



VOL. 6, SPRING 1992

# NEWSLETTER

DEPARTMENT OF NUTRITION AND FOOD SCIENCE

## CHAIRPERSON'S MESSAGE

Hello NuFS Alumni!

Another year has past and we are proud of several accomplishments and sponsored events. We all miss *Bob Caron* (our previous technician) who retired early Fall semester and is enjoying his free time working on his beautiful home in Palo Alto. Our new technician, *Judith Shallberger*, is wonderful to us and has strong organizational abilities and background in art and hospitality (a certified meeting planner). *Judith* was formerly a technician on campus in the Division of Technology, and she brings a lot of creativity and enthusiasm to our department. Unfortunately, because of budget cuts, we were not able to retain *Louella DeMers* in the half-time position assisting the technician, since the job was eliminated due to lack of funds. We miss *Louella* and wish her well in the completion of her masters degree in Gerontology.

Because of the state budget shortfall, our department has been cut 25% (unless the 40% fee increase goes through). This translates to NO PART-TIME instructors for 1992-93 school year. Over ten courses must be cancelled from the fall 1992 schedule of classes.

The Department is trying its best to cope via:

- 1) alternate semester offerings of senior courses in dietetics and foodservice management;
- 2) alternate year offerings of courses in food science;
- 3) reduced offerings of general education courses;
- 4) elimination of minor and elective courses, 1992-93;
- 5) reduced spending for supplies, food and chemicals;

6) increased donations for supplies, food, chemicals and equipment;

7) increased donations of money and external funding.

We would truly appreciate any additional help our alumni could provide us! San Diego State University has decided to cut nine departments. We will ask our alumni to do a letter writing campaign immediately should this happen to us.

Another change was the temporary closing of San Carlos Street from Fourth to Tenth Streets through May to provide a trial evaluation of a pedestrian campus. Crossing the street to and from the Seventh Street Parking Garage was now much safer and quieter than in the past. The last International Food Bazaar was held in the closed section of San Carlos Street in front of Sweeney Hall and McQuarrie Hall. It was a very lucrative place to set up business. However, the trial closure is over now, so we are back to traffic as usual!

Despite the budget cuts, we were able to begin a new bachelor of science degree program in Hospitality Management last Fall that already has 50 students enrolled (the program was approved and budgeted before the budget crunch hit). This is a joint effort between the College of Business and Recreation and Leisure Studies Department, as well as NuFS. We are happy to have *Dr. Michael Lefever* on board teaching in the Restaurant Management area and serving as director of the Hospitality Management Program.

A new food science pilot plant lab is taking shape in Room 121 and will meet approval/accreditation requirements of the Institute of Food Technologists. (The computer lab has moved to SPX 3.) Equipment such as the extruder, spray drier, and thin film evaporator have been installed and utilized by graduate students in projects and by faculty in class demonstrations and exercises, etc.

The Department has now hosted two May meetings (1991 and 1992) of the San Jose Peninsula District of the California Dietetic Association, including several poster sessions by masters students and faculty. *Dr. Miriam Saltmarch* coordinated the annual Supplier'sNight Symposium for the Northern California section of the Institute of Food Technologists at the Santa Clara Convention Center in April. *Julie Dutcher* and *Dr. Michael Lefever* were featured speakers, as well as several others.

The students in the Nutrition and Food Science Club have sponsored several activities this year including: a picnic at Vasona Park, two International Food Bazaar booths, both fall and spring semester, (Fruit Smoothies/Vegetarian Chili/Rice Krispie Bears and Dinosaur Cookies) and several excellent alumni speakers.

We thank all of you for your willingness to speak to the Club about careers, as well as provide field trips and guest lectures for classes such as my *Professionalism NuFS 121* class. Sharing of your expertise and personal experience is so important to our program and much appreciated by all.

Be sure to attend the *Flights of Fantasy Open House* on Saturday, October 3, 1992, 9 AM to 3 PM. Mrs. Dutcher is in charge of this college affair and the event will take place at the Aviation Department near the San Jose Airport. Hope to see all of you there!

I would like to thank *Dr. Panfilo Belo, Elisabeth Koch, and Robin Quay*, and others for compiling this outstanding newsletter. I hope to see you at various meetings in the future to catch up on what has been happening both professionally and personally. We beg you to keep us informed of any new addresses, job changes or married names, so we can stay in touch!

Have a great year!

Lucy McProud, Ph.D., R.D.  
Chairperson, NuFS Dept.



## NEW MAJOR...NEW PROFESSOR

There is a new major being offered at SJSU that is part of the Nutrition and Food Science Department, and there is a new faculty member to go along with it. Dr. Michael Lefever has joined the department as director of the Hospitality Management major, an interdisciplinary program offered at SJSU beginning in the fall semester of 1991. This program is a combined effort of the College of Applied Sciences and Arts and the College of Business—more specifically, the departments of Nutrition and Food Science, Recreation and Leisure, and Organization and Behavior.

The program offers four concentrations: Restaurant Management, Hotel Management, Travel and Tourism, and a general concentration where the student can plan his/her own specialization. The curriculum includes core courses from all concentrations, classes in the student's choice of concentration, electives and an internship. The particular requirements and guidelines for the internship are being formulated now.

The hospitality industry includes all those involved in the care, feeding, lodging and recreation of those away from home. Graduates from Hospitality Management programs usually have multiple job offers. SJSU expects to have its first graduates in the spring of 1993.

Presently, there are about 75 students who have declared or are about to declare Hospitality Management as their major. Dr. Lefever projects there will be nearly 250 students within the major in the next two to three years. This number will put SJSU at the average level of enrollment for Hospitality Management programs across the U.S.

Dr. Lefever notes positive indicators for explosive success in this program. The major has strong support from administration. Six courses in the program have been offered each semester, with growing enrollment. The Hospitality Management Club was formed last semester with two members; now it has 25. The club meetings are held bi-weekly at a hotel or restaurant property and include a panel discussion with the executives of the establishment. Also, the program has an Industry Advisory Board which is composed of local industry leaders and executives who have an interest in supporting, promoting, and developing the program. There were 20-25 members of this committee when the program started; now there are 55.

Dr. Lefever has a Ph.D. in psychology. He worked in restaurant management for almost 20 years and became a District Manager and Regional Vice President of a major restaurant chain. He later was president and owner of three restaurants and one catering firm. He directed a two-year Hospitality Management program at American River College and later became Assistant Department Head of Hospitality Management at Purdue University. Before coming to SJSU, he was Associate Dean and designated Distinguished Professor at the University of Houston. Dr. Lefever's present goal is to build the Hospitality Management Program at SJSU with quality in mind.

The effect on the Nutrition and Food Science Department can be only positive, according to Dr. Lefever. Students taking related and supplemental classes will add to enrollment in NuFS courses. With the major housed in the College of Applied Sciences and Arts, and Dr. Lefever on the faculty of Nutrition and Food Science, it all adds up to a winning formula.

### Nutrition and Food Science Club

The Nutrition and Food Science Club has been quite active this year. The Club officers have striven to give the Club a new focus. In past years, much emphasis has been placed on convocation, a worthy project, but one that has consumed much time, energy, and money from the Club. This year the Club charged the graduating students more for convocation and turned the preparation of the reception over to a caterer. With the money saved, the Club allocated \$600 to sponsor four students, Laura McEwen, Caren Kromsky, Arvind Bansal, and Jon Schwartz to go to the Institute of Food Technologist's convention in New Orleans. The Club also donated \$150 to the Nutrition and Food Science Department to help start a video library on Community Nutrition. In order to accomplish these goals of sponsoring students and supporting the Department, Club members donated a lot of time and effort to running the fruit smoothie booth at the International Food Bazaar, taking part in the campus health fair and selling Club shirts, working the Spartan Shops' annual survey, and of course, having many bake sales.

Mrs. Julianne Dutcher was voted the Most Outstanding Professor of the year by the students of the Nutrition and Food Science Department.

### FACULTY NOTES

Dr. Judi Morrill has co-authored a book with Dr. Suzanne Murphy and Sheri Bakun, *Are You Eating Right? Compare Your Diet to the Official Recommendations*, which is now available. It explains current recommendations, including the RDA, the Daily Food Guide, and Dietary Guidelines for Americans. It then gives a step-by-step guideline for diet analysis that is easy to read and understand.

Most of the book is made up of a food composition table, adapted from the September, 1991 release of the USDA database, and contains about 5000 food items. This food composition table is unique because vitamins and minerals are given in the percent of the U.S.RDA, as on food labels. This allows consumers to use the book in combination with information on food labels. The book is available at Spartan Bookstore.

Dr. David Stone has been busy writing and marketing software through his company, WholeGrain Software, Berkeley. His latest project, *NutriLabeler*, is designed to help food processors meet requirements for new labeling regulations. The program manages analytical data and produces nutrition label prototypes for food products.

Dr. Stone has also been working on his nutrition education and diet analysis program, *Diet Self-Study*. It has been revised and updated to include the September 1991 food values from the USDA.

Dr. Kathryn Sucher has just returned from an exciting trip to Japan. While there, she spoke on the status of Nutrition Education in the United States. The endeavor was sponsored by the National Nutrition Association of Japan, *Food-Life Magazine*, and the California Raisin Advisory Board, and supported by the United States Embassy. Dr. Sucher is also president-elect of the Northern California chapter of the American Society of Parenteral and Enteral Nutrition (ASPEN).

Caroline Fee has written an article for the *Journal of Nutrition Education* entitled *Nutrition and Aging: A Learner-Based College Course*. In the article, Fee describes how she makes the course content relevant to students from varying disciplines and the specific teaching strategies used.

## Evaluation of Alumni Skills and Knowledge Required on the Job

	Employer Responses (n=34)				Alumni Responses (n=25)			
	Use <sup>b</sup> N(%)	V. Sat. <sup>a</sup> N(%)	Sat. <sup>c</sup> N(%)	N. Sat. N(%)	Use <sup>b</sup> N(%)	V. Sat. N(%)	Sat. N(%)	N. Sat. N(%)
<b>Skills:</b>								
Analytical/mathematical	31(91)	24(77)	7(23)	0(0)	18(72)	5(28)	13(72)	0(0)
Computer technology	26(76)	18(69)	7(27)	1(4)	17(68)	3(18)	9(53)	5(29)
Counseling/education	30(88)	17(57)	12(40)	1(3)	15(60)	5(33)	7(47)	3(20)
Diet & menu planning in health & disease	23(68)	17(74)	6(26)	0(0)	16(64)	7(44)	9(56)	0(0)
Foodservice production & management	16(47)	8(50)	6(38)	2(12)	13(52)	5(39)	6(46)	2(15)
Laboratory	13(38)	9(69)	4(31)	0(0)	7(28)	4(57)	3(43)	0(0)
Organization management (not in foodservice)	25(74)	13(52)	11(44)	1(4)	15(60)	4(27)	9(60)	2(13)
Public speaking	24(71)	14(58)	9(38)	1(4)	18(72)	7(39)	11(61)	0(0)
Writing	31(91)	19(61)	11(36)	1(3)	17(68)	8(47)	8(47)	1(6)
<b>Knowledge:</b>								
Community nutrition	—	—	—	—	11(44)	4(36)	4(36)	3(28)
Food Science	24(71)	15(63)	8(33)	1(4)	16(64)	8(50)	8(50)	0(0)
Foodservice management	19(56)	8(42)	10(53)	1(5)	9(36)	2(22)	5(56)	2(22)
Nutrition fundamentals	29(85)	24(83)	5(17)	0(0)	21(84)	12(57)	9(43)	0(0)
Nutrition needs in health & disease	26(76)	21(81)	5(19)	0(0)	16(64)	12(75)	3(19)	1(6)
Research methodology	14(41)	11(79)	3(21)	0(0)	12(48)	4(33)	8(67)	0(0)
<b>Integrated skills/knowledge:</b>								
Able to follow directions	32(94)	26(81)	6(19)	0(0)	—	—	—	—
Learns new skills readily	33(97)	27(82)	5(15)	1(3)	—	—	—	—
Meets deadlines	33(97)	21(64)	12(36)	0(0)	—	—	—	—
Sensitive to cultural diffs.	32(94)	26(81)	4(13)	2(6)	16(64)	9(56)	7(44)	0(0)
Takes initiative	32(94)	23(72)	9(28)	0(0)	—	—	—	—
Thinks critically/solves problems	33(97)	26(79)	7(21)	0(0)	22(88)	4(18)	17(77)	1(5)

In the summer of 1991, the Nutrition and Food Science Department (NuFS) sent out a survey to all alumni who had graduated between fall of 1987 and spring of 1990. The purpose of the survey was to determine how well the department prepares its graduates for the work place. The survey is an important tool for helping the NuFS Department make the changes necessary to keep up with the changing knowledge and technology in the areas of nutrition and dietetics, food science, and foodservice. Of the ninety-seven alumni sent questionnaires, 25 returned questionnaires usable for the survey. Of the 51 employers and supervisors of Approved Preprofessional Practice or dietetic internship programs sent questionnaires, 34 returned questionnaires usable for the survey. Twenty-three of the 25 alumni respondents were female and 11 of the alumni respondents worked in a hospital setting. All but one of the alumni respondents indicated membership in one or more professional organizations. Those who reported having given professional presentations and/or written professional articles had M.S. degrees.

Overall, the employers and supervisors rated the alumni higher than the alumni rated themselves as can be seen by the table above. The categories of skills and knowledge in which more than one person (alumnus/employer/supervisor) marked "not satisfied" with academic preparation included computer technology, community nutrition, counseling/education, foodservice production and management, organization management, and writing and public speaking. The faculty of the Nutrition and Food Science Department have already taken measures to strengthen the program in these areas.

<sup>a</sup> Column headings stand for very satisfied, satisfied, and not satisfied. <sup>b</sup> The "use" column indicates the number and the percent of the 34 employers/supervisors or 25 alumni respondents who actually use the skill or knowledge on the job. <sup>c</sup> The degree of satisfaction was rated only if the skill or knowledge was used by the alumni or required for the job or internship program.

**ALUMNI SPOTLIGHT: PATRICIA SCHAAF, M.S.,R.D.**

Patricia Schaaf graduated from SJSU with an M.S. in Nutrition in 1984. She did a project, advised by Dr. Belo, concerning the use of aspartame in frozen fruit bars. Aspartame was relatively new on the market at the time, and Patricia was working at Castle and Cooke Foods, so it was a good choice as a project for her. She did her practicum at the Clinical Research Center at Stanford University Medical Center. At the end of her six-month practicum, she took a position at Stanford as a part-time research dietitian, and she has been there ever since.

Stanford is an AP4 site for SJSU, Berkeley, and ARA. Patricia states that there is usually a student on board and one of her responsibilities is for leadership of the AP4 student. She really enjoys this mentor role.

Most of the research Patricia has been involved with concerns diabetes and cancer. Since the dietitian is involved with a patient's overall health, she finds that

often research and clinical skills overlap, and she needs to draw on both. Especially in cancer studies, the patients involved may be very ill, and it becomes necessary to rely on clinical skills to assess their nutritional status.

Another professional interest of Patricia's is diabetes. She is involved, not just in her research, but also in other aspects. For the past three years she has been the dietary director for the Diabetic Summer Camp for the American Diabetes Association.

Patricia has done other part-time, short-term jobs as well. These include a research study done with NASA concerning calcium and bone mineralization, and determining the nutrient analysis of all combination foods for a nutrient information pamphlet for Fresh Choice Restaurants.

Patricia emphasized to all recent graduates the importance of becoming involved with the local dietetic

(Continued on page 6)

(Please cut along the dotted line, staple or tape closed, and use as self mailer.)

**PLEDGE**

I am pleased to support the Nutrition and Food Science Department.

name		employer	
home address			
city	state	zip code	
home phone		business phone	
Signature		Date	

I would like to pledge \$ \_\_\_\_\_ over \_\_\_\_\_ years.

Enclosed is my gift for \$ \_\_\_\_\_

Charge my account:  
 Visa                      or                       Mastercard

Account# \_\_\_\_\_  
 Expiration date \_\_\_\_\_

My company will match this gift.  
 (Please include company form.)

Please make checks payable to SJSU Nutrition and Food Science Alumni Fund.

**ALUMNI RECORD UPDATE**

maiden name	Position		
employer	Degree(s)	Years	Major
business address			
city	state	zip code	
Other degrees or honors conferred			

association. She feels this is a wonderful way to make contacts with more experienced dietitians who can even become mentors. Then as those who have recently joined the profession develop their skills and gain experience, they will be able to help others who are starting out in the field.

She recommends taking time to come to meetings, be on committees, and find out what's happening on the state and national level. The future of dietetics is good, she feels, but if growth as a professional is desired, one needs to stay active. She also suggested that being involved helps in locating available positions of employment.

Patricia also emphasized the importance of attitude when one volunteers. She believes that a person should think "What can I contribute to the association?", rather than wondering what the association will do for him or her. She has gained much knowledge from volunteering, as well as meeting key people and contacts. she has found that volunteering in the Dietetic Association has provided many benefits for her.

In her leisure time, Patricia enjoys hiking, running, and gardening. Her husband has gotten her involved in ballroom dancing, and she has found that to be a lot of fun, too!



Kristin Nelson (right) received Outstanding Researcher (2nd place), state wide CSU system in health research.



Joan Giampoli (center) received Outstanding Thesis for the College of Applied Sciences and Arts. Photos by Dr. Nancy Lu

Staple here

San Jose State University  
Department of Nutrition and Food Science  
One Washington Square  
San Jose, CA 95192-0058

## Bob Caron Retires

After 17 years of service at San Jose State University, Bob Caron, the instructional support technician for the Nutrition and Food Science Department retired on September 28, 1991. Before coming to San Jose State, Bob spent many years working at varied jobs.

Bob was born and raised in Fitchburg, Massachusetts, where he began his work career delivering newspapers. During the winters he pulled a sled loaded with newspapers through the snow to make his rounds. At 17 he joined the Navy while World War II was still in progress. After the war, Bob became a trained dental technician. He decided that California was the place where he wanted to live. He picked fruits and vegetables while crossing the country in order to earn his way to the Golden State.

Bob arrived in California in 1949 and found a job as a dental technician in San Francisco. He worked for a firm that made dentures for several years, and he might still be there if the company had not gone bankrupt. Bob relates that in those days dental insurance did not exist, so when the dentists did not get paid neither did the supporting companies. At this point, he decided to seek training as a dentist.

In 1956 Bob enrolled at San Jose State in a pre-dental program. After a year, his money ran out, and Bob joined the Merchant Marine to earn enough money to continue his education. He became a room steward and a waiter on luxury liners. He enjoyed the work and found it profitable, too, so he stayed on for 19 years. In the course of his travels, Bob went around the world four times. He frequently found himself on 42 day trips to Honolulu and Australia. Bob might still be with the Merchant Marine if he had not contracted cancer of the larynx in 1971.

Bob received treatment for the cancer and made a complete recovery. He decided to settle in Palo Alto. In 1974 he came to San Jose State looking for a job. He started as a custodian and then worked his way up to clerical assistant in plant operations and technical assistant for the Department of Home Economics in

1977. The department changed to Nutrition and Food Science in 1978 and Bob became an instructional support assistant in 1981 and an instructional support technician in 1984.

Over the years, Bob has seen the department change and the position that he holds grow in responsibility. Of the original faculty, only Dr. Elveda Smith, Mrs. Jean Downes, and Dr. Rose Tseng remain. In his position with the department, Bob had to learn the regulations regarding the safe handling and disposal of chemicals when the OSHA regulations first came out.

When the San Jose State campus complied with the regulations on earth quake preparedness, Bob became the chief coordinator for the Central Classroom Building and had to instruct the faculty on how to carry out the required drills. Dr. Belo and Bob planned the first food science labs and Bob has worked with Dr. Belo and Dr. Saltmarch on the new food pilot plant. While on the job, Bob has had to learn how to use computers.

Bob did many things for the department in the course of his job. He was in charge of setting up the many catered events that take place in department. He ordered supplies and made sure that inventory did not run out. He maintained equipment and made sure that repairs were made as needed. He set up equipment for the instructors and maintained the schedule for room use. He worked with both students and faculty to keep the Department running smoothly.

Bob relates that he truly enjoyed working for the Department. He will miss working with the students. Bob has no plans to travel further than San Francisco. He has a sister in Massachusetts, whom he brings out here for visits. Bob plans to spend time making improvements to his home and garden. He also enjoys the computer that was given to him by a friend. The students and faculty of the Nutrition and Food Science Department will miss Bob, but wish him well in the coming years.



**ATTENTION: ALUMNI, FACULTY, FAMILIES, AND FRIENDS**

**Start the Count-Down for San Jose State's**

***Flights of Fantasy***  
**Aviation Open House**

**1120 Coleman Avenue, San Jose**

**9 AM to 3 PM**

**Saturday, October 3, 1992**

- \* Explore the cockpit of a 727-100 Jet!
- \* Discover how a wind tunnel operates!
- \* Take the controls of an FAA flight simulator!
- \* Get your hands on the 17 aircraft on site!

**\* TOURS \* FOOD \* MOVIES \* DEMONSTRATIONS \***

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