

Many parents don't monitor children on internet

When your child spends time on the computer, do you know what he's doing or whom he's communicating with?

A study by the National Center for Missing and Exploited Children revealed that, while a majority of parents reported that they talked to their children about Internet use and established rules for the safe use of the computer, less than half of them regularly checked their child's activity on the Internet.

In addition, over half of the children surveyed did not need parental permission to use the Internet and didn't have any restrictions as to the number of hours they could spend on the Internet.

Many parents have a false sense



cris lovington

• prevention center

of security regarding Internet use because they view the computer as a safe educational tool. They believe that because their children are at home, and often in their own rooms, they are safe from harm. But this is not always true.

Tell your child to never give out personal information on the Internet, such as their address, telephone number, the name or location of

their school or their parents' names.

Web sites or other on-line services may ask children for information in

order to enter special contests or to obtain free gifts. Other web sites won't allow access unless the user gives them personal information.

However, once personal information is given, it is important that your children understand that their privacy can be compromised. Their names could end up on a sales database, or worse, the information could be used to harm or exploit

them.

Children should be cautious when developing web sites. Children should know never to post a home address, telephone number or personal photograph on the site. If children wish to have people contact them, they should post an email address.

However, children should be aware that once an email address is posted, they may receive unwanted messages. Children should be very cautious when opening any email from an unknown address. If children receive messages that are threatening or sexually explicit, they should immediately inform their parents.

Make sure they always inform

you when they come across anything on-line that makes them uncomfortable. Parents and children can alert their Internet provider or the National Center for Missing and Exploited Children hot line at 1-800-843-5678.

Also they must never, under any circumstances, agree to meet face-to-face someone they have corresponded with on-line without a parent's permission. If a meeting is arranged, make sure that it takes place in public and that parents always accompany the child.

Avoiding chat rooms that discuss sex or cults is a must. While these topics may seem interesting at first, they could put a child in danger.

Be suspicious of anyone they

meet in a chat room who tries to turn them against their family, friends, teachers or religion.

Help them choose a gender-neutral on-line name in a chat room to avoid harassment.

Teach them to never respond to messages or bulletin boards that are sexually obscene, threatening or make them feel uncomfortable in any way.

Be firm with them about sending any personal materials to an on-line friend, such as an address, telephone number or photograph, without first informing you. Children and youths must always be reminded that the people they meet online may not be who they say they are.

Cookbook celebrates 'white trash' gourmet love of simple meal

White trash have their traditions, too. Ernest Matthew Mickler in "White Trash Cooking" celebrates their gourmet love of the simple meal.

This style of cooking is the kissing cousin of soul food. The differences lie in the fact that the food is not highly seasoned except in the coastal areas of South Carolina, Georgia and North Florida and along the Gulf coasts of Alabama, Mississippi, Louisiana and Texas. It is also not as greasy and isn't cooked as long.

The three ingredients that are



pat schiefen

• postscript

most important in this style of cooking are saltmeat, cornmeal and molasses. Black cast iron cookware are the utensils of choice. This information and the following recipes are from Mickler's book.

This cookbook is a favorite of

Mary McCullough, Dr. Robert McCullough's wife.

Red Beans and Rice

2 pounds dried red beans (kidney)
2 cups chopped yellow onions

1 bunch scallions (green onions), chopped
3 to 4 finely sliced cloves of garlic
1 bunch parsley, chopped
3 lbs. of a good smoked sausage cut into 2 inch lengths (smoked ham or ham bone works fine)
salt and pepper to taste
3 quarts of cold water
Soak beans overnight if you can.

Put beans in a 8 to 10 quart pot and add enough cold water to cover the beans. Add the onions and garlic and bring to a boil. Cook for an hour and add the rest of the ingredients and more water if necessary. Simmer for 2 more hours or until beans are soft. Remove 2 cups of the cooked beans and mash well. Return mashed beans to the pot and mix well. This produces a thicker creamer gravy. If the beans are dry add water to make it the right consistency.

Good served over rice. Serves 8.

Tutti's Fruited Porkettes

1 pound sweet potatoes
12 slices canned pineapple
6 slices bacon, cut in half

6 pork chops
6 tablespoons brown sugar

Use sweet potatoes that when sliced are a little smaller than the pineapple slices. Cut sweet potatoes into slices 1 inch thick. Parboil sweet potatoes in salted water for 10 minutes. Place each pork chop between two slices of pineapple. Place slice of sweet potato on top of each pork and pineapple stack. Sprinkle each stack with 1 tablespoon of brown sugar. Crisscross bacon on top of each stack. Put each stack in an open casserole. Bake at 375 degrees for at least one hour depending on the thickness of each chop.

Water Lily Pie

3 eggs, separated

1 cup sugar
1/4 lb. butter
1/2 teaspoon almond extract
1/2 teaspoon vanilla

1/8 teaspoon cream of tartar
Beat egg yolks until light and add gradually 1/2 cup sugar. Cream butter, almond extract and vanilla. Stir into egg mixture.

Beat egg whites until they are very stiff. Slowly add 1/2 cup sugar and cream of tartar.

Spread egg whites over buttered and floured pie plate. Push toward edge and making a depression in the center. Pour egg yolk mixture into the center, very carefully. Bake in a slow oven nearly an hour. Should look just like a water lily.

matters of record

Goodland Police

The following crimes have been reported to the Goodland Police Department:

February 2 — Austin E. Brown reported a burglary at 721 W. 14th

St. and the theft of a car stereo and cigarettes taken from a vehicle, valued at \$74.99.

February 3 — Grady A. Cloyd was arrested at 1302 Main Ave. on a warrant from district court.



Clean up your act

Carousal Dry Cleaners and Laundry has established a Tuesday/Friday drop-off and pick-up service at High Plains Office Supply located at 1118 Main. Carousel Cleaners is known for its full range of quality services, prompt, dependable deliveries and competitive prices.

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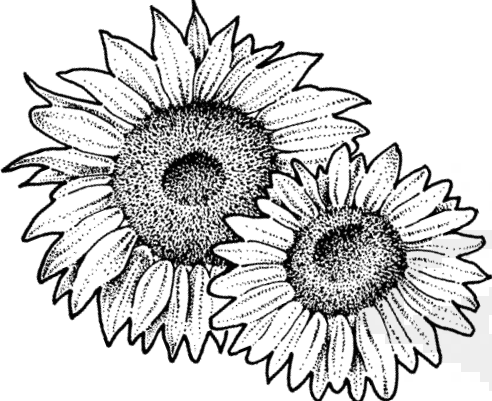
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