

MERGING PASSIONS

Alumna Shares Expertise with Students

Editor, author, reporter, reviewer, birdwatcher, mother, twin, housepainter...and now instructor in Hotel, Restaurant, Institution Management and Dietetics. After more than 25 years in a newsroom, food journalist Jane P. Marshall, '67 human ecology and mass communications, now teaches the first course ever offered at K-State in food writing, HRIMD 499, Problems in Food Writing. HRIMD Department head Deborah Canter flung some questions at the new instructor.

DC: *How does one become a "food journalist"?*

JM: I am a food journalist because I report stories. I get most food expertise from others. I attended K-State and studied journalism and foods/nutrition with plans to write about those topics.

At Texas A&M, I was home economics editor for the Extension Service. Then I strayed to the journalism side and broadened into the features area in general.

Most recently at the Houston Chronicle I was in charge of travel, religion, fashion, food, entertainment, books, home design, youth and general features coverage. I was also food editor there. I've been "trained" by some really wonderful food editors in Denver, Fort Worth and Houston, even if I was their editor. To keep up with what's going on in the food writing field, I read constantly and am a member of the International Association of Culinary Professionals.

Photo courtesy of The Houston Chronicle

DC: *What was the best part of your career as a food journalist?*

JM: I had the wondrous opportunity of interviewing some of the most amazing folks around. I talked with a wide spectrum of people from Martha Stewart to Patrick Stewart (X-Men, Star Trek), cookbook writer Mark Bittman to ethnobotanist Mark Plotkin.

And I worked with some of the most talented people in the newspaper business, learning from them and, hopefully, helping them hone their skills and broadening their views. That was an honor and a privilege. Pretty fortunate, right?

• **Continued Back Page**



HRIMD

SCHOOL OF
HOTEL,
RESTAURANT,
INSTITUTION
MANAGEMENT
&
DIETETICS

2006
ALUMNI
NEWSLETTER

COLLEGE OF
HUMAN
ECOLOGY
— KANSAS STATE UNIVERSITY —

Greetings!

In the world of higher education, summer is that little window of opportunity to shift gears, try to catch up, and prepare for “turning over a new leaf” as we launch into the next academic year. The number of students on campus is lower, things are a bit quieter and it’s the “calm before the storm!” While Manhattan is baking in 100°-plus temperatures, HRIMD faculty are working hard getting ready for an exciting 2006-2007 academic year.

We’re pleased to welcome two new faculty members, Dr. Chihyung Ok and Dr. Cristian Morosan, who will enrich our faculty while challenging and motivating our students. We all wish we could stow away in the suitcases of Mr. Pat Pesci and Dr. Betsy Barrett as they enjoy well-deserved sabbatical leaves during the fall semester. Pat and Betsy will be traveling to some exotic locales like Australia, New Zealand and Costa Rica on behalf of HRIMD and its programs. And most importantly, we’re greeting 67 new undergraduate and graduate students into dietetics, hotel and restaurant management, and our graduate programs!



Dr. Deborah Canter
*Department Head, Hotel,
Restaurant, Institution
Management & Dietetics*

We’ve got so many exciting activities going on this coming year. Dietetics faculty are off to Honolulu in September for the American Dietetic Association’s Food and Nutrition Conference and Exhibition, the first time the national meeting has ever been held outside the “mainland.” On Oct. 6, our newly appointed HRIMD advisory board will convene for its first meeting. In January, our graduate faculty and students will participate in the 12th Annual Graduate Education and Graduate Student Research Conference in Hospitality and Tourism at the University of Houston, a conference at which we have won the Best Paper Award for two years in a row. The list goes on and on. We are also excited about the Third Annual Culinary Enhancement Workshop in the spring. This year’s featured guest chef will be Taji Marie, a California chef who will be leading us on a culinary adventure through Spain, Greece and Morocco as we learn more about Mediterranean cuisine. A workshop for foodservice professionals and alumni will be held on Thursday, March 1 and our student version will be held on Friday, March 2. There’s always something cookin’ in HRIMD!

As you browse the pages of this newsletter, I hope you get a sense of why the Department of Hotel, Restaurant, Institution Management and Dietetics at K-State is such a special place. It’s all about the people — faculty members who love what they do, students who experience the joy of learning, alumni who give back to their alma mater in myriad ways. Our College’s motto is alive and well in HRIMD: *“In a world focused on things, we focus first on people.”*

Karla Girard Receives K-State’s First Excellence in Distance Academic Advising Award

Karla Girard, distance program coordinator for HRIMD, has received the first Excellence in Distance Academic Advising Award from K-State’s Division of Continuing Education.

The award recognizes a person who excels in academic advising for distance students. The nominees must express knowledge in the undergraduate programs they represent, communicate in an effective manner, provide innovation in distance education advising, be accessible to students, show knowledge of and the ability to understand students, and relate to the university’s diverse student body.

“This award was definitely a surprise and honor for me,” Girard said. “It’s important for students to have that one contact person to help give them direction. The distance students don’t know where everything is, so it’s important to make them feel like they are a part of K-State.”

Girard assists students with course expectations, evaluates transcripts, maintains correspondence with advisees, and maps out articulation agreements with other schools.

“Karla is a great representative for K-State and HRIMD,” said David Stewart, assistant dean of program

development and marketing in the Division of Continuing Education. “We at DCE rely on the advisors in the departments to help us ensure that K-Staters who take courses through distance education get all the support and help they need. We’re very proud of Karla’s work with distance dietetics students and we think she is very deserving of this award.”



Karla Girard

CHANGING LIVES

Alumna Passes on Valuable Life Skills to Others

In May 2004, 27 years after earning her first bachelor's degree in business administration from Texas A&M, Rowena Schaeffer, R.D., found herself graduating again. But this time her degree was from Kansas State University — an institution hundreds of miles from her home.

“My husband and I have owned and operated a small business in Atlanta (Texas) since 1989,” Schaeffer said. “But at age 40, I found myself obese and very out of shape. By age 42, I had lost 80 pounds and was running 5K races — and winning in my age group. I decided I wanted to study nutrition and help other women who found themselves obese and out of shape.”

So Schaeffer enrolled in online dietetics classes through HRIMD and K-State's Division of Continuing Education, as well as in some locally offered classes.

“In 2000, both my children were leaving for college and leaving us with an empty nest,” she said. “I knew I had to stay busy, so I enrolled in chemistry and a few other courses at Texarkana Community College. My professor recommended K-State and I am glad she did!”

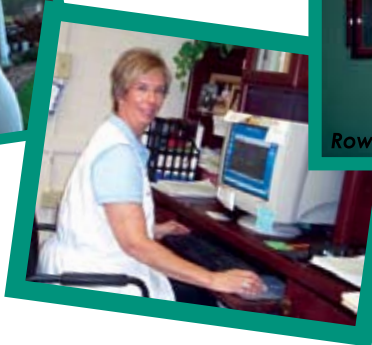
Schaeffer took online classes and graduated with a bachelor's degree in dietetics, but not without the encouragement of her family.

“I know my children are proud that I finished my education and have begun my thesis work this summer,” she said. “I certainly set the standard for my children, grandchildren and great-grandchildren. When you complete a dietetics internship at the age of 51, the sky is the limit!”

Schaeffer devoted her time to learning this new field, and even made new friends from afar.

“Distance education offers the unique opportunity to meet people all over the world,” Schaeffer said. “Interestingly, I believe you can detect personalities and character through interaction in distance education classes.”

Now working as a clinical dietitian and a diabetes educator at Titus Regional Medical Center in Mt. Pleasant, Texas, Schaeffer is exploring the many different options her new degree has offered. She teaches weight management classes, markets food products, and is in the process of developing an employee wellness program for a local hospital and her own private consulting practice. She is also working on her master's degree in dietetics.



Rowena Schaeffer

“My goal is to impact my community through nutrition education,” Schaeffer said.

“Distance education takes time — with a wallop — but without distance education I would never have reached my goal. I love being a registered dietitian.”

For more information about the distance dietetics education program, contact Karla Girard at (785) 532-5664 or kgirard@ksu.edu.

“When you complete a dietetics internship at the age of 51, the sky is the limit!”

— Rowena Schaeffer, R.D.



Ten HRM students, along with faculty members Pat Pesci and Kevin Roberts, attended the National Restaurant Association Show, the largest foodservice and hospitality conference in the western hemisphere, May 19-22 in Chicago. The students and faculty members investigated the hospitality innovations of some of the 2000 exhibitors. Keynote speakers Ted Koppel and President George W. Bush made the event memorable, and students benefited from valuable networking opportunities with industry representatives.

Hands-on research opportunities open doors for students



Doctoral Students
Woomi Phillips and Eunju Yoon

The Department of Hotel, Restaurant, Institution Management and Dietetics is dedicated to providing graduate and undergraduate students opportunities to participate in hands-on research. Such experiences provide students with specialized training that can be a boost to their careers after graduation.

“Our graduate students receive excellent research experience and collaborate closely with faculty on research while they’re here,” said Deborah Canter, head of the HRIMD Department. “We also want undergraduate students to be involved in research with important applications to the real world. We believe that when our students begin their professional lives, they are able to

take on cutting-edge issues because they understand the research process and have honed their problem-solving skills while they were at K-State.”

For example, doctoral student Eunju Yoon is working with Carol Shanklin, professor in HRIMD and associate dean of the Graduate School, on a K-State Food Safety and Security Targeted Excellence Grant that involves multiple colleges and departments across campus. The HRIMD researchers have surveyed personnel in healthcare organizations and schools to determine whether they are aware of foodservice biosecurity measures and whether they put these measures into practice. Protecting the food supply from terrorism may include limiting access to food storage and

preparation facilities, utilizing stricter employee screening procedures, and networking with law enforcement personnel.

Yoon believes that her experience with this biosecurity project will give her a professional edge.

“Biosecurity is a fairly new field. I may have a unique edge in the job market because of everything I have learned about foodservice biosecurity,” Yoon said. “The importance of security against terrorism will only increase as time goes by.”

Doctoral student Stephanie Chiang and senior Kirsten Angell work with Canter, Shanklin, and Kevin Sauer, instructor of HRIMD and doctoral student, on the Career Modeling Project,

funded by the American Dietetic Association. The aim of this project is to track career decision points and key transitions that dietetics professionals make during their careers. They hope to shed light on some key questions such as, “Why do people leave dietetics?” and, “What can be done to retain talented dietetics professionals?” The researchers are reviewing the methods used to collect data on career development in other healthcare fields such as nursing, and are proposing a methodology for studying this subject in dietetics.

“I’ve learned so much about research skills. My dissertation focuses on career development in hotel and restaurant management, so working on the literature review for the dietetics project has been very helpful to me personally,” Chiang said. “It was also really useful to learn how to apply for a grant and how the whole grant process worked from the beginning.”

Angell said she was appreciative of the opportunity to work so closely with faculty, and, as a future dietitian, she is very interested in the applicability of this research.

“We are looking at positions of dietetics professionals, the changes they make during their careers, and the factors influencing their career progression,” Angell said. “Right now we’re basically ‘researching the research’ (about career progression in other disciplines).”

Doctoral student Woomi Phillips and Chiang are working with Shanklin, Betsy Barrett, associate professor of HRIMD, Kevin Roberts, instructor of HRIMD and doctoral student, along with Laura

Brannon, associate professor of psychology and Valerie Pilling, doctoral student in psychology, on a USDA food safety grant.

This team is studying the barriers that keep restaurant employees from using good food safety practices such as proper hand washing, monitoring food storage temperatures, and checking cleanliness of work surfaces. Once

they have identified the reasons employees don’t use good food safety practices—the barriers—the team will develop and deliver training to eliminate those barriers. They will then observe the employees to determine whether the training was effective.

“About 20 restaurants and 200 employees in Kansas, Missouri and Iowa will participate,” Phillips said. “We will provide them free food safety training, and then observe the employees to see whether they apply the training.”

Phillips, whose educational background is in hospitality and tourism rather than food safety, sees definite career advantages arising from her participation on this project.

“I will be better qualified to teach about food safety because of this experience. And it will probably make me more employable after I finish my doctorate,” she said.

“I will be better qualified to teach about food safety because of this experience. And it will probably make me more employable after I finish my doctorate.”

— Woomi Phillips

Join us at ADA in HONOLULU!

All K-State dietetics alumni, friends, spouses and travel companions are invited to a “Kansas reception” 4:30 to 6:30 p.m., Sunday, Sept. 17, in the Oahu Room at the Waikiki Beach Marriott Resort, 2552 Kalakua Avenue, Honolulu, Hawaii. Light munchies, a cash bar and great conversation will be featured. HRIMD and two other Kansas groups are sponsoring the event.

New Faculty Members Join HRIMD

Dr. Cristian Morosan is an assistant professor specializing in lodging management, tourism and Internet use, and the emerging agritourism industry.



Dr. Chihyung Ok has accepted an appointment as assistant professor after completing a one-year post-doctoral appointment with the Department.



Produced by New Boston Creative Group, LLC
newbostoncreative.com

Lisa Sisley,
K-State '92

Kristin Brighton,
K-State '97, '99

Samantha Howard
K-State '05

Rebecca

DeYoung Daniels, MBA, RD, LD, IBCLC
Dietitian in Private Practice
Lactation Consultant

Patti Dollarhide, RD, LD

Director, Food and
Nutrition Services
Via Christi Regional
Medical Center

John Ferguson

President
Ferguson Properties, Inc.

John Foust, RD

Director of Healthcare
Marketing
Morrison Healthcare
Food Services

Hope Hale, MS, RD, CD

Principal Nutrition Scientist
Research & Development
The Schwan Food Company

Julie Gray

District Manager
ARAMARK

Vickie James

Executive Director
Healthy Kids Challenge

Husam (Huk) Kakish

Director of Human
Resources
Mandalay Bay
Resort & Casino

Jim Markee

Regional Sales Director, Eastern
Turbochef

Mary Montgomery-Shatz

Regional Manager
LongHorn Concept
RARE Hospitality
International, Inc.

David Porter

General Manager
Westmoreland
Country Club

Angela Sader, MBA, RD, LD

Director, Nutrition Services
Beverly Healthcare

Denise Salisbury, MS, RD

Manager, Culinary Center
General Mills Bakeries
& Foodservice

Vista Suarez, PhD, RD

Director of Foodservice
Richmond School District

Tim Van Allen

Director of Asset Management
Felcor Lodging Trust, Inc.

Dennis Hulsing

Owner & President
Hulsing Hotels & Reliable Medical



Students Realize Career Dreams with Scholarships

“People who give money for scholarships are giving us the opportunity to do what we need to do with our lives. You never know — the student you help could be the one who finds the cure for cancer!”

So says Cassandra Beethe, sophomore in dietetics/nutrition and exercise sciences. The Tecumseh, Neb., native was awarded a full-ride scholarship to the University of Nebraska, but she would have had to give up her dream of becoming a clinical dietitian — NU doesn’t offer a dietetics program. Scholarship support from the College of Human Ecology and HRIMD helped her make up her mind to become a K-Stater.

“If I was going to be a dietitian, I wanted to come to K-State. But without scholarships, I don’t know if I could be in this program or even major in dietetics at all. Even with loans, it would have been very tough or maybe impossible. Scholarships let students really follow their talents and pursue the career they want to have.”

Beethe is one of about 55 HRIMD students — both undergrads and grad students — who received scholarship support from the Department and the College last year. According to Karen Pence, assistant dean, the College tries to make sure that some scholarship funding reaches as many academically qualified applicants as possible. The problem is not enough scholarship dollars to match the rising cost of attending college and the growing number of deserving students.

“Most scholarships are awarded based on merit, on need or on some other criteria specified by the donor,” Pence said. “We have about 140 different scholarship funds right now in the College. Some are large and some are small, but all of them help students fund their education.”

Pence pointed out that tuition costs and other expenses have grown tremendously over the years. Tuition for an in-state student is now about \$2400, other fees total \$282, and books and supplies average \$450 to \$550 each semester. These figures are often a shock to alumni.

“In 1961, tuition for in-state students was \$104 per semester. In some classes, that wouldn’t even buy the book today,” Pence said. “Most of our awards are in the \$500 to \$1000 range for undergraduates and \$700 to \$800 for graduate students, although some awards are larger as required to fund continuing University scholars.”

Students also benefit from scholarships from professional organizations such as the American Dietetic Association, or from funding from honorary societies such as Phi Upsilon Omicron or Kappa Omicron Nu. And every year HRIMD hosts a festive evening during which donated items are auctioned off to support student scholarships.

This year Beethe will receive the Elbert and Kathleen M. Mundhenke Scholarship and the Rose Straka and William M. Fowler Scholarship. Like many other HRIMD students, Beethe also volunteers for Telefund, the annual K-State national fundraising event. She spends her evenings during Telefund calling CHE alumni and asking for their investment in the College and its students.

“I always tell them ‘thank you’ and that their support really helps us a lot. I’m so thankful to the people who funded the scholarships I receive!”

If you would like more information about how you can invest in the students and programs of the HRIMD Department, please contact Jennifer Rettele-Thomas, associate director of development, at (785) 532-7592 or jenniferr@found.ksu.edu.

Students learn the Art & Science of

Wine



Dr. Betsy Barrett

Doc B., aka Betsy Barrett, associate professor of hotel and restaurant management, specializes in wine and its role in the hospitality industry. She teaches HRIMD 442, Introduction to Wines, a popular (naturally) course (for students over 21) that covers wine varietals and regions, how to identify wines, and pairing the proper wines and foods. This knowledge, while enjoyable for just about anybody, is crucial for future professionals in the hospitality industry. In fact, several of Barrett's students have gone on to careers in which they are responsible for all wine selection and purchasing at restaurants and country clubs.

Barrett came to K-State in 1991 as a doctoral student, and she finished her Ph.D. in July 1993. She married Mr. P. (Pat Pesci, program director of the hotel and restaurant management program) two days later, and joined the HRIMD faculty in August.

Introduction to Wines was a spin-off of HRIMD 340, Contemporary Issues: Controlled Beverages, which Barrett began teaching in 1995. She realized that wines and how they add to the enjoyment of a meal were fascinating topics that she didn't know enough about.

"I just wanted to learn more so that my teaching would improve," Barrett said. "And at about the time that I became interested in wine, the California wine industry blossomed. So my interest has just paralleled the growth of the wine industry in this country."

She first taught Introduction to Wines in spring 2001 to 16 students who had asked if she could teach them more about wines than she could cover in the beverage course.

"I now teach two or three sections, with 25 students in each section, in both the spring and the fall. I have students from all majors on campus — engineering, architecture, education, agriculture and others. A lot of people like wine," Barrett said with smile.

Barrett constantly updates her knowledge of the wine industry.

"I've taken four courses from the CIA Wine Institute. The first course I took was in 1999 with Karen McNeil, who is now the director of the Wine Institute and author of *The Wine Bible*, which I use as the text for the class."

Doc B. and Mr. P. will take a sabbatical in fall semester 2006 and will visit several wine regions in Australia and New Zealand.

"The Barossa Valley is in South Australia and produces many of that country's wines. In New Zealand we'll visit the Marlborough region, which is famous for their wonderful Sauvignon Blancs. We will view their processing methods and compare those with U.S. and European methods. When we get back, I'll be able to give my students even more information about a part of the world where the wine industry is just exploding."

Andrea and Evan Grier, both '02 HRM, recently returned from California to purchase Harry's Uptown, a fine dining restaurant in Manhattan.

"This class is a unique experience," Andrea said. "It definitely prepares students to speak knowledgeably about wine. The class has really evolved over the years because Betsy is so committed to traveling to new wine areas. She brings back firsthand knowledge for her HRM students, who need to have a strong understanding of wines."



DC: *How did you end up being an adjunct faculty member in HRIMD?*

JM: When my husband and I decided to move back to Kansas to be near my family, I approached Virginia Moxley, who I knew, about possibilities for teaching a class in the College. We explored together my interests — food and writing — and the College's needs. She was especially interested in giving students the chance to be better writers. She said, "I think Dr. Canter would like this."

DC: *What did YOU learn during your first teaching venture, "Food Writing," in spring 2006?*

JM: I love teaching. I come from a long line of teachers. My twin sister, Linda Thurston, is a professor at K-State. My great-grandfather helped start schools in Chase County. My mother taught in a one-room schoolhouse.

And I love the students — challenging them, listening to them, seeing their faces light up at "ah ha" moments, respecting their intelligence and trying to jump-start their creativity.

The first thing I learned: Teaching is hard work. Staying ahead of bright students is hard work. Grading all those papers is hard work.

Kansas students are a special group. They cook. They understand where food comes from. Although timid at first, they grab new ideas with gusto. And, as silly as it sounds, they are nice.

I taught students three rules of good writing: Be clear, bold and concise. I am trying to adapt those rules to my classroom behavior.

DC: *What course will you be teaching next?*

JM: This fall I'm teaching Development of American Cuisine, a

food history course in which we will explore why we eat what we do, how food impacts history and how history impacts food. And we will try to figure out if there is truly an "American cuisine." I'm very excited about the course; food history/anthropology is a passion of mine and the topic of much of my recent master's degree work.

DC: *What are your goals for your students?*

JM: I'd like each graduate to be able to write about his or her field, to be able to communicate effectively. Restaurant chefs/owners/managers and dietitians write health books, cookbooks, diet guides and other forms of information. They are television personalities, lecturers, columnists and guests on talk shows. I'd like the next generation of these folks to be HRIMD graduates from Kansas State University.

Check out our new website!
www.humec.ksu.edu/hrimd



College of Human Ecology
School of Hotel, Restaurant,
Institution Management & Dietetics
104 Justin Hall
Manhattan, KS 66506-1404

Nonprofit Organization
U.S. Postage
PAID
Permit # 525
Manhattan, Kan. 66502

Notice of Nondiscrimination

Kansas State University is committed to nondiscrimination on the basis of race, sex, national origin, disability, religion, age, sexual orientation, or other nonmerit reasons, in admissions, educational programs or activities and employment (including employment of disabled veterans and veterans of the Vietnam Era), as required by applicable laws and regulations. Responsibility for coordination of compliance efforts and receipt of inquiries concerning Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and the Americans With Disabilities Act of 1990, has been delegated to Clyde Howard, Director of Affirmative Action, Kansas State University, 214 Anderson Hall, Manhattan, KS 66506-0124, 785-532-6220