



GIPSA News

A newsletter for the employees of the Grain Inspection, Packers and Stockyards Administration

June 2003

ASTM, a P&SP Initiative

John Edmond, Washington, DC

The mission of ASTM International (ASTM) is to “be the foremost developer and provider of voluntary consensus standards, related technical information, and services having internationally recognized quality and applicability that: promote public health and safety, and the overall quality of life; contribute to the reliability of materials, products, systems and services; and facilitate national, regional, and international commerce.”

One of ASTM’s strategic objectives is to provide the optimum environment and support for technical committees to develop needed standards and related information. One such need is the development of electronic evaluation systems in the livestock, poultry, and meat industries.

Jim Vanderwielen and **I** have participated and supported this effort from its inception. **I** am currently serving as the chairman of the F10 Committee on Livestock, Meat, and Poultry Evaluation Devices or Systems.

In July 2001, a diverse group of individuals, companies, and organizations (representative of the industry), met to develop a course of action to

establish standards for the industries. The group identified specific areas for standards development and agreed to the voluntary and consensual nature of the ASTM process of developing industry standards. ASTM notes that the “standardization of work is supported by a wide range of stakeholders in the industry,” as well as academia and governmental entities. The 65 member committee having met 7 times over the past 2 years has developed draft standards for ASTM to post on the interactive forum on its website. These standards will address the development of generic design specifications for devices used to evaluate livestock, meat, and poultry; test methods to determine the performance of the evaluation devices; user requirements for operators; and standardized methodologies to develop equations used to determine value (for example, lean percent).

Committee members will vote and make comments on draft standards that have been posted on the web at <http://www.astm.org>. In July 2003 the committee will meet to discuss the draft standards and to collectively

resolve negative votes and any lingering concerns about the standards. It is anticipated that by the October 2003 meeting of the F10 meeting that the draft standards will be out of the F10 committee and before the main committee of ASTM.

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Names in the News

PERSONNEL

Congratulations to **Margaret Cummings**, Information Technology Staff, Des Moines, for recently completing her M.S. Computer Science degree from Barrington University, AL.

The Compliance Division's Review Branch thanks the following field-based people who did or will assist Branch employees in conducting official agency reviews during the third and fourth quarters of fiscal year 2003. The travel schedule changed dramatically on us recently and a number of people were flexible enough to change their plans in order to accommodate our needs.

Jimmy Cadle, agricultural commodity grader, Jonesboro suboffice, and **Horace Robinson**, shift supervisor, New Orleans field office, were scheduled to travel to Wisconsin, and at the last minute, we switched the venue on them. Instead, they helped us evaluate the Minnesota Department of Agriculture (Minneapolis Field Office circuit).

Myron Hall, supervisory agricultural commodity grader, New Orleans field office, will help us evaluate two private agencies, Cairo Grain Inspection Agency, Inc., and J. W. Barton Grain Inspection Service, Inc. (Stuttgart field office circuit).

Carl Jackson, protein coordinator, New Orleans field office, stepped in to substitute for another field-based traveler and will help us evaluate two private agencies, Amarillo Grain Exchange, Inc., and Plainview Grain

Inspection and Weighing Service, Inc. (Wichita field office circuit).

Phil Meachem, quality assurance specialist, Stuttgart field office, will help us evaluate two private agencies, Columbus Grain Inspection, Inc., and Northeast Indiana Grain Inspection, Inc. (Toledo field office circuit).

Bob Medley, agricultural commodity grader, New Orleans field office, also stepped in to substitute for another person and will help us evaluate two private agencies, Central Illinois Grain Inspection Service, Inc., and D. R. Schaal Agency (Cedar Rapids field office circuit).

Roy Shepherd, supervisory agricultural commodity grader, New Orleans field office, although not previously scheduled, answered a last minute cry for help, and assisted us in evaluating TCS Grain Inspection, L.C., a joint service agreement between four official agencies located in Iowa (Cedar Rapids field office circuit).

Jim Tullous, assistant field office Manager, Grand Forks field office, and **Ken Weaver**, assistant field office manager, Kansas City field office will help us evaluate a State agency, the Wisconsin Department of Agriculture, Trade and Consumer Protection (Minneapolis field office circuit).

Our gratitude to these employees for contributing towards the success of the review program. We could not do nearly as much or as well without them. We are already in the planning process for fiscal year 2004 and will be contacting a number of our field-based detailees during the next sev-

eral months to arrange for them working with us next year.

CONDOLENCES

Rickie Klopp, ACG, Portland field office, passed away on May 20. **Rickie** worked for 36 years in the official system for the State of Oregon and FGIS. He will be missed by all.

AWARDS

Durwood Helms, marketing specialist, Washington, DC (retired); **Tim Hansen**, marketing specialist, Washington, DC; **Christopher Gray**, senior marketing specialist, Denver; **James Morcaldi**, financial unit supervisor, Denver; **Robert Schmidt**, financial unit supervisor, Atlanta; **Luis Sosa**, auditor, Des Moines; **Michael Pacatte**, resident agent, Texas; **Kevin Smith**, senior economist, Atlanta; **Alan Houchin**, resident agent, Kentucky; and **Teddi Baird**, economist, Denver received a certificate of merit and cash award in recognition for sustained dedication, professionalism and commitment during the investigation of the nation's largest livestock marketing operation.

Continued, see Names on page 3.

Names, from page 2.

GIPSA Welcomes Summer Interns

Dawn Cowan, Washington, DC

Bruce Griffith, Jan Hart, and Peggy Smith each received an extra effort award for their recognized contributions in the South Building renovation project for GIPSA. Bruce was recognized for performing architectural and information technology development planning; Jan for organizing, coordinating, and managing the project; and Peggy for performing planning, procurement, and the move process.

Donna Melton, program analyst, Washington, DC, received an extra effort award for her professionalism in ensuring that the GIPSA office moves to renovated and swing space were conducted in the most efficient manner possible.

LaDondra Moon, legal instruments examiner, Des Moines, received a spot award for volunteering to answer phones, process mail, and generally assist the administrative assistants when necessary.

James Qualls, Jonesboro, received an employee suggestion award for recommending a more efficient method of cleaning Boerner dividers.

Gretchen Van Walbeek, administrative assistant, Des Moines, received a time off award for initiating, organizing, and participating in activities that have a direct impact on the work environment of the Des Moines staff and office.

The Field Management Division presented a spot award to **Barbara Barrett**, MRPBS, Administrative Services Division, Riverdale, MD, for providing prompt service in expediting printing and distribution of forms for the Cedar Rapids field office.

GIPSA would like to welcome all summer interns. We are looking forward to positive and beneficial experiences for both summer interns and GIPSA. The goal for the 2003 Program, as in the past, is twofold: 1) to increase the numbers and diversity of the interns hired within GIPSA and 2) to encourage our supervisors and managers to convert promising interns from summer intern status to the Student Career Experience Program (formerly the Cooperative Education Program).

The Summer Intern Program (SIP) provides paid job opportunities during the summer for college/university students. In addition to providing job opportunities, the SIP also provides students with information about the various programs and career opportunities in USDA.

This year, GIPSA is hiring 17 summer interns: 12 in headquarters and 5 in the field. All headquarters interns will be arriving on June 2. Returning from last year are **Doug Doerhoff** (Workforce Recruitment Program for Disabilities); **Marisol King** and **Lavita Hannah** (1890 National Scholars Programs); and **Idelisse Rodriguez** (Hispanic Colleges and Universities). **Doug** will be working with International Affairs, **Idelisse** with Compliance Division, **Marisol** with Field Management Division, and **Lavita** for the P&SP Office of the Deputy Administrator. Under the Summer Intern Program with GIPSA will be **Ravyn Hall, Nickolas Osowski, Triana Greene, Bret Fox, Megan Donelan, Kendra Smith, and Ruth Ortiz**. **Ravyn** will be working with the Civil Rights Staff; **Nickolas** and **Ruth** with Field Management Division; **Megan** and **Kendra** with Compliance Division; **Triana, Bret, and Lauren Short** with P&SP. **Lauren** is under the Washington Internship for Native Students.

The Atlanta Regional Office welcomes **Marsha Skinner** and **Charnesha Johnson**. The Technical Services Division welcomes for the second year **Daisha Burton** under the 1890 program. The Des Moines Regional Office welcomes **Genise Wright** and **Dustin Rosendahl**. The New Orleans Field Office welcomes **Berry Jones**.

35-YEAR SERVICE AWARD

Sharon Setzer, Denver

30-YEAR SERVICE AWARDS

Michael Eustrom, Technical Center
Lawrence Poling, Technical Center

20-YEAR SERVICE AWARDS

Wesley Blake, Technical Center
Patricia Jackson, Technical Center

15-YEAR SERVICE AWARD

Brenda Evans, Technical Center

Wheat Research Ideation Session

Pat McCluskey, Washington, DC

The U.S. grain and oilseed markets are undergoing significant change due to technological advances in breeding, production, processing, and information management; global competition; and consumer demand. In the wheat trade, consistent functional quality is closely related to economic value. Of course “functionality” differs among buyers, making the chore of measuring wheat end-use functionality increasingly difficult. There is long standing demand from international and domestic customers for information on end-use functionality characteristics in a shipment of wheat, whether it is transported by truck, train, or ship. Customers are disappointed to learn that there are no rapid and cost-effective ways to get this information either here in the United States or in other wheat exporting nations.

Such tests, if available, could be performed during official inspections, but would also be useful to the grain industry at large for wheat segregation decisions, and to provide wheat breeders, producers, and exporters with valuable data that would reflect end-use quality characteristics of wheat. Moreover, grain elevators at all points of the grain merchandising system could use rapid technology to enhance their binning and segregation strategies.

A number of technologies currently are available to measure functional quality. Unfortunately, none are practical for the market because they do not meet the criteria of being fast, relatively simple to perform, inexpensive, highly reliable, and repeatable. The market needs technology

that meets these criteria, and can operate at country elevators and export terminals and all points in between.

On April 24-25, 2003, FGIS held a meeting in Kansas City, MO, with leading cereal chemists and other scientists from the public and private sectors in the United States and other nations to generate new ideas to advance the research and development of technologies to deliver rapid tests of wheat end-use functionality. The more than 30 scientists in attendance were experts in wheat quality factors such as protein, starch and lipids; hard and soft wheat varieties; and current technology, including Near Infrared (NIR), image analysis, Enzyme Linked ImmunoSorbent Assay (ELISA), ultrasound research and methods.

GIPSA deputy administrator **David Shipman** opened the meeting by asking the group to set as its goal creation of a prioritized list of research objectives for developing rapid market compatible tests of end use quality, with a challenge to deliver at least one market-compatible test by May 2006.

The work began with a brainstorming exercise that identified more than 70 individual wheat quality factors, and then the top ten factors: gluten strength; dough mixing stability/characterization; variety (identification); biochemical composition (protein, starch and lipid); kernel conformity (morphology); defects (insects, mycotoxins, pesticides, etc.); milling yield; sedimentation volume; enzyme composition. Following a discussion of measurement technologies, the par-

ticipants moved into breakout sessions. The first was designed to develop a matrix that linked the technologies available for developing measurements with the top ten quality factors. The second breakout session focused on how to develop needed technology to rapidly measure particular quality factors, and outlined short, intermediate and long term research objectives.

The robust discussions of cereal chemistry and measurement technology resulted in the development of a list of quality factors and possible technical approaches for measuring them. Some participants reported an “A-ha!” experience, brought about by interaction with researchers they might otherwise never have met. Some of the technology discussed was new information for many attendees.

GIPSA hopes this activity will lead to new research collaborations that achieve our goal of developing rapid tests to predict end-use functionality. Indeed, some participants have already begun collaborating with other researchers on new projects.

Many attendees asked GIPSA to host a follow-up meeting to discuss progress. Taking the group’s suggestion to heart, GIPSA is planning a similar meeting on wheat functionality in the upcoming year. We also are investigating the feasibility of creating a “virtual meeting room” wherein colleagues could post research comments or other pertinent information. If you’d like more information on this meeting, a detailed summary report on the April meeting will be available by late June 2003.

Travel Bits & Pieces

Peggy Smith, Washington, DC

Personal Telephone Call Policy. GIPSA's telephone call policy follows the Official Telephone Call Policy issued on November 27, 2002, by the Office of the Chief Financial Officer, however, GIPSA is requiring supporting documentation submitted with the travel voucher (hotel receipt listing the calls, personal telephone bill, etc.) for all personal telephone calls made while on official travel. Approving officials must ensure that appropriate documentation is submitted with the travel voucher before approving the voucher.

Employees who travel two or more times a year should have an FTS calling card. These cards may be used for eligible personal calls and business calls made while on official travel. These cards can be requested through Diane Reeves of the GIPSA IT Staff.

Employees who are assigned a GIPSA cell phone may use the cell phone while on official travel for eligible personal calls as long as the personal calls do not cause the cell phone plan minutes to exceed the maximum amount.

Regulatory Info

Tess Butler, Washington, DC

Federal Register Publications

- Opportunity To Comment on the Applicants for the Grand Forks (ND) and Minnesota Areas - Published May 1, 2003
- Fees for Rice Inspection Services - Published May 9, 2003
- Opportunity for Designation in the Frankfort (IN), Indianapolis (IN), and Virginia Areas, and Request for Comments on the Official Agencies Serving These Areas - Published May 22, 2003
- Designation for the Mississippi Area - Published May 22, 2003
- Designation for the Kansas (KS), Minot (ND), and Cincinnati (OH) Areas - Published May 22, 2003
- Advisory Committee Meeting - Published May 22, 2003

Issuances

Fred Kelley, Washington, D.C.

New Issuances

- GIPSA Records Management Handbook (Draft), dated April 21, 2003 (Distribution: GIPSA).
- Nuclear Magnetic Resonance (NMR) Handbook, dated May 12, 2003 (Distribution: A,C,J).

Please call me at 202-720-0259, fax to 202-690-2755, or e-mail to Fred.H.Kelley@usda.gov if you have any concerns or suggestions.

Are EEO/CR issues or concerns affecting your employment with GIPSA? Do you have questions? Need help? Then let your voice be heard.

Call the EEO Advisory Committee at...

1-800-639-5167

Civil Rights Hotline

Official Agency Updates

Jan Hart, Washington, DC

Six official agencies that provide domestic services to grain customers on behalf of GIPSA have changed which agency will provide the services or changed the ownership/management of their organizations.

The **Oregon Department of Agriculture** requested that its designation to provide grain inspection services be voluntarily canceled effective November 27, 2002. **Lewiston Grain Inspection Service, Inc.**, Lewiston, ID, an official agency located to the northeast of Oregon, was selected by GIPSA to provide domestic services within the State of Oregon. The FGIS Portland field office provides all export services in Oregon. Lewiston began providing these services to Oregon's former customers April 1, 2003.

The **Mississippi Department of Agriculture and Commerce** also requested that its designation to provide grain inspection and weighing services be voluntarily canceled effective May 31, 2003. **Memphis Grain Inspection Service**, Memphis, TN, an official agency located north of Mississippi, was selected by GIPSA to provide official services within the State of Mississippi. As a note, there are no export port locations within the State of Mississippi, as there are in Oregon. Memphis began providing these services to Mississippi's former customers June 1, 2003.

These two instances of States privatizing are the first that have occurred since the Kansas State Grain Inspection Department privatized and Kansas Grain Inspection Service, Inc., was created in 1997.

More official agency news... **Dave and Janice Reeder** bought **Fremont Grain Inspection Department, Inc.**, Fremont, NE, on May 1, 2003. **Dave** had previously worked for Fremont, first as a licensed sampler starting in 1978, then specified service point manager, and finally official agency manager. He left Fremont to go into automobile sales in 2000. He came back to the grain business when he was selected for the positions of president and official agency manager at the **Lincoln Inspection Service, Inc.**, Lincoln, NE, in 2001. **Janice** has been the bookkeeper at **Fremont** since 1980.

With Dave leaving **Lincoln**, they needed a person to fill the key management positions he held. The trustees of **Lincoln**, a conflict-of-interest agency, named **Gary Barton** as the interim official agency manager until they permanently fill that position.

Employee Assistance Program

For confidential assistance,

Washington, DC personnel, call...

301-570-3900

or 1-800-222-0364

Field personnel, call...

1-800-222-0364

Gay and Lesbian Pride Month

Dawn Cowan, Washington, DC

USDA is celebrating Gay and Lesbian Pride Month in June. This year's international theme is "Peace Through Pride."

The American Psychological Association defines sexual orientation as an emotional or affectional attraction to another person. This includes heterosexuality (attraction to the opposite sex), homosexuality (attraction to the same sex), and bisexuality (attraction to either sex). A person's sexual orientation emerges during adolescence, is not the result of a conscious choice, and cannot be voluntarily changed.

There are employees with diverse sexual orientations at USDA. In the past, it was common to fire or refuse to hire suspected homosexuals in the Federal workplace. Employees suffered physical threats, verbal abuse, and hostile working conditions. Laws and policies have changed to prevent this form of discrimination, and to ensure that gay, lesbian, bisexual, and transgender (GLBT) individuals are an accepted and valued part of the diverse USDA workforce.

USDA's Gay and Lesbian Advisory Council (GLEAC) helps ensure that GLBT individuals have: equal access to employment career development, and promotion opportunities; full participation in the benefits and responsibilities of employment; and can serve openly within USDA without the fear of harassment or violence. GLEAC also helps ensure that GLBT customers of USDA have full and equal access to Departmental program benefits and services.

9th Annual Agency Meeting

Bill Strickland, Stuttgart

The 9th Annual Grain Inspection Agency meeting was held in St. Louis, MO, on April 16-17, 2003. The meeting was hosted by the Stuttgart Field Office and co-hosted this year by the New Orleans and Toledo Field Offices. GIPSA Administrator Donna Reifschneider was the featured guest speaker.

This event, like the World's Fair, keeps getting bigger and better each year. I compared it to the world-fair; however, Technical Services Division director Steve Tanner might compare it to the television news show "The O'Reilly Factor". Steve successfully survived the "No Spin Zone" when he fielded question regarding the GAC moisture meter.

What is the formula to having a great meeting with the field offices and the grain inspection agencies they supervise? One of the things that make these meetings work well is that FOM Clyde Steves begins working on the next year's meeting before the last day of the current meeting ends. Clyde constantly works at making the meeting as meaningful as possible to the agencies. He solicits input from the agencies throughout the year on topics they want presented at these meetings. Agency members present the majority of the presentations and do a very good job of it.

Part of the formula is having a dynamic master of ceremonies like Toledo Field Office manager Dave Mundwiler. Dave has a very audible voice and did a great job keeping the program on schedule. FOM John Shropshire and Jim Brown gave an excellent presentation on

intermarket barge reports, an item of great interest to the agencies. Another reason for the success of these meetings is the support of headquarters and the Technical Services Division.

The agencies appreciate being able to discuss their concerns with the people who set policy. Michigan Grain Inspection Agency manager Jeff Keller may have said it best in his thank you letter: "it provides this company with a forum for issue and idea exchanges."

Ten inspection agencies were represented at the meeting. In addition to presentations given by GIPSA and grain agency staff, Roy Thompson, Bunge North America, gave a presentation on expected service from the agencies. Paul Pfeiffer, Neogen, discussed testing for toxins in grain.

GIPSA administrator Donna Reifschneider and field office managers Dave Mundwiler, John Shropshire and Clyde Steves presented awards to outstanding graders:

STUTTGART FIELD OFFICE

Cairo Grain Inspection Service
Best Participation in QAS STEP
Samples

Bob Fronabarger

Ohio Valley Grain Inspection Service
Outstanding Soybean Grader

Linda Meny

Memphis Grain Inspection Service
Honorable Mention Wheat Damage

Tim Adams

Honorable Mention Sorghum Damage

Tim Adams

Outstanding Grader Wheat Damage

Jimmy Nesselroad

J.W. Barton Grain Inspection
Honorable Mention Corn Damage

Jeremy Zahnd

Honorable Mention Soybean

Jeremy Zahnd

Outstanding Grader Corn Damage

Jim Barton

Honorable Mention Overall Grading

Jason Barton

Missouri Department of Agriculture
Outstanding Grader Sorghum
Damage

Aaron Roberson

Outstanding Grader
of the Year All Grains

Skyla Walker

NEW ORLEANS FIELD OFFICE

Outstanding Lab Breakdown and
Procedures
Alabama Department of Agriculture
and Industry

Mississippi Department of Agriculture
Highest Proficiency Score AQAS

Gerard Estes

*Continued, see Agency Meeting,
on page 8.*

Designation Activities

Outstanding Grader Award for
Soybean damage
Keith Pouncey

Louisiana Department of Agriculture
Outstanding Grader Award Corn
Damage
Ronnie Swayze

Outstanding Lab Breakdown
Procedures
**Service Point – Jonesville
Louisiana**

Outstanding Grader Award
Sorghum Damage
Ronald Sayer

Outstanding Grader Award
Wheat Damage
Terrell Castille

Runner up for Highest Proficiency
Score, AQAS
Wendall Smith

TOLEDO FIELD OFFICE

Columbus Grain Inspection
Outstanding Grader in
Wheat Damage
Bryan Henry

Michigan Grain Inspection Services
Outstanding Grader Award
Corn Damage
David Howard

Outstanding Grader Award
Soybean Damage
Jeff Keller

Outstanding Grader Award
Wheat Damage
Gary Sobek

Tri-State Grain Inspection Service
Outstanding AQAS Program,
Toledo Circuit
Colleen Sampson

Indianapolis Grain Inspection and
Weighing Services
Major improvement in lab facility
increasing efficiency and profes-
sional appearance reflecting
favorably on the official inspection
system
Ronald F. Andrews

Schneider Inspection Service
Most improved official inspection
agency in inspection procedures
based on compliance reviews
Mark Beaupre

GIPSA announced the following ac-
tions on designations to officially in-
spect and weigh grain in Colorado,
Indiana, Kansas, Kentucky, Missis-
sippi, Nebraska, North Dakota, Ohio,
Virginia, and Wyoming.

GIPSA is asking for applicants to
provide official services in the Frank-
fort, Ind.; Indianapolis, Ind.; and Vir-
ginia areas. GIPSA is asking for
applications and comments about the
current service providers by July 1,
2003.

Kansas Grain Inspection Service,
Inc. (Kansas), Minot Grain Inspec-
tion, Inc. (Minot), and Tri-State Grain
Inspection Service, Inc. (Tri-State),
are designated to inspect grain effec-
tive July 1, 2003 through June 30,
2006. Memphis Grain Inspection Ser-
vice is designated to inspect grain in
Mississippi effective June 1, 2003
through March 31, 2006, concurrent
with their present designation.

New on the Web

❑ **NMR Handbook**
[http://www.usda.gov/gipsa/
reference-library/handbooks/
nmr/nmr.htm](http://www.usda.gov/gipsa/reference-library/handbooks/nmr/nmr.htm)

GIPSA South Building Renovation Project

Jan Hart, Washington, DC

The USDA is renovating, modernizing, and increasing the space efficiency of its South Building in Washington, DC. GIPSA employees are housed in a number of different locations throughout the building, but are relocating to one area. The renovation and relocation is taking place as a multi-year project.

As a start, GIPSA got the entire second floor of the fourth wing (2400 wing). Earlier this year, Field Management Division (FMD), the Information Technology Staff, and the Office of Policy/Litigation Support moved into that space.

In addition, a month ago, P&SP employees displaced by the next phase of renovation moved into FMD's vacated offices in the first floor of the sixth wing (1600 wing).

Our next major challenge will be to relocate some GIPSA employees into the second floor headhouse (the hallway along Independence Avenue). The headhouse will house the administrator's and deputy administrators' offices (including their assistants and secretaries), the Executive Resources Staff, and the Public and Congressional Relations Staff. In addition, we will house the new executive conference room, training facility, and library there so that they will be centrally located to everyone in GIPSA.

*Continued, see Space
on page 10.*

Training Thoughts

Rosemary Mayne, Training Officer, Washington, DC

The Department of Interior's website is filled with useful information on careers and training. Find it at: www.doi.gov/octc/. Some of the topics addressed are "A Guide to Web Browsing," "Developing a Career Transition Strategy," and "Job Listings." Take a look!

✦ ✦ ✦

Research studies commonly rank the competencies that are *critical* for success. The top three are:

- Integrity and Honesty
- Interpersonal Skills
- Communication

Assess yourself. How do you rate? What further development do you need? Be a continual learner.

✦ ✦ ✦

Some abilities are considered generic in today's workplace: they apply to all organizational levels and occupations. The abilities involve communication:

- Ability to communicate in writing
- Ability to make oral presentations
- Ability to use computer software.

What communication improvements do you need to make? Focus on them when it is IDP time this year. Consider that if you project poorly what you do well, people think you perform poorly!

✦ ✦ ✦

The "**New Employee Information Quick Reference**" is filled with information for all employees. It has the URLs to various websites where complete information on pay, performance, leave, benefits, etc. can be found. This handy reference guide is posted on the Training page of inGipsa.

For Your Health

Mavis Rogers, Washington, DC

DASH to Better Health. If you could bottle it, the DASH diet (Dietary Approaches to Stop Hypertension) would be considered powerful medicine. After all, it has been shown to lower blood pressure, LDL (bad) cholesterol and blood homocysteine, which has been linked to heart disease. How can you add this dash of powerful disease prevention to your daily life?

Step 1. Know the basics. The DASH diet is based on 2,000 calories a day. It includes 4-5 servings of vegetables, 4-5 servings of fruit, 7-8 servings of grains, 2-3 servings of low fat or nonfat dairy products and no more than two small servings of lean meat, poultry, or fish each day.

Step 2. Watch your portions. The number of servings may sound daunting, but sizes are actually small. Examples? One slice of bread; ½ cup cereal; ½ cup cooked vegetables, rice or pasta; one medium fruit; 3 ounces of meat, poultry or fish; 6 ounces of juice.

Step 3. Treat yourself. Depriving yourself of goodies is a recipe for disaster. The DASH diet allows for 2-3 servings of fat and oils per day and five servings of sweets per week.

Step 4. Learn more. For a free booklet on the DASH diet, including daily menus and simple recipes, call 301-592-8573 or visit <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash>.

Are Sports Drinks Necessary? Whether you are a weekend warrior or a regular exerciser, you have probably tried sports drinks like Gatorade. They replace carbohydrates and electrolytes — important chemicals such as potassium, calcium, magnesium, and sodium that are lost through sweat. But are these beverages worth drinking or is it all just marketing hype?

According to a new study in *Medicine & Science in Sports and Exercise*, serious athletes avoid fatigue 37 percent longer after downing a sports drink. Athletes also run faster, stay better coordinated, and think more clearly.

Sports medicine experts add that drinks supply energy in the right amounts to avoid an upset stomach. The carbohydrates, potassium, and sodium move fluids to the muscles where they are needed during exercise. And the added flavoring makes you likely to drink more thereby keeping you better hydrated.

What about water? A drink every 10-15 minutes during exercise will do for the less intense athlete, experts say. How about caffeine “energy” drinks? Caffeine energy drinks have been known to cause adverse effects and at least one death among young athletes. Avoid soft drinks in which the caffeine may make you urinate more and speed fluid loss. Also avoid fruit juices that add calories and may cause stomach ache or have a laxative effect.

Courtesy May 2002 TopHealth Newsletter.

Space, from page 9.

We received less space than originally planned, so as a negotiation, the Department allocated the entire second floor of the fifth wing (2500 wing) to GIPSA.

The move into the headhouse will take place approximately 1 1/2 to 2 years from now. The remaining GIPSA employees who will be located in the 2500 wing will be moving 3-4 years from now.

When the entire project is finally completed, all GIPSA headquarters employees will be housed together in one location in the South Building in newly renovated space.

Grain Advisory Committee to Meet

The Grain Inspection Advisory Committee will meet June 3-4, 2003, in Kansas City, Mo. The meeting will take place at the Embassy Suites Hotel, Kansas City Plaza.

The Committee provides advice to the GIPSA administrator with respect to implementation of the U.S. Grain Standards Act.

The agenda will include GIPSA's financial status, general program plans, and wheat end-use functionality research.



GIPSA Idea Hotline Update

Norma Phelps, Washington, DC



Here are ideas received on the GIPSA Idea Hotline in May. If you have questions about any ideas or the Hotline, please call me at 202-720-1017.

Suggestor

Suggestion

Roy Bruner, Washington, DC

Buy Software That Will Enable Users to Store Passwords

Niles Reed, New Orleans, LA

Develop a Mentoring Program for ACTs

Vicki Lacefield, Washington, DC

Donate Surplus Computers/ Monitors/Keyboards for a Basic Computer Skills Program

Jill Ainsworth, Atlanta, GA

Update Present Cell Phones or Purchase a Different Service

GIPSA Hotline Ideas Accepted and Approved for Implementation During May 2003

This list does not necessarily indicate that the idea was implemented as suggested or that it is currently in place (it could be in the development/implementation stage). To avoid the chance of misinterpretation, please call the Hotline if you have any concerns or questions regarding the following list of ideas.



Give Employees a Choice of First Aid/CPR or CPR/Automated External Defibrillator

Keep those ideas coming in! Send your ideas to the GIPSA Idea Hotline via e-mail: gipsa-ideas@gipsadc.usda.gov; FAX to 202-720-1015; or telephone 800-455-3447 or 202-720-1013. **We encourage you to send ideas via fax or e-mail to reduce the possibility of transcription errors; however, ideas will be accepted regardless of the method you choose to use.**

GIPSA News is the employee newsletter of the USDA Grain Inspection, Packers and Stockyards Administration. Send your news, ideas, suggestions, comments, questions, or thoughts for the next issue to:

Dana Stewart
USDA, GIPSA, Stop 3601
1400 Independence Avenue, SW
Washington, D.C. 20250-3601
Phone (202) 720-5091
FAX (202) 205-9237
dana.b.stewart@usda.gov

by June 25, 2003!

ASTM, from page 1.

ASTM works to “ensure the fair representation and participation of key stakeholders in ASTM activities to secure technically sound standards.” Each representative member of the main committee has a single vote. If, for instance, a corporation has several plants, they must designate a single individual to collectively represent them.

Standards that are internationally recognized strengthen both the national and international acceptance and use of products and services defined by ASTM standards. The fair process and ability for revision of these standards allows all standards that are developed by ASTM to meet both current needs and device development in the industry.

Fair process and relevance to the market place are just two attributes of these developing standards that P&SP finds are parallel to P&SP’s efforts to enforce the Packers and Stockyards Act. The P&S Act promotes fair trade practice and competitive marketing environments for the livestock, meat, and poultry industries. P&SP will apply these universally understood and cooperatively developed standards developed by ASTM International in evaluating complaints that involve a measure the value of livestock, meat, and poultry using cutting edge technology.

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