

# NUTRITION FOOD SCIENCE PACKAGING

## TRI-FOCUS

**SAN JOSE STATE UNIVERSITY - DEPARTMENT OF NUTRITION & FOOD SCIENCE**

### HELLO ALUMNI AND FRIENDS!



We have had a strong 97-98 academic year filled with achievements by faculty, staff, and students. Current statistics represent 302 majors (221 Bachelors and 81 Masters), and course enrollments are at 410 Full-Time Equivalents (FTES).

In moving forward, we welcome a new Associate

Professor, Radesh Palakurthi, Ph.D., who will take the place of Dr. Ronald Usiewicz in Hospitality/Restaurant Management. Dr. Palakurthi brings to the Department extensive experience in restaurant management with expertise in computer and marketing applications. His most recent four-year academic assignment was at the University of North Texas. A doctorate earned at Pennsylvania State University rounds out his background.

We bid farewell and best retirement wishes to Don Betando, Founder of the Packaging Program at San José State University, who was honored with a plaque at the Department's Convocation Celebration at the Hilton Hotel on May 23. Mr. Betando's commitment to academic excellence spans more than four decades at SJSU. Noteworthy, is his recent induction to the *Packaging Hall of Fame* by the Packaging Education Forum, October 1997.

Highlighting the *Circle of Friends* Annual Gala on April 16, was keynote and celebrity, Narsai David, KCBS Food and Wine Editor. We proudly announce that he was selected by the Circle to receive special recognition as the **1998 Distinguished Honorary Award Recipient**. Narsai's career focus, with a specialization in culinary interests, parallels one of our goals to upgrade the food management systems/culinary laboratories in the Department. It is on the forefront of our fund-raising priorities this year. Donations will be tailored to purchase and install a state-of-the-art, professional heavy duty range with grill in the laboratory.

A major accomplishment to meet compliance requirements of The American Dietetic Association (ADA), involved completion of the Ten-Year, Self-Study document for the Didactic Program in Dietetics (DPD). Special acknowledgment is extended to all faculty and staff who contributed to the final, 400-page document,

while the primary writing leadership was instituted by Dr. Nancy Lu (DPD Director), Sandy Queen (graduate student) and myself. We can tout that our curriculum met the new ADA Foundation Skills and Knowledge requirements and that our high, Ten-Year DPD passage rate for the April 1998 RD Exam was 100% for both DPD and AP4!

Moving on to the Approved Preprofessional Practice Program (AP4), we have requested *Developmental Accreditation* status as a Dietetic Internship from The American Dietetic Association for our AP4. Dr. Kathryn Sucher (AP4 Director) will form a committee to begin to develop the Self-Study document required for the new dietetic internship (with an ADA due date in the year 2001).

Before closing, I would like to comment on the new **Tri-Focus** Newsletter logo, identifying **Nutrition - Food Science - Packaging**. Many of our alumni and friends have commented positively on the concept of pulling together the many exciting and varied facets of the Department that communicate new frontiers. The word, *Nutrition*, is inclusive of the Dietetics/Nutrition and Foodservice Management curriculum offered. These fields are closely aligned by similar core courses. Food Science refers to Food Technologists, Food Engineering, and the applied technology associated with the industry. (Additional chemistry, physics, math, and biology courses, but fewer Nutrition credits encompass this concentration.) Packaging, our latest program expansion, encompasses specific courses with a tailored curriculum of additional physics and math, with close alignment to Food Science and a few core Nutrition courses. We value your opinions and encourage your comments/suggestions regarding this new identity.

Thank you for your ongoing support. We continue to provide an excellent education for our students. Special thanks to Gretchen Vannice, Sandy Queen, Lorraine Chatterjee, Laura Hawkins, Dana Rogers, Judith Schallberger, and Caroline Fee, Circle of Friends Director, for creating this tremendous newsletter. Do let us hear from you soon!

*Lucy McProud*

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





NARSAI M. DAVID

### 1998 DISTINGUISHED HONORARY MEMBER CIRCLE OF FRIENDS

Narsai M. David, nationally acclaimed food and wine expert, connoisseur, and educator was recognized April 16 as the SJSU Department of Nutrition and Food Science **Circle of Friends** 1998 Distinguished Honorary Award Recipient.

Widely acknowledged as a leader in culinary education, Narsai David has reached thousands of listeners as host of the call-in program, "KCBS Saturday Kitchen." Since 1990, he has served as KCBS Food and Wine Editor. Currently, he broadcasts 13 spots per week and gathers his material as he travels all over the world. He is so well known that his vast audience refer to him simply as "Narsai."



"Narsai" chats with alumni,  
Eve Orton '46 and Angelica Fenolio '46

Narsai's extraordinary accomplishments include being recognized as one of the founders of California Cuisine. He truly defined this unique style of cooking, which is characterized by using the finest, fresh ingredients and preparing these in a light and vibrant manner. His restaurant, Narsai's, set the gold standard for culinary hot spots. Some of his other accomplishments include authoring a cookbook, "Monday Night at Narsai's" and serving as Resident Chef on KTVU's "Mornings on 2", Television Chef Host on PBS "Over Easy", and Food Columnist for the San Francisco Chronicle.

This year's **Circle of Friends** Reception, held in his honor, had a special culinary theme, in deference to Narsai's Assyrian roots. Our very own faculty member, Alan Finkelstein, prepared an incredible array of Middle Eastern delicacies featuring lamb with pomegranate glaze served on couscous and a delectable Mezza Platter with dolmas, humus, and other delights presented with pita breads. A highlight of the reception was Narsai's reflections on his favorite topic: fine food, wine, and culinary excellence.



Caroline Fee, Circle of Friends Director,  
presents award to Narsai David after  
Alan Finkelstein finishes introductory remarks

Narsai David truly embodies what the **Circle of Friends** is all about: passion and the commitment to excellence in education. The **Circle of Friends** recognizes with great honor and appreciation, Narsai M. David, as its 1998 Distinguished Honorary Award Recipient.



Emile Moser, owner of Emile's Restaurant,  
catches up with Joan Giampaoli, faculty member.  
Eileen Mackusick '94 appears in the background.

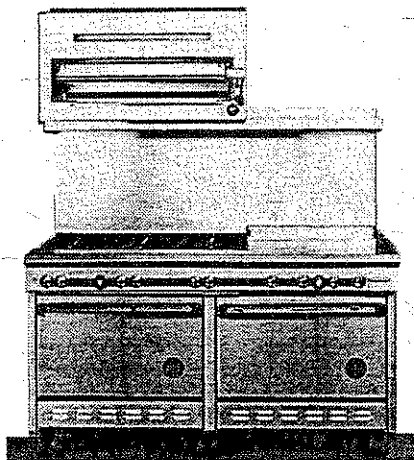
## CIRCLE OF FRIENDS TURNS UP THE HEAT!

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 130+ members have been directly responsible for enriching our students' educational experiences in a number of ways. In our fifth year of success, some major accomplishments include:

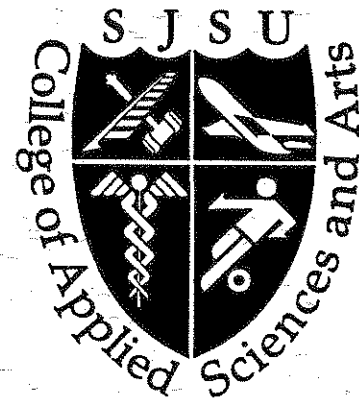
- Completion of the Food Processing Laboratory
- Purchase of a Bioelectric Impedance Analyzer
- Purchase of a Portable Food Demonstration Cooking Unit
- Purchase of a Bomb Calorimeter (with microprocessor)
- Creation of a Student Research Assistance Fund
- Establishment of 6 new Scholarship Funds

The **Circle of Friends** major project for the coming year is to upgrade our food production laboratory that is seriously outdated. Most important, we plan to purchase a new professional range, one that has more burners and delivers higher heat to brown, broil, and grill. This \$10,000 piece of equipment is vital in order for our students to better learn quantity cooking and the full scope of cooking techniques taught in food production and culinary classes.

We invite you to join us in making this major project a reality. The need is so pressing and the rewards of immediate action so great! Help us realize the vision we share in providing excellence in education. The **Circle of Friends** welcomes you as a member. (An application is provided in this newsletter).



State-of-the-Art Professional Range  
Circle of Friends 1998-99 Project



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

The **College of Applied Sciences and Arts** honored four outstanding students and one outstanding alumna from the Department of Nutrition and Food Science in their annual **Awards Reception**, held May 4, 1998, in the campus University Room. Recipients and guests were welcomed by SJSU President, Dr. Robert Caret and Provost, Dr. Linda Bain.

Dr. Michael Ego, Dean of the College of Applied Sciences and Arts, presented a Dean's Undergraduate Scholarship award of \$500 to **Melanie Haake** (concentration in Dietetics). **Kathleen Cahill** received the award for Outstanding Graduate Research, titled "Vitamin C Status in Healthy People with Chronic Non-Progressive Physical Disabilities," which was presented by Terry Miller, Associate Dean. Dr. Nancy Lu, NuFS Faculty Advisor, presented the Small Research Grant award of \$300 to **Yi-Ping Sun** for her research on "The effect of different levels of high cholesterol diets on vascular endothelium and atherogenesis in rabbits."

Diane Hester, Director of Clinical Nutrition, UCSF Stanford Health Care, presented the UCSF Stanford Health Care Scholarship for Nutrition and Food Science to **Melanie Haake**. This yearly \$500 scholarship is funded by UCSF Stanford Health Care (formerly Stanford University Hospital) and given to an undergraduate dietetics student with outstanding academic achievements, service, and professional promise.

**Mary Foley**, M.S. candidate in Nutritional Science, received a \$1000 SJSU Alumni Association Scholarship. This award was presented by Terry Miller, Associate Dean.

To conclude the evening, Dr. Ego honored 11 SJSU alumni with Distinguished Alumni Awards. **Mary Ellen Heising**, M. A., Home Economics: Foods and Nutrition, 1978, and Founder, Second Harvest Food Bank, Santa Clara and San Mateo Counties, was among those honored for their extraordinary contributions to SJSU and their respective professions.

Congratulations to all of these outstanding individuals!

## MARY ELLEN HEISING - AN INCREDIBLE CAREER HELPING HUNGRY PEOPLE



**Mary Ellen Heising, M.A. '78** began her career path as a nutrition and home economics teacher in Minnesota. When her husband was transferred to California in 1975 (and her four children were raised), Mary Ellen decided to enroll at SJSU and get a master's degree in nutrition. Mary Ellen accomplished this goal, receiving her M.A. in Foods and Nutrition in 1978, when the major was under the Home Economics Department.

Little did she realize that the topic of her master's thesis, a study of the nutritional needs of the elderly, would begin her true mission. Upon graduation, Mary Ellen was asked by Economic and Social Opportunities (ESO), a federal government agency, to direct a brown bag program that provided bags of donated food to low income senior citizens. During her first year on the job, the program fed an average of 700 people per week at seven locations. (Today, this program feeds more than 10,000 per week at more than 60 locations).

In 1979, Mary Ellen became the founding Executive Director of the Second Harvest Food Bank. At this time, the Food Bank was 97 percent federally funded. By 1983, government financial support had disappeared. Many would have sadly accepted the situation, but not Mary Ellen! She used her innovative management skills to recruit food donors, volunteers, and industry support. She demonstrated remark-

able leadership skills inspiring teamwork, community involvement, and volunteerism.

The concept of food banking finally took hold as people began to understand how food banks serve as non-profit wholesalers, taking food donations from growers, processors, and retailers, then distributing the food to non-profit agencies that feed low income and hungry people.

As support for food banking grew, so did the Second Harvest Food Bank of Santa Clara and San Mateo Counties; it now has a \$3 million dollar budget and a 43 member staff. During Mary Ellen's term as Executive Director, from 1979-1995 (the year of her retirement), she directed capital campaigns and annually distributed 16 million pounds of food to over 120,000 low income people through a network of 380 churches and non-profit agencies.

Mary Ellen has received many prestigious awards including Woman of Achievement Award for Santa Clara County, Woman of the Year Award from the State of California Legislature, and the Outstanding National Food Bank Award. Most recently, she was honored with the 1998 Distinguished Alumni Award from the SJSU College of Applied Sciences and Arts, representing the Department of Nutrition and Food Science.

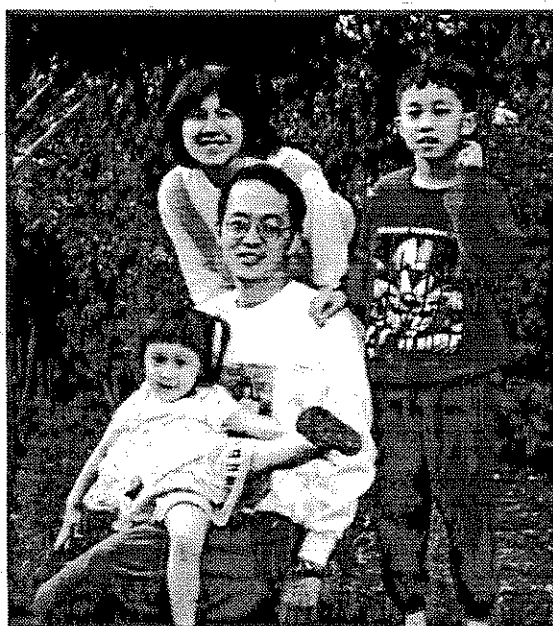
Mary Ellen Heising has had a truly remarkable career in public service and has earned the reputation as a community, state and national leader in non-profit food distribution for needy people. The Department of Nutrition and Food Science is indeed proud to have Mary Ellen as one of our very own alumni.

## FACULTY FEATURE: MAY-CHOO WANG, Dr. P.H., R.D.

May-Choo Wang came to the Nutrition and Food Science Department at SJSU in Fall 1997 as Assistant Professor, specializing in community nutrition, nutrition education and research methodology. She has just completed one full year of teaching: engaging with students, dealing with office hours, writing exams, and experiencing all the other joys of teaching. May claims to have loved it all!

May was raised in Singapore and earned her first undergraduate degree in accounting at the National University of Singapore (B.Acc. '79). She worked as an accountant for a short while, but her love for people and nutrition soon led her to return to school. She got her M.A. degree in Nutritional Science at the University of Texas at Austin ('83). While in Texas she worked at the Texas Department of Health, where she was involved with program planning, grant writing, and data analysis.

May's intrigue with research and increasing interest in nutrition and epidemiology motivated her to complete a Master of Public Health/R.D. ('86) and later a doctorate in public health nutrition ('93) at the University of California at Berkeley. Her dissertation entitled, "Environmental  
(Cont'd pg. 5)



May-Choo Wang with her husband and 2 of 3 children

## MAY-CHOO WANG (con't)

influences on growth and health in ethnic Chinese populations", was an investigation of obesity among ethnic Chinese youths.

Upon completion of her Dr. P.H., she was awarded a post-doctoral fellowship at the Stanford University School of Medicine by the National Institutes of Health. There, she was involved with a four-year longitudinal study of bone mineral acquisition in ethnically diverse children and adolescents. She has published in the areas of pediatric skeletal health and body composition, with a focus on dietary and ethnic influences.

Now at San Jose State University, she is pursuing her love of teaching and making a difference in the lives of students. In addition to her teaching and research activities, she participates in various committees and associations including the Research and Faculty Development Committee for the College of Applied Arts and

Sciences at SJSU, the local chapter of the California Dietetic Association (SJPDA) (where she is education liaison), and the Asia Pacific Public Health Nutrition Association of which she is a founding member.

May is also getting involved with the community of San Jose. She has been invited to sit on the Anemia Task Force for Santa Clara County and is very excited to have the opportunity to work with local public health professionals. She is also collaborating with Bruce Dreyfuss, M.D., of the Osteoporosis Center of San Jose, on a study of osteoporosis among South-East Asian women.

In sum, May is an incredibly talented, caring, and productive addition to the Department. She is truly a remarkable woman, as she finds time to engage in all her professional pursuits while she and her husband also raise their three young children and maintain their home in Palo Alto.

### TRIBUTE TO DON BETANDO, FOUNDER, SJSU PACKAGING PROGRAM

Don Betando, Emeritus Professor and 1997 Packaging Hall of Fame inductee, was recently acknowledged with an honorary plaque for his role as Founder of SJSU's Packaging Program. The award was presented by Dr. Lucy McProud, NuFS Department Chair, at the 1998 Spring Convocation Ceremony held in the San Jose Hilton Hotel. The event was shared by Kathy Betando (Don's wife), students, colleagues, and friends.

Don founded the SJSU Packaging Program in 1982; then, it was part of the Division of Technology. Even at the Program's inception, he demonstrated his innovative spirit by recruiting a prominent group of packaging entrepreneurs to act as an Industry Advisory Council.

In 1995, the Packaging Program merged with the Nutrition and Food Science Department. At that time, Don served in multiple roles to foster a smooth transition. He worked closely with and provided mentor support to Dr. Jorge Marcondes, the new NuFS packaging faculty member, before handing him the reins as Packaging Coordinator. At the May Convocation Ceremony, Don expressed his gratitude to the Department for having the vision to incorporate the program.

Additionally, Don continued to broaden his base as development officer for the Packaging Program and to

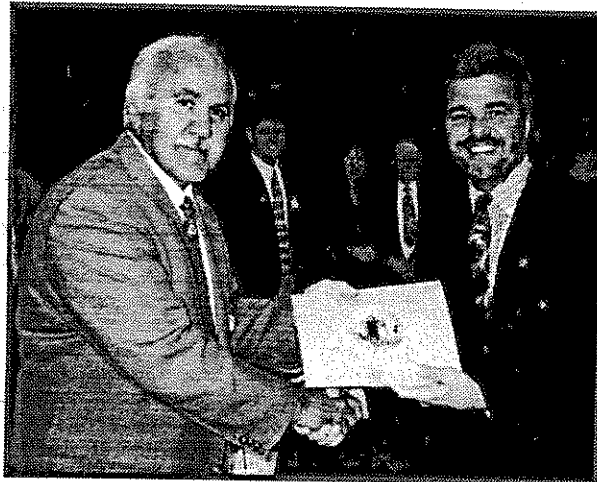
champion the program, serving as industry liaison and consultant. He was personally responsible for securing thousands of dollars of donated equipment, student scholarships, awards, and grants.

Don has enjoyed an extraordinary career and leaves a legacy at SJSU, encompassing more than four de-

cadecades. True to his dedication to academic excellence, Don provided administrative leadership to the university as Director of the Division of Technology, Acting Associate Executive Vice President, Special Assistant to the Academic and Executive Vice Presidents, and Associate Dean in the College of Applied Sciences and Arts.

Don's many professional accomplishments include Western Packaging Association (WPA) President in 1993-94, WPA Packaging Man of the Year, 1987 (only five were ever given), and National Association of Industrial Technology President and Chairman of the Executive Board.

We salute Don Betando for his lifetime achievements; he has truly fostered the excellence of the packaging program and the entire university. We bid him success in his new endeavors.



Don Betando accepting commendation from President Caret for receiving Packaging Hall of Fame Award



**STUDENT PACKAGING ASSOCIATION  
BY MARK ESCOBEDO**

The 97-98 academic year was a great success for the Student Packaging Association. In fact, the packaging program now has an updated look, thanks to the new logo designed by Leroy Maxwell, member of the student club.

Various fundraisers were held during the year to support the club's activities, including selling t-shirts and sweatshirts with the new logo. One of the best attended fundraisers was the Western Packaging Association (WPA) Golf Tournament (over 120 people participated!)

The Institute of Packaging Professionals (IOPP) Student Night (hosted by the student club) was a major hit. Well respected leaders in the packaging industry attended, not only to show their support but also to give valuable insight and feedback to students making presentations. These presentations were focused on student packaging projects, the culmination of a semester of research, evaluation, design, and testing in the Packaging Development and Management Class.

The Student Packaging Association ended its year with its annual "box sale" and barbecue. New officers elected and inducted at the barbecue are Pal Khangaidy (President), Chris Birgers (Vice-President), Leroy Maxwell (Secretary), and Ryan Velasco (Treasurer).

For more information about the Student Packaging Association, please call Mark Escobedo at 510/792-2733.

**PACKAGING SCHOLARSHIPS ACADEMIC YEAR 1997/1998**

The following SJSU packaging students have been awarded scholarships for the academic year 1997/1998. Total amount of scholarships awarded was \$23,400.

<b>Name</b>	<b>Amount</b>	<b>Sponsor</b>
Chris Droitcour (F97/S98)	\$2,500	Bright Family Foundation
Diane Do (F98/S99)	2 500	Bright Family Foundation
Mark Escobedo	1,000	California Packaging Club
Chris Birgers	1,000	California Packaging Club
Kayo Hatton	1,000	Flexible Packaging Association
Mont Thompson	500	Packaging Education Forum (PMMI)
Ikuko Kato	500	Packaging Education Forum (3M)
Joseph Demers	500	Packaging Education Forum (DuPont)
Karla Reynolds	500	Packaging Education Forum (Sealed Air)
Trang Nguyen	500	THARCO
Noushin Akbarpour	500	THARCO
Anthony Bantug	500	Reed Corporation
Peter Matthews	500	Reed Corporation
Pai LiChi	500	Western Packaging Association
Kim Anh Bo	500	Western Packaging Association
Bhautik Mehta	500	Western Packaging Association

Other scholarships awarded to packaging students in 1997/1998 are:

WPA travel (10 students)	2,500	Western Packaging Association
THARCO travel (2 students)	400	THARCO
Chapter travel (4 students)	1,000	Student Packaging Association
PMMI travel (14 students)	4,000	Packaging Machinery Manuf. Institute
Professional meetings (all)	2,000	Institute of Packaging Professionals

For information regarding the Packaging Program, call Dr. Jorge Marcondes, Packaging Coordinator at 408/924-3210.

## MULTIDISCIPLINARY HEALTH PROMOTION IN LATER LIFE

This fall a new graduate level course (NuFS 298) was offered as a crosslisted class in the Nutrition and Food Science, Health Professions, and Gerontology programs. The course was team taught by Dr. Kathryn Sucher (NuFS Dept.) and Dianna Dee Bicocca (Nursing Dept.), and developed with the input of Dr. Debra David, (Gerontology Program Director).

Guest speakers from many disciplines (occupational therapy, nutrition and food science, nursing, human performance, and gerontology) provided timely health promotion information to the students. Topics included physiological, sociological, cultural, environmental, and spiritual factors that affect the length and quality of life in older adults.

Class projects included working in student teams, doing health assessments on elderly volunteers and then writing reports detailing assessment and care plans. Student teams also developed health promotion products and programs for use by local agencies. Some of the excellent work included developing nutrition education programs for the John XXIII Senior Nutrition Site, planning a senior exercise and fitness day at a local health club, and developing an information resource packet for the Monte Vista Terraces senior community.

This course exposes students to all areas of health promotion and the concept of working in health profession teams, as is the current trend in today's healthcare field. Further, it provides an opportunity to work with students and instructors from other disciplines as they learn principles of promoting health and preventing disability in later life.



## SJSU ATHLETES WIN! NEW COURSE APPROVED

Nutritional Considerations for the Athlete (NuFS 081) is now a permanent one unit course offered by the Department of Nutrition and Food Science and taught by Helen DeMarco M.S. '96, R.D. This basic nutrition course is specifically designed for athletes who participate in any sport at SJSU. Course content is individualized, in that it varies with the needs of each athlete. Also, the course is held in the evenings for two hours, every other week, so that it does not interfere with practices and events.

As part of the class, students calculate their energy needs and then do a one day diet self-study to assess how their dietary intake compares to their calculated needs. These student athletes are truly motivated in optimizing their performance through sound nutritional practices and most often have questions about nutritional supplements and special diets.

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## SCHOLARSHIPS AND AWARDS IN RECOGNITION OF EXCELLENCE

### Circle of Friends Scholarships

Elveda Smith Scholarship  
\$500 Mary Lee Foley

Jean Downes Scholarship  
\$350 Gretchen Vannice

Rose Tseng Scholarship  
\$200 Dana Rogers

Stanford Hospital Scholarship  
for Nutrition and Food Science  
\$500 Melanie Haake

### Circle of Friends Research Assistance Awards

Awards for Supplies/Support materials were given to assist the research of: Mary Lee Foley  
Yi-Ping Sun  
Manjiri Ghate

### SJSU College of Applied Sciences And Arts

Alumni/Dean's Scholarship  
\$500 Melanie Haake

Outstanding Graduate Researcher  
\$200 Kathleen Cahill

Small Research Grant  
\$300 Yi-Ping Sun

Distinguished Alumni Award  
Mary Ellen Heising, M.A., '78

SJSU Alumni Association Scholarship  
\$1000 Mary Lee Foley

### Nutrition & Food Science 1998 Diversity Award Recipients

Mark Escobedo - Packaging  
Shelley Heim- Packaging  
Jolanta Marzec - Packaging  
Norma Lerma Molina - Nutrition  
Suzanne Ramos - Packaging

### Ruth Dick Hunter United Methodist Women Scholarship

\$750 Laura Hawkins

Odwalla "Femme Vitale" Scholarship  
\$2000 Gretchen Vannice



Gretchen Vannice

*The Femme Vitale Scholar is a woman pursuing a degree in wellness, health and/or nutrition who demonstrates a commitment to wellness and vitality of spirit. The scholarship is also based on academic performance, financial need, community involvement and inspirational life story.*

## ALUMNI INTERVIEWS



Sarah Viaggi, B.S., '85

Sarah is a Registered Dietitian and Certified Diabetes Educator who serves as the sole dietitian of the San José/Good Samaritan Medical Group. Her job responsibilities include seeing 8 to 10

patients per day, as well as developing and presenting classes on topics such as decreasing fat consumption, carbohydrate counting, nutrition and diabetes, early post-op feeding, calcium needs and osteoporosis, and the food guide pyramid. She is currently developing a class on sodium.

Sarah attests that her education at SJSU gave her an excellent background and physiological knowledge base that has helped her to field unusual questions from patients and class participants with confidence. She describes herself as an interactive talker, not a speaker; this helps her respond to questions so people can learn what she has to offer.

Sarah's advice to current nutrition students is first, "Be versatile – don't tie yourself down in your first few years out in the work force" and second, "Take what is available – better jobs will follow." Above all, she recommends, "Follow your heart. Only you know what is best for you!"



Marisa Castaldini, M.S., '97

Marisa has accomplished much since graduation. She recently passed the RD Exam, and her master's project, "The Development and Pilot Testing of a Multimedia CD-ROM for Diabetes

Education." (Published in the May-June 1998 issue of *Diabetes Educator*.)

Marisa has also just been hired as a dietitian working for the Gardener Family Health Network. Marisa attributes her immediate success in finding a job to her involvement as editor of "News and Views," the newsletter of the San José Peninsula District of the California Dietetic Association.

In her new job as a dietitian, she most often sees clients dealing with Type II diabetes, weight control, and high cholesterol. Having developed expertise in diabetes education and counseling from personal experience and nutrition courses at SJSU, Marisa is presently accumulating hours necessary to become a Certified Diabetes Educator and studying to become a Certified Insulin Pump Trainer.

Commenting on memories of her student years, Marisa remarked, "Three weeks after graduation, my blood sugar was normal!" Marisa and her husband, Kevin, are expecting their first child in January 1999.



Jacci Cenci-McGrody, M.S., '97

Jacci was an exceptionally productive graduate student. In addition to her academic studies, she worked at NASA for two years in the Regenerative Life Support Systems Department. Here, she

researched the benefits of plant derived nutrients on human metabolism. Nutrient dense vegetables were cultivated in the crop chamber on site, and Jacci devised menus for astronauts incorporating the harvested produce.

True to her passion for plants, Jacci completed her master's degree project evaluating the effectiveness of nutrition education in 16 San José community gardens. Presently, Jacci is involved in a very challenging and fulfilling AP4 experience at the VA Hospital in Palo Alto.

Before coming to SJSU to pursue her master's degree in Nutrition, Jacci worked as an applications engineer in the computer industry. She is quick to add that her metamorphosis from the computer industry into her second career in nutrition would not have been possible without the staunch support of her husband, Kevin, who always believed people skills were her forte.

Jacci plans to use her broad background and skills to explore innovative career options. Some of her ideas include exploring the concept of virtual reality and the mind-body connection as they apply to chronic nutrition-related conditions. She advises emerging nutritionists to be professionally aggressive and incorporate a wide array of skills including public relations and marketing; success will require specialization, certification, high self-esteem, self-direction, and a positive attitude. Indeed, Jacci is an inspirational role model!



Alice Morris Swanson, M.S., RD., '84

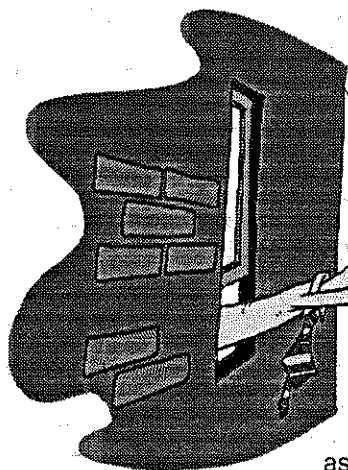
Alice has pursued and enjoyed a satisfying career in clinical dietetics. She began working part-time as an in-patient dietitian and quickly widened her scope to include outpatient dietetics. Eventually, she

secured contracts with a group of internists and cardiologists and began private consulting. She found working one-on-one with patients to be very rewarding and decided to expand. Alice opened her own office and specialized in nutrition and women's health, including food allergies, PMS, and prenatal and post-partum nutrition, until she retired in 1993.

In addition to her professional pursuits, Alice followed her love for chamber music and was a volunteer for the San José Chamber Music Society. Alice found another love as well; she married Elliot Swanson in 1997. She and Elliot live in Saratoga, California and are Co-Executive Directors for the San Jose Chamber Music Society.



## ALUMNI SIGHTINGS



**Eileen MacKusick, M.S.'94** returned last fall to SJSU and the department to teach a course section of Nutrition and World Hunger (NuFS 139), in addition to her full time job as renal dietitian at Valley

Medical Center. **Tracy Sirota,**

**M.S.'97** also taught a section of the Nutrition and World Hunger course and will be doing her dietetic internship at UCSF this fall. **Stephanie Brooks, M.S.'96**, part time faculty member, has been deeply involved in the Nutrition and World Hunger course, as well. She not only teaches multiple sections, but also has taken a leadership role in the university re-evaluation process to ensure that the course continues to meet the SJSU general education criteria.

**Helen DeMarco, M.S.'96**, part time faculty member, continues to teach Nutrition for Sport (NuFS 123), Physical Fitness and Nutrition (NuFS 163), and her newest course, Nutritional Considerations for the Athlete (NuFS 081). Additionally, she can be seen at Stanford University doing nutrition consulting for their athletes.

**Joan Giampaoli, M.S.'91**, full time faculty member who teaches foodservice management classes, is continuing to work on her dissertation for her doctorate in foodsystems management. Joan has also just taken on a leadership role in the California Professional Nutrition Education and Training Center (Cal-Pro-Net) at SJSU, a \$100,000 grant from the State of California. **Nancy Black, M.S.'88** continues to serve as the SJSU Health Center Nutritionist in charge of dietary counseling for students. She also taught a course, Introduction to Science Through Nutrition, (NuFS 9) for the department during the past year.

**Caroline Fee, M.A.'79**, part time faculty member who teaches courses in Aging and Nutrition and Multicultural Health Issues, recently had an article published in the Journal of Nutrition Education entitled, "Increasing Cultural Competence for Effective Client Counseling: An Experiential Course." **Sarah Viaggi, B.S.'85**, dietitian and diabetes educator for the San José Medical Group, was featured as a speaker in the SJSU "Ask the Doctor" instructional T.V. series where she made a presentation on keeping holidays healthy by preparing lowfat and tasty holiday meals.

**LaPaula Sakai, M.S.'81** has been spotted teaching a graduate course in Advanced Clinical Nutrition for the department. LaPaula also works full time as Nutrition Coordinator in specialized Nutrition Support at Kaiser, Santa Clara.

**Karen Meredith, B.S.'96**, who works as quality controller at Chiala Farms, was seen giving her all to help the Student Nutrition Club with their raffle held in conjunction with the Northern California Chapter of the Institute of Food Technologists (IFT) Meeting this spring. Karen serves as the Secretary of the Monterey Bay section of IFT. **Imad Ababneh, M.S.'97** was featured on a front-page article in the SJSU Spartan Daily where his research in reducing the browning effect in cut artichokes was highlighted.

**Leta Frye, M.S.'82**, who just completed her term as President of the San José Peninsula District of the California Dietetic Association, was seen sharing her wisdom and insights with graduating students as the Convocation Alumni Guest Speaker for 1998. **Alan Roth, B.S.'91**, came back to the department to speak to the Student Nutrition Club about what the Second Harvest Food Bank actually does and what his job, as their Nutrition Coordinator, entails. **Christine Grimm Hinrichs, B.S.'90** has been in contact with the department looking for students and grads to fill dietitian positions in Nutrition Management Services Co., where she serves as Director of Clinical Services, West.

**Phyllis Simpkins, B.A.'46**, recognized leader in philanthropy, just completed her term as head of the 1998 Spartan Foundation Fund Raising Drive. Under her leadership, the Drive was the most successful ever. **Deadra (Dee) Rubin Thorn, B.S.'95**, in addition to her "day job" as clinical dietitian at Alameda Hospital, has started her own consulting company, "Advanced Nutrition Dynamics", which focuses on disease prevention and provides consultants in nutrition, health, and food safety. For more information you can reach her at [deerubin@yahoo.com](mailto:deerubin@yahoo.com)

**Pamela Kittler, M.S.'85**, Owner, Four Winds Food Specialists, along with Kathy Sucher, faculty member, were featured in a two page article in the San José Mercury News West Magazine where they discussed the new edition of their book, "Food and Culture," and shared their insights on how food and culture intertwine. **Marie Genten, M.S.'89** has flown south and picked up the reins as Chief Clinical Dietitian at USC University Hospital.

A flock of alumni (**Jane Harmer, M.A.'77**; **Victoria Major, M.A.'70**; **Bonnie Bruce, B.A.'76**; **Jean Downes, M.A.'74**; **Susan McCloud, M.S.'81**; **Pamela Kittler, M.S.'85**; & **Caroline Fee, M.A.'79**) were sighted at the "Aloha Rose Dinner" which was a celebration of Rose Tseng's contributions to higher education and a bon voyage for her new position as Chancellor of University of Hawaii, Hilo. Rose was a former Chair of the Nutrition/Food Science Department, Dean of the College of Applied Sciences and Arts at SJSU, and Chancellor of the West Valley/Mission College District.

# THE JOYS OF GRADUATION CONVOCATION 1998



Graduating class of 1998  
The moment has finally arrived!



Delicious luncheon served at the Hilton Hotel  
prior to the ceremony



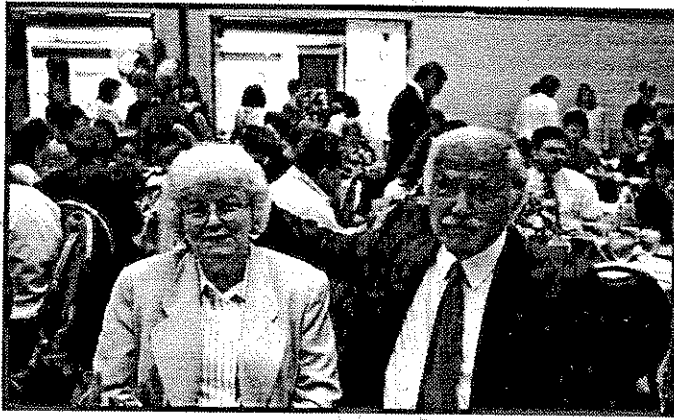
Department Chair, Dr. Lucy McProud,  
welcomes the graduates, their families, and friends



Associate Dean, Terry Miller,  
joins in congratulating the graduates



Alumni Guest Speaker, Leta Frye, M.S. '82,  
shares words of wisdom with graduates,  
their families, and friends



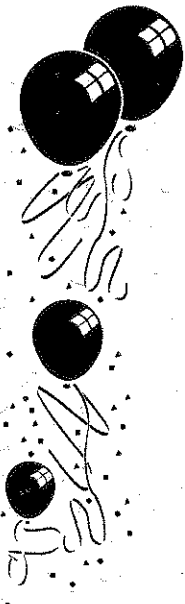
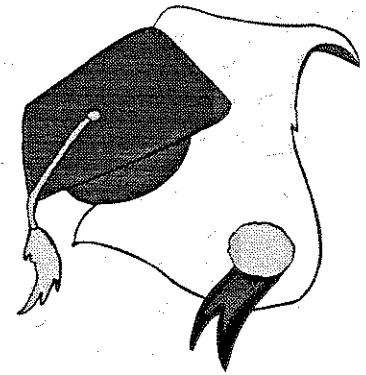
Mr. and Mrs. Don Betando celebrate with the class of '98



Norma Molina, second from left, with her family, celebrates her award as Outstanding Undergraduate in Nutrition/Dietetics



Drs. Marcondes, McProud, and Sucher congratulate Mrs. Betando (seated) and Don Betando after he is recognized for being the founder of the Packaging Program at San José State University



Dr. Saltmarch poses with food science graduates: Imad Ababneh, Melissa Stenseth, Joseph Mendes, and Jade Bichphuong Nguyen



Convocation Co-Chairs: Mark Escobedo, Laura Hawkins, and Sandy Queirolo

*Congratulations*

## NuFS SHOWCASES BACHELOR OF SCIENCE 1998 GRADUATES

### Dietetics

Leticia Angeles  
 Nilda Bloom Vickers  
 Kari Cheli  
 Chu-Machu Chen  
 Geraldine Conlen  
 Grace DeGuzman  
 Judy Farnsworth  
 Veronica Giles  
 Gwen Gonzales  
 Brandi Gregg  
 Marianna Kristofik  
 Hoi-Yee Lai  
 Vesna Mardesic  
 Colleen McKeon  
 Norma Molina  
 Hemal Parikh  
 Kimberly Parreno  
 Samantha Reek  
 Crista Tran  
 Kim Phuong Tran  
 Inna Tauglich  
 Linda Lipman Weinstein

### Food Science

Le Suong Ngoc  
 Jade Bichphuong Nguyen\*  
 Joseph Mendes  
 Phuong Phan  
 Heidi Salaguinto  
 Emil Skaria  
 Melissa Stenseth

### General Nutrition

Hawley Amstedt  
 Yasue Daley  
 Kim Dung Huynh  
 Jennifer Marks  
 Mario Martinez  
 Carol McKenna  
 Rhiza Pagaduan

### Packaging

Noushin Akbarpour  
 Marci Ando  
 Timi DiSalvo  
 Fariba Tghanian  
 Ikuko Kato  
 John LaRiviere  
 Tramy Lieu  
 Jolanta Marzec  
 Monica Moradkhan  
 Alvar Shahbazian  
 Lila Skelton  
 Cindy Tan

### Food Service Management

Terry Wilson



Students attend California Dietetic Association  
 Legislation Day in Sacramento

### Graphics Packaging

Shelley Heim

### Recent graduates of the Nutrition and Food Science Department who are going on to complete **Dietetic Internships or AP4 Programs:**

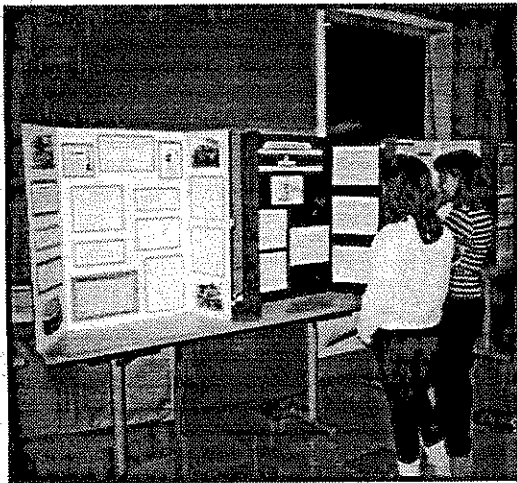
- Elizabeth Bailey:** San Jose Unified School District, San Jose, CA and Santa Clara Valley Medical Center, San Jose CA
- Laurie Becker:** Veteran's Affairs Medical Center, San Francisco, CA
- Jyothika Bhat:** Cupertino School District, Cupertino, CA and Kaiser Medical Center, Santa Clara, CA.
- Angela Bruce:** Long Beach State University Dietetic Internship, Long Beach, CA
- Kathleen Cahill:** Spartan Food Service, San Jose State University, San Jose, CA and Americare, Hayward, CA
- Jacci Cenci-McGrody:** Veteran's Affairs Medical Center, Palo Alto, CA
- Marci Clow:** Salinas Valley Medical Center, Salinas, CA
- Sima Dahi:** San Mateo Community Hospital, San Mateo, CA
- Kim Roth:** Choices for Children, Campbell, CA and Santa Theresa Kaiser Medical Center, San Jose, CA
- Deepika Roa:** Americare, Hayward, CA
- Tracy Sirota:** University of California San Francisco Medical Center Dietetic Internship, San Francisco, CA
- Manuela Voicu:** Americare, Hayward, CA
- Christine Louie-Wilson:** Arroyo Grande Community Hospital Arroyo Grande, CA
- Marty Wilson:** Senior Nutrition, San Jose, CA and Kaiser Medical Center, Santa Theresa, San Jose, CA
- Lori Zampedri:** San Jose Medical Center, San Jose, CA and Kaiser Medical Center, Redwood City, CA

## NuFS SHOWCASES MASTER OF SCIENCE 1998 GRADUATES

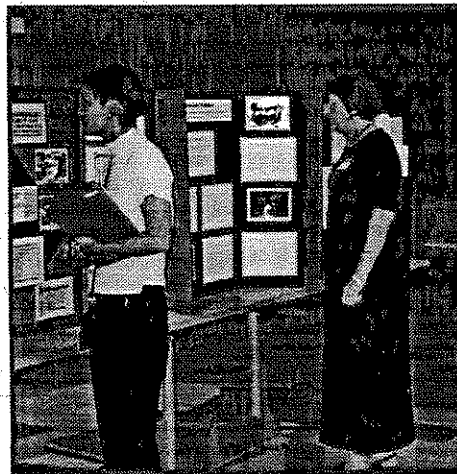
### Thesis/Project title

<b>Imad Ababneh</b>	<i>Effect of Selected Browning Inhibitors on Harvested Artichoke (cynara scolymus) Heads</i>
<b>Elizabeth Bailey</b>	<i>Needs Assessment: Nutrition Education in Recovery from Drug and Alcohol Addiction</i>
<b>Kamaldeep Bansil</b>	<i>Measure of Change of Temperature of Cold Foods of Patient Meals After Travel from Production Site to Point of Service (Off-Site)</i>
<b>Jyothika Bhat</b>	<i>Development of Ethnic Foods Database</i>
<b>Kathleen Cahill</b>	<i>Vitamin C Status in Healthy People with Chronic Non-Progressive Physical Disabilities</i>
<b>Jacci Cenci-McGrody</b>	<i>Assessing the Nutrition Education Needs of Community Gardeners: Development of Learning Objectives</i>
<b>Marci Clow</b>	<i>Development and Implementation of an Effective Nutrition Education Program for Low Income African-American Elders</i>
<b>Sima Sara Dahi</b>	<i>Zinc Content and its Bioavailability of Preschool Planned Menus</i>
<b>Electra Gavros</b>	<i>A Mathematical Approach to Improving Source Reduction of Primary Packages</i>
<b>Ashleigh Harwin</b>	<i>Reasons for the Choice to Not Breast Feed: A Study of Low Income WTC Sample</i>
<b>Kayo Hatton</b>	<i>Effect of Temperature on the Shock Absorption Properties of Cushioning Materials</i>
<b>Haiyan Huang</b>	<i>The Effect of Green Tea Extract on Lipid Oxidation of Canola Oil During Fat Frying</i>
<b>Li-Sa Vui-Sim Kon</b>	<i>Biodegradability of Polyhydroxybutyrate-valerate in a Simulated Disposal System</i>
<b>Adina Naiman</b>	<i>Relationship Between Headspace Gas Analysis and Fungal Count in Parmesean Cheese in Various Package Types</i>
<b>Anuradha Palitkar</b>	<i>The Relationship Between Food Choices and Knowledge of the Food Guide Pyramid of Middle School Students</i>
<b>Sabina Prather</b>	<i>Determining a Dynamic Strength Reduction Factor for Regular Slotted Containers</i>
<b>Sandra Queen</b>	<i>Self Study of the Didactic Program in Dietetics at San José State University</i>
<b>Premi Ramachandran</b>	<i>Study of the Relationship Between the Transmissibility Curve and Cushion Curve of Cushioning Materials</i>
<b>Deepika Roa</b>	<i>Total Care for Persons with Dysphagia - An Interdisciplinary Approach</i>
<b>Kim Roth</b>	<i>Evaluation of a Neurophysiology Teaching Module by University Students with Learning Disabilities</i>
<b>Carol Russell</b>	<i>Characteristics of Emergency Food Providers in Monterey County</i>
<b>Tracy Sirota</b>	<i>Development and Implementation of an Effective Nutrition Education Program for Low Income African-American Elders</i>
<b>Harveen Sethi</b>	<i>Antioxidative Effect of Green Tea Extraction on Lipid Oxidation of Canola Oil</i>
<b>Christine Louie-Wilson</b>	<i>Assessment of Nutritional Status in Relation to Patient Outcome of Radiation Therapy</i>
<b>Marty Wilson</b>	<i>An Assessment of Critical Thinking Skills of DPD Students</i>
<b>Lorie Zampedri</b>	<i>Vitamin C Intake in Healthy People with Chronic Non-Progressive Physical Disabilities</i>

## M.S. GRADS PRESENT THEIR RESEARCH



Students discuss Research Poster Presentations at annual San Jose Peninsula Dietetic Association Reception



Christine Louie-Wilson (graduate student) and Leta Frye (alum '82) read about projects described in the Research Poster Presentations

### A PERFECT MARRIAGE

## SAN JOSE MERCURY NEWS "DESIGNATED EATERS" AND SJSU NUTRITION STUDENTS

In what is sure to become an annual tradition, students of the Medical Nutritional Therapy 110A class agreed to undertake a project with Kathleen Donnelly, health and fitness writer for the San José Mercury News. This project entails the selection of six "designated eaters" chosen from interested Mercury News' readers. These lucky six get to have their present eating patterns analyzed. Based on their individual results, the "designated eaters" receive customized recommendations for eating a more healthful diet.

Accordingly, last November Ms. Donnelly selected 6 "designated eaters" from over 200 interested readers. Twenty-three students volunteered to participate in this real-life project, acting as personal nutritionists to the six clients.

Two meetings between the "designated eaters" and their personal student nutritionists were held. The first meeting was a "data collection" encounter where the clients turned in three-day food diaries, had their body composition analyzed by bioelectrical impedance, and answered food frequency questionnaires. This information was then analyzed by the students using Nutritionist IV software. The students processed all the data and designed individualized, well balanced eating plans. The results of the data collection were presented at the second meeting, as well as customized recommendations for healthier eating patterns.

The published articles that appeared in two January 1998 editions of the San José Mercury News attest to the success of the "designated eaters" project. This was truly a case of win-win. The clients received excellent and personalized nutrition counseling by committed nutrition students under the supervision of their professor, Dr.



Students: Chandra Williams, Nadia Peattie, and Dana Gilbert provide nutrition counseling to "designated eater": Joanne Bradley

Kathryn Sucher, who is also a registered dietitian. The students received an excellent opportunity to put the knowledge and skills learned throughout the semester into practice, as well as gain competence in the Nutrition Department's technological resources.

(Thanks are extended to the following students for their participation: Francisco Holway (student project coordinator), Mary Foley, Kari Cheli, Geraldine Conlen, Mardi Blom-Vickers, Karin Lund, Marianna Kristofik, Veronica Giles, Hoi Yee Lai, Dana Rogers, Nadia Peattie, Dana Gilbert, Chandra Williams, Amy Moreau, Kimberly Parreno, Kimphuong Tran, Samantha Reek, Heather Wood, Karen Ikemoto, Lester Asuncion, Hemal Parikh, and Charlotte Bech.)

## NUTRITION AND FOOD SCIENCE CLUB ACCOMPLISHMENTS A RECORD BREAKING YEAR!

The Nutrition and Food Science Club had a fantastic 1997-1998. They finished the academic year with 60 members, an increase of 35 percent over last year. The Club sponsored many professional development and fundraising events.

The Club arranged for excellent speakers to address the club members. Students had a wonderful opportunity to hear, first hand, the experiences and advice of a variety of professionals. Topics included: food science production management, professional sales, internships and dietetics opportunities, sports nutrition, and community nutrition. Member support was at an all time high this year; in fact, many meetings were standing room only!

Several Club members represented the interests of young, upcoming dietetics professionals at the California Dietetic Association Legislation Day in May 1998 in Sacramento. Students presented legislators with packets of information intended to educate recipients about the profession of dietetics.

Club members also served as volunteer Student Ambassadors at the SJSU Circle of Friends Reception. They functioned to represent the NuFS Department to the guests who were invited from all areas of nutrition, food science, and food service. The guests were very impressed with the students, who added an incredible energy that contributed to the tremendous success of the event!

Fund raising events were very strong this year. The Nor Cal Institute of Food Technologies (NCIFT) Raffle raised nearly \$700 for the Club. Several prizes were donated to the raffle from local merchants including \$500 in merchandise from Hewlett Packard. Also, the Associ-

ated Students Spring Food Bazaar was a tremendous hit! Club members worked together to promote the Club and Department visibility while raising funds. Students prepared fresh strawberry shortcake and rice krispie treats in the department laboratory kitchens.

Other activities included selling aprons and t-shirts with the new Club logo from last year; in fact, these items were totally sold out. The Entertainment Book sales drive

was nearly 3 times as profitable as last year's effort, netting a profit of approximately \$250. Additionally, the Club sold California Dietetic Association (CDA) Cookbooks for the first time this year. Within 2 weeks 93 percent of the books were sold, earning the Club approximately \$140. Monies raised from all these efforts were used to provide travel scholarships for students attending national professional meetings and to offset department convocation expenses.

Community involvement was a major focus of the Club this year. In the fall semester,

the Club participated in the Harvest Festival, which celebrates the Garden Project at SJSU. The Club had a booth to promote Club visibility and distribute educational materials to Festival attendees. Spring semester efforts were focused on the first National Nutrition Month Celebration and Health Fair [see related article]. This was the largest, most successful Nutrition Month event held in recent SJSU history.

And finally, this year's Nutrition and Food Science Department graduating class was one of the largest ever. The Club sponsored the convocation ceremony that was attended by graduates, their families, and friends. Nearly 150 guests gathered to celebrate the glorious occasion!



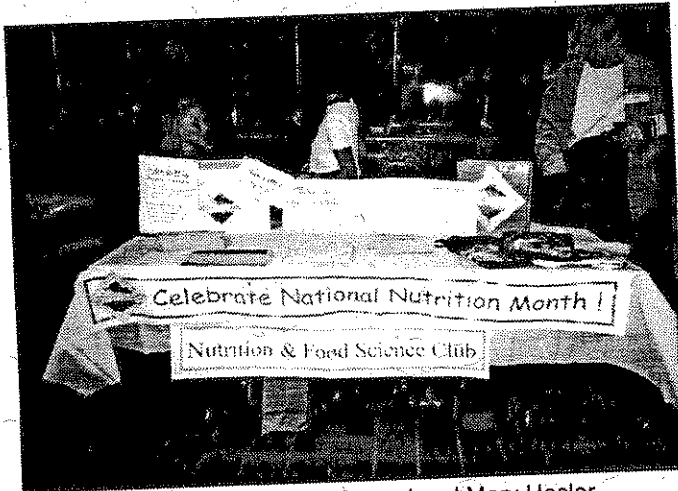
Club Members, Sherry Adamski, Cory Howard, Mary Foley, and Heather Wood sell strawberry shortcakes



Student Ambassadors act as hosts at the Circle of Friends Reception in April

## STUDENT CLUB SPONSORS NATIONAL NUTRITION MONTH CELEBRATION

Under the direction of President, Dana Rogers, the Nutrition and Food Science Club (in conjunction with Nancy Black, Registered Dietitian at the SJSU Student Health Center) held the largest, most successful Nutrition Month event in SJSU history!



Club Members, Cory Howard and Mary Hosler, staff Student Club Information Display Table

The Club reserved the entire ground floor level of the Student Union on March 4, 1998 and set up 12 booths around the floor perimeter for the one day *National Nutrition Month Celebration and Health Fair* event. Booths were festively decorated with balloons, streamers, informational posters and visual aids as well as printed materials made available to educate the campus community and increase awareness of nutrition related topics.

Each booth presented a different topic of nutrition. Topics included Food Safety, Sports Nutrition, Body Image and Eating Disorders, The Food Guide Pyramid, Nutrition Quackery, and Eating on the Go. Club mem-



Club Members, Kari Cheli and Geraldine Conlen, provide nutrition information to Health Fair attendee

bers worked very hard in preparation for the big day. Twenty-five Club members manned booths on the day of the event, educating fellow students and distributing valuable nutrition information.

In addition to the information topic booths, the Club invited representatives from the American Heart Association, the Diabetes Society, the Cancer Society, and the SJSU Fitness Event Center. Fair attendees were able to speak one-on-one with dietetics students and these professionals, pick up printed literature, and participate in free health screenings provided at the event.

Over 200 students had their body fat percentage tested, 85 had their blood glucose level screened, 50 participated in the blood pressure screening, and over 40 had their diets analyzed (by a senior or graduate level dietetic student) comparing the nutritional adequacy to the Food Guide Pyramid.

Also, contributing to the fun and festive nature of the National Nutrition Month Celebration, a drawing was held for over \$400 in prizes that were generously donated by local restaurants and merchants.



Club Member, Kari Cheli, discusses healthy eating suggestions with Health Fair attendee

The event was a huge success, the first of its kind. Over 700 students received nutrition information at the event, and thousands of pieces of literature were distributed in this incredible effort by the Club to make a positive impact on the health of our campus community!





San José State UNIVERSITY

San Jose State University Department of Nutrition and Food Science

# CIRCLE OF FRIENDS

One Washington Square, San Jose, CA 95192-0058 (408) 924-3100

**What is it?** A coalition of Alumni, Students, Faculty, and Friends who have joined together to provide on-going private support to preserve the Department's dedication and commitment to excellence.

**Why the Need?** "Shrinking" state budget for higher education make this support crucial to continue to offer the highest quality education and training to our students. Private funding is now critical to safeguard course offerings, laboratory supplies, computer labs, equipment, and scholarships. SJSU can no longer be considered as state supported but state assisted.

**Circle of Friends Goals:**  
To reestablish Alumni relationships with the Department  
To encourage Student participation  
To promote Alumni Student Faculty synergy  
To involve Community Partners  
To facilitate networking  
To celebrate SJSU Department of Nutrition and Food Science comradeship  
To invest in and build a **LEGACY FOR THE FUTURE**

**Benefits of Membership:**  
Networking with Alumni - Faculty - Students - Community Partners in cooperative ventures/ endeavors and in seeking and filling positions  
Member Reception  
Membership Recognition: NuFS Newsletter/SJSU Contributors to Excellence  
Membership Directory

Check here if you DO NOT wish your name to be included in the Directory

## 1998 - 99 MEMBERSHIP / RENEWAL APPLICATION

Directory info: (please enter *only* changes since last directory edition)

Name: \_\_\_\_\_

(\*Alums: Name(s) while at SJSU): \_\_\_\_\_

College/University(s): \_\_\_\_\_

(circle degree)

BS/BA yr: \_\_\_\_\_ Deg./Emphasis \_\_\_\_\_

MS/MA yr: \_\_\_\_\_ Deg./Emphasis \_\_\_\_\_

Ph.D/Other yr: \_\_\_\_\_ Deg./Emphasis \_\_\_\_\_

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

City State Zip

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

Email: \_\_\_\_\_

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

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

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

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

Email: \_\_\_\_\_

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

### CIRCLE OF FRIENDS GIVING LEVELS

(Please indicate the level of your gift)

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

(Any donation up to \$10,000 will be doubled by a challenge fund of anonymous alums.)

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

Please make checks to:

**NUFS, CIRCLE OF FRIENDS, SJSU**

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

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

**HEARTFELT THANKS TO THE 1997-98 CIRCLE OF FRIENDS MEMBERS  
FOR THEIR GENEROSITY AND CARING**

Sandra A. Akrawi	Jack B. Haddad	Clara Porcella
Sara Arnaud	Jane K. Harmer	Parandis Pourhosseini
Lois Ehler Atkinson	Laura Hawkins	Sandy Queen
Janet Barton	David and Elsie Heiman	Molly C. Rauen
Darcy Becker	Mary Ellen Heising	Marilyn Recupero
Nancy Black	Frances V. Henderson	Harold Redsun
Carol M. Bogert	Christine Grimm Hinrichs	Dana L. Rogers
Walter M. Bortz	Jennifer Hoesel	Kimberly Roth
Stephanie Brooks	Margaret Jarvis Impink	Deadra Rose Rubin-Thorn
Bonnie Wilson Bruce	Becky Harris Jasperse	Carol L. Russell
Betty Campbell	Stephanie Keck	Ruth A. Sachen
Robert E. Caron	Jeanne D. Kennedy	LaPaula Sakai
Marisa Castaldini	Sharbari Khanna	Patricia Schaaft
Kathryn Cefaloni	Susan Kirkpatrick	Judith Morrison Schallberger
Jacci Cenci-McGrody	Pamela Goyan Kittler	Grace Huifeng Shih
Laura Chaban	Kathleen L. Leger	Valerie Simler
Barbara Chang	Joseph and Lela Llorens	Phyllis Forward Simpkins
Pauline Chau	Nancy C. Lu	Elveda Smith
Jill Christensen	Shaunti Luce	Betty Wattles Starr
Sheryl Vaughn Curtis	Eileen MacKusick	David L. Stone
Gwen D'Antoni	Diane Madgic	Donna Friebe! Storz
Narsai M. David	Victoria Major	Sharon Menth Studdert
Margaret A. Davis	Dana Kirkland Malone	Kathryn Sucher
Helen DeMarco	DeeDee Matni	Mary Ann Sullivan
Noel Dibish	Susan P. McCloud	Alice Morris Swanson
Alanna Bennam Dittoe	Patricia McDonald	Jewel M. Davis Swindle
Lori Beth Dixon	Janice A. Szabo McGibbon	Randi Sidell Szromba
Norma Jean Downes	Lucy McProud	Jean Crandall Theisen
John W. Farquhar	Gloria Imliing Meerscheidt	Alida Morse Thistleton
Hamid R. Farzi	Anne K. Milliken	Ellen Benson Thompson
Caroline H. Fee	Joanne Mitani	Rose Tseng
Angelica Castoro Fenolio	J. Brian Mitchler	Kim Moeller Vagt
Cade Fields-Gardner	Monica Moradkhan	Gretchen K. Vannice
Alan Finkelstein	Judi Morrill	Sarah Viaggi
Evelyn Flaim	Jean E. Frankenberg Mulreany	Janice Wai
Doris C. Fredericks	Rubi Myrick	May-Choo Wang
Molly Libordi Freeman	Adina Naiman	Holly E. Weber
Leta Levin Frye	Meena Navidi	Fern G. Wendt
Kathleen Gamez	Vaunden Nelson	Philip R. Wente
Marie Genton	Christine L. Nelson	Marianne M. Wilcox
Barbara H. J. Gordon	Virginia Newby	Marty J. Wilson
Carla J. Graves	Dale F. Olds	Diana Weissman Wright
Jeanine Grillo	Molly S. Olive	Lori Y. Shigemura Yamaguchi
Susan Gutterman	Eve Prudhomme Orton	Martin Yan
Mildred Haas	Dorothy Carr Parker	
Jacquelyn Rogers Hackbart	Melinda D. Poliarco	

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## UPCOMING EVENTS

### 1998

- Sept. 21 New Member and Student Reception-SJSU  
Poster Session, *San José, Peninsula Dietetic  
Association*
- Oct. 19-22 Annual Meeting of The American Dietetic  
Association, Kansas City, MO
- Nov. 8-12 PackExpo, Chicago, IL

### 1999

- April 8-10 Annual Meeting of the California Dietetic  
Association, Anaheim, CA
- April TBA Circle of Friends Reception, SJSU
- June 24-28 Annual Meeting of the Institute of Food  
Technologists, Chicago, IL

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