What a meaningful way to honor one of these former "Professors" who did so much for so many.

If you would like to fund your own $1000 scholarship (or fund one to honor someone else) just write the specific honoree’s name on the bottom of your check. Right now, your help in more important than ever. You are, truly the foundation on which we have built 10 years of remarkable accomplishments.

Please send in your gift today and join our distinguished membership. (An application is provided with this newsletter).

Dr. Christopher Gardener, renowned nutrition researcher and educator, was recognized on May 24 as the SJSU Department of Nutrition and Food Science, Circle of Friends, 2003 Distinguished Honorary Award Recipient.

After graduating from Colgate University with his BA degree in Philosophy, Dr. Gardener went on to earn his PhD in Nutritional Sciences from UC Berkeley. He then spent an additional five years doing post doctoral work as a research associate with the Stanford Center for Research and Disease Prevention. In 2001, Dr. Gardner was appointed and continues to serve as an Assistant Professor for Research in the Department of Medicine at Stanford University.

Dr. Gardner’s reputation as a researcher is known far and wide. He has 17 research publications and 3 book chapters to his credit, and recently accomplished an amazing feat: He was awarded not one, two, or three, but four major National Institutes of Health (NIH) Nutrition Research grants. Specifically, these grants are studying the Effect of Soy Isoflavones on the Prostate, Breast, and Bone; Ginkgo Biloba and Vascular Function; Effect of Garlic on Plasma Cholesterol; and Potential Benefits and Risks of Popular Weight Loss Diets (Atkins, Zone, Ornish, and Traditional approaches).

Dr. Gardner is in constant demand as a keynote speaker, and never fails to capture an audience with his charm, deep insights, and gift of translating nutrition research into real world application. In fact, he is the master of communicating what it all “really means.”

At this year’s Circle of Friends Reception which was, once again, held in concert with the department’s Graduation Celebration and Convocation, Dr. Gardner graciously accepted his Distinguished Honorary Award. He spoke on his personal path to becoming a vegetarian and how this lead to his passion for pursuing a career as a nutrition researcher.

Dr. Christopher Gardner 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, Dr. Christopher Gardner as its 2003 Distinguished Honorary Award Recipient.
HEARTFELT THANKS TO THE 2002/2003 CIRCLE OF FRIENDS MEMBERS FOR THEIR GENEROSITY AND CARING

Sandra A. Akrawi
Coorina Alcaraz-Alvarez
Lois Atkinson
Joey Au
Darcy Becker
Laurie Becker
Carol Beebe
Dean Biersch
Nancy Black
Carol M. Bogert
Walter M. Bortz
Stephanie Brooks
James Burke
Sherry Butler
Betty Campbell
Robert E. Caron
Kathryn Cefaloni
Jacqueline Cenci-McGrody
Ann Coulston
Barbara Crow
Narsai M. David
Margaret A. Davis
Helen DeMarco
Antonella Dewell
Alanna Bennam Dittoe
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
Gina Giambra
Barbara H. J. Gordon
Dan Gordon
Mildred Haas
Jacquelyn Rogers Hackbart
Jane K. Harmer
Khabira (Rin) Hartwig

David and Elsie Heiman
Frances V. Henderson
Christine Grimm Hinrichs
Jennifer Hoesel
Margaret Jarvis Impink
Nancy Jacobson
Carolyn Jung
Jeanne D. Kennedy
Pamela Goyan Kittler
Maria Kwok
Lee Ann Langan
Helenka Livingston
Joseph and Lela Llorens
Eileen MacKusick
Susan P. McCloud
Patricia McDonald
Janet McDonald
Toby McPherson
Lucy McProud
Anne K. Milliken
Joanne Mitani
Marcia J. Moore
Judi Morrill
Jean E. Frankenberger Mulreany
Vauden Nelson
Michelle R. Neyman
Molly S. Olive
Melinda D. Poliarco
Peyvand Pourhosseini
Mary (Molly) C. Rauen

Paige Reddan
Harold Redsun
Karen P. Ross
LaPaula Sakai
Patricia Schaaf
Judith Morrison Schallberger
Phyllis Forward Simpkins
Elveda Smith
Caroline Spinali
Dalia Stempa
David L. Stone
Sharon Meuth Studdert
Kathryn Sucher
Mary Ann Sullivan
Alice Morris Swanson
Jean Crandall Theisen
Ellen Benson Thompson
Rose Tseng
Gurminder K. Tumber
Sarah Viaggi
Janice Wai
Holly E. Weber
Philip R. Wente
Kimberly Whelan
Marianne M. Wilcox
Margaret Woch
Carol Whiteley Wolf
Diana Weissman Wright
Lori Y. Shigemura Yamaguchi
Martin Yan