

The Communicator

April 2012

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Greetings

April Fool's Day aside, April is arriving with warm spring rains, sunshine, and mild temperatures. Advising has begun in earnest for fall semester and everyone is airing out their "best bib and tucker" because April is also Banquet Month. Mom's Weekend is the weekend of April 20-22, and the Alumni Brunch is the 21st. Lots of reasons to get dressed up.

FCS Update

Family and Consumer Sciences had a good year.

Student Numbers: We grew to 481 students in fall 2011 and currently claim 465. The growth these last 5 years is proportionately distributed among the 4 majors of Child, Family, and Consumer Studies; Clothing, Textiles, and Design; Early Childhood Development and Education; and Food and Nutrition. This is a heavy load for our 15 academic faculty, so Dean Hammel is requesting two new positions for the School.

Scholarships and Awards: The Awards and Scholarships Committee distributed \$193,000 in scholarships to both undergraduates and our 28 graduate students. The Professional Development Committee distributed \$9,092 in Haberly, Hepworth, and Featherstone funding.

Sandy McCurdy was awarded the rank of Full Professor at the University of Idaho. **Erin Chapman** earned the American College Personnel Association (ACPA) Excellence in Service award for her sexual health presentations to student groups across campus.

Retirements: **Marilyn Bischoff**, Family Economics Specialist, retired in December 2011, as did **Laurel Branen**, Food and Nutrition Professor. Both are enjoying the pleasures of the Southwest. **Janice Fletcher**, Child, Family, and Consumer Studies Professor, will retire in June of 2012.



Interim Director



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Searches: FCS has three faculty searches in progress, two filling those of faculty recently retired.

The Family Economics position has cleared several hurdles and is waiting for the Provost's approval. The Food and Nutrition search committee will be interviewing candidates later this month. The FCS Director search committee will begin reviewing applications soon after April 1. Many thanks to all the Deans in CALS who moved these positions forward on our behalf.

Niccolls Renovation: The "silent phase" of the UI Capital Campaign is ending and the official kick-off is April 25. Niccolls is still on the list for the Capital Campaign, but since the state awarded us \$766,000 for an H/VAC upgrade for the whole building, we are going ahead with what we have. Work may begin as early as December of this year, when hazardous material abatement can be completed during the holiday recess when the building can be easily "emptied" of inhabitants.

Watch for the link to *Connections*, the alumni newsletter, coming out later this summer, for details on what faculty and students are up to!



Project OR

Kelsee Morefield, a senior in Clothing, Textiles, and Design, represented the University of Idaho at Project OR at Outdoor Retailer in January 2012 <http://www.outdoorretailer.com/winter-market/events-seminars/projector>. Outdoor Retailer (OR) is the primary market for the outdoor industry and is held twice a year in Salt Lake City. The January 2012 show is for the upcoming Winter Market.

Project OR is a design competition for students. Six student competitors are given a product brief on day one and have 48 hours to complete a design and garment prototype and then present it to the judges. Kelsee worked with **Lori Wahl** and **Erika liams** to prepare for the competition and Lori attended the show. Kelsee learned as much as she could about outdoor wear requirements, such as venting, movement, and reflectivity.

The product brief was a back-country ski pant. The six students developed concept and design boards, drafted patterns, and stitched up their products using fabrics and trims from the participating retailers at the show. It was a grueling 48 hours of work, but Kelsee's design was recognized as the most marketable product.

Kelsee has already interviewed with prospective employers and landed a job since the competition with *Aventura*, in Reno, NV. According to their web site, *Aventura* wants to provide our customers with fashionable "eco-friendly" products that will lower our ecological footprint on the planet. Over 80 per-

cent of this casual lifestyle clothing is made from environmentally friendly fabrics so you can feel good about looking great!
<http://www.aventuraclimbing.com>

Lori was interviewed by *Textile Insight* magazine and the article appears in the March/April Issue. Here is the link: <http://www.textileinsight.com>

We are very proud of Kelsee's accomplishment and how she represents FCS and UI.





Lean Finely Textured Beef, aka “Pink Slime”

Lean, finely textured beef (LFTB), or pink slime, as it has been pejoratively labeled, was in many news reports last month. LFTB is a low fat, high protein product derived from beef-fat trimmings. The beef industry recovers LFTB from high-fat beef trimmings, producing a value added material that can be used as an ingredient in processed meat products.

To produce LFTB, beef fat trimmings are warmed, then the fat is spun out in centrifuges. The resulting product is approximately 94-97 percent lean.

Since beef trim often contains a higher load of pathogenic bacteria, especially, *E. coli* O157:H7 and other shiga-toxin producing *E. coli* (STEC) bacteria, than beef retail or primal cuts, Beef Products, Inc. (BPI), a company that produces LFTB, developed an ammonia gas treatment step to kill the microbes. Cargill uses citric acid to reduce pathogen load in processing LFTB.

Ammonium hydroxide has been used as an antimicrobial agent in meat for more than 40 years and is deemed a Generally Recognized as Safe (GRAS) ingredient by FDA. Ammonia and ammonium hydroxide are among several antimicrobial agents that may be used on beef and poultry without labeling disclosure, as they are considered to be processing aids rather than ingredients (meaning they are not present in the finished food or are only present at insignificant levels).

The ammonia treatment and the “test and hold” procedure used by BPI results in a very safe product. BPI samples every box of LFTB and sends the samples to independent third-party labs for analysis. Every box is held at the plant until the laboratory results confirm that all specifications, including the absence of *Salmonella*, *E. coli* O157:H7 and other STEC bacteria, have been met.

Because fat trimmings are the starting material, the protein in LFTB is much higher in collagen content,



Food Safety

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and much lower in muscle-derived proteins than ground beef, resulting in a slightly lower protein quality.

Meat companies that produce ground beef add LFTB to higher-fat beef in order to produce lower fat ground beef. The cost of LFTB is less than that of ground beef, so the addition produces a more economical product.

LFTB caught media attention when a former microbiologist with USDA's Food Safety and Inspection Service, called the product "pink slime" and said he did not "consider the stuff to be ground beef." His objections were based primarily on the lower quality of protein in LFTB and that it was being added to ground beef without labeling to inform buyers of its presence.

Dr. James Marsden, Regent's Distinguished Professor of Food Safety and Security at Kansas State University, has commented about LFTB, "There are all kinds of ingredients in food products that can be falsely characterized as unappetizing when viewed out of context. I think the criticisms of BPI's products are based on quality perceptions, not food safety."

According to ABC News, LFTB was added to 70 percent of the ground beef sold in the U.S. Responding to widespread consumer concern, several retailers, including Safeway and SuperValu, the nation's second and third largest grocery chains, announced plans to stop selling ground beef with

LFTB added. WalMart, the largest grocer, said it would offer consumers a choice.

While explaining that it only purchases products for the school lunch program that are safe, nutritious and affordable, including products containing LFTB, USDA announced that, due to customer demand, the department will be adjusting procurement specifications for the next school year so schools will have a choice to order ground beef products either with or without LFTB.

In conclusion, while LFTB as a beef processing by-product now has raised consumer ire, it is safe to eat. However, USDA may want to reconsider whether products containing it should be labeled to indicate its use.

Source: <http://efoodalert.net/2012/03/08/whats-wrong-with-pink-slime>; <http://www.exnet.iastate.edu/Pages/ansci/beefreports/asl-1361.pdf>; http://www.usda.gov/wps/portal/usda/usdahome?contentid=2012/03/0094.xml&navid=NEWS_RELEASE&navtype=RT&parentnav=LATEST_RELEASES&edeployment_action=retrievecontent.

Keywords: food industry, meat and poultry, food safety, schools.

Why Do Some People Drink Raw Milk?

A recent study conducted by researchers at Michigan State University provides information about the reasons why some Michigan consumers prefer raw milk to pasteurized milk. Fifty-six raw milk drinkers responded to the survey (35% response rate) which was mailed to raw-milk producers, who distributed it to their cow-share or goat-share members.

An important finding was that only a small percentage of respondents trusted public health officials regarding what food is safe to eat. Only 4 (7%) of the 56 raw-milk consumers agreed with the statement "In general, I trust recommendations made by state health officials about what foods are safe to eat." Another 10 respondents (18%) did not agree with the statement, while 41 (73%) said they were not sure. The study notes that "This lack of trust casts doubt on whether or not consumer education by local or state health departments would be effective in preventing milk-borne disease due to raw-milk consumption."

The study also asked if raw milk should be regulated by the government to ensure quality standards; 27 (48%) of the respondents disagreed, while only 9 (16%) agreed. Another 17 (30%) said they were not sure.

When asked their reaction to the statement that "Drinking raw milk increases your risk of getting a foodborne disease," 44 respondents (79%) disagreed. Only 6 respondents agreed with the statement, and another 5 said they were not sure. In contrast to these beliefs, a recent study from the Centers for Disease Control and Prevention has identified the rate of disease outbreaks linked to raw milk as 150 times greater than outbreaks linked to pasteurized milk.

The top reasons for preferring raw milk were support of local farms and taste:

Reason	Frequency	Percent
Supporting local farms	48	86
Taste	47	84
"Holistic health benefits"	43	77
Immune-related disease prevention	34	61
Don't feel processed milk is safe	32	57

In response to an open-ended question about diseases that could be helped or prevented by raw milk the following were mentioned: digestive problems (47 respondents), allergies (39), intestinal diseases (36), and colds and flu (25). Eleven respondents noted that when they drink pasteurized milk, they experience symptoms of lactose intolerance, which they said does not happen when they drink unpasteurized milk.

The study found that the average number of miles a respondent travels out of his or her way to buy raw milk was 24 miles, demonstrating a commitment to raw milk consumption. Respondents obtained raw milk an average of 4 times each month.

Source: Katafiasz, A.R. and Bartlett, P. "Motivation for Unpasteurized Milk Consumption in Michigan," 2011, *Food Protection Trends*, 32, (3):124-128; Langer, A.J., Ayers, T., Grass, J., Lynch, M., Angulo, F.J. & Mahon, B.E. "Nonpasteurized Dairy Products, Disease Outbreaks, and State Laws—United States, 1993-2006," March 2012, *Emerging Infectious Diseases*, 18, (3):385-391.

Keywords: dairy, food safety.

Here is What Real Commitment to Your Marriage Means

What does being committed to your marriage really mean? UCLA psychologists answer this question in a new study based on their analysis of 172 married couples over the first 11 years of marriage.

"When people say, 'I'm committed to my relationship,' they can mean two things," said study co-author Benjamin Karney, "One thing they can mean is, 'I really like this relationship and want it to continue.' However, commitment is more than just that."

A deeper level of commitment, the psychologists report, is a much better predictor of lower divorce rates and fewer problems in marriage.

"It's easy to be committed to your relationship when it's going well," said senior study author Thomas Bradbury, "As a relationship changes, however, shouldn't you say at some point something like, 'I'm committed to this relationship, but it's not going very well—I need to have some resolve, make some sacrifices and take the steps I need to take to keep this relationship moving forward. It's not just that I like the relationship, which is true, but that I'm going to step up and take active steps to maintain this relationship, even if it means I'm not going to get my way in certain areas?'"

"This," Bradbury said, "is the other kind of commitment: the difference between 'I like this relationship and I'm committed to it' and 'I'm committed to doing what it takes to make this relationship work.' When you and your partner are struggling a bit, are you going to do what's difficult when you don't want to? At 2 a.m., are you going to feed the baby?"

The couples that were willing to make sacrifices within their relationships were more effective in solving their problems, the psychologists found. "It's a robust finding," Bradbury said. "The second kind of commitment predicted lower divorce rates and slower rates of deterioration in the relationship."

Of the 172 married couples in the study, 78.5 percent were still married after 11 years, and 21.5 percent were divorced. The couples in which both people were willing to make sacrifices for the sake



Family Development

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of the marriage were significantly more likely to have lasting and happy marriages.

For the study, the couples—all first-time newlyweds—were given statements that gauged their level of commitment. They were asked to what extent they agreed or disagreed with statements like "I want my marriage to stay strong no matter what rough times we may encounter," "My marriage is more important to me than almost anything else in my life," "Giving up something for my partner is frequently not worth the trouble" and "It makes me feel good to sacrifice for my partner." The psychologists videotaped the couples' interactions and measured how they behaved toward each other.

The psychologists also conducted follow-ups with the couples every six months for the first four years (and again later in their marriages). The couples were asked about their relationship history, their feelings toward each other, the stress in their lives, their level of social support, and their childhood and family, among other subjects.

"We're not saying it's easy"

So what does it mean to be committed to your marriage?

"It means do what it takes to make the relationship successful. That's what this research is saying. That's what commitment really means," Karney said. "In a long-term relationship, both parties cannot always get their way."

When a couple has a dispute, they have many choices of how to respond, the psychologists said.

"When the stakes are high, our relationships are vulnerable," Bradbury said. "When we're under a great deal of stress or when there is a high-stakes decision on which you disagree, those are defining moments in a relationship. What our data indicate is that committing to the relationship rather than committing to your own agenda and your own immediate needs is a far better strategy. We're not saying it's easy."

How do you do this when it's difficult?

"Find ways to compromise, or at least have the conversation that allows you and your partner to see things eye to eye," Bradbury said. "Often, we don't have the big conversations that we need in our relationship. The very act of communicating in difficult times can be as important as the outcome of the conversation. Everybody has the opportunity to engage in a conflict, or not, to say, 'You're wrong, I'm right.' When people are in it for the long term, they are often willing to make sacrifices and view themselves as a team. They both are."

The couples whose marriages lasted were better at this than the couples who divorced, Bradbury and Karney said.

"The people who ended their marriages would have said they were very committed to the marriage," Bradbury said. "But they did not have the resolve to say, 'Honey, we need to work on this; it's going to be hard, but it's important.' The successful couples were able to shift their focus away from whether 'I win' or 'you win' to 'Are we going to keep this relationship afloat?' That is the ideal." In a marriage, disagreement is inevitable, but conflict is optional—a choice we make, Bradbury and Karney said.

Source: University of California-UC Newsroom, February 1, 2012.

Keywords: marriage, divorce.

Does Marriage Make People Happier?

A new study published in the *Journal of Marriage and Family* reveals that married couples experience few advantages for psychological well-being, health, or social ties compared to unmarried couples who live together. While both marriage and

cohabitation provide benefits over being single, these reduce over time following a honeymoon period.

"Marriage has long been an important social institution, but in recent decades western societies have experienced increases in cohabitation, before or instead of marriage, and increases in children born outside of marriage," said Kelly Music. "These changes have blurred the boundaries of marriage, leading to questions about what difference marriage makes in comparison to alternatives."

Previous research has sought to prove a link between marriage and well-being, but many studies compared marriage to being single, or compared marriages and cohabitations at a single point in time. This study compares marriage to cohabitation focusing on what changes overtime when single men and women move into marriage or cohabitation.

The results showed a spike in well-being immediately following both marriage and cohabitation as couples experienced a honeymoon period with higher levels of happiness and fewer depressive symptoms compared to singles. However, these advantages were short lived.

Marriage and cohabitation both resulted in less time with parents and friends compared to remaining single—and these effects appeared to persist over time. "We found that differences between marriage and cohabitation tend to be small and dissipate after a honeymoon period. Also while married couples experienced health gains—likely linked to the formal benefits of marriage such as shared healthcare plans—cohabiting couples experienced greater gains in happiness and self-esteem. For some, cohabitation may come with fewer unwanted obligations than marriage and allow for more flexibility, autonomy, and personal growth" said Musick.

"Compared to most industrial countries America continues to value marriage above other family forms," concluded Musick. "However our research shows that marriage is by no means unique in promoting well-being and that other forms of romantic relationships can provide many of the same benefits."

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

Keywords: marriage, family, young adults.

Top 10 Food Sources of Salt

A report released by the Centers for Disease Control and Prevention (CDC) on February 10, 2012, found that nine out of 10 Americans continue to consume too much sodium. Data from the 2007-2008 National Health and Nutrition Examination Survey (NHANES) on 7,227 participants showed that their mean daily intake of sodium was 3266 milligrams (mg), which exceeds the daily sodium recommendation of 1500 mg for high risk populations (e.g. African-Americans and those with high blood pressure) to 2300 mg for the general population.

Listed below are the 10 food categories researchers found that contributed to Americans' sodium consumption:

1. Breads and rolls
2. Cold cuts and cured meats
3. Pizza
4. Fresh and processed poultry
5. Soups
6. Sandwiches such as cheeseburgers
7. Cheese
8. Pasta dishes
9. Meat mixed dishes such as meatloaf with tomato sauce
10. Snacks such as potato chips, pretzels, and popcorn

CDC Senior scientist and author Mary Cogsell reported that breads and rolls did not contain high amounts of sodium (containing 100-200 mg sodium per slice), but people ate greater quantities of bread and rolls. Also, the sodium content of the items on this list varied considerably, based on the brands of food. For example, sodium content in chicken noodle soup ranged from 100 to 940 mg per serving and lunch meat ranged between 450 and 1050 mg per serving.

The CDC has several recommendations to help lower sodium intake:

- Check food labels and select the lower sodium brands
- Eat a diet that includes numerous fresh fruits and vegetables
- Limit intake of processed foods which tend to be high in sodium



Nutrition Education

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If Americans lower their sodium intake by 1200 mg per day, the CDC estimates that \$200 billion a year could be saved in medical costs. Excess sodium increases a person's risk of high blood pressure which can lead to heart disease, stroke, and other diseases.

Source: http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6105a3.htm?s_cid=mm6105a3_w.

Keyword: sodium.



Fast-Food Nutrition Information is Incomplete

Federal law requires that restaurants with 20 or more locations display calorie and other nutrition information on their menu items. Researchers at Columbia University studied calorie listings of 200 food items on menu boards at 12 restaurant chains in New York.

They found that calorie listings for single food items, such as a hamburger, were easily understandable. However, the calorie listings for combo meals or meals intended to serve multiple individuals were confusing. For example, the calorie listing for a sandwich combo meal ranged from 500 to 2,080 calories. And no information was provided on how to order the meal with the lower calories. For meals designed to serve multiple individuals, such as a bucket of chicken, the calorie listing ranged from 3,240 to 12,360. And there was no information provided to determine how many pieces of chicken were in one serving.

Lead researcher Elizabeth Gross Cohn stated, "Menu postings for individual servings are easily understood, but complex math skills are needed to interpret meals designed to serve more than one person." In addition, the researchers suggested that calorie listings be revised and posted using a system of dashes and slashes so consumers would know the calorie content of various food combinations. For example, a breakfast sandwich would be listed as egg with ham/bacon/sausage: 350/550/750.

Source: February 16, 2012 issue of *Journal of Urban Health* <http://www.springerlink.com/content/pl7410r757m1>.

Keyword: fast food.

Is Overeating Linked to Memory Loss?

Researchers at the Mayo Clinic have found an association between excessive calorie intake (consuming 2,100-6,000 calories/day) and memory loss. Mild memory loss may be an early sign of Alzheimer's disease.

They collected calorie intake information on 1,200 people, aged 70-89 years-old.

The results showed that subjects' calorie intake fell into three groups:

- Low calorie group where 1/3 consumed between 600 and 1,525 calories/day
- Middle calorie group where 1/3 consumed between 1,526 and 2,142 calories/day

- High calorie group where 1/3 consumed between 2,143 and 6,000 calories/day

They found that individuals in the high calorie group were twice as likely to be diagnosed with a mild memory impairment disorder than those in the low calorie group. Individuals in the middle calorie group had no significant increase in memory problems. These results remained the same even after taking into consideration other risk factors for memory loss such as a history of stroke, diabetes, body mass index, and education.

Lead author Dr. Yonas Geda theorized that "excessive caloric intake may lead to oxidative damage leading to structural changes in the brain." He also stated that these results should be considered preliminary findings until they can be confirmed by other studies.

Source: <http://www.medscape.com/viewarticle/758627>.

Keyword: overeating.

Trans Fat Levels Have Decreased

Trans fats are unhealthy fats that increase levels of LDL (bad) cholesterol and the risk of heart disease. Researchers at the CDC have found that from 2000 to 2009, trans fat levels in the blood of white Americans decreased by 58 percent. This should help lower the risk of developing heart disease.

Reasons trans fat levels decreased are due to: food companies removing trans fat from their products, restaurants switching to healthier oils, and including trans fat information on the Nutrition Facts label.

Additional research is underway to determine trans fat levels in other age, race, and ethnic groups.

Source: http://www.cdc.gov/media/releases/2012/p0208_trans-fatty_acids.html; <http://jama.ama-assn.org/content/307/6/562.extract>.

Keyword: trans fat.