

"Blue Sky" designed to promote science

The National 4-H Council recently premiered the dynamic new television series, *Blue Sky Below My Feet—Adventure in Space Technology*. As part of the premiere there was special tribute to the late Challenger Astronaut Ellison Onizuka, a host for the *Blue Sky* series and a lifetime 4-H supporter.

4-H and Arthur Young working in connection with the National Aeronautics and Space Administration (NASA) joined forces to develop this dramatically innovative program about science and technology for elementary 4-H'ers and children nationwide. Project *Blue Sky* consists of a series of videotapes and support materials that use the most exciting features from the space program as models in teaching basic scientific principles and theories.

The initial segment of Project *Blue Sky* concentrates on the topics of forces and gravity. Colorful footage of shuttle flights and astronauts working in weightless conditions visually highlight the individual lessons presented in the videotape. Impluse, a friendly character, is introduced and will continue to appear in each episode of the *Blue Sky* television series. In addition, NASA astronauts, videotaped at the Johnson Space Center in Houston, Texas, serve as guest hosts in each program. The first show features astronauts Bob Crippen, Ellison Onizuka, Ellen Shulman and Don Williams.

In the second program of Project *Blue Sky* the design and manufacture of a space suit is used to make young people aware of the functional nature of clothing, the difference between synthetic and natural fibers, and the consumer's role in selecting and caring for clothes designed for specific uses. Astronauts Bob Crippen and Mark Lee host the episode.

The third program in the series will focus on the topics of nutrition, food and fitness. Scenes

of astronaut preparing food in space, graphics of basic nutrients and their benefits, demonstrations in food processing, and footage of NASA fitness programs all help to illustrate the third show. NASA astronauts Bob Crippen, Ellison Onizuka and Don Williams serve as guest hosts.

The series and support materials have been in production for more than a year. The television shows were produced and directed by Joseph A. Becker. Becker's last project, *To Think*, was a 70mm dramatic film about artificial intelligence. It was the American entry in the 1985 Tskuba World's Fair.

Dr. Ralph Baxter developed the *Blue Sky* Mission Manuals, curriculum support workbooks for young viewers. Baxter is the Associate Dean for Academic Affairs at George Mason University of Virginia. Staff at Oregon State University, Michigan State University, University of Georgia, and University of Connecticut served as consultants.

The *Blue Sky* package: videotapes, Mission Manuals, leader's guides and other support material will be made available for distribution by the National 4-H Council. In addition 4-H is establishing *Blue Sky* clubs in schools and communities across the country. The *Blue Sky* clubs are intended to encourage interest in space, the space program, and activities and careers related to space technology.

Blue Sky Below My Feet will be premiered in Oregon during the fall of 1986.

4-H is the youth education program of the Extension Service of Oregon State University and the U.S. Department of Agriculture. *Blue Sky* will enable 4-H to meet the needs of young people across the nation by distributing the latest information and learn-by-doing activities to enhance knowledge in a variety of subject matter areas related

to science and technology.

Arthur Young, the international accounting and professional services firm, will use its Production Center in Reston, Virginia to create Project *Blue Sky*. The Production Center was originally built to develop training tapes for use in the continuing education of all Arthur Young professionals. Due to the continued success of the Center, the operation was expanded in recent years and equipped to handle broadcast quality commercial

ventures.

NASA continues research and development in aeronautics and space science. Operation Liftoff is NASA's elementary educational program that endeavors to be a catalyst in developing new prototype educational materials and programs. Its goal is to stimulate students' interest in science, mathematics, and technology using NASA related materials and services. *Blue Sky* is a current project under Operation Liftoff.

Careful food shopping ensures savings

Home economists with the Oregon State University Extension Service have first-hand evidence that a family of four can have nutritious, satisfying meals on \$268 a month, if they plan and shop carefully.

Caroline Cannon, Multnomah County Extension agent, and Janet Calvert, Lane County Extension agent, participated in a shopping demonstration to determine what it costs to purchase food for a family of four during one week in February.

They, and Extension staff members in seven other Western states, used a food shopping list developed by the Food and Nutrition Service of the U.S. Department of Agriculture. The monthly figure of \$268, or \$62 a week, is what the USDA calculates it takes to purchase foods for the thrifty Food Plan upon which food stamp allotments are based.

The study in which Extension staffers all shopped during the

same week was coordinated by the Western regional office of Food and Nutrition Service.

Costs reported by the Extension shoppers ranged from a low of \$54.84 in San Bernardino to a high of \$61.99 in Sacramento.

Cannon, who helped in Portland, spent \$58.73. Calvert spent \$61.29 while shopping for the same list of foods in Eugene.

Difference in costs "was more a function of shopper likes, dislikes and imagination as well as the availability of specials on that particular day than the difference in food prices among the 26 cities."

First, it showed that it is possible to have a satisfying, well-balanced diet on a tight income, and it helped the Extension staff better understand the choices that must be made by families with limited incomes.

Both Cannon and Calvert are with the Expanded Food and

Nutrition Education Program which works with low income families. Lewis is state coordinator of the federally-financed program.

Lewis pointed out that the shopping demonstration proved, again, some basic principles in food selection and purchasing. First, go to the store with a list and take advantage of specials. Use coupons, but only for items needed and if the net price is lower than other brands.

Prepare food from scratch, if possible, because convenience foods save time, but not money. Select fresh fruits and vegetables in season. Use meats with less fat and bone and consider the number of meals each cut yields when choosing the best buy. Finally, check unit prices to compare the cost among brands and package sizes.

Both agents used the same shopping list, but each exercised some judgement once they were

in the store, Lewis explained. For instance, both substituted fresh grapefruit for canned grapefruit sections. Calvert saved money by buying canned green beans rather than frozen. Cannon spent a little more buying an Oregon-brand cheese.

The list also included the purchase of some foods that will last more than a week, Lewis commented. For instance, the agent purchased a 10 lb. bag of flour and a can of baking powder.

Both agents were alert to in-store specials. Neither purchased the lemonade concentrate on the list. One bought grape juice, while the other chose to substitute orange juice.

What the demonstration showed, Lewis stressed, is that careful shopping and planning is the key to making food dollars stretch.

"Finance is the art of passing money from one hand to another until it finally disappears."

— Leonard Levinson

Growth similar in toddlers

For a long time behavioral scientists have been observing how babies grow and learn. They agree it's a slow series of achievements that are remarkably similar among all children. While parents are in charge of childrearing and promoting this process, three factors make each child different from all others: hereditary temperament dictates how children react to living; environment is the culture or places where children live; and experiences they have daily. All contribute to the formation of personality, attitudes, and behavior.

Babies are absorbed in their physical and emotional growth and meeting self-centered needs as they adjust to the world. They understand and remember little beyond how to get attention for hunger, warmth, soiled pants, pain, or social contact. Toddlers enter a new stage of development as their curiosity and mobility brings changes in family participation and territory to explore.

Keep in mind that parents are teachers. There's no schoolroom but in your home you're conducting short, simple lessons about everything. You provide safe and entertaining materials and space for an exploring child, and you enthusiastically share toddler's interests by helping and showing how things are done. Then you let them try their way. As a disciplinarian you follow a few rules and routines that help toddlers learn. You have the final say in disagreements. It's essential to set patterns of guidance for now and later years. For example, if toddlers are not to climb on the coffee table, that means all the time, not just when it's convenient for you to distract them or move them to where climbing is appropriate.

Firmness will not make your toddler love you less. They are better able to deal with the family and the world if you set and enforce realistic boundaries. Physical development in the second year is marked by a new

awareness of ways to use the body more efficiently. They achieve a clumsy walking style, climb stairs by hazardous methods, and seem to be always jumping over, around, and under objects.

There's a wide variation in the age at which talking begins. Whether they talk or not they are understanding more of your conversation than you think. Their first one or two word sentences usually stems from wants such as "me milk," pointing to the milk carton, or "me do it." You can expand their vocabulary by making a game of naming

objects or animals; first the real thing, then pictures in a book. In the second year there is a fascination with hinges so expect turning pages to be more interesting than the pictures.

Independence is not always easy for parents to deal with. Toddlers now recognize they can win your attention through various actions—good or bad. They are increasingly assertive about doing things themselves. They take great pride in accomplishment but have a new negative attitude toward what you want them to do. They'll say "No" to many of your sugges-

Marriage maintenance necessary

Job descriptions tell what is expected of you at work. When questions come up about how you're doing, reviewing your job description will measure your success. Working people keep extremely close tabs on the expectations of their jobs. They would do well if they also gave as much attention to the job of maintaining a good marriage relationship.

"People need to get satisfaction from two parts of their life," says Marcelle Straatman, Oregon State University Extension Human Development Specialist, "their families and their work." Marriage and family provide fulfillment that you just can't get anywhere else.

Couples today marry for companionship, but that appears to be the first thing given up in the time pressures of working couples, especially if there are children.

We laugh when someone says, "Everybody needs a wife." In traditional marriages a wife was handy not only for keeping the house running, but also for giving the work-weary man emotional support. He could leave work worries behind and be renewed by the coddling of an ever loving wife. True or not, it's what our fantasy says. Now, who's going

to care for whom as both husband and wife come home from the cruel working world?

You have to do it for each other. You both need to be greeted warmly, given time to readjust to home and family, have someone listen to your trials, and give you moral support.

Partners must work at making the relationship worthwhile, it does not happen automatically. Failed marriages blamed on the work rat race have in reality lost the magic of commitment, coddling, care and communications. "Nobody cares about me," is a too frequent complaint. Over the years competition, inequality, and indifference become habitual and suppress responsiveness and support.

A job description for the partners in a lasting marriage or other successful relationship might have the following characteristics:

Be committed to making the relationship work; respect one another as individuals; have separate identities; be tolerant of each other; be flexible and be able to cope with changing family roles; talk about your problems; negotiate solutions rather than avoid conflict; be willing to share

power; be interested in each other; trust each other; laugh a lot together.

If you and your partner showed all these characteristics everyday, that would be ideal, but maintaining a sense of humor while working on your marriage job description makes your relationship more fun each day.

Whatever you do, make coming home a pleasure—start the evening with the good stuff. There's plenty of time later for other kinds of news or problems, such as "Why didn't you pick up the groceries for dinner?" or "What! Another parking ticket?"

"We call it re-entry time," notes Straatman, it is a brief interlude for settling into life together rather than an extension of the work world or a time for recriminations about household tasks undone or forgotten. Working couples have to make the most of the limited time they have to make their marriage to one another worthwhile.

chart of the symbols with explanations of their meanings. Designed to be used as wall chart in the laundry room, the one-sheet publication includes information about the symbols used for washing, bleaching, drying, ironing and drycleaning. A single copy of the symbols chart is available for 25 cents

from Extension offices in Oregon, Washington and Idaho. Copies may be obtained through county offices of the OSU Extension Service or ordered by mail from the OSU Bulletin Clerk, OSU, Corvallis 97331. When ordering by mail, include 25 cents to cover postage and handling for each copy ordered.

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Teach children respect, not fear

By summer's end the novelty of freedom from school, and summer play begins giving way to a growing restlessness in many children. As restless youngsters search for more exciting things to do, remind them of the possible dangers their exploration may hold.

One way to warn children is to focus on the idea of "respect" rather than fear. Respect is showing honest regard for other beings, whether animal or human.

For example, children can be taught respect, rather than fear, of insects, snakes, wild animals, or unfamiliar domesticated animals, such as dogs and cats. Creatures that bite or sting when alarmed are best left untouched. Children can remember to observe and study creatures yet leave them alone to "do their things."

Since you cannot know how a wild animal of unfamiliar pet will behave, it is best to admire them from a distance rather than rush to handle them.

Swimming or wading in the ocean, lakes, pools, or streams becomes a frequent activity in summer. The more exposure to water children have, the braver and more adventurous they become. They need constant reminders to respect water.

Dormant sprays should be applied now

Dormant sprays should be applied to deciduous trees and shrubs now to reduce insect and disease problems which may occur later on in the season.

Dormant sprays are called that because the chemicals are applied to trees and shrubs while they are still dormant or before they leaf out.

Scale, aphids, codling moths, mites, mildews, leaf miners and loopers are some of the pest problems which can be reduced

significantly with a timely dormant treatment. Lime sulfur, polysul and Bordeaux mixtures are variations of dormant chemicals which can be used.

These chemicals are harsh on foliage and should not be used on evergreen trees or shrubs and after leaf or flower buds start to open.

In all cases label directions should be followed.

Encourage children to tell you if anyone invites them to help look for a pet or other child, go for a walk, or play a hiding game. These adults may be strangers but they may also be acquaintances, relatives or siblings.

It's important to emphasize that even though most grownups do not want to hurt children, children have the right to say no, even to people bigger than they are.



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