



Chinook

Extension Family Life Newsletter
University of Wyoming

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OVER THE HILL

Remember the children's story about the "Little Engine that Could"? After one intensive school year of programming, looking forward to an equally challenging summer of 4-H work, many of us may feel like that engine. And the "coal" which drives us includes praise and pride, time alone and time with friends, and new ideas. This issue of *Chinook* offers a praises for your good work, encouragement to take time out to relax and refresh, and lots of resource ideas to energize next year's program.

KUDOS

Linnet McGoodwin & Deb Johnson, with the Aging P.O.W., organizing an Alzheimer's Caregiver Conference in Casper, Sept. 16-17, 1993.

Bonnie Ellenwood, Debbie Popp, JudiAnn McNulty, & Deb Johnson, for "Women's Financial Mgt." in 1993-94.

Patty Booher, for developing her own Parent Education material and seeing record attendance in Big Horn Co.

Rhonda Shipp, for developing and presenting a "Student Financial Info" program to Park Co. high schoolers during January and February..

Susan James and Barb Daniels for their Extension "Insurance" bulletin.

Gary Small, Susan James refunded for HICAP! Gary voted chair again.

Mary Kay Wardlaw, for facilitating a TV panel on gang prevention and distribution of 8,000 copies of "Growing up Drug-Free" in Albany Co., April 1994.

Jerry Buk for work with Lincoln Co. farm families on long-term financial and relational planning.

Susan James for "Stretching Your Dollars" training for NW District.

Kim Smilie and Barb Daniels for their "Int'l. Year of Family" focus in the Converse Co. 4-H newsletter.

Lee Romsa's involvement of dads in shooting sports training. Kudos to local 4-H staff & volunteers as well.

John Hewlett, Gene Gade, Kent Drake, Frank Henderson, Jay Jenkins, Jim Jacobs & Randy Weigel, for helping families manage better through W.I.R.E. training.

Extension is the "front line" of research knowledge application. Traditionally, this role was expressed in demonstration and print/media information. It is still important as public attitudes do not always reflect accurate, sensitive views on human growth and family issues.

As families became better educated and other agencies emerged, agents became resource facilitators, providing training and directing them to sources of help. With the coming of electronic networks like Internet,

the local Extension office will be a county's training and resource link to the world. Connections to CARL (UW & Colorado libraries), Gopher (on-line data sources, including national 4-H and Extension sources), CD-ROM (data disks updating info and activities), E-Mail (electronic mail to users around the country), Compressed Video, and AGSAT technologies, UW-CES is poised to be a major player in resourcing community efforts from prenatal care to housing options to funeral plans.

Finally, Extension Educators are further expanding their roles as community development facilitators and public policy educators, helping communities plan for a future which includes all age groups, social classes, and cultural traditions.

ROUNDUP ON THIS EDITION

Page	Topic
2	Calendar; Professional Journals
3	Books for Summer Expanding Your Bookshelf
4	Extension Resources
5	Media Resources
8	Resource Organizations
9	SUMMIT schedule FL Specialist Accomplishments
10	PARADOXES: "Knowing It All Means Knowing You Don't Know"

FAMILY SPC. CALENDAR

May 11 Casper
 May 16-18 SUMMIT
 May 20-22 West Region. Research
 Youth/Resiliency Project, Seattle
 June 7 Jr. Leadership Days/4-H
 June 8 FCE Leadership/Douglas
 June 13-14 Cody, Powell

ANNOUNCEMENTS

The Extension SUMMIT on
**"Strengthening Families and
 Communities"** will be held in
 Laramie, **May 16 (1:30 PM) to
 May 18 (1:30 PM)**. If you are
 interested, please contact Ben or
 Deb Johnson, 235-9400.

"Balancing Work and Family"
 is the focus of a Utah State
 Satellite video on **May 25**.
 Downlink coordinates were
 announced or can be obtained
 from Randy Anderson.

A coalition of family-oriented
 organizations, including UW-
 CES, will sponsor a conference
 for parents on **"The Fabric of
 Family Empowerment"** in
 Casper, **August 26-27**. If
 parents can your county can
 attend (on own or via your \$100
 sponsorship), call 638-4000 for
 info and registration.

***"The quality of a person's life is in
 direct proportion to their commitment
 to excellence, regardless of their
 chosen field of endeavor."***

-Vince Lombardi

***"Man's mind, once stretched by a new
 idea never regains its original
 dimension."***

-Oliver Wendell Holmes

***"Imagination is more important than
 knowledge."***

-Albert Einstein

ALL-PRO JOURNALS

Want some good reading and
 resources? I'm assuming you all know
 about The Journal of Extension and
 professional-focus CES. These
 resources may be new but valuable
 additions to your repertoire. Prices
 cited are individual; institutional
 subscription/memberships tend to be
 somewhat more expensive.

Journal of Marriage and Family
 State-of-the-art research in a wide
 range of human development and
 family issues. Four issues yearly.
 \$50 with membership in the
 National Council on Family Relations
 3929 Central Ave, NE, Suite 550
 Minneapolis, MN 55421
 (612) 781-9331.

Family Relations

Research-with-application focus on a
 variety of development and family
 topics appropriate to Extension
 Educators. \$45, write to National
 Council on Family Relations.

Families in Society

Research-with-application targeting
 social work and community services
 for understanding audiences and
 intervention options. \$38 yearly for
 monthly editions from:
 Families in Society
 Subscription Department
 P.O. Box 6649
 Syracuse, NY 13217

Source Newsletter

Summaries of Search Institute research
 on children & youth in non-technical
 language. Free from Search Institute,
 700 S.Third St, Suite 210, Minneapolis
 MN 55415 (1-800-888-7828)

Family Life Educator

Applied journal, with activities,
 discussions, research references,
 resource reviews available for \$35 for
 4 editions from:
 Family Life Educator
 ETR Associates
 P.O. Box 1830
 Santa Cruz, CA 95061-1830
 (408) 438-4081

Family Resource Coalition Report

Four issues annually with brief
 sketches of local, state, and national
 programming efforts of a variety of
 organizations addressing family issues.
 FRC membership (w/reduced cost for
 publications) comes with the \$35
 subscription fee. Write to:
 The Family Resource Coalition
 200 S. Michigan Avenue, Suite 1520
 Chicago, IL 60604
 (312) 341-0900

Child Development

In-depth, state-of-the art research on
 children and families. \$126 for 6
 issues annually w/SRCD membership
 from:
 Society for Research in Child Dev.
 The University of Chicago Press
 5720 S. Woodlawn Avenue
 Chicago, IL 60637

Young Children

An early childhood practitioner's
 journal on issues, resource ideas, and
 activities at the cutting edge of quality
 child care and education. \$30 annually
 with NAEYC membership for 6 issues.
 National Association for the Education
 of Young Children
 1509 16th Street, NW
 Washington, DC 20036-1426
 (800-424-2460)

SUMMER READING

Even if you don't have the time to look chic and intellectual while sitting alongside a pool, the following selections will provide some pretty interesting reading for those reflective times...or be on hand when you cuddle up by the fireplace come Fall.

Gottman, John. (1993). Why Marriages Succeed or Fail. New York, NY: Simon and Schuster. (\$21) Ben's "Best Book" of the new season, summarizing research and offering helpful steps for couples to improve their interaction. Readable and full of real-life examples and thoughtful discussion.

Wolin, Steven; & Sybil Wolin. (1993). The Resilient Self. New York, NY: Villiard Books. (\$21) Ben's "Best Book of Last Season," with "can't-put-it-down tales of creative living from adult survivors of dysfunctional families. Concepts central to "Resilient Kids...and Adults" fact sheet sent out this Spring, and quite applicable to our focus in youth development/human potential.

Benson, Peter L. (1993). The Troubled Journey: A Portrait of 6th to 12th Grade Youth. Minneapolis, MN: Search Institute. (\$10) and Blyth, Dale A.; & Eugene C. Roehlkepartain. (1993). Healthy Communities, Healthy Youth. Minneapolis, MN: Search Institute. (\$10) In-depth, but refreshingly direct research-based discussions on the individual, family, and community correlates of youth risk and resiliency. Full of thought-provoking insights and applications which we need to develop into a youth/community development awareness training.

Moyers, Bill. (1993). Healing and the Mind. New York, NY: Doubleday. (\$25) An enticing look into the worlds of stress management and wellness through Moyers' penetrating interviews of everyone from molecular biologists to yoga instructors. Lots of implications for wellness programs.

Peele, Stanton; & Archie Brodsky. (1991). The Truth About Addiction and Recovery. New York, NY: Simon and Schuster. (\$13) A powerful look at the treatment "industry" with prevention-oriented conclusions and recommendations "shocking" to medical-model practitioners (hopefully not to Extension Educators). Good book to refer to other professionals, too.

Damon, William. (1988). The Moral Child. New York: The Free Press. (\$13) A thoughtful review of literature on how children learn right and wrong and how parents and educators can facilitate moral growth.

Louv, Richard. (1990). Childhood's Future. Boston, MA: Houghton-Mifflin. (\$21) An outline and plan for meeting the needs of children and safeguarding everyone's future.

Larry Dossey. (1993). Healing Words. New York, NY: HarperCollins. (\$21) Research evidence on the efficacy of spirituality (mind-body) in restoring health.

EXPANDING THE EXTENSION BOOKSHELF

(In addition to books and curricula cited in '93-94 newsletters)

Barbara Barrett-Hicks. Youth Suicide: A Comprehensive Manual for Prevention and Intervention. (get via Active Parenting, Marietta, GA) (\$20)

Herbert Benson. (1993). The Wellness Book. New York: Fire-side Books. (\$14)--A widely-recommended prevention book.

Nonie Birkedahl. (1992). Older and Wiser: A Workbook for Coping with Aging. New York: New Harbinger. (\$25)

T. Berry Brazelton. (1992). Working and Caring. Boston, MA: Addison-Wesley. (\$15) Insightful work-and-family book.

Ken Canfield. (1992). The Seven Secrets of Effective Fathers. Chicago, IL: Tyndale. (\$17) Christian book, but based on extensive literature review and research study.

Dolores Curran. (1984). Traits of a Healthy Family. New York, NY: Ballentine (\$5), and (1989). Working with Parents. Circle Pines, MN: AGS. (\$16). summarize family strengths

Edward DeBono. (1992). Teach Your Child to Think. New York, NY: Penguin. (\$12) Ideas and activities for stimulating creative and critical thinking, useful for parents and leaders.

Jane Dossick & Eugene Shea. (1988). Creative Therapy: 52 Exercises for Groups. Sarasota, FL: Professional Resource Exchange. (\$15) Activities for developing potential.

Elizabeth Einstein; & Linda Albert. (1990). Strengthening Stepfamilies. Circle Pines, MN: American Guidance Services. (\$135)

Ellen Galinsky. (1984). The Six Stages of Parenthood. Boston, MA: Addison-Wesley. (\$15) Classic summary of parent roles.

Lissy Jarvik; & Gary Small. (1991). Parentcare: A Compassionate Commonsense Guide for Adults and Their Aging Parents. Newton, MA: LifeCycle Learning. (\$11)

Children's Defense Fund. (1993). Helping Children by Strengthening Families. Washington, DC: CDF. (\$7) Sample programs which vitalize communities.

Dorothy Rich. (1988). Megaskills. Boston, MA: Houghton-Mifflin. (\$10) and 101 Activities Washington, DC: Home and School Institute (\$8). Excellent combination of concept discussion and "hands-on" activities for parents, teachers, and leaders of youth groups.

Emily & John Visher. (1991). How to Win as a Stepfamily. Second Edition. New York, NY: Brunner-Mazel.

Dale Zevin. (1993). Choosing Abstinence. Santa Clara, CA: ETR. (\$20) A new message from a credible source.

EXTENSION RESOURCES:
Borrowing from our "Cousins"

Several Extension Services have developed excellent resources for programming and resourcing communities. Cost items identified; other items free as far as I know:

Kansas State University (Go Wildcats!) CES

Dual Earner series
 Footsteps series (child development)
 Managing Stress series
 I'm Positive: Growing up with Self-Esteem
 Responsive Parenting materials

Write to: Instructional Media Center, 26 Umberger Hall,
 KSU, Manhattan, KS 66506 (913) 532-5768

The Pennsylvania State University CES

Celebrate Your Family series
 Today's Working Parent series
 Family After 40 series
 Retirement: A New Life, A Different Life (video, \$35)
 Loss in a New Light slide/tape (\$87) and video (\$35)

Write to: Publications Distribution Center, The Pennsylvania
 State University, 112 Agricultural Administration Building,
 University Park, PA 16820
 (814) 865-6713

Ohio State University Cooperative Extension Service

The Second Half of Life (print & tapes)
 -A Look at Normal Aging (\$25) w/videoconference
 -Growing Older: The Middle Years (\$1.50)
 -The Old-Old Years (\$1.50)
 -The Young-Old Years (\$1.50)
 Family Daycare Exchange (\$8.25 package)
 -Changing Families (w/audiotapes):
 Latchkey (\$4); Single Parent Families (\$4); Stepfamilies
 (\$4); Two-income Families (\$4)
 Choice, Not Chance Marriage Enrichment (\$7.80)
 LifeTime balancing work & family newsletter (\$6 annually)

Information and materials can be obtained at: Ohio State
 University Extension, Publications Office, 385 Kottman Hal,
 2021 Coffey Road, Columbus, OH 43210-1044 (614) 292-
 1607

University of Maryland Cooperative Extension Service

Parents of Preteens: Show You Care brochures
 Parents of Teens: Show You Care brochures
 A Guide to Budgeting for the Young Couple
 Computers on the Farm
 Estate Planning for Farm Families (\$3)
 Money Mistakes and How to Avoid Them

For information and copies, write: Manager, Duplicating
 Services, 6200 Sheridan Street, Riverdale, MD

Oregon State University Cooperative Extension Service

The Difficult Choice
 Respite Care
 When Dependency Increases workshop
 The Final Course workshop on depression in late life

Write to: Terri Allen, Extension Home Economics, Oregon
 State University, Miam Hall 161, Corvallis, OR 97331-5106
 (503) 737-1014

Auburn University/Alabama Cooperative Extension

Principles of Parenting (\$1.30)

Write to: The Alabama Cooperative Extension Service, State
 Hqs./Family & Child Development, Auburn University, AL
 36849-5644 (205) 844-4151

University of Kentucky

Family Vitality program
 Positive Self-Esteem in the Adult Years program
 Mid-Life: Challenge and Opportunity brochure
 Dealing Creatively with Conflict brochure
 Increase Your Creative Powers
 The Gratitude Attitude brochure
 Divorce and the Healing Process
 Solo Parenting program
 Creating Healthy Blended Families program

Write to: Family Life/Home Economics Extension, Room 320,
 Funkhouser Building, Lexington, KY 40546 (606) 257-7753

"If you judge people, you have no time to love them."

-Mother Theresa

PRIME-TIME MEDIA

The Best of Film and Video

The National Council on Family Relations judges the best media resources of the year and publishes the results in Family Relations each January. Excerpts from Jan. '94 appear below:

1. Addiction/Substance Abuse

- Winner: *Boy Wonder* (28 min)
 Producer: Forefront Productions, 609-402 West Pender Street, Vancouver, B.C., Canada V6B 1T6.
 Distributor: Bureau for At-Risk Youth, 79 Carley Avenue, Huntington, N-Y 11743. Purchase Price: \$95 (includes discussion guide). Audience: JH, HS.

Synopsis: To the outside world, Tom looks "perfect." But inside, he feels isolation, guilt and an inability to express his emotions. At a school awareness session, Tom realizes he is not alone with family alcohol problems. A school counselor encourages him to join a group that helps young people cope with their dysfunctional families. "Boy Wonder" is part of the seven episode "Madison" series, which explores a range of important social issues for youth.

Goals and Objectives: To stimulate dialogue between teens and facilitators (educators) and to sustain teen interest through a riveting story and high-production values.

- Winner: *Maggie's Secret* (34 minutes). Producer: John Danylkiw, The Landsbury Company, 11811 West Olympic Boulevard, Los Angeles, CA 90075. Distributor: The Media Guild, 11722 Sorrento Valley Road., Suite E, San Diego, CA 92121. Purchase Price: \$295-00 (includes user's guide). Audience: JH, HS.

Synopsis: Children of alcoholics suffer wide-ranging difficulties both during childhood and adulthood. They are at high risk for developing behavioral and emotional problems that often interfere with their ability to succeed in school. This is a sensitive portrayal of the struggles and challenges faced by a teenager with two alcoholic parents.

Goals and Objectives: To create an atmosphere for discussion on the impact of alcoholism on the family by looking at a teenage girl's attempts to cope with the overwhelming problems of living with two alcoholic parents.

2. Aging

- Winner: None listed
 - Runner Up: *Never Say Die: The Pursuit of Eternal Youth: America Undercover* (59 minutes). Producer: Antony Thomas, Home Box Office, 1 100 Avenue of the Americas, New York, NY 10036. Dist: Not determined.. Audience: G (adult).

Synopsis: This video focuses on the methods and motives by which people are attempting to stop or reverse the aging process. It probes the conventional "cures" and the more ambitious longterm solutions, such as cryonics.

Goals and Objectives: To provide a revealing look at a quest that is rewarding to some, fruitless for many, and extremely profitable for others. The program concludes with a critical and moral examination of real research efforts on aging.

2. Aging

- Honorable Mention: *Aging is Everybody's Business* (13 minutes).
 Producer: Mike Houlihan, Peter Nolan, and Jan Costello, 421 East Capitol, Springfield, IL 62701.
 Distributor: Jan Costello, 421 East Capitol, Springfield, IL 62701.
 Purchase Price: No charge. Rental Price: No charge.
 Audience: G.

Synopsis: The video was produced in conjunction with the National Elder Care Campaign. It calls attention to the Aging Network in Illinois and across the country. The purpose of the video is not only to create awareness about programs and services available for older people and their families, but also to help the general public understand that aging is everybody's business.'

Goals and Objectives: To create an awareness about the services for the aged in Illinois, to help the general public understand that aging is everybody's business, and to encourage people to find out more about eldercare by calling Department on Aging Senior HelpLine.

3. Contemporary Social Issues

- Winner: *Strength* (10 minutes).
 Producer: Tylon Pictures, 140 Fairmont Avenue, Hastings-on-Hudson, NY 10706. Distributor: Human Relations Media, 175 Tompkins Avenue, Pleasantville, NY 10570. Purchase Price: \$95.00. Audience: JH, HS.

Synopsis: This short, powerful drama witnesses an increasing cycle of confrontation and misunderstanding between two groups of African-American and white youths. As the tension increases, it appears an but impossible to accept a potentially tragic violent confrontation in an isolated area. The film has a shattering and unexpected climax.

Goals and Objectives: To motivate students to explore non-violent solutions to inter-racial conflicts.

4. Divorce/Remarriage: No entries were received.

5. Families with Special Needs

- Winner: *7-he Sky's the Limit* (10 minutes). Producer: Marilyn Hammond, Center for Persons with Disabilities, Utah State University, UMC 6855, Logan, Utah 84322-6855.
 Distributor: Sharon Weston, Center for Persons with Disabilities, Utah State University, UMC 6855, Logan, Utah 84322-6855.
 Purchase Price: \$25.00. Rental Price: \$5.00. Audience: P, PRO, People with disabilities.

Synopsis: This video features recreational activities for children and adults with disabilities. All kinds of recreation including skiing, horseback riding, bicycling, basketball, hiking, and hang gliding demonstrates the ability of people with disabilities to participate in all activities. Parents are encouraged to find recreational outlets for their children.

Goals and Objectives: To expand the public's knowledge of recreational adaptations, to stress the importance of recreation for everyone, and to encourage parents to seek recreational opportunities for their children with disabilities.

6. Family Violence/Abuse

- Winner: *Confronting Child Sexual Abuse-Tapes 1, 2, 3* (3 1/2 hours). Producer: Ellen Kingsley, 5307 Cherokee Street, Houston, TX 77005. Distributor: Child Welfare League of American, c/o CSSC, 300 Raritan Center Parkway, Edison, NJ 08818. Purchase Price: \$495.00 for the set of 3. Audience: PRO.

Synopsis: A set of three training videos with accompanying discussion guides. Two tapes deal with the social work practice issues around child sexual abuse, while the third portrays three juvenile court hearings in one hypothetical case.

Goals and Objectives: To help in the training of caseworkers in the area of child sexual abuse to improve services to clients.

- Winner: *Defending Our Lives* (41 minutes). Producer: Cambridge Documentary Films, PO Box 385, Cambridge, MA 02139. Distributor: Cambridge Documentary Films, PO Box 385, Cambridge, MA 02139. Purchase Price: \$150.00. Rental Price: \$45.00. Audience: HS, G, PRO, C.

Synopsis: This video exposes the magnitude and severity of domestic violence in this country. The video features four women imprisoned for killing their batterers and their terrifying personal testimonies.

Goals and Objectives: To educate viewers about domestic violence and spur legislative and judicial reform. We hope to help people understand the magnitude of the problem and to inspire creative strategies to end the cycle of violence.

7. Human Development Across the Life Span

- Winner: *Healthy Young, Healthy Aging* (15 minutes). Producer: Churchill Media, 12210 Nebraska Avenue, Los Angeles, CA 90025. Distributor: Churchill Media, 12210 Nebraska Avenue, Los Angeles, CA 90025. Purchase Price: \$250. Rental Price: \$60. Audience: JH, HS.

Synopsis: When 17-year-old Maria and her friend Louis play tennis against David and Julia, it doesn't look like a fair match. After all, David is 69 and Julia is 71. But Maria and Louis learn that being older isn't the same as being worn out, and what they do in their teen years will have a great effect on their lives 50 years from now. Watch Maria and Louis as they see *themselves* at 45 and 70!

Goals and Objectives: To promote audience discussion on how their lives now will affect their lives at 45 and 70, planning healthy lifestyles, and re-evaluating their attitudes about older people.

8. Human Reproduction and Family Planning

- Winner: *Hope Is Not a Method* (4th edition) (21 minutes). Producer: Planned Parenthood of Syracuse, Syracuse, NY. Distributor: Perennial Education, 930 Pitner, Evanston, IL 60020. Purchase Price: \$295. Rental Price: \$50. Audience: HS, C, G.

Synopsis: Compares and contrasts various forms of birth control for the sexually active young adult. Provides up-to-date information on the prevention of unwanted pregnancies and sexually transmittable diseases.

Goals and Objectives: To educate young adults on the forms of birth control available.

9. Marital and Family Issues and Communications

- Winner: *A Kid's Guide to Family Changes* (40 minutes). Producer: Words Inc., 46 Post Road East, Westport, CT 06880. Distributor: Learning Tree PublisWng, Inc., PO Box 4116, Englewood, CO 80155. Purchase Price: \$125.00. Audience: PG.

Synopsis: Reassures children experiencing being a part of a blended family, having a new baby added to the household, moving to a new location, or a death in the family that their feelings are natural reactions to what is going on around them and that, in time, their lives will resume to a less fearful and sad one, approaching more normal form. Practical ideas are offered to help these youngsters feel better. Youngsters are encouraged to see that some change is exciting and that new things don't have to be scary.

Goals and Objectives: To help young children (kindergarten through third grade) better understand and cope with the difficult transitions they or their classmates may be experiencing.

- Runner Up: *Couples and Communication* (43 minutes). Producer: Michael Fini, Fini Communications, ONE VENTURE, Suite 230, Irvine, CA 92718. Distributor: Fini Communications, ONE VENTURE, Suite 230, Irvine, CA 92718. Purchase Price: \$99.00. Rental Price: \$10.00 per month. Audience: G (adult couples), C.

Synopsis: Teaches couples four common blocks to resolving conflicts and four skills to replace the block so problems can be discussed and resolved. Also demonstrates simple ways to resolve conflicts.

Goals and Objectives: To teach couples effective communication and problem-solving skills.

10. Mental Health, Stress, Transition & Crisis Management

- Winner: *Lifestories - Families In Crisis: The Robert Bierer Story* (30 minutes). Producer: Ann Hassett and Bob Niemack, Niemack/Hassett Productions, 4629 Van Nuys Boulevard, Sherman Oaks, CA 91403. Distributor: Ambrose Video Publishing, 1290 Avenue of the Americas, Suite 2245, New York, NY 10104. Purchase Price: \$69.95. Audience: JH, HS, G, P, PRO.

Synopsis: Robert Bierer tells the true story of the events that drove popular high-school senior Dale King to commit suicide leaving his best friend to cope with a tragic sense of loss and lingering emotional scars.

Goals and Objectives: To reinforce the need for families to communicate. "Robert Bierer" is one installment in a new series about issues facing young people and their parents. The series is supported by the National PTA.

10. Mental Health, cont'd.

- Runner-Up: *Coping With Personal Problems* (53 minutes).
 Producer: Words Inc. 46 Post Road East, Westport, CT 06880.
 Distributor: Leaming Tree Publishing, Inc., PO Box 4116,
 Englewood, CO 80155. Purchase Price: \$165.00.
 Audience: PG, JH.

Synopsis: Because kids often feel powerless to affect what is happening around them and to them, this program emphasizes that youngsters do have the ability to make things happen for themselves. Students are shown how to take greater control over their own lives and solve more of their own problems. Additional sources of support, help, and counsel are detailed. Many specific problem-solving techniques and crisis management strategies are included.

Goals and Objectives: To encourage viewers to be proactive rather than reactive in solving and managing their problems. This material examines the many kinds of problems children often face and broadly groups them into three areas: (a) Those a child can solve alone, (b) those require adult intervention, and (c) those that have no solution and must be lived with.

11. Non-traditional Family Systems

- Winner: *7-he Multicultural Family* (20 minutes). Producer: Ann Marie Ellis, Ph.D., Department of Sociology, Southwest Texas State University, San Marcos, TX 78666.
 Distributor: National Child Welfare League, 440 First Street, Northwest, Suite 310, Washington, DC 20001-2085. Purchase Price: \$795-00 (6 tapes + curricula). Audience: P (Foster parents), PRO.

Synopsis: Ideally, children placed in foster homes should have foster families of the same ethnic and racial background, however, shortages of foster parents often mean that foster families are ethnically diverse. This video tape is designed to give caregivers specific strategies for fostering understanding and appreciation of culturally diverse values, beliefs, and traditions and to help children develop healthy self and "group" esteem.

Goals and Objectives: To sensitize foster parents to the needs of the children in their ethnically diverse families in order to insure the healthy development of these special children.

12. Parenting Issues

- Winner: *Immunizations: What Lily Learned* (11 minutes).
 Producer: Crommie and Crommie, c/o Altschul Group Corporation, 1560 Sherman Avenue, Suite 100, Evanston, IL 60201. Distributor: Mary Cary, Altschul Group Corporation, 1560 Sherman Avenue, Suite 100, Evanston, IL 60201. Purchase Price: \$295.00. Rental Price: \$50.00. Audience: P.

Synopsis: Lily, a young mother, learns about the various immunizations her child needs, as well as the importance of immunizing on schedule.

Goals and Objectives: To educate parents on the importance of immunizing their children.

12. Parenting, cont'd.

- Runner-Up: *Active Parenting Today: For Parents of 2-12 Year Olds* (159 minutes). Producer: Active Parenting Publishers, 810 Franklin Court, Suite B, Marietta, GA 30067. Distributor: Active Parenting, 810 Franklin Court, Suite B, Marietta, GA 30067. Purchase Price: \$345.00.

Synopsis: A video-based discussion program that teaches parents in six, two-hour sessions how to deal with the special issues they face in the 1990s. This includes: alcohol and other drug use, and how to instill qualities of cooperation, courage, self-esteem, and responsibility in their children. The video vignettes represent families from various ethnic and socioeconomic backgrounds. It is a complete revision of the parenting program that has reached over 1 million parents around the world.

Goals and Objectives: To improve participants' parenting skills through an interactive video that sparks discussion and increased retention of principles learned.

13. Sexuality and Sex Role Development

- Runner-Up: *Notjust Anybody* (24 minutes). Producer: Forefront Productions Corporation, 609-402 West Pender Street, Vancouver, B.C., Canada V6B1T6 Distributor: The Bureau for At-Risk Youth, 645 New York Avenue, Huntington, NY 11743. Purchase Price: \$95.00. Audience: JH, HS.

Synopsis: Allison and Sam have been dating for a month, @n feels their relationship is moving too fast, but has difficulty saying no. All the couple's assumptions, expectations, and confusion culminate at a party, leaving them sad, angry, and even more confused. The issues of dating pressures, assertiveness, and open and honest communications are explored so that Allison and Sam can begin to develop the skills necessary for a healthy relationship. Leader's guide included.

Goals and Objectives: To dramatize the unspoken "rules" that still govern male-female relationships in the area of sexuality and to recognize ways to break from relationship stereotypes to create healthy, respectful relationships.

14. Teenage Pregnancy and Sexuality

- Winner: "Friends" *Raping Friends: Strategies for Prevention* (28 minutes). Producer: Janet Lee Gaino, Human Relations Media, 175 Tompkins Avenue, Pleasantville, NY 10570. Distributor: Human Relations Media, 175 Tompkins Avenue, Pleasantville, NY 10570. Purchase Price: \$189.00. Audience: JH, HS, C.

Synopsis: This program highlights and defines acquaintance rape and presents new skills to prevent it. It utilizes dramatized scenes from dates, on-camera rape experts, and sights and sounds from real college and high school teens.

Goals and Objectives: To teach about acquaintance rape: \What it is and how to prevent it.

Other media in categories cited as well as entries under STD/AIDS and Public Policy are included in the January 1994 edition of Family Relations, pp. 98-104

CLEARINGHOUSE**Good Places to Know/Good Places to Write**

Bank Street College of Education
610 W. 112th Street
New York, NY 10025
(212) 663-7200

--materials and information on child care and early childhood education

Federation for Children with Special Needs
312 Stuart Street
Boston, MA 02116
(617) 482-2915
--publications list citing helps for families

Generations United
c.o CWLA, 440 First Street, NW, Suite 310
Washington, DC 20001-1085
(202) 638-2952
--the premier intergenerational organization in the USA--write for newsletter, info on community-based programs

Homebuilders/Behavioral Sciences Institute
34004 Ninth Avenue South, Suite 8
Federal Way, WA 98003-6796
--structured program on discipline and parenting regarded as a model of child abuse prevention

KIDSRIGHTS
10100 Park Cedar Drive
Charlotte, NC 28210
(1-800-892-KIDS)
--catalog of resources for parents, (pre)school teachers, children's group leaders

Learning Resources Network
1554 Hayes Drive
Manhattan, KS 66502
(913) 539-5376
--information on marketing family resource programs

Massachusetts Mutual Life Insurance Company
1295 State Road
Springfield, MA 01111
(413) 788-8411
--the Massachusetts Mutual American Family Values Study provides results of focus group and survey research

Metropolitan Life Insurance Company
The American Teacher Survey, 1987
P.O. Box 807, Madison Square Garden
New York, NY 10159-0807
--it's slightly old, but a free copy of the MetLife Teacher Survey report may be insightful

National AIDS Information Clearinghouse
P.O. Box 6003, Department HIC
Rockville, MD 20850
(1-800-458-5231)
--up-to-date information on AIDS

National Center for Prevention of Child Abuse
332 S. Michigan Ave., Suite 950
Chicago, IL 60604
(312) 663-3520
--"Intervening with New Parents: An Effective Way to Prevent Child Abuse" booklet (\$3); free directory on programs

National Center for Family Literacy
One Riverfront Plaza, Suite 608
Louisville, KY 40202
(502) 584-1133
--clearinghouse guide on model programs

National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(1-800-SAY-NO-TO)
--"Parent Training is Prevention" free manual and video
--"Prevention Plus III: Assessing Alcohol and Other Drug Prevention Programs at the School and Community Level: A Four-Step Guide to Useful Program Assessment" info

National Community Education Association
119 N. Payne Street
Alexandria, VA 22314
(703) 683-NCEA
--subscribe to Community Education journal, Community Education Today newsletter

Parent Resource Institute for Drug Education (PRIDE)
50 Hurt Plaza, Suite 210
Atlanta, GA 30303
(404) 577-4500
--program and training on parenting/drug abuse prevention

Project Home Safe
1555 King Street
Alexandria, VA 22314
(1-800-252-SAFE)
--informational materials on helping latchkey children

SIECUS: Sex Information and Education Council of the US
32 Washington Place, Room 52
New York, NY 10003
(212) 673-3850
--"Sex Education 2000: A Call for Action" (\$12+ postage)
--national sex education guidelines (\$5); info on AIDS

Tri-Ethnic Center for Prevention Research
Department of Psychology, Colorado State University
Clark Building C-78
Ft. Collins, CO 80523 (303) 491-0251
--information and materials on working with diverse audiences

SUMMIT SCHEDULE***Strengthening Families and Communities***

Thanks to leadership from WEHEA, a committee consisting of LeAnn Baker, Debbie Johnson, Leanne Johnson, Connie Lindmeier, Rhonda Shipp, and yours truly, an assessment/planning/training meeting around human development/family life will be held in Laramie, May 16-18. The SUMMIT is a significant step of organizing an agenda on human relations within the UW-CES system. ***If you have not received a registration form and would like to attend, call Ben at 766-5689.*** A tentative schedule of activities runs as follows:

May 16 (Union Ballroom, UW Union)

1:30	PM	Registration: "Signing on the Wagon Train"
2:00	PM	Gen'l Session: "The many faces of working w/families" Intro to Family Life Education
2:45	PM	Gen'l Session: "Tales for the Trails" Summary of results from needs assessment
3:30	PM	Break
3:45	PM	Discussion Groups: "Talk about the Tales" Reactions to needs assessment: ideas and interests, implications for programming
4:30	PM	Discussion Groups: "Roundup" Listening in on small groups' themes
5:00	PM	Break
6:00	PM	"Chuck Wagon": Bar-B-Que Chicken
6:45	PM	Training Group "Tell it Straight": Communication Training

May 17 (Union Ballroom, UW Union)

8:00	AM	Breakfast: Coffee and Juice
8:30	AM	Lg. Group Presentation "On the FLE Trail"
9:00	AM	Curricula Displays: "Circling the Wagons" Samples of fact sheets, curricula, programs in Human Dev. (child/youth/adult), Sexuality, Interpersonal Rel., Family Interaction, Family Resource Mgt., Ed. for Parenthood, Ethics, Families and Society to look over before discussing program interests/options/emphases in small group sessions
10:00	AM	Discussion Groups: "Around the Campfire" Interests and opportunities in human dev./family life
12:00	N	Break
12:15	PM	Luncheon: Roast Pork Speakers: Judy Powell & Tom Crocker "Families: The Fabric of Our Lives"
1:30	PM	Brainstorming: "Moving on Down the Trail": Discussion
3:30	PM	"Time Out": Chores around Laramie
6:00	PM	"Rip-roarin' Good Time": Reception Organize your own dinner, night out groups

May 18 (Ag 137)

8:00	AM	Breakfast: Coffee and Cactus Juice
8:30	AM	Lg. Group Presentation "Family Resiliency: Sharing the Trail to the New Frontier"
10:30	AM	Break
10:45	AM	Lg. Discussion/Decision Group "Trail Planning/Goal Setting: Where do we go from here?"
12:00	N	Luncheon: Lasagne Speaker: Randy Weigel "Programming for Human Needs"
1:30	PM	Wrap-up: "End of the Trail" (or the beginning of a new one?)

Family Life Specialist (Academic) Year-End Summary

In an attempt to keep you up-to-date on the comings and goings of your Family Life Specialist, Aug. '93-July '94 highlights are offered:

1. Visits to 21 counties and the Reservation, involving consultation with agents, community collaborators, and presentations on resiliency and parenting.
2. Trainings and discussions at SE, NE, and NW meetings (Sorry, SW was snowed out!)
3. Preparation of educational materials (submitted as bulletin/curricula) on Individual Resiliency, Family Resiliency, and Marriage Readiness (with efforts summarizing state HDFS Trends, Parenting by Play, and Using Media to Teach About Relationships in progress).
4. Contributions of Family-Building activities, resource materials, and news releases to Int'l. Year of the Family.
5. Theme newsletters: 9-10 & 11-12/93; 1-2, 3-4, 5-6, 7-8 /94
6. Leadership in planning and developing the "Strengthening Families and Communities" SUMMIT, including conduct of a FLE Training Needs Assessment of CES personnel.
7. Leadership/resourcing Youth & Family and Aging POWs.
8. Leadership in ES-USDA national Family Resiliency Network, including organizing of the network and writing popular and research media defining resiliency.
9. Training of DFS supervisors via WY Human Services Training Institute organized by UW Health Sciences.
10. Leadership in statewide HDFS efforts including aiding Wyoming PARENT, Wyoming Early Childhood Ass'n., development of a Children's Coalition, and consultation with several HDFS organizations (i.e., Girl Scouts),
11. UW Faculty Growth grant (for training in PREP rel. dev. model at Denver U.), UW-CES Special Needs (SUMMIT planning), and pending Challenge Grant (FLE materials) and Rural Health prevention grant.
12. Publication of 1 research article on marriage preparation preferences, 2 curriculum plans in NCFR's Teacher Kit, a lit. review on marriage preparation at NCFR conference, NCFR preconference workshop on marriage preparation. Hopefully, 1+ manuscripts will be submitted this summer.

Thanks for making this year a great one for me!

PARADOXES: A PARTING THOUGHT***"Knowing it all means knowing you don't know"***

There may have been a time when Extension Educators knew more about anything (in their areas of expertise, at least) than anybody in town. Paradoxically, the expert (ex-spurt, former sharp spray of water) is saddled with answering questions from naive clients (we're naive if we think clients are) and less able to be of use than the resource/faciliator who knows he/she doesn't need to know it all. The following "Six Commandments" may be a good summary of how we can best be useful after the "Information Revolution":

"It's not how much you know"

There was a time when Joe (just-out-of)-College was the only one with the latest research ken from State U. But the best agents in all times know effectiveness comes from "knowing how to get and use information," since you can't know everything. The operative metaphor is the hologram, not as an illusion but as an image of the future created by a collection of carefully-organized structures from several sources. CARL, Gopher, FAX, and clearinghouses are among the newest of these sources available to us.

"It's not who you know but how you network"

Once upon a time a few power-brokers controlled most decisions. Well, money, status, or popularity are not dead, but "little people" working together can accomplish quite a lot. The telephone we take for granted is a powerful metaphor for our ability to connect: Call a meeting, encourage a friend, ask for expertise, survey a community. ES-USDA is networking across state lines, coordinating with Head Start and DHHS Family Preservation efforts just as many agents are collaborating with individuals and agencies locally to make big things happen for families.

"Go with the flow"

Extension needs to make itself more like "GAK" (check the toy section for a colorful gooeey substance) than like cement according to Jane Schuchart, Family Resource Mgt. Specialist with ES-USDA. Finding our "categories" in the organizational plan of PenPages or Framework for Lifespan Family Life Education (to be shared at the SUMMIT) may help, but eventually each of us develops our own way of organizing HDFS material. Someone else's plan of work may help us start, but priorities and implementation strategies must be adapted to our personalities, abilities, resources, and settings. The best news is that really, nobody can tell us what to do.

"Put it to the test"

Because the world is fast-changing and no "one size fits all," adaptability is the "name of the game." Every idea and program needs to be "put to the test," like the TV kid who "tests" the new carpet with his dinner dish. Illinois Family Life Specialist Bob Hughes (Family Relations, Jan. '94) recommends a process to help agents "pass the test": Content integrity (foundation in theory, research, context, practice), Instructional Process (teaching plans and presentation), Implementation Process (appropriateness of delivery methods), and Evaluation (examination of process of constructing curricula and impact)...but fewer outcomes are guaranteed--another reason to invite broad participation and enjoy experimentation.

"Recycle your resources"

The recycling movement is a graphic reminder of two basic American values: resourcefulness and stewardship. Recycling knowledge entails marketing the same ideas or materials in many ways to many groups (presentations, newsletters, games, advertisements, etc.) and sharing ideas and products more among ourselves. In these ways we really can do "more with less." It doesn't hurt to recycle your own attitude by getting out of town or taking a "mental health day" now and then.

"Don't try to keep up"

We all know the rule that an activity expands to fit the time available. More often, we find time shrinking and activities growing. In a world of computers, copiers, FAXes, and Internet designed to "free us up," we wind ourselves panting to keep up. We need to work like veteran ballplayers who know they're not as quick, but "play within themselves." Setting limits, collaborating, and focusing efforts can help us be human and keep us from acting like machines.

"You are the same today that you will be five years from now except for two things: The people you meet and the books you read."

-MacMcMillan
