



# South Carolina Extension Family and Consumer Sciences Newsletter

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October 2003

## **Clemson News**

### **Program Resources Are Coming Your Way!**

As promised at the FCS update during the June SCEAFCS meeting, we have been collecting resource materials for your use. We are in the process of getting these materials ready to mail. Please watch for them this month or early in November.

## **Professional Development**

### **Galaxy II**

The Galaxy II conference was held in Salt Lake City Utah, September 21 - 25. Please congratulate the following presenters at the Galaxy II conference: Leslee Spivey presented *Team Buddies* and Kathy Wright and I presented *Be Smart, An Interagency Educational Program for Seniors*. Under my Shared Faculty Agreement with USDA/CSREES, I hosted a linked seminar entitled, "*Financial Security in Later Life: A National Initiative Maximizing the National, State, Territory, and Local Organizational Model of the Cooperative Extension System*." The panel consisted of eight presenters who represented five states and the territory of American Samoa.

Glenna Mason represented the S.C. Affiliate of NEAFCS as President and voting delegate. I represented Clemson University as the FCS Program Leader at meetings held during Galaxy II for State Program Leaders across the country. Dr. Dan Smith received a Distinguished Service Award from ESP. In addition, Leslee Spivey represented South Carolina in her role as a Regional Director on the NAE4-HA Board.

### **Family & Consumer Sciences Career Connection**

The Family & Consumer Sciences Career Connection is the premier online job site exclusively for family and consumer science professionals. FCS Career Connection allows job seekers to post resumes and find targeted job listings and internships nationwide. Employers will have unparalleled, cost-effective access to family and consumer science professionals.

#### **Job Seekers**

- Be clear about what kind of job you are seeking. This will help to focus your search and eliminate jobs that are not a match.

- Research the organization. Learn the basics about the industry or sector and the competition.
- Arrive on time for the interview. Have a copy of your resume and any samples of your work (if appropriate) handy.

### Employers

- Start the interview on time. Allow yourself a few minutes between interviews to sharpen your focus on the interview, rather than the demands of your day.
- Schedule an adequate amount of time for the interview.
- Expect that the candidate will have researched the company, but be sure to provide an overview of the company, the organization, the industry and the job responsibilities.

For more information and to set up an account, go to <http://www.aafcs.org/fcscareers>.

## Subject Matter Updates

### **National Family Week: *Connections Count***

Held during the week of Thanksgiving (November 23 - 29), National Family Week: *Connections Count* is an annual celebration organized by the Alliance for Children and Families. It emphasizes strong families as the center of strong communities. Families are stronger, and children live better lives when families are able to connect to economic opportunities, social networks, and services. Organizations nationwide host National Family Week celebrations, including community festivals, resource fairs, family summits, children's art and essay contests, family achievement awards, and advocacy campaigns. Families plan dinners with neighbors, write thank-you notes to those who support them, and volunteer for community projects. For additional information, visit <http://www.nationalfamilyweek.org> or call (800) 221-2681.

### **Obesity – Depression Connection for Teens**

Overweight teenagers may have fewer friends than their normal weight peers and suffer higher rates of depression and suicide if teased about being fat. The prevalence of obesity among children has reached epidemic proportions in many developed nations, with an estimated 15% of U.S. adolescents considered obese. Diets containing too many fatty snack foods and a lack of exercise are usually blamed by researchers, though genetic factors can play a role.

A University of Minnesota study, published in a theme issue on obesity in [The Archives of Pediatrics and Adolescent Medicine](#), found a strong association between the teasing endured by overweight teenagers and rates of depression, low body satisfaction, low self-esteem, and eating disorders. “Of particular concern are the alarming rates of suicidal ideation and attempts associated with weight-based teasing, which are two to three times as high among those who were teased compared with those not teased,” study author Marla Eisenberg wrote.

A recent study of nearly 5,000 teenagers in the Minneapolis area found 26% of teens who were teased at school and at home reported they had considered suicide, and 9% had attempted to kill themselves. Thirty-six percent of the teased girls reported being depressed, and 19% of the boys. Eisenberg said that toning down teasing would require educating peers and family members about the impact of their derogatory comments on sensitive adolescents, while trying to help overweight children learn to better deal with it.

Another problem for overweight teenagers is that they have fewer friends than their normal-weight peers, though they may not realize their lack of popularity, according to a second study in the journal. "Overweight adolescents were more likely to be socially isolated and to be peripheral to social networks than were normal-weight adolescents," wrote Richard Strauss of the University of Medicine and Dentistry of New Jersey and Harold Pollack of the University of Michigan.

Among the 17,500 adolescents aged 13 to 18 surveyed, those who were overweight listed similar numbers of friends as their normal-weight peers, but they were picked as friends by an average of 3.4 others compared to an average 4.8 nominations received by normal-weight peers. Fewer friends translates into reduced "social capital," the researchers said, which in turn can shape a person's "economic status, educational attainment, job seeking, mental health and general well-being."

Source: Andrew Stern. 2003, August 11. Reuters Health. From the Archives of Pediatric and Adolescent Medicine, August 2003.

## Partnerships and Collaborations

### BE SMART

**BE SMART** is the acronym for **B**asic **E**ducation for **S**enior **M**edicare **A**wareness to **R**estore **T**rust. The BE SMART program was a coordinated effort among Clemson University Cooperative Extension Service, South Carolina Department of Consumer Affairs, and the South Carolina Department of Health and Human Services (SCDHHS). The one-hour BE SMART program educated seniors on guarding against consumer and Medicare fraud, how to say no to telemarketers, and record keeping for medical and financial matters.

An outgrowth of cooperative programming which began in Richland and Lexington Counties, the second year of the effort to provide the BE SMART program across South Carolina has been completed. Deon Legette, Leslee Spivey, and Kathy Wright served as Extension educators. Unfortunately, funding was not available to continue the programming as planned for another year in the following Council of Governments Regions: Santee Lynches, Upper Savannah, Pee Dee, Berkeley-Dorchester, and Low Country.

## Success Stories

### Mini-Society

Our state-wide “Mini-Society Train the Trainer” workshop will be held October 22 - 24 at the Ramada Plaza Hotel, located at 8105 Two-Notch Road in Columbia. This is three-day training for individuals working with groups of youth, ages 8 - 12 years. Over the past few years, we have trained teachers, volunteers, Extension agents, and afterschool program providers. Information on the correlation of this curriculum with the state standards is available.

If you or your volunteers are interested in attending the training, you may want to attend this session. This is the last funding year the grant will allow us to reimburse travel expenses and substitute teacher pay. Complete details are available on the website ([http://www.clemson.edu/fyd/mini\\_society.htm](http://www.clemson.edu/fyd/mini_society.htm)) or from Kathy Wright ([kwright@clemson.edu](mailto:kwright@clemson.edu)).

### Demographic Information/Statistics

Demos, a public-policy think tank/research organization, has just published “Borrowing to Make Ends Meet: The Growth of Credit Card Debt in the '90's.” You can find their website at <http://www.demos-usa.org/>, and the report itself is at [http://www.demos-usa.org/pubs/borrowing\\_to\\_make\\_ends\\_meet.pdf](http://www.demos-usa.org/pubs/borrowing_to_make_ends_meet.pdf). They also have a new debt & asset clearinghouse ([http://www.demos-usa.org/demos/debt\\_assets/index.html](http://www.demos-usa.org/demos/debt_assets/index.html)) that may have some useful information as you write grants and prepare research.

**Source: Jeanne M Hogarth, Consumer Education & Research, Federal Reserve Board**

## Resources

### 66 Ways to Save Money Brochure

This brochure, published by the Consumer Federation of America’s Consumer Literacy Consortium, is available to you in bulk, at no charge for distribution from your offices. This brochure has recently been updated and provides an array of tips for smart spending and saving that can help consumers stretch their financial resources.

CFA is once again making these brochures available to our Land Grant/Cooperative Extension offices. In past years, our network has distributed tens of thousands of these brochures to consumers interested in receiving money-saving tips about a variety of large purchases. Quantities are limited, so be sure to request yours now!

To view this publication, you may go to <http://www.consumerfed.org/pdfs/66ways.pdf#page=6>. Copies of the brochure are also available in Spanish at [http://www.consumer-action.org/Spanish/library/money\\_mgt/1999\\_66WaysToSave/index.php](http://www.consumer-action.org/Spanish/library/money_mgt/1999_66WaysToSave/index.php).

For more information or to request a bulk order, please contact Jodi Shulimson at the Consumer Federation of America. She can be reached via email at [JPSHUL@aol.com](mailto:JPSHUL@aol.com) or by phone at (202) 387-6121.

## WWW Resources

### **Identifying and Addressing the Needs of Children in Grandparent Care; Policy Brief B-55; Cynthia Andrews Scarcella, Jennifer Ehrle, Rob Geen; August 2003**

Data from the 1999 National Survey of America's Families indicates that 58% of children in relative care live with a grandparent. These children tend to be younger and live with older caregivers, who have less formal education than children in the care of other relatives. Children in grandparent care are more likely to live in poverty and with a caregiver in poor health, but both groups experience similarly high levels of housing problems, food insecurity, and poor caregiver mental health. Grandparents are as likely as other relatives to care for children with health, behavioral or emotional, or school problems. While all are eligible, only 29% of children living with grandparents receive foster care or child-only TANF payments. For additional information, go to <http://www.urban.org/url.cfm?ID=310842>.

### **TANF and the Status of Teen Mothers under Age 18; Policy Brief A-62; Gregory Acs, Heather L. Koball; June 2003**

The authors find that, in the short term, there is no evidence that minor teen mothers were harmed or helped much by residency and activity requirements in TANF, or even by welfare reform policies in general. Using data from the National Longitudinal Survey of Youth-1997 cohort, they find few significant differences in minor teen birth rates, living arrangements, and school enrollment between 1997 and 2000. While not significant, the trends are consistent with the goal of welfare reform to reduce teen childbearing. Although their receipt of cash assistance has dropped significantly, about 80 percent of minor teen moms receive some form of public assistance. For additional information, go to <http://www.urban.org/url.cfm?ID=310796>.

To order the free ANF publications described above, contact Bonnie Nowak by email at [bnowak@ui.urban.org](mailto:bnowak@ui.urban.org).

## Call for Proposals

Proposals for workshops, super seminars, or exhibits for the **Strengthening Families, Youth and Communities: Across the Lifespan Conference** - February 22 - 25, 2004 at Myrtle Beach, South Carolina are due **Friday, October 3, 2003**. The conference request for proposal webpage, [http://www.clemson.edu/fyd/sfy\\_rfp.htm](http://www.clemson.edu/fyd/sfy_rfp.htm), provides all of the details. For additional information, contact Deborah Thomason at [dthmsn@clemson.edu](mailto:dthmsn@clemson.edu).

The **2004 Priester Extension National Health Conference** will be held in St. Louis on April 14 - 16, 2004, with the preconference scheduled for April 13. The conference theme is: "Impacting Health and Wellness: People and Communities Changing Risk Behaviors." The deadline for submission of proposals is **November 14, 2003**. The RFP is available at <http://www.nnh.org>. Click on Priester, and then click on call for proposals.

The National Dropout Prevention Center/Network (NDPC/N) is inviting innovative, skilled presenters who have excellent ideas, proven programs, and research to share in the areas of early childhood, cultural diversity, school safety, alternative schools, community youth programs, service-learning, mentoring, alcohol and drug abuse, juvenile justice, community partnership building, truancy, international issues, leadership, counseling, and effective learning strategies for the students who are most at risk in school to participate in the **Sixteenth Annual At-Risk Youth National Forum**, "Dropout Prevention Tools: Improving Attendance, Attitudes and Achievement for K-12 Students," February 22 - 25, 2004, in Myrtle Beach, South Carolina. The deadline for submission is **November 17, 2003**. The Registration and Call for Presenters is available on the NDPC/N website, located at <http://www.dropoutprevention.org>.

## Personal Notes

Joye Terry ([Jemterry@aol.com](mailto:Jemterry@aol.com)) recently wrote that she has begun a new part-time position doing 4-H in the schools of Rutherford County, with the University of Tennessee Cooperative Extension.

## Calendar of Events

S.C. Mini-Society Training, October 22 - 24, 2003 in Columbia. Contact Kathy Wright at [kwright@clmson.edu](mailto:kwright@clmson.edu) or (864) 656-5990 for more information.

Association for Financial Counseling and Planning Education Conference, November 19 - 22, 2003, Savannah, GA. Information can be found at <http://www.afcpe.org/>. Family Economics Extension Preconference, November 19, 2003, Savannah, GA. Contact Michael Rupured at [mrupured@uga.edu](mailto:mrupured@uga.edu) for more information.

South Carolina Conference on Aging, November 20 - 21, 2003, The Crowne Plaza Hotel, Hilton Head Island. Contact Kay Mitchell at [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 for more information.

Positioning for Success: Financial Security in Later Life Satellite Video Conference, December 11, 2003, 1:00 p.m. to 3:00 p.m. (EST). More information can be found at <http://www.extension.iastate.edu/financialsecurity/>

Strengthening Youth, Families and Communities - Across the Lifespan national conference, Springmaid Conference Center, Myrtle Beach, February 22 - 25, 2004. Information about the conference can be found at <http://www.clemson.edu/fyd/sfy.htm>.

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