



# South Carolina Extension Family and Consumer Sciences Newsletter

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April 2003

## Clemson News

I hope that the information I am providing in these newsletters is helpful to agents. Eleanor Jones ([ejones@clemson.edu](mailto:ejones@clemson.edu)), York County, suggests that the information might also be helpful to others in the county office who might be answering the telephone when a FCS agent is not available. Eleanor provided the good example of indoor air quality. The January issue of the FCS E-Newsletter contains a segment entitled "Children's Environmental Health Website" and provides much of the referral information someone would need to provide to a consumer asking an indoor air, housing question. If consumers do not have access to the Internet at home, the local library could assist them in using the computers there or perhaps there is an opportunity at a local school. The March issue of this newsletter provides the names of regional contacts for the EPA Lead Grant, which would also be helpful.

It might be a good idea to print copies of the FCS E-Newsletter and make them available to whomever is answering the telephone in the county office. I hope this strategy will be helpful in answering FCS questions. Eleanor also suggested that one-page sheets of information on selected topics would be good references. In rapid response to this request, Deborah Thomason and Linda McGee developed a page with web addresses for sources of help for families in times of crisis. The Resources for Families in Crisis webpage is located at: [http://www.clemson.edu/fyd/crises\\_resources.htm](http://www.clemson.edu/fyd/crises_resources.htm). Let us know other ways in which we can help you!

## Professional Development

### Online Graduate Course

A three-hour graduate level course will be offered second summer session (*July 1- August 7*) online through Clemson University. The course, **ED 738 Special Project: Building Family Strengths**, has been approved for recertification credit for FCS teachers by the State Department of Education and can be an elective for those currently working on graduate degrees.

Enrollment is limited! The entire course will be on-line! No commuting expense! Opportunity to experience new technology! Practical "hands on" learning activities!

If you have questions or wish to view a brief syllabus, please contact Dr. Deborah Thomason ([dthmsn@clemson.edu](mailto:dthmsn@clemson.edu)) or visit the course webpage:

[http://www.clemson.edu/fyd/fcs\\_course.htm](http://www.clemson.edu/fyd/fcs_course.htm). You can review registration procedures by visiting the Clemson website at: <http://www.clemson.edu/students/>.

## Success Stories

### SCEAFCS Awards

**Christine Patrick** ([patric2@clemson.edu](mailto:patric2@clemson.edu)), Bamberg County, received the Early Career Award from SCEAFCS in February. Two of her programs were highlighted in her nomination, Kindergarten Nutrition and Building Family Strengths. In her Kindergarten Nutrition Programs, Christine held nutrition classes weekly for approximately eighty kindergarten students. Each lesson was designed to focus on the teacher's lesson theme for the week. A taste testing class was used for the five senses theme. Children were able to get the feel of milking a cow by using a rubber glove filled with milk and holes in the fingertips. Christine has used the Building Family Strengths Program for several years at a local church for their Vacation Bible School. Each year the program focuses on several family strengths. The two-hour sessions are held Monday through Friday during the hours of 6:30 PM - 8:30 PM. The extension staff and resource individual are used to conduct the various activities. Each activity centers around things the family can do together, for example watermelon carving, pizza making, etc.

**Sue Hovey** ([skhovey@clemson.edu](mailto:skhovey@clemson.edu)), Union County, won the SCEAFCS Educational Publication Award. Sue's Fact Sheet, "Amber Waves of Grain," provides information on whole grains and recipes and it has been used for an "Artisan Bread Baking" program where baking yeast breads with whole grain flour was emphasized, a demonstration on whole grain recipes at a Home and Garden Show, a "Food for Thought" call-in program about food topics on Educational Radio where listeners were able to access the fact sheet electronically, Family and Community Leaders lessons and programs, 4-H Advanced Breads Workshops, and a conference presentation.

**Marilyn Peters** ([mpters@clemson.edu](mailto:mpters@clemson.edu)), Colleton County, recently received the SCEAFCS Newsletter Award for her *Extension Chords – The Voice of Clemson Extension Reaching the Coastal Region of South Carolina* newsletter. This publication is a multi-disciplinary newsletter that is distributed each quarter to 10,000-15,000 households in eight counties. It focuses on four of Clemson Extension's five priority areas, with emphasis on issues of common interest to residents of the coastal region of the state.

**Eleanor Jones** ([ejones@clemson.edu](mailto:ejones@clemson.edu)), York County, received the Communication Award in the Educational Curriculum Package Division. Her submission, "Manners 101," is a program designed for teen students at the local Alternative School. The school principal requested a program to teach youth to handle themselves properly at a banquet and in other common social situations. The program has been adapted for youth in grades five through twelve and activities give students an opportunity to practice making introductions, to practice setting the table correctly, and to learn basic manners. In addition, the lesson has been used with home-school groups and the Alternative School classes with the goal of helping participants learn to function well in society. The lesson uses handouts from a series prepared by Susan Eaddy, Joyce

Collins, and Linda Abney, Family and Consumer Science Professionals with Clemson Extension Service. It also incorporates materials from *Manners 101* by Maureen Gilmer, which, although copyrighted, gives permission to be reproduced for educational purposes.

### **Subject Matter Updates**

The Extensión en Español (EEE) clearinghouse for Spanish-language educational materials is ready to publicly open its doors. A live, national Internet conference about the clearinghouse, including a guided tour of the Web site, is scheduled for April 9, 2-3 p.m. Eastern Standard Time. The conference is free, and you can participate from your office or home computer.

EEE contains hundreds of Extension-related documents in Spanish and English free of charge for users to view and download. It also contains:

- Bilingual news reports, columns, and feature stories
- Links to other extension Web sites with Spanish-language materials
- Resource guides, such as glossaries of Spanish-language translations for Extension and USDA agencies and institutions, and style guides for Spanish usage
- Educational materials to learn more about Hispanic communities and reaching out to Spanish-speaking audiences
- An online forum to consult with other specialists about Spanish-language materials
- Extensive contact lists to communicate individually with specialists on specific issues

Clearinghouse resources are drawn from throughout the Extension system nationwide. It is, in every sense, an ecumenical, grassroots initiative that spans the entire Extension system. All those needing Spanish-language materials can freely use EEE, and those with something to contribute can offer materials for posting and public use. In addition, EEE offers free translation services for those who have documents that would be of substantial use nationally, providing they meet a set of pre-established criteria.

The April 9 Internet conference will teach how to access these resources and services and how to contribute to clearinghouse expansion. The Internet conferencing system provides visuals and a two-way audio connection so you can ask questions and interact with other participants. You can log on from anywhere in the United States and Puerto Rico, or set up a viewing site for multiple participants.

To sign up, please request that you be registered in the Guided Tour of Extensión en Español by sending e-mail to Sonja Jo Serna at [sserna@nmsu.edu](mailto:sserna@nmsu.edu). Please include a contact name, your organization, your e-mail (the event info will be sent to this address) and a phone number.

## **Time Demands On Working Families Affect Diet**

The effects of low-paying jobs with inflexible hours extend beyond stress and financial insecurity, according to a new study by researchers at Cornell University, funded in part by CSREES. Such jobs also influence how well workers and their families eat. The reason: many workers with long hours on the job, inflexible schedules, and shift work report that they have inadequate time and energy to feed their families as well as they would like. The authors analyzed data from in-depth interviews conducted with 51 low- and middle-income adults in an urban area of upstate New York about influences on their food choices.

The authors found that although both men and women experienced the negative effects of their jobs spilling over to family life, the strain was greatest for women with children. They believe this is probably because in many families women feel responsible for the care of children and food preparation. While African-American and white workers reported that men and women shared in meal preparation, Latino workers reported that women carried more of those responsibilities.

The researchers also found that many of these low- and middle-income working adults felt that sacrificing healthful eating was a temporary but necessary price to pay to allow them to work toward other values and goals, such as meeting the needs of demanding jobs, spending time with family, pursuing education, and working toward a better future. Many felt that less-than-ideal food choices were an inevitable part of working and that healthful eating and self-care were incompatible with the demands of juggling work and family needs. Participants reported that they served take-out from fast-food restaurants and cereal to children for dinner. They also said they skipped meals, ate on the run, and ate too much junk food as ways of coping with demanding jobs.

Many workers might not lack information about healthful dietary choices but perceive that they cannot put these ideals into practice in the context of their current work and family responsibilities. The authors make several recommendations, such as providing healthy food choices at the work site and helping workers identify acceptable strategies to cope with their conflicting demands.

Source: Devine, C., Connors, M., Sobal, J., & Bisogni, CC. (2003). Sandwiching it in: Managing food and work in low and moderate-income urban households. *Social Science and Medicine*, Vol. 53, pp. 617-630.

## **Call for Papers**

The *Forum for Family and Consumer Issues* is a national e-journal that gives Extension professionals an avenue for publishing refereed articles that fulfill Extension's mission of "Helping people put knowledge to work." Articles published in *The Forum* often have impacts that traditional professional and academic journals do not because *The Forum* appeals to a diverse audience that includes educators, professionals, and lay people.

*The Forum* invites the submission of manuscripts from professionals in Family and Consumer Sciences or related fields of study. Manuscripts appropriate for publication include topics on: family resource management and consumer issues, food and nutrition, food safety, human development, health, legal issues, housing and house furnishings, environmental issues, and apparel and textiles.

For more information, visit the following Web pages:

Call for Papers: <http://www.ces.ncsu.edu/depts/fcs/pub/cfp.html>

Title page: <http://www.ces.ncsu.edu/depts/fcs/pub/forum.html>

Submission guidelines:

<http://www.ces.ncsu.edu/depts/fcs/pub/aboutpub.html#Submission>

Style guide: [http://www.ces.ncsu.edu/depts/fcs/pub/style\\_guide.html](http://www.ces.ncsu.edu/depts/fcs/pub/style_guide.html)

## **Demographic Information/Statistics**

### **Persistent Poverty in the Southeast United States**

Researchers at the University of Georgia's Carl Vinson Institute of Government conducted a 12-month study of poverty in Alabama, Florida, Georgia, Mississippi, North Carolina, South Carolina, and Virginia. The authors concluded that there is a southeast region with persistent poverty over three census periods and it is the poorest of all regions of the country. From the standpoint of education, health, employment, and housing, the 7.5 million residents of 242 counties in this region bear a tremendous burden from the continuous cycle of poverty.

Poverty was defined as a single person living alone with an income of less than \$8,667 in 1999; or a family of four with a 1999 income of less than \$17,029. A poor county is a county in which a high percentage of residents live in poverty. A county has persistent poverty if a high proportion of residents stay in poverty over a long period of time (1980 to 2000 in this study).

The percent of persons, age 25 and older, without a high school diploma in the region (27.7%) is more than 40% higher than the percent for the United States (19.6%). The percent of people living in mobile homes is three times greater in the region than for the nation as a whole (24.9% vs. 7.6%). The unemployment rate is 22% higher in the region than for the nation as a whole (7.1% vs. 5.8%). According to the study, the economic peril facing the southeast region results from and in turn contributes to the widespread and persistent nature of the region's poverty. It not only affects those living in the region but also drains the economic health of the nation. The basic "engine" for creating wealth in the region is disadvantaged when compared with other economic regions and the nation as a whole. The economy of the rural south is at risk because it lacks an able workforce and the tools with which to build wealth. This situation will continue to worsen unless the region gains the innate ability to produce and sustain wealth through the creation of goods and services in manufacturing, service, and/or agriculture.

Source: Dismantling Persistent Poverty in the Southeastern United States, available at <http://www.cviog.uga.edu/services/research/poverty/report.pdf>.

## **South Carolina Family and Community Leaders**

Spring District Meetings were held in March in the Coastal, Foothills, and Central Districts. FCL Presidents, Advisors, Members, and Guests had very informative, enjoyable meetings with updates from Pat Breznay, the South Carolina State President, Dr. Carol Webb, FCL State Advisor, District Directors, and others.

## **Website Links**

Financial Literacy for Youth Month is April 2003. View the Jump\$tart Coalition for Personal Financial Literacy Web Site (<http://www.jumpstartcoalition.org/>) for more information.

National Save for Your Future Month is May 2003. Campaign resources may be found at <http://www.choosetosave.org>.

## **Calendar of Events**

Public Issues Leadership Development Conference, May 4-7, 2003, Arlington, VA. Sponsored by the Joint Council of Extension Professionals. Information at <http://www.jcep.org/>.

Fueling Family Dreams by Promoting Family Resiliency, Pre-conference of the American Association of Family and Consumer Sciences, June 26-27, 2003, Washington, DC. Contact Nancy Porter ([nporter@clermson.edu](mailto:nporter@clermson.edu)).

American Association of Family & Consumer Sciences, June 28 - July 1, 2003, Washington, DC. Information at <http://www.aafcs.org/>.

2003 Summer School of Gerontology, August 3-8, 2003, Coastal Carolina University. Sponsored by the DHHS, Bureau of Senior Services. Contact Kay Mitchell ([mitchelk@dhhs.state.sc.us](mailto:mitchelk@dhhs.state.sc.us); 803-898-2847)

Galaxy II, a national conference for Cooperative Extension Educators, September 21-25, 2003, Salt Lake City, UT. Information at <http://www.jcep.org/galaxy2.pdf>.

South Carolina Conference on Aging, November 20-21, 2003, The Crowne Plaza Hotel, Hilton Head Island. Contact Kay Mitchell ([mitchelk@dhhs.state.sc.us](mailto:mitchelk@dhhs.state.sc.us); 803-898-2847) or Marcia Baxley ([baxley@dhhs.state.sc.us](mailto:baxley@dhhs.state.sc.us); 803-898-2830)

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