

**Sabbatical Leave Report  
For the Academic Year  
1985-86  
Submitted by  
Phyllis A. Specht**



## Sabbatical Report

This instructor would like to thank the Mount San Antonio College Board of Trustees, the Administration and the College Salary and Leaves Committee for the opportunity afforded me to do formal and independent study and research and to participate in local, state and national professional organizations during my sabbatical year. I have improved my academic preparation. I have grown professionally and personally. I return to the college refreshed and inspired. The experiences of my sabbatical year will enhance my contributions to the college in the classroom, in the Home Economics Department, on the campus and in the community.

*Phyllis A. Specht*

Phyllis A. Specht

Home Economics

1985-1986.

## Table of Contents

Purpose.....	page 1
Calendar of Activities.....	page 2
Nutrition.....	page 6
Benefit to MSAC.....	page 6
Historic Costume and Fashion.....	page 8
Benefit to MSAC.....	page 12
Independent Study Group and Syllabus.....	page 13
Benefit to MSAC.....	page 13
Personal Growth and Development.....	page 14
Benefit to MSAC.....	page 18
Summary of Sabbatical Benefit to MSAC.....	page 19
Conclusion.....	page 20
Sabbatical Leave Agreements.....	Appendix A
Course Work Correspondence.....	Appendix B
Official Transcript.....	Appendix C
Term Paper.....	Appendix D
Confirmation of LACMA Work.....	Appendix E
Costume Council Newsletters.....	Appendix F
Board of Directors CSA.....	Appendix G
Fashion Group Newsletters.....	Appendix H
California Great Teachers Seminar.....	Appendix I

## **Purpose**

My sabbatical had three thrusts, **Nutrition, Historic Costume and Fashion and Personal Growth and Development**. My work combined formal study, independent study and research. The benefits of my sabbatical are many fold including strengthening of my academic preparation, enrichment of my classroom presentations, professional development and service to MSAC and the larger community. Please see Appendix A for sabbatical leave agreements.

## Calendar of Activities

### August-September:

California State University, Los Angeles...9/14,23,30  
Los Angeles County Museum of Art...8/21,22,29,30 9/5,6,12,13,19,20,26,27  
Costume Council  
Board...9/3  
Meeting...A Beautiful Afternoon of Fashion, Robinson's Beverly Hills, 9/11  
Costume Society of America  
Meeting...Clothing of Chinese Immigrants, Riverside Museum, 9/15  
Fashion Group  
Board...8/28, 9/26  
Foothill District, CHEA-AHEA  
Board/Council...9/12  
History of Costume Study Group...9/24  
Chapman Woods  
Board...9/3  
Event...9/22

### October:

California State University, Los Angeles...10/7,14,21,28  
Los Angeles County Museum of Art... 10/3,4,10,11,18,31  
Costume Council  
Board... 10/8  
Meeting...DeMille Dynasty, 10/21  
Costume Society of America  
Regional Board...10/5  
Fashion Group  
Board...10/30  
Meeting...European *Pret-a-porter*, 10/31  
Foothill CHEA-AHEA  
Board/Meeting...10/10  
History of Costume Study Group...10/29  
Association College Professors of Textiles and Clothing Annual Conference...10/22-26  
Chapman Woods  
Board... 10/1

### November:

California State University, Los Angeles...11/4,11,18,25  
Los Angeles County Museum of Art... 11/1,7,8,14,15,21,22  
Costume Council  
Board...11/4  
Search Committee...11/8  
Meeting...11/21  
Costumes Society of America  
Meeting...Fashion and the Doll, 11/23  
Fashion Group  
Board... 11/20  
Membership Committee...Leonard Pronko, Make-up and Costumes of the Kubuki 1/27

November continued:

Foothill CHEA-AHEA

Meeting...11/7

History of Costume Study Group 11/7

Chapman Woods

Board...11/4

Ambassador College Exhibit...The Terra Cotta Army of Qin Dynasty, 11/3

December:

California State University, Los Angeles...12/2,9

Los Angeles County Museum of Art...12/5,6,13

Costume Council

Board...12/12,19

Fashion Group

Meeting...12/11

Foothill CHEA-AHEA

Meeting...12/12

Chapman Woods

Event...12/8

January:

California State University, Los Angeles...1/7,8,14,16,21,23,28,30

Los Angeles County Museum of Art...1/8,10,15,17,22,24,31

Costume Council

Board...1/13

Meeting...With Graceful Negligence, The Art and Etiquette of Wearing a Shawl, 1/27

Patron...Andre' Laug, Designer, 1/30

Costume Society of America

Membership Committee...1/15

Fashion Group

Board...1/22

Meeting...Nordstrom, Past, Present...Future?, 1/30

Foothill CHEA-AHEA

Nominating Committee...1/14

History of Costume Study Group...1/17,27

Chapman Woods

Board...1/8

MSAC Scheduling Committee...1/29

February:

California State University, Los Angeles...2/4,6,11,13,18,20,25,27

Los Angeles County Museum of Art...2/5,7,12,14,19,21,26,28

President's Circle...The Mystery of Picasso, 2/12

Costume Council

Board...2/3

Meeting...Yves Saint Laurent, 25 Years of Design; *rive gauche* spring/summer 2/24

Patron...David Hayes, A Fashion Composition; Bullocks Wilshire, 2/3

February continued:

Costume Society of America

Regional Board...2/8

Fashion Group

Board...2/26

Meeting...2/25

Special Career Day Project; Gus Tassel, Designer; 2/11,14,19,28

Foothill CHEA-AHEA

Board/Meeting...1/13

History of Costume Study Group...2/20

Chapman Woods

Board...2/7

Pasadena Historical Society...Our Town, 1889; 2/16

March:

California State University, Los Angeles...3/4,6,11,13,18,20,31

Los Angeles County Museum of Art...3/5,6,12,14,19,20,21,26,28

Costume Council

Board...3/3

Meeting...The Dress and Lives of the Ladies of Venice, 1495-1797, Stella Mary Newton; 3/17

Fashion Group

Board...3/26

Membership Committee...3/20

Career Day...3/8

History of Costume Study Group 3/27

Chapman Woods

Board...3/4

April:

California State University, Los Angeles...4/2,7,9,14,16,21,23,28,30

Los Angeles County Museum of Art...4/3,4,10,11,18,24,25

Costume Council

Board...4/7,10

Meeting...4/21

Patron...David Shilling, The Hatter Extrordinaire, 4/2

Special Event...Utah Shakespearean Festival Company, 4/7

Costume Society of America

Membership Committee...4/18

Fashion Group

Board...4/12

Meeting...New Trends: Milan, London, Paris, 4/9

Special Event...Ertel, 4/18

History of Costume Study Group...4/22

Chapman Woods

Board 4/6,8

MSAC Fashion Associates Speaker, 4/17

May:

California State University, Los Angeles...5/5,12,14,19,21,28

Los Angeles County Museum of Art...5/1,2,15,16,22,23,29

Costume Council

Board...5/5

Meeting... That California Look, Textile Design by Elza of Hollywood 1934-55; 5/19

Costume Society of America

National Board...5/6,10

Annual Symposium...5/7,8,9

Regional Meeting...Honoring Alice McCloskey, Retiring UCLA Professor  
Doris Stein Research and Design Center, 5/25

Fashion Group

Board...5/14

Meeting...With Costume Council, 5/19

History of Costume Study Group, 5/20

Chapman Woods

Board...5/13

MSAC Fashion Merchandising Meeting...5/30

Pasadena City College...Writer's Forum, 5/3

Woodbury University...22nd Annual Fashion Show, 5/19

June:

California State University, Los Angeles...6/2,4,9,11

Los Angeles County Museum of Art...6/6, 12, 13

President's Circle...Reception Dr Armand Hammer

Impressionist to Early Modern Painting from USSR, 6/25

Costume Council

Board...6/11

Costume Society of America

Regional Board...6/21,22

Fashion Group

Board...6/25

Meeting...The Los Angeles Times..Meet the Press, 6/16

Chapman Woods

Board...6/4

California Great Teachers Seminar...6/15,16,17,18,19,20

## **Nutrition**

Formal Study: I was enrolled at California State University, Los Angeles for three quarters and completed a total of 14 units. The classes are described below. I substituted one class from my original sabbatical contract, correspondence explaining this change is in Appendix B. My official transcript is in Appendix C. A copy of a term paper entitled *Scotch, Soda and ?, A Survey of the Effects of Social Drinking As It Relates to Nutrition*, is in Appendix D.

- 411 *Evaluation of Current Nutrition Concepts* (3 units, fall quarter)

Interpretation of nutrition research findings and consideration of possible applications for individuals and population groups.

-416 *Child Nutrition* (4 units, winter quarter)

Nutrition of children and consideration of concomitant problems.

-450 *Nutrition and Well-Being* (4 units, winter quarter)

Nutrition in the life cycle as related to maturation/aging/well-being, emphasizing the individual as an integrated being.

-317 *Fundamentals of Human Nutrition* (3 units, spring quarter)

Scientific role of nutrients in the body and in development, growth and maturation. Prerequisite: Chem 152.

Benefit to MSAC:

-When I return to the classroom 2/5's of my teaching assignment will be in nutrition. My retraining has given the Home Economics Department more flexibility in scheduling tenured faculty.

-My new knowledge and updated materials will be shared with students by incorporating new information and experiences into my classroom presentations, including lectures, audio-visual programs, and assignments, tests and examinations.

-Updated information, references and educational resources will be shared with colleagues at departmental subject-matter meetings.

-I learned a great deal about California State University, Los Angeles which will help me in advising my MSAC students who are considering transferring to a state university.

-An unexpected fringe benefit of my formal study was the opportunity to observe teaching techniques and classroom management of my instructors. Returning to the classroom as an undergraduate was a most valuable experience. I am particularly interested in sharing with MSAC faculty my experiences in taking tests and examinations. This is an area of teaching which is so critical to the student and one which I feel many of us need to increase our teaching skills.

## **Historic Costume and Fashion**

Independent Study and Research: I worked in the Costume and Textile Department, Los Angeles County Museum of Art under the direction of Curator Edward Maeder and Assistant Curator Dale Gluckman. My involvement covered a wide variety of museum activities and close association with the museum staff. This was truly and extraordinary and unique experience. *The Doris Stein Research and Design Center for Costumes and Textiles* was completed in May 1986. The storage area was expanded from 1,200 square feet to 3,800 square feet. Specially designed "state-of-the-art" compact storage was installed to house the 35,000 piece collection. In order for this to be accomplished, the entire collection had to be moved into temporary storage. It was inventoried, edited, conserved, renumbered and organized by date and or designer and placed in its new space. The collection ranges from 5th century Coptic tunics to 20th century swimsuits. The collection is second only to the one at the Metropolitan Museum of Art. This comprehensive collection of superb quality of costumes and textiles spans 240 cultures and time periods. The resource library of 4,000 volumes covers all aspects of costumes and textile history and technology including rare books, manuscripts and periodicals from the late 18th century to the present and archival material. For two days each week I was privileged to work with these beautiful things.

Because the installation of the new storage facilities was delayed for several months, my tasks at the museum were slightly different than anticipated when I planned my sabbatical. A great amount of my time was spent installing the new numbering system on the men's, women's and children's garments and accessories in the collection. This meant "hands-on" experience as I searched for old numbers, in the garments, checked numbers and descriptions with museum records and made new number tags. I worked by myself with complete freedom to examine and study the details of construction and design of each garment or accessory.

I handled garments and accessories from England, Spain, France, Hungary, Cuba, Russia, Palestine, India, Ireland, Italy, Mexico, Guatemala, Persia, Japan, Korea, China, Western Turkestan, Greece and the United States of America. Garments dated from *circa* 1700 to 1986.

Listed are designers whose work I examined:

Gilbert Adrian,  
Giorgio Armani  
Pierre Balmain  
Anthony Blotta  
Bill Blass  
Georgia Bullock  
Hattie Carnegie

Designer's continued:

Castillo for Elizabeth Arden

Chanel

Cecil Chapman

Cheruit

Sybil Connolly

Jo Copeland

Courreges

Savaldor Dali (fabric)

John Dean

Oscar de la Renta

Madeleine de Rauche

M. Devilliers

Christian Dior

Jacques Fath

Salvadore Ferragamo

Fortuny

John Fredricks

James Galanos

Rudi Gernreich

David W. Goodstein

Howard Greer

Gres

Jacques Griffe

Halston

Helga

Peggy Hunt

Irene

Jenny

De De Johnson

Bud Kilpatrick

Charles Kleibacker

Designers continued

Jeanne Lanvin

Lucien Lelong

Charles Le Maire

Tina Lesser

Don Loper

Jean Louis

Mainbocher

Claire McCardell

Mary McFadden

Nolan Miller

Molyneux

Mrs Nettleship

Michael Novarese

Norman Norell

Teal Traina-Norman Norell

Dorothy O'Hare

Joseph Paquin

Jean Patou

William Pearson

Pertegaz

Robert Piquet

Emilio Pucci

Paco Rabanne

Zandra Rhodes

Renie of RKO

Shannon Rodgers

Dorothy Root

Helen Rose

Nettie Rosenstein

Samuel Winston by Roxane

Bess Schlack

Designers continued:

Elsa Schiaparelli

Mila Schon

Edith Small

Yves St. Laurent

Stella

Sophie

Phyllis Sues

Sulio

Gus Tassell

Terrel

Theadora

Pauline Trigeir

Georgette Trilere

W. B. Wragge

Werle

Charles Fredrick Worth

The accessories I handled included shoes, purses, fans, hair ornaments, aprons, hats, hankerchiefs, and jewelry. Garments included everything from christening dresses to mourning clothes. I worked with lingerie, evening wear, day wear, sportswear, wedding finery, uniforms, for men, women and children most of it from the 18th to 20th centuries with some pieces even older.

In my judgement, the most beautiful was a classical evening gown designed by Gres. The most amazing, a fur garment of otter, beaver and ermine worn as a sleigh cloak by Mrs William Randolph Hearst during a visit to Russia in 1911. Technically, the most intriguing were the *paniers* skirts and laced *robe a la francaise* of the 18th century. Most humorous, were the bathing beauty costumes of *circa* 1910. The heaviest, a ball gown designed by Howard Greer and worn by actress Jennifer Jones. Most uncomfortable had to be the platform shoes worn by Elton John, the English rock star.

I worked with the museum conservation staff in packing boxes for storage. Some of the boxes contained garments too fragile to hang, while others contained items of odd shape or description. The boxes were fabricated out of acid free material, the items were packed in acid

free tissue paper.

I researched accessories for the *Hollywood and History* exhibit which will be mounted in 1988. Because this will show garments of recent history research was done from the museum's

comprehensive collection of 19th and 20th century fashion magazines.

I helped prepare a gift of 500 hand colored fashion plates from 18th century fashion publications for acquisition by the museum. This required numbering the plates and writing descriptions of each for the museum records.

I did some conservation on some garments. I observed other volunteers working in the department as they worked on a wide variety of garments and textiles under the direction of the museum staff.

I observed the installation of the exhibit *That California Look, Textile Designs by Elza of Hollywood 1937-1955*.

I had time to peruse the marvelous library sources. The rare books are amazing for their quality, their age, their condition and their content. The *Doris Stein Research and Design Center for Costumes and Textiles*, is opened by appointment to the public. I developed an understanding on how to utilize this resource.

I attended Costume and Textiles Department meetings on a regular basis. I met a continuing stream of people important in museum, costume and textiles circles and often had time to chat and sometimes lunch with them. I saw a wide variety of incredible things presented to the department for consideration of acquisition. I had a wonderful time and have been so enriched by this extraordinary experience. Please see Appendix E for photos of some of my museum work and letter of confirmation of these activities from LACMA.

#### Benefit to MSAC:

-Working under the direction of Curator Edward Maeder and Assistant Curator Dale Gluckman at the Los Angeles County Museum of Art would be a wonderful experience at anytime. I feel I was especially privileged that I had the opportunity to work there this past year as they "cleaned out their huge closet". I saw the entire collection. I saw so many aspects of costume and had such a broad range of experiences that my classroom presentations in *History of Costume and Fashion* will really come alive. My independent study and research will be reflected in my revised lectures, and slide presentations, assignments, tests, and examinations.

-I made many contacts with people in the costume field. These will help me in planning guest speakers and field trips. I will draw from these contacts for our Fashion Merchandising Advisory Board.

-I know the collection now and will be able to request specific examples to be shown to my students when we go to LACMA on field trips.

-I learned about the many different museum positions available to students with degrees in Home Economics, and special interest in costumes and textiles. This will help me advise such students and place some of them in related jobs.

-I represented MSAC. Each contact I made learned of our school, our Home Economics Department, our Fashion Merchandising Program, and of my sabbatical leave activities. Many of the people I met were genuinely interested in the community college and pleased to learn about my career as a community college educator.

#### Independent Study Group and Syllabus

I participated in an independent study group with Dr Jack Handford, Otis-Parson Art Institute; Mrs Judith Appel Mathey, Fashion Institute of Design and Merchandising and Mrs Rosalie Utterbach, Woodbury University. We met monthly and discussed various aspects of historic costume.

These discussions have been incorporated with my other work in historic costume to develop a syllabus to be used in my MSAC *History of Costume and Fashion* class. The syllabus is completed in rough form at this time. I will use it when teaching this class in spring semester 1987. During this semester I will finalize the syllabus and present it to the Salary and Leaves Committee to be added to this report in June 1987.

#### Benefit to MSAC:

-The syllabus will be the basis for revising classroom presentations in *History of Costume and Fashion* including lectures, slide programs, field trips, assignments, handouts, tests and examinations. A more creative presentation of historical information will result from this detailed study.

-Copies of my syllabus will be available, upon request, to any MSAC faculty member.

-I will continue to confer with Dr Carter Doran, Dean of Humanities and Social Sciences, Ralph Eastman, Drama and Richard Raynard, Art to try to (1) make *History of Costume and Fashion* a recommended elective in their major/certificate curriculum (2) develop a cross-departmental certificate or major in their individual areas of instruction which will include this class (3) work toward establishing a Theater Arts lower division curriculum which will include *History of Costume and Fashion* and will transfer to the new Theater Arts minor at California State Polytechnic University, Pomona.

## Personal Growth and Development

I have been professionally active in several groups from many years. I currently serve on several boards. I enjoyed the freedom allowed me by my sabbatical to participate more fully by assuming additional responsibilities in these groups during the past year. I have listed below the groups and have expanded some of the activities listed on my **Calendar of Activities**.

### Costume Council, Los Angeles County Museum of Art:

The Costume Council is a volunteer group which is responsible to the Costumes and Textiles Department of LACMA. While the museum pays the salaries of staff and maintains the collection, all of the funds for new acquisitions and special projects are funded by the Costume Council. The Board of Directors is responsible for maintaining the membership of the group (it is the largest support group of the museum), planning the general membership meetings and raising funds to increase the collection. The budget of this group runs in the hundreds of thousands of dollars annually.

I served on the Board of Directors as co-editor of the the newsletter *Threads* (Appendix F). I was acting secretary, responsible for the minutes of the Board in the absence of the secretary. I served on the committee responsible for mailing rosters to the 1000 Council members. I was chairman of the Search Committee which had the task of establishing the position of Administrative Secretary for the Costume Council and filling this position. I was elected to the position of Historian for the coming year. I resigned this position when I assumed more responsibility for two other groups listed below. I attended general membership meetings and special events. I am a member of the Patrons of the Costume Council, an inner group, which raises special funds and is rewarded with special activities.

### President's Circle, Los Angeles County Museum of Art:

The President's Circle of LACMA is a group of museum members who support the museum by contributing to fund the projects of the museum president. This group is privileged to participate in previews of art exhibits and meet special guests and patrons of the museum. This year I had the extraordinary pleasure of meeting Dr Armand Hammer and sitting next to him at a President's Circle buffet dinner held to say goodbye to the *Impressionist to Early Modern Painting from USSR* exhibit.

### Costume Society of America:

The Costume Society of America was founded to create a better understanding among individuals in the various fields of works and study which focus on costume, and provides information and assistance by publications, conferences and symposia. Members are from

museums, universities, the theater, and art worlds, as well as clothing designers and retailers, collectors and authors. The Costume Society, an international organization, was founded in 1973. I have been a member of the Western Region Board of Directors since that time. I have been a member of the national Board of Directors since 1980 (Appendix 0).

During my sabbatical year I served CSA Western Region as Membership Chair and Nominating Committee Chair. I was chairman of the May meeting which was held to honor Alice McCloskey, retiring professor of costume, UCLA and to introduce CSA members to the *Doris Stein Research and Design Center* at LACMA. I was elected national Membership Secretary at the spring national Board meeting.

I attended the Annual Meeting and Symposium of the Costume Society of America in Indianapolis, Indiana in May. Activities of this meeting included the opening of the exhibit, *Personal and Enticing: Intimate Apparel from the 20th Century*, at the Indiana State Museum, the exhibit *Children's Clothing 1890-1980*, at the Children's Museum and a visit to Indiana University at Bloomington, for examination of garments and fashion accessories at the Elizabeth Sage Historic Costume Collection and research resources at the Lilly Rare Books Library and William Mathers Museum.

The Conner Prairie Pioneer Settlement, at Noblesville, Indiana, was the setting for dinner and discussion of costumed guides. Historic farms and villages are parts of local, state and national park systems all over the country, and guides in proper period costume lend to authenticity. *Four Decades of Fashion* was shown at the Indianapolis Art Museum. Peggy Gilfoy, curator at that host museum, spoke of new costume acquisitions, as did Mary Holford, the Royal Ontario Museum; Laura Sinderbrand and Richard Martin, Fashion Institute of Technology; Cathaline Cantalupo, Taliesen West; Elizabeth Ann Coleman, the Brooklyn Museum and Jean Druessedow, the Metropolitan Museum all presented papers at this three day symposia.

#### Association of College Professors of Textiles and Clothing:

ACPTC is an educational association of persons who are engaged in college or university instruction, research and/of administration in textiles, clothing, or a related area. The purposes of ACPTC are to strengthen and expand education and science in the field of textiles and clothing by improving standards of service and research in the public interest; to sponsor and support seminars, debates, symposia and conferences; to state and disseminate policy for professional guidance in the public's interest related to textiles and clothing; to conduct research and identify and study social, economic, and psychological changes having implications for

textiles and clothing programs; to bring these changes to the attention of the textiles and clothing profession and the general public; to encourage and promote full and fair exposure of facts involving legislation and public policy related to textiles and clothing to permit individuals or the public to form independent opinions or conclusions.

The roots of this organization were established in 1935 under a Land-Grant College directive from the Office of Education. Conferences are held annually in the Central, Eastern and Western Regions and nationally every three years. ACPTC is an association member of the American Home Economics Association. I have been a member of this organization since the early 1970's. I served the on Board of Directors 1983-86. This year I was elected President-elect of the Western Region. I am the first community college faculty member to be so honored.

I attended ACPTC Western Regional Conference in Napa Valley in October. The theme of this conference was *From Fiber to Fashion: Issues and Priorities*. Steven Fike, U.S. Customs Services, gave the keynote address entitled: *Government, Industry and Academia: A Cooperative Effort*. Current research papers were presented by representatives from schools throughout the region. Panel discussion topics included: *Preparing Students for Careers and Career Change: Focused Versus General Education; Clothing as Communication; and Is Clothing Construction a Viable Academic Option?* ACPTC conferences are most stimulating and this was a particularly good one. It was an excellent opportunity to be updated in recent developments in the field of textiles and clothing. More important it is an excellent opportunity to meet with colleagues networked throughout the academic world and discuss with them issues important to our discipline.

#### The Fashion Group:

The Fashion Group is an worldwide organization of a select group of executive women representing all aspects of the fashion industry: retailing, manufacturing, advertising, accessories, cosmetics, media, design, home furnishings, textiles/fibers, education and public relations. Organized in 1930, The Fashion Group brings together professional women to exchange information and ideas beneficial to their careers. It is a highly respected organization representing a strong, powerful network force in the fashion industry.

I serve on the Los Angeles Region of The Fashion Group Board of Directors. I am co-chair of the Education Committee. This sabbatical year, I chaired the joint meeting of the Fashion Group and Costume Council in May which opened the exhibit *That California Look, Textile Design by Elza of Hollywood 1934-1955* and *The Doris Stein Research and Design Center*.

I contributed articles to the newsletter (Appendix H). I assumed a special assignment for the The Fashion Group Career Day held at the California Fashion Mart in March. The Fashion Group hosted 2000 high school students and college students including a large delegation from MSAC. I worked with the famous designer, Gus Tassell, to help him prepare a slide presentation covering his career from the time he assumed the leadership at Norman Norell, in 1970, until the present. This task involved going through the publicity fashion photos of the various collections and editing the vast number down to a manageable amount which were made into slides. Mr Tassell had never done anything like this before. It was facinating to help this creative genius discover another facet of design. The slides from this program are now part of my collection for *History of Costume and Fashion*.

#### Foothill District, California Home Economics Association-American Home Economics Association

Foothill District CHEA-AHEA is the local group affiliated with the state and national professional organization for Home Economists. I served this group as a Counselor and chaired the Nominating Committee. I attended Board/Council and general membership meetings.

#### Chapman Woods Association

Chapman Woods Association is the homeowners association for my neighborhood in Pasadena. This year the group celebrates it's fiftith anniversery. It is half as old as the city of Pasadena. It is a unique group as the dues are only \$5.00 having been raised only once from \$3.00! The organization looks after the interests of our neighborhood and promotes a friendly community atmosphere.

I am in my second year as Second Vice President in charge of social events. I have planned four events each year. The summer party is the big party. This year we used a country western theme. The party is held in a residents yard. I arranged for the band and entertainment, "Red Dog Custer's Last Band" and "The Cowboy Kickers", a western dance group; arranged with the caterer and rentals, assigned other Board members tasks for running the party. We hosted 150 neighbors. The Christmas Party, held in a home, is a no-host cocktail party, we had 200 in attendance. The Annual Business meeting was held at a restaurant, 95 attended. The end-of-summer picnic is held in a yard, is designed for the young and young at heart, 125 attended.

Serving this organization is a chance to pay back those who have run this organization in the past. It is a nice way to meet neighbors and make a contribution to my community.

### California Great Teachers Seminar

California Great Teachers Seminar is a week long seminar sponsored jointly by the California Association of Community Colleges and the Academic Senate for California Community Colleges. Instructors, counselors and librarians from throughout the state gather to learn, teach and reflect on a single topic: *Problems of Instruction in the Community College*. The purposes of the seminar are:

- To rationally analyze instructional problems and find realistic, creative solutions.
- To seek out transferable ideas and the universals of teaching.
- To stimulate the exchange of information and ideas among community college faculty.
- To promote introspection and self-appraisal
- To celebrate good teaching

Although this was not part of my original sabbatical proposal, it was such a perfect ending to a glorious year that I want to include it in this report. I was one of two MSAC representatives selected by our peers to attend the California Great Teachers Seminar. I enjoyed meeting with community college faculty from the entire state. We worked hard to reach the goal outlined above. The spirit of comradery was truly inspiring. I learned many new techniques for classroom teaching. I shared problems and solutions. I acquired a network of community college colleagues. My feelings of pride of being an educator were reinforced. I rested. I enjoyed. I learned to *Duck Dance* (Appendix I).

### Benefit to MSAC

Participation in these professional groups has benefited me in many ways. Developing friends and contacts and creating a professional network helped to strengthen my professional commitment and share my professional interests. I found it fascinating to serve on the various boards and observe many different styles of leadership. The understandings I gained from this experience will help me in my relationships with colleagues and students.

Participation in community/state/national activities promotes my profession as an educator and as a Home Economist. I am always representing MSAC and the community college system. Through my many contacts more people know of our college, the Home Economics Department and our Fashion Merchandising Program.

## Summary of Sabbatical Benefit to MSAC

The overall most significant benefit of my sabbatical leave to the college is the strengthening of my academic preparation in my teaching subject matter areas of nutrition and historic costume. The increased depth of subject understanding will be incorporated in all classroom presentations including lectures, audio-visuals, tests and references.

Broadening my preparation in nutrition has benefited the Home Economics Department by providing more flexibility in the scheduling of tenured teachers. Nutrition is an expanding field of interest that attracts many students to the field of Home Economics. Having several teachers capable to teaching in this viable scientific field enhances the college and the community.

My experiences as a student at California State University, Los Angeles will help me counsel and advise many of our students who transfer to this institution to major in dietetics, fashion merchandising or home economics. While articulation between institutions is an important formal administrative concern, first hand on campus experiences can be related to students to help ease their transition. Understanding how the instructors at CSULA assume their teaching role will be a helpful tool in preparing MSAC students academically to meet their standards.

Spending months at Los Angeles County Museum of Art in the costume and textile collection has given me a unique experience which has broadened my understanding of historic costume and contemporary fashion. This rich background will enliven my classroom presentations and enable me to share with students a very special knowledge. When students know their instructors are the best trained available the reputation of the college is enhanced.

Participation in professional organizations creates a network with those who share the same concerns and commitments. This network will be used to provide resources for various activities in the classroom and on the campus. Over the years the MSAC administration has always been supportive of my professional involvement, I have now achieved high visibility as a Home Economist both nationally and internationally. I am always representing MSAC and the community college system.

My sabbatical leave was known and commended by many throughout the community, state and nation. When an institution is known for supporting formal and independent study of their individual faculty members through a generous sabbatical leave, the reputation of the college is embellished and the respect for the administration and Board of Trustees who keep the program in place is unmeasurable.

## Conclusion

As a teacher with 29 years experience, I am returning to the classroom refreshed, eager and excited. I missed the school, my peers and especially my students. My sabbatical has been a wonderful year. I am enthusiastic and inspired. It is my goal to be one of MSAC's best teachers, the kind our students deserve.

In the coming years, I will be available to participate in workshops or seminars as the faculty interest indicates. I anticipate many creative ways of incorporating the information and experiences gained from my year of formal study, independent study and research and personal growth and development into all of my teaching assignments and my campus commitments. I feel my sabbatical experiences will enhance my contributions to the college in the classroom, in my department, on the campus and in the community.

MT. SAN ANTONIO COLLEGE  
1985 Jan 2  
~~1984 Dec 3~~ PM 1:25  
PERSONNEL OFFICE

MT. SAN ANTONIO COLLEGE  
Salary and Leaves Committee

MT. SAN ANTONIO COLLEGE  
1984 DEC -3 PM 12:21  
PERSONNEL OFFICE

APPLICATION FOR SABBATICAL LEAVE

Name of Applicant Phyllis A. Specht

Address 3540 Grayburn Road, Pasadena CA 91107

Employed at Mt. San Antonio College beginning September 1964

Dates of last sabbatical leave:

From September 1976 To June 1977

Department Home Economics Division Business

Length of sabbatical leave requested:

Purpose of sabbatical leave:

One semester \_\_\_\_\_  
Fall \_\_\_\_\_ Spring \_\_\_\_\_

Study \_\_\_\_\_ Independent Study  
and Research \_\_\_\_\_

Two semesters X

Travel \_\_\_\_\_ Combination  
(specify) X

Administrative \_\_\_\_\_

Study/Independent Study/Research \_\_\_\_\_

**NOTE:** Sabbatical periods are limited to contractual dates of the academic year.

Effective dates for proposed sabbatical leave:

From September 1985 To June 1986

and (if taken over a two school year period)

From \_\_\_\_\_ To \_\_\_\_\_

Attach a comprehensive, written statement of the proposed sabbatical activity(ies) including a description of the nature of the activity(ies), a timeline of the activity(ies), an itinerary, if applicable, the proposed research design and method(s) of investigation, if applicable.

Attach a statement of the anticipated value and benefit of the proposed sabbatical activity(ies) to the applicant, his/her department or service area, and the College.

Any change or modification of the proposed sabbatical activity(ies) as evaluated and approved by the Salary and Leaves Committee must be submitted to the Committee for reconsideration.

Phyllis A. Specht  
Signature of Applicant

December 1, 1984  
Date

PROPOSAL FOR SABBATICAL LEAVE  
Phyllis A. Specht, Home Economics

This sabbatical proposal has three thrusts, **Nutrition, Historic Costume and Fashion and Personal Growth and Development**. This request combines formal study, independent study and research. The benefits of this proposal are many including strengthening of academic preparation, enrichment of classroom presentations, professional development, service to MSAC and to the larger community.

**Nutrition**

Need:

The Home Economics Department faculty includes two tenured instructors who teach nutrition as a significant part of their assignment. Each semester several hourly instructors are hired to teach both *Basic Nutrition* and *Essentials of Nutrition*. These classes always have large enrollments and some semesters additional sections must be added during registration to cover the need. These two classes, which are important requirements for several majors, also fulfill general education requirements. An additional tenured instructor with updated nutritional training will help this impacted area of the Home Economics curriculum.

As in many of the Departments on the MSAC campus, Home Economics has had some shifts in enrollment from certain classes. Such a class is *Apparel Analysis*, which has had four to six sections a semester; the current demand is not this high. This class has been a major part of my teaching assignment (two or three sections a semester). Therefore, it is important for me to retrain in order to teach in another area. Nutrition is the area in our Department where there is the most need and where I could be of the most value.

Sabbatical Preparation:

In the fall of 1983 I completed the MSAC class *Essentials of Nutrition* with an A grade. I am currently teaching *Basic Nutrition*.

Sabbatical Proposal:

In consultation with Dr Margaret McWilliams and Dr Audrey Giesecking-Williams of California State University, Los Angeles, I worked out the following schedule of nutrition classes to be taken on their campus:

- 411 *Evaluation of Current Nutrition Concepts* (3 units, fall quarter)  
Interpretation of nutrition research findings and consideration of possible applications for individuals and population groups.
- 416 *Child Nutrition* (4 units, winter quarter)  
Nutrition of children and consideration of concomitant problems.
- 450 *Nutrition and Well-Being* (4 units, every quarter)  
Nutrition in the life cycle as related maturation/aging/well-being, emphasizing the individual as an integrated being.
- 519 *Seminar: Nutrition, Food and Dietetics* (3 units, spring quarter)  
Selected topics in nutrition, food and dietetics.
- 300 *Physiological and Nutritional Bases of Fitness*  
(4 units, new course, has not been scheduled)  
Analysis of physiological and nutritional bases of fitness, including energy for exercise, body composition and weight control; methods of altering lifestyles in terms of nutritional and exercise habits.

This is a total of 14 quarter units or 18 quarter units, if the 300 course is offered. In the event any of the above classes is cancelled (with the exception of the 300 class), I will seek similar classes at other colleges/universities and confer with the MSAC Salary and Leaves Committee before making substitutions.

Benefit to MSAC:

-The retraining of a tentured instructor will provide more flexibility in scheduling nutrition classes and will alleviate the problem of too many *Apparel Analysis* instructors.

-Updated materials will be shared with students by incorporating new information and experiences into class room presentations, including lectures, audio/visual programs and revised assignments, tests and examinations.

-The presentation of updated information, references and educational resources to colleagues at departmental subject matter meetings with tenured and hourly instructors.

## **Historic Costume and Fashion**

### Need:

Historic costume and historic fashion is a vast area of study. Developing expertise in this discipline requires years of study. I have taken all the courses available in the metropolitan area.

I have conferred with Dr Carter Doran, Dean of Humanities and Social Sciences, Ralph Eastman, Drama and Richard Raynard, Art. We have agreed that there is a need for interested students in their areas to take *History of Costume and Fashion* for enrichment and a broader base of knowledge. We feel that in the future there could be the possibility of the development of a cross-departmental class which would fill this need. There is also the possibility that the class as it is now offered could become a recommended elective for drama and art students.

### Sabbatical Preparation:

*History of Costume and Fashion* is a requirement in our Fashion Merchandising major. I have taught this class for a number of years and have developed an extensive slide collection and a large personal library of costume/fashion references. I have visited museums with costume collections both here and in Europe. I have been active in the Costume Society of America and a patron of The Costume Council, Los Angeles County Museum of Art. I have worked hard to enrich this class, but I still feel a need to develop a broader background.

Sabbatical Proposal, Part One:

I would like to participate in independent study and research under the direction of Edward Maeder, Curator, Costume and Textiles Department, Los Angeles County Museum of Art. I would work an average of 15 hours a week for the months of September, October, November, January, February, March, April and May with certain time excused for symposiums, professional conferences and meetings.

My involvement would cover a wide variety of museum activities including:

- supervise a volunteer team doing basic research
- catalogue the collection of 19th and 20th century hats and shoes

I will be able to observe and assist as requested:

- research and coordination for the Historic Hollywood Exhibition
- work on the Renaissance catalogue
- The Curator, Edward Maeder; the Associate Curator, Dale

Gluckman; the preparator, Nola, Ewing and other staff

(Please note attached letter of conformation.)

Benefit to MSAC:

To study under Edward Maeder is an opportunity of a lifetime. He has been hailed as the most outstanding young curator in the United States. He prepared at London' Courtauld Institute of Art, Switzerland's Abegg Foundation, a major center for textiles research and conservation; Rome's Central Institute of Restoration, Lyon's Musee Historique des Tissue, Brussels' Musees Royaux d'Art et d'Histoire and New York's Fashion Institute of Technology. (see attached article from June 1984 *Connoisseur*).

Students with a degree in Home Economics, with emphasis in textiles and clothing, can find excellent positions with museums that have textiles and/or costume collections. My intern experience will give me better understanding of these career opportunities which can be shared with MSAC students.

The enrichment of my professional preparation from this independent study and research would be reflected in classroom presentations including revised lectures and slide programs, and field trip opportunities made possible from contacts made during the sabbatical year.

Sabbatical Proposal Part Two:

Work with independent study group composed of:

- Dr Jack Handford, Otis-Parsons Art Institute
- Mrs Judith Apple Mathey, Fashion Institute  
Design and Merchandising
- Mrs Rosalie Utterbach, Woodbury University

To develop a historic costume student syllabus covering the following information:

- chronology, important dates and events
- outstanding people, rulers, artists, social and political leaders
- geographical and economic influences
- religious and philosophical influences
- social manners and morals,
- music and movement
- architecture and home furnishings
- decorative motifs and art forms
- works of art
- clothing (outerwear, underwear, special occasion or ceremonial)  
colors/fibers/fabrics/ornamentation/construction/silhouette/shape
- accessories
- cosmetics and hairstyles
- glossary (with pronunciation)
- bibliography  
publications/museums/other sources

Benefit to MSAC:

A student syllabus will be prepared for use in MSAC class *History of Costume and Fashion*. This syllabus will be ready for use in the 1986-87 school year. A copy of the syllabus will be included in my sabbatical report. Additional copies will be available upon request to any MSAC faculty member.

This syllabus will be the basis for revising classroom presentations in *History of Costume and Fashion* including lectures, slide programs, field trips, assignments, handouts, tests and examinations. A more creative presentation of historical information will result from this detailed study.

Spring Semester 1986, I will again confer with Dr Cartner Doran, Dean of Humanities and Social Sciences, Ralph Eastman, Drama and Richard Raynard, Art to study the possibility of (1) making *History of Costume and Fashion* a recommended elective in their major/certificate curriculum (2) developing a cross-departmental certificate or major in their individual areas of instruction which will include *History of Costume and Fashion* (3) investigate the possibility of developing a Theater Arts lower division curriculum which would include *History of Costume and Fashion* that will transfer to the new Theater Arts minor at California State Polytechnic University, Pomona.

### **Personal Growth and Development**

I have been professionally active in several groups for many years. I currently serve on several boards. I regularly attend symposiums, conferences and meetings of these organizations. I have listed these organizations, my position and the activity I anticipate I will participate in during my sabbatical year:

- American Home Economics Association  
California Home Economics Association  
Foothill District,  
Counselor, attend meetings/conferences
  
- Association of College Professors of Textiles and Clothing  
Western Region Board of Directors  
annual conference: Napa Valley, California  
October 22-26, 1985
  
- Los Angeles County Museum of Art  
Costume Council Board of Directors  
Costume Council Patron  
President's Circle  
attend meetings/special events
  
- Costume Society of America  
National Board of Directors  
Western Region Board of Directors  
attend meetings  
annual symposium: Indianapolis, Indiana  
April/May 1985

- Fashion Group  
member  
attend meetings/participate in special activities
  
- South Lake Business Association (Pasadena)  
member  
attend meetings/participate in promotions

Benefit to MSAC:

Participation in professional groups benefits the individual in many personal ways. Developing friends and contacts and creating a professional network leads to strengthening professional commitments and sharing professional interests.

Participation in community/state/national activities promotes my profession as an educator and a Home Economist. It also spreads the community college message and allows people to know more about our institution, Mount San Antonio College.

As a teacher with 21 years at MSAC and a 27 year total in the classroom, I am looking forward to my sabbatical year as a year of new experiences and personal growth. I really like my job, the students, and the school. I still get excited every September and am eager to start the new year. I am certain a sabbatical year of renewal will help me continue to be an enthusiastic and inspired teacher, the kind that our students deserve.

After completion of my sabbatical year, I will be available to participate in workshops or seminars as the faculty interest indicates. I anticipate many creative ways of incorporating the information and experiences gained from my year of formal study, independent study and research into all of my teaching assignments and my campus commitments.

# LOS ANGELES COUNTY MUSEUM OF ART

5905 Wilshire Boulevard, Los Angeles, California 90036

Telephone 857- 6082

Dr. Phyllis A. Specht  
Mt. San Antonio College  
1100 North Grand Avenue  
Walnut, CA 91789

November 21, 1984

Dear Dr. Specht:

The Department of Costumes and Textiles would be pleased to have you complete a volunteer internship with us during the 1985-86 academic year. The internship would consist of an average of 15 hours per week in the Department for the months of September, October, November, January, February, March, April, and May (with certain time excused for symposiums, professional conferences and meetings.)

Under my supervision and that of the Assistant Curator, Dale Carolyn Gluckman, you will be heading a team of volunteer researchers who will be cataloguing the Museum's substantial collection of 19th and 20th century hats and shoes. This is an important aspect of the Department's holdings that urgently requires research and documentation. Your knowledge of fashion, history and design trends will be invaluable. We also feel that you will gain much that you can share with students and colleagues on your return to University life.

I look forward to having you work with the Department next year.

Sincerely,



EDWARD MAEDER  
Curator  
Textile and Cost

EM/lc

## Correction:

Edward Maeder knows that I do not have a doctorate. He also knows that I teach at a community college, not a university. I do know that since Prop 13, LACMA has had a critical shortage of clerical help. I hope the Committee agrees that to request a corrected letter from Mr Maeder would be an unnecessary imposition.

If my leave is granted, I will take the responsibility of making certain the letter of conformation of my internship will not contain these errors.

MT. SAN ANTONIO COLLEGE  
Sabbatical Leave of Absence

This is an agreement between the Mt. San Antonio Community College District (hereinafter referred to as District) and Phyllis Specht (hereinafter referred to as Employee).

The District and Employee agree as follows:

1. Employee occupies a position requiring certification qualifications.
2. Employee has rendered not less than seven (7) consecutive years of service to the District immediately preceding the granting of the sabbatical leave of absence.
3. Employee has made application for a formal study - independent study - research (study, independent study and research, travel, a combination thereof) sabbatical leave of absence.
4. Such leave to take place from September, 19 85 to June, 19 86.
5. The provisions of Education Code Sections 87767 through 87775 govern the sabbatical leave of absence.
6. The District shall pay Employee \$30,991.80 for the period of the leave of absence to be paid in ten (10) equal monthly payments in the same manner as regular instructors are paid.
7. Employee shall render at least four (4) semesters of service therein, equal to twice the length of the sabbatical leave, following Employee's return from leave.
8. The District waives all requirements of furnishing a bond.
9. Employee shall perform service of a professional nature as delineated in the document which is attached and incorporated by reference as though fully set forth.
10. Employee upon return from the leave shall submit, through the Salary and Leaves Committee, evidence in the form of a written report satisfactory to the Board that such service was performed as agreed.
11. Employee shall make no change in the approved sabbatical plan without advance approval of the Salary and Leaves Committee.
12. Employee agrees failure to return to duty or failure to submit a written report satisfactory to the Board shall require the employee to reimburse the Mt. San Antonio Community College District any and all monies paid while on sabbatical leave.

Mt. San Antonio Community College District

Phyllis A. Specht  
Employee's Signature

6/7/85  
Date

by: John O. Randall  
6/25/85  
Date

SUBJECT Applications for Sabbatical Leave, 1985-86

DATE February 27, 1985

PRIORITIZED LIST OF SABBATICAL APPLICATIONS  
FOR 1985-86 SCHOOL YEAR

1. **LEONARD SHIPMAN** - Political Science (full year) - Combination of formal study and travel. Applicant will attend California State Polytechnic University, Pomona, to take thirty-two (32) quarter units of study in English, Psychology, and Political Science. Study plans to include trip to Washington, D.C. to gather information, insights and other teaching tools to be used in his American Government classes. Applicant will develop credits toward teaching minors in the fields of English and Psychology.
  
2. **PHYLLIS SPECHT** - Home Economics (full year) - Formal study, independent study, and research. Applicant will attend California State University, Los Angeles, to take eighteen (18) quarter units of study in the field of nutrition. Applicant will also pursue independent study and research at the Costume and Textiles Department, Los Angeles County Museum of Art, working approximately fifteen (15) hours per week. She will also work with an independent study group of professionals in her field to develop an historic costume student syllabus.
  
3. **MARGUERITE McINTOSH** - Modern Languages (spring semester) - Combination of independent study and travel. Applicant will pursue study of Spanish through independent study and a period of residence in Mexico, living with a Mexican family in order to learn to speak the vernacular. She will also be studying at the Institute of Languages, Center for Bilingual Multi-Cultural Studies in Cuernavaca. Upon her return, the applicant plans to write an article or booklet for distribution to all language students at MSAC.
  
4. **LAWRENCE PARKER** - English, Literature, Journalism (full year) - Travel, independent study, and research. The applicant will research, classify, and organize an anthology of literary examples of personal journal entries. The applicant will also research and study major authors who have lived and written about the Los Angeles area. His literary research will be conducted at the Library of California State Polytechnic University, Pomona, Honnold Library, Claremont, and the Huntington Library. Upon his return, the applicant plans to use his study and research findings to develop and offer conducted tours of literary Los Angeles through MSAC Community Services program. He will also travel to Israel, Sinai, and Egypt to study written records, historical artifacts and archaeological ruins.



# MT. SAN ANTONIO COLLEGE

1100 NORTH GRAND AVENUE • WALNUT, CALIFORNIA 91789

Telephone: (714) 594-5611

January 6, 1986

Mr Walter W. Collins, Chairperson  
Salary and Leaves Committee  
Mount San Antonio College  
1100 North Grand Avenue  
Walnut CA 91789

Dear Mr Collins:

This is to inform you and the Salary and Leaves Committee that I was unable to enroll in FSCS 300 *Physiological and Nutritional Bases of Fitness* which was offered this quarter at CSULA because of a scheduling conflict. When I applied for my leave, it was uncertain that this class would be offered at all, so I included it as a possible option.

I am currently enrolled in FSCS 450 *Nutrition and Well-Being* and FSCS 416 *Child Nutrition* for a total of 8 units. I have completed FSCS 411 *Evaluation of Current Nutrition Concepts* for 3 units. I will be taking another 3 unit class in the Spring quarter.

I am working two days a week on my independent study and research at Los Angeles County Museum of Art in the Costumes and Textiles Department. This is a most rewarding experience with new learnings and discoveries each day.

Best wishes to you and the Committee for a wonderful New Year!

Sincerely,

Phyllis A. Specht  
Home Economics



# MT. SAN ANTONIO COLLEGE

1100 NORTH GRAND AVENUE • WALNUT, CALIFORNIA 91789

Telephone: (714) 594-5611

February 17, 1986

Mr Walter W. Collins, Chairperson  
Salary and Leaves Committee  
Mount San Antonio College  
1100 North Grand Avenue  
Walnut CA 91789

Dear Mr Collins:

I respectfully request that I be allowed to make a substitution in my sabbatical contract. Spring quarter I would like to take Fundamentals of Human Nutrition FSCS 317 instead of Seminar: Nutrition, Food and Dietetics FSCS 519. Both classes are three units.

The reason for making this request is that FSCS 317 is the course required of MSAC students transferring to CSULA to major in Foods and Nutrition, Home Economics or other related subjects. It seems important to know exactly what will be expected of these students so that we may better prepare them at our Community College level.

FSCS 519 is a graduate seminar that concentrates on writing a research paper. I wrote such a paper last quarter in FSCS 411 and received an A grade. My fourth book is slated for publication this month. I feel confident that I can write papers and that this course would not be as challenging to me personally nor as beneficial as the FSCS 317.

Spring quarter starts Monday, March 31, 1986. May I please have your reply prior to this date.

Sincerely,

Phyllis A. Specht  
3540 Grayburn Road  
Pasadena CA 91107  
818/796-0076

**MT. SAN ANTONIO COLLEGE**  
Salary and Leaves Committee

TO: Ms. Phyllis Specht  
FROM: Walter W. Collins, Chairperson  
Salary and Leaves Committee  
DATE: April 2, 1986  
SUBJECT: REQUEST TO MODIFY  
SABBATICAL PROGRAM



Please be advised that the Salary and Leaves Committee has approved your request to substitute the course Fundamentals of Human Nutrition FSCS 317 for Seminar: Nutrition, Food and Dietetics FSCS 519. I understand you have enrolled in the course, and I apologize for the delay in giving you written confirmation of the Committee's approval.

Best wishes as you enter the second half of your sabbatical program.

myw

# **Scotch, Soda, and ?**

**A survey of the Effects of  
Social Drinking  
As It Relates to Nutrition**

**A Paper  
Presented to**

**Dr. Jane Lewis**

**California State University, Los Angeles**

---

**by**

**Phyllis Specht**

**December 1985**

## Table of Contents

Introduction .....	1
Scope of Problem .....	2
Definition of Terms .....	3
Alcohol.....	3
Heavy Drinking.....	3
Moderate Drinking.....	3
Light Drinking.....	3
Tolerance.....	4
Physical Dependence.....	4
Alcoholism.....	4
What Happens When You Drink .....	5
Some Effects of Alcohol on Gastrointestinal Tract.....	5
Alcohol and the Liver.....	6
Alcohol and the Brain.....	6
Alcohol and Nutrition.....	7
Alcohol and Weight.....	9
Some Disorders Associated With Alcohol .....	10
In the Liver.....	10
In the Cells.....	10
Hyperuricemia and Gout.....	11
Alcohol and Glucose Tolerance.....	11
Infectious Diseases.....	12
Cardiovascular Effects.....	12
Alcohol, Age and Race .....	14
Adolescence.....	14
College Age.....	14
Old Age.....	14
Race.....	14
Alcohol and Cancer .....	15
Alcohol and Pregnancy .....	16
Alcohol and Drugs .....	17
Legitimate Drugs.....	17
Illicit Drugs.....	18
To Drink or Not To Drink? .....	18
Drinking Socially.....	19
Sobering Up.....	19
Conclusion .....	19

## **Introduction**

Drinking is socially acceptable in the United States of America. Sociable occasions often include an invitation to drink including "stop by for a drink", "let's buy a bottle and celebrate", or "come for cocktails". Our meal patterns often include alcohol especially if it is a special occasion

such as a birthday party, Thanksgiving or Christmas. Festive meals are often preceded by cocktails, wine is served with dinner and after dinner liqueurs conclude the meal. If the preparation of the food also included alcohol, as is often the case, an intoxicating amount of alcohol can be consumed while gathered around the family table.

The advertising media glamorizes alcohol consumption. Newspapers, magazines and billboards all have advertisements which show beautiful people having a beautiful time suggesting to the consumer that this lifestyle can be theirs for the price of a bottle.

Attitudes toward alcohol have become very tolerant in our society. For example, colleges and universities, including the California State Universities, allow the sale of liquor on campus. Students arrive at class with liquor on their breath. This was cause for expulsion not too many years ago.

At a recent Rose Bowl, U.C.L.A vs Oregon State, football tailgate party, a group of very respectable alumni arrived at nine in the morning for the pregame activities. They started with mimosas (champagne and orange juice). Some continued with vodka and orange juice. Wine was served with brunch. Beer was consumed during the game. The post game party, at a private home, included the service of beer, wine and distilled spirits. About nine in the evening these happy alumni got into their cars and drove off. No one was drunk or disorderly because over the years this group had developed a tolerance to alcohol, but all had consumed a great deal of alcohol over the twelve hour period. Many others, including U.C.L.A. students, were observed during the same day in various states of inebriation. This was a very ordinary football game. It was not a traditional rivalry. It was a picnic, a diversion, a trivial period of time. Yet the alcohol consumed at the Rose Bowl that day probably rivaled the alcohol consumption at the Roman orgies as they fed the Christians the lions. Nobody was very concerned about this social drinking, it was very acceptable to all people involved.

As we approach the holiday gift giving season, many of the gifts given and received will be alcohol. It is a very socially acceptable gift. It is easy to give, one size fits all. It is easy to receive, something to enjoy alone or share with friends and loved ones. But what is the potential of the contents of that bottle? What effect does social drinking have on our health now and in the future?

### **Scope of the Problem**

The consumption of alcohol has increased by more than 30 percent in the past twenty years. Currently more than 200,000 Americans die annually from alcohol-related deaths. As many as a third of adult patients in hospitals have problems related to alcohol consumption. About 20 percent of our total national expenditure for health care is for problems related to alcohol abuse. Two thirds of all cases of domestic violence involve the use of alcohol and a third of the incidences of child abuse are thought to be alcohol related. About 50 percent of all traffic fatalities, fire deaths, rapes, and suicides are thought to involve alcohol (1). It is estimated that one out of every two Americans will be in an alcohol-related traffic accident during his or her lifetime. On week-ends one out of every ten drivers on the road is thought to be under the influence of alcohol(2).

To give more impact to these statistics consider the revenue collected from the sales of alcoholic beverages in the state of California alone. Sales taxes collected at the federal, state and local level during the year 1982-83, was in excess of \$1 billion. The total consumption in California per capita is about 40 gallons of alcohol per year: 31 gallons of beer, 5.9 gallons of wine and 2.8 gallons of distilled spirits. This consumption is about 25 percent greater than the national average. Californians not only drink more per capita than the national average, but *more* Californians drink. The comparison is as follows:

Californians	about 78% drink	about 22% abstain
Nationwide	about 68% drink	about 33 % abstain(3)

What is the risk of 40 gallons of alcoholic beverage consumed per year? It would seem that at this time epidemiological studies on the health consequences of drinking alcoholic beverages would be conclusive, but this is not the case. It is known that the consumption of alcohol is not evenly distributed. Estimates are that between 10 and 15 percent of the population consume about 75 to 80 percent of the alcoholic beverages. A relatively small percentage of the population consumes most of the alcohol (3).

It is the controlling purpose of this paper to report on the effects of alcohol on health of the large majority who are considered "social drinkers".

## Definition of Terms

Alcohol is both a food and a drug. It is considered a food because it does supply energy, 7 calories per gram of pure alcohol. Some alcoholic beverages, such as beer and wine also have other nutrients, including carbohydrates, proteins, minerals and vitamins. These nutrients are present in very small quantity. Alcoholic beverages are high-kcalorie, low-nutrient-density foods (4).

To the chemist alcohol refers to a class of compounds containing reactive hydroxyl (OH) groups. To the lay person, alcohol refers to the intoxicating ingredient in beer, wine and hard liquor or distilled spirits. The chemical name for this particular alcohol is ethanol(5). For the remainder of this paper, the author will use the term alcohol, the reader will know that the discussion is about a particular alcohol, ethanol.

The alcohol in beer, wine and hard liquor is all the same. Because the form of alcoholic beverages is different, many feel that beer or wine is less intoxicating or less habit forming. This is not so.

Alcohol rates as the most commonly used drug in the United States of America (4). There are over 60,000 outlets in California alone where alcoholic beverages may be purchased (3). It is freely available and relatively inexpensive. While there are laws that prohibit the sale of alcohol to minors in each state, alcohol is so available that many studies include drinkers as young as 14 years old. In 1975, it was estimated that there were approximately 3 million problem drinkers among youths 14 to 17 years (9). Complex cultural factors affect drinking practices and many children are known to consume alcoholic beverages at a very young age (6).

Alcohol is both toxic and addictive. It works on the body as a depressant. About 1 in 10 people who drink become alcoholics. Many people consume too much alcohol on a regular basis. "Too much" for most people is when daily consumption amounts to 20 percent or more of kcalorie intake (3 or 4 drinks) (4).

Heavy drinkers are defined as those who consume at least two drinks (one ounce of absolute alcohol) daily. This group includes those who regularly have two or more drinks as well as those who occasionally, or frequently, have drinking binges. Light drinkers are those who drink more than once a year, but usually no more than one or two drinks at a time. Moderate drinkers generally consume smaller total amounts of alcohol than heavy drinkers, but may also have an occasional drinking binge (7).

Social drinkers fall into the moderate or heavy drinker classifications. Social drinking is limited to social occasions. This type of drinker drinks only with others as a part of a lifestyle. Often the social drinker is a week-end or party drinker, however cocktails may be a part of their daily routine.

Since most drinking surveys are based on a personal inventory where people are asked to describe their drinking habits, they are often inaccurate. For example, a person who drinks three cans of beer (1 1/2 ounces of absolute alcohol) daily probably does not regard this as heavy drinking (7).

Tolerance to alcohol is a reduced response to the drug after chronic use. Physical dependence is a state in which the body no longer functions normally in the absence of the drug (8).

Alcoholism, or too much alcohol consumed regularly over an extended period of time, can lead to serious nutritional deficiencies and well as to physical destruction (4).

Alcoholism is a very complex disease. It is now understood that alcoholism as a whole is inherited. This goes beyond the observable fact that alcoholism runs in families. Families share environments as well as genes and many families have a distinctive lifestyle. Recent studies of twins and adoptees convincingly demonstrated that a person's vulnerability to alcoholism is greatly affected by having an alcoholic biological parent. Alcoholic foster parents impose no such risk(8).

The disease of alcoholism is biological, the genes and gene products determine it. Currently researchers are trying to learn exactly which components of alcoholism are inherited. It is recognized that environmental factors play a part in producing the disease in some family members but not others (8).

The kind and quality of alcoholic beverages consumed vary greatly from person to person, reflecting individual preferences and practices. United States of America survey data suggests that one third of the adult population consists of abstainers or person who seldom take a drink. Another third consists of people who have up to three drinks per week. The remaining third contains people who consume four or more drinks per week; a portion of these, possibly as many as a third have been defined as problem drinkers or alcoholics. Alcoholics are thought to be most at risk of sustaining adverse health consequences from alcohol use. However, it has been established that drinking in moderation may not be universally harmless. Individual differences in genetic and other biological factors may lead to specific organ pathologies caused by alcohol. Consequently, dose response relationships can not be established for any given individual (9).

## What Happens When You Drink

Alcohol is used today as a kind of social anesthetic, to help people relax or to relieve anxiety. People generally think that alcohol is a stimulant, because it seems to make them lively and uninhibited at first. The way alcohol accomplishes this is by sedating inhibitory nerves which are more numerous than excitatory nerves. Ultimately, alcohol acts as a depressant because it effects all the nerve cells (5).

From the time alcohol enters the body as a beverage, it is treated as though it had special privileges. Food is retained in the stomach for a period of time, but not alcohol. Alcohol molecules need no digestion; they can diffuse through the stomach walls immediately and reach the brain within a minute. Effects of alcohol can be felt quickly, especially if the stomach contains no food. When the stomach is full and the molecules of alcohol are surrounded by food they have less chance of touching the stomach wall so the effects are not felt so quickly. When the contents of the stomach are emptied into the small intestine, the food-alcohol mix is unimportant. The alcohol is absorbed rapidly in preference to other nutrients (5).

## The Effects of Alcohol on the Gastrointestinal Tract

Many factors influence the absorption of alcohol from the gastrointestinal tract. Alcohol absorption from the gastrointestinal tract is directly influenced by the food composition as well as by the amount of food eaten. Soluble carbohydrate causes a greater delay in alcohol absorption than protein or fat (10).

Other factors which affect alcohol absorption from the stomach and small intestine are its own concentration, the mucosal characteristics and surface area, the blood flow through mucosal capillaries and gastric motility. Alcohol is absorbed more efficiently from the duodenum and jejunum than from the stomach because of the greater mucosal surface area (11).

When intake of alcohol is heavy, there is a direct toxic action on the intestinal tract, particularly the small intestine. Cramping or abdominal pain and diarrhea often occur after binge drinking (6). Diarrhea is attributed to alcohol induced disaccharidase deficiency causing lactose intolerance and impaired water and electrolyte absorption from the small intestine (11).

Alcohol can injure the esophagus, stomach, small intestine, pancreas and liver. Both short and long-term use of alcohol can result in the direct injury of the mucosa of the upper gastrointestinal tract. The mechanism of this injury and the amount of alcohol required is unclear. Even small amounts of alcohol can directly or indirectly stimulate acid secretion causing changes of the mucous protective barrier of the upper gastrointestinal tract. Small amounts of alcohol can also cause alterations in gastro-intestinal motility and alter absorption of essential nutrients (9).

Alcohol increases pancreatic secretion. This may cause obstruction to the pancreatic secretions. This can result in increased pancreatic pressure and force pancreatic secretions into interstitial tissues causing injury to the pancreas (3).

#### Alcohol and the Liver

Whitney and Hamilton explained how alcohol affects the liver: The capillaries that surround the digestive tract merge into veins that carry the alcohol laden blood to the liver. Here the veins branch and rebranch into capillaries that touch every cell in the liver. The liver cells are the only cells in the body that can make enough alcohol dehydrogenase to oxidize alcohol at an appreciable rate (5).

There is a limit to the amount of alcohol that can be processed in a given period of time. This limit is set by the number of molecules of the enzyme alcohol dehydrogenase that are in the liver. If more molecules of alcohol arrive at the liver cells than the enzymes can handle, the extra alcohol must wait. This extra alcohol enters the general circulation system and is circulated to all parts of the body returning again and again to the liver until the liver enzymes are able to convert it to acetaldehyde (5).

The rate at which alcohol dehydrogenase can work limits the rate of the body's handling of alcohol. The type of enzyme produced varies with the individual and is dependent on their genetic inheritance (5).

The amount of alcohol dehydrogenase is also affected by whether the stomach contains food. Fasting for as little as a day can cause degradation of the enzyme (protein) within the cells and can reduce the rate of alcohol metabolism by half. Drinking on an empty stomach not only allows the drinker to feel the effects more promptly but also brings about higher blood alcohol levels for longer periods of time. It also increases the effect of alcohol anesthetizing the brain (5).

Alcohol dehydrogenase converts alcohol to acetaldehyde. Simultaneously it converts a molecule of  $\text{NAD}^+$  to  $\text{NADH} + \text{H}^+$ . The related enzyme acetaldehyde dehydrogenase converts another  $\text{NAD}^+$  to  $\text{NADH} + \text{H}^+$  while it converts acetaldehyde to acetyl CoA, the compound enters the TCA cycle to generate energy (all cells possess acetaldehyde dehydrogenase, so this step can take place elsewhere besides the liver). Whenever alcohol is being metabolized in the body,  $\text{NAD}^+$  is consumed and  $\text{NADH}$  accumulates. This consequence is described by saying the body's "redox state" is altered, because  $\text{NAD}^+$  can reduce, and  $\text{NADH}$  can oxidize, many other body compounds. During alcohol metabolism  $\text{NAD}^+$  becomes unavailable for the multitude of reactions for which it is required (5).

## Alcohol and the Brain

Whitney and Hamilton explained how alcohol affects the brain: When alcohol flows to the brain it reaches the frontal lobe first, the reasoning part. As the alcohol molecules diffuse into the cells of this lobe, they interfere with reasoning and judgement.

If additional molecules continue to enter the bloodstream from the digestive tract before the liver has had time to oxidize the first ones, then speech and vision centers of the brain become narcotized. If the alcohol content continues to rise, the brain cells responsible for large-muscle control are affected; at this point people are considered "under the influence", they stagger or weave when they try to walk. Ultimately the conscious brain is completely subdued and the person "passes out". Now, fortunately, he or she can drink no more; if he or she could, they might die. This is because the anesthetic effect of alcohol can at this point reach the deepest brain centers that control breathing and heartbeat. One usually passes out before drinking a lethal dose. But it is possible to drink fast enough that the blood level alcohol continues to rise after one has gone to sleep. When this happens, such as in a drinking contest, death may ensue (12). (See Table A)

Brain cells are sensitive to alcohol's direct toxic effects and some die each time the brain is exposed to alcohol. Liver cells die too, but others may replace them. There is no regeneration of brain cells. This is one reason for permanent brain damage observed in some heavy drinkers. When someone has drunk too much, exercise (walking it off), stimulants (coffee) or shock (cold showers) will not speed up the sobering up process (12).

Table A

### Blood Alcohol Level and Effect (12)

2 drinks	0.05	%	Judgement impaired.
4 drinks	0.1	%	Control impaired.
6 drinks	0.15	%	Muscle coordination and reflexes impaired.
8 drinks	0.2	%	Vision impaired
12 drinks	0.3	%	Drunk, totally out of control.
14 drinks	0.35	%	Stupor
More	0.5-0.6	%	Total amnesia, finally death.

## Alcohol and Nutrition

Heavy alcohol intake contributes to nutritional deficiency by disrupting the physiological and metabolic processes of digestion. Because alcohol is high kcaloric, it can easily supply a

large fraction of daily kcaloric needs. The kcalories derived from alcohol have been termed "empty" because of the negligible amounts of vitamins, minerals, essential amino acids or fatty acids contained in most alcoholic beverages. (9).

Primary malnutrition, resulting from a decrease in actual ingestion of nutrients, is frequently associated with heavy alcohol use. Other factors also contribute to this kind of nutritional imbalance, including anorexia, vomiting, and diarrhea.

Secondary or conditional malnutrition, caused by deficient nutrient utilization, is commonly associated with alcohol abuse and has been related to functional alterations in all organs of the gastrointestinal tract (9).

Alcohol abuse has been suggested as the most common cause of vitamin and trace mineral deficiency in adults in the U.S.A. Inadequate intake and metabolism and absorption of nutrients contribute to this deficiency. Nutritional deficiencies include folate, thiamin, vitamin B<sub>6</sub>, vitamin A and zinc. Other abnormalities are seen in magnesium and phosphate levels.

The deficiency states derived from alcohol abuse are today more frequently marginal than overt. However overt disorders do appear such as Wernicke's encephalopathy (thiamin deficiency). Alcohol derived nutrition deficiency does result in suboptimal health and is contributory to the etiology of a number of abnormalities seen in heavy drinkers (9).

The exact amount of alcohol that increases the minimum daily requirements of essential nutrients, of the exact amount that would cause end organ damage is not known. Until the basic mechanism for these toxicities is understood, recommendations as to the minimum dose can not be given (3).

Alcohol slows production of antidiuretic hormone (ADH) by the pituitary gland in the brain. All people who drink have experienced an increase in urination that accompanies drinking. Loss of body water leads to thirst. The only fluid that will relieve dehydration is water. However, the water loss caused by depression of the antidiuretic hormone involves more than water and some alcohol. With the water loss there is important loss of minerals such as magnesium, potassium, calcium, and zinc. These minerals are vital to the maintenance of fluid balance and to many chemical reactions in the cells (12).

A metabolic balance study was performed to determine the effects of wine vs alcohol on the absorption of various elements. The study was limited to six males, but results were significant. While there was considerable individual variation, the data showed that wine enhanced absorption of calcium, phosphorus and magnesium (13). The results of this study

could have beneficial bearing for women who choose to drink and are at risk because of calcium deficiency.

#### Alcohol and Weight

Drinkers generally fall into two groups: those who eat and drink and grow fat; and those who drink and do not eat and grow thin. Investigation of the relationship of alcohol and the digestive tract revealed that the increase in appetite which has been ascribed to the intake of alcoholic drinks, is due to the stimulation of taste and other oral sensations as well as to a central effect of the promotion of a general sense of well being, and hence a desire for food. It was noted that these stimulatory effects of alcohol on appetite occur with small amounts while with larger intakes of alcohol, hunger may be depressed (6).

Conversely, alcohol can depress the appetite by the euphoria it produces as well as by its attack on the mucosa of the stomach. Heavy drinkers usually eat poorly and the alcoholic often not at all. These groups find it difficult to obtain the essential nutrients and adequate amounts of calories, so malnutrition along with weight loss often occur (5).

Alcohol consumption slows weight loss. For this reason alcohol should not be a part of a weight reducing plan. If alcohol is included in a weight loss diet, a limit of strictly no more than 150 calories per day should be allowed. The empty calories of alcohol should never be allowed to displace the nutritious calories of foods in any diet plan (5).

If the energy (calories) derived from alcohol metabolism is not used, the excess is stored as fat. A small fraction of unmetabolized alcohol is excreted in urine, expired air, perspiration and mother's milk (11).

## Some Disorders Associated With Alcohol

### In the Liver

The liver is the largest and one of the most complex organs in the body. It is involved in the normal biologic functions of circulation, excretion, immunology, metabolism and detoxification. The liver is one of the organs most significantly damaged and physiologically changed as a result of alcohol ingestion. Alcohol consumption alters such liver functions as carbohydrate metabolism, conversion of amino acids into proteins, lipid metabolism and detoxification or alteration of many chemical substances and drugs such as anticoagulants, oral contraceptives, sedatives and hormones. Because the liver is essential for the production, modification, and detoxification of so many important substances, damage or alteration of its function can result in serious secondary effects on other organs. (14,15,16,17).

Alcohol-induced changes of lipid metabolism in hepatic cells can result in the reversible accumulations of lipids, mainly triglycerides, in the liver. This is commonly called "fatty liver" and not thought to be life endangering, however, cases of liver failure and death have been reported (17).

The "beer belly" of the heavy drinker is usually rightly attributed to fat due to an excess intake of calories, but some times it reflects ascites (edema in the abdomen) or fatty liver. Puffy hands, feet, face or skin sores and a reduced ability to withstand infection are also symptoms of fatty liver (5).

Alcoholic hepatitis is a more serious condition than fatty liver. It involves an inflammatory reaction of the liver, alteration in the structure and function of the cells, the presence of necrosis, the appearance of alcoholic hyaline and a diffuse fibrosis of the liver. The long-term outlook and survival are not assured in patients abstaining from alcohol after alcoholic hepatitis has developed (9, 15).

Cirrhosis is a chronic inflammatory disease of the liver in which functioning liver cells are replaced by scar tissue. Although alcoholic hepatitis may be a precursor to cirrhosis, it has been demonstrated that alcohol can produce fibrosis and even cirrhosis without any previous condition. The process of how alcohol ingestion leads to cirrhosis in humans is still unclear. It was previously thought that cirrhosis resulted from poor nutrition, but studies in baboons suggest that heavy alcohol consumption can lead to cirrhosis in spite of adequate dietary intake (17). Cirrhosis accounted for 31,623 deaths in 1975, making it the seventh most common cause of death in the United States of America (15).

### In the Cells

Current animal studies are close to defining the primary effect of alcohol. This action has been described as "disordering" of cell membranes. The idea of membrane disorder seems

particularly appropriate when applied to a drug that is said to cause "disorderly" behavior in people(8).

Cell membranes actually are disorderly when treated with alcohol. While "disorderly" is not quite the correct term, disordered is. The degree of order in a group of molecules describes the regularity of their packing. A closely packed structure is said to be highly ordered. By contrast, when the molecules move independently, the structure is disordered. Alcohol reduces the order pattern of all types of cell membranes. The disordering effect is related to the alcohol concentration (8).

The general hypothesis of this research suggest that there are many ways in which the functions of membrane proteins are disrupted by increase mobility of membrane components. Researchers are hoping to explain the precise biological basis for the phenomena of tolerance and physical dependence of alcohol in some individuals. The chemical changes responsible for the altered physical state of the membranes have yet to be identified. It is felt that the membrane disordering effect of alcohol is small but somehow linked to the functional change (8).

#### Hyperuricemia and Gout

Alcohol consumption is also associated with hyperuricemia and gout (3). Attacks of gout may be precipitated by alcohol binges, particularly when these are accompanied by food restriction. It is suggested that the combination of alcohol intake and fasting increase the effect of one another on uric acid metabolism (6).

#### Alcohol and Glucose Tolerance

Prolonged heavy use of alcohol is sometimes associated with impaired glucose tolerance, although this has not been found by all investigators. Intravenous glucose tolerance is not changed by alcohol consumption. When drinking is stopped, oral glucose tolerance usually returns to normal within a few days. It is very possible that the decreased glucose tolerance may be due to impaired insulin secretion due to poor nutritional status in the heavy drinker (10).

#### Alcoholic Hypoglycemia

Alcohol induced hypoglycemia can develop within 6 to 36 hours after alcohol ingestions by individuals whose food intake has been extremely limited. Patients often arrive in the emergency room comatose with blood glucose values of less than 40 mg. per deciliter. The

diagnose of hypoglycemia may be masked because the patients have the odor of alcoholic beverages on their breath (10).

Severe hypoglycemia leading to death can develop in insulin-treated individuals with diabetes following alcohol ingestion. A similar reaction may occur when moderate to large quantities of alcohol are consumed by diabetic patients treated with sulfonylurea drug (11).

Alcohol consumption delays recovery from hypoglycemia in normal subjects given 0.1 unit insulin per kilogram of body weight. It also diminishes the normal rise of growth hormone secretion. Alcohol has the capacity to enhance insulin secretory effect of glucose, making reactive hypoglycemia a possible outcome (11).

### Infections Diseases

Pneumonia is a frequent cause of illness and death for alcohol abusers. The neglect of nutrition, impairment of lung clearance and decreased immune response mechanisms make heavy alcohol users prone to respiratory tract infection (9).

### Cardiovascular Effects

Alcohol alters the cardiovascular system in many ways. Direct injury to the myocardium from alcohol was initially thought to be due to thiamine deficiency or the contaminants in alcoholic beverages. Now it is thought that it is not the thiamine deficiency but that heavy drinking over a long period of time is responsible for alcohol cardiomyopathy (3).

Arrhythmias associated with social drinking or alcohol withdrawal have been described in studies. These effects have been labeled "holiday heart". After administration of 90 ml. of 80-proof alcohol, significant atrial or ventricular arrhythmias developed in 10 out of 14 patients. It is possible that these changes are due to direct effects of alcohol or to alterations of the electrolyte balance (3).

Alcohol use is apparently related to systolic and diastolic blood pressure independent of adiposity, salt intake, coffee drinking or cigarette smoking (19,20). While some researchers have linked magnesium deficiency and alcohol intake to changes in blood pressure, convincing data is not yet available to prove these observations. Changes in electrolyte balance and alcohol are also under investigation. It is believed that alcohol-related increase in blood pressure is an important clinical factor to be considered when diagnosing and treating hypertension (3).

It has been suggested that the incidence of coronary heart disease is lower in persons consuming less than three drinks per day when compared to persons who totally abstain from

alcohol. The theory that small amounts of alcohol consumption might be protective to the cardiovascular system came from evidence suggesting the elevated levels of circulating high-density lipoprotein (HDL) occur with alcohol consumption. Very current studies have observed that HDL is a heterogeneous group of lipoproteins with at least two major subclasses (14). The less dense HDL<sub>2</sub> is epidemiologically associated with the reduction of heart disease risk while the more dense HDL<sub>3</sub> is not clearly related to heart disease. Exercise and estrogens increase HDL<sub>2</sub> but do not increase HDL<sub>3</sub>. Researchers have demonstrated that administration of one to two drinks of alcohol per day raises the levels of HDL<sub>3</sub> but not HDL<sub>2</sub> (3).

It is now recognized that large amounts of alcohol have adverse effects on virtually all tissues of the body including the cardiovascular system. It is generally agreed that such intakes of alcohol are not associated with protection against coronary heart disease (21).

## Alcohol and Age, Race

### Adolescence

A national study in 1975, showed that more than half of all seventh-graders nationwide had tried alcohol at least once during the previous year. Nine-tenths of all high school seniors had had experiences with alcohol according to the same study (22).

The year between the ages of 13 and 14 seems to be the decision point for most teenagers. The year between the ages of 15 and 16 is critical for blacks. Between the ages of 17 and 18, infrequent drinkers apparently make a decision either to abstain or to drink more heavily. The highest proportion of heavy drinkers by ethnic group is found in Native American youth (16.5%), followed by Orientals (13.5%), and Hispanics (10.9%). For white youths, the proportion was 10.7 percent and for black youths, 5.7 percent. Those receiving high grades are less likely to become alcohol drinkers. The young heavy drinkers characteristically spend more time with their peers who also drink (23).

### College Age

Alcohol is considered part of the normal college life. Alcohol abuse is frequent in this age group. About 90 percent of all college students use alcohol and heavy drinking is common. A third or more of all college students report getting drunk more than once a month (22). Only a few college students are alcoholics but 5 to 10 percent will experience some serious complications as a result of drinking. 1 in 12 will go on to become an adult problem drinker or an alcoholic (23). Among adults in the U.S.A. about 100 million drink and 9 million are estimated to be alcoholics (5).

### Old Age

A recent estimate sets the incidence of alcohol abuse in people over 60 in the U.S. A. at 2 to 10 percent (5). Alcohol use is the second leading cause of admission of elderly persons to psychiatric institutions. Elderly persons have altered pharmacokinetics for alcohol. While the volume or distribution of alcohol is lower in the elderly, the plasma clearance rates are unchanged. Elderly have a greater vulnerability to alcohol (3).

It is claimed by some that small amounts of alcohol may be useful therapeutically for the elderly person. However, current information does not support this. There is no reliable threshold for safety of alcohol consumption in the elderly (3).

### Race

Some studies reveal racial differences in the ability to handle alcohol in the body. Two such examples are presented here.

Oriental have genetic information that causes them to produce atypical forms of alcohol dehydrogenase and its partner enzyme acetaldehyde dehydrogenase. The result is that some Orientals suffer from a kind of acetaldehyde poisoning which makes them too uncomfortable to become addicted to alcohol (24).

Some blacks have been found to be especially sensitive to the effects of chronic alcohol consumption on lowering intestinal lactase activity. This is an important consideration when diets are prescribed for heavy users of alcohol with gastritis or ulcers (25).

### **Alcohol and Cancer**

The observation that many patients with cancer of the mouth, pharynx, larynx, esophagus, and liver are found to be alcohol dependent has stimulated research into the possible role that alcohol might play in carcinogenesis. Heavy drinking increases the risk of cancer developing in the tongue, mouth, oropharynx, hypopharynx, esophagus, larynx and liver (9).

The means by which alcohol might exert a carcinogenic effect in man are unknown. Several mechanisms are currently being studied. Among the possibilities are:

- alcohol-induced immunologic suppression
- effects of prolonged and repeated contact of body tissues with alcohol
- alcohol as a carcinogen with tobacco
- alcohol as a trigger mechanism for a hypothetical viral cause
- Indirect consequence of heavy alcohol use, including malnutrition, anemia, poor hygiene
- the possible presence of carcinogenic substances in some alcoholic beverages (9).

The relation between alcohol consumption and subsequent occurrence of the most frequent cancers in Japanese men in Hawaii, cancer of the stomach, colon, rectum, lung and prostate, was analyzed in a study of 8006 subjects. Information on alcohol consumption was obtained through interviews in the mid-1960s, and has been followed since then. The analysis, which was adjusted for the effects of age and cigarette smoking, revealed a positive association between alcohol consumption and rectal cancer in men whose monthly consumption of beer was 15 liter or more. A significant positive relation between alcohol consumption and lung cancer was found among subjects who consumed large amounts of wine or whiskey. No significant relation between alcohol consumption and the incidence of the other three cancers was found in this study (26).

Much more information is needed before a threshold level of alcohol consumption as it relates to cancer can be established. Alcohol itself does not appear to be a carcinogen in most systems tested, but it is a good solvent for other chemicals and may carry potential carcinogens produced in fermentation or processing (3).

## Alcohol and Pregnancy

Since 1968, an increasing body of scientific evidence has shown a relationship between alcohol use during pregnancy and the occurrence of spontaneous abortions and birth defects. In the extreme form these abnormalities are known as the fetal alcohol syndrome (FAS). While the mothers of FAS babies are generally around 30 years of age and have an average seven year history of alcohol abuse, this is not always the case. Some FAS features have been observed in infants of women who were clearly not alcoholic (7).

Researchers are now concerned about alcohol's effects at the lower or "social" level of drinking. They believe that there may be a spectrum of alcohol-related problems ranging from mild to severe. They suspect that the severity of the birth defects is related primarily to the total amount of alcohol consumed during the pregnancy. The National Institute of Alcohol Abuse and Alcoholism and the Department of Health and Human Services have estimated that the known cause of birth defects with accompanying mental retardation, alcohol-related abnormalities may be the third most frequent type after Down's syndrome and spina bifida (7).

The effect of social drinking on the fetus is unpredictable because of the nature of alcohol absorption. It is impossible to know exactly how much alcohol will go to the uterus, pass the placenta, where because of the size of its molecules, it easily crosses the placental barrier and flows into the bloodstream of the developing baby. The point of development of the baby will also have a relationship to the effects of the alcohol (27).

Epidemiologic studies in relation to the timing of alcohol use during pregnancy and the occurrence of birth defects reveal the following:

- During the early stages of pregnancy, when a woman may not know she is pregnant, heavy alcohol use may affect the developing fetal organs and result in malformations.
- In mid-pregnancy, heavy alcohol use may be related to an increase in risk of spontaneous abortion.
- During late pregnancy, when the organs are fully formed and the fetus is growing rapidly in size and weight, alcohol may retard body and brain growth (7).

Considering the seriousness of the results the effects of alcohol on the fetus it seems that there should not be any controversy about drinking during the gestation period, but there is. In 1979, The Department of the Treasury and the Bureau of Alcohol, Tobacco and Firearms (BATF) announced a program to educate women about the risks of alcohol during pregnancy. These agencies recommend that women completely abstain from drinking alcoholic beverages during pregnancy. In 1981, the Surgeon General's Advisory on Alcohol and Pregnancy made the same recommendation. This advice was based on the judgement that no "safe" level of drinking during pregnancy has been proven and that there is little evidence of benefits of drinking for either the mother or child.

In 1982, The American Council of Science and Health (ACSH) recommended that women be cautious about alcohol use during pregnancy. For those women who choose to drink during pregnancy, ACSH advises that they limit their daily intake to two drinks or less of beer, wine, or liquor. The rationale for this recommendation was that ACSH's review of the literature did not support the contention that abstinence from alcohol was necessary to protect the health of the fetus. ACSH is concerned that excessive health warnings may be counterproductive, leading pregnant women to equate real risks during pregnancy (example given, smoking) with hypothetical risks (example given, moderate use of alcohol). ACSH believes that health warnings should be issued only when there is scientific evidence to support them (7).

*Nutrition Today* published an editorial severely criticizing the statement of ACSH. It reasoned that such a statement from a Council of this stature confuses women, denigrates the sound advice of the Surgeon General, lends respectability to the position of the licensed liquor industry and lessens the caution that the medical profession is beginning to take in dealing with the clinical problems of pregnant women who drink. After reviewing what is known about alcohol metabolism, it stated that a pregnant woman who drinks even moderately is taking a chance. The editorial concluded with the strong warning that drinking during pregnancy is simply inviting Thalidomide II (27).

### **Alcohol and Drugs**

It has been documented that alcohol can affect the pharmacologic and therapeutic actions of a number of other drugs and similarly, can have its own actions altered. These interactions can be classified as antagonistic, additive, or supra-additive (38). Direct interactions involve the basic pharmacologic effects of alcohol and the other drugs at the same site of action. Indirect interactions occur when one agent affects the absorption, distribution, or elimination or metabolism of the other (9).

Adverse effects from alcohol-drug combinations are sometimes deliberate, as in many suicides or suicide attempts, also in attempts to alter mood. More often the possibility of alcohol-drug reactions are ignored and adverse reactions occur accidentally. Although most alcohol-drug interactions occur after heavy drinking, some can occur after a single drink (9).

### **Legitimate Drugs**

Alcohol can interact with legitimate drugs commonly prescribed by physicians. Additive and

supra-additive reactions have been noted between alcohol and barbiturates, minor and major tranquilizers, anesthetics, ethanol analogues, morphine and other opiate derivatives (28,29). Alcohol also interacts with certain types of anticonvulsants, antidepressant drugs, warfarin-type anticoagulants, antibiotics, antihypertensives and drugs producing alcohol intolerance (9).

Alcohol can also interact with self-prescribed, over-the-counter drugs, particularly aspirin. Ingesting less than 50 grams of alcohol (about 5 drinks) prolongs bleeding time of normal subjects receiving as little as 325 mg. of aspirin. Alcohol has no demonstrable effect on bleeding time. When aspirin and alcohol are mixed, there will be a pronounced prolongation of bleeding for at least 36 hours (30).

### **Illicit Drugs**

Illicit drugs such as hallucinogens, cocaine, opiates, inhalants and marijuana, are often combined with alcohol which can have hazardous consequences. For example, the combined use of opiates and alcohol multiplies the effects of both drugs and can increase the probability of death. Alcohol combined with marijuana results in worse performances of tests of perceptual, cognitive, and motor functions than with either substance alone. Combining alcohol with other "drugs of abuse" can result in severe medical problems (9).

In 1979, alcohol in combination with other drugs was reported to be the most frequent cause of drug-related medical crises in the U.S. A. The harmful consequences of combined alcohol-drug use are not always medical, but also include behavioral effects which can result in accidents or mayhem (9)

### **To Drink or Not To Drink?**

After perusing the literature referred to in this paper, we arrive at the question "to drink or not to drink?". A thoughtful response must take all aspects of the question into account. When intact judgement and motor coordination are essential (as in driving), not drinking is reasonable. Abstinence may also be advisable under special circumstances, such as pregnancy, when even moderate amounts may affect the fetus. When genetic inheritance makes the ability to handle alcohol either emotionally or physically unsafe by leading to unpredictable risk or loss of control with the potential for social or medical disintegration, alcohol should be avoided. By contrast, a light or moderate drinker who has demonstrated the capacity to maintain intake at an acceptable level there is no compelling reason to change lifestyle and eliminate a pleasurable and possibly beneficial habit (21).

### Drinking Socially

If you choose to drink socially, you should drink slowly with food. You should sip, not gulp, your drinks. If the alcohol molecules dribble slowly enough into the liver, the enzymes will be able to handle the load. Spacing drinks is important too. It takes about ninety minutes to metabolize one drink, depending on your body size, on previous drinking experience, on how recently you have eaten, and how you are feeling at the time. Drinking in moderation should always be your guideline.

### Sobering Up

If someone has over imbibed there is only one thing that will clear the system and that is time. Each person has a particular level of the enzyme alcohol dehydrogenase, which clears the blood of alcohol at a steady rate. Alcohol metabolism cannot be stepped up on demand (5).

### Conclusion

Alcohol is an empty-kcalorie beverage which can displace needed nutrients from the diet while simultaneously altering metabolism so that even good nutrition cannot normalize it. If the amounts of alcohol are heavy, and the time between them is short, complete sobriety cannot take place. Repeated onslaughts of alcohol gradually take a toll on the body.

Alcohol gives pleasure. When used in moderation, by those who do not have emotional or physical disabilities related to alcohol it is socially acceptable in our society. It has been established that alcoholic beverages are a part of the lifestyle of many Americans spanning a wide age range.

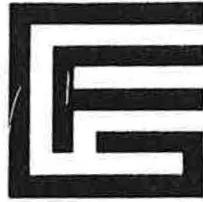
During the past ten year per capita consumption of alcohol has risen to the highest level since 1850 (7). The majority of those consuming alcohol would consider themselves social drinkers. In reviewing the literature, there appears to be a paucity of research on the effects of light, moderate or social drinking. Very few of the studies address themselves to the special problems of youthful drinkers or women. In view of the wide spread use of alcohol and its potential for emotional and physical damage, it seems obvious that there is a need for extensive research and widespread education in the area of social drinking.

## References

- (1) West LJ, Maxwell D, Noble EP, *et al*. Alcoholism. *Ann Intern Med* 1984; 100:405-415 (Apr). As quoted in Becker CE. Alcohol and drug use-Is there a 'safe' amount?, In personal health maintenance (Special Issue). *West J Med* 1984; 141:884-890 (Dec).
- (2) Alcohol Problem and Services in California. Sacramento, CA, State of California Dept of Alcohol and Drug Problems. 1982; 19:1-36 (Dec). As quoted in Becker CE. Alcohol and drug use-Is there a 'safe' amount?, In personal health maintenance (Special Issue). *West J Med* 1984; 141: 884-890 (Dec).
- (3) Becker CE. Alcohol and drug use-Is there a 'safe' amount?, In personal health maintenance (Special Issue). *West J Med* 1984; 141: 884-890 (Dec).
- (4) Wenck DA, Baren M, Dewan SP. Diet and drugs. In: *Nutrition*. 2nd ed. Reston VA: Reston Pub Co, Inc. 1983:456-457.
- (5) Whitney EN, Hamilton EMN, Alcohol and Nutrition; Child and Teen. In: *Understanding Nutrition*. 3rd ed. St Paul MN: West Pub Co, 1984: 305-313, 521-546 also pps 142, 255.
- (6) Roe, DA. Alcohol and appetite, Effects of alcohol on nutrient availability; Adverse effect of alcohol on nutritional status. In: *Alcohol and the diet*. Westport CT: 1979:27-41, 109-119, 119-149.
- (7) Alcohol use during pregnancy, A report by the American Council on Science and Health. Verbatim report. *Nutr Today* 1982; 1:29-32 (Jan-Feb).
- (8) Goldstein DB. Drunk and disorderly: How cell membranes are affected by alcohol. *Nutr Today* 1985; 20:4-9 (Mar/Apr).
- (9) Eckardt MJ, Harford TC, Kaelber CT, *et al*. Health hazards associated with alcohol consumption. *JAMA* 1981; 246:648-666 (Aug 7).
- (10) Sedman A, Wilkinson P, Sakman E. Food effects on absorption and metabolism of alcohol. *J Stud Alcohol* 1976; 37:1197. As quoted in Eisenstein AB. Nutritional and metabolic effects of alcohol. *J Am Diet Assoc* 1982; 81:247-251 (Sept).
- (11) Eisenstein AB. Nutritional and metabolic effects of alcohol. *J Am Diet Assoc* 1982; 81:247-251 (Sept).
- (12) Whitney EN, Hamilton EMN. Alcohol and nutrition. In: *Nutrition Concepts and Controversies*. 3rd ed. St Paul MN: West Pub Co 1984:470-475. Chart C15-2: 471.
- (13) McDonald JT, Margen S. Wine versus ethanol in human nutrition III. Calcium, phosphorus and magnesium balance. *Am J Clin Nutr* 1979; 32:823-833.
- (14) Haskell WL, Camargo Jr C, Williams MS, *et al*. The effect of cessation and resumption of moderate alcohol intake on serum high-density-lipoprotein subfractions. *N Engl J Med* 1984: 805-810.

- (15) Isselbacher KJ. Metabolic and hepatic effects of alcohol. *N Engl J Med* 1977; 269:612-616.
- (16) Boeker EA. Metabolism of ethanol. *J Am Dietetic Assoc* 1980; 76:550-553 (Jun).
- (17) Lieber CS, DeCarli L, Rubin E. Sequential production of fatty liver, hepatitis and cirrhosis in sub-human primates fed ethanol with adequate diets. *Proc Natl Acad Sci USA* 1975;72:437-441. As quoted in Eckardt MJ, Harford TC, Kaelber CT, *et al.* Health hazards associated with alcohol consumption. *JAMA* 1981; 246:648-666 (Aug 7).
- (18) Day N. Alcohol and mortality. Report prepared for National Institute on Alcohol Abuse and Alcoholism under contract No. NIA 76-10CP, 1977. As quoted in Eckardt MJ, Harford TC, Kaelber CT, *et al.* Health hazards associated with alcohol consumption. *JAMA* 1981; 246:648-666 (Aug7).
- (19) Barboriak PN, Anderson AJ, Hoffman RG, *et al.* Blood pressure and alcohol intake in heart patients. *Alcoholism (NY)* 1982; 6:234-238 (Spring). As quoted in Becker CE. Alcohol and drug use-Is there a 'safe' amount?, In personal health maintenance (Special Issue). *West J Med* 1984; 141: 884-890.
- (20) Friedman GD, Klatsky AL, Siegelab AB. Alcohol intake and hypertension. *Ann Intern Med* 1983; 98(Pt2):846-849. As quoted in Becker CE. Alcohol and drug use-Is there a 'safe' amount?, In personal health maintenance (Special Issue). *West J Med* 1984; 141: 884-890.
- (21) Lieber CS. To drink (moderately) or not to drink? (Editorial) *N Engl J Med* 1984; 310: 846-848 (Mar 29).
- (22) Kraft DP. College students and alcohol: The 50 + 12 project. *Alcohol Health and Research World*, Washington DC: Government Printing Office, 1976; DHEW pub no. (ADM) 76-157: 10-14 (Summer). As quoted in Whitney EN, Hamilton EMN. *Understanding Nutrition*, 3rd ed. St Paul MN: West Pub Co, 1984: 540.
- (23) Globetti, G. as quoted in *Alcohol Health and Research World*, 1975 (Summer). As quoted in Whitney EN, Hamilton EMN. *Understanding Nutrition* 3rd ed. St Paul MN: West Pub Co, 1984: 540.
- (24) Agarwal DP, Harada S, Goedde HW. Racial differences in biological sensitivity to ethanol-the role of alcoholdehydrogenase and acetaldehyde dehydrogenase enzymes. *Alcoholism: Clinical and Experimental Research* 1981; 5:12-16. As quoted in Whitney EN, Hamilton EMN. *Understanding Nutrition* 3rd. ed. St Paul MN: West Pub Co, 1984: 306

- (25) Goodhart RS, Shils ME. Nutrition and Alcoholism. In Modern Nutrition in Health and Disease. 6th ed. Philadelphia: Lea & Febiger 1980; 1220-1224.
- (26) Pollack ES, Norura AMY, Helibrun LK, *et al*, N Engl J Med 1984; 310-617-521.
- (27) Enloe Jr C. Thalimide II (Editorial) Nutr Today 1982; No 1:16-17 (Jan-Feb).
- (28) Kissin B, Interactions of ethyl alcohol and other drugs. In Kissin B, Degleiter H (eds): The Biology of Alcoholism: Clinical Pathology. New York, Plenum Press Inc 193:101-161. As quoted in Eckart MJ, Hartford TC, Kaelber CT, *et al*. Health hazards associated with alcohol consumption. JAMA 1981;246:646-666 (Aug 7).
- (29) Seixas FA. Alcohol and its drug Interactions. Ann Intern Med 1975; 83:86-92. As quoted in Eckart MJ, Hartford CT, Kaelber CT, *et al*. Health hazards associated with alcohol consumption. JAMA 1981; 246:646-666 (Aug 7).
- (30) Deykin DD, Janson P, McMahon L. Ethanol potentiation of aspirin-induced prolongation of the bleeding time. N Engl J Med 1982; 306:852-854.



The Fashion Group 114 W. Olive Avenue Suite 108 Monrovia, CA 91016

# NEWSLETTER

SPRING

## The Fashion Group renews a tradition

On May 19th, the Fashion Group is invited to join the Costume Council to celebrate the opening of the Doris Stein Research and Design Center at the Los Angeles County Museum of Art. This special occasion will include opening remarks by Dr. Earl "Rusty" Powell, Director of LACMA and Mia Frost, Board of Trustees. Edward Maeder, Curator of Costumes and Textiles will present several new costumes acquisitions as part of his "Curatorial Update". A reception will be held in the Atrium during which Fashion Group and Costume Council members will be invited, in small groups, to tour the Research and Design Center and enjoy the Elza Sunderlund Exhibit which will open to the public the next day. Articles detailing the Center and exhibit by Edward Maeder and Dale Gluckman, Assistant Curator of Costumes and Textiles and new Fashion Group member appear elsewhere in the newsletter.

Co-chairman of this May event is Maggie Pexton Murray who has the unique distinction of being both a past Regional Director of the Los Angeles Fashion Group and past Chairman of the Costume Council. Recently Maggie recalled the beginnings of the Costume and Textiles Department of LACMA:

"The Fashion Group, trying to raise money to get storage for lovely garments which had been donated to the old museum, held a fundraiser at the opening of the downtown Hilton; and they raised enough money to start the Costume and Textiles Department. It was decided that Fashion Group members were too busy with professional responsibilities to carry the entire burden of building this new museum department, therefore, the Costume Council was formed in the early 1950's with Fashion group members serving as a Board of Advisors. Many of Fashion Group's members joined the Costume Council."

Maggie Murray, representing FG, chaired the first fundraiser for Costume Council. This was in 1953 or 1954. The party was held at the Embassy Room of the Ambassador Hotel. Tony Duquette did the decorations. Fashion Group members filled most of the room while the new Costume Council members managed 2 or 3 tables.

As the Museum prepared to move to its present Wilshire Blvd. location Maggie Murray again was appointed to spearhead another fundraising drive for the new C & T facilities. The Fashion Group and the Costume Council each raised a quarter of a million dollars. The major department stores were large contributors; a May Company trust fund assigned the Fashion group a significant contribution. As a result of this magnificent effort both the Fashion Group and the Costume Council have LACMA galleries named for them.

Seven years ago when King Tut came to town, once again Fashion Group was involved with a museum fundraiser. Monies from this party became the first donation to the Research and Design Center. It is with great pride that the Fashion Group members join with the Costume Council members to celebrate the accomplishment of many years of philanthropic endeavor.

As the Los Angeles Fashion group once again swings into high gear, it is hoped that the long close ties with the Costume Council are renewed. Together, the two groups have established one of the most significant costumes and textiles collections in the world. Working together who knows what the future can hold?

Phyllis Specht

*Phyllis Specht is co-chair of Los Angeles Fashion Group Education Membership Sub-committee and a member of the Costume Council*

## Opening of the Doris Stein Research and Design Center for Costumes and Textiles

An important research and design center in the United States is opening this month on the fourth floor of the Ahmanson Building as part of the Costumes and Textiles Department. Reflecting the comprehensive quality of the Museum's major collection in this field. The Center is the largest of its kind west of the Mississippi. Seven

Research Center's facilities. Housing the Department's 18th and 19th century quilts, coverlets, and related objects, the Quilt Study Center will provide researchers with a specialized library plus slide and archival resources relevant to all aspects of the history of American textiles and the quilter's art.

An important component of the Research Center is the new state-of-the-art storage facility adjacent to the Department and the Center. Custom-designed compact storage units will house

# CALIFORNIA GREAT TEACHERS SEMINAR

June 15-20, 1986  
La Casa De Maria  
Santa Barbara, CA

Once again, the College will pay registration fees for two representatives.

The following information may help you decide whether or not you would like to attend. In addition, feel free to contact last year's delegates, Dick Ryerson and Jack Brennecke, or call Beth Adams or Larry Schrock, who attended in 1984.

## **WHAT IS THE GREAT TEACHERS SEMINAR?**

- A week long seminar sponsored jointly by the California Association of Community Colleges and the Academic Senate for California Community Colleges.
- Instructors, counselors and librarians from throughout the state gather to learn, teach, and reflect on a single topic: "Problems of Instruction in the Community College."

## **WHO IS ELIGIBLE TO ATTEND?**

- Any certificated, full-time instructor, counselor, or librarian, experienced or inexperienced.
- It is not a "reward;" rather, it is designed for those who are striving to improve, refresh, and/or renew themselves professionally.
- Participants must be willing to share their information and experiences with colleagues upon their return.

## **WHAT ARE THE PURPOSES OF THE SEMINAR?**

- To rationally analyze instructional problems and find realistic, creative solutions.
- To seek out transferable ideas and the universals of teaching.
- To stimulate the exchange of information and ideas among community college faculty.
- To promote introspection and self-appraisal.
- To celebrate good teaching.

## **WHAT IS THE APPLICATION AND SELECTION PROCESS?**

Send a typed paragraph to Dick Ryerson no later than Monday, March 31, (applications may also be left with Sharon Valentine in the Humanities Office, 14-30), including the following information:

- Name, Department, Hire date.
- A brief statement explaining why you would like to attend.
- A description of your MSAC activities.
- Any other information the selection committee may find helpful.

The Instructional Staff Development Committee will recommend a list of names to the Faculty Senate Executive Board which will recommend two representatives and two alternates to College Council.



# MT. SAN ANTONIO COLLEGE

1100 NORTH GRAND AVENUE • WALNUT, CALIFORNIA 91789

Telephone: (714) 594-5611

Date: 3/18/86

Name: Phyllis Specht  
Department: Home Economics  
Hire Date: September 1964

I would like to attend the California Great Teachers Seminar for a variety of reasons:

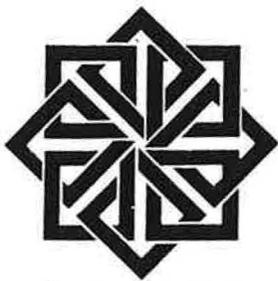
1. The seminar has been highly recommended to me by several colleagues from this and other community colleges. They report that it is a valuable experience and has helped them in their classroom teaching.
2. I am now completing my sabbatical year. Part of my work has been to retrain to teach in the field of nutrition. I think the Great Teachers Seminar would be an excellent complement to the work I have been doing. During this sabbatical year I have thought a lot about my future in education. I know that I want to continue to teach for at least ten more years. I really enjoy classroom teaching. I want to one of the best teachers at MSAC.
3. When I resume teaching in the fall I will have two completely new teaching preparations and a new text book in my third class assignment. This seems like a good time to introduce new techniques and teaching skills into my work. I think the Great Teachers Seminar would help me develop and incorporate new methods into the lectures and demonstrations I will be planning for my classroom assignments in the coming year and years.

I have been on the MSAC campus for many years and have participated in many extra-curricular activities. I was a senator for nine years and served as Senate President ten years ago. When I returned from my first sabbatical eight years ago, I decided that I really wanted to participate more with the students so I elected to be a Home Economics Department club sponsor. The club was then called Delta Chi Omega and now is Fashion Associates (The group that brought fame and fortune to MSAC with the Mountaineer Man Calendar). The club meets twice a week with an executive board meeting and a general meeting which hosts off-campus speakers from the fashion industry. The Home Economics Department is a very active and hard working faculty group, remember we were named the best in California last year. I have been involved in a number of departmental committees and activities.

I am also active in professional groups off campus and have served these groups in various capacities. I think this is especially important first as a community college instructor and secondly as a home economist. I feel that both of these community college and home ec need all the "pr" we can give them.

Professional groups and activities currently include:

Association College Professors of Textiles and Clothing, presidential candidate, current ballot.  
Costume Society of America, National and Regional Executive Board.  
Costume Council, Los Angeles County Museum of Art, Executive Board.  
Fashion Group, Los Angeles Regional Executive Board.  
California Home Economics Association, Foothill District past president.  
American Home Economics Association, Nominating Committee Textiles and Clothing.



Instructional  
Staff  
Development

April 10, 1986

Phyllis Specht  
Home Economics  
Mt. San Antonio College

Dear Phyllis:

Congratulations, the Senate Executive Council has selected you and Sharlene Cadwallader (Math Department) as representatives to the 1986 California Great Teachers Seminar.

We are proud that you will be representing our college this summer and look forward to hearing of your experience of the seminar next fall.

Dick will arrange a meeting for you to meet some of the past attendees and because of the dates, June 15-20, you will probably hear soon from the CJCA offices in Sacramento who organize the participants each year.

Once again congratulations.

*Charles Varnes*

Charles Varnes  
Faculty Senate President

*Dick Ryerson*

Dick Ryerson  
Staff Development Resource Person

DR/ah

MT. SAN ANTONIO COLLEGE