

CLIENT / CONTACT BULLETIN 8-01

**Just in case it matters to you:**

- GREAT NEWS FOR THE NEW YEAR! MORE PARTYING IS NOW MEDICALLY JUSTIFIED, since “feeling lonely can make you sick.” According to a study by scientists from UCLA and Univ. of Chicago, “loneliness is a warning sign, much like physical pain, ...associated with cardiovascular problems, viral infections and higher mortality.” Research has determined that chronically lonely people have a now identifiable gene pattern of “elevated immune activation, inflammation and depressed response to infection” resulting from deficiency in a “stress-related hormone that also helps regulate the conversion of carbohydrates to energy.” Ergo, more social experience promotes better health. [DISCOVER – Jan 08]

- AND SOME ADVICE FOR AN EASIER YEAR WITH TECHNOLOGY:

COFFEE OR SODA SPILL ON YOUR CELLPHONE, LAPTOP OR KEYBOARD? *Fast action* may save you from catastrophe: (1) Unplug, remove battery and any snap-in circuit cards; (2) drain the spill and use distilled water or denatured alcohol to flush out residue, then use pressured air if available; (3) absorb excess moisture by packing in a container of uncooked rice or an airtight bag with silica packs (available from vitamin or RX bottles or from a camera store); next best is blowing with a hair dryer. Best advice: (a) “if you must snack at the computer, use a wide-bottom cup which takes more than a nudge to tip over,” and (b) “backups are a lot easier than trying to reconstruct data” if these actions don’t work. [JRNL OF ACCOUNTANCY – Dec 07]

FRUSTRATED WITH INTERNET ADDRESSES WHICH FAIL TO CONNECT? E-mail and web addresses are not generally case sensitive except when a URL includes a specific directory or file name (after .htm, .html, .pdf, .asp, etc.), “depending on the type of operating system and web server setup in use... If you get the dreaded ‘http 404 – file not found’ error message”: (1) first check for correct capitalization and underscores; (2) then, “one by one, starting at the right end of the URL, delete each part of the URL after the successive forward slashes / to see if your browser can find the site. Hit Enter after deleting each successive part of the URL to search for that page.” Once connected, you can then drill deeper for the specific page you were trying to connect. [LAW PRACTICE – Dec 07]

- BUT ALSO, SOME NOT SO GOOD NEWS:

‘BADVERTISING’ IS THE LATEST INTERNET SCAM – malware hiding behind website advertising – thanks to “the most notorious gang online: the RBN – Russian Business Network... which purchases ad space on legitimate sites (including yahoo, google, Wall St. Journal) and then swap in malicious code... Readers are seeing ads for porn, Viagra and bogus anti-spyware programs that keep popping into their faces and won’t go away... Many give up and buy the anti-spyware application just to get rid of the annoying pop-ups, but these files contain worse code which plants Trojans and other malware...turning users’ systems into zombies. RBN then sells their capacity on the black market along with the users’ credit card information... So far, both security researchers and online advertising managers are at a loss regarding how to stop the onslaught... all resulting from nasty little SWF files tucked away in flash files.” [eWEEK – Nov 26, 07]

45% OF AMERICAN DOCTORS “WHO HAD ENCOUNTERED AN INCOMPETENT COLLEAGUE within the previous three years failed to report their concerns,” based on a Massachusetts General Hospital survey. Also, nearly a quarter had no concerns about “referring patients to an imaging facility in which they had invested, without revealing this financial conflict.” Although 90% responded in favor of improving and regulating the medical profession, “doctors’ hearts are in the right place, but their behavior leaves a little to be desired.” [NEW SCIENTIST – Dec 07]

- THOUGHTS FOR THE WEEK: *One of life's greatest mysteries is how the person who wasn't good enough to marry your child can now be the parent of the smartest grandchild in the world.*

**Best Five Country Music Titles in the works for 2008:** “It’s Hard to Kiss the Lips At Night That Chewed My Ass All Day”; “I’m So Miserable Without You, It’s Like You’re Still Here”; “If I’d Shot You When I First Wanted To, I’d Be Out of Prison By Now”; “She Got the Ring and I Got the Finger”; “I Ain’t Never Gone to Bed With an Ugly Partner, But I’ve Sure Woke Up With a Few.”