

Audubon Area Community Services, Incorporated

# The Curious Journal

Agency Edition — Published Monthly for the Information and Enjoyment of AACs Staff



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## Robinson Studies in Mexico

There's little difference between preschool in the United States and ones in Mexico. Both focus on preparing children academically and socially for school, and both provide students with nutritious meals. But there is no running water and fewer materials at the centers in Mexico, said Ginger Robinson, cultural liaison with Audubon Area Community Services Head Start. Teachers there are resourceful, however, and recycle items, such as turning soda bottles into musical instruments.

"They have little to work with, but they teach the kids to be resourceful with what they have," she said.

Robinson spent 17 days this summer in Cuernavaca, a two-hour bus ride south of Mexico City, visiting child care centers and attending an immersion language school. She wanted to learn more about what Latino parents expect when they enroll their children in Audubon Area's Head Start program, offered in 16 western Kentucky counties.

Robinson was hired in February after teaching Spanish in an Owensboro high school for 20 years.

Getting the children to school was the biggest difference she saw during her visit to Mexico. At one center, instead of parents dropping them off at the front door, two women with a rope between them scour the market areas to gather children. The adults then walk the children, clinging to the rope, back to school. These are kids who might otherwise be selling candy.

Latinos also swaddle their infants more than Americans, even though the heat is intense. This, she found out, was to keep the infants from pulling their thick hair.

The trip for Robinson will help her welcome newly enrolled families into the Head Start program. Although there are few differences, she now is more familiar with the types of programs to which the Latinos are accustomed.



Mexican children listen intently as a teacher reads to them.

## Single Parent Project

Audubon Area Community Services is collaborating with Brescia University and Waubuck Development on a project that will provide housing and child care for low-income students attending Brescia or the Owensboro Community and Technical College.

The Owensboro Single Parent Project will include an on-site Head Start facility that will serve 72 to 100 children ages birth to 5. The agency will not add additional slots to its Head Start program but will merely move slots but reassign enrollment slots from other areas.

"We're excited about this unique opportunity to provide our services right at the front door of low-income families," said Aubrey Nehring, director of Audubon Area's Head Start and former president of the Kentucky Head Start Association.

Created in 1965, Head Start is the most successful, longest-running national school readiness program in the United States, providing extensive education, health, nutrition and family involvement services to low-income children and their families.

Audubon Area operates Head Start in 16 western Kentucky counties in the Green River and Pennyriple regions. Its program has been named a Program of Excellence by the National Head Start Association for the period 2000-2006.

Audubon Area will initiate, operate and maintain the project's child care facility. Some additional staff may be hired. The grant for the project is due to be submitted by August 31. If approved, construction should be completed by the beginning of the 2007-2008 school year.

## Ferrell Recognized for Service

Cindy Ferrell, director of Audubon Area Community Services Senior Service Corps, was recognized during the agency's Board of Directors meeting on August 15 for her 25 years of outstanding service with the agency.

Ferrell began her career with the agency as nutrition coordinator for Head Start. During that time she traveled throughout the 16-county service area educating students



**Cindy Ferrell, director of the Senior Service Corps, accepts a plaque from Ronald Logsdon, AACS executive director, for her 25 years of service.**

about proper nutrition, and she coordinated the food service program and USDA reimbursement.

About five years later, she became director of the Foster Grandparent and Senior Companion programs. In 1999, she also took on the Retired and Senior

Volunteer Program. The merger of these programs then became known as Senior Service Corps. The Foster Grandparent Program connects volunteers age 60 and older with children and young people with exceptional needs. The Senior Companion Program brings together volunteers age 60 and older with adults in their community who have difficulty with simple tasks. RSVP offers one-stop shopping for all volunteers 55 and older who want to find challenging and rewarding service opportunities in their local communities.

In her current role, Ferrell collaborates with many other AACS programs, including Head Start and Child Care Assistance. This collaboration has been one of the greatest joys she has experienced here at AACS, she said.

"My experiences here at Audubon Area have allowed me to fulfill my dream of serving people who need it most," Ferrell said. She commended her staff as well for creating an atmosphere of team work and dedication.

"They work hard as a team each day, and before you know it, the years have just flown by," she said. "These programs would not be successful without them."

### Did you know?

Audubon Area Community Services received a \$46,000 grant from the Cabinet for Health and Family Services to expand its Supervised Home Visitation Program into three northern Kentucky counties – Boone, Kenton and Campbell. One therapist was hired to provide the services in this area.

## Audubon Property Purchase

The Audubon Area Community Services Board of Directors approved at its August meeting to purchase property at 900 Walnut Street in Owensboro for the agency's Head Start program. The agency had previously leased the property for its Head Start food services and hopes to use it in the future as its Daviess County Migrant Head Start Program.

The agency purchased the property for \$162,333. After a down payment of \$30,000, the remainder of the cost will be financed through BB&T Bank.

## AACS Appreciates Western Kentucky Child Care Providers

Child care providers are vital to the future economic success of Kentucky. Their dedication during these earliest years of learning helps to prepare children academically and emotionally for kindergarten. And it's this strong foundation that will provide the state with an educated work force capable of competing for the best jobs.

Audubon Area Community Services recognizes the importance of providers and for three years has hosted a banquet in their honor. This year, the number in attendance at the Child Care Resource & Referral Provider Appreciation Banquet nearly doubled with more than 400 in attendance.

"We want Kentucky child care providers to know how much they are appreciated," said Carrie Blackham, director of the AACS Child Care Resource and Referral Program. "This is our way of giving them a much needed round of applause."

All providers participating in Kentucky's STARS for *KIDS NOW* Program and the Army Child Care In Your Neighborhood Program received awards. The Teacher of the Year Award went to Teresa Ross of Trigg County, and the Director of the Year Award went to Kathy Reid of Hopkins County.

Keynote speaker for the August 12<sup>th</sup> event was Secretary of the Cabinet for Health and Family Services Mark Birdwhistell, who cautioned the crowd about the increasing rates of obesity in children. Healthy children are better equipped to learn, he said.

Betsy Farley, director of the Division of Child Care, gave closing remarks and expressed an interest in hosting similar banquets statewide. Pennyriple is the only area that hosts them, she said. Next year, Audubon Area plans to have a banquet in the Green River area as well.

Audubon Area Community Services administers the Child Care Resource and Referral program in the Green River and Pennyriple regions. By calling their local office, parents can learn about licensed child care centers and homes in their area, including hours of operation, contact numbers, cost, state licensing regulations and whether the center participates in the STARS for *KIDS NOW* Program, a voluntary program that assigns stars according to quality.

## Become a CASA Volunteer

Interested in helping an abused or neglected child? You don't have to be a social worker to become a Court Appointed Special Advocate (CASA). You just need to care about children. Audubon Area Community Services is helping CASA expand into Hancock and Ohio counties and is seeking more volunteers in Daviess County.

Volunteers provide an additional voice in the court system to ensure the best interest of the child is met. They provide information regarding the child's home life and school, and information obtained from the child's doctor and social workers. They serve as a "watchdog" until the child is placed in permanent care or back home.

Children with a CASA volunteer have fewer reports of child abuse, are less likely to re-enter foster care and are more likely to be adopted. In 2004, there were over 500 substantiated abused and neglected children in the Daviess County court system. That same year, CASA volunteers advocated for 131 of those children, leaving about 400 without the benefit of a volunteer.

Anyone interested in helping a child can pick up an application to become a CASA volunteer at Audubon Area's offices in Hancock or Ohio counties or by calling Vikki Embry, AACS employee and CASA volunteer, at (270) 686-1638. The Hancock County office number is (270) 927-6500. The Ohio County number is (270) 298-4481. Volunteers receive 30 hours of training and are asked to make a two year commitment.

## Agency Brochure in Spanish

The number of Hispanics in Kentucky grew from 1.5 percent of the total population in 2000 to 2 percent in 2005, according to the U.S. Census Bureau. Some officials, however, think the actual number is double that, because many undocumented immigrants do not participate in the Census.

Audubon Area Community Services is preparing for this onslaught by having its agency brochure translated into Spanish. The agency also recently hired a cultural liaison to work directly with families with limited English. Translating the agency's brochure is the next step to ensuring that all people receive the services they need to help them achieve their goals.

To obtain the agency's brochures, call Lydia Johnson, public information and planning director, at (270) 686-1652.

## Deepest Sympathy

*Betty Joyce Gossett Devine* passed away on August 29, 2006. She was a previous employee of Audubon Area and resident of Lincolnshire Apartments. She is survived by five children, 16 grandchildren and four great-grandchildren.

The Devine Family is in the thoughts and prayers of everyone at Audubon Area.

## CHOICES Program Helps

For two years after her divorce, Kelly White relied on government assistance for food and medical care. She was attending college and knew she needed help until she could provide for her three children, ages 4, 6 and 7. After enrolling in Audubon Area Community Services' CHOICES program, she set her sites on becoming a nurse and today works at a hospital in Madisonville.

"If I can do it, anybody can do it," the 31-year-old Webster County woman said.

Audubon Area's CHOICES program provides coaching and support to low-income individuals seeking to become self-reliant. A trained case manager helps the person to set realistic personal and family goals, such as obtain a GED or affordable housing, increase self-esteem, de-



Kelly Nance

velop employable skills and learn to budget wisely. Participants also receive a healthy dose of encouragement. Carolyn Ware, county coordinator of the program in Webster County, was particularly helpful, White said.

"She always had a word of encouragement," White added. "She genuinely cared."

Audubon Area helped her pay for school books and utilities and buy gas and food. But it was the extra care that Ware provided that really made a difference.

"She would send me notes in the mail and call to see how I was doing," White said. "She even came to my graduation in May."

## Children Prepare for Disaster

Nearly 400 children in Ohio and Daviess counties are

better prepared for emergencies thanks to help from the Retired and Senior Volunteer Program working with Homeland Security. The children, fifth and sixth graders from six schools, prepared emergency bags that contained bandages, alcohol wipes, radio,



Homeland Security volunteers teach Children what to include in an emergency bag.

batteries, coloring books and more. In addition, lists were sent home with the children for their parents or guardians to include more items to complete the bag and for pet safety.

"The children were very excited to learn how to prepare for most any emergency," said Sondra Mattingly, RSVP manager.

Help us to wish these staff a very happy birthday during this month...

Dora Hudson .....	September 1st
Neal Haas .....	September 1st
Betty Dixon .....	September 1st
Misty Church .....	September 2nd
Patricia Hoskins .....	September 2nd
Heather Lewis .....	September 3rd
Chasity Tackwell .....	September 3rd
Onitsha Tutt .....	September 3rd
Latisha Zachritz .....	September 3rd
Debra Gorham .....	September 4th
Jessica Champion .....	September 4th
Misty Williams .....	September 4th
Chivon Burks .....	September 5th
Rachel Hamilton .....	September 5th
Tanya Jackson .....	September 5th
Debra Minton .....	September 7th
Hazel Book .....	September 7th
Michael Goetz .....	September 7th
Cameron Ikeard .....	September 8th
Nancy Roberts .....	September 8th
Shirley Williams .....	September 8th
Amanda Chapman .....	September 9th
Joey Mitchell .....	September 10th
Kim Melhiser .....	September 10th
Tiffany McGee .....	September 10th
Ossie Gray .....	September 10th
Angela Blake .....	September 11th
Julie Chaffin .....	September 11th
Alicia Overfield .....	September 11th
Crystal Childress .....	September 12th
Tammy Taylor .....	September 12th
Tena Reynolds .....	September 13th
Jeanine Sobel .....	September 13th
Brenda Campbell .....	September 14th
Carroll Dean .....	September 14th
Betty Koller .....	September 15th
Linda Marcum .....	September 15th
Beverly Thomas .....	September 16th
Joseph Burns .....	September 16th
Stacy Gregory .....	September 16th
Angela Jackson .....	September 16th
Joe Whitney .....	September 16th
Elizabeth Jones .....	September 17th
Jean True .....	September 17th
Doris Scannell .....	September 18th
Cynthia Crabtree .....	September 18th
Cori Williams .....	September 18th
Ludella Grinstead .....	September 19th
Lynda Trogden .....	September 20th
Guerthys Madrid .....	September 20th
Darlene Pendley .....	September 21st
Bobbyetta Heady .....	September 21st
Geena Magan .....	September 21st



Happy Birthday!



Happy Anniversary!



These staff celebrate their employment anniversaries with us this month ...

33rd .....	Betty Williams .....	September 26th
22nd .....	Vivian Branson .....	September 4th
22nd .....	Donna Porter .....	September 13th
21st .....	Tracie Howe .....	September 12th
19th .....	Sandra Martin .....	September 1st
18th .....	Sonja Jewell .....	September 1st
17th .....	Rebecca Ervin .....	September 11th
16th .....	Billie Payne .....	September 1st
16th .....	Debra Arnold .....	September 10th
16th .....	Kimberly Watkins .....	September 10th
16th .....	Linda Markham .....	September 24th
15th .....	Dania Gish .....	September 20th
13th .....	Audra Stewart .....	September 23rd
12th .....	Bonnie Hansen .....	September 13th
12th .....	Kristine Basham .....	September 17th
11th .....	Cathy Campbell .....	September 27th
11th .....	Linda Sexton .....	September 27th
10th .....	Kathy Crick .....	September 25th
9th .....	Barbara Motley .....	September 15th
9th .....	Cathy Peters .....	September 15th
8th .....	Lora Kladis .....	September 14th
7th .....	Robyn Overley .....	September 7th
7th .....	June Payne .....	September 27th
7th .....	Carol Riley .....	September 27th
6th .....	Misty Ealum .....	September 25th
5th .....	Carolyn Ware .....	September 4th
5th .....	Ida Lane .....	September 11th
5th .....	Mary Cutler .....	September 24th
3rd .....	Stacey Lynn .....	September 6th
3rd .....	Raysha Staples .....	September 6th
3rd .....	Robert Ballard .....	September 6th
3rd .....	Virginia Erxleben .....	September 23rd
3rd .....	Kimberly Willoughby .....	September 20th
2nd .....	Lindsey Thomas .....	September 4th
2nd .....	Beth Hamilton .....	September 6th
2nd .....	Helen Singleton .....	September 6th
2nd .....	Sheila Tucker .....	September 6th
2nd .....	Tammy Taylor .....	September 6th
2nd .....	Sara Wilson .....	September 6th
2nd .....	Deborah Carter .....	September 13th
2nd .....	Brandy Patterson .....	September 18th
2nd .....	Mary Lynch .....	September 20th
2nd .....	Jeanna Ramage .....	September 18th
2nd .....	Natalie Broadhurst .....	September 20th
2nd .....	Donna Favors .....	September 30th
1st .....	Angelia Hill .....	September 6th
1st .....	Theresa Bell .....	September 12th
1st .....	Jennifer Boling .....	September 12th
1st .....	Desiree Carter .....	September 12th
1st .....	Lindsay Frasier .....	September 13th
1st .....	Teresa Berry .....	September 15th
1st .....	Marla Brackett .....	September 15th
1st .....	Charity Burton .....	September 15th

## New Hires

AACS, Inc. introduces the following new staff:

Kristen Ash ..... Head Start ..... July 31st  
 Carolyn Brown ..... CSBG ..... July 31st  
 Melissa Galloway ..... Head Start ..... July 31st  
 Erin Basham ..... FPP ..... August 3rd  
 Emily Bratcher ..... Head Start ..... August 7th  
 Elizabeth Dembkowski Head Start ..... August 7th  
 Sallie Gray ..... Head Start ..... August 7th  
 April Hayden ..... Head Start ..... August 7th  
 Robin Gillians ..... Head Start ..... August 10th  
 Margie Roberts ..... Head Start ..... August 10th  
 Susan Abbott ..... Head Start ..... August 14th  
 Ellen Eichorst ..... KISP ..... August 14th  
 Vanessa Nicholson ... Head Start ..... August 14th  
 Shelly Turley ..... Head Start ..... August 14th  
 Julie White ..... Head Start ..... August 14th  
 Suzana Rodriguez .... Head Start ..... August 16th  
 Jennifer Piper ..... Head Start ..... August 18th  
 Betty Dixon ..... Head Start ..... August 19th  
 Linda Jackson ..... Head Start ..... August 19th  
 Mary Baxter ..... Head Start ..... August 21st  
 Rebecca Goodaker .... Head Start ..... August 21st  
 Bianca Griffin ..... Head Start ..... August 21st  
 Takisha McNight ..... Head Start ..... August 21st  
 Lashondria Rivers .... Head Start ..... August 28th  
 Ailisa Glover ..... Head Start ... September 2nd  
 Lisa Logan ..... Head Start ... September 2nd  
 Andrea Powell ..... Head Start .... September 5th  
 Mary Hamill ..... Head Start .. September 11th

## A Blessing from Guatemala

**Amanda Lawson**, AACS executive assistant and her husband Matthew recently welcomed home their son, Clayton Matthew. Clayton was born January 22, 2006 in Guatemala City, Guatemala. After a decision in November to start the process of adoption, they received information on January 24th about a newborn boy available to be adopted, they accepted his referral and have been in love ever since. On June 26th they were told they would be making a trip to Guatemala to pick up their son.



With the help of a wonderful adoption agency, Clayton was in his forever family's arms on July 2, 2006. The adoption will be finalized on September 20th.

Clayton who is now 7 months old is doing great, Amanda says. "He is the best child parents could ever dream of. He is truly a blessing from above."



## More Birthdays!

Brandy Patterson ..... September 22nd  
 Ida Lane ..... September 22nd  
 Amanda Moore ..... September 22nd  
 Donna Ellis ..... September 22nd  
 Lisa Massie ..... September 23rd  
 Julie White ..... September 23rd  
 Terry Green ..... September 24th  
 Crystal Eddington ..... September 24th  
 Debbie Arnold ..... September 25th  
 Charles Lanham ..... September 25th  
 Sarah Summers ..... September 25th  
 Pamela Brown ..... September 26th  
 Sherry Morgan ..... September 26th  
 Dennis Lahnam ..... September 27th  
 Kristen Talbert ..... September 27th  
 Deborah Wilson ..... September 28th  
 Nancy Fogle ..... September 28th  
 Jean Freels ..... September 29th  
 Laura Garrett ..... September 29th  
 Eleanor Gill ..... September 29th  
 Linda Jackson ..... September 29th  
 Amy Turley ..... September 29th  
 Lanie Andresen ..... September 30th  
 Amy Gaines ..... September 30th  
 Tara Wright ..... September 30th

## More Anniversaries



*These staff celebrate their employment anniversaries with us this month ...*

1st ..... Gina Noffsinger ..... September 15th  
 1st ..... Jessie Payne ..... September 15th  
 1st ..... Crystal Trosclair ..... September 15th  
 1st ..... Amanda Dennis ..... September 19th  
 1st ..... Laura Garrett ..... September 19th  
 1st ..... Betty Hicks ..... September 19th  
 1st ..... Wendy Patton ..... September 19th  
 1st ..... Candice Dukes ..... September 20th  
 1st ..... Libbi Robinson ..... September 20th  
 1st ..... Christy Shockley ..... September 20th  
 1st ..... Tonya Trujillo ..... September 20th  
 1st ..... Lou Ann Worthington ..... September 23rd  
 1st ..... Tammy Carden ..... September 26th  
 1st ..... Michelle Cotton ..... September 26th  
 1st ..... Sheyla Soto ..... September 26th  
 1st ..... Jayna Tabor ..... September 26th  
 1st ..... Mary Jo Thompson ..... September 26th  
 1st ..... Tabbatha Davis ..... September 29th  
 1st ..... Stacy Gregory ..... September 29th  
 1st ..... Melissa Haire ..... September 29th  
 1st ..... Peggy Miller ..... September 29th  
 1st ..... Alita Morris ..... September 29th  
 1st ..... Glenda Rolley ..... September 29th



# Audubon Cares About Your Health

## When Diabetes Attacks Nerves: Your Best Defense

When it comes to diabetes, the goal should be to take care and take charge. This is especially important in protecting yourself against nerve damage, a condition diabetics are prone to.

Left unchecked, nerve damage—also known as diabetic neuropathy—causes a variety of symptoms including tingling, numbness, burning or pain in toes, feet, legs, hands, arms and fingers, as well as extreme sensitivity to touch, even light touch. Other symptoms include loss of balance or coordination, muscle weakness, dizziness or faintness, especially when standing up, problems with urination, constipation or diarrhea, nausea or vomiting, inability to focus or double vision, and for men, erection difficulties. Also, weight loss and depression may go hand-in-hand with these symptoms.

Researchers are not exactly sure what causes diabetic nerve damage. But having high blood sugar for many years can damage the blood vessels that bring oxygen to the nerves. High blood sugar can also damage the cells covering the nerves.

The good news is that in one 10-year study, intensive control of blood sugar levels lowered the risk of nerve damage by 60 percent.

You may not be able to prevent nerve damage completely, but you may be able to reduce the symptoms or complications. To keep your body healthy:

- ☑ See your doctor on a regular basis.
- ☑ Tell the doctor about any problems you are having.
- ☑ Take any medications as prescribed.
- ☑ Keep your blood sugar in a healthy range. Tight glucose control may reduce the risk of nerve damage or heal early nerve damage.
- ☑ Check your feet every day for cuts, sores, blisters, redness or other problems that you may not be able to feel.

At least once a year, have your doctor completely check your feet and their nerve sensation. Medications and treatments can help lessen the symptoms of nerve damage. However, prevention is the key. If you experience symptoms of neuropathy— even if you aren't sure — play it safe. Tell your doctor as soon as possible. Early diagnosis and treatment may help prevent any further damage and keep you feeling better, longer.

## Study Reveals the Devastating Effects of Verbal Abuse

Remember the old saying, sticks and stones may break my bones but names will never hurt me? Well, Florida State University researchers have found that it's not true.

A new study by Florida State researchers has found that children who are verbally abused grow up prone to be self-critical, and are more likely to be plagued by depression and anxiety.

The study found that people who were verbally abused in childhood were 1.6 times more likely to experience symptoms of depression and anxiety than those who had not been verbally abused. Those who were abused were also twice as likely to suffer mood or anxiety disorders during their lifetimes, according to psychology professor Natalie Sachs-Ericsson, the study's lead author.

"The old saying about sticks and stones was wrong. Names will forever hurt you," says Sachs-Ericsson.

The study was published in the *Journal of Affective Disorders*. FSU researchers teamed with University of North Carolina at Chapel Hill and included 5,614 people from ages 15 to 54.

The study revealed that 30 percent of participants reported a parent sometimes or often verbally abused them. This high percentage surprised researchers, according to Sachs-Ericsson.

Parents, Sachs-Ericsson says, often are merely repeating parenting styles from their own parents—or they may not know of positive ways to motivate and discipline their children.

The result is that, over time, children who are verbally abused come to believe what their parents are saying about them is true. They lock on to the negative statements about themselves and use them for an explanation for anything that goes wrong. So for instance, if a parent tells a child that he or she is crazy or no good, when something negative happens, say the child doesn't make the basketball team or the cheerleading squad—then the child will tell him or herself that it is because he or she is crazy or no good. This pattern of thinking often spills over into adulthood and causes much anxiety and suffering.



\*Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Kentucky, Inc. Independent licensees of the Blue Cross and Blue Shield Association.  
(†) Registered marks Blue Cross and Blue Shield Association.\*

### DISCLAIMER

**This information is for educational purposes only and should not be interpreted as medical advice. Please consult your doctor for advice about changes that may affect your health.**



## TECH

### Some Pointers on using PowerPoint

According to an article by writer Jeff Wuorio (“It’s a great tool when used effectively”), PowerPoint can either be a wonderful or terrible thing. It all depends on how you use it. Here is a list of pointers for using PowerPoint so that you end up being both provocative and persuasive, Wuorio says.

**Make sure your material is compelling.** It’s good to keep in mind that people are coming to hear you speak, not just to look at slides. Your slides should support what you are saying, not be the focal point of the presentation.

**Stay simple.** Don’t fall in love with all the gadgets available to you. Use them if they will enhance what you’re saying, but the best policy is usually to stay simple, use graphics like charts that are easy to read and understand.

**While numbers can elucidate your point, make sure you don’t go crazy with numbers.** Minimize the numbers in your slides. Don’t overwhelm your audience with too many facts and figures.

**Don’t just read what’s up on the screen to your audience.** That’s a big mistake. What you want to do is augment and discuss what’s on your screen.

**Time your remarks.** Give your audience a chance to read the screen, and then make your remarks. Don’t talk on top of your slides.

**Give it a rest.** A blank screen every now and again can deliver a much-needed break.

**Use color.** Make sure you have lots of contrast so that screen reading is easy and the emotion of what you want to convey is achieved.

**Don’t just use PowerPoint images.** Import your own.

**Distribute handouts after your presentation.** You don’t want to be talking to people while they’re reading your conclusions.
















**Edit with a heavy hand.** If there’s something you thought was a good idea but is actually unclear or unappealing, kill it.

## TIPS

### Ways to Up Security on the Internet



According to Schneier on Security, a Weblog by Bruce Schneier covering security and security technology, there are about a dozen things you can do to make yourself more secure when you use the Internet. Here are some of Schneier’s recommendations:

-  Turn it off. That means that generally when you’re not using your computer, it should be shut down.
-  Keep your laptop with you at all times. Schneier says you should treat it like your wallet or purse. (You can include your PDA in this, too.)
-  Back up your files regularly. Store at least one set of back ups off-site and one back up on-site.
-  Destroy your old backups.
-  Buy a Macintosh or use Linux.
-  Don’t use Microsoft Internet Explorer.
-  Limit the applications you use. Clean up every once in a while. Uninstall applications you don’t use.
-  Think before you do business on a Web site.
-  Use credit cards, not debit cards, online.
-  Never reuse a password for something you care about. Assume that PINs can be easily hacked.
-  Don’t assume that e-mail you receive is actually from the “From” address.
-  Delete spam without reading it.
-  Never click links in an e-mail unless you’re absolutely sure about the e-mail.
-  Don’t use Outlook or Outlook Express.
-  Buy a firewall device

## Psychiatrists Looking for ways to Treat Internet Addiction

Are you addicted to the Internet? According to an article in *Perspectives in Psychiatric Care*, the Internet has certain properties that promote addictions and the development of pseudorelationships in some people.

As the Internet is becoming more pervasive, more people are suffering from obsession, according to researchers. Some people are not able to control how much they use the Internet, and it becomes a focal point in their lives. When the Internet starts to overtake lives people can be faced with some harsh realities, such as divorce.

Other types of problems derived from overuse of the Internet are “cybershakes,” headaches, dry eyes and carpal tunnel syndrome. Therapists are now developing appropriate treatments for those who have been afflicted by these problems

## The Curious Journal

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