IS YOUR CELL PHONE A REAL TURKEY?

The Public Eye: Wise up, make sure your smart phone is protected
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With so many of us accessing the Internet or storing sensitive data on our iPhones, Droids or BlackBerrys, our mobile phones are increasingly vulnerable to cyberthieves. The state Office of Privacy Protection is warning consumers to protect their smart phones against the same types of dangers – hackers, viruses – that can lurk within a big, bulky computer or laptop.

"We treat them like it's only a phone, but it's really a little computer that has the same kind of vulnerability as your PC," said privacy office chief Joanne McNabb.

McNabb said consumers download apps that may not contain enough security coding to thwart hackers.

Or smart phone users may be unaware they need the same type of anti-virus and anti-malware protections used on their home or work computers.

In one case earlier this year, a mobile game, "3D Anti-terrorist Action," inadvertently allowed hackers to rack up expensive, international phone bills on users' phones.

McNabb's **tips:**

- Install the same type of software and security programs you'd want on your computer. There are mobile versions of security software from the same companies that offer products for your desktop. Or contact your phone service provider for guidance.
- Check out apps before downloading them. Look on review sites, such as [www.whatapp.org](http://www.whatapp.org), which rates some apps for privacy and security.
- Be aware. Although it's a challenge on a small screen, read the app's privacy policy to be sure your data aren't being shared. Try to avoid or limit such sharing.

– Claudia Buck    - Sacramento Bee
WHAT’S IN YOUR DRINK?

Nine Washington freshmen hospitalized after drinking Four Loko.

Earlier this month police found nine Central Washington University freshmen passed out or sick. At first they thought the students had been drugged.

Turns out, they had been drinking Four Loko.

Four Loko are fruity energy drinks with 12 percent alcohol <http://voices.washingtonpost.com/campus-overload/2010/10/four_loko_chugged_by_students.html#more> that pack the punch of about three beers, a can of Red Bull and a large espresso. The 23.5 oz cans sell for less than three bucks each and come in 10 flavors, including blue raspberry and fruit punch.

Students also call them "black-outs in a can" and "liquid cocaine."

The drinks (or alcoholic energy drinks in general) have been banned on at least two university campuses, the Associated Press reports, and Washington state Attorney General Rob McKenna is calling for the drinks to be banned. The Food and Drug Administration has been asked by several officials to review the safety of the beverages.

At the Central Washington University party <http://www.washingtonpost.com/wp-dyn/content/article/2010/10/25/AR2010102502771_2.html> , the students were taken to the hospital with blood-alcohol levels between 0.12 percent to 0.35 percent -- keep in mind that 0.30 percent is considered life-threatening. That night they had been drinking vodka, rum, beer and Four Loko, and no drugs were found in their systems, the AP reported.

The students ranged in age from 17 to 19, and reported being inexperienced drinkers. One of the female students almost died, the AP reported. Associated Press
Top five reasons why mixing caffeine or energy drinks with alcohol is a really bad idea.

1. Mixing caffeine and alcohol can increase the risk of alcohol poisoning. Since caffeine makes people feel “less drunk” than they really are, they tend to drink more than they should.
2. Mixing alcohol and caffeine can make your heart rate and blood pressure rise.
3. Caffeine can make you feel energetic even if you’re drunk. Why is this dangerous? Because people can be “tricked” into thinking they are alert enough to do things like drive a car, when they really aren’t.
4. Caffeine and alcohol are both diuretics, leading to dehydration (and really bad hangovers).
5. Adding caffeine to alcohol can make drinking alcohol all the more addictive.

Before you drink: Read the label

Remember, a standard drink typically equals a 12-ounce beer, a 5-ounce glass of wine, or 1.5 ounces of hard liquor, whether people have it as a mixed drink or a shot. Each contains about 0.06 ounces of alcohol. Some beverages, especially malt beverages and beverages marketed with caffeine, can contain much more than one standard drink. To always know what and how much you’re drinking, be sure to read the label.

THERE IS NEVER A GOOD REASON TO END UP THIS WAY!!!
17 people hospitalized at Cow Palace concert

Daly City
October 31, 2010 | By Rachel Gordon, Chronicle Staff Writer

Seventeen people who attended a concert Friday night at the Cow Palace in Daly City were hospitalized for apparent overdoses of drugs and alcohol - the latest trouble at the state-owned venue.

Emergency medical crews from San Francisco, Santa Clara and Alameda counties responded to San Mateo County's mutual aid request after reports came in of multiple victims at the large event, Robyn Thaw, spokeswoman for the San Mateo County Health System, said Saturday.

The victims were taken to five hospitals in San Mateo County and San Francisco. Their conditions weren't immediately available Saturday afternoon.

The event, called Subsonic Spookfest 2010 and sponsored by radio station Live 105, was open to partygoers 16 years old and older, according to the Cow Palace website.

A rave held at the Cow Palace in May left two people dead and injured more than a half-dozen others. In 2003, two people died of overdoses at a concert there. The Daly City auditorium, right across the city's border with San Francisco, is owned by the California Department of Food and Agriculture.

State Sen. Leland Yee, D-San Francisco/San Mateo, said the Cow Palace has a history of inadequate on-site law enforcement and medical personnel to deal with problems.

"The problems at Friday's rave event wasn't the first time a tragedy like this has happened," Yee said Saturday.

Unfortunately, he added, the status of the Cow Palace as a state entity has tied the hands of the local authorities in Daly City to demand more police and paramedics on scene.

"If the Cow Palace fails to immediately develop a policy to protect our community," Yee said, "I am prepared to introduce legislation that would require them to provide an adequate police and medical presence before hosting these raves."

Be thankful for good choices, great concerts and fun times without life altering events. Stay safe. Have a great Thanksgiving!