



GIPSA News

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

September 2005

Reauthorization and Rice Program Updates

Dave Shipman, Washington, DC

I'd like to update you on two issues FGIS is addressing: reauthorization of the U.S. Grain Standards Act and a recent Anheuser-Busch decision to discontinue a merchandising requirement for official rice inspections services.

In August, the House Agriculture Committee and the Senate Committee on Agriculture, Nutrition, and Forestry introduced identical legislation to reauthorize the U.S. Grain Standards Act. Both H.R. 3421 and S. 1582 reauthorize the Act for 5 years, and include authority for USDA to use private entities to perform official export inspections under direct Federal oversight.

The latter provision stems from a concept introduced by grain industry and producer groups at the May 2005 Congressional reauthorization hearing. At the hearing, representatives of these groups testified before Congress in support of replacing Federal employees with private companies operating under Federal supervision to provide mandatory export grain inspection service. This change, they testified, would increase the cost-

competitiveness of U.S. bulk grain exports. Understanding the importance of maintaining buyer confidence, their recommendation calls for direct Federal oversight of private inspection entities to maintain international confidence in the USDA export certificate.

The legislation introduced by the House and Senate Committees provides the Secretary of Agriculture with the authority to use private entities to perform official export inspections. As written, and if enacted, the legislation provides adequate flexibility to allow for an orderly transition to private export inspection providers under Federal oversight at the Secretary's discretion. This flexibility is essential if GIPSA is charged by Congress with effectively using private firms to provide export inspection services under direct Federal oversight as an alternative to the current system.

Continued, see Update on page 4.

Hurricane Katrina

Information for GIPSA Employees

www.gipsa.usda.gov

10th Annual Administrator's Awards Kick-off

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Names in the News

PERSONNEL

Dr. David Funk has been selected as the Associate Director for Methods Development, Technical Services Division. **Dave** is a highly respected scientist and manager of research in grain quality.

Welcome to **Peyton Ferrier**, economist, Atlanta. **Peyton** is currently on detail in headquarters working for **Gary McBryde**, division director. **Peyton** was raised in King of Prussia, Pennsylvania. He graduated from Johns Hopkins University in Baltimore, Maryland, with a Bachelor of Arts degree in economics in 1997 before joining Americorps as a Volunteer in Service to America where he worked for the Mountain Microenterprise Fund, a non-profit that encourages economic development by supporting small business creation. He then attended graduate school at North Carolina State University in Raleigh, North Carolina, where he received his Ph.D. in economics in 2004 with industrial organization, agricultural economics and applied microeconomics as his areas of concentration. His dissertation considered the welfare effects of the adjustment of grading standards and the expansion of quality certification programs in the beef industry as well as retailer choice of alternative marketing mechanisms when selling agricultural products that vary in quality. For the past 2 years, **Peyton** taught undergraduate economics as a visiting professor at Ursinus College in Collegeville, Pennsylvania. **Peyton** has been married for 4 years to **Kathy Stahl**, a medical school student at

Drexel University, and has two dogs, Toma and Pika. **Peyton** enjoys chess, ultimate frisbee, basketball, and rugby.

Farewell to **Nancy Hess**, Data and Information Analysis Branch, Washington, DC. **Nancy** has accepted a position with the Government Accountability Office and will be leaving GIPSA on September 16. We wish her much success in her new position.

Welcome to **Sherrie Rustad**, new office support assistant with the Cedar Rapids Field Office. **Sherrie** replaces **Denise Ruggles** who held the position for 12 years and was recently promoted to program analyst. **Sherrie** has 19 years of Federal service with the Judicial Branch in Minnesota.

LEAVE DONATIONS

Terri Henry, Compliance Division, underwent extensive back surgery and with the recovery and extended recovery time, which only allows her to work a few days a week, all of her leave has been exhausted. If you would like to donate leave to **Terri**, please complete Form AD-1043 and send to the Leave and Compensation Team, 100 N. 6th Street Butler Square, 5th Floor, Minneapolis, MN 55403 (612) 336-3305.

AWARDS

Chuck Britton, California, received an extra effort award for exemplary performance as a collateral duty officer (CDO) with the Office of Inter-

national Affairs. From October – December 2004, and March-April 2005, **Chuck** was stationed in Kuala Lumpur, Malaysia, for a combined 4-month assignment as a CDO in Asia. During this assignment, **Chuck** worked with USDA Cooperators (U.S. Wheat Associates, U.S. Grains Council, and American Soybean Association) on marketing projects and related activities, represented GIPSA in nine countries, continued activities initiated by previous CDOs, and strengthened relationships with our customers in the region.

Regina Pankowski, Field Management Division, Washington, D.C., received a time-off award for providing valuable assistance to the Agency in response to a congressional inquiry which required immediate response. Her positive attitude and willingness to participate resulted in a successful response from the GIPSA grain program.

Peggy Smith, head, P&SP Program Services Staff, received a certificate of merit for her tireless commitment to workplace safety and her many contributions to the GIPSA Safety and Health Program.

35-YEAR SERVICE AWARDS

Jeri Fisher, Washington, DC
Brian McKee, Washington, DC
Wayne Melvin, Crowley

*Continued, see Names
on page 5.*

10th Annual Administrator's Awards

David R. Shipman, Washington, DC

I'm delighted to announce that the Awards Committee is now accepting nominations for the 10th Annual Administrator's Awards.

The Administrator's Awards program offers a unique opportunity for each and every GIPSA employee to recognize the outstanding accomplishments of our coworkers – those who went the extra mile, made an extra effort, did something especially noteworthy this year, or just work at an exemplary level each day. Remember, anyone may nominate anyone, regardless of grade level. Administrator's Awards are given for the following categories:

1. **Distinguished and Superior Individual Awards** are for employees who make extra effort to fulfill GIPSA's mission.
2. **Distinguished and Superior Group Awards** for those teams of GIPSA employees that have come together to meet an Agency need.
3. **EEO/Civil Rights Awards** recognize an individual(s) who contributes to ensuring that GIPSA is free from prejudice and discrimination.
4. **Safety Awards** are for individual(s) who have helped make our work environment safer and healthier.
5. **GIPSA Support Awards** recognize a non-GIPSA employee who has provided direction or support that has furthered GIPSA's effectiveness.

The deadline for submitting your nomination is **October 31, 2005** (nominations must be "postmarked" by this date — U.S. post office, fax, or e-mail). Mail nominations to:

Incentive Awards Committee
Office of the Administrator
USDA/GIPSA
STOP 3601
1400 Independence Avenue, SW
Washington, D.C. 20250-3601

Fax your nomination to: 202-720-1015

E-mail your nomination to: Norma.S.Phelps@usda.gov.

For a sample nomination, please see attachment 3-B of GIPSA Directive 4451.1, "Employee Recognition Program". If you have questions about the program, please contact the co-chairs of our awards committee: **Chris McClure**, 540-489-8948 office or 540-521-1347 cell; or **Linda Alston**, 202-720-1736.

As a program of this nature continues over time, we may become complacent and take it for granted. Please don't! People are what makes GIPSA the productive, successful organization it is today. Over the next 2 months, please take the time to look around and use the Administrator's Awards to recognize those who play a vital role in our success.

I look forward to seeing this year's nominations!

Travel Bits & Pieces

Peggy Smith, Washington, DC

Comp Time for Travel. Effective January 28, 2005, the Office of Personnel Management (OPM) established a new form of compensatory time that grants time off for travel time that is not otherwise compensable. You are eligible to earn Compensatory Time Off for Travel (CTOT) if you are a GS/GM employee, regardless of FLSA status. Members of the Senior Executive Service are not eligible. You are urged to discuss travel plans with your supervisor/employee prior to the TDY assignment. This will ensure proper entitlements and reduce questions and problems after the TDY. CTOT is not the same as regular compensatory time off. Regular compensatory time off is a form of premium pay. It is granted in lieu of overtime pay and may be paid out in a lump sum if not used. CTOT is different because it is earned for travel time that is not otherwise compensable and it can never be paid out. If it is not used, it will be forfeited. You have 26 pay periods beginning in the pay period in which it is credited to the NFC system in which to use CTOT. Because GIPSA is currently not using the web version of STAR (T&A reporting system), CTOT is tracked manually. If you have questions about tracking your CTOT, talk to your timekeeper. If you need additional information about CTOT, please go to www.aphis.usda.gov/mrpbs, click on Guides and Directives. Chapter 4550, Subsection a, of the Human Resources Desk Guide provides clear guidance on CTOT.

Update, from page 1.

Action on the legislation is expected by September 30, 2005, the date our previous authorization expires. I'll keep you posted on Congressional action, and you can visit our web site at <http://www.gipsa.usda.gov/lawsandregs/reauthorization/reauth2005.htm> for more information on the reauthorization process.

The official rice inspection program also is responding to market influences that will effect changes to the program.

On August 1, Anheuser-Busch, a major buyer of U.S. rice and significant GIPSA customer, discontinued a company policy that required all rice suppliers to present GIPSA quality certification with rice shipments to its facilities. Instead, Anheuser-Busch suppliers now have the option of providing quality certification from GIPSA or another entity, provided the alternative certification agent participates in an Anheuser-Busch collaborative quality survey.

GIPSA estimates a 30 percent reduction in the rice inspection workload for our Stuttgart, Arkansas, field office. The reduction could be larger if more than the anticipated number of Anheuser-Busch suppliers use private rice inspection service providers and if competitors of Anheuser-Busch decide to alter their market practices due to the Anheuser-Busch policy change.

We have given ourselves a month to gauge market impact on our rice inspection program. Between September 2005 and January 2006, we will be adjusting staffing and program operations to respond to this change.

In FY 2005, GIPSA identified a portion of the rice inspection program as a viable candidate for competitive sourcing in accordance with the Office of Management and Budget (OMB) Circular No. A-76. Based on a formal feasibility review, GIPSA concluded competitive sourcing could reduce the cost of delivering the rice inspection program and, in turn, lower long-term inspection fees to the rice industry. GIPSA submitted plans to OMB to proceed with competitive sourcing in October 2005 and had been working with the USDA/Office of the Chief Financial Officer and OMB to explore options to fund the competitive sourcing process. In light of the changing market needs for our program, we have requested and have been granted a delay in our competitive sourcing study for the rice inspection plan until May 2006.

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

Issuances

Terri Henry, Washington, D.C.

New Issuances

- FGIS Directive 9180.61, "Official Calibrations for the Dickey-john GAC 2100 Moisture Meter," dated August 1, 2005 (Distribution: A, C, E, F, G, U, V).
- FGIS Directive 9180.40, "Pesticide Residue Testing for Grain," dated August 8, 2005 (Distribution A, C, E).
- FGIS Directive 9180.55, "Official Commercial Inspection Services, dated August 1, 2005 (Distribution A, C, E).

Please contact **Terri Henry** at (202) 205-8281, fax to (202) 690-2755, or e-mail to Terri.L.Henry@usda.gov if you have questions or suggestions.

Regulatory Info

Tess Butler, Washington, DC

Federal Register Publications

- Review Inspection Requirements for Graded Commodities – Published July 7, 2005
- Proposed Posting and Posting of Stockyards – Published July 25, 2005
- Cancellation of Minnesota's Designation and the Opportunity for Designation in the Minnesota Area – Published August 17, 2005

Names, from page 2.

30-YEAR SERVICE AWARDS

John Blake, League City
John Carlson, League City
Michael Favorite, New Orleans
Craig Hoover, League City
Donnell Keith, Portland
Walter Rust, Portland
Charles Williams, New Orleans

20-YEAR SERVICE AWARDS

Joseph Barney, Kansas City
Steve Pappaducas, Des Moines

15-YEAR SERVICE AWARDS

Crystal Akins, Atlanta
Wanda Liles, Jonesboro
Kristen Pirtle, Des Moines
Regina Willis, Atlanta

AWARDS

Claud Bowen, Denver
Sheila Davis, Washington, DC
James Elswick, Denver
Angela Fore, Atlanta
Kerwin Lee, New Orleans
Dana Mitchell, New Orleans
Bernadine Turley, New Orleans
Philip Warren, Denver

Kessel Receives First Class Executive Leadership Training

Deborah Shipman, Washington, D.C.

Jason Kessel, auditor, Denver, is a participant in the Executive Leadership Program (ELP). Demanding and challenging, the ELP is sponsored by the USDA Graduate School's Leadership Development Academy. It is comprised of five 1-week classroom residential sessions, a 60-day and 30-day developmental work assignments designed to refine leadership and managerial skills.

As part of his training, **Jason** spent one week in P&SP Washington, DC, headquarters. This assignment gave him a clearer understanding of each office's operational procedures and how the offices work together toward fulfilling Agency goals.

Specifically, **Jason** shadowed **Bill Crutchfield**, division director, P&SP. During this time, **Jason** observed **Bill's** management style, a personal style in which **Bill** often invites his employees to his office to listen and discuss their concerns. **Jason** also noticed that **Bill** frequently interacts with employees in other divisions.

Currently, **Jason** is working on the Performance Standards Committee. He is helping the committee change P&SP performance standards for all positions. The remaining part of his training session will be spent working with this committee.

The ELP is providing **Jason** the opportunity to study various types of leadership and management styles in different situations. **Jason** has learned more about his own leadership style and how it compares with other managers'. He has concluded that "not one management skill is the best for every situation."

Sacramento Office Moving

Effective September 6, 2005, the Sacramento Federal Office and QAS Lab are moving to the Port of Sacramento.

Physical Address: 2895 Industrial Blvd
West Sacramento, CA 95691
Mailing Address: USDA, GIPSA, FGIS
P.O. Box 980187
West Sacramento, CA 95798-0187
Phone: 916-374-9797
Fax: 916-374-9779

FedEx and other overnight deliveries go to the physical address. USPS mail goes to the post office box.

P&SP Hits the Links

Agnes Flinn, Midwestern Regional Office

On July 22, P&SP's Midwestern Regional Office participated in the 6th Annual Federal Employees golf tournament. **Gretchen Van Walbeek, Adam Fast, Bryce Wilke**, and retired employee, **Keith Ingram** represented GIPSA in the best-ball tournament by firing a five-under-par 67, including a 1% pencil shrink.

The office sponsored the 8th hole and awarded a prize of \$20, which the foursome donated, to the golfer that deposited the most golf balls in the pond. The team thanks **Jerry Garner**, resident agenda, Indiana, for voluntarily providing two golf clocks, some head covers, and some golf balls as the prizes for tournament.



P&SP's Golfers: (left to right) Keith Ingram, Bryce Wilke, Gretchen VanWalbeek and Adam Fast.

Email Attachment Blues

David Will, Washington, DC

In the past few weeks, Information Technology Staff anti-virus software has detected, and reported numerous emails with suspicious file attachments. The reports show where the message originated from, the attachment file name, and the message addressee. Both outward bound and inward bound messages are stripped of any suspicious attachments.

Most all of the suspicious attachments have one thing in common. They all have at least two periods or dots in the file name. For instance, "job815.05.doc" has an extra period or a dot in the file name. The ".doc" file extension is allowed. The extra period or dot is not. If the file name were named "job8-15-05.doc", "job8_15_05" or "job 8 15 05", it would not be stripped from the message. Even though the operating system allows you to save your files with extra periods or dots, it is not a good file naming practice.

BIG Conference

Jacques Meadows, Atlanta

The 27th Annual Blacks in Government Conference (BIG) was held in Orlando, Florida, on August 1-5. The theme for this year's conference was "Conquering the Challenges of a Changing Work Environment."

The conference was well attended by many Federal and non-Federal employees. Some of the workshops included discussions on employment discrimination against African-American males, an overview of the establishment, changes, and requirements of the MD-715, the proposed new policy that will base a Federal employee's salary on their performance appraisal, and many more workshops and trainings that helped increase the awareness, excellence, growth, and productivity, of not only African-Americans, but of all employees within the Federal government.

The Conference also included a USDA Forum sponsored by the Washington D.C. George Washington Carver Chapter of BIG. The forum offered the opportunity for USDA employees to discuss various important issues with the Assistant Secretary for Civil Rights.

Next year's conference will be held in New York City.

Employee Assistance Program

Washington, DC personnel, call...
301-570-3900
or 1-800-222-0364

Field personnel, call...
1-800-222-0364

New Book Describes the Rise and Fall of American Stockyards

Brett Offutt, Washington, DC

In March 2005, the TCU Press, Fort Worth, Texas, released a new book chronicling the growth and decline of stockyards in America. *America's Historic Stockyards: Livestock Hotels*, by **J'Nell L. Pate**, presents the story of American stockyards in two parts, first with a historical look at marketing livestock through stockyards and second by providing a profile of 24 of the most important stockyards across the country.

Ms. Pate describes the era of big stockyards beginning with the opening of the Chicago Union Stock Yards on Christmas Day in 1865. Animals began arriving the next day and continued moving through the facility in record numbers. In 1923, nearly 10.5 million hogs were marketed through the stockyards in Chicago. Changes in the meatpacking industry caused the doors to close in July 1971. Later, developers built an industrial park on the site of the old Union Stock Yards. The impressive limestone entrance gate to the stockyards still stands as a reminder of days gone by.

Pate describes growth and decline of American stockyards in chapters devoted to (1) early livestock markets, colonial to the 1850s, (2) the emergence of stockyard companies, 1860s – 1920s, (3) Federal regulation of stockyards, 1930s to World War II, and (4) the dwindling occupancy of livestock “hotels,” from the 1950s to the present. In her chapter on Federal regulation, **Pate** discusses the Packers Consent Decree in 1920, the Federal Trade Commission report on the meatpacking industry and the enactment of the Packers and Stock-

yards Act of 1921. Initially, 80 public stockyards, those having more than 20,00 square feet of pen space, were identified as subject to the new rules under the P&S Act.

In the beginning, the Packers and Stockyards Administration had field offices at 19 stockyards and was headed by **Chester Morrill**, an attorney from Missouri, who reported directly to Secretary of Agriculture **Henry C. Wallace**. In its first year, the P&SA registered over 3,400 dealers and 1,000 market agencies, with an operating budget of \$200,000.

Stockyards profiled include: Lancaster (PA), Cincinnati (OH), Louisville (KY), St. Louis (MO), Chicago (IL), Milwaukee (WI), Kansas City (MO), St. Joseph (MO), Peoria (IL), Indianapolis (IN), Omaha (NE), Sioux City (IA), Denver (CO), South St. Paul (MN), Fort Worth (TX), Sioux Falls (SD), Portland (OR), South San Francisco (CA), Oklahoma City (OK), Ogden (UT), Houston (TX), and Joplin (MO). **Pate** provides additional valuable information in appendices, including a revealing table of receipts at leading markets from 1904 through 1974, and a glossary of terms used in the livestock industry.

A number of former GIPSA employees and one current employee are named as resources in the book, including **Dan VanAckeren**, who is quoted on the dust jacket back cover and thanked in the acknowledgements section. Other former employees identified include **Bill Ball**, **Keith Ingram**, and **Harry Schaaf**. Current GIPSA employee **Leah Tahiry** is

also acknowledged as a resource. *America's Historic Stockyards: Livestock Hotels* examines an important era in American history, including the people and markets that created that backbone of livestock marketing in this country. Copies are available through major book retailers.

Idea Hotline Update

*Norma Phelps,
Washington, DC*

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

Suggestor/Suggestion

Dorothy Grisby, New Orleans, LA/
Increase Mileage Rates Due to High
Cost of Gas Prices

Keep those ideas coming!
Send your ideas to the GIPSA
Idea Hotline via e-mail: gipsa-
ideas@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 tran-
scription errors; however,
ideas will be accepted re-
gardless of the method you
choose to use.**

Labor Day (First Monday in September)

Eleven-year-old Peter McGuire sold papers on the street in New York City. He shined shoes and cleaned stores and later ran errands. It was 1863 and his father, a poor Irish immigrant, had just enlisted to fight in the Civil War. Peter had to help support his mother and six brothers and sisters.

Many immigrants settled in New York City in the nineteenth century. They found that living conditions were not as wonderful as they had dreamed. Often there were six families crowded into a house made for one family. Thousands of children had to go to work. Working conditions were even worse. Immigrant men, women, and children worked in factories for 10 to 12 hours a day, stopping only for a short time to eat. They came to work even if they were tired or sick because if they didn't, they might be fired. Thousands of people were waiting to take their places.

When Peter was 17, he began an apprenticeship in a piano shop. This job was better than his others, for he was learning a trade, but he still worked long hours with low pay. At night he went to meetings and classes in economics and social issues of the day. One of the main issues of concern was labor conditions. Workers were tired of long hours, low pay, and uncertain jobs. They spoke of organizing themselves into a union of laborers to improve their working conditions. In the spring of 1872, Peter McGuire and 100,000 workers went on strike and marched through the streets, demanding a decrease in the long working day.

This event convinced Peter that an

organized labor movement was important for the future of workers' rights. He spent the next year speaking to crowds of workers and unemployed people, lobbying the city government for jobs and relief money. It was not an easy road for Peter McGuire. He became known as a "disturber of the public peace." The city government ignored his demands.

Peter himself could not find a job in his trade. He began to travel up and down the east coast to speak to laborers about unionizing. In 1881, he moved to St. Louis, Missouri, and began to organize carpenters there. He organized a convention of carpenters in Chicago, and it was there that a national union of carpenters was founded. He became General Secretary of the United Brotherhood of Carpenters and Joiners of America.

The idea of organizing workers according to their trades spread around the country. Factory workers, dock workers and toolmakers all began to demand and get their rights to an eight-hour workday, a secure job, and a future in their trades. Peter McGuire and laborers in other cities planned a holiday for workers on the first Monday in September, halfway between Independence Day and Thanksgiving Day.

On September 5, 1882 the first Labor Day parade was held in New York City. Twenty thousand workers marched in a parade up Broadway. They carried banners that read "LABOR CREATES ALL WEALTH," and "EIGHT HOURS FOR WORK, EIGHT HOURS FOR REST, EIGHT HOURS FOR RECREATION!" After the parade, there

were picnics all around the city. At night, fireworks were set off. Within the next few years, the idea spread from coast to coast, and all states celebrated Labor Day. In 1894, Congress voted it a Federal holiday.

Designation Activities

GIPSA is asking for applicants to provide official services in the Jamestown, North Dakota; Lincoln, Nebraska; Memphis, Tennessee; Omaha, Nebraska; and Sioux City, Iowa, areas. GIPSA is asking for applications for the areas, and comments about the current service providers by October 1, 2005.

Aberdeen Grain Inspection, Inc.; Decatur Grain Inspection, Inc.; Hastings Grain Inspection, Inc.; John R. McCrea Agency, Inc.; Missouri Department of Agriculture; and South Carolina Department of Agriculture are designated to inspect grain effective October 1, 2005, through September 30, 2008. Eastern Iowa Grain Inspection and Weighing Service, Inc. is designated for the Wisconsin area, effective October 1, 2005, through March 31, 2007, concurrent with their present designation. For official grain inspection services, contact Aberdeen at 605-225-8432, Decatur at 217-429-2466, Eastern Iowa at 563-322-7149, Hastings at 402-462-4254, McCrea at 563-242-2073, Missouri at 573-751-5515, and South Carolina at 843-296-7522.

For Your Health

Mavis Rogers, Washington, DC

The risk of developing Alzheimer's disease (AD) rises sharply the older we get. While approximately 10% of Americans over 65 have the disease, the rate of incidence after 85 is almost 50%. This means there's a steep upward curve in risk after age 65. So let's say that, for reasons that are still not well understood, one is destined to develop Alzheimer's at age 70, but is able to delay its onset until age 74. At that time, one of the four currently available Alzheimer's drugs can be started, prolonging the early stage of the disease, when the patient is still for the most part functional, for another 2 years.

What steps can you take to avoid or delay Alzheimer's disease? Alzheimer's Disease Research makes the following recommendations:

1. Control your blood pressure. Research has shown a higher incidence of Alzheimer's among those with uncontrolled high blood pressure.
2. Maintain a low blood cholesterol level. Evidence is mounting that those who have high cholesterol from middle age onward have four to five times higher risk of developing Alzheimer's in later years. Considering that high cholesterol levels also contribute to a risk of stroke-related dementia, too much fat and cholesterol in the diet is a definite no-no if you want to stay mentally sharp as you age. Taking a cholesterol-lowering "statin" drug is associated with a lower risk of Alzheimer's.

3. Discuss anti-inflammatory drugs with your doctor. Some studies have suggested that these medications may lower the risk of developing AD and also may slow the progress of the disease. Talk to your doctor about the safe use of anti-inflammatory drugs.

4. Get your antioxidant vitamins. A significant body of research suggests that antioxidant vitamins, especially vitamins E and C, can prevent or delay the development of Alzheimer's, and slow its course once it develops. Most experts agree that the best source of vitamins is in the foods we eat, but taking supplements as we age may also be an option.

5. Cholinesterase inhibitors enhance memory. This class of prescription drugs includes four drugs approved by the FDA for the treatment of Alzheimer's. These drugs increase the brain's supply of a key neurotransmitter, called cholinesterase, and are known to slow the course of Alzheimer's disease. The earlier you begin taking these drugs after you develop memory problems, the more

effective they can be. Talk to your doctor.

6. Exercise your mind and body. For reasons that are still not well delineated, regular physical exercise seems to improve cognitive ability throughout life and is also associated with a lower risk of Alzheimer's. And the old adage, "use it or lose it" applies equally to the brain. Any type of intellectual stimulation engaged in regularly helps—whether it involves reading, learning new skills, playing challenging games or seeking out stimulating social activities. In other words, we need to rethink our concept of retirement. Rather than making our later years a time to "drop out" of life, our brains and bodies are telling us to live fully, stay engaged, and to constantly seek out the new.

Source: <http://www.ahaf.org/alzdis/about/adwhtnew.htm>

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 3614
1400 Independence Avenue, SW
Washington, D.C. 20250-3614
Phone (202) 720-5091
FAX (202) 690-2333
dana.b.stewart@usda.gov

by September 25, 2005!

OFFICE OF THE ADMINISTRATOR
USDA, GRAIN INSPECTION, PACKERS
AND STOCKYARDS ADMINISTRATION
STOP 3601
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