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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Astronomy And Kids**

**By Kadence Buchanan**

During the clear night sky and as long as the city lights are not close or bright enough to interfere

with your naked eye vision, it is always a good idea to grab a blanket and some candles and head to your house's roof or the nearest hill. Admiring the stars is not an exclusive activity kids are only allowed to perform, but it can be something you can share with them while introducing them to the unknown world of the universe.

If your child has already looked up gazing the moon and the stars and has asked you all sort of questions regarding their characteristics, their special stories and the interpretation of their slow movements, you should invest some time during a Saturday night to take your kids to the countryside and show them the stars while they awe and wonder on how these "pins" are stuck on the dark sky and why they are not visible during the day. Introducing your child to the marvels above their heads can be a tremendously educative experience your kids will love to repeat as soon as possible. Even your back yard is an ideal place to begin the learning journey that can last a lifetime. But parents support that most of the times getting started is the hardest part of this process.

If your young child has not yet learned the basics, then it is probably wisely to throw on your yard's lawn some blankets and invite your children to join you under the stars. Asking first questions, before trying to explain how things are, can assist you to figure out what they should learn first and begin teaching them the first astronomy lesson in their lives. After locating the sky's landmarks try asking questions that will excite your children and will motivate them to want to find out more. You can begin by locating the most easily recognizable element of the sky, the Moon before attempt to begin explaining why although the moon does not spin around itself, we actually see a portion of it every day until we are able to admire it as a whole. Furthermore you can look for other landmarks in the sky, like stars, in order to begin explaining the astronomical constellations. Your children will be thrilled to be able to admire such interesting scenery simply by looking at the moon's surface and create imaginative stories for the stars.

While children are still in elementary and middle school, they are more already exposed to stars and constellations. But the number of constellations and stars we are able to see each year is actually a very small number out of the plethora of stars in the sky. But if your last present to your teenager kid

was a pair of binoculars, then things become even simpler. Bring a book about astronomy (suitable for your kids age) and begin reading and explaining to your children what you are reading really means.

Remember that outdoor learning activities can be as simple as noting the time and location of sunset and moon rise, and as complicated as finding the names of the brightest stars in the sky during a clear night. Of course, you can repeat it as often as you like if the weather permits such outdoor activities for a family to get together. But even if the weather conditions do not allow you to go out and admire the night sky, next to a good pair of eyes, the Internet is the backyard stargazer's best friend. Today, you will be able to find here are almost as many great websites devoted to astronomy as there are stars in the sky.

Kadence Buchanan writes articles for

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### **Exploring the Universe with Dr. Norio Kaifu**

**By Gayle Olson**

#### **Exploring the Universe with Dr. Norio Kaifu by Gayle Olson**

During 1998 we were fortunate to attend a dinner hosted by the Japanese Chamber of Commerce and Industry of Hawaii, featuring a lecture by Dr. Norio Kaifu. Professor Kaifu is the director of the Subaru Telescope, National Astronomical Observatory of Japan (NAOJ) and has held the position as vice president of the International Astronomical Union (IAU) since 1997. A specialist in radio astronomy, infrared astronomy and interstellar matter, Dr. Kaifu has published some 100 papers on astronomy in addition to 15 popular science books. Before joining the Subaru in 1990, he was a director, a professor and an associate professor at the Nobeyama Radio Observatory, and a senior research associate in the Faculty of Science at the University of Tokyo. As an amateur backyard astronomer we were delighted to learn of the possibilities this new telescope will bring to the exploration of universal knowledge.

Dr. Kaifu shared his views about the design of the new telescope, cylindrical in shape, rather than dome, it can be more optimal for wind resistance. The 8–meter diameter glass mirror is only 8 inches thick and has taken six years to construct and polish. The mirror is controlled by two Fujitsu parallel

computers, with the largest memory capacity in the world with 261 supporting structures. 100 times per second the computer adjusts the mirror to counteract the atmospheric turbulence, which we see as twinkling stars. The mirror can be controlled by the computer by each second, to obtain the best view of the deeper universe. Mauna Kea was chosen as a location for the new Japanese telescope because of the stable weather and easy access.

What will the new telescope discover? Astronomer's will be using the telescope to study the history of our galaxy and answer questions as to how life was created in the universe. New planets may be discovered, possibly including planets which support life. They will be looking as far as possible into deep space and looking back in time. Light from the most distant objects have been travelling for billions of years, they may even be able to catch sight of the end of the universe. The Subaru will be beneficial to the science of astronomy as all data will be shared with astronomers worldwide. The economic spinoffs and technology have greatly enhanced the Island of Hawaii.

### Related Internet Resources

<http://aloha.150m.com/noriokaifu.htm>

Internet content developer and author since 1995.



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