

Tips to Keep Pets Safe On Summer Vacation



According to the AAA and travel research, seventy percent of Americans are planning a summer vacation this year and 14 percent of those will take their pets with them. Here are some tips from the AAA:

- Train your pet to travel in the car. Go for several short rides and include a treat at the end of the trip

such as time at the dog park or a special snack.

- Make sure the animal is secure in the back seat with either a traveling crate or a harness that attaches to the seat belt. This keeps the animal from interfering with or distracting the driver and can be a lifesaver for the pet in the event of a crash.
- To help avoid motion sickness, feed your pet a light meal four to six hours before departing.
- Do not allow pets to stick their heads out the window no matter how enjoyable it seems. Road debris and other flying objects can be dangerous, and the animal is at greater risk for severe injury if the vehicle stops suddenly or crashes.
- Visit a rest stop every four hours or so to let pets have a drink of water and stretch their legs. AAA recommends that drivers stop every two hours to take a quick break.
- Be sure your pet is leashed before opening the car door. This prevents pets from unexpectedly breaking free and running away or into traffic.
- Never leave animals in a parked car, even if the windows are down. Even on pleasant days the temperature inside can soar to 100 degrees in less than 10 minutes, placing your pet at risk for heatstroke.

Signs of Depression and Suicide Risk

The National Alliance for the Mentally Ill (NAMI) publishes a fact sheet to help people recognize signs of depression and suicide risk. They are:

- Change in personality; sad, withdrawn, irritable, anxious tired, apathetic.
- Change in behavior: can't concentrate on work, school, routine tasks.
- Change in sleep pattern: oversleeping or insomnia.
- Change in eating habits: loss of appetite and weight or overeating.
- Loss of interest in friends, sex, hobbies, activities previously enjoyed.
- Worry about money, illness.
- Fear of losing control, going crazy, harming self or others.
- Feelings of overwhelming guilt, shame, self-hatred.
- No hope for the future.
- Drug or alcohol abuse.
- Recent loss through death, divorce, separation, broken relationship, or loss of job, money, status, self-esteem.
- Loss of religious faith.
- Nightmares.
- Suicidal impulses, statements, plans, giving away favorite things; previous suicide attempts or gestures.
- Agitation, hyperactivity, restlessness, may indicate masked depression.



Avoid Slips and Falls that Occur in the Home

Here's a checklist to avoid slips and falls that often occur at home.

Floors

- Move furniture from where it blocks paths.
- Remove throw rugs or tape them to the floor.
- Keep clutter, such as papers, books, electric cords, etc. off the floor.
- Replace frayed carpets and loose tiles.

Stairs and Steps

- Keep objects off the stairs.
- Fix any broken or uneven steps.
- Replace missing lights over stairways.
- Tighten loose handrails.

Kitchens

- If the items you use most often are on high shelves, move them lower or into cabinets.
- If you are able to safely stand on a step stool, make sure that the one you have is steady and has a bar to hold onto.



- Be prepared for spills. Have paper towels or rags available and clean up immediately. Make sure you didn't miss a spot!

Bedrooms

- Place a lamp close to the bed where it is easy to reach.
- Put in a night light so you can see where you're walking.

Bathrooms

- Put a nonslip rubber mat in the tub or shower.
- Install grab bars near the toilet and tub.

If your alarm system goes off by accident

- Stay calm. Don't panic. Remember your code.
- Determine if there really is a fire or an intruder.
- If the alarm activation was accidental, carefully disarm your system. Carefully press each number of your code.
- After you have reset the system, wait for the monitoring station to call.
- Don't leave your home or business until you have spoken with the monitoring station.

Avoid Distraction Thefts While Shopping

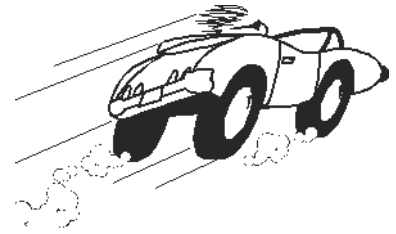
Here are some shopping tips to avoid distraction thefts and minimize their effect:

- Don't put a purse in a shopping cart; carry it with the strap across the chest or wear a 'belly bag' to carry a wallet and keys.
- Don't leave the house with the checkbook; take one or two checks that you might need.
- Carry only one credit card.
- Don't carry irreplaceable items such as photos of the family.
- Maintain awareness of your surroundings.



The Dangers of Speeding

The National Highway Safety Administration (NHTSA) promotes awareness about the dangers of speeding given that higher driving speeds cause more deaths, greater crash severity and increase insurance and health care costs.



Is speeding really a problem?

Yes! Speeding reduces the time drivers have to avoid crashes and the severity of the crashes that occur. According to the National Highway Traffic Safety Administration (NHTSA), speeding is one of the most common reported factors associated with crashes. Speed is a factor on 29% of all fatal crashes, killing an average of 1,000 Americans every month. In 2000, more than 12,000 people died in speed related crashes. NHTSA estimates the economic cost to the public of speed related crashes to be more than \$27 billion each year. Health care costs alone are approximately \$4 billion per year.

Who speeds most?

Young drivers tend to speed more than older drivers. Although speeding is a problem among all driver age groups, the crashes and violations of young drivers are much more likely to be related to speed than is the case for drivers of other ages—and the motor vehicle crash rate per 100,000 people is especially high among 16–24 year olds. A NHTSA analysis found that the relative proportion of speed related fatal crashes decreases with increasing driver age.

Speed influences crashes in four basic ways:

- It increases the distance a vehicle travels from when a driver detects an emergency until the driver reacts.
- It increases the distance needed to stop a vehicle once an emergency is perceived.
- Crash severity increases by the square of the speed so that when speed increases from 40 to 60 m.p.h., speed goes up 50 per cent while the energy released in a crash more than doubles.
- Higher crash speeds reduce the ability of vehicles, restraint systems and roadway hardware such as guard rails, barriers and impact attenuator to protect occupants.

How are speed limits established?

Speed limits are typically set based on a roadway's design—for example, whether it is a narrow two-lane road or a modern controlled access expressway—and whether the surrounding area is urban, suburban or rural. The American Association of State Highway and Transportation officials defines design speed as “the maximum safe speed that can be maintained...when conditions are so favorable that the design features govern.” In other words, it is the maximum speed at which drivers can maintain a safe level of vehicle control on a particular section of the highway under the conditions for which the highway was designed. Speed limits are set somewhat lower because conditions are not always favorable and design features do not always warrant higher speeds.

Password Tips for the Computer

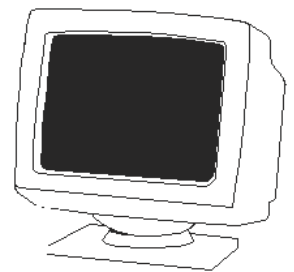
To create foolproof passwords, experts recommend the following steps:

- When selecting a password, be creative; don't go with simple, easy to guess or traceable words. Avoid passwords that can be found in the dictionary.
- Avoid use of easily found information that defines you such as the last four digits of your phone number or your child's name.
- Change passwords regularly.

- Avoid use of the same password at an unsecured site and a secure site.

- Create passwords with a combination of letters and numbers. If possible, use upper and lower case characters.

- Don't let anyone see or hear it. Also, commit your password to memory; don't write it down anywhere.



If your car 

BREAKS DOWN

HERE'S WHAT YOU SHOULD DO

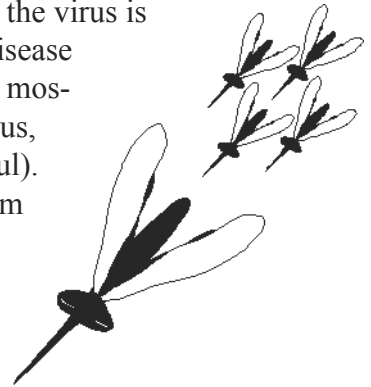
- Get your vehicle as far as possible off the highway and onto the right shoulder.
- Turn on 4-way flashers.
- Put out reflectors at least 300 feet towards oncoming traffic.
- DO NOT stand on the highway to perform any repairs.
- When jacking up your vehicle, make sure the ground is both flat and firm.
- Tie a white cloth to the antenna to use as a distress signal.

DON'T DRINK & DRIVE!

Preventing West Nile Virus

The best way to avoid the virus is to avoid being bitten by disease bearing mosquitoes (most mosquitoes don't carry the virus, but you can't be too careful).

From the onset of warm weather until the first fall frost, consider these measures from the AARP:



- Use insect repellents outside, especially at dusk or dawn when mosquitoes are most active.
- When you go outdoors wear a hat, long sleeves and pants. Be sure you protect your hands, face, neck and ankles.
- Place screens over all doors and windows.
- To discourage mosquito breeding, remove standing water from gutters, animal water dishes, flowerpots, discarded tires, birdbaths and buckets.

NEWS YOU NEED TO KNOW...

- **Clients...It's hard to believe it's Summer already!** Don't forget to let us know if and when you're leaving the area this coming Fall so we can schedule to service your system for the upcoming winter. You may also want to consider additional fire and/or low temperature detection in case you plan to keep the heat and/or electricity on while you're away. Call us at 518-523-1600 (or stop by Mon. - Fri. 8:30 AM - 4:30 PM) to make arrangements.
- **Thanks for over 21 Years of Business...since 1982!** We couldn't have done it without You! To show our appreciation, you can receive 21% (up to \$ 500.) off any new security system (or on any upgrades or additions to your existing system) anytime up to 10/31/03, just for mentioning this ad! Call or see us for details.
- **Thanks for voting us #1 again (for the 5th year in a row!)** As some of you may know, we recently were awarded the Adirondack Daily Enterprise/Lake Placid News 'Best of Mountains/Reader's Choice' award for "Best Security Systems Service" for 2003. This makes it our fifth year in a row that we have received this distinction & want to thank each & every one of you who voted for us... it's an honor to serve you and we're proud of our accomplishment!
- **Our Security Associates (SAI) Central Station is now consolidated for over a year.** As you may know, the monitoring operations are now consolidated into two fully redundant, technically advanced "host" centers in Arlington Heights, Illinois and Pompano Beach, Florida. COMSEC'S founder, Lee Borland, was an original investor (and SAI Board Member) and was instrumental in starting the SAI Command Center over ten years ago. In fact, COMSEC SECURITY was it's first member client company. Today, over 3,000 alarm companies call it "home" for their central monitoring!
- **COMSEC has recently completed upgrading it's Accounting/Business software** to Quick Books Pro. It has been a major project for us, but hopefully a "seamless" one for you. You may have noticed your Invoices/Statements look somewhat different, so call us if you have any questions. Thanks again for your business!

Well, that's about it for this issue. We would like to hear from our readers - comments, suggestions, criticisms, whatever. We want to reflect the feelings of not only our Company, but of our clients and friends as well. Send your comments, letters and suggestions to us at: 43 Saranac Avenue, Lake Placid, New York 12946 OR call us at 518-523-1600 (8:30 AM-4:30PM Weekdays). Thank You!