

What's Inside:

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- Discovery Health Became OWN
- New on VOD

And much more...



Tips for Protecting Kids on the Internet



The Internet can be a wonderful tool and toy for kids. They can get help with homework, play games, or chat with children around the world. Whether at home, in the library, or at a friend's house, your child is likely to be online these days. What are the guidelines to be sure they stay safe in Cyberspace? Here are just a few tips:

- 1) Since kids often are more adept at computer use than their parents, they love to play teacher to the grown-up. Ask your child to show you some of the tricks he's learned about using the Internet. Let him take you on a visit to his favorite web sites. Check in periodically under the guise of perfecting your own skills.
- 2) Know that it's harder to control your children's Internet use outside the home. Libraries are struggling with how to restrict the Internet sites children can access on library computers while still providing full access for adults. Some are installing filters or requiring parents to provide written permission for children to use library Internet services. Ask about your library's policy and also that of your child's school.
- 3) If your child is on any social networking sites (Facebook, Myspace, Twitter), be on their friend list. Also, check their settings to make sure they are private. This ensures only friends can see their information. Remind your kids to never share passwords with anyone besides you.
- 4) One of the most effective strategies for keeping your child safe on the Internet is to place your computer in the family room or kitchen rather than in the child's bedroom. He'll be less tempted to access inappropriate material if he knows another family member could walk by at any moment.
- 5) Create a list of favorites for your child and ask them to use those sites only. If they have one they would like to add to the list, check it out yourself first to be sure it's safe.
- 6) Most importantly have conversations about Internet safety with your child. Make them aware of the dangers, but also show them the advantages of using the Internet safely.



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Calling for Cash Sign up for your chance to win

NVC is sponsoring Calling for Cash at area basketball games this season. Any fan attending the game can sign up their cell phone number for the chance to win \$50! One number is drawn and called, and whoever answers wins the prize-\$50! Pictured at right is Stephanie Dunwoody, the winner at the CHS game held on January 7.

There is no cost to enter the contest and NVC is providing a donation to each school that hosts a contest. The schedule of remaining contests is below. **See you at the game!**



Game

Redfield/Doland vs Warner @ Redfield
Groton Area vs Roncalli @ Groton
Warner vs Waubay @ Warner

Date

Tuesday, February 8
Monday, February 14
Friday, February 25

Oprah Winfrey Network (OWN) launched January 1

Oprah fans are well aware of her new network. For those of you who haven't already tuned in, Discovery Health (channel 24) became OWN-Oprah Winfrey Network January 1.



OPRAH WINFREY NETWORK

The much anticipated network is dedicated to self-discovery and what Oprah Winfrey calls mindful television. Shows include: *Kidnapped by the Kids*, *Miracle Detectives*, *Our America with Lisa Ling* and *Season 25: Oprah Behind the Scenes*.

For those of you who are worried about missing your favorite Discovery Health show, don't fret! New episodes of *Mystery Diagnosis* premiered in January and *Deliver Me* will return with new episodes later this year.

Visit www.oprah.com/own for more information about OWN and upcoming programming.



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NVC Improves Webmail

NVC will be enhancing its webmail portal in the month of February. The new Email WebClient performs the way users expect from desktop clients including drag & drop, right-click, pop-up reminders, multifile upload and audio notification of email.

The WebClient interface for composing and reading email is user friendly, containing common desktop-like features, including auto-suggestion, full text search, HTML message composition and automatic spell checker.

Users will log into the webmail portal the same way they have previously and all data including contacts, emails, and calendar events will not be affected. If you have any questions about the webmail change please contact one of our Internet experts at 725-1001.

New VOD in February



Life As We Know It will be available on VOD starting February 8. You can find VOD through the menu on your interactive guide.

Call today to add TV service. Add HD/DVR free for six months now! VOD service not available in all areas.



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