

For Active
People
Ages 60+



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Cyberspace News

Are You The Source For A Drug Abuser

70% of all people who abused prescription pain killers got them from friends or relatives. Could *you* be an unwitting supplier?

All too often, a teenager visiting a grandparent will help him or herself to what's in the family medicine cabinet. They'll rifle through the prescription drugs and may take just one or two pills each time so that the grandparent doesn't know. Or a caregiver may pilfer medication from the person they're caring for.

What can you do about it?

1. **Safeguard all drugs at home.** Don't leave medications on the counter if you expect visitors (this is particularly true if your visitors are little since children are experts at opening "childproof" caps). Take note of how many pills are in a bottle or pill packet and keep track of the refills. This goes for your medications as well as those of others in your home. If you have to refill medications more often than expected, someone may be taking your medicine without your knowledge.

2. **Be a good role model.** If you misuse or abuse your meds, so will your grandchildren. Avoid sharing your drugs and always follow your medical provider's instructions.

3. **Properly conceal and dispose of old or unused medicines.** Unused drugs should be hidden and thrown away in the trash. Mix them with an undesirable substance like used coffee grounds or kitty litter and put the mixture in an empty can or bag. Do NOT flush them down the drain or toilet because the chemicals can pollute the water supply. Also take advantage of community pharmaceutical take-back programs that allow the public to bring unused drugs to a central location for proper disposal. Remember to remove any personal identification from prescription bottles or pill packages before you throw them away.

Source: www.theantidrug.com

Free And Fun

Come to our Computer Fun Meetings, which are free and open to everyone, whether you're a WACC member or not.

Meetings are held the second and fourth Mondays of each month from 11:30AM to 1PM.

Just For You

Cyberspace News is now archived on the WACC website. There you can see prior issues of CN, full issues of the newsletter between April 2007 and October 2009 as well as selected articles from other issues. In some articles, additional important material is included (for instance, information obtained after publication).

Just go to www.wacci.net and click the "Archives" button along the left side.

Diversion Scam

Here's an unfortunate true story that should serve as a warning to us all.

One afternoon a few months ago, two males rang the doorbell at a residence in Maplewood, New Jersey. The men, who were really con artists, claimed to be from the water company. They stated there was a water leak underground in the street and that they believed the leak was coming from inside the home. The homeowners, who were elderly, allowed the men inside their home and allowed them to look around the residence. It appears from the police investigation, that a third person entered the home while the other two diverted the attention of the residents and removed numerous collectible coins from a second floor bedroom.

It was not until a half an hour after the criminals left that the homeowners realized a theft had taken place. It appears that these same people may have been involved in similar diversion scams in Edison and Hanover.

The lesson: anyone who is contacted by someone claiming to be a representative of any company should use caution before allowing said individual into their home or giving out any personal information. A good practice is to request identification and confirm the person's status as a representative of that company *before* you let them into your home. This can be done by calling the company with the number provided on your utility bill. If there is any suspicion that the person is not who they claim to be, call the police.

Regular Computer Maintenance



Just as there are things you do on a regular basis to maintain your body (bathe/shower, eat, exercise, etc.), your computer needs certain tasks done to keep it working.

Here are some things you can do to help keep your computer running (and if you already perform these tasks, just consider this article a friendly reminder):

On A Daily Basis

- *Update your anti-virus scan and anti-spyware definitions if they aren't being done automatically*
- *Back up any critical files you have changed today to your flash drive*

...continued on page 8...

How Will This Play Out

Half of the one-and-a-half *billion* users of the Internet speak and write in languages that do not use the Latin alphabet (A, B, C, ...), and it has always been possible to send Emails and code Web sites in those languages. So, for instance, there are Web sites in Chinese, Hebrew, Arabic, Russian, and many other languages.

However, Internet addresses (those things that begin with either “www” or “http”) have until now been confined to Latin letters. That will begin to change sometime in the middle of 2010. The first non-Latin characters that will be accom-

modated will be Chinese, and new “high level” domains (the last part of Web addresses, e.g. “.com” and “.org”) will be established using Chinese characters. Other alphabets and domains will follow. We don’t know yet how languages that are written right to left (such as Hebrew, Arabic, Punjabi, Javanese, Somali, and *many* others) will be treated.

Source: Thanks to Bill Shapiro for this very informative article.

A “Free Rice” Vocabulary Test

Not too long ago, I told you about a great site, [www. Freerice.com](http://www.freerice.com), where you could improve your vocabulary while your participation allowed free rice to be donated to the UN World Food Program. Well, here’s a chance to see if you know some of the words on that site. Pick one definition from the list next to the given word. .

1. *Periapert* means: A. ruckus B. holiday C. protective charm
2. *Wight* means: A. leisurely walk B. nosebleed C. creature
3. *Adactylous* means: A. wingless B. fingerless, toeless C. acting away from
4. *Coruscate* means: A. Sparkle
- B. Bellow C. Imprison
5. *Plausible* means: A. timid B. superficial C. approving
6. *Betimes* means: A. above B. speedily C. rearward
7. *Popinjay* means: A. darling B. fop C. Hoarfrost
8. *Chigoe* means: A. sand flea B. flamboyance C. A madhouse
9. *Margay* means: A. wildcat B. incarnation C. carnivore
10. *Asteriated* means: A. star-shaped B. filtered C. purified

Answers appear on Page 8 of this newsletter.

Send Me Your Favorites

Do you have some favorite websites? Not search engines, like Google or Bing, but sites you rely on for information and/or entertainment. Share them with your fellow WACC members!

Just email them to me at:

jjldliv@hotmail.com.

I’ll check them out and print them in an upcoming issue of Cyberspace News. Please include your name (so that I can give you credit for the submission) and kindly reference the title of your email as WACC (so I know it’s not spam).

I want to hear from you!



Change

“The curious paradox is that when I accept myself just as I am, then I can change.”

...Carl Rodgers

“Either you vegetate and look out a window, or activate and try to effect change.”

...Christopher Reeve

“It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.”

...Charles Darwin

Source:

www.dailycelebrations.com

Answers To The Vocabulary Test

- | | |
|------|-------|
| 1. C | 6. B |
| 2. C | 7. B |
| 3. B | 8. A |
| 4. A | 9. A |
| 5. C | 10. A |



Regular Computer Maintenance *(cont'd)*

On A Weekly Basis

- *Run full scans* from both your anti-virus and spyware programs.
- *Reboot your computer* (if you shutdown your computer each night, disregard this tip). If you leave your PC on all the time, definitely do this to reset the RAM. Your computer should run faster and better after you reboot.

Monthly Computer Maintenance

- *Clean up your temporary internet files* and other junk files about once a month.
- If you have Windows, you may want to *make sure you have the latest Windows updates installed*. Go to Internet Explorer, Tools, Windows, Update. Click on the Custom button. Windows Update should ask you to download and install the latest version of itself.
- *Clean out your email*, paying special attention to your Inbox and Sent box.

Quarterly Computer Maintenance

- Change your passwords. Yes, it's a pain but it's a really good idea, from a security stand-

point, to do this.

- If you have a mouse with a rollerball, clean it out. Use a Q-tip and some isopropyl alcohol to clean the ball and internal rollers. Remove any caked on grease, oil, and dust that may have accumulated.
- Check to see if you need to defragment your computer's hard drive. To do this in Windows XP, go to Start, All Programs, Accessories, Systems Tools, Disk Defragmenter. Run an analysis first by clicking the Analyze button. Go do something else while it runs. Windows will tell you if it needs to be defragmented. If it does, click the Defragment button and let the program run. For Windows Vista, go to Start, All Programs, Accessories. Find Systems Tools, Disk Defragmenter and click on it. Vista will ask for permission to continue—it doesn't give you the choice to defragment. It just assumes you want to and presents you with a schedule which you can adjust.
- Check all computer cables and make sure they're plugged in tightly.

Source:

www.sensible-computer-help.com