

# Parents Need To Screen What Ch

By STEVE GILLIAM

By the time the average child graduates from high school, he or she will have watched more than 15,000 hours of television - an activity which is second only to sleeping in the amount of time given to it. He or she will also have seen approximately 350,000 commercials.

The A.C. Nielsen Company, the firm which surveys the nation's television viewing habits, estimated in its 1980 report that children ages two to five years watch more than 32 hours of television a week (between four and five hours daily). And youngsters, ages six to 11 years, spent more than 29 hours weekly in front of the tube.

That's a lot of television, says Dr. David Jonassen, and the statistics concern the specialist in instructional media at the University of North Carolina at Greensboro.

"In the nearly 30 years since television became a

national phenomenon, we've amassed an incredible amount of information on how television shouldn't be used," he said. "But we're still not sure how it can best be used to help educate and enrich the lives of people who watch it."

An assistant professor in UNC-G's School of Education, Jonassen has been involved with television and other instructional media since his undergraduate days at the University of Delaware, where he worked as a student cameraman.

A specialist in educational media and psychology, he has a strong interest in instructional television, media research and learning theory. At UNC-G, he is currently working on research to better adapt television for instructional purposes.

"Television affects people of all ages when they watch it," said Jonassen. "Some of the effects are good and some bad, but where children are involved, parents need to carefully screen what the kids watch and to sit and talk about what's happening

on the set.

"If parents can explain something about what is going on, then it can be beneficial for the kids since they are presented with what is seldom a picture of reality. For example, kids need to be made to understand that the cartoon heroes they see aren't real and their exploits aren't real."

Chief among the problems with television is the matter of violence, Jonassen said. And because children respond to the most emphatic stimulus they see, such as violence or physical action, they often tend to imitate what's on the tube, he added.

"All you have to do is observe a child watching television and see what kind of behavior results," said Jonassen. "One thing that research has turned up is that long hours of television watching has an effect on the social behavior of kids.

"Social interaction actually decreases. The children don't seem to know how to interact easily with other kids and they don't play as readily.

Research has shown that television can also lead to hyperactivity and anti-social, aggressive behavior.

Aside from turning off the television altogether, Jonassen suggests several ways that parents can help tailor their children's use of television:

- Give up watching television for a week and see how it affects the family's pattern of life.

- Carefully screen the programs your child watches and, when possible, view them with him or her. This gives you a way to make sure the child is keeping the show in the right perspective.

- Provide some activities that are more interesting than watching television and get involved with what the children are doing.

- Control the number of hours that the children or the entire family (Mom and Dad included), spend in front of the tube. Keep a record of how many hours a week are spent in front of it.

- Turn off the set during times when the family is together such as at meals, because it interferes with

## Delectable Menus

Enter Fall and that time of the year when we think about changes in, not only clothing, but in menus for the dinner table and growing families.

We hope you will enjoy these recipes from an assortment of cookbooks.

### TUNA SALAD BAKE

- 1 can condensed cream of chicken soup, undiluted
- 1 6 1/2 oz. can of tuna
- 1 cup diced celery, optional
- 1/4 cup finely chopped onion
- 1/2 cup mayonnaise
- 1/4 to 1/2 tsp. salt
- 1/4 tsp. pepper
- 3 hard boiled eggs, diced
- 1 1/2 cups crushed plain potato chips

Combine all ingredients, except for 1 egg and 1/2 cup of the chips. Mix well. Fold in egg and top with remaining chips. Bake at 400 degrees for about 25 minutes. Serves 4-6.

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### DELICIOUS BEEF ROAST

- 1 3/8 oz. pkg. dry onion soup mix
  - 5-6 lb. chuck roast
  - 1 can cream of mushroom soup, undiluted
  - 1 1/2 cup water
  - 1/2 tsp. pepper
  - 5 med. potatoes, peeled, halved
  - 5 carrots, peeled, cut into two pieces
- Sprinkle soup mix in bottom of Dutch oven. Add roast, cream of mushroom soup, water and pepper. Bring to a boil, cover and simmer two hours. Add vegetables and cook 45 minutes. 10-12 servings.

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### UPSIDE DOWN MEXICAN DINNER

- In skillet brown: 1 1/2 lb. ground beef. Add med. onion, chopped, 1 med. green pepper, chopped, 6 oz. can tomato puree or 1/2 can tomatoes, 4 tsp. chili powder, 1 1/2 tsp. salt. Cook a few minutes on top of the stove. Put in baking dish. Pour cornmeal batter on top.

#### CORNMEAL BATTER

- 1/4 cup cornmeal
  - 1/4 cup flour
  - 1/4 cup milk
  - 2 1/2 tsp. baking powder
  - 2 Tsp. butter
  - 1 egg
- Bake at 400 degrees for 20-30 minutes.

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### BROWN SUGAR PIE

- 2 unbaked pie shell
  - 1 stick margarine, melted
  - 2 c. brown sugar
  - 4 eggs beaten
  - 1 tsp. vanilla
  - 1 tsp. cornmeal
  - 1 tsp. vinegar
  - 1 c. nuts, optional
- Mix all ingredients well. Pour in two unbaked pie shells. Bake at 350 degrees for 20-30 minutes.

### PICKLED OKRA

- 2/3 cup cider vinegar
- 1/3 cup granulated sugar
- 1 1/2 teaspoons chili powder
- 1 1/2 teaspoons salt
- 2 (10-ounce) packages frozen whole okra, partially thawed, cut in half cross-wise
- 3/4 cup sliced onion
- 1 (4-ounce) jar Dromedary diced pimientos, drained

In medium saucepan, bring cider vinegar, sugar, chili powder and salt to a boil. Add okra and onion and bring to a second boil. Reduce heat; cover and simmer 10 minutes. Stir in pimientos. Makes about 1 quart.

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