

The Communicator

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July 2003

Director

FCS Update	1
10 th Anniversary of the International Year of the Family 2004	1
New UI Administration	1
Janice Fletcher Represents Idaho at Natural Allies	2
Marilyn Bischoff and Financial Literacy on National Video	2
FCS Faculty Prepare for Initiative on Youth Obesity	2

Food Safety

New Fish Consumption Guidelines for Lake Coeur d'Alene	3
New Curriculum from Penn State: <i>Cooking for Crowds</i>	4
Is Sun Tea Safe?	4
Changing American Kitchens	5
Is it Safe to Drink from a Garden Hose?	6
Less than 5% of Meat Irradiated	6

Family Development

Family Time: Why There's Never Enough	7
RAND Releases Study on Marijuana "Gateway Effect"	8
Study Debunks Stereotype about Welfare to Work Recipients	9

Nutrition Education

Shaping A Healthy Future II	11
Food Psychology and Overeating	12

Family Economics

Entrepreneurial Extension: The Georgia Example	13
What the Tax Cut Means for You	14
Tax Preparation Refund—Application Deadline August 22, 2003	15
Extension Family Economics Education	15
Family Economics Resources	16
Family Economics Calendar	16

School of Family & Consumer Sciences

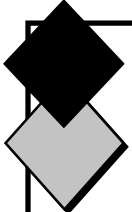


FCS Update


Twenty-eight FCS educators attended the “The New FCS: Building a Bridge to the Future” on June 19 and 20 at Lake City High School in Coeur d’Alene. The workshop marked the first time that both Extension specialists and resident instruction faculty have collaborated to offer an FCS update. Educators from around the state were presented with cutting edge, research based information on teens and credit cards, baby brain basics, food trends, quality clothing construction, food safety and technology, and eating disorders. Attendees received a compact disc of all PowerPoint presentations created by faculty especially for the update.

10th Anniversary of the International Year of the Family 2004

Almost a dozen years ago the National Council on Family Relations joined with the United Nations to acknowledge, celebrate, and contribute to the International Year of the Family (1994). Some of you may remember *One World, Many Families*, published by NCFR in 1993. NCFR is beginning once again to work with the United Nations in planning for the 10th Anniversary of the IYF. Program activities would begin at NCFR’s 2003 Annual Conference in Vancouver, British Columbia, and end at the 2004 Annual Conference in Orlando, Florida. The committee is also planning to publish a special issue of the *Journal of Marriage and Family* devoted to “International Perspectives on Families and Social Change.” Plans are underway to link with the Vienna NGO (non-governmental organization) Committee on the Family to go forward with an art campaign project for children titled “A page from our family chronicle.” A special summer 2004 international study-conference on the family will meet in the Dominican Republic.



Director
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New UI Administration

Gary Michael officially began his appointment as Interim President on Monday, June 9. He insisted upon accepting the appointment without compensation. Michael retired as CEO of Albertson’s Inc. in 2001. Through his leadership on The Campaign for Idaho, the UI surpassed its goal and raised more than \$128 million. A search committee has been formed and a new President could be appointed as early as January.

Dean Michael Weiss officially began his term with the College of Agricultural and Life Sciences on June 22, 2003. After a national search, Weiss was one of four finalists interviewed. Dean Weiss has been actively involved in CALS leadership as Associate and Interim Dean. He knows the college, understands critical issues, and values excellence. He brings vision, enthusiasm, and a desire to maintain and strengthen CALS nationally recognized programs.

Shortly after his own appointment, Dean Weiss appointed me to fill the role of Director of the School. As Interim Dean, Weiss had consulted with FCS faculty and the Provost regarding a permanent appointment. The Provost wanted to wait until a new Dean was in place before filling the Director's position permanently.

I am pleased to accept this role. As Interim Director I was fortunate to help bring one century of enriching lives to a close and begin the next. We have inherited an awesome legacy. I have every confidence that we will continue to create and offer excellent programs, carry out cutting edge research, and translate and transfer those to the people of Idaho. The School has outstanding faculty, staff, students, and alumni. Our FCS Extension programming is nationally recognized. It is an honor to work with all of you in serving individuals and families in Idaho.

Janice Fletcher Represents Idaho at Natural Allies

Dr. Janice Fletcher has been selected to participate in Natural Allies, a project of national significance funded by the U.S. Department of Education. The purpose of the Natural Allies project is to prepare individuals to serve as leaders in the area of early childhood/early intervention preservice personnel preparation.

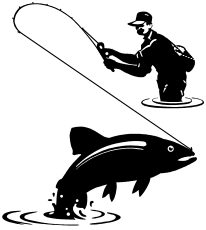
Dr. Fletcher is one of the interdisciplinary team members selected by the state of Idaho because of her expertise in early childhood/early intervention. She will participate in an intensive five-day institute (July 19-23, 2003) in North Carolina and return to Idaho to provide a valuable service—working to promote change and improvements in the preparation of personnel to serve young children (0-5), especially those with disabilities, and their families.

Marilyn Bischoff and Financial Literacy on National Video

A filmed segment of Idaho's Financial Security in Later Life programs has been accepted to be included in a USDA CSREES videoconference being aired nationally in December. Kudos to Marilyn and topic team members who have been working on this project. We look forward to seeing your work on the big screen.

FCS Faculty Prepare for Initiative on Youth Obesity

Since December a group of FCS extension and resident instruction faculty have joined with WSU faculty to pursue funding for a project focused on youth obesity. Dr. Kathe Gabel has offered to serve as project director. The group will pursue CSREES funding by submitting a letter of intent by June 30 and a proposal by July 30. A maximum amount of \$1 million would be available across a four-year period. Requirements of the proposal include integration of research, extension, and education or multistate, multi-institutional, or multidisciplinary work. The researchers and practitioners hope to build on a strong foundation of ongoing projects in both states. They have discussed the importance of working with youth aged 5-18 in family, school, and community settings. Members of the group are interested in focusing on physical activity, body image, healthy diets, and school lunch programs.



New Fish Consumption Guidelines for Coeur d'Alene Lake

Due to heavy metal levels in fish found in a few bodies of water in Idaho, the Bureau of Environmental Health & Safety (BEHS, Idaho Department of Health and Welfare, Division of Health) issues recommended guidelines for eating fish from these waters. The specific guidelines for each lake, creek, or reservoir are available at the BEHS website http://www2.state.id.us/dhw/BEHS/fish_advisory_program/fish_adv.htm.

Recently BEHS added fish caught in Coeur d'Alene Lake to its Fish Advisory.

Fish samples taken from Coeur d'Alene Lake in 2002 detected lead, mercury, and arsenic at levels that may affect certain people's health. Because of this, pregnant women, breastfeeding mothers, children under 6-years-old and members of the general public are advised to limit the number of Kokanee, Bullhead, and Bass they eat from Coeur d'Alene Lake. For Bullhead, all people are advised to eat fillets rather than gutted, whole fish. BEHS provides a map of Coeur d'Alene Lake at the website to show the boundaries of the different areas of the lake. The recommended levels are:

Fish	General Population & Children Older Than 6-Years-Old; Meals Per Month (8 oz. meal)	Pregnant & Nursing Women; Meals Per Month (8 oz. meal)	Children 6-Years-Old or Younger; Meals Per Month (4 oz. meal)
Kokanee	12 gutted whole fish meals 20 fillet meals	10 gutted whole fish or fillet meals	6 gutted whole fish or fillet meals
Bullhead*			
<i>Northern Lake</i>	20 gutted whole fish meals 69 fillet meals	4 gutted whole fish meals 24 fillet meals	3 gutted whole fish meals 14 fillet meals
<i>Central Lake</i>	8 gutted whole fish meals 14 fillet meals	2 gutted whole fish meals 13 fillet meals	No gutted whole fish meals 7 fillet meals



Food Safety

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<i>Southern Lake</i>	33 gutted whole fish meals 61 fillet meals	13 gutted whole fish meals 15 fillet meals	8 gutted whole fish meals 9 fillet meals
Bass			
<i>Northern Lake</i>	13 gutted whole fish meals 26 fillet meals	5 gutted whole fish meals 5 fillet meals	3 gutted whole fish meals 3 fillet meals
<i>Central Lake</i>	15 gutted whole fish meals 26 fillet meals	6 gutted whole fish meals 5 fillet meals	3 gutted whole fish meals 3 fillet meals
<i>Southern Lake</i>	11 gutted whole fish meals 26 fillet meals	9 gutted whole fish meals 5 fillet meals	5 gutted whole fish meals 3 fillet meals

*People, especially children and pregnant women with increased blood lead levels, or living in an area with high concentrations of lead in their yard soil or house dust should eat less whole Bullhead than suggested in this advisory.

Note: Not all types of fish from the lake were sampled and tested for metals. Bass, Kokanee, and Bullhead are considered to be representative of many fish found in the lake. It is possible that other species of fish in Coeur d'Alene Lake have elevated levels of arsenic, lead, and mercury. Another table provided at the BEHS website lists other types of fish found in the lake that are similar in behavior to the fish that were sampled.

The BESH website encourages anglers to eat smaller, younger fish and release larger, older fish because smaller fish are safer. BEHS notes that fish are an important part of a healthy diet and that by following these guidelines, people can safely eat fish from Coeur d'Alene Lake.

The BEHS website also has fish consumption advisories for C.J. Strike Main Reservoir, Salmon Falls Creek Reservoir, Brownlee Reservoir, East Mill Creek, and Lake Lowell.

Source: Steele, K. D., "Tainted fish spark warning," *The Spokesman Review*, June 4, 2003, page B1, B4;
http://www2.state.id.us/dhw/BEHS/fish_advisory_program/fish_adv.htm.

Key words: food safety, fish.



New Curriculum from Penn State: *Cooking for Crowds*

Pennsylvania State University has recently released a new curriculum, *Cooking for Crowds—A Volunteer's Guide to Safe Food Handling*. *Cooking for Crowds* is nicely designed, attractive, and packed with information. The 82-page, seven chapter curriculum is designed to be used with nonprofit audiences who cook food for the public as part of food fundraisers. It teaches nonprofit groups about food safety risks that develop when cooking large volumes of food and how to reduce those risks so the food the group prepares is safe and delicious. Commercial food safety strategies have been translated into practical methods to meet the needs of the nonprofit audiences. The curriculum is supported by a website that includes instructor resources, marketing materials, certificate, training activities, video information, evaluation materials, and PowerPoint presentations. The curriculum can be ordered from the website at a real bargain.

Source: <http://www.cookingforcrowds.psu.edu>.

Key words: food safety, food preparation, volunteering, resources.



Is Sun Tea Safe?

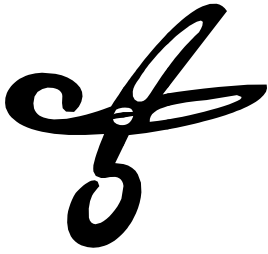
Using the natural rays of the sun to make tea is fun and popular in the summer. However, using such a method to make tea is highly discouraged. Sun tea is the perfect medium for bacteria to grow. If the sun tea has a thick or syrupy appearance, it may be due to the presence of a "ropy" bacteria called *Alcaligenes viscolactis*. Ropy bacteria are commonly found in soil and water.

Several years ago in Ohio and Washington, several people became ill after drinking tainted ice tea. In Washington it was determined that the tea had been made with tap water only heated to 130°F and left to sit at room temperature for more than 24 hours. As a result, the Centers for Disease Control and Prevention and the National Tea Association recommend the following when making tea.

- Brew tea bags at 195°F for three to five minutes.
- Brew only enough tea that can be consumed within a few hours.
- Never maintain brewed tea for more than eight hours at room temperature. Discard any unused tea after eight hours.
- Wash, rinse, and sanitize tea-making equipment regularly.
- Instead of making "sun tea," brew tea overnight in the refrigerator as you would in the sun.
- Store tea bags in a dark, cool, and dry place away from strong odors and moisture. Do not store in the refrigerator.

Source: Colorado State University Cooperative Extension, SafeFood Rapid Response Network, "Is Sun Tea Safe?" *SafeFood News* 3(2) Winter/Spring 1999,
http://www.colostate.edu/Orgs/safeFood/NEW_SLTR/v3n2s06.html, accessed June 11, 2003.

Key words: food safety, tea.



Changing American Kitchens

The NPD Group, Inc., a global market information company with offices and affiliations in 60 countries, measures product movement and consumer behavior. The company recently released its NPD Kitchen Audit, a snapshot of changes in America's kitchens over the last decade. (The food industry uses this type of profiling of consumers' pantries, appliances, and source/use of recipes to plan their new food product offerings.) Some of the changes documented by the NPD Group were described in their press release.

Overall, the audit found that Americans have fewer traditional appliances and cookware and more ready-to-use items, like marinades and mixes in today's kitchens—things to make kitchen tasks easier and more convenient.

For example, NPD noted that kitchen shears were found in 66 percent of American kitchens in 2002, up from 49 percent ten years ago, while carrot peelers had slipped from 87 to 84 percent. They see subtle, but sustained shifts in how people cook at home. "The scissors are to open all the frozen or ready-made packages and why peel carrots when you can buy them cleaned and peeled?" said Harry Balzer, vice president of the NPD Group, Inc.

Percentage of Kitchen Items in America's Homes					
What's Hot	1993	2002	What's Not	1993	2002
Kitchen Shears	49	66	Rolling Pin	85	79
Plastic Freezer Bags	18	20	Biscuit Cutter	40	34
Paper Plates	82	86	Meat Mallet	56	49
Sandwich Bags	72	77	Gelatin Molds	48	38
Refrig. Cookie Dough	5	23	Garlic	49	32
Hamburger Patties	31	37	Whole Fryer Chicken	27	23

Freezers changes. When people do cook (NPD found 72 percent of dinners were prepared at home), they cut corners. "People have moved toward boneless chicken and pork and ready-made hamburger patties because it's just easier," said Balzer.

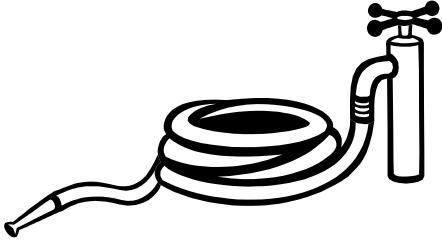
Thirty percent of in-home dinners now include something frozen, up from 25 percent in 1985. Sixty-eight percent of households have freezers that are three-quarters full or more, up from 63 percent in 1996. Sixty-three percent of households have an additional freezer or freezer/refrigerator combo, up from 58 percent in 1996.

Cookware changes. People do not use double boilers, casserole dishes, or even frying pans as often as they used to. Indoor or tabletop grills, which require little cleanup, have grown from being in 11 percent of households in 1993 to 27 percent in 2002. "Americans have found the easiest way to cook is to get rid of the pot, in effect. With the increase in grills, both indoor and out, people don't need a skillet because it's just one more thing to clean," said Balzer. "We could be looking at a future kitchen where the chicken is packaged in disposable cookware, so that you can buy it, cook it and never have to deal with cookware," he added.

Percentage of Cookware and Bakeware Declining in American Kitchens		
	1993	2002
Frying Pans	99	92
Dutch Ovens	61	51
Medium Bundt Cake Pan	21	15
Double Boiler	34	27
1 Quart Casserole Dish	66	54
Broiler Pan	49	39

Source: The NPD Group, Inc. press release, "NPD Finds Cooking Without Cookware is Becoming the American Way: Fewer Skillets and More Frozen Food" May 8, 2003, http://www.npd.com/press/releases/press_030508.htm, accessed June 11, 2003.

Key words: consumers, trends, lifestyle changes, marketing.



Is it Safe to Drink from a Garden Hose?

Hoses are a convenient place to grab a drink of water during those hot summer days working in the garden. According to *Consumer Reports* magazine, it is safe to drink from a garden hose only if it is labeled as safe for drinking or if you flush it first. For hoses not constructed of materials that are for food contact, water left standing inside them can leach lead and other chemicals from the hose material. For example, many hoses are made of polyvinylchloride, which uses lead as a stabilizer.

Consumer Reports recently examined 16 hoses available in stores and on the Internet. Four were labeled as safe for drinking, six had labels warning consumers not to drink from them, and six carried no information about drinking from them.

CR also tested water left in each hose for 20 hours for lead content. Water from hoses labeled safe for drinking contained very little lead, well below 15 parts per billion, the Environmental Protection Agency standard for action. Water from other hoses leached up to 10 to 100 times the allowable lead level.

CR suggests that when buying a hose, look for one labeled as safe for drinking. It is always a good idea to flush the hose by letting the water run for a minute or so before drinking from it.

Source: "Dare you drink from a garden hose?" *Consumer Reports* 68(7):7, July 2003.

Key words: food safety, water, water quality.



Less than 5% of Meat Irradiated

In the January 2003 issue of *The Communicator*, I reported that irradiated meat is becoming increasingly available in the U.S. (but not in Idaho yet, except for Schwan's), being sold in 1000s of stores and some restaurants. Availability is increasing, but it is worthwhile to bear in mind that meat industry sources estimate less than 5 percent of meat is irradiated.

Elsa Murano, the U.S. Agriculture Department's undersecretary for food safety, has noted that irradiation is the single most effective tool in killing foodborne pathogens, but the cost of installing irradiation equipment at meat plants has so far prevented its widespread use, adding, "I think it is more cost-effective for there to be a central irradiation location that they (meat plants) can send the product to. Cost-effectiveness is very important to them right now."

Janet Riley, spokeswoman for the American Meat Institute, said, "It (irradiation) has just recently come on line. There really hasn't been any major consumer education for it."

Source: "U.S. Meat Companies Slow to Use Irradiation-USDA," *Reuters News Service* (Chicago dateline), May 5, 2003, as reported in *FSNet*, May 5, 2003.

Key words: food safety, irradiation, meat and poultry.

Family Time: Why There's Never Enough

Family time—the stuff of memories—is highly valued, endlessly pursued and acutely missed when snatched away by over-bloated work and activity schedules. But is this elusive treasure just a nostalgic illusion? If so, it is persistent and pervasive in today's work-driven culture as parents strive to build a secure bank of memories for their children to reap in the future, according to research published in the May edition of the *Journal of Marriage and the Family*.

In “deconstructing” the ideology and realities of family time, University of Guelph (Ontario, Canada) sociologist Kerry J. Daly explored the contradiction between the sentimental expectations of the quest and the actual experiences—including the disillusionment and guilt—of failing to meet this deeply felt obligation.

Collectively, families are working more than in the past, but the total amount of time they have together hasn't changed dramatically over the past few decades, according to Daly. What has changed, however, is that the time they have together is faster and has a greater density of activity with household chores to be done and children's activities to go to, he says.

Daly's study included 61 in-depth interviews with 28 dual-earner and single-parent families—the two most common forms of families in North America. Some observational studies of their pre-school children were also conducted.

“Parents see family time as being spent primarily in the service of children, with children's needs and schedules setting the timetable for everyone,” says Daly. For “time-poor” parents, the demands of schedules and households—even when the whole family is present—prevent the type of family time they desire.

Parents in the study were consistent in describing what family time should be, with the past serving as the primary source of their ideals. Togetherness, positive experiences and happy interactions were

Family Development

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viewed as essential to creating a source of memories. Even the young children talked about “the whole family having fun together.”

Ultimate family time was distinguished as being spontaneous and unstructured. “Spontaneity is highly valued in the face of their fast and highly structured lives,” Daly explains.

While pressures on family time have changed in response to a transformed economy and different types of family structures, beliefs about this traditional value seem resistant to the most radical cultural shifts. The production of memories is a compelling social and personal responsibility.

Parents want to give their children a secure anchor of memories to call on and perpetuate in the future, says Daly. But regardless of the most earnest efforts, they aren't able to recreate what they recall and cherish as calm, uninterrupted family time in their childhood. Some parents expressed fear that they were so preoccupied trying to produce ideal memories for their children that they might not fully experience the moment themselves or miss it altogether.

This gap between what they expected and experienced caused pervasive disappointment and guilt. Parents felt guilty for working too much, for not spending enough time with their children, for getting babysitters, for wanting their children to go to bed, for taking time for themselves—personally or as a couple—at the expense of the family. Culpability was so commanding that many parents gave up trying to overcome it and instead focused on how to live with their guilt.

Either the realities or the ideal must change, says Daly, if families—and Western culture—are to reconcile the discordance between sustaining the reassuring myths and values of a more simple past and living with today's time-constrained family circumstances.

Daly suggests two approaches to realigning family time expectations and experience. One is to find ways of creating and protecting time boundaries that can be used by the family. This might involve decisions to work less, reduce the number of children's activities, watch television less, or to schedule more unstructured time in the family agenda. The other approach is to reevaluate expectations for what family time should be. This means redefining family time to accommodate smaller segments of time and more fragmented activities, or even developing pastimes that build one-on-one relationships instead of having everyone together and interacting.

"Perhaps the ideals we carry in our heads are no longer viable in today's world," says Daly. "Family time has become a kind of prescriptive term for upholding standards from a nostalgic past. The difficulty is that parents are struggling to meet an expectation that may no longer be sustainable or meet the realities of living in more complicated, work- and activity-driven families."

Source: National Council on Family Relations, www.ncfr.org, May 2001.

Key word: family.

RAND Releases Study on Marijuana "Gateway Effect"

A new study by the RAND Drug Policy Research Center casts doubt on claims that marijuana acts as a "gateway" to the use of cocaine and heroin, challenging an assumption that has guided U.S. drug policies since the 1950s. However, the study does not argue that marijuana should be legalized or decriminalized.

The theory that the use of marijuana by young people causes some to graduate to harder drugs, often called the "gateway effect," has been used most recently to counter efforts to relax marijuana laws in several states. Earlier it was used to justify the imposition of tough penalties against the possession of even small amounts of marijuana.

Evidence supporting claims of marijuana's gateway effects has been found in many epidemiological studies of adolescent drug use. For instance, these studies found that marijuana users are up to 85 times more likely to use hard drugs than those who do not use marijuana, and few hard drug users do not use marijuana first.

"We've shown that the marijuana gateway effect is not the best explanation for the link between marijuana use and the use of harder drugs," said Andrew Morral, associate director of RAND's Public Safety and Justice unit and lead author of the study. "An alternative, simpler and more compelling explanation accounts for the pattern of drug use you see in this country, without resort to any gateway effects. While the gateway theory has enjoyed popular acceptance, scientists have always had their doubts. Our study shows that these doubts are justified."

The study demonstrates that associations between marijuana and hard drug use could be expected even if marijuana use has no gateway effect. Instead, the associations can result from known differences in the ages at which youths have opportunities to use marijuana and hard drugs, and known variations in individuals' willingness to try any drugs, researchers found.

The RAND study and a series of commentaries about the report are published in the December edition of the British journal *Addiction*, a peer-reviewed scientific publication.

"The people who are predisposed to use drugs and have the opportunity to use drugs are more likely than others to use both marijuana and harder drugs," Morral said. "Marijuana typically comes first because it is more available. Once we incorporated these facts into our mathematical model of adolescent drug use, we could explain all of the drug use associations that have been cited as evidence of marijuana's gateway effect."

"This is a very important study with broad implications for marijuana control policy," said Charles R. Schuster, a former director of the National Institute on Drug Abuse and now director of the Addiction Research Institute at Wayne State University. "I can only hope that it will be read with objectivity and evaluated on its scientific merits, not reflexively rejected because it violates most policy makers' beliefs."

RAND researchers say it is unlikely that any study will be conducted that definitively settles the marijuana gateway debate. But the authors say their study should raise questions about the legitimacy of basing national drug policy decisions on the assumption that one of the harmful effects of marijuana use is the increased risk of using more dangerous drugs.

"If our model is right, it has significant policy implications," Morral said. "For example, it suggests that policies aimed at reducing or eliminating marijuana availability are unlikely to make any dent in the hard drug problem. When enforcement resources that could have been used against heroin and cocaine are instead used against marijuana, this could have the unintended effect of worsening heroin and cocaine use."

However, the study does not conclude that marijuana should be legalized or decriminalized. "Even without the effects of a marijuana gateway, relaxing marijuana prohibitions could affect the incidence of hard drug use by diminishing the stigma of drug use generally, thereby increasing adolescents' willingness to try hard drugs," Morral said. "Moreover,

marijuana itself can be a serious problem for those who become dependent on it."

Other authors of the report are Daniel McCaffery and Susan Paddock of RAND's Drug Policy Research Center, a joint program of RAND's Public Safety and Justice Program and RAND Health.

RAND researchers tested the marijuana gateway theory by creating a mathematical model simulating adolescent drug use. Rates of marijuana and hard drug use in the model matched those observed in survey data collected from representative samples of youths from across the United States. Without assuming any gateway effect, the model produced patterns of drug use and abuse remarkably similar to what is experienced across the nation, showing that a marijuana gateway effect is not needed to explain the observed behavior.

The black market in marijuana in the United States is estimated at \$10 billion per year, and more than 700,000 people are arrested on marijuana charges each year. Some states have passed laws easing penalties for marijuana use. Voters in several states rejected ballot propositions in November that would have approved similar changes.

A series of commentaries by other addiction researchers that accompany the RAND study discuss some of the implications of the research and whether there is any way to create a study to unequivocally answer the marijuana gateway question.

Source: <http://www.jointogether.org>, December 6, 2002.

Key word: youth risk taking.

Study Debunks Stereotype about Welfare to Work Recipients

Public assistance recipients are committed to work, although policy makers and the general public may not recognize their commitment, according to research conducted at the LSU AgCenter.

In addition, Dr. Pam Monroe, a member of the faculty of the LSU AgCenter's School of Human Ecol-

ogy, and Vicky Tiller, a research associate in the School, report region is a key factor in rural poverty, which is concentrated in the South.

The study of women receiving Temporary Assistance to Needy Families—formerly Aid to Families with Dependent Children—appears in a recent issue of the *Journal of Marriage and Family*. The article is entitled, “*Commitment to Work among Welfare Reliant Women*.”

“Welfare and welfare recipients have long been viewed with ambivalence by their fellow U.S. citizens,” Monroe says. “Most often, they are stigmatized severely.”

“We are trying to de-bunk myths and stereotypes about welfare recipients, to show these people as the diverse group that they are, and to expand the definition of work to include the activities in which many of the women are engaged,” she adds.

Working in seven rural Louisiana parishes with high poverty and welfare program participation rates, the researchers interviewed welfare recipients who were participating in GED training or job training designed to help them get off welfare. All the interviewees were women.

Through private interviews, the researchers learned about the women’s work histories. They also asked about job availability, informal work, survival strategies and helping networks, most of which included kin and seldom included men.

“Welfare recipients have been viewed as a homogeneous group,” Monroe says. “They aren’t homogeneous. Welfare recipients vary widely in terms of characteristics like education, work history, mental and emotional stability, sexual exclusivity, family size and willingness to work.”

Dr. Alexis Walker, professor of human development at Oregon State University and editor of the journal in which the article appears says that Monroe and Tiller’s research indicates, “women on public assistance are much like other women in many ways.” The researchers report these women expressed a strong desire and intention to work. In fact, they say, the women “professed some remarkably traditional, mainstream values regarding work and pro-

viding for their families.” Walker adds, “The authors demonstrate that women on public assistance leave paid work for the same reasons other employees do: pregnancy or the birth of a child, the seasonal nature of the work, the closing of a factory, and so on. They care about the same things other women care about: a job with reasonable hours and reasonable pay, access to high quality and affordable child care and transportation.”

Monroe and Tiller’s research reveals that most of the women they interviewed are trying against all odds to improve their human capital. Many have been employed and want to work in the future, seeing employment as the key to a better life beyond the welfare system.

Monroe says many, maybe most, welfare recipients are actively engaged in what she calls self-provisioning activities.

“These are the many, varied methods and strategies the women use to provide for themselves, their children and their extended family, such as dependent elderly parents,” she says.

“The women also are actively involved in the work of care – care of children especially, but care of family and community members,” Monroe adds. “The paper argues that stereotypes of laziness and unwillingness to work should not be applied to such hard-working women and that if these women were middle-class, suburban women, we would readily admit that this is ‘work.’”

Monroe and Tiller continue to follow the women in their study, having recently completed a third round of interviews with funding support from the Southern Rural Development Center. Their latest work includes researchers at Clemson University in South Carolina who conducted a parallel study for comparison with the Louisiana study.

Source: National Council on Family Relations, www.ncfr.org, September 10, 2001.

Key word: work and family.

Shaping A Healthy Future II

I was fortunate to attend a conference April 30-May, 2003 in Jackson Hole, WY called Shaping A Healthy Future II. This outstanding conference was sponsored by WIN Wyoming, Wyoming Area Health Education Center, and the Wyoming Dietetic Association and was entitled "A Rocky Mountain Conference on Weight Realities." The speakers that presented were outstanding, and for those of you who couldn't attend, I am providing a synopsis of two of the presenters: Dr. James Hill and Dr. Brian Wansink.

The Challenge of Healthy Weight in the Modern World

James O. Hill, PhD, from the Colorado Health Sciences Center, stated that according to the most recent NHANES data, the average weight gain in the U.S. is 1.8-2.2 lbs/year and this was probably due to individuals consuming an extra 100 kcalories per day. His research indicates that people are not effective at producing and sustaining large food goals. This is easily demonstrated by the fact in January, health clubs are very busy, but by April, people have stopped going.

Dr. Hill theorized that producing and sustaining small changes in physical activity could prevent or slow down the weight gain in the population. The result was "Colorado On The Move." This three-step program has individuals: 1. Purchase a step counter; 2. Determine their baseline, i.e. how many steps they usually walk each day; and 3. Set a goal that involves taking their baseline number and adding 2,000 steps to it. For example, if their baseline number is 4,000 steps, the step goal would be 6,000 steps.

Why increase the steps by 2000? Because walking 2,000 steps burns up approximately 100 kcalories and people have been gaining weight because they are consuming an extra 100 kcalories/day, and the 2,000 steps may prevent this weight gain.

Nutrition Education

July 2003

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In Colorado, this program has been implemented in schools, worksites, and in the community, and data is being collected on its effectiveness. It has been very popular, and in June 2003, *America On The Move*, will be implemented. The website is www.AOTM.org. This program has a nutrition component added to it, which is called *Take Away 100 kcalories*. There are 100 suggestions provided on how to lose 100 kcalories a day. One example is, don't supersize.

Dr. Hill feels that in order to sustain any changes that: 1. The environment has to change (i.e. there need to be places to walk and choices provided for eliminating 100 calories); 2. Incentives provided; and 3. Link small behavior changes with community values.

Source: www.coloradoonthemove.org.

Keyword: exercise.

Food Psychology and Overeating

The speaker for this presentation was Professor Brian Wansink, Director of the Food & Brand Lab, at the University of Illinois. He examines the “whys” behind what consumers eat.

Here’s a warm-up shopping example of why people buy too much. Which sign sells more?

Limit 12/person vs. No limit/person

The “limit 12/person” sells more. The average shopper buys “7” of those items where as the “no limit/person” sign results in people purchasing 3-4 items.

Dr. Wansink suggests that people are highly suggestible to numerical signs and has found that numerical signs can end up doubling how much we buy.

The three topics he covered were: 1. How size and shape of containers influence consumption; 2. Taste suggestibility; and 3. Consumption Cues that Cause Overeating.

1. General findings about package size were:
 - People who pour from larger containers eat more than those pouring from small ones. The rationale was that subjects were not concerned about “running out” of the food item.
 - We eat much more from big containers. Dr. Wansink had subjects watch a movie and either gave them a large or an extra-large container of popcorn, plus the popcorn was either fresh or 10-day old stale popcorn. His results showed that people ate 45-50 percent more from extra-large popcorn containers than large ones. In fact, they ate 40-45 percent more even if the popcorn was stale. People tend to lose track of how much they eat if they are given a larger package size. This occurred with M&Ms too. When people were given a regular package of M&Ms, they ate an average of 63 pieces. Those given a package three times that size ate 160 percent more.

Shape of Containers influence consumption:

- People think tall vessels hold more than wide vessels. In fact, bartenders who had at least 5 years experience pouring alcoholic drinks poured 28 percent more alcohol into a short tumbler glass than into a tall highball glass, even though both glasses held the same amount of liquid.
2. Taste susceptibility. People were asked to rate 2 identical chocolate cakes. One had a plain label “chocolate cake,” and the other had a descriptive label, “Belgium Black Forest Chocolate Cake.” People evaluated the “Belgium Black Forest Chocolate Cake” as more favorable, i.e. better taste, better texture, and higher in calories.
 3. Consumption cues. Dr. Wansink found that if consumption cues such as candy wrappers, empties, bones, are removed, then people tend to over eat. For example, he found that people who watched a video ate more candy bars if they didn’t see the candy wrappers. But, they didn’t think they ate more. He also found that non-bused tables restricted food consumption. When people ate a meal and the dishes weren’t cleared away, people ate less because they were reminded of what they already had eaten.

Source: <http://www.wansink.com/foodpsych>.

Keyword: foods.

Entrepreneurial Extension: The Georgia Example

Over the last decade, the University of Georgia Cooperative Extension Service has lost dozens of county, state-funded positions through budget cuts and early retirement incentives. While positions have disappeared across program areas, Family and Consumer Sciences (FCS) has been particularly hard hit. The number of county-level FCS agents has dwindled to such an extent that the ability to continue programming for families is at risk. If Georgia continues to lose positions at the same rate the state has experienced over the last decade, the current decade could well see the end of FCS Extension.

Growing concerns among state faculty about the ability to continue delivering programs with a dwindling field staff led to discussions about how to respond proactively. State specialists and administration agreed that increasing the number of local educators was the number one priority in order to maintain the integrity, quality, and existence of FCS programming in Georgia. While securing external funding has always been a priority, most grant-funded projects focused primarily upon materials development and relied upon existing staff for program delivery. Specialists were encouraged to seek support for program delivery. This was essential because existing field staff were far too overwhelmed to take on new grant projects.

FCS Extension received approximately \$280,000 in FY02 and will receive an additional \$500,000 for FY03 from the Georgia Governor's Office of Consumer Affairs for the Consumer Financial Literacy Program (CFLP). Providing service to 11 counties in FY02 and expanding into 10 additional counties in FY03, the CFLP has 4 components: financial literacy for low-income working families, financial literacy for youth, taxpayer education and assistance, and financial literacy and fraud prevention for the public. The new funding means a total of 11 program assistants and four educational program specialists (degreed) will deliver the program across the 21 county service area.

FCS in Georgia has also been successful in securing resources, financial and in-kind, to support

Family Economics

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other family economics programs. The Standing Chapter 13 Trustee for the Northern District of Georgia provided funding for workshops for individuals entering into Chapter 13 bankruptcy. The University of Georgia Office of Student Financial Aid has provided staff and additional support for implementation of the Peer Financial Counseling Program that targets college students with information about credit cards, student loans, and budgeting. Additional funding will enable expansion of the program onto other Georgia campuses this fall. The Georgia Consortium for Personal Financial Literacy is providing a tremendous amount of in-kind support for the Georgia Saves campaign with many individual consortium members currently discussing financial needs for the effort and how they can be met.

Source: Portions of this article appeared previously in the Forum for Family and Consumer Issues. Available at: [http://www.ces.ncsu.edu/depts/fcs/pub/8\(2\)/rupured.html](http://www.ces.ncsu.edu/depts/fcs/pub/8(2)/rupured.html).

Key words: financial education, extension.

Note: Entrepreneurial Extension will be a topic of the AFCPE Family Economics Extension Pre-conference on November 19, 2003, see Family Economics Calendar on page 16.

What the Tax Cut Means for You

With the recent passage of the "Jobs and Growth Tax Relief Reconciliation Act," tax confusion is back in full force. What do the recently enacted changes mean for you?

- Acceleration of certain previously enacted tax reductions, including an increase in the Child Tax Credit, marriage penalty relief, and reductions in individual income tax rates.
- Tax rate reductions for capital gains after May 5, 2003 to 15 percent for all but low-income taxpayers, whose rate will move to 5 percent.
- Reduction of the tax rate on dividends to 15 percent, retroactive to January 1, 2003.

Accelerated 10-Percent Bracket Expansion: The expansion of the 10-percent bracket scheduled for 2008 is accelerated to apply in 2003 and 2004. The 10-percent tax bracket increases from \$12,000 of taxable income to \$14,000 for married couples (and from \$6,000 to \$7,000 for single taxpayers). This expansion benefits married taxpayers with taxable income over \$12,000 and single taxpayers with taxable income over \$6,000.

Accelerated Reduction in Income Tax Rates: The reductions in income tax rates result in new rates of 25%, 28%, 33% and 35% (from 27%, 30%, 35%, and 38.6%). These reductions benefit married couples with taxable income greater than \$47,450 and

single taxpayers with taxable income greater than \$28,400.

Accelerated Reduction of Marriage Penalty: The standard deduction for married couples is increased in 2003 and 2004. These reductions benefit married couples who claim the standard deduction or who have taxable income greater than \$47,450.

Accelerated Increase in Child Tax Credit: The amount of the child tax credit is increased to \$1,000 in 2003 and 2004 (from \$600), accelerating a scheduled phase-in over the period between 2005 and 2010. In 2003, the increased amount of the child tax credit will be paid in advance beginning in July 2003 on the basis of information on the taxpayer's 2002 tax return filed in 2003. Advanced payments will be made in a manner similar to the advance payment checks that were issued in 2001 to reflect the new 10-percent tax bracket.

Reduction in Tax Rates on Dividends and Capital Gains: The maximum tax rate on dividends paid by corporations to individuals and on individuals' capital gains is reduced to 15% in 2003 through 2008. For taxpayers in the 10% and 15% ordinary income tax rate brackets, the rate on dividends and capital gains is reduced to 5% in 2003 through 2007, and to zero in 2008. The new rates apply to capital gains realized on or after May 6, 2003, and to dividends received in 2003. This provision reduces the double taxation of corporate earnings.

Individual Tax Rate Schedules for 2003

	Taxable Income		Marginal Tax Bracket Rate	
Married Filing Jointly:	\$0	to	\$14,000	10%
	14,001	to	56,800	15%
	56,801	to	114,650	25%
	114,651	to	174,700	28%
	174,701	to	311,950	33%
	311,951 and higher			35%
Head of Household:	\$0	to	\$10,000	10%
	10,001	to	38,050	15%
	38,051	to	98,250	25%
	98,251	to	159,100	28%
	159,101	to	311,950	33%
	311,951 and higher			35%
Single:	\$0	to	\$7,000	10%
	7,001	to	28,400	15%
	28,401	to	68,800	25%
	68,801	to	143,500	28%
	143,501	to	311,950	33%
	311,951 and higher			35%

Married Filing Separately:	\$0	to	\$7,000	10%
	7,001	to	28,400	15%
	28,401	to	57,325	25%
	57,326	to	87,350	28%
	87,351	to	155,975	33%
	155,976 and higher			35%

Source: O'Neil, Barbara, June 9, 2003 email from USDA/CSREES; American Institute of Certified Public Accountants, www.aicpa.org/news/2003/052303.asp; Town Hall. Com, <http://www.townhall.com/news/politics/200305/POL20030523c.shtml>.

Key words: tax, investments.

Tax Preparation Refund—Application Deadline August 22, 2003

Are you aware that customers of H&R Block for the **2001** tax season might be eligible for a \$22 refund on their tax preparation fee? April 24, 2003, H&R Block agreed to a payment of \$3.3 million. \$2.3 million to be divided among the Attorney Generals of 41 states (including Idaho) and \$1 million to establish a consumer fund. The \$1 million consumer fund will provide refunds to eligible consumers who received the Peace of Mind (POM) product during the 2001 tax season and wish to rescind the guarantee.

"This settlement will provide the opportunity for a refund to customers who were charged for H&R Block's "Peace of Mind" guarantee in tax season 2001, but who do not believe they were informed that the purchase of the guarantee was optional," said Ohio Attorney General, Jim Petro. "The agreement will prevent this problem from arising in the future, as well."

H&R Block Services, Inc. will reimburse Idaho consumers who paid for the "Peace of Mind" guarantee but may not have wanted to purchase the optional service. To be eligible, consumers must:

- Have had a tax return prepared in the 2001 tax season,
- Have been charged for the guarantee as an additional component,
- Have never utilized the guarantee, and
- Believe they were never informed that the guarantee was added for a fee to their tax preparation service.

Eligible consumers must request a refund by August 22, 2003. Requests may be made through the following links:

- (English)
http://www.hrblock.com/customer_support/pom.jsp
- (Espanol)
http://www.hrblock.com/customer_support/pom_es.jsp or by calling, toll free, 1-866-522-7083.

Consider sharing this information with consumers in your community. If you use this information or receive feedback from consumers who read your news release, please send me a brief note mbischof@uidaho.edu about use (e.g. how distributed, circulation of the newsletter or newspaper).

For the news release about this settlement, go to: http://www.naag.org/news/pr-20030424-hr_block.php.

Source: Cathy Bowen, Family Economics Specialist, Pennsylvania State University sent via USDA/CSREES email May 29, 2003; Idaho Office of the Attorney General, phone conversation and email, June 24, 2003.

Key words: tax, fraud.

Extension Family Economics Education

Welcome to the Real World (WTRW) continues to be a popular program in Eastern Idaho. Sharlene Woffinden, Joel Packham, Charmaine Harwood, Sharlene Simons (Caribou) taught WTRW at the Bear Lake High School to 70 students in May.

Sharlene Woffinden, Bear Lake County Educator, developed and revised new resources to use with

youth *Welcome to the Real World* workshops. A 55-slide PowerPoint presentation includes visual examples of completing a check register, savings deposit slip, and a budget worksheet is used to record *Real World* expenses. For more information contact Sharlene, swoffinden@uidaho.edu.

Low-income Idahoans were the target audience for classes taught by Beverly Healy. Boise Housing invited Healy, Ada County Extension educator, to teach basic financial management to 33 clients in an afternoon and evening class. Healy instructed with a new *Gaining Financial Fitness* curriculum I developed in May.

UI Extension taught Professional-Technical Educators during their June Annual Conference. I introduced nearly 60 teachers to the *High School Financial Planning Program* in a daylong exhibit. Marsha Hawkins and I trained junior high teachers how to implement the two new 4-H *Financial Champions* curriculums, Money Fundamentals and Money Moves, in their classrooms. I taught credit education to participants at the *The New FCS* offered by the School of Family and Consumer Sciences at the conclusion of the conference. Extension was lauded as a great resource by the teachers. You may receive a phone call from your local teacher!

Family Economics Resources

10 Steps to a Better Financial Future

AARP (American Association of Retired Persons) has developed an interactive CD-ROM targeted to pre-retirees (age 40-60) with limited or no knowledge of personal financial issues entitled "10 Steps to a Better Financial Future." The 10 modules introduce the basics of financial planning, saving and investing. Modules (or steps) are: set financial goals; get organized; track your income and spending, assets and liabilities; take control of your spending; focus on retirement; make your money grow; make wise investment choices; make sure you're properly insured; put your legal house in order; and plot a path to financial independence. The CD is free (with shipping charges, bulk shipping discounts available). Order information at <http://www.aarpfinancialfuture.org>.

Casey Foundation Family Economic Success Website

The Annie E. Casey Foundation (AECF) has launched a Family Economic Success (FES) website <http://www.aecf.org/initiatives/fes> to provide a more comprehensive way to address the difficulties low-income working families face in trying to move up the economic ladder. FES uses a three-pronged approach, incorporating strategies for workforce development, family economic support, and community investment. The website offers information on a range of topics for helping families and communities to build strong financial futures for practitioners, researchers, policymakers, and the general public.

Family Economics Calendar

Save for Your Future Campaign, September to November 2003. Sponsored by the Idaho Financial Literacy Coalition. For resources and press releases, contact Marilyn.

Hispanic Issues Training Conference, September 10-12, 2003, Double Tree Riverside Hotel, Boise. More information will be available in the following weeks. Visit www.imagedeidaho.org.

Every Woman's Money Conference, October 9, 2003, 8:30am to 4pm, Boise Convention Center. Sponsored by Idaho's Treasurer's Office. Keynote speaker is Lucy Arnez. This free workshop includes lunch and materials. Contact Marilyn for information.

Family Economics Extension Preconference, November 19, 2003, Savannah, GA. Contact Michael Rupured mrupured@uga.edu.

Association for Financial Counseling and Planning Education Conference, November 19-22, 2003, Savannah, GA. Information at <http://www.afcpe.org>.

Positioning for Success: Financial Security in Later Life Satellite Videoconference, December 11, 2003, 1:00 to 3:00pm (EST). Information at <http://www.extension.iastate.edu/financialsecurity>. Several Idaho Extension colleagues and programs will be featured!