

SUMMER HEAT CAUTIONS

Stay Safe This Summer



How dangerous is overheating in the summer months? According to the Centers for Disease Control and Prevention, from 1973 – 2003, excessive heat exposure caused 8,015 deaths in the United States. “Heat-related deaths and illness are preventable, yet annually many people succumb to extreme heat,” says Dr. George Luber, extreme heat expert for the Centers for Disease Control and Prevention in Atlanta.

Summertime activity, whether on the playing field, running, boating, or just enjoying the great outdoors, must be balanced with measures that aid the body’s cooling mechanisms and prevent heat-related illness. Know the symptoms of heat disorders and overexposure to the sun, and be ready to give first aid treatment.

Heat Cramps- are strong muscle contractions and usually affect the abdomen and legs. The condition usually improves with rest, water and cooler conditions.

Heat Exhaustion- caused by heat and dehydration but the effects are more serious than cramps. Symptoms may include paleness, dizziness or fainting, nausea or vomiting, and an increase in body temperature. Rest, water and cool compresses (ice water on the back of the neck, etc) can help. For more severe heat exhaustion, IV fluids may be required.

Heat Stroke- The most serious of the heat related conditions. Heat stroke is most commonly brought on by strenuous exercise in hot conditions. However, it can also affect non-active individuals if the temperature is high enough. Visual signs include flushed, red look to the skin, the person often stops sweating**. This is one key sign that an individual is in an over heated condition. Also, a person with heat stroke might become delirious, unconscious, or have seizures. Lowering the body temperature and getting fluids into the person as quickly as possible is imperative.

Don’t get caught off guard this summer drink plenty of water, wear plenty of sun-screen, and exercise early in the morning. Enjoy the summer season and stay safe.

- Submitted by Valerie Salinas

Don’t Waste Your Money “Speeding” Up Your Computer

Maybe you’ve seen them on TV, the commercials for “FinallyFast.com”, “MaxMySpeed.com” or “MyFasterPC.com”. And online you’ll find even more like “SpeedUpMyPC”. They all promise to make your computer MUCH faster. All you have to do is download and run their “free” product. Of course, after you run it, the program finds all kinds of problems with your computer, and offers to fix it for you. All you have to do is BUY the product at this point, and \$30-\$40 later, your computer is (maybe) a LITTLE faster. But it doesn’t stop there; they then offer to sell you other software to fix other “problems” that may exist with your computer.

What do these programs do? They do what you can easily do for free. Mostly they delete temp files, cookies and unnecessary registry entries. Deleting temp files and cookies won’t have any noticeable impact on speed, but if you want to you can easily do both yourself. To delete your temp files, click on the “Computer” icon on your desktop or “Computer” in your “Start” menu. Right click on your C: drive and choose “Properties”. Right there you’ll see a button that says “Disk

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The Olmos Reader is mailed monthly to all Olmos Park residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for The Olmos Reader please email it to olmospark@peelinc.com. The deadline is the 20th of the month prior to the issue.

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Don't Waste Your Money - (Continued from Cover Page)

Cleanup". Click the button, check the boxes, click on "OK" and you're done. Cookies can be deleted in the Tools/Options menus of your web browser (personally, I don't spend time worrying about cookies.)

I don't recommend you mess around trying to clean-up your registry (the registry is a VERY LONG list of settings telling your computer what programs are installed, where you like your icons, the color of your background, etc.) If you know what you're doing and know how to back-up the registry before making changes, then you probably stopped reading long before now. If you don't know how, then just leave it alone. Using a registry cleaner MIGHT make your computer start 1/2 a second faster, but you risk making a change that can make your computer impossible to boot, in other words "don't try this at home."

So what is REALLY slowing down your computer? After years of use, your Windows machine starts to use more and more memory. There are things like neat little tools that give you the weather or news on your desktop, printer software, camera software, instant messaging programs, etc. In addition, there are programs that came with your computer when you bought it that you may not even use. Programs like AOL, Quicken or Microsoft Money, the manufacturers "support" program, trial software and others. Many of these have

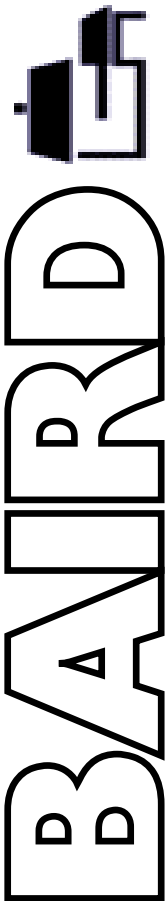
small parts of them that start up each time you start your computer. With enough of these little "starter" files running in the background, the memory (not your hard drive) runs out and soon your computer starts slowing down.

The best thing you can do (and those paid software programs can't) is remove the programs you don't need and/or use. If you use Windows XP, go to your Control Panel and look for the "Add/Remove Programs" icon. This will show you a list of all the programs installed on your computer. For Windows Vista and Windows 7, the Control Panel now calls it "Programs and Features". You need to be careful to remove only programs you're SURE you're not using – don't go crazy with it.

The two biggest things that make a difference are best left to a professional. There are entries in the registry that can be manually deleted to stop programs from starting up with your computer. Also, adding memory is easy and cheap, but you need to be sure you're putting in the right type for your computer.

Speeding up your computer doesn't have to be expensive. If you are going to spend your money, spend it on the right things, you can take care of the easy stuff yourself for free.

Next month we'll cover the basics of your computer's memory and hard drive (how they affect the speed of your computer) and we'll say goodbye to Windows 2000.



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SHREK FINDS HIMSELF IN AN ALTERNATE UNIVERSE IN "SHREK FOREVER AFTER," THE FOURTH INSTALLMENT OF THE FRANCHISE.

STARRING: MIKE MYERS, EDDIE MURPHY, CAMERON DIAZ
DIRECTED BY: MIKE MITCHELL ("SKY HIGH")

**WRITTEN BY: JOSH KLAUSNER ("DATE NIGHT")
AND DARREN LEMKE ("LOST")**

"Shrek Forever After" is being labeled as "The Final Chapter" of a 9-year-long fairytale franchise and well it should be. It's a sequel that's squeezing out what little magic is left in it's ogre-sized tank. It might be superior to the slaphappy third installment in 2007, but there's still not enough originality to make it a truly happily-ever-after.

In "Forever After," DreamWorks Animation and screenwriters Josh Klausner ("Date Night") and Darren Lemke ("Lost") toss a little of Frank Capra's classic "It's a Wonderful Life" into the mix as a more mature Shrek returns to a Shrek-less version of Far Far Away.

With the everyday repetition of his family life (changing baby ogre diapers isn't as adventurous as he thought it would be), Shrek doesn't feel like the same nasty ogre that once instilled fear into everyone. Instead of running for the hills when Shrek is near, the villagers now look upon him as a celebrity.

In an attempt to revisit his glory days, Shrek signs a pact with the villainous Rumpelstiltskin (Walt Dohrn), who has held a grudge with the lovable ogre since he ruined him chance to take over the kingdom years ago. All Shrek wants is one more day where he can feel like the

ogre he used to be. Rumpel, however, has other ideas.

Transporting into an alternative universe where he was never born, the Shrek realizes that a lot has changed in Far Far Away. Fiona (Cameron Diaz) is now a strapping warrior leading an underground ogre resistance; Donkey (Eddie Murphy) pulls a carriage for some evil, whip-whapping witches; and Puss in Boots (Antonio Banderas) has packed on a few pounds and become a lazy house cat.

To break the spell and return to his regular life, Shrek must get Fiona to fall in love with him all over again and share in "True Love's Kiss." Isn't breaking a spell with a kiss as listless as a storybook tale can go these days?

As in the last two "Shrek" movies, it's Banderas' Puss in Boots who steals most of the scenes. Even though there's not much swordplay in this last film, the now pudgy feline with the Spanish accent is able to match the energy of the new characters, including an army of personable ogres (Craig Robinson and Jane Lynch give funny performances). Cameos by the Gingerbread Man (Conrad Vernon) are also enjoyable. One of the best parts of the movie is when Gingy gives his best impression of a gladiator chopping down fierce animal cookies in a coliseum.

Despite some character highlights, "Shrek Forever After" doesn't



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RETIREMENT CHALLENGES

For Today's Families

I recently had the pleasure of hearing David Walker, the former Comptroller of the United States, speak to my company at a training session. Mr. Walker, who made the famous movie "I.O.U.S.A." is an expert at knowing how the country can reverse the trends of increasing government debt and seemingly unlimited entitlement spending. Now the President of the Peter G Peterson Foundation (www.pgpf.org) he paints a scary picture of what our future can hold if we don't act. In "I.O.U.S.A." he forecasts that without intervention, by 2035 the government will spend so much on defense, social security, Medicare and interest on debt that there won't be enough money to pave a street. But it doesn't have to be this way.

He believes that the American people are more knowledgeable now than at any time in history about how our government spends money. This is the key to action. Mr. Walker is not a man prone to exaggeration – he is a factual

man. And he showed us how various arms of the government can be reformed in a sensible, step-wise manner, starting with a rethinking of tax and entitlement policy. Sure, he expects our taxes to rise in the future but there is really good hope that our taxes will be used more sensibly. This is real stuff, not a fantasy. In fact in May 2010 he led a by-invitation only summit of the best thinkers on both sides of the political scene to create solutions.

How will your family navigate these waters? Creating a financial strategy for living in this new world of retirement is vitally important. Find out what it takes now to plan for rising inflation and taxes, future college costs, and changes to social security. Learn how to protect your assets from these headwinds and accumulate what you need for the future.

- Submitted by Rich Keith



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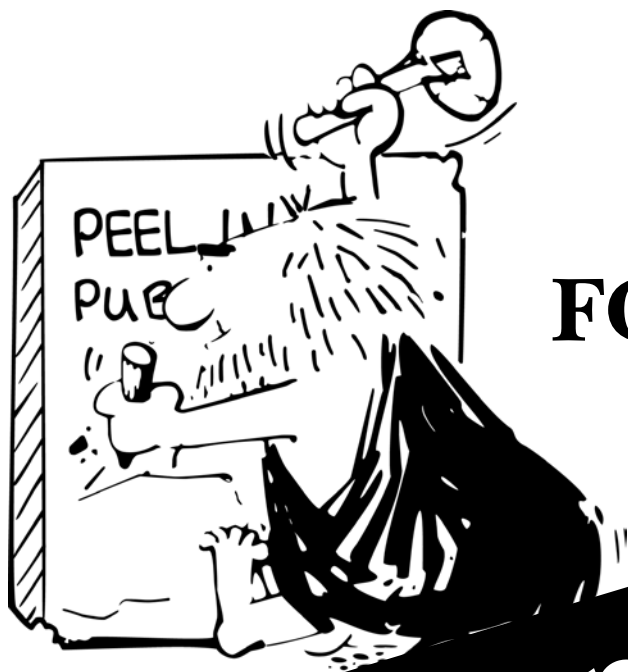
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