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A Tribute to Leila Old

Dr. Leila Old, faculty emerita, passed away on October 21, 2004. Leila was a faculty member of the School for thirteen years from 1968-1981.

She was the founder and curator of the Leila Old Historical Costume Collection. She volunteered for twenty years after her retirement in order to maintain the Collection. Leila was recognized often in her career and retirement. Most recently she was celebrated as one of the School's Centennial honorees. Leila made significant contributions to her profession, the School of Family and Consumer Sciences and the University of Idaho.

Leila was born in Fillmore, California in 1916. She was the only child of Sue and Walter Sturgis. Her mother owned a children's wear and needlecraft shop, and her father owned a citrus grove and was in the banking business. Leila's interest in art and textiles and clothing began very early.

The family left Fillmore when Leila was in the fourth grade and soon after moved to Los Angeles. She attended Los Angeles High School and graduated from UCLA in 1937 with a degree in Art Education. She taught at the high school level in locations as diverse as Hilmar, and Salinas, California; Juneau, Alaska; and Waialua, Hawaii.

She received a Master's degree in Fine Arts from USC in 1940 and went on to obtain a second Bachelor's degree, this one in Home Economics, from Oregon State University in 1943. In 1948, Leila accepted a position at Washington State College teaching Home Economics.

Leila met Aaron Waverly "Pat" Old at a square dance class. They were married November 22, 1950 in Pullman at the Methodist Church. They lived on the Old family farm near Albion, where "Pat" raised cattle and crops. They reared three children.



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At WSU Leila Old taught clothing construction, dress pattern making, tailoring, and weaving. She was an innovator in her field by creating a television program that she used to teach Clothing Construction. This program was viewed throughout the western United States. Leila pursued a doctorate while teaching at WSU. She completed an EdD in Higher Education in 1964.

Dr. Old moved to a new position at the University of Idaho in 1968 in the Department of Home Economics, now called the School of Family and Consumer Sciences. Leila taught clothing construction, costume history, social and psychological aspects of clothing, costume analysis, tailoring, pattern making and more.

Leila said that when she got to the UI a small number of items—possibly about 100—were already available for use in her history of costume class discussions, with a growing number of items "popping up" over the years. A number of donations that made up the foundation of the current collection were made by Belle Sweet, UI's chief librarian from

1905 to 1948. With smile, Leila once suggested that the collection should be called the "Sweet Old Collection."

"I began then assembling things that were showing up—several hundred items—mostly clothing, accessories, hats and shoes, costume jewelry, some old magazines and other illustrative materials. We began using these in the pattern making classes and as examples for the history of costume class," remembered Old.

To better care for the growing collection, Leila took summer classes in textile conservation and museology. At one point there had been three numbering systems in place for cataloguing the collection, and Leila said it was "just a mess" and difficult to keep track of donated items.

When she retired in 1981 there was no one to replace her role in caring for the costume collection. So, Leila volunteered. "The truth is that when I retired, I said I didn't want a gift. I said, 'Just put something into the alumni fund in my name.' Instead, they asked the alumni to contribute to an endowment fund to provide for the maintenance and management of the collection. And then, after they called it the Leila Old Historical Costume Collection, there I was with a guilt trip if I didn't maintain it," she chuckled.

Not only did Leila teach in the School for thirteen years, but she continued to curate the Collection for the next twenty. Over the years, Leila and other volunteers, Kathleen Warnick, Kay Leinweber, and Annemarie Goldstein have created a number of displays and spent countless hours cataloging and caring for donations. One of Leila's favorites was the collection display created for the University's centennial in 1989.

She said, "It was such a marvelous opportunity. We got volunteers together and made papier-mâché dress forms, and we had the stands made for us. By 1989 (she started planning for the display in 1981), we had the display in the Performing Arts foyer over the summer. We had 40 garments and accessories." The garments were representative of each decade of the university's existence.

The collection now has some 8,000 items that for the most part are dated from the 1880s to the 1980s. "It gets harder and harder to get things because they are so disposable. We're such a throwaway society." Leila said that donors find giving a positive experience. "The collection is a very nice opportunity for people to feel like they left something of themselves on campus, and it's appreciated."

Probably near the top of Leila's "wish list" was a new display area. "We've got good support from the School of Family and Consumer Sciences, but we don't have a good display space. There's nothing available for a secure display except for the showcase in the Niccolls Building." Leila wanted something that was both secure and more visible. "The secret of success is being visible."

Leila Old shared a productive career with all of us. Faculty, students, and alums were fortunate to have known and worked and lunched with her. As she said, she always enjoyed what she was doing and she was always growing. She was a professional mentor and model for many of us. She taught us much about professional commitment, dedication, and creative energy. The Advisory Board for the LOHCC is working to make sure that Leila's wish for a secure and visible display space becomes a reality. Although her Costume Collection represents the last two centuries, her creative legacy to the School and the University will live for decades into the 21st century.





Food Safety Issues for Persons Living with HIV/AIDS

The following article was reprinted from Colorado State University's "Safe Food News." Colorado State University, Ohio State University, and Washington State University have shared a USDA-CSREES-funded 3-year grant to develop and test food safety materials for high-risk audiences.

Since Human Immunodeficiency Virus (HIV) was first recognized in 1981, it has spread around the globe, affecting more than 60 million worldwide, one-third of whom have died. In the U.S., there are more than 800,000 people currently living with HIV and some 40,000 who become newly infected each year.

HIV is transferred via body fluids (blood, semen, vaginal fluid, and breast milk) from an infected person to an uninfected one. The virus is carried in infected CD4 T cells, macrophages and as free virus in blood, semen, vaginal fluid, and breast milk. With the exception of breast milk, HIV is not transmitted by food. Following initial infection with HIV, the number of circulating CD4 T cells drop and the person may show signs of a flu-like illness, lasting from 2 to 6 weeks. During this time the body is vulnerable to opportunistic infections.

Eventually, the body's immune system responds, producing CD8 T cells, which destroy HIV-infected cells. This leads to a lengthy asymptomatic phase, during which the level of free HIV virus in the body fluids remains low but continues to replicate. This phase can last for years, thanks in part to the development of more than 20 FDA-approved drugs that block HIV replication, thus delaying the progression of the infection to AIDS.

When the CD4 T cell count reaches half of normal, HIV enters the symptomatic phase, leading to a loss of cell-mediated immunity and increased



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vulnerability to opportunistic infections. Once the CD4 count drops to less than 200 cells/microliter, the person is considered to have developed AIDS (Acquired Immune Deficiency Syndrome), the term used for advanced HIV infection.

Pathogens of Concern for HIV/AIDS. Within a few years of the discovery of HIV, research studies began to document the increased rates of foodborne infections among persons with AIDS. A 1997 review of these studies found persons with AIDS to have a 20 to 100 times higher risk of infection with Salmonella than the general population. Other bacterial pathogens have not been so intensely studied, but one study reported a 35-fold increase in infections caused by Campylobacter jejuni among persons with AIDS. A review of all foodborne illness data collected in Denmark between 1991 and 1999 found persons with AIDS to be 10 times more likely to be diagnosed with Salmonella, Campylobacter, and Shigella infections than the general population.

Some studies suggest that persons with AIDS have a greatly increased risk of listeriosis, caused by the pathogen *Listeria monocytogenes*, due to the fact that a large majority of documented listeriosis infections occur in people with depressed T-cell mediated immunity. Another pathogen of concern for AIDS patients is *Crytosporidium parvum*, a microorganism spread easily via human and animal feces and food or water contaminated with feces. Fortunately, improvements in the medical management of AIDS have helped to minimize the oc-

currence of life threatening diarrhea caused by *Cryptosporidium* infections.

Toxoplasma gondii is another opportunistic pathogen of concern for those with HIV/AIDS. When healthy persons are exposed to the parasite, they develop protective immunity (become seropositive). However, HIV-infected persons who are seropositive for Toxoplasma gondii may experience a reactivation of the tissue cysts if their CD4 count drops below 100. HIV-infected individuals are usually tested for antibodies to Toxoplasma soon after diagnosis. If they are seropositive, they are put on prophylactic drug treatment to help prevent reactivation of the *Toxoplasma* cysts. If individuals test seronegative (no prior exposure to *T. gondii*), it is important to avoid consumption of raw or undercooked meats and unwashed raw vegetables and to avoid contact with cat feces—all common sources of *T. gondii*. A treatment option called HAART (highly active anti retroviral therapy) is proving to be highly effective in helping boost immune function in HIV-infected persons, thereby greatly minimizing the risk of opportunistic infections.

Food Safety Recommendations. Food safety recommendations for persons with HIV/AIDS are similar to those for pregnant women and the elderly discussed in previous issues of *Safe Food News*. Key recommendations include:

Practice Personal Hygiene

 Wash hands well with soap and warm water before handling food, after using the toilet, after changing a baby's diaper, coughing or sneezing, and after touching animals.

Cook Foods Adequately

- Use a food thermometer to make sure meat and poultry (including ground) are cooked to safe temperatures and that leftovers are reheated to 165°F.
- Cook shellfish until the shell opens and the flesh is fully cooked. Cook fish until the flesh is firm and flakes easily with a fork.
- Cook eggs until both the yolk and white are firm.

Avoid Cross-contamination

- Wash knives, cutting boards, and food preparation areas with hot, soapy water after touching poultry, meat, and seafood and wash hands with soap and warm water after handling these foods.
- Thoroughly rinse fresh fruits and vegetables under running water before eating.
- Keep cooked and ready-to-eat foods separate from raw meat, poultry, seafood, and their juices.

Keep Foods at Safe Temperatures

- Keep your refrigerator below 40°F and store all perishable foods such as eggs, meat, and dairy at or below 40°F.
- Throw away perishable ready-to-eat or leftover foods after 4 days.
- Thaw foods in the refrigerator or under cold running water.
- Do not prepare food more than 2 hours before serving without plans for proper cooling.
- Take only foods that can be kept at safe temperatures in carried meals such as lunch boxes, picnics, and potluck dinners.

Avoid Risky Foods

These include:

- Raw or undercooked meat, poultry, eggs, fish, and shellfish.
- Unpasteurized milk and chilled fruit juices.
- Raw sprouts (like alfalfa).
- Soft cheeses made with raw milk.
- Hot dogs and luncheon meats that have not been reheated to steaming hot.
- Refrigerated pates and meat spreads.
- Refrigerated smoked fish and pre-cooked seafood, such as shrimp and crab.

Education Materials

Two food safety education brochures designed specifically for persons with HIV/AIDS are available at the Washington State University Extension Publications website (www.pubs.wsu.edu) where you can order copies or download a PDF copy. At the website, click on "Family and Home," then "Food Safety" then scroll to Take Control—A Hands-on Approach to: Choosing Safe Foods, Shopping, Handling, Preparing & Storing Food for Persons Living with HIV/AIDS or to HIV Project—Brochure

(this brochure provides tips for eating safely when away from home, including when traveling in other countries).

I will be mailing you each a copy of these two brochures plus two on food safety and pregnancy in early December. —Sandy McCurdy

Source: http://www.colostate.edu/Orgs/safefood.

Key words: food safety, health care.

Produce-Associated Illnesses



Fresh produce is an

important part of a healthy diet, but during the past three decades, foodborne illness outbreaks due to fresh produce have increased. A recent article in the Journal of Food Protection identified trends in produce-associated outbreaks (two or more cases of the same symptoms from the same source) from 1973 to 1997. A total of 190 produce-associated outbreaks were reported, including 16,058 illnesses, 598 hospitalizations, and 8 deaths. The authors reported that produce-associated outbreaks accounted for an increasing proportion of all reported foodborne outbreaks with a known food item, rising from 0.7 percent in the 1970s to 6 percent in the 1990s. Produce items most frequently implicated included salad, lettuce, juice, melon, spouts, and berries. Bacterial pathogens caused 60 percent of the outbreaks for which a pathogen was identified, with Salmonella causing 48 percent of these (pathogens were identified in 54 percent of the outbreaks; for the remainder it was not possible to identify the pathogen causing illness).

Source: Sivapalasingam, S., Friedman, C.R., Cohen,

L. & Tauxe, R.V. 2004. Fresh Produce: A Growing Cause of Outbreaks of Foodborne Illness in United States, 1973 through 1997. *J. Food Protect.* 67(10):2342-2353.

Key words: foodborne disease, food safety, fruits, vegetables.



FDA's New Produce Safety Action Plan for Industry

In October, the Food and Drug Administration (FDA) announced an Action Plan, *Produce Safety from Production to Consumption: 2004 Action Plan to Minimize Foodborne Illness Associated with Fresh Produce Consumption.*

Because of the importance of fresh produce in a healthy diet and continuing outbreaks associated with the consumption of fresh produce, FDA developed this plan to further minimize foodborne illness associated with the consumption of fresh produce.

The new Action Plan builds on a 1998 voluntary, science-based, guidance document, *Guide to Minimize Microbial Food Safety Hazards for Fresh Fruits and Vegetables* which was widely adopted by both domestic and foreign fresh fruit and vegetable producers. The guidance provided an overview of the microbial food safety hazards and good agricultural and management practices common to the growing, harvesting, washing, sorting, packing, and transporting of most fruits and vegetables sold to consumers in an unprocessed or minimally processed (raw) form to minimize microbial food safety hazards from consumption of fresh produce.

The new Action Plan addresses all major points from the farm to the table where contamination of produce could occur. It covers fresh fruits and vegetables in their unpeeled natural form and raw

minimally processed products, i.e., fresh-cut produce. The plan has four objectives:

- 1. To prevent contamination of fresh produce with pathogens.
- 2. To minimize the public health impact when contamination of fresh produce occurs.
- 3. To improve communication with producers, packers, processors, transporters, distributors, preparers, consumers, and other government entities about fresh produce.
- 4. To facilitate and support research relevant to the contamination of fresh produce.

Source: "FDA Releases 2004 Produce Safety Action

Plan," FDA Talk Paper T04-43, October 18, 2004, http://www.fda.gov/bbs/topics/answers/

2004/ans01318.html.

Key words: food safety, food industry, fruits, vegetables.



Consumer Safe Produce Handling Campaign

In conjunction with FDA's new produce safety Action Plan, the Partnership for Food Safety Education announced a national food safety education campaign focused on safe handling of fresh fruits and vegetables by consumers. The Partnership for Food Safety Education is a non-profit consortium of industry associations, consumer and public health groups, and government agencies (United States Department of Agriculture, Environmental Protection Agency, the Centers for Disease Control and Prevention, and the Food and Drug Administration) with the mission of educating the public about safe food handling and preparation. The Partnership created and manages the Fight BAC!® website and materials.

The new produce handling education campaign builds on the Partnership's Fight BAC messages of "cook, clean, chill, and separate" adding to these the need to "check" produce—for bruising, damage, and refrigeration if fresh cut—and to "throw away" fresh fruits and vegetables under certain conditions that may render them unsafe. The messages were tested with consumers to ensure they are clear and understood.

A new 1-page brochure with the six steps to safer fruits and vegetables—check, clean, separate, cook, chill, and throw away—is available at the FightBAC! website, http://www.fightbac.org; click on the icon of BAC being washed off a bunch of grapes.



Source:

Burdick, E., "Partnership for Food Safety Education Kicks-off Safe Produce Handling Campaign," press release, October 18, 2004, http://www.fightbac.org/press.

Key words: food safety, consumer, fruits, vegetables.

"I Do" or "Why Bother?"

When cohabitation and single parenthood are acceptable, why marry?

A study published in the latest issue of the *Journal* of Marriage and Family examines why nearly nine out of ten Americans are still marrying and why the desire to marry is still widespread. One doesn't have to wed to raise children, live together, be financially secure, or fit in with peers. Since 1976, about 80 percent of high school students, both women and men, expect to marry. In the early 2000s, a strong gay and lesbian promarriage movement emerged in the US, indicating thatdespite a high divorce rate—marriage remains both desirable and popular. "Marriage used to be the foundation of adult personal life; whereas now it is often the capstone. It is less of a required role and more of an individual achievement—a symbol of self-development" author Andrew Cherlin explains.

Traditionally, marriage ensured a child would have a link to the husband's status, protection, and land. Providing the couple with roles to fill (breadwinner and homemaker) and creating "enforceable trust," marriage, more than cohabitation, lowers the risk that a partner will renege on agreements. "But as the law began to recognize the rights of children born outside marriage, and as mothers acquire resources by working in the paid work force, these reasons for marriage become less important," Cherlin states. Marriage has become "deinstitutionalized." With the traditional social norms weakened the symbol has been transformed. "Marriage is at once less dominant and more distinctive than it was. It has evolved from a marker of conformity to a marker of prestige," the author adds. A wedding today may typically come after a career, saving money, and even having a child, not before. A national 2001 survey of 1,003 adults age 20-29 found that 82 percent of those polled agreed with the statement that "It is extremely important to you to be economically set before you get married." Although low-income individuals in the US have the lowest marriage rates, most still wish to marry. They are waiting until they find a partner who can hold a decent job, provide love and companionship, and be faithful. And they are reluctant to marry until they have saved enough for a modest wedding



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party for family and friends. "People marry now less for the social benefits that marriage provides than for the personal achievement it represents," the author concludes.

The full report on this study is available in the October 2004 issue of the *Journal of Marriage and Family*. The study author, Dr. Andrew Cherlin is the Griswold Professor of public policy in the department of sociology at Johns Hopkins University.

Source: National Council on Family Relations,

http://www.ncfr.org.

Key word: marriage.

Family Time Together

Modern life for families shows parents embedded in the workforce, and children in school and organized activities for much of their waking lives. With such busy schedules, when do family members find time to spend with each other? These concerns led Lina Guzman and Susan Jekielek to review several longitudinal databases to see how American families are functioning these days. By all accounts, family time matters to parents and children alike. Parents who spend time with their children are better informed about their children's interests and activities, and have the opportunity to share their own values and ideas with their children. Benefits of better access to mom and dad are shown in children's emotional well-being and academic performance. As it turns out, it takes time for a family to be a family.

Today's work and activity schedules for parents and children might suggest that family time has been on the decline in recent decades. However, studies find that the amount of family time, especially mother-child time, has remained stable since the 1920's. This may be hard to believe since so many mothers have entered the workforce since that time. However, moms at home were working hard as well. Thus, they may have been under the same roof as the children, but there was little time for parent-child interaction.

Even today, the gap is small between employed and non-employed moms when it comes to time with the kids. Children of employed mothers spend about 5.5 fewer hours per week with their mothers than do children of non-employed mothers. Employed mothers commonly compensate for time spent away from children by minimizing housework, leisure activities, and limiting sleep. Working moms are also more likely to do their household tasks with their children, extending time together.

Fathers also contribute to the picture of parental involvement—the time dads spend in interaction with their children more than doubled from 1965 to 1998. Studies show that increases in recent years in father's involvement at home are more likely to be in child care than in housework.

Considering time spent with children in any activity, mothers spend an average of 5.5 hours per day with their children while dads spend 3.8 hours per day. Younger children spend more time with parents than do children old enough to be on their own at school and after-school activities and jobs.

These data suggest that today's parents may be squeezed for time but that family time is a priority for them. Parents have made changes in recent years to make sure they can spend time with their

children, including reducing time on household tasks, increasing father involvement, limiting leisure time for themselves, and even getting less sleep. These adjustments are testimony to parent's commitment to the wellbeing of their family and children.

Source: Written by Harriet Shaklee based on Family

Time by Lina Guzman & Susan Jekielek,

www.aspe.hhs.gov.

Key words: family, parenting.

College Readiness Crisis Spurs Call for Change by ACT in Nation's Core High School Curriculum

Even with a diploma in hand, many high school graduates do not have all of the skills to succeed in college-level coursework or workforce training. This is the conclusion of a new report from ACT, titled Crisis at the Core: Preparing All Students for College and Work. Among the findings, only 22 percent of the 1.2 million high school graduates who took the ACT Assessment in 2004 achieved scores that would deem them ready for college in all three basic academic areas—English, math, and science.

Among the class of 2004, only 26 percent of ACT-tested high school graduates had scores indicating that they are ready to earn a "C" or higher in their first college Biology course, and only 40 percent had scores indicating that they are ready to earn a "C" or higher in their first college Algebra course. In addition, results from ACT's assessments for eighth and tenth graders—EXPLORE and PLAN, respectively—have suggested that students who graduate from high school in 2006 and 2008 will be no better prepared for college than this year's graduates.

Since the 1983 US Department of Education report, *A Nation At Risk*, was released, ACT has advocated a "core" curriculum that specifies the number of courses a student should take. This core includes four years of English and three years each of math, natural sciences, and social studies. ACT's report argues that "core" is no longer enough to ensure success in college or the workplace.

"Far too many of the seniors in the class of 2004 aren't ready for college or for workforce training," said Richard L. Ferguson, ACT's chief executive officer. "This is a problem that can't be solved overnight. However, we can begin addressing key issues right now."

The report urges schools to strengthen the high school core curriculum to help improve students' readiness for college and the workforce. Students in K-8 who are not learning the foundational skills for rigorous high school coursework should be identified earlier and provided with supportive interventions, thus preparing them for higher level math and science courses such as trigonometry, precalculus, chemistry, and physics.

ACT's research shows that certain courses such as biology, chemistry, and physics, and advanced math courses beyond Algebra II have a strong impact on student performance and college readiness. ACT refers to these as Courses for Success.

"Our study clearly shows that not only is the number of courses important, but the quality and intensity of these classes will determine if a high school student is ready for college and work," said Ferguson.

The benefit of taking these courses can be seen in the ACT test scores for the national class of 2004. Students who took trigonometry in addition to the math core—Algebra I, Algebra II, and geometry—scored 2.6 points higher on the ACT Mathematics Test. Similar gains were seen on the ACT Science Test for students who took physics in addition to the science core—biology and chemistry.

Those who took trigonometry and another advanced math course scored even higher, as much as 4.4 points higher over those who took the math core. Score increases were seen for both genders and all racial/ethnic groups. The ACT Assessment is scored on a 1 to 36 point scale.

"The news is encouraging," said Ferguson. "Our research shows that students don't have to take honors or advanced placement courses to be ready for college. If we can ensure that both the core courses and the Courses for Success focus on rigorous skills in all high schools, then students will

have an opportunity to be better prepared for college and the workplace."

The report suggests that these conclusions are also applicable to students who have no intention of going to college. It points to recent research which indicates that the skills required for workforce training beyond high school are the same as those expected of a first-year college student. In addition, it has been estimated that 85 percent of all jobs are now classified as "skilled," meaning that they require some education beyond high school.

"Increasingly, a high school graduate who is not prepared for college is also not prepared for many jobs available to those without a college degree," said Ferguson.

Some critics might argue that not all high school students are capable of learning advanced subjects such as trigonometry and physics. However, research has shown that students at all levels of achievement can benefit from taking rigorous courses. Of particular concern, however, are those students who lack the fundamental skills on which higher-level skills can be based.

"Too often, students who struggle with foundational skills are not diagnosed early enough to correct the problems," said Ferguson. "When they reach high school, they are too far behind to catch up. They need to be identified and assisted much earlier."

To increase the number of students ready for college and work, ACT is launching "Ready to Succeed," a national demonstration project that will focus on course quality and rigor. Selected school districts will work with a team of specialists to evaluate the rigor of their courses, to provide the resources and training necessary to improve them, and to measure improvements in student achievement.

The report suggests that educators alone cannot be responsible for making the changes. Policymakers, business and community leaders, parents, and students themselves must also be involved in the process.

"We'll need to all work together to correct this problem," said Ferguson. "Our nation simply can't afford to keep producing high school graduates who are ill-prepared to succeed in college and the workforce if we want to maintain our economic competitiveness throughout the world."

Source: http://www.act.org, October 14, 2004.

Key words: education, college.

New Research Debunks Myths About Preschool

Children from families of modest income, not the poor, have the least access to preschool in the United States. That's just one of the findings in a new study by the National Institute of Early Education Research (NIEER) that debunks a number of myths or misconceptions about preschool.

Commonly held beliefs challenged by the study included:

- Most parents send their kids to preschool so they can work. Not so, the study found that education is the primary motivation of most parents. In fact, a majority of stay-at-home mothers send their children to preschool.
- Head Start and other programs targeted at children in poverty effectively enroll the intended children. Not so, large numbers of eligible children are left out because of difficulties in identification, frequent changes in eligibility, geographic mobility of the target population, and other reasons.
- Single parents are more likely to send their children to preschool. Not so, the children of single parents are neither more nor less likely to attend preschool than children from two-parent families.

The study, Who Goes to Preschool and Why Does It Matter? investigated the influence on preschool attendance of such key characteristics of children and their families as age, ethnicity, family size, income, and parental education.

The study identified an alarming gap in preschool participation between children in lower and higher income families. The gap was even worse for working families above the poverty line (earning \$40,000 to \$50,000) than for those in poverty.

"Our findings point to a large under-served segment of America whose incomes are above the eligibility levels for programs targeted to disadvantaged families," said the report's co-author and NIEER Director W. Steven Barnett. "The evidence shows how poorly private and state-funded preschool programs have been able to pick up where programs targeted toward the disadvantaged like Head Start leave off."

The study showed that over time progress toward increased access to preschool has been uneven across the US, with western states falling behind. Of the 12 states that offer no state-funded preschool, seven are in the west.

Many of the preschool inequities were attributed to failures of public policy. The report recommended:

- Expansion and greater coordination of federal and state programs to reach disadvantaged children with high quality preschool education.
- Consideration of strategies that move beyond targeting the disadvantaged in order to increase access for middle-income families.
- Consideration of federal matching funds as an incentive for states to create and expand programs and reduce regional imbalances.

Source: Copyright 2004, U.S. Newswire,

http://www.usnewswire.com, October 21, 2004; National Institute for Early Education

Research, Rutgers University

http://www.nieer.org.

Key words: early childhood, education.

Specific foods and nutrients have been linked to health and disease prevention. Listed below is a summary of recent research studies that discuss specific foods and nutrients that play a role in prevention of heart disease, cancer, and Alzheimer's.

Prevention of Heart Disease

Consuming fish, a new type of sunflower oil, chocolate (yes, that's right, chocolate!), and kiwi may play a role in preventing heart disease.

Fish: Research published in the July 27th, 2004 issue of *Circulation* found that eating baked or broiled, but not fried fish can reduce the risk of deadly irregular heartbeats. Subjects who ate fish one to four times per week had a 28 percent lower risk of having an irregular heartbeat. This occurs when blood is not pumped out of the heart properly and may pool and clot. These clots cause about 15 to 20 percent of strokes. In addition, individuals with an irregular heartbeat often exhibit fatigue, shortness of breath, and an inability to exercise.

Researchers theorized that the omega-3 fatty acids found in fish helped decrease the incidence of irregular heartbeats. Other food sources of omega-3 fatty acids include walnuts, flaxseed, and many green leafy vegetables.

Sunflower oil: Some oils require partial hydrogenation in order to be stable. That results in production of trans fats, which are known to increase the bad or LDL cholesterol and lower the good or HDL cholesterol. Now there is a new product on the market called NuSun, which is free of unhealthy trans-fatty acids. This product is not yet on grocery shelves but is primarily sold to big food processors. A study conducted by Penn State researchers indicated that this product had similar health benefits as olive oil and significantly lowered total and LDL cholesterol levels.

Chocolate: Cardiologist at Athens Medical School in Greece had subjects eat 100 gm (an average bar of chocolate is 85 gm) of dark chocolate and then took an ultrasound of their upper arm to see how cells in the main artery were affected. Blood vessels were less stiff and were 20 percent more dilated (wider) for three hours. This could prevent hardening of the arteries. These beneficial affects could be due to the compounds in dark chocolate called flavonoids, which act as natural antioxi-



Nutrition Education

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dants—chemicals that combat the damage oxygen does to the body. Researchers warn that the weight gain from eating a lot of chocolate would probably cancel out the apparent benefit. These findings were presented at the European Society of Cardiology annual meeting in August 2004.

Kiwi: A Norwegian research group has found that eating two to three kiwis a day for 28 days can significantly lower the risk of blood clotting and reduce triglyceride levels by 15 percent in the blood.

Eating kiwis appeared to thin the blood, reducing the risk of clots and researchers suggested they may be an effective alternative to using aspirin. At this time, the active compound in kiwi that causes blood thinning has not been identified. The entire article is in the August 2004 issue of *Platelets*.

Source: Circulation, July 27, 2004, http://www.sun

flowernsa.com/oil/default.asp?contentID=43& printable=1, http://www.escardio.org, *Platelets*, 2004, vol. 15, no. 5, pp 287-292.

Key words: heart disease, foods.

Prevention of Cancer

Two vegetables that have been linked to preventing cancer are broccoli and spinach.

Broccoli: Researchers at the University of Illinois have found that an anti-cancer compound in broccoli called sulphurophane disrupts the growth of breast cancer cells in later stages. The compound

sulphurophane is found in large amounts in broccoli, Brussels sprouts, and kale, and when these vegetables are chewed, this compound is released. At this time, it is not clear if the amount of sulphurophane that prevents cancer cells from dividing can be met through dietary intake.

Spinach: Japanese scientists have found that a compound found in spinach called neoxanthin prevented the growth of human prostate cancer cells.

Source: Journal of Nutrition, September 2004,

134:2229-2236, 234:2237-2243.

Key words: cancer, vegetables.

Alzheimer's Disease

Certain vegetables may be protective in delaying the onset of Alzheimer's while soy and fish oil may be helpful in advanced stages of Alzheimer's.

Cauliflower and broccoli: Researcher Jae Hee Kang presented her findings at the International Conference on Alzheimer's Disease and Related Disorders, July 17-22, 2004. She found women who ate at least eight servings (half a cup each) per week were 1.7 years younger in terms of cognitive aging compared to women who only ate three servings a week. Similarly, women who ate five servings a week of these vegetables were about 1.3 years "younger" in terms of cognition than those who ate only two servings. Study author Jae Hee Kang said, "We're talking really modest differences. But it could be a significant public health benefit."

Soy and fish oil: Soy and fish oil both contain omega-3 fatty acids which are believed to protect against the memory loss caused by Alzheimer's, even when there are already brain lesions indicating advanced disease. Researcher Greg Cole conducted his study in mice and found that the omega-3-fatty acids may prevent or slow Alzheimer's progression by protecting against damage to the area where brain cells communicate. Damage to these areas is known to impair memory and learning ability and typically occurs in Alzheimer's patients. The entire study is published in the September 2004 issue of *Neuron*.

Source: Neuron, September 2004.

Key words: vegetables, fats.

Food Products

Next time you're in the supermarket, look for "Smart Spot" stickers on snack items. PepsiCo has started putting little green "Smart Spot" stickers that read "smart choices made easy" on some snacks. They state they are using criteria chosen by PepsiCo, the Food and Drug Administration (FDA), and the National Academy of Sciences (NAS) for fat, cholesterol, sodium, and added sugar.

For example, PepsiCo used the NAS recommendation that 20-35 percent of calories a day come from fat as a way to categorize its Baked Cheetos as a Smart Spot snack, since it contains 34.6 percent fat.

Source: <u>www.pepsico.com</u>.

Key word: foods.

Fat Busting Microwave

This isn't exactly a stocking stuffer, but the company Sharp Corporation has developed a new fatbusting microwave oven that generates "superheated steam" at a temperature of 572 degrees Fahrenheit, which causes excessive fat to quickly melt.

In addition to melting fat from foods, it also reduces oil and salt from products. It was found to remove eight times more fat off a 200 gram beefsteak than if prepared in a frying pan, leading to a 13 percent reduction in calories. When reheating fried dishes, it removed oils contained in batter coatings and decreased the oil contact by approximately 13 percent.

When heating salted salmon or salted mackerel, it reduced salt content three times more when compared to a gas grill. It is a little pricier than a regular microwave at \$1,153.

Source: http://sharp-world.com/corporate/news/

040823.html.

Key word: microwave.

New Year's Resolutions: Six Financial Strategies for the New Year

Every December, people list resolutions for things they would like to change or achieve in the New Year. People think about achieving financial independence, becoming debt free, and making the most of the New Year. The following strategies are a great way to start off the New Year:

Reduce the Interest Rate and Fees on Your Credit Cards. Over half of the people who ask for a lower interest rate on their credit cards, get it from the first person they talk to, on the spot, or from the supervisor. So don't be afraid—call your credit card company's customer service line and ask for a lower rate. Tell them you have received an offer for a lower rate from a competitor. They will often match the rate just to keep your business. While you are at it, don't forget to ask for an annual fee waiver.

Pay Off Your Home in Half the Time. For most homeowners it only costs an extra \$100 to \$150 a month to cut a 30-year mortgage into a 15-year mortgage. Be sure to note the extra money you include with the payment for "principal reduction." Paying your mortgage bi-weekly, instead of monthly, matches most people's paychecks and also typically cuts 12 years off a 30-year mortgage. This can save you tens of thousands of dollars.

Move Your Savings to a Higher Paying Account. Don't keep your savings in an account earning you only 0.01 percent when you could switch to an account paying more. Regional banks and credit unions pay a higher interest rate than some of the larger national banks. You can investigate bank and credit union interest rates at www.bankrate.com.

Get a Better Insurance Deal. Many people keep going back to the same insurance company each year without finding out whether they could be saving themselves money. When it's time to renew your car or house insurance, get quotes from several insurers to find the best deal. You can search insurance quotes online or conduct a personal investigation by using a form that Marilyn will provide.

Determine Your Retirement Income Needs. To ensure that you are not left in poverty in your old age, you should determine how much money you'll



Family Economics

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need during retirement. The Ballpark estimate is a helpful first projection for individuals who are beginning retirement planning. By simplifying some issues, such as projected Social Security benefits and earnings assumptions on savings, Ballpark offers users a way to obtain a rough first estimate of what Americans need for retirement. The worksheet assumes you'll need 70 percent of current income, that you'll live to age 87, and you'll realize a constant real rate of return of 3 percent after inflation. To access a helpful worksheet or to do your estimate online, go to http://www.asec.org/ballpark.

Find Out Your Investment Advisor's Background—For Free. In the wake of recent financial and mutual fund scandals who can you trust? You can check out any investment advisor in the US from the privacy of your own home, in five minutes or less, for free. Just go to the website of the NASD (National Associations of Securities Dealers) at www.NASDR.com. All you need is the first and last name of the advisor, the name of the firm they are associated with, and you can bring up their entire career history including customer complaints and fines.

Source: Adapted: Trippon, J., November 22, 2004.

New Year's Resolutions: Millionaires Share

Top Financial Tactics for New Year.

http://www.prweb.com/releases/2004/11/prwebxml180068.php; Tiscali Money. 2004. *Top*

New Year's Money Resolutions.

http://www.tiscali.co.uk/money/features/newy

ear resolutions.html.

Key words: financial education, savings, retirement.

Idahoans Can Get Free Copies of Their Credit Report

This month thousands of Idahoans will be able to get free annual copies of their credit reports. Starting December 1, residents of Western states can obtain copies of their reports from the three major credit agencies—Equifax, Experian, and TransUnion. People in the Midwest can begin ordering theirs March 1, while those in the South start June 1. Residents of Eastern states, the District of Columbia and US territories are last, starting September 1.

The public's access to free copies of their reports, which track the amount of debt consumers have and whether they pay their bills on time, was mandated by the Fair and Accurate Credit Transactions Act of 2003. The law, better known as the FACT Act, was designed to help Americans better monitor the reports that are used by banks and merchants to determine if they'll lend to a consumer, and at what interest rate.

The FACT Act, a revision of the Fair Credit Reporting Act, allows you to get one free copy of your credit report annually from each of the three credit reporting agencies. The law requires that the three national credit reporting agencies provide a single point of contact so you can get reports from all three national credit reporting agencies with a single Internet request, telephone call, or mail form.

Joel Winston, associate director of the financial practices division at the Federal Trade Commission in Washington, DC, said Congress had two main goals in passing the law. "The first was to help consumers spot identity theft," Winston said. "The rationale was that the more consumers are familiar with their credit reports, the more they're likely to spot things showing up related to ID theft." The second, he said, was a rising number of complaints about inaccuracies in the reports. "There were concerns that errors could mean consumers would be denied credit, or would get it only at higher rates," Winston said. "Getting their reports regularly should enhance consumers' ability to find those errors and get them corrected."

The reason the program is being launched region by region is that the credit reporting agencies have

no way to gauge what public demand will be for the free reports, said Colleen Martin, spokeswoman for TransUnion LLC, which is based in Chicago. "That's the great unknown," she said. "We want to ensure that all consumers have the best possible experience, so we want to make sure we have the proper scale built up."

In the past, only residents of a handful of states with special laws could get free credit reports. In addition, consumers who were turned down for loans because of something negative in their reports also had free access. Consumer advocates are urging Americans to take advantage of the new service. Some suggest consumers get all three bureau reports at once to check them for accuracy. Others advocate getting one every four months so they can monitor changes over time.

Whichever strategy a consumer adopts, checking a credit report is the best way to spot ID theft early and contain the damage. And checking a report also should give families a place to start if they want to improve their credit scores, which are three-digit numbers that lenders use to set interest rates. (For information on credit scores, see "What's a FICO Score?" May 2002 *The Communicator*, or "What Does Your Credit Score Say About You?" fact sheet in the *Credit Cents* series available online through University of Idaho CALS publications http://info.ag.uidaho.edu/pdf/BUL/BUL0841/BUL0841.html.)

Consumers should look for:

- Accounts that aren't theirs.
- Any delinquencies that are still on the report after the seven-year time limit has passed.
- Notices of late payments that the consumer believes were on time.
- Multiple collection agency notices for a single debt.

David Rubinger, spokesman for Equifax Inc., based in Atlanta, said consumers who use the new online request site will be asked for personal information so the credit agencies can match them accurately with their reports. This will include name, date of birth, Social Security number, current address, and previous address. "The site is specially encrypted, so it's private and secure," Rubinger said. Once the information is verified, the consumer's report will pop up on the screen. Rubinger recommends con-

sumers print them out "to give yourself more time to study the details."

While consumers will have access to their reports from the centralized site, they won't be able to use it to fix errors. Instead, they'll have to go to the site of whichever credit agency created the report and deal directly with that agency. Their sites are at www.experian.com, www.equifax.com, and www.experian.com, www.equifax.com, and www.equifax.com, and www.experian.com, www.equifax.com, and www.experian.com, www.equifax.com, and www.equifax.com, and www.experian.com, www.experian.com,

Source: Your Access to Free Credit Reports, Novem-

ber 2004, Federal Trade Commission http://www.ftc.gov/bcp/conline/pubs/credit/freereports.htm; Powell, E., November 25, 2004. *The Idaho Statesman*, p. B1.

Key words: credit, fraud, identity theft.

How to Access Your Free Credit Reports

In coordination with the FTC, the three credit bureaus have started a collaborative program to deliver the free reports through one central website, toll-free telephone number, and mailing address. To order online www.annualcreditreport.com; call toll-free 877-322-8228; or mail the Annual Credit Report form printed from www.ftc.gov/credit to: Annual Credit Report Request Service, PO Box 105281, Atlanta, GA 30348-5281.

Do not contact the three nationwide consumerreporting companies individually. They are only providing free annual credit reports through the web site, phone number, and address listed above.

If you request your report online, you should be able to access it immediately. If you order your report by phone, your report will be processed and mailed to you within 15 days. If you order your report by mail, your request will be processed and mailed to you within 15 days of receipt.

Whether you order your report online, by phone, or by mail, it may take longer to receive your report if the nationwide consumer reporting company needs more information to verify your identity.

Source: Your Access to Free Credit Reports, Novem-

ber 2004, Federal Trade Commission

http://www.ftc.gov/bcp/conline/pubs/credit/fre

ereports.htm.

Key words: credit, fraud.

Teens Continue to Fail Financial Literacy Survey

Nearly two-thirds (65.5%) of more than 4,000 12th graders from 33 states failed the fourth Jumpstart Coalition survey conducted spring 2004. Only 6.1 percent scored a C or better. A failing grade was based upon a typical scale used by many public schools around the nation (90-100%=A, 80-89%=B, etc.).

On average, students who participated in the 2004 survey answered just over half (52.3 percent) of the questions correctly, compared with 50.2 percent in 2002 and 51.9 percent in 2000. The modest gains in financial literacy among high school seniors in 2004 did not match 1997 aptitude levels when 57.3 percent of students answered their questions correctly.

Parental involvement plays a great role in the financial education and literacy of young people. Most of the students surveyed (58.3%) said skills are learned at home, versus 19.5 percent of students who said they learn such skills at school, and 17.6 percent from experience. Of the students whose parents have college degrees, 55.4 percent answered the questions correctly, versus 44.6 percent of the students whose parents did not finish high school.

Students who planned to continue their education did better than those who did not. More than half (55%) of self-described, college-bound seniors answered the questions correctly, versus 41.9 percent of the students who plan no further education.

Survey questions were divided into four categories: income, money management, saving, and spending. High school seniors did a far better job of cor-

rectly answering questions about income (62.9%) and spending (55.4%) than they did about money management (45.4%), and saving (41.0%).

Source: Jumpstart Financial Literacy Coalition, 2004.

"Financial Literacy Improves Among Nation's High School Students" and survey questionnaire is available at http://www.jumpstart.org/

news.cfm.

Key words: teens, financial literacy.

Resources for Elder Care

Helping an elderly relative find appropriate care and figuring out how to pay for it can be an overwhelming job. Fortunately, help is available.

Area agencies on aging can help you select an eldercare facility, refer you to home care and other community-based resources, or help you figure out if your parent is eligible for medicaid. You can find the appropriate agency via the Eldercare Locator or by calling 800-677-1116. http://www.eldercare.gov/Eldercare/Public/Home.asp. (Note: this site can help adults with aging relatives in any state. The site is accessible in many languages including Spanish.)

The National Association of Professional Geriatric Care Managers will refer you to a private care manager who can help with many of the same issues and who may be able to offer more personal attention than a public social worker could. http://www.caremanager.org.

The National Academy of Elder Law Attorneys can refer you to a lawyer in your area who specializes in elder-care issues. http://www.naela.com. (Note: I found 15 Idaho attorneys listed. They are located in eight cities, with at least one in each Extension District.)

The National Reverse Mortgage Lenders Association provides a reverse-mortgage calculator that will tell you how much cash flow your home could generate, based on how much equity you've accrued, and the house's age and location, http://www.reversemortgage.org. This website also has information about "aging in place."

The Idaho Department of Insurance's Senior Health Insurance Benefits Advisor (SHIBA) program has a website that explains the Medicare prescription drug discount card and sources of free or low-cost medications, http://www.doi.state.id.us/Shiba/shmed_updates.aspx.

Source: Adapted: Davis, K., November 2004. When

Mom's Money Runs Out, *Kiplinger Magazine*, http://www.kiplinger.com/magazine/archives/

2004/11/mom.html.

Key words: elderly, internet.

Family Economics Resources

AARP Foundation Money Management Program has two handbooks, *Smart Money I* (D18040): a tool for planning your budget and *Smart Money II* (D18041): a tool for handling debt problems, available from AARP Fulfillment, 601 E Street, NW, Washington, DC 20049, or fax to: 202-434-6987 available at no charge. You can download the publications at www.aarpmmp.org.

Don't Spend Your Raise: and 59 Other Money Rules You Can't Afford to Break. Sixty miscellaneous "money rules" for students in college and other young persons just starting out in the real world. Tips center on using money wisely and increasing personal wealth are loosely organized into six sections. One entire section is devoted to credit. Another focuses on money and marriage. By Dara Duguay. McGraw-Hill, Inc. http://www.bookstore.mcgraw-hill.com, December 2002, 192 pp. \$12.95 (Paperback) ISBN: 0071402225.

Silver Spoon Kids: How Successful Parents Raise Responsible Children. How to talk to kids about money, how to teach them to handle it responsibly, and how to instill a sense of giving to their communities. Eileen, Jon J. & Kevin J. Gallo. McGraw-Hill, Inc. http://www.bookstore.mcgraw-hill.com, 2001.

The Identity Theft Protection Guide. It is reported that over ten million Americans experience identify theft each year. This book tells how to minimize the risk of becoming the next victim as well as how to deal with identity theft when you are victimized. Each chapter contains a self-quiz to identify personal areas of concern and information to help "take action" and more. By Amanda Welsh. St. Martin's Press, http://www.stmartins.com. September 2004, 304 pp. ISBN: 0312327099.