



July-August, 1995

Ben Silliman, Family Life Specialist, Editor

COOL CHANGE

Welcome to Summer in Wyoming, they told me: 12 noon on the Fourth of July, then Fall starts. In spite of the welcomed moisture and unexpectedly green horizon (where it's not still white), that Independence Day Summer fits this year. That niche in time, brief as a blink-and-you-miss-it ghost town, may be about as brief as our refresh and resource time with some new books. Of course, for those preparing county fairs right now, the new idea time of year may be when snowflakes are flyag. But somehow that time of year is the busiest, too.

With so much to do, it's hard to pull off the road, physically or emotionally, and reflect on what it's all about or where it's all going. Yet even in the midst of the Summer bustle, a good book can break the stress and hurry; in the boredom of 4-H project-sitting or waiting for judges, a new book can be a refreshing companion. This Chinook suggests some enriching material in the human development and family area. For variety, I add to these something humorous, a technical books outside my field (i.e., management or science), and a fiction or non-fiction book about overcoming challenges.

"Everyone has talent. What is rare is the courage to follow the talent to the dark place where it leads."-Erica Jong

KUDOS

As we reach the end of the school year, let's also raise our iced tea glasses to:
*The Work and Family pilot team of

Debby Johnson, Debbie Popp, Rhonda Shipp, and Mary Kay Wardlaw, who cultivated family-friendly workplaces, developed Extension ties with personnel directors, facilitated volunteerism for working parents, and identified family needs of shift work parents. Thanks for your contributions to the May 9 W&F compressed video!

***Teddy Jones, Patty Booher, Rhonda Shipp, Gary Small, and Gene Rohrbeck** for planning and presenting a "Strengthening Families" conference at Powell (3/30) for 50 professionals and parents. Thanks to **Christine Lawrence** for logistics and serving on a stepparent panel.

***Patty Griffith, Duncan Perrote, and Catherine Vann** for making the Teen Assessment project work—the process is worth a look in any county.

*Another successful year of community service and leadership for HICAP, under the supervision of **Gary Small, Susan James**, and new director

*The Aging POW team of **Linnet McGoodwin, Debby Johnson, Stella McKinstry, and Debbie Matteri** for a successful "Midlife" conference at Casper (10/25-27/94)

***Kim Smylie**, for training and follow-up on "How to Talk so Kids will Listen" to moms, day care providers, and DFS workers.

***Lisa Zimmer-Chu** for training on SPACES and On Common Ground.

*The WIRE team of **John Hewlett, Randy Weigel, Gene Gade, Kent Drake, and Jay Jenkins** for another year of helping farm/ranch families manage more effectively.

***Mary Kay Wardlaw**, for a public TV special on conflict resolution.

ROUNDUP ON THIS EDITION

Page Topic

2 Specialist Adventures;
"Gopher Hole;" Accomplishments

3 STATS and FACTS:
"Go Figure...
a Panoply of State Facts"

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11 PARADOXES:
A PARTING THOUGHT
Claim Your Ground
by Staying on the Move

"Do not the most moving moments of our lives leave us without words."
--Marcel Marceau

FAMILY LIFE SPECIALIST ADVENTURES**Family Life Specialist 1994-95 Year-End SUMMARY****8/22 State Fair/Child Development Judging****8/26 "Aging in a New Age" course, first day**

Public TV/Compressed video course initiated by Aging POW team, sponsored by Dept. of Home Economics, mentored by Ben Silliman. SIGN UP FOR ACADEMIC CREDIT BY 8/1 AND CONTINUING ED. CREDIT BY 8/20 WITH UW CONTINUING EDUCATION (307-766-2124).

GOPHER HOLE "Gopher" is a popular name for electronic files accessed via Internet. Both Extension and 4H (CYFERNET) offer "gophers," as well as universities, government agencies, and private organizations. Newsletters, program information, research, and statistical reports, grant announcements, and much other info appear on menus.

FERRET: An Expanding Population, Not An Endangered Species

Electronically, FERRETs in the state of Wyoming are well and prospering, thank you. The state government gopher site, established by the Department of Administration and Information, can be accessed via UW Gopher. Data and updates previously obtained by phone or mail are available at the click of a mouse:

- 1 Welcome
- 2 Dial up numbers (1-800-264-1285 for info; 1-307-777-5091 for agency help; 1307-777-5003 for brochures on agencies), plus info on what's offered and how to connect your own machine to FERRET.
- 3 Governor's Office: inaugural, state-of-the-state, & UW commencement speeches, comments, board/commission appointments, press releases
- 4 WY State Gov't: Summaries of procedures, data, and activities for: Executive: Governor, Secretary of State (public access to admin. rules & regs.; voter's guide [bills & amendments]); primary election results official candidates, 1994)
Judicial: directory, WY court rules
Legislative: citizen's guide (physical access to capitol, procedures for info and having influence on bills, committees), state statutes file
Tourism: general data on the history and geography of the state
State Government Phone Directory: for access to public agencies
- 5 FERRET User Questions and Answers cover a variety of technical user-friendly information
- 6 Citizen Comment Forms for government have little info as yet
- 7 What's New: regularly updated news; the latest features info on Ag. Department services, jobs, and available weather reports
- 8 General Gopher-Related Info: Provides access to up-to-date statistics (be ready to download), Internet FTP, Q&A, Comment, & WW Web
- 9 Other State of WY Gophers: Access to CWC, LCCC, Sheridan College, UW Grizzly and Rodeo, & WY State Library
- 10 Helpful FERRET Navigation Tools: Currently under construction this feature will help users more easily find info on the state database

1. Over 20 presentations to county audiences, plus consultations with county staff in most of the 24 county offices as well as community, and state collaborators. Judged 60+ state fair projects.
2. Training meetings on Work and Family to Southwest, Southeast, and Northwest Districts and W&F compressed video statewide. Distribution of a variety of educational materials and preparation of a resource guide on Work and Family issues.
3. Compressed Video training on the National Extension Parent Education Model (NEPEM; 5/22/95). Training of day care, family service, and Extension personnel on "How to Talk so Kids will Listen" curricula.
4. Presentation on gender issues at Aging POW Midlife Conference. Preparation of "Growing Old in a New Age" public TV/compressed video course.
5. Leadership in planning and presenting at the Strengthening Families and Communities Conference in Powell (3/30/95).
6. Six theme newsletters, 9/94 through 7/95. News releases on communication, September '94 through March '95.
7. Informal training and support for development of community coalitions on marriage preparation. Collaborated with secondary Home Economics teachers in Natrona and Converse Co. to collect data on relationship attitudes/behaviors and needs for family life education.
8. Continued involvement in the National Network on Family Resiliency, including writing of a resiliency definition material for NNFR's first national bulletin and receiving of a grant for parenting/conflict resolution/resiliency research.
9. Building Resilient Children/Families/ and Communities training for WY DFS staff (2/13-14); at Creating Community Coalitions Conference (8/25-26/94) in Casper; at Children-Youth-Families-at-Risk Conference in Washington, DC (9/25-29/94); and to Extension staff in Washington (1/11), Missouri (3/13), and West Virginia (3/18-19).
10. Collaboration with WY PARENT on creating a child abuse prevention poster (there are more if you want them!) and compressed video on NEPEM.
11. Resubmission of a prevention/education grant on rural health with Dr. Bev Taheri-Kennedy, Nursing.
12. Publication of "Premarital Preparation: A further analysis" in the Spring issue of the Journal of Sex and Marital Therapy. Presentations at National Council on Family Relations (NCFR) annual conference on "Teaching Family Systems to Undergraduates," Extension Educators Conference on "Training Needs Assessment." Elected secretary of Education and Enrichment section, NCFR.

Go Figure
STATISTICAL INDICATORS
FOR COUNTIES AND THE STATE

*Summarized from June 1995 WY Children's Factbook**

Low Birth-Weight Babies (number and pct. of all births under 5.5 lb.)

WY (1990): 513; 7.4% (1993): 476; 7.3% National Rank: 32
 Albany (1990: 32; 7.4; 1993 36; 9.3); Big Horn (1990: 5; 3.2; 1993: 4; 2.6); Campbell (1990: 36; 6.8; 1993: 40 8.0); Carbon (1990: 18; 8.3; 1993: 14; 6.5); Converse (1990: 7; 4.6; 1993: 14; 9.9) Crook (1990: 8; 9.0; 1993: 2; 2.9); Fremont (1990: 45; 7.7; 1993: 22; 4.3); Goshen (1990: 12; 7.5; 1993: 13; 8.1); Hot Springs (1990: 7; 14.6; 1993: 7; 16.7); Johnson (1990: 5; 5.8; 1993: 3; 4.6); Laramie (1990: 96; 8.0; 1993: 82: 6.7) Lincoln (1990: 14; 5.5; 1993: 16; 8.7); Natrona (1990: 64; 6.9; 1993: 57; 6.5); Niobrara (1990: 3; 12.5; 1993 2; 8.0); Park (1990: 18; 5.5; 1993: 24; 8.2); Platte (1990: 7; 7.5; 1993: 3; 3.6); Sheridan (1990: 15; 5.3; 1993: 20; 7.1); Sublette (1990: 4; 5.6; 1993: 9; 12.0); Sweetwater (1990: 42; 7.5; 1993: 50; 7.9); Teton (1990: 8; 3.8; 1993: 11; 6.8); Uinta (1990: 49; 13.6; 1993: 33; 8.0); Washakie (1990: 11; 9.7; 1993: 9; 8.0); Weston (1990: 7; 9.0; 1993: 5; 9.1)

Infant Mortality (per 1000 live births)

WY (1990: 60 deaths; 8.6; 1993: 52 deaths; 7.9) Nat'l. Rank: 33rd
 Albany (1990: 3; 6.7; 1993: 3; 7.7); Big Horn (1990: 2; 12.7; 1993: 1; 7.7); Campbell (1990: 2; 3.8; 1993: 4; 8.0); Carbon (1990: 0; 1993: 4; 18.6); Converse (1990: 1; 6.6; 1993: 1; 7.0) Crook (1990: 0; 1993: 0); Fremont (1990: 5; 8.6; 1993: 6; 11.8); Goshen (1990: 3; 18.6; 1993: 0); Hot Springs (1990: 1; 20.8; 1993: 0); Johnson (1990: 0; 1993: 0); Laramie (1990: 12; 9.6; 1993: 10; 8.2); Lincoln (1990: 4; 15.8; 1993: 0); Natrona (1990: 10; 10.7; 1993: 9; 10.3); Niobrara (1990: 0; 1993: 0); Park (1990: 3; 9.1; 1993: 3; 10.2); Platte (1990: 0; 1993: 0); Sheridan (1990: 3; 10.5; 1993: 1; 3.6); Sublette (1990: 2; 27.8; 1993: 0); Sweetwater (1990: 5; 8.9; 1993: 5; 7.9); Teton (1990: 1; 4.7; 1993: 3; 18.5); Uinta (1990: 2; 55; 1993: 2; 6.5); Washakie (1990: 0; 1993: 0); Weston (1990: 1; 12.8; 1993: 0)

The poor national ranking in these areas may be an artifact of our small population. Quality of infant and toddler care not only affects mortality but is a significant factor in preventing later, more serious problems. A survey by WY PARENT indicates that quality care for infants and toddlers is a priority for many advocates and educators. In addition, programs such as Best Beginnings are likely to be affected by federal budget cuts. Extension might be meaningfully involved in disseminating information and raising public awareness in this area.

*Previous editions of Chinook featured statistics from the FactBook on the following topics: poverty, juvenile violent crime, births to single teens, school dropout (May '95); graduation rate (Sept. '94). These sources may be helpful in designing plans of work for coming year(s).

Family Well-Being (based on 1990 Census information)

Child poverty (Highest rates): Niobrara, Goshen, Fremont, Big Horn, Platte (all over 20%); (Lowest rates): Sublette, Sweetwater, Campbell (all under 10%)

Single parent households (Highest rates): Fremont, Natrona, Albany, Sheridan, Laramie, Hot Springs, Goshen (all over 20%)
 (Lowest rates): Sublette, Lincoln, Crook, Big Horn, Washakie, Platte, (all under 17%)

Teens not in school/not in labor force (Highest rates): Hot Springs, Fremont, Uinta, Big Horn, Weston, Carbon (over 10%) (Lowest rates): Platte, Niobrara, Sublette, Washakie, Campbell (Under 5%)

 "You do not reform a world by ignoring it."

--George Bush

Child Death Rate (ages 1-14 per 100,000 children)

WY (1990: 37; 30.4; 1993: 27; 24.1) Nat'l. Rank 41st

Albany (1990: 1; 18.9; 1993: 0); Big Horn (1990: 0; 1993: 3 118.4); Campbell (1990: 4; 46.7; 1993: 57; 11.4); Carbon (1990: 18; 8.2; 1993: 24; 11.2); Converse (1990: 1; 0); Crook (1990: 0; 1993: 0); Fremont (1990: 2; 23.4; 1993: 4; 49.2); Goshen (1990: 1; 36.7; 1993: 2; 72.2); Hot Springs (1990: 4; 411.1; 1993: 1 107.0); Johnson (1990: 0; 1993: 0); Laramie (1990: 4; 24.7; 1993: 2; 11.8); Lincoln (1990: 0; 1993: 3; 74.1); Natrona (1990: 1; 7.0; 1993: 1; 6.8); Niobrara (1990: 0; 1993: 0); Park (1990: 2; 38.2; 1993: 2; 36.5); Platte (1990: 0; 1993: 2; 108.6); Sheridan (1990: 3; 60.4; 1993: 1; 19.4); Sublette (1990: 1; 93.0; 1993: 0) Sweetwater (1990: 3; 28.0; 1993: 2; 17.9); Teton (1990: 1; 45.6; 1993: 0); Uinta (1990: 3; 50.5; 1993: 2; 31.7); Washakie (1990: 0; 1993: 0); Weston (1990: 0; 1993: 1; 63.5)

Teen Violent Death Rate

(ages 15-19 per 100,000 youths)

WY (1990: 27 deaths; 77.6; 1993: 34; 94.0)

Albany (1990: 0; 1993: 2; 60.2); Big Horn (1990: 0; 1993: 1 122.9); Campbell (1990: 1; 44.5; 1993: 1; 42.5); Carbon (1990: 2; 164.8; 1993: 1; 84.4); Converse (1990: 0; 0); Crook (1990: 0; 1993: 1; 271.0); Fremont (1990: 5; 204.6; 1993: 0); Goshen (1990: 0; 1993: 0); Hot Springs (1990: 0; 1993: 0); Johnson (1990: 0; 1993: 0); Laramie (1990: 6; 115.7; 1993: 3; 54.9) Lincoln (1990: 2; 189.0; 1993: 3; 54.9); Natrona (1990: 4; 89.5; 1993: 4; 87.0); Niobrara (1990: 0; 1993: 0); Park (1990: 0; 1993: 5; 264.1); Platte (1990: 0; 1993: 0); Sheridan (1990: 2; 113.5 1993: 6; 327.7); Sublette (1990: 0; 1993: 0); Sweetwater (1990: 1; 31.8; 1993: 1; 30.8); Teton (1990: 1; 181.2; 1993: 0); Uinta (1990: 3; 186.0; 1993: 4; 235.8); Washakie (1990: 0; 1993: 2 293.3); Weston (1990: 0; 1993: 1; 229.4)

Safety and suicide prevention are significant education issues--unlike urban areas where teen deaths are increasingly homicides--which deserve attention. Esteem-building and peer support programs might be offered to schools and youth organizations, especially in counties with consistently high death rates.

**Working Smart
BOOKS FOR
EXPANDING PERSPECTIVE
AND ENHANCING SKILLS IN
WORK AND FAMILY**

Boyette, Joseph H.; & Conn, Henry P. (1991). Workplace 2000: The Revolution Reshaping American Business. New York: NAL/Plume. Discusses trends behind the rapidly-changing, highly-demanding work settings of the 1990s, implications (positive and negative) for management--less supervision, and middle-management with more self-direction; innovation--constant demand for new products and services; rewards--merit and bonus pay for documented results; and continuing education/career development-- literacy in multiple areas, constant retraining and enhancement. A must-read for those interested in work-family issues.

Zweikel, Steven. (1994). Workplace Stress. Workshop Models for Family Life Education. Families International (11700 West Lake Park Drive, Milwaukee, WI 53224). Nine pre-prepared workshops on topics ranging from job stress to anger to time management to burnout.

Culp, Stephanie. (1994). You Can Find More Time for Yourself Every Day. A Seven-Step Plan That Will Change Your Life. Cincinnati: BetterWay Books. Examines time issues from values and planning (purpose, priorities, projects, and managing a schedule) to everyday obstacles (procrastination, perfectionism, decision-making, delegating interruptions, handling meetings and time-wasting habits). Offers practical tips on organizing (handling clutter, paperwork, electronic gadgets). Full of practical tips, esp. for professional types.

Cited previously (issue in parentheses):

Seven Habits of Highly Effective People, Steven Covey (1/94) provides an overview and practical tips to using time purposefully.

Working Ourselves to Death, Diane Fassel (3/94) examines patterns and implications of workaholism.

Talking from 9 to 5, Deborah Tannen (11/94), discusses communication between genders at work.

"If you want creative workers, give them enough time to play."

--John Cleese

**Borrowing from Our "Cousins"
EXTENSION RESOURCES
NATIONWIDE**

University of Minnesota CES

Minnesota has the nation's premier on-line fact sheet-research review-curriculum menu. Monthly Family Life Packets (accessed via Extension USDA/Information Servers/Univ. of MN CES) feature articles on Abuse, Aging, Children/Teens, Demographics, Discipline, Education/Childcare, Family, Friendship, Grandparents, Grief and Death, Holiday Info., Mental Health, Parenting, & Safety. (If any of these topics are of interest and you can't download yourself, contact Ben for a copy).

Publications available via MES include:

Aging (\$5.00 ea.): Avoiding Insurance Cons; Communication, Coping with Spouse's Retirement, Family Issues in Estate Planning, Searching for Quality in Home Care.

Child Dev. Youth Leadership series: Understanding My Traits, Reading the Situation, Mastering the Organization, Appreciating Power, Acting with Ethics (\$4.00 ea.); Children and Money series: Allowances & Alternatives, Teaching Money Habits (\$1.50 ea.)

Contact: MES Distribution Center, Univ. of MN, 1420 Eckles Ave., St. Paul, MN 55108-6069 (612-625-8173). Orders under \$5 must be prepaid.

University of Nebraska CES

Our cousins to the east have three Family & Consumer Sciences newsletters which can be obtained by mail or accessed via UN-L gopher-server on Extension Service-USDA gopher:

*Balance Newsletter

*Enriching Family Relations Newsletter

*NE Family Wellness Newsletter

Contact: Dr. Herbert G. Lingren, 123 H.E., Family and Consumer Sciences Department, University of Nebraska, Lincoln, NE 68583-0801

(402-472-1664; e-mail: hdfm007@unlvm.unl.edu)

Iowa State University

*"Understanding Disaster-Related Stress"

*Iowa Family Childcare Handbook is full of advice on running a family daycare, activities, etc. (\$5.00)

*Zero to One Infant Newsletter (\$4.00 for 11 mo.)

*Ages and Stages (sums up major CD stages: \$.65)

*Understanding Children (12 topics, \$.25 ea.)

*Understanding Abuse (brief bulletins on violence and substance addiction topics, \$.10 ea.)

Contact: Extension Distribution Center, 119 Printing & Publications Building, ISU, Ames, IA 50011-3171 (515-294-5247).

**Cool Thoughts:
SUMMER READING IDEAS**

Suggestions from May 1995 Chinook may provide valuable perspectives on HDFS issues for the Fall '95 POW meeting:

Richard Lerner. (1995). America's Youth in Crisis. Thousand Oaks, CA: Sage/National 4-H Council.

John P. Kretzmann & John L. McKnight. (1993). Building Communities from the Inside Out: A Path Toward Finding and Mobilizing a Community's Assets. Northwestern University Center for Urban Affairs and Policy Research (2040 Sheridan Road, Evanston, IL 60208; 708-491-3518)

And some other recent selections, featuring good reading about adult development and relationships:

Leonard Hayflick. (1994). How and Why We Age. New York: Ballentine Books. A distinguished biologist provides research-based insights on the wholistic nature of aging, challenging myths about deterioration of heart function, value of exercise and diet, activity and dependence among the aged, and longevity potential.

Gail Sheehy. (1995). New Passages: Mapping Your Life Across Time. New York: Random House. Her latest book on midlife and beyond focuses on the foundations and varied fortunes of those 45 and beyond: A time of opportunity, for the healthy, only halfway through life. Sheehy's model is based on surveys but punctuated with personal accounts which add variety and depth to the discussion.

Judith Wallerstein & Sandra Blakeslee. (1995). The Good Marriage. How and Why Love Lasts. Boston: Houghton-Mifflin. Combining storytelling and research reporting, the authors of "Second Chances: Men, Women, and Children a Decade After Divorce," examine the interpersonal and societal pressures which challenge couples and the fundamental hard work and negotiation skills which sustain and enrich their interaction.

Robert Coles. (1994). The Call to Service: A Witness to Idealism. Boston: Houghton-Mifflin. Pulitzer Prize-winning qualitative accounts of resilient and resiliency-promoting individuals in a self-centered world by the renowned Harvard psychiatrist who introduced us to the resilient child.

There are also some thoughtful works on the lives of youth to read about this Summer:

Myrna Shure. (1994). Raising a Thinking Child: Help Your Child to Resolve Everyday Conflicts and Get Along with Others. New York: Henry Holt. The latest work in Shure's extensive research/training on Interpersonal Cognitive Problem Solving method directed at helping children and parents manage feelings, express ideas, and negotiate challenges. ICPS provides several problem-solving games for thinking about issues (IS/IS NOT; AND/OR, SOME/ALL, BEFORE/AFTER, NOW/LATER, SAME/DIFFERENT) which can be practiced, then later applied in difficult circumstances. Shure's method has been shown effective in helping kids from preschool to teenage take responsibility and cooperate with others in problem-solving.

Elaine Shaw Sorenson. (1993). Children's Stress and Coping: A Family Perspective. New York: Guilford Press. An in-depth discussion of developmental, environmental, and exceptional stresses experienced by youth, in the context of family systems. Attention to the latest research findings and implications for programming.

National Research Council. (1993). Losing Generations: Adolescents in High-Risk Settings. Washington, DC: National Academy Press. Reviews current challenges facing youth, their families and communities as well as successful programs addressing adolescents at risk, employment, family life, neighborhood changes, health, schooling, school-to-work transitions, juvenile justice, and adolescents in the child welfare system. Although somewhat urban-setting oriented, this is likely the best update on the issues available.

Foster Cline and Jim Fay. (1992). Parenting Teens with Love and Logic: Preparing Adolescents for Responsible Adulthood. Colorado Springs, CO: Pinon Press. Local authors with practical insights drawn from experience and others' research on issues typical of the adolescent years: Understanding teens, applying the Love and Logic method, promoting responsibility and providing support. A raft of brief comments on many specific issues closes the edition.

Katherine Gordy Levine. (1991). When Good Kids do Bad Things: A Survival Guide for Parents of Teenagers. New York: Pocket Books.

"Everybody wants to do something to help, but nobody wants to be first."--Pearl Bailey

NAT'L. COUNCIL ON FAMILY RELATIONS 1994 MEDIA AWARDS--SUMMARY

1. ADDICTION/SUBSTANCE ABUSE WINNER

LifeStories: Families in Crisis: Dead Drunk: The Kevin Tunell Story (30 minutes). Producer: Frank Doelger & Howard Meltzer, Turtleback Productions, 270 Lafayette Street, Suite 610, New York, NY 10012. Distributor: Ambrose Video Publishing, 1290 Avenue of the Americas, New York, NY 10104. Purchase Price: \$69.95.

Audience: Jr/Sr High, Parents

Synopsis: Based on a true story of a New Year's accident in which a 17-year-old collided with and killed 18-year-old girl, closing with Kevin Tunell's personal warning about feeling invincible and driving drunk.

2. AGING WINNER

Someone I Love has Alzheimer's Disease (17 minutes). Producer and Distributor: Lifecycle Productions, Inc., P.O. Box 183, Newton, MA 02165. Purchase Price: \$49.95. Rental Price: \$24.95.

Audience: Primary Grades, Jr.Highs, Parents, Professionals

Synopsis: Alzheimer's disease from a child's perspective, including interaction with grandparents and feelings of grandchildren about their Alzheimer's-patient grandparents.

3. CONTEMPORARY SOCIAL ISSUES WINNER

Relationships: Knowing the Good from the Bad (36 minutes). Producer: Linda Atkinson and Nick Doob, Human Relations Media, 175 Tompkins Avenue, Pleasantville, NY 10570. Distributor: Human Relations Media, 175 Tompkins Avenue, Pleasantville, NY 10570. Purchase Price: \$189.00. Rental Price: \$40.00.

Audience: Jr/Sr.High, College

Synopsis: Experience-based insights from youth on good relationship decisions, with role plays and discussion.

4. FAMILIES WITH SPECIAL NEEDS WINNER

Educating Peter (30 minutes). Producer: Gerardine Wurzburg, State of the Art, inc., 1736 Columbia Road NW, Suite 110, Washington, DC 20009. Distributor: Ambrose Video Publishing, 1290 Avenue of the Americas, New York, NY 10104. Purchase Price: \$69.95.

Audience: General

Synopsis: Describes mainstreaming of a Down Syndrome child into a third grade classroom, with benefits and hardships for all children.

5. FAMILY VIOLENCE/ABUSE WINNER

I Grow Old (27 minutes). Producer and Distributor: NEWIST/CESA #7, IS 1110, University of Wisconsin-Green Bay, Green Bay, WI 54311. Purchase Price: \$195.00. Rental Price: \$50.00.

Audience: High School, General, Parents, Professionals

Synopsis: Five case studies of elder abuse, noting causes, development, and intervention techniques.

6. HUMAN DEVELOPMENT ACROSS THE LIFE SPAN

No entries.

7. HUMAN REPRODUCTION & FAMILY PLANNING

No entries.

8. MARITAL/FAMILY COMMUNICATION WINNER

Women on Trial: America Undercover (56 minutes). Producer: Joe Feury, Joseph Feury Productions, Inc., 120 Riverside Drive, New York, NY 10024. Distributor: N/A. Purchase Price: Not yet determined.

Audience: General

Synopsis: Examines gender issues in legal system, including issues surrounding spousal abuse, limited support for abused women, and sexism in the legal system.

9. MENTAL HEALTH, STRESS, TRANSITION, AND CRISIS MANAGEMENT WINNER

Stressbusters (14 minutes). Producer and Distributor: Sunburst Communications, Inc., 39 Washington Avenue, Pleasantville, NY 10570. Purchase Price: \$89.00. Rental Price: Inquire.

Audience: Primary Grades

Synopsis: Shows young children what stress is, how it happens to everyone, and how they can cope with it. Provides simple techniques that students can use to reduce stress in their own lives and to manage it in the future.

10. DIVERSE FAMILY SYSTEMS WINNER

Other Mothers (45 minutes). Producer: Joseph Stern, Altschul Group Corporation, 1560 Sherman Avenue, Suite 100, Evanston, IL 60201. Distributor: Altschul Group Corporation, 1560 Sherman Avenue, Suite 100, Evanston, IL 60201. Purchase Price: \$295.00. Rental Price: \$40.00.

Audience: High School, Parents

Synopsis: Struggles of a high school freshman who encounters prejudice because his parents are lesbians.

11. PARENTING ISSUES WINNER

Hello Parents (32 minutes). Producer and Distributor: Vida Health Communications, 6 Bigelow Street, Cambridge, MA 02139. Purchase Price: \$295.00.

Audience: General, Parents, Professional

Synopsis: Four varied couples and a single woman making transitions to parenthood. Emphasizes labor and childbirth, choosing child care, work and family issues, fathering, infant crying and sleeping, single parenting, and keeping the couple relationship strong.

12. SEXUALITY/SEX ROLE DEVELOPMENT WINNER

LifeStories: Families in Crisis: More Than Friends: The Coming Out of Heidi Leiter (29 minutes). Producer: Frank Doelger and Howard Meltzer, Turtleback Productions, 270 Lafayette Street, Suite 610, New York, NY 10012. Distributor: Ambrose Video Publishing, Attn: Marilyn Hannum, 1290 Avenue of the Americas, New York, NY 10104. Purchase Price: \$69.95.

LifeStories, continued

Audience: Jr./Sr. High, Parents

Synopsis: Highlights challenges of a high school senior faces with family and peers when she reveals her homosexuality and attends her senior prom with her significant other.

13. TEENAGE PREGNANCY & SEXUALITY WINNER

Labor and Delivery for Teens (28 minutes). Producer and Distributor: Churchill Media, 12210 Nebraska Avenue, Los Angeles, CA 90025. Purchase Price: \$360.00. Rental Price: \$60.00.

Audience: Jr./Sr. High, College

Synopsis: Two teenage mothers share experiences of childbirth labor and delivery and the importance of continuing schooling.

14. STD/AIDS WINNER

Not Me (38 minutes). Producer: Scott Evers, Pyramid Film & Video, 2810 Colorado Avenue, Santa Monica, CA 90404. Distributor: Pyramid Film & Video, 2801 Colorado Avenue, Santa Monica, CA 90404. Purchase Price: \$295.00. Rental Price: \$75.00.

Audience: Jr./Sr. High School, College

Synopsis: Six HIV-positive young adults talk with peers about HIV and safer sex.

15. OTHER

Seasons of the Heart (97 minutes). Producer: Don Judd, 5280 South, 320 West, Murray, UT 84107. Distributor: Family Films, 5280 South, 320 West, Murray, UT 84107. Purchase Price: \$12.95. Rental Price: \$12.95.

Audience: Jr./Sr. High, Parents

Synopsis: An 1862 story of couple's coping with death of their own daughters while raising a troubled orphaned boy.

**HOW TO CHOOSE AND USE POPULAR MEDIA
IN EDUCATIONAL PROGRAMS**

1. Use material to focus and expand awareness, knowledge rather than simply to entertain.
2. Whenever possible, use contemporary material (esp. with younger audiences) to emphasize the current situation.
3. Whenever possible, use good examples (people see enough bad ones on their own and/or may misinterpret your point). However, humor in bad examples or persistence in spite of troubles can work well to make a point.
4. Use a small segment of a film with a targeted purpose.
5. Always supply the lyrics of a song, preferably on transparency.
6. Always provide some context: Why was the song/film written, what is it about, how does it relate to the topic under discussion. You may do this by way of explanation or by asking questions.
7. Encourage discussion of WHAT was seen first; then HOW it was related to your topic; then WHY things might be like they are or made different.

Get Hip:

**MEDIA RESOURCES TO ENHANCE
FAMILY LIFE PROGRAMMING**

Video Releases of Feature Films

"Fried Green Tomatoes" pictures life in small town Alabama during the Depression. Scenes shift from past--where visions of tragedy, spouse abuse, and financial hardship picture the triumph of the human spirit over difficulty--to the present, where reflecting on life events, compassion across generations, and marital (non-) interaction provide themes for discussion in a variety of family life education settings. Due to its historical context, the film is probably most appropriate for adults. Its portrayal of family life in the past provides insight on the reality that all was not as rosy as we like to believe.

"Grumpy Old Men" is the story of two widower-neighbors whose history and current unsettled friendship takes an interesting turn when a single, middle-aged woman moves in next door. Scenes illustrate, in very real and human ways, the realities that older adults are generally in good health, that their personalities as elders reflect lifelong patterns, that care of aging parents, young adult children, and personal ego (or romance) are everyday realities. Moreover, themes of personal transcendence and friendship are powerful undercurrents and good topics for discussion of the film.

The art of being wise is the art of knowing what to overlook.

--William James

Children's Books

Bill Martin, Jr. & John Archambault. (1987). Knots on a Counting Rope. New York: Henry Holt & Co.

A touching account of the life history of persistence and courage of a sightless Navajo boy, told through a dialogue with his supportive grandfather. The book features beautiful pictures and poetic text, vocabulary which can be understood by young children, with a story-line which holds adult interest. Themes appropriate to teaching about family strengths across cultures, nurturing children, child resiliency, special needs.

Tommy dePaola. (1989). The Art Lesson. New York: G.P. Putnam's Sons.

The author's autobiographical account of his emergence as a dare-to-be-different first-grade artist, including pointed pictures of teachers who helped and hindered creativity. Themes addressed include development of creativity or other talents, self-esteem, and meeting individual needs.

**HOME GROWN:
STATEWIDE RESOURCES FOR ISSUES
AFFECTING CHILDREN, ADULTS,
AND FAMILIES**

DATA ON THE STATE-OF-THE-STATE

WY Dept. of Administration and Information, Emerson Bldg.,
Cheyenne 307-777-7011

AGING

Alzheimer's Support Groups statewide
Nursing Home Administration, Hathaway Building, Cheyenne
307-777-6464
RSVP, Senior Centers, and Senior Housing statewide
WY Commission on Aging, Hathaway Building, Cheyenne
307-777-7986

CHEMICAL EDUCATION

Alcoholics Anonymous and Alanon, 300 Derr Ave., Cheyenne
307-632-7706
American Heart Association of WY, 1320 Hugar Ave.,
Cheyenne 1-800-242-8721
Behavioral Health Services, 2508 Olive Drive, Cheyenne
307-633-7370
Chemical Abuse Resources Education (CARE)
1623 E. Lincolnway, Cheyenne 307-766-2527
Chemical Health Services, 1609 E. 19th, Cheyenne
307-637-9361
Cheyenne Community Intervention, 2810 House Ave.,
Cheyenne 307-771-2143
Drug Free Schools/DARE programs throughout WY
307-777-7168
Governor's Substance & Violent Crimes Advisory Board
307-777-6493
WY State Dept. of Health Risk Reduction Program
307-777-6011
Mercer House, 425 CY Ave., Casper
307-265-7366
Narcotics Anonymous statewide
Sheridan House, Inc., 1003 Saberton, Sheridan
307-672-2044
Thunder Child Treatment Center, VAMC Building, #24,
Sheridan 307-672-3484
WY C.A.R.E. (Chemical Abuse Research and Education)
regional offices

CHILD PROTECTION AND ADVOCACY

Protection and Advocacy System, Inc., 2424 Pioneer Ave.,
Cheyenne 632-3496

COMMUNITY & ENVIRONMENTAL HEALTH

Radon & Lead Programs
1-800-458-5847
UW Family Practice Residency, 821 E. 18th Street, Cheyenne
307-7911; 1522 E. A Street, Casper 307-266-3076
WY Environmental Health Association
307-235-9340

WY Health and Social Services, Hathaway Bldg., Cheyenne
307-777-7656
/Child Development Services 307-777-7948
/Child Health Services 307-777-7941
/Health Education Risk Reduction 307-777-6011
/Immunization Program 307-777-7952
/Preventive Medicine Services 307-777-7951
/Venereal Disease Control 307-777-7953
/Women, Infants, and Children (WIC) 307-777-7494

CONSUMER INFORMATION/CREDIT EDUCATION

Consumer Credit Counseling Service of Northern Colorado and
Southeast Wyoming
WY Attorney General/Consumer Affairs Office, 123 Capitol,
Cheyenne 307-777-6286

DEATH & DYING/LIVING WITH TERMINAL ILLNESS

Compassionate Friends/Cheyenne Children's Clinic,
433 E. 19th Street, Cheyenne 307-635-7961
Hospice programs throughout Wyoming
Make-A-Wish Foundation of Wyoming
307-234-9474
Wyoming Funeral Directors Association
307-324-2611

DEVELOPMENTAL DISABILITIES

ARC services statewide
Children and Adults with Attention Deficit Disorders,
P.O. Box 5313, Cheyenne 307-778-2115
Parent Information Center, 5 N. Lobban, Buffalo
307-684-2277 or 1-800-660-9742
Regional Services Providers of WY, P.O. Box 2990, Cheyenne
307-632-0157
Uplift, P.O. Box 19173, Cheyenne
307-778-8686
WY Developmental Disabilities Counsel, Barrett Building,
Cheyenne 307-777-238

DISEASE PREVENTION

American Cancer Society of WY, 2222 House Ave.,
Cheyenne 1-800-869-1683
American Diabetes Association, Wyoming Affiliate
1-800-877-0106
American Heart Association of Wyoming
1-800-242-8721
American Lung Association of WY, 415 E. Pershing, P.O. Box
1128, Cheyenne 307-638-6342
American Red Cross, 3619 Evans Ave., P.O. Box 846,
Cheyenne 307-235-8005
March of Dimes Birth Defects Foundation
307-266-6789
Sexually Transmitted Disease (STD) Prevention Program
307-777-7953
Wyoming HIV Education School Health Project
307-686-0317; HIV Prevention 1-800-327-3577

EARLY CHILDHOOD EDUCATION

WY Early Childhood Association
WY Family Child Care Association
WY Preschool Director's Association

**EARLY DEVELOPMENTAL SCREENING/
INTERVENTION FOR INFANTS, TODDLERS,
PRESCHOOLERS**

Campbell Co. Children's Center, 3100 Douglas Hwy., Gillette
307-682-2392
Child Development Center, 1949 Sugarland, Sheridan
307-672-6610
Developmental Preschool, 715 Shields, Laramie
307-742-6374
Interagency Coordinating Councils
Stride Learning Center, Warren AFB, Cheyenne
307-632-2991/635-4741
WY Dept. of Education, Early Childhood Handicapped
Education, Hathaway Building, Cheyenne 307-777-6236

FAMILY CRISIS AND SUPPORT SERVICES

Battered Women crisis Lines in urban areas
Casey Family Program, 130 Hobbs, Cheyenne
307-638-2564;
Catholic Social Services, 623 S. Wolcott, Casper
1-800-422-3278
Children's Respite Program, Herschler Building, Cheyenne
307-777-5600
Community Action of Laramie County, Deming Building,
1620 Central Avenue, Suite 300, Cheyenne 307-635-9291
Habitat for Humanity projects statewide
Parents Anonymous, P.O. Box 19065, Cheyenne
307-635-7755
Safe Houses throughout WY
Salvation Army, 625 S. Jefferson, Casper
307-234-2452
Volunteers of America, 231 S. Main, Sheridan
307-672-0475
Women's Self-Help Center, 341 E. E Street, Casper
235-2814
WY Children's Society, 716 Randall Ave., Cheyenne
307-584-9384
WY Community Programs, Hathaway Building, Cheyenne
307-777-7115
WY Department of Family Services, Hathaway Bldg,
Cheyenne 307-777-7150
WY Health and Social Services, Hathaway Building, Cheyenne
307-777-7656
WY Public Assistance and Social Services, Hathaway Bldg.,
Cheyenne, 307-7777564
/Administration 307-777-7564
/Child Support 307-777-6067
/Public Assistance 307-777-6079
/Adult Services 307-777-6071
/Child and Family Services 307-777-6285
YMCA's throughout WY

**PARENT/FAMILY EDUCATION AND SUPPORT;
SEXUALITY EDUCATION**

Best Beginnings for Wyoming Babies
Lois Pine, 307-777-7944
Cheyenne Community Intervention, 2810 House Ave.,
Cheyenne 307-711-2143
Governor's Council on Teen Pregnancy
Nancy Neufeld, 307-265-1523
Help Me Grow Line
1-800-994-GROW
Graduation Reality and Dual-Role Skills (GRADS)
307-777-6216
Meals on Wheels statewide
United Way Information and Referral Services statewide
UW Cooperative Extension, Family Life Specialist
P.O. Box 3354, UW, Laramie 82071 307-766-5689
Wyoming Coalition Against Domestic Violence & Sexual
Assault 1-800-990-3877
WY Coalition and Laramie County Council for Prevention of
Child Abuse, Jaye Roseborough, 307-777-7150
Wyoming HIV Education School Health Project
307-686-0317
Wyoming P.A.R.E.N.T., 1050 N. 3rd., Suite L, Laramie,
82070
307-745-0990; Talkline: 1-800-400-3999

FAMILY PLANNING

Family Planning centers statewide

FIRST AID & SAFETY

American Heart Association of Wyoming
1-800-242-8721
American Red Cross
307-235-8005
Emergency Medical Services/Wyoming Department
of Health, 307-777-7955
Highway Safety Program
307-777-4450
Optometric Association
307-632-8819
Wyoming/Montana Safety Council
307-635-4592

LIFE MANAGEMENT/ADULT LEARNING SKILLS

Adult Basic Education/GED Department
and Literacy Volunteers of Casper
Adult Learning Centers, 1780 Bent, Cheyenne
307-637-2450
Community Educational Resource Center, Laramie
LifeQuest, 30 E. Grinnell, Sheridan
307-674-4462
Literacy Volunteers of Northern WY, Box 1500, Sheridan
307-674-6446
WY Alliance for Literacy, Laramie
WY Alternatives to Violence Project, Jean Hewell, 1309
Palmer, Laramie, 307-742-8326
WY Dept. of Education, Adult Basic Education, Hathaway
Building, Cheyenne 307-777-6228 GED 307-777-6229

MENTAL HEALTH

WY Alliance for the Mentally Ill, Casper
Mental Health Centers statewide

NUTRITION

American Cancer Society of Wyoming
1-800-869-1683
American Heart Association of Wyoming
1-800-242-8721
Children and Nutrition Services, Casper
Jean Rothaupt, 1-800-578-4017 or 266-1326
Interfaith Good Samaritan, 710 E. Garfield, Laramie
307-745-7447
Nutrition and Child Development, Inc., Casper
Terry Barnett, 1-800-543-2438
Nutrition Education Program
307-777-6270
UW Cooperative Extension, Nutrition Specialist
307-766-5177
Western Dairy Council
1-800-274-6455
Women, Infants & Children Supplemental Nutrition
Program
(WIC) 307-777-7494
Wyoming Beef Council
307-777-7396

PERSONAL & CONSUMER HEALTH

Dental Health Services
307-777-7945
Wyoming Attorney General - Consumer Protection
307-777-7874
Wyoming Department of Agriculture--Consumer Health
Services 307-777-6594
Wyoming Department of Education
307-777-6218

PHYSICAL EDUCATION

American Heart Association
1-800-242-8721
Governor's Council on Physical Fitness & Sports
307-766-5284
UW School of Physical & Health Education
307-766-4096
Wyoming Alliance for Health, Physical Education,
Recreation
and Dance (WAHPERD) 307-872-5580
Wyoming Game & Fish - Outdoor Recreation Education
Opportunities 307-777-4538

Resources listed are those recommended by phone books and human services professionals. Please phone or mail in additional suggestions or corrections so that this list can be upgraded and improved. Thanks.

REHABILITATION

WY Dept. of Education, School Foundation Program for
Handicapped Children, Hathaway Building, Cheyenne
307-777-6238
WY Vocational Rehabilitation offices by county

SELF & SOCIAL HEALTH

UW Educational Psychology & Counseling
307-766-6819
Wyoming Arts Council
307-777-7742
Wyoming Council for Exceptional Children
307-864-2100
Wyoming Counseling Association
307-268-2662
Wyoming Department of Education
307-777-6282
Wyoming Placement Association
307-268-2662

TRANSITIONAL CARE/AFTER CARE

Cheyenne Halfway House, 1623 Lincolnway, Cheyenne
307-632-6433
Sheridan House, Inc., 325 E. Fifth, Sheridan
307-674-4144

YOUTH CRISIS SERVICES

Attention Homes, Inc., 700 W. Fox Farm Road, P.O. Box 687,
Cheyenne 307-778-2990
Cathedral Home for Children, Laramie
307-745-8997
WY Youth Initiative, 1609 E. 19th, Cheyenne
307-632-9361
Youth Alternatives, 1328 Talbot Ct., Cheyenne
307-637-6433
Youth Crisis Centers throughout WY
Youth Emergency Services, 706 E. Longmont, Gillette
307-686-0669/2121
Sheridan House Youth Project, 325 E. Fifth, Sheridan
307-674-4144

YOUTH DEVELOPMENT/PEER COUNSELING

Big Brothers/Big Sisters statewide
Boy Scouts of America, 3939 Casper Mt. Road, Casper
307-234-7329
Campfire Inc. of Central WY, 704 S. Ash, Casper
265-2239
4-H/Cooperative Extension, P.O., Box 3354, UW, Laramie
307-766-5663
Girl Scouts, WY Council, 3001 Henderson Circle, Cheyenne
307-632-1413
KIDS, 201 N. David, Casper
307-234-5437
Young Life, 120 W. First, Casper
307-265-2274

PARADOXES: A PARTING THOUGHT

Claim Your Ground by Staying on the Move

Management consultant Tom Peters' recent book, Crazy Times Call for Crazy Organizations (Vintage, 1994) makes several points about the commercial marketplace that are useful for Extension educators who view themselves as resource-brokers and salespeople for people-related issues:

1. DON'T GET COMFORTABLE...GET CREATIVE!

- *Our economy is beyond adjusting to change;
To stay on top of things we need to track change, use change to grow, even shape change.
- *The most profound, productive, and profitable innovations today are not materials and machines, but intellect and imagination.

2. GO FOR IT: SUCCEED WITH PIZZAZ, FAIL WITH GRACE

- *Emphasize resource and support vs. organization and permission
- *Celebrate spunk and spontaneity; decentralize
- *Make room for failure; use it as feedback for more and better

4. ROLODEX AND RESUME: WHAT CAN YOU DO WITH ME LATELY?

- *Independent contractor:
Each job is your meal ticket
- *Networking makes for success
(yours and theirs)
- *Never stop schooling or
reworking your tools
- *Learn to love ambiguity

5. REVITALIZING BY ROLODEX

- *Find the talent to do the job you need done
- *Trust "outsiders" and make them
(at least temporarily) "insiders"

3. TRUST OR GO BUST

- *Treat everyone as an entrepreneur and professional
give them respect and responsibility)
- *Communicate in all directions, all the time,
about anything, any way you can

6. SELF-RELIANCE IS FATAL

- *We can't know/do
everything...we've got to
share and learn as we go
- *Nobody's perfect;
who wants to be?

7. BRING OUT

THE EXHUBERANT CHILD
(Thank you, 4-H educators!)

"What a distressing contrast there is
between the radiant intelligence
of the child and the feeble mentality
of the average adult."

--Sigmund Freud

- *Hire and inspire curiosity,
passion, flexibility
- *Break...and break out of burnout,
boredom

Do Your Homework

Have Fun with Your Job

Make Connections

Seize the Moment

Be Predictably....

Unpredictable

8. BEYOND TQM

- *Love it enough to throw it out and start over
- *Let quality flow from the inside/put something inside

9. RIDE THE

WITH THE STORM... *Fear the calm, not the storm... *Focus within the fray

10. "WHAT'S MY NEXT SUCCESS?"

IS THE SAME AS "I'LL DO BETTER NEXT TIME !"

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