



South Carolina Extension Family and Consumer Sciences Newsletter

June 2004

Clemson Update

Another quarterly conference call for family and consumer sciences and community development agents was held on Tuesday, May 18. Several agents joined host Deborah Thomason for an informative discussion of programming ideas and success stories.

The following South Carolina Extension professionals attended the Southern Community Development Educators Conference in Tampa last week: Nancy Porter, Deborah Thomason, Della Baker, Bill Blackston, Ernie Church, Gerry Dukes, Georganne Kirven, Jessyna McDonald, Bill Molnar, and Chris Sieverdes. Deborah (Chill Skills: Anger Management for the Professional) and I (Financial Security in Later Life) made presentations to further lay the foundation of future working relationships between family and consumer sciences and community and economic development.

Success Stories

Building Family Strengths “Reunion”

Deon Legette (dlgtt@clermson.edu) reports that the Building Family Strengths Advisory Committee for the Midlands region recently sponsored a training for school social workers, teachers, DSS employees, clergy, and other persons in the community who are interested in strengthening families. The training focused on two family strengths, Optimism and Family History, and was considered a “reunion” because of the number attending who had participated in previous trainings. Lessons for pre-school through adult audiences were reviewed, and participants were involved in several activities. The training was sponsored by Clemson Extension Service, in partnership with the Lexington County Department of Social Services.

Over 40 participants were encouraged by Mr. Richard Ramkinson, the keynote speaker, to continue to strengthen families throughout the community. The Honorable Senator Clemanta Pinckney, a former Building Family Strengths training speaker, also challenged attendees to help families understand the importance of their history. He applauded the efforts of Clemson Extension Service for an excellent curriculum to strengthen families across the state. Senator Pinckney was so impressed with the Building Family Strengths curriculum that he requested that Deon Legette make a presentation to other legislators. Because of the frantic budget situation, only a few legislators came to the presentation, but they all made very favorable comments. Two senators, who are also ministers, expressed interest in the curriculum for their church families.

Program Ideas

Financial Literacy for Youth

An in-service training for teachers, agents, and other professionals working with youth who would like additional information and curricula that could be used to meet the S.C. personal finance education mandate is scheduled for **July 14, 2004** at the Embassy Suites located at 200 Stoneridge Drive, Columbia, S.C. This training is sponsored by Clemson University Cooperative Extension, South Carolina Credit Union League, and the South Carolina Bar Law Related Education Division, with funding from The McGraw-Hill Companies, South Carolina Bar Foundation, and the National Endowment for Financial Education.

Registration for this training will close on **June 30, 2004** or when the maximum of 50 participants is reached. If you have not submitted a registration form, please do so as soon as possible. If your plans change after registering and you are unable to join us, please email Nancy Porter (nporter@clemson.edu) so that your seat can be filled with another person. There is no cost to attend this training and attendees will receive several sets of curriculum materials and resources to help meet the personal finance education mandate. You can access the registration form and draft agenda by going to http://www.clemson.edu/fyd/financial_inservice_training.htm.

Mini-Society[®] Training Offered

A South Carolina 4-H Mini-Society[®] program volunteer in-service training is being planned **July 27 - 29, 2004** at the Holiday Inn Express in Summerville. Adult volunteers who work with groups of youth ages 8 - 12 years old will be trained to implement the Mini-Society[®] curriculum. In this exciting entrepreneurship education curriculum developed by Dr. Marilyn Kourilsky, children have the unique opportunity to try their hands as business entrepreneurs.

A grant to Clemson University Cooperative Extension funded by the Ewing Marion Kauffman Foundation of Kansas City, Missouri will pay for the curriculum materials and defray the cost of participants' travel and lodging to attend, if necessary, the three-day, 21-hour training.

Registration information is available on the web at http://www.clemson.edu/fyd/mini_society_training.htm.

All registrations should be mailed to Kathy Wright at the Greenville County Extension Office.

Each individual attending the Mini-Society training agrees to teach two 30-hour Mini-Society[®] programs to youth in their local area. To learn more about the program contact Kathy Wright by phone at (864) 232-4431 or via email at kwright@clemson.edu.

Partnerships/Collaborations

Mark your calendars! The SCEAFCS Annual Meeting will be held **August 12 - 13** in Greenville. Complete details will be in the SCEAFCS newsletter coming out soon!

The NEAFCS annual meeting is scheduled for **October 3 - 6** in Nashville, Tennessee. This would be a great opportunity for several agents to rent a van and all go up together! Complete registration details are available at <http://www.neafcs.org/development.asp?P=246>. Take advantage of the early-bird discount by registering by **July 7!**

Demographic Information/Statistics

Tax Collections

Tax collections by state governments grew 2.4% to \$547 billion in fiscal year 2003, a \$13 billion increase from 2002, according to the U.S. Census Bureau.

According to data from the 2003 Annual Survey of State Government Tax Collections, general sales taxes were up 2.8% to \$185 billion, and taxes on individual income declined overall by 1.5% to \$182 billion. These taxes made up more than two-thirds of all state tax collections.

Among other major taxes, levies on tobacco products increased the most (29%), followed by severance taxes (24%), and documentary and stock transfer taxes (23%). Increased tobacco tax collections reflected rate increases that took effect in many states. Severance taxes were imposed on nonrenewable natural resources such as oil, gas, and coal in 35 states. Severance taxes constituted about 1% of all state taxes, but were significant revenue producers in states such as Alaska.

Nationally, per capita taxes collected by states amounted to \$1,884. Among individual states, per capita taxes were highest in Hawaii, \$2,838; Connecticut, \$2,730; Minnesota, \$2,649; Delaware, \$2,602; and Vermont, \$2,518. The lowest per capita tax collections were in Alabama, \$1,426; South Dakota, \$1,322; and Texas, \$1,316.

Resources and Websites

Following is a press release by the USDA's Agricultural Research Service regarding a new article in the *Journal of the American College of Nutrition*, Vol. 23, No. 2, 163 - 168 (2004) regarding the association of fast food consumption, caloric intake, and overweight. An abstract of the article is available at <http://www.jacn.org/cgi/content/abstract/23/2/163>. Address reprint requests to: Shanthy A. Bowman, Ph.D., U.S. Department of Agriculture - Agricultural Research Service, Beltsville Human Nutrition Research Center, 10300 Baltimore Avenue, Building 005, Room 125, BARC-West, Beltsville, MD 20705-2350. Email Dr. Bowman at sbowman@rbhnrc.usda.gov.

Source: <http://www.ars.usda.gov/News/docs.htm?docid=1276>
Agricultural Research Service News

Grabbing a Quick Bite Nabs More Calories

By Rosalie Bliss

May 21, 2004

Every day, about one-fourth of U.S. adults over age 20 eat fast food and drink twice as many sugary, carbonated soft drinks as those who don't eat fast food, a new [Agricultural Research Service](#) study of more than 9,000 survey respondents reports. These fast food eaters consumed substantially higher amounts of calories, fats, carbohydrates, added sugars, and proteins than their non-fast-food-eating counterparts.

The study was led by ARS nutritionist, Shanthy A. Bowman, with the agency's Beltsville, MD [Human Nutrition Research Center](#). ARS is the [U.S. Department of Agriculture](#)'s chief scientific research agency.

Foods obtained from pizza and fast food places were collectively defined as fast food in the study.

The nationally representative respondents were surveyed for two nonconsecutive days by USDA-ARS. Those who consumed fast food on either or both days, when compared to those who didn't, showed higher mean body mass indexes and higher odds of being overweight.

Although fast food provided one-third of some respondents' daily caloric intakes, those meals included almost no milk, fruit, or fruit juices, which are important nutrient sources among key food groups. In fact, as the frequency of fast food consumption increased from zero days to two days, the intake levels of vitamins A and C, carotenes, calcium, phosphorus, and magnesium decreased.

The existing USDA dietary intake [survey data](#), which the authors analyzed, was collected in the mid-1990s. The results showed a significant increase in fast food consumption from the early 1990s, when the previous survey had been conducted.

Increased work-week hours and a doubling of the number of U.S. fast food restaurants to about 250,000 in the past 25 years have influenced the amount of time people spend on food shopping and meal preparation. The researchers concluded that planning weekly meals and related grocery shopping will help adults resist the fast-meal decisions that lead to grabbing a quick bite.

The study appears in the current [Journal of the American College of Nutrition](#).

A World of Possibilities

Kathy Wright and Deborah Thomason have recently sent out information about these videos, but I had not had a chance to view them. The University of Kentucky has created the series. They have 7 online now, and Kathy and I think that they are excellent, relaxing, and soothing with good information. So forgive the repetition and click on the site below. It is better than yoga!

http://www.ca.uky.edu/fcs/possibilities/flash_present.htm.

A World of Possibilities: Skills for Creating Happiness and Blessing Others is an instructional series containing 10 modules. Each module is built around an 8-page camera-ready publication, accompanied by a Macromedia Flash® movie, a PowerPoint® presentation, a Teaching Outline, and other learning tools. Each of the 10 publications is also available online in a 4-page version.

A World of Possibilities teaches a set of core skills that have application in nearly every area of life. Mastering these skills enables you to be calmer, happier, more energetic, and more effective. You become a better citizen, parent, spouse, partner, friend, co-worker - better at just about anything. The program is flexible, easy-to-use, and enjoyable; it's ideal for both individuals and groups; it enhances creativity and productivity; and it fosters healthy relationships while opening up new worlds of possibility, both individually and collectively.

Calendar of Events

Crossroads: Critical Issues in Community-Based Research, June 10 - 12, 2004, Hartford, CT. Information can be found at <http://www.incommunityresearch.org/news/crossroads.htm>.

American Association of Family and Consumer Sciences Conference, June 26 - 29, 2004, San Diego, CA. Information at <http://www.aafcs.org/meetings/ac/index.html>.

Society for Nutrition Education 37th Annual Meeting: Inviting Everyone to the Table, July 17 - 21, 2004, Salt Lake City, UT. Information can be found at <http://www.sne.org/conference/index.html>.

Food and Nutrition Conference and Expo 2004, October 2 - 5, 2004, Anaheim, CA. Information can be found at http://www.eatright.org/Member/96_13100.cfm.

Association for Financial Counseling and Planning Education Conference, November 17 - 20, 2004, Denver, CO. Information can be found at [http://www.afcpe.org/\\$spindb.query.listallconf.aview](http://www.afcpe.org/$spindb.query.listallconf.aview).

California Childhood Obesity Conference, January 9 - 12, 2005, San Diego, CA. Information can be found at <http://nature.berkeley.edu/cwh/activities/conferences.shtml>.

<p>Nancy M. Porter, Ph.D., CFCS State Program Leader for Family and Consumer Sciences 864-656-5718 Voice 864-656-5723 FAX nporter@clemson.edu Box 340753, 235 P & A Building Clemson, SC 29634-0753 http://www.clemson.edu/fyd/porter.htm</p>
--