



GIPSA News

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

July 2003

Progress on Many Fronts

Dave Shipman, Washington, DC

Technology, global trade, and consumer demand are three major factors affecting American agriculture and FGIS in the long term. Technological advances are driving every aspect of the industry we serve. Science provides us with a better understanding of the intrinsic attributes of plants and how they influence food processing and manufacturing. Information technology enables us to improve production, processing, and marketing efficiency. Technology provides the food chain with new and innovative ways to be more competitive in the global market and to better meet consumer demands.

Global competition has increased as trade restrictions decrease, new players enter the market, production trends change, and buyers seek suppliers offering products of best value. For America to remain competitive, the U.S. grain industry must be extremely efficient and able to meet customer needs.

And consumers are demanding more diversity, convenience, and quality in food products. Social and environmental concerns are shaping some purchasing decisions and creating

more interest in the source of foods and how they are produced. Together, all of these factors are driving greater product differentiation in today's markets.

Our inspection system must meet emerging market needs by expanding our quality measurement capability, being flexible to accommodate new marketing practices, and improving our service delivery.

At the May 2002 Advisory Committee meeting, I gave a presentation called "A Look to the Future" that outlined objectives and strategies to prepare the official grain inspection system for the future. I am pleased that we're making significant progress in line with the plans presented last year.

We have:

- Completed a comprehensive review of our IT enterprise architecture – the first critical step in developing a web-based inspection system (see the May issue of GIPSA News for the full story on the system). This system will not simply be a database — it will streamline the entire official inspection process and

improve customer service for everyone, from inspector to customer.

- Expanded our electronic delivery of inspection results using our National Quality Database (NQDB). While the reliability and capability of forwarding electronic results to our customers will be greatly enhanced by a web-based inspection system, on an interim basis we are forwarding the NQDB information to 10 agencies on 14 company locations (with 3 more coming on-line) for an estimated 1,000 to 2,000 inspection services per week.

- Enhanced various inspection aids and training guides to provide front line inspectors with better tools to do their jobs. These tools also improve our international outreach efforts by helping domestic and international customers better understand how we measure grain quality, and, in turn, be better able to require quality specifications in their commercial contracts to meet their specific quality needs.

*Continued, see **Progress**
on page 4.*

Names in the News

PERSONNEL

Amy Van Skiver has taken on a new husband and a new name: **Amy Blechinger**. Amy's new e-mail is Amy.R.Blechinger@usda.gov. Congratulations, **Amy!**

RETIREMENT

Richard Narlock, AMA contract sampler, retired after 28 years of reliable service to FGIS. **Richard** started with the Grain Division sampling edible beans for the Grand Forks field office in 1975. During his career, he worked in the Johnstown, Forest River, McCanna, Manvel, and St. Thomas areas of North Dakota for 4 different field office managers. Richard, who turned 77 this year, loves to go walleye fishing at Devil Lake, ND, with his two adult sons.

Photo A1

Celebrating Richard Narlock's Retirement are (standing, L to R) Jim Tullous, Ed Stallman, Tom Wrenn, Penny Kilbride, Fred Lindseth, Duane Evenson, and Mary Knutson; and (seated, L to R) Carmon Adam, Richard Narlock, and Cindy Butz.

GIPSA wishes him a happy, healthy retirement!

AWARDS

Terry Baron, administrative assistant, Denver, received an extra effort award for her professionalism while performing additional duties and responsibilities during the period the Administrative Support Unit was understaffed.

Wendal Dillon, ACG, New Orleans, received a time-off award for exceptional performance.

Craig Hoover, League City, received a time-off award for suggested changes to improve the efficiency of the field office's communications.

Jeffrey Joseph, League City, received an award for significant contributions to the safety and health program in the field office.

Kraig Roesch, legal specialist, Denver, received an extra effort award for his professionalism, diligence and attitude of service to co-workers while serving the Denver regional office as legal specialist.

Patti Tolle, legal instruments examiner, Denver, received an extra effort award for assuming and performing special projects and du-

ties outside her normal job description.

Josh Watson, area manager, New Orleans, received a spot award for improving the work environment for field employees on the floating rigs.

Danny Whitten, League City, received a time-off award for creating a locally generated invoice to bill one-time-only service requests.

New Orleans field office Employee of the Quarter Awards were distributed to:

Carroll Wilson (Area 1)

Wade Berteau (Area 2)

Mack Hall (Area 3)

Walter Harness (Area 4)

James McLaurin (field office)

Each employee received a time-off award and a small token, and their pictures are being displayed on the bulletin boards at all labs.

In This Issue

Advisory Committee	3
Tech Training Scores High	4
GIPSA Fitness Stars	5
Travel Bits & Pieces	5
Issuances	5
Your Personal Assessment ...	6
For Your Health	6
Food Safety Role	7
Designation Activities	8
Be Prepared	10

Grain Advisory Committee Meets

Terri Henry, Washington, DC

GIPSA's Grain Inspection Advisory Committee met June 3-4, 2003, in Kansas City, MO. The Committee, provides GIPSA with direct access to the expertise and counsel of a broad and unbiased cross-section of the U.S. grain industry, from producer to exporter. It is a valuable resource for the Agency in developing and implementing policies and programs that enhance the marketing of U.S. grain in domestic and international markets.

Bob Smigelski, Committee chair, opened the meeting and led the committee in completing administrative matters. Administrator **Donna Reifschneider** welcomed members, guests, and GIPSA staff, and commented on the importance of the Committee's opinions and input as FGIS moves toward the future.

Dave Shipman, FGIS deputy administrator, outlined FGIS activities and plans for the future. To follow up on his May 2002, presentation "A Look to the Future," **Shipman** noted that FGIS is progressing towards a web-based inspection system. To date, FGIS has completed a comprehensive review of its enterprise architecture... the first critical step in developing the system.

Shipman also reviewed FGIS' current financial status.

Additional presentations given by FGIS staff addressed a variety of issues, including: fee increases; outsourcing to meet the President's Management Agenda; the web-based inspection system which will give customers real time access to their

service results; wheat functional research focusing on the future competitiveness of the U.S. wheat industry which will hinge greatly on the ability to efficiently deliver a consistent quality that meets the customer's special needs; artificial neural network implementation; international activities, including FGIS' expanded outreach on a variety of fronts, including the reconstruction effort in Iraq; new and improved inspection tools and services to streamline the process and improve customer service; and general inspection procedures.

Attendees also toured the Kansas Board of Trade.

The Committee adopted the following resolutions at the meeting:

1. The Committee opposes shifting standardization activities from appropriated funds to user fees. This would be significantly detrimental to the cost of services provided to customers and directly affect the overall welfare of consumers and American agriculture. GIPSA's services benefit the entire nation, while ensuring the integrity of the U.S. grain export system in the international marketplace.

2. GIPSA should continue to aggressively pursue cost control measures. GIPSA's highest level of priority should be to solve its accounting system reporting problems. Before long-term planning and budgeting can be done successfully, GIPSA must have a complete understanding of its actual financial position and be able to annually close its books.

3. GIPSA should continue to develop and implement a web-based information system. A priority in this process should be to control costs by using existing components where practical and plan to phase this system in over time with cooperation and input from stakeholders.

4. GIPSA should pursue development of a 3-4 year fee schedule that balances revenue with expenditures and provides 3 months of operating reserve. This plan must include all possible cost containment measures and be sensitive to cost competitiveness of GIPSA services.

5. GIPSA was encouraged to proceed with the development of pilot programs that allow for greater competition in domestic official services.

6. The Committee reconfirmed past resolution on test weight in soybean standards and whether there is a need for TW to be included in the grade standard.

7. The Committee supports GIPSA's goal of making market applicable wheat end use functionality tests available by May 2006, and believes that a strong, structured, focused program must be pursued to achieve that goal.

8. The Committee supports GIPSA's continued participation in developing domestic and international rules and policies addressing issues related to biosafety and Living Modified Organisms.

The next Advisory Committee meeting will be held either in late October or early November 2003, location to be determined.

Progress, *from page 1.*

- Expanded our international outreach efforts on a variety of fronts, including the reconstruction effort in Iraq.
- Initiated a collaborative with the United Soybean Board on its “Better Bean Initiative.” This is another way the official system is supporting and promoting the development of diagnostic tools to measure the value of new products entering the market to allow product differentiation at the first point of sale.
- Completed work to bring several new mycotoxin testing services to the field in the near future, services many foreign customers want.
- Convened key wheat researchers to help bring rapid and reliable end-use wheat functionality tests to the market. The future competitiveness of the U.S. wheat industry will hinge on its ability to efficiently deliver a consistent quality that meets the customer’s specific needs.
- Drafted a proposal for a new “Process Verification” program that supports industry quality management systems by using internationally recognized standards and auditors to verify a company adheres to its own quality management system.
- Converted our financial management system to the USDA-mandated FFIS system. This involved a lot of work and to this day presents challenges due to discrepancies during the conversion process.
- Finalized regulations giving official agencies more flexibility to provide services. While geographic areas minimized influence from companies requesting service, it also limited the benefits frequently of competition, i.e., improving service quality and lowering price. This regulatory change will allow more than one agency to serve customers to ensure timeliness of service, when there is no use of official services for the previous 3 months; and for barge shipping. As our quality control system improves, we will seek to further relax the restrictions on official agencies so long as doing so doesn’t compromise the integrity of the inspection system.
- Furthered our review of centralizing the monitoring inspection activities. An independent study conducted by Dr. Surak, Clemson University, concluded that GIPSA could centralize its monitoring of official agencies through the use of improved technology. The web-based inspection system serves this purpose. FMD and TSD are exploring the feasibility of a central monitoring lab. We won’t be abandoning a local GIPSA presence; we will be capitalizing on scales of economy offered by centralizing the monitoring of grain for various quality attributes. This represents a real cultural change for us. A successful transition will depend largely on deployment of the web-based inspection system and coinciding organizational changes related to future workforce attrition.
- Completed an Artificial Neural Network pilot project for wheat protein testing.

I look forward to making more progress as we work on many fronts to prepare FGIS for a future where we can rapidly and accurately measure the functional quality of grains and oilseeds, electronically capture and transmit inspection results, quickly adapt to changing market needs, and deliver quality inspection service to American agriculture.

High Scores for Technical Training

*Deborah Shipman,
Washington, DC*

Providing ongoing technical training to GIPSA field personnel is a vital part of the Technical Services Division’s (TSD) mission. TSD also trains various industry personnel and international customers.

Larry McDonald, assistant to the director, TSD, reported that the Division offers customized industry education services to facilitate the marketing of grain in commercial channels. Education topics include the testing of grains, rice, beans, peas, and lentils; equipment check testing; mycotoxin testing; and the various chemical, optical, and electronic technologies used to assess optional quality attributes, such as protein and oil. Additional information on the full range of TSD’s training programs is available at www.usda.gov/gipsa/tech-servsup/training/tech-train.htm. **Larry** noted that training for GIPSA personnel is extensively hands-on, focusing on enabling field specialists to train additional office personnel and to troubleshoot problems within their circuits.

Training for industry and international trade teams, on the other hand, focuses on the intricacies of the grading process. Detailed discussions center on the grading standards, the grading process, sampling, and other technical topics. Training for these groups also can include sessions on official inspection options and hands-on demonstrations and examples of using and testing equipment.

Larry reports that students’ evaluations of TSD’s training programs are “always at the top of the scale.”

GIPSA Fitness Stars

Julia Nelis, Washington, DC

On June 5, 2003, all Washington, DC, USDA employees were invited to participate in the annual Federal Fitness Day 2 mile Fun Run/Fun Walk in recognition of National Physical Fitness and Sports Month.

Despite the event being rescheduled three different times due to soggy weather, these GIPSA exercise warriors ventured out on a sultry day to enjoy their “walk in the park” with their friends and co-workers.

GIPSA’s walkers **Virginia Roseberry** received women’s 1st place, **Julia Nelis** received women’s 2nd place, and **Brian McKee** received men’s 2nd place trophies. GIPSA’s athletes **Mack Manis**, **Joey McNeil**, and intern **Megan Donelan** also participated in the event.



GIPSA Medalists (L to R): Julia Nelis, Virginia Roseberry, and Brian McKee.

Travel & Bits

Peggy Smith, Washington, DC

ATM Cash Advances. Just a reminder that ATM cash advances for official travel are limited to \$50 per day multiplied by the number of calendar days in domestic status for a maximum 7 calendar days or \$375 per week (including ATM service fees). GIPSA will reimburse travelers for service fees for ATM advances through the Government-issued travel card not exceeding \$50 per day. Service fees will not be reimbursed for cash advances through a personal card. Cash obtained from the ATM in amounts greater than required for the travel duration are considered excessive cash advances. All cardholders who obtain a cash advance should do so no more than three days in advance of the official travel date. The Office of Inspector General has and will continue to monitor the use of individually billed travel cards.

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/Civil Rights Hotline at...

1-800-639-5167

Issuances

Fred Kelley, Washington, D.C.

New Issuances

- FGIS Program Notice 03-02, Alkali Test to Detect Hard White/Red Wheat Kernels, dated June 1, 2003 (Distribution: A, C, E).
- GIPSA Directive 1650.1, Security and Admittance to Agency-Occupied Space, dated June 17, 2003. (Distribution: GIPSA).

Cancellations

- FGIS Program Notice 01-07, Alkali Test to Detect Hard White/Red Wheat Kernels, dated July 18, 2001.
- FGIS Directive 1650.1 (old number 260.2), Security of and Admittance to Agency-Occupied Space, Washington, D.C., Metropolitan Area, dated August 19, 1985.
- FGIS Directive 1650.2 (old number 260.3), Security of and Admittance to Agency-Occupied Field Space, dated August 19, 1985.

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

Your Personal Assessment

Rosemary Mayne, Training Officer, Washington, DC

The IDP is a written plan to systematically identify and record appropriate training and development activities that enhance an employee's performance. It is the end result of a process of analyzing your training and developmental needs in conjunction with organizational needs.

Before you draft your IDP, do a personal assessment. Then decide how you will capitalize on your strengths and correct your weaknesses.

- ✓ List your position.
- ✓ List your current major tasks and responsibilities.
- ✓ Identify four of your job strengths.
- ✓ Write your current career goal. What characteristics does that career require for success?
- ✓ Personality Traits
- ✓ Skills
- ✓ Experiences
- ✓ Education
- ✓ Indicate the characteristics you possess and those you need to improve.
- ✓ Get feedback from multiple people.
- ✓ Design a meaningful improvement plan.
- ✓ What competency will you improve?
- ✓ What will you do?
- ✓ When will you do it?
- ✓ How will you do it?
- ✓ What cost is involved, if any?

One definition of insanity is doing the same thing over and over, and expecting a different result. Try a new approach. Consider on-the-job training, details, special assignments, rotational assignments, books, videos, volunteer activities, coaching, interviews, keeping a journal, and cross-training in addition to the commonly considered formal options of classes, conferences, and leadership programs.

Bring your draft plan to your supervisor. Your supervisor will consider your needs in the context of the broader issues of the Agency. Together, agree to a plan and then you can finalize your IDP. Remember it is a plan and not a contract. Changes can dictate revisiting and revising your IDP.

Design realistic work goals and make a personal commitment to achieve them. Develop a *meaningful* IDP and refer to it regularly.

For Your Health

Mavis Rogers, Washington, DC

The Top Six Weight-Loss Lies. What lies are you telling yourself as you journey along the road to weight loss? Maybe more than you realize. It's time to get honest -- untruths may get in the way of your reaching your aims.

"People may set unrealistic goals or deprive themselves in extreme ways that are very difficult to maintain," says psychologist Bethany Teachman, University of Virginia. "It is no wonder so many people lose weight initially then have difficulty keeping the weight off."

Here are the most common myths that undermine a healthy approach to weight loss - and tips to overcome them to achieve success.

1. I need to go on a "diet." "The whole concept of a 'diet' sets us up to think we will be on a diet then off a diet. Instead, think of your weight-loss plan as a lifestyle commitment to healthy eating and exercise for the long haul.

2. I will get back on track Monday/after the holidays/when the sun comes out. There's no day like today. If you slip, pick up where you left off. Persistence works wonders.

3. All my problems will be solved when I lose weight. Dropping pounds may leave you feeling healthier and happier - but it won't make you more loveable or turn you into a runaway model. Be clear about why you want to lose weight and set realistic goals. "It is far more motivating to strive toward being fit and energetic than it is to strive toward being a size 2," Teachman says.

See **Lies** on page 10.

Homeland Security Brings Food Safety Role for GIPSA

Deborah Shipman, Washington, DC

While GIPSA does not have a food safety mission, we have supported and continue to assist other federal agencies that are charged with helping keep our food and feed safe. Homeland security efforts have further expanded our involvement in the food safety arena.

According to **Ron Biscak**, health and safety officer, Technical Services Division (TSD), FGIS has been analyzing select grains and commodities for specific pesticide residues on behalf of the Agricultural Marketing Service since 1994. Further, FGIS tests grains, upon request of buyers or sellers, for the presence of mycotoxins, which can be harmful to humans and animals. When testing indicates mycotoxins at an actionable level in a sample of grain, results are

required to be reported directly to the Food and Drug Administration (FDA).

Our food safety role has changed a bit as America's homeland security efforts have intensified. In April 2003, GIPSA became involved with the Food Emergency Response Network (FERN), a coalition of Federal partners including the USDA, FDA, Centers for Disease Control and Prevention, and Environmental Protection Agency who are charged with keeping our food and feed supply safe in the event of an emergency. **Ron** attended an FDA-sponsored "Southwest Region Laboratory Counter-Terrorism Network Workshop" in Arkansas. Other attendees included Federal and State laboratories committed to analyzing food samples in the event of a biological, chemical, or radiological terrorist attack.

Attending the workshop helped define GIPSA's role in several key homeland security initiatives: Electronic Compilation of Analytical Methods (e-CAM), Electronic Laboratory Exchange Network (eLEXNET), and Laboratory Directory (LabDir). **Ron** was also selected by TSD director **Steve Tanner** to work with the e-CAM committee and coordinate GIPSA's efforts to make our methods available to the e-CAM project.

e-CAM is a methods validation and database system developed to enable laboratories to protect the safety of our food supply against

natural and accidental threats. It has an emergency response capability to provide methods for possible use to counter terrorism. **e-LEXNET** is an integrated, secure system that allows multiple government agencies engaged in food safety activities to compare, communicate, and coordinate laboratory analysis findings. **e-LEXNET** provides the necessary infrastructure for an early-warning system that identifies potentially hazardous foods and enables health officials to assess risks and analyze trends. **LabDir** will be a web-based, searchable directory of all Federal, State, and local laboratories that respond to farm-to-table needs. This first-response tool can be used to quickly locate laboratories capable of handling and analyzing specimens for suspected chemical or biological agents.

Ron reports that TSD's laboratories are fully equipped to help FERN strengthen the country's food safety systems. In the event of a terrorist attack, TSD can help analyze the U.S. food supply for chemical or biological contamination. Our Biotechnology Lab can test using PCR, the Pesticide Analysis Groups can test for chemical contamination, and the Mycotoxin Group can use ELISA, lateral flow, and test kit analyses to test for a multitude of biological contamination.

If we're needed, GIPSA is ready to help keep our nation's food supply safer!

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

Designation Activities

Jan Hart, Washington, DC

MISSISSIPPI TO MEMPHIS

Bill Hawks, under secretary, Marketing and Regulatory Programs, was recently in Jackson, MS, for the Southern Association of State Departments of Agriculture conference. We took advantage of this opportunity to have **Under Secretary Hawks** present **Lester Spell**, commissioner, Mississippi Department of Agriculture and Commerce, with a USDA Certificate of Appreciation recognizing Mississippi's accomplishments in providing official grain inspection and weighing services under the U. S. Grain Standards Act (USGSA) for a 25-year period on behalf of GIPSA. Administrator **Donna Reifschneider** also presented mementos of appreciation to **Julie McLemore**, director of Regulatory Services, and **Keith Poncey**, grain director, for their service.

Mississippi was delegated to provide mandatory export services and designated to provide permissive domestic services under the USGSA in July 1978. Mississippi voluntarily canceled its delegation in December 2002, after the Louis Dreyfus export grain elevator in Pascagoula was razed. Mississippi voluntarily canceled its designation in May 2003.

Memphis Grain Inspection Service, Memphis, TN, was selected to provide the domestic services in the State of Mississippi.

Memphis has a solid history of meeting the challenges of providing service in new geographic areas. GIPSA is confident that Memphis will continue to provide a quality service to the grain trade customers in Mississippi. **Administrator Reifschneider** presented a Designation Certificate to **Tim Adams**, official agency manager.

DESIGNATION RENEWALS

Official agencies provide permissive domestic grain services to the grain industry on behalf of GIPSA under the US Grain Standards Act (USGSA). GIPSA granted designations as official agencies to the Kansas Grain Inspection Service, Inc., Minot Grain Inspection, Inc., and Tri-State Grain Inspection Service, Inc., authorizing them to provide the official services.

Kansas. Administrator **Donna Reifschneider** presented president **Tom Meyer**, official agency manager **Randy McCormick**, and trustee **Don Watson** with Kansas' designation at the Kansas Grain and Feed Association's (KGFA) offices. KGFA's president **Tom Tunnell** and **Ken Critchfield**, Wichita Field Office manager, also were present.

Continued, see Designation Activities, page 9.



In Appreciation for Mississippi's Service. Gerald Estes (retiring Mississippi employee), Lester Spell, Bill Hawks, Donna Reifschneider, Keith Poncey, and Julie McLemore.



Donna Reifschneider presents designation certificate to Tim Adams, Memphis Grain Inspection.



Kansas Designation: Ken Critchfield, Donna Reifschneider, Don Watson, Tom Meyer, Randy McCormick

Designation Activities, from page 8.

Kansas provides inspection services for corn, sorghum, soybeans, sunflower seed, and wheat in Colorado and Kansas, southwestern Nebraska, and southeastern Wyoming. In addition to its headquarters and SSP in Topeka, they have 11 full-service SSPs in Colby, Concordia, Cummings, Dodge City, Hutchinson, Kansas City, Salina, and Wichita, KS; Commerce City and Haxtun, CO; and Sidney, NE. They also provide onsite services to customers at 9 applicant-specific SSPs. In fiscal year 2002, Kansas provided 229,000 full grade inspections (trucks, hopper cars, and submits), 97,000 wheat protein tests, 14,000 sunflower oil tests, 5,000 aflatoxin tests, 1,000 StarLink tests, and 77,000 official commercial inspections.

Grain inspection was provided in Kansas by the Wyandotte Board of Trade starting in 1895. The Kansas legislature created the Kansas State Grain Inspection Department at the grain industry's request in 1897. GIPSA designated the agency in 1979. The Kansas legislature privatized the 100-year old agency in 1997 and GIPSA granted a designation to the newly created Kansas Grain Inspection Service, Inc. Kansas has conflict-of-interest waiver stemming from their relationship to the KGFA, which has ties to the grain trade.

Minot. Minot provides inspection services for barley, oats, sunflower seed, and wheat in northwestern North Dakota. Their headquarters and SSP are located in Minot. In fiscal year 2002, Minot provided 28,000 full grade inspections (hopper cars and sub-

mits), 9,000 factor-only inspections, 15,000 wheat protein tests, 1,000 sunflower oil tests, and 15,000 DON tests.

Minot was established by grain dealers in northwestern North Dakota as a holding point for their railcars. They also wanted someone to grade grain. The first owner was an



Tri-State: Donna Reifschneider, Colleen Sampson, Damon Sampson, Dave Mundwiler

inspector from Minnesota who started the business to meet these needs in 1947. **James Thom** bought the agency in 1965. GIPSA first designated Minot in 1979 after an interim designation. James retired from the business and sold it to son **David**, who currently is the official agency manager.

Tri-State. Administrator **Donna Reifschneider** presented president and official agency manager **Damon Sampson**, and owner **Colleen Sampson**, with Tri-State's designation at their headquarters and SSP. **Dave Mundwiler**, Toledo Field Office manager, was present.

Tri-State inspects corn, soybeans,

and wheat in the southeastern Indiana, northeastern Kentucky, and southwestern Ohio. In addition to the headquarters and SSP in Cincinnati, OH, they provide services to onsite customers at two applicant specific SSPs. In fiscal year 2002, Tri-State provided about 6,500 full grade inspections (barges, hopper cars, and submits), 500 StarLink tests, and 3,000 official commercial inspections.

The agency was originally founded as the Cincinnati Board of Trade in 1918. It could not be designated under the USGSA because of a conflict of interest due to ties with the grain trade. As a result, the Board of Trade sold its assets to its chief inspector and two partners, who incorporated the new agency as Tri-State. GIPSA first designated Tri-State in 1979 after several interim designations.

OFFICIAL AGENCY UPDATE

An official agency that provides domestic services to grain customers on behalf of GIPSA has changed the management of their organization. The Lincoln Inspection Service, Inc. (Lincoln), Lincoln, Nebraska, recently named **Mark Fulmer** as the president and official agency manager. **Mark**, formerly of Tri-State Grain Inspection Service, Inc., comes to Lincoln with over 25 years of experience in overall official agency operations, equipment checktesting, and diverter-type mechanical samplers.

Lies, from page 6.

4. Fat people don't deserve to eat. Do you forego the office pizza because you are afraid people will think you shouldn't be eating? Seeing yourself through others' eyes in a harsh, critical way "is a surefire way to blow a weight-loss plan," says psychologist Debra Mandel of Los Angeles, author of *Healing the Sensitive Heart* (Adams Media Corporation, 2003). Instead, she suggests, it is more effective to focus on developing a more loving relationship with your body. A study published in the *Journal of Behavioral Medicine* (Winter 1998) found that those who started out accepting their bodies were more than twice as likely to lose weight as those who felt dissatisfied or ashamed.

5. I shouldn't wear a bathing suit (shorts, a tank top) until I have lost all the weight. Lots of people of all different sizes enjoy wearing sexy clothes. "When you love yourself, you start enjoying life," says Mandel. Break big goals into smaller ones, and reward yourself along the way. Rather than saying, "I need to lose 25 pounds," say, "I'll buy a new swimsuit, one size smaller."

6. The less I eat, the faster I'll lose. Wrong. "The less we eat, the slower our metabolism gets, and the slower we lose the weight," says Mandel. "Deprivation also makes us unhappy and actually causes us to overeat and overindulge. A slow and steady approach – including treating yourself to your favorite foods, in moderation, is your best bet for building a healthy relationship with food and reaching your long-term goals.

So stop telling yourself lies that sabotage your efforts. Instead, start living your life with a weight-loss plan that works for you. You will feel better about yourself, your confidence will grow and you will keep the weight off.

Courtesy: Tony Bilanow for WeightWatchers.com

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 July 25, 2003!

Be Prepared on inGIPSA

Look for a new section called Emergency Preparedness and Response on *inGIPSA*.

This new section covers a wide-range of topics, including: security alerts, biosecurity, emergency plans and guides, homeland security, and building occupant emergency guides. It features PDF files of key GIPSA documents, and links to primary emergency responder groups, such as the Department of Homeland Security and FEMA.

To visit the new webpage, just go to *inGIPSA* and click "Emergency Preparedness and Response."

Zearalenone Test Kit Criteria Available

GIPSA released design criteria and test performance specifications for zearalenone test kits. The Agency is soliciting commercial test kits for quantitative determination of zearalenone in grains and commodities.

Zearalenone is a toxin produced by a mold that can be present in corn, sorghum, wheat, and other grains.

Manufacturers are invited to submit data to demonstrate their test kit meets GIPSA's criteria. GIPSA will then conduct a performance evaluation. Test kits meeting the criteria set forth in the Design Criteria and Test Performance Specifications will receive a Certificate of Conformance. The Certificate is required before a test kit can be used in the official grain inspection system.

Test kits are a very important tool for the official inspection system, providing quick and accurate analyses for mycotoxins at a low price.

For copies of the Design Criteria and Test Performance Specifications, contact Lynn Polston, GIPSA Technical Services Division, 816-891-0444, e-mail Lynn.A.Polston@usda.gov.

For technical information, contact: Tim Norden, GIPSA Technical Services Division, 816-891-0470, e-mail at Tim.D.Norden@usda.gov.

OFFICE OF THE ADMINISTRATOR
USDA, GRAIN INSPECTION, PACKERS
AND STOCKYARDS ADMINISTRATION
STOP 3601
1400 INDEPENDENCE AVENUE, SW
WASHINGTON, DC 20250-3601
