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Earn cash in essay contest on alcohol-free parties

The Oregon Liquor Control Commission is seeking entries from Oregon sixth-twelfth graders for its ninth annual essay/poster contest. The theme is "Party Time...It's Easy to Be Alcohol Free."

Prizes include \$200, \$300 and \$500 Series E U.S. Savings Bonds for the top six winners. Entries are accepted from now until March 7, 2003. Contest details and instructions are available on the agency's Web-

site at www.olcc.state.or.us. Essay information is also being mailed to every public and private middle and high school in the state.

"Please call a teenager or your local school and encourage them to participate in this important youth alcohol-awareness event, aimed at preventing underage drinking," said Pamela S. Erickson, OLCC director. "Over the years, thousands of youngsters have written essays for the contest and learned much about the effects of alcohol on teenage health and safety."

The OLCC is asking young people to write a 400-word essay, telling what kind of food,

soft drinks, games, and music they'd have at an alcohol-free party and why drinking under 21 is a bad idea. Alcohol can quickly spoil a party, and students are asked to show how, using scientific data, legal, health, and safety arguments. Student artists are asked to create a poster illustrating the same ideas in a visual format.

Youngsters may enter the essay or poster contest individually, or as part of a classroom project at their schools.

For additional information, call the OLCC at 503-872-5002 in the Portland area, or at 1-800-453-6522 in other areas of the state.

Software can help parents control and monitor children's access to internet

Parents who need to leave their children at home, even for a few hours, may worry about what the kids are learning from the Internet. A number of software solutions are available which allow parents to monitor and block access to sites and restrict what may be sent from a computer, according to Steve Boone, director of Pacific University's Berglund Center for Internet Studies.

The most popular software designed to block access to specific sites include Net Nanny, Cyber Sentinel and I Am Big

Brother. They offer varying levels of control.

The software is affordable and easy to install. Most have pop up menus which allow parents to easily customize parameters and have recommendations for words and types of sites which should be blocked. Software can be purchased and downloaded online or at most computer and software stores.

For more information, contact Boone at sboone@pacificu.edu or call 503-352-2294.

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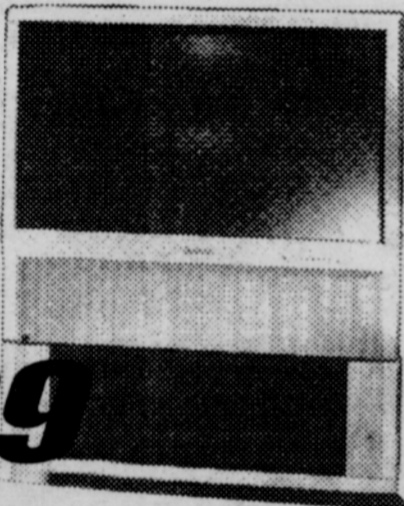
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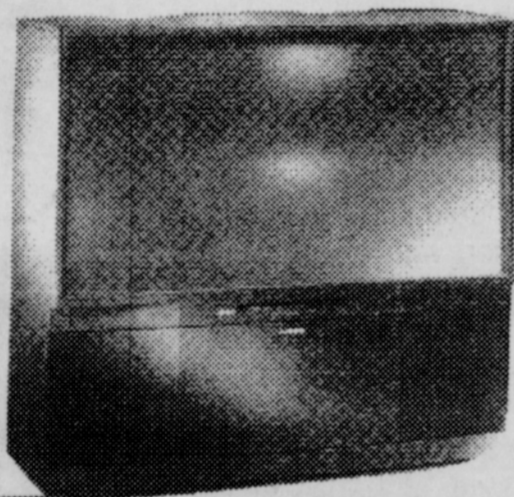
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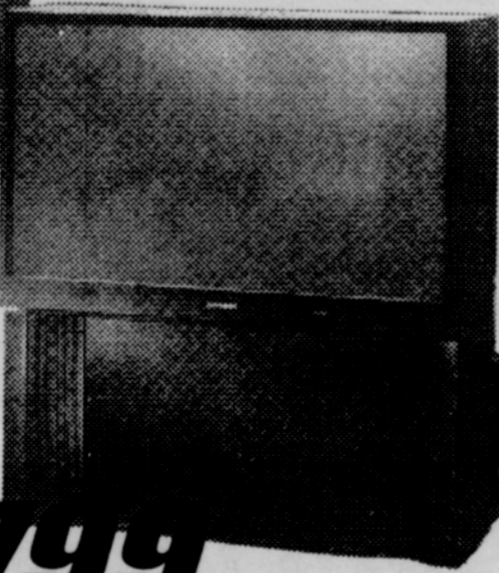
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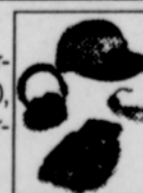
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