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100% Effective Natural Hormone Treatment
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Impair Healthy Healing In People Over The Age Of 30!

Stealing Lives

By Virginia Ramage Smith

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Like a sneak thief, Alzheimer's disease comes quietly. Although it steals only a tiny bit at a time, it invades relentlessly. Gradually, the victim's losses — memory, self-awareness, dignity — become visible to the world. The losses of spouse and family are almost invisible. These may be the cruelest of all because these victims are fully aware.

Now that the ravages of Alzheimer's disease are so obvious in my husband Fred, I am continuously reminded of my own losses as well as his. Dear friends inquire often about Fred's condition, often expressing their dismay at what he has lost, at the disintegration of someone so involved in living. But, while they express concern for my health and my ability to meet his current needs, they never ask what I have lost. I'd like them to understand.

Conversation

During the busy period of our marriage, mealtime was the highlight of my day. Fred worked long hours as an aeronautical engineer, my days were full as a mother, student, homemaker, but at mealtimes we had time to talk, to discuss our needs and expectations. It was usually a time we exchanged ideas or perhaps plans for the next day. Now, mealtime is quiet because conversation has disappeared. There are no ideas to ponder, no plans to make, no opinions about politics, or neighbors. Good conversation was so ever present at our home that I took it for granted. Losing it has been painful.

Decision Making

I have also lost a partner in decision-making. There were always the big decisions - what house to buy, when to buy a new care, where to invest money, and where Phyllis should go to college. But the little decisions — what to have for supper, what movie we would see - these were the everyday decisions that made the day go well. Fred did not really care how we arranged the furniture or what flowers we planted outside, but he would offer opinions when asked. He would help if I needed it. Now, I must make every decision alone. I miss his voice deeply.

Travel

From the beginning of our life together, we agreed completely on the joy of traveling. For the first years there was no money for long or expensive trips, but we found ways to enjoy weekend jaunts and brief visits with our families. In time, we were able to save for specific targets - to Europe, cruises to the Caribbean area, even to the Orient - and there was always a plan in waiting for the next time. Now, for the past ten years, there have been no trips more than 30 miles from home. There are no plans in the

future, and that is a great loss.

Handyman Help

I have lost my handyman. Fred was not always the best handyman I have known, but he was there. Now I must hire someone to do seemingly simple chores, like check the smoke alarms, turn over the king-size mattress, move a heavy piece of furniture, or repair a broken chair leg. My neighbor sets the sprinkler for me, and a yard man mows the lawn. Now when I have to change a lock on a door, I call for help. At this point, Fred is more likely to cause a problem inadvertently than to cure one, so I must be constantly vigilant. I miss having Fred's help.

Companionship

I miss the companionship shared at the close of a busy day, when we slowed down and talked about each other and what comes next. We took this time to go quietly about preparing for the next day, knowing that each of us would be there to help the other. Now, I am painfully aware that Fred does not

even recall those times. We can no longer enjoy remembering together the things that have made up our long lives. I miss my companion.

I express my loss not as a complaint but only to describe extent to which Alzheimer's disease affects those who care for the afflicted one. My life is altered irrevocably because I've lost the everyday ease once present when things were more normal. I have lost the freedom to do my own thing, to abandon Fred for awhile and be carefree. I am sometimes resentful and angry, sometime guilty and inadequate. Alzheimer's disease has stolen my husband. It has stolen my life as well.

Virginia Ramage Smith is the 82-year-old caregiver for her husband, a victim of Alzheimer's disease. She is also the chairman of the best is yet.net, Inc. Read more from her biweekly column at <http://www.thebestisyet.net>

Getting Revenge On Bandwidth Stealers

By Richard Lowe

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Well, you've discovered that someone is stealing your bandwidth. You've sent them a polite email (if you can figure out an email address) and perhaps even a less than polite message. They keep stealing your images, your sound files, your videos and even your zip files. What do you do now?

One thing that is very common is to replace the graphics image with something else, something which boldly says "stop doing this". I've known some people who use pornographic images or include swear words. I would not recommend these actions, as they are unprofessional. A simple "This person is a thief" or "this website is stealing bandwidth" or something to that effect is fine.

Don't worry about how big you make the graphic – it will show up just fine

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on the offender's web page. If they did not include high and width tags, the graphic will show as is, otherwise it will be distorted – but who cares?

Remember to fully optimize the graphic image. A GIF with eight colors is perfect, and a JPEG image compress by 50% to even 80% is great. This reduces the effect of the bandwidth stealing by lowering the size of the image that's being stolen.

Let's say you have an image that's 50k in size and it's being stolen. The web site that's using the image is displaying it 100 times a day. That's 5 megabytes of stolen bandwidth per day! If you can create a new graphic and optimize the image to, say, 5k, you reduce the effect to 500k of bandwidth instead of 5mb. In addition, of course, since the person stealing the bandwidth will hopefully stop doing it, then you may eliminate the problem all together.

You can even reduce the graphic to a simple 2 color 1X1 pixel image if you want (although that will not display the rude message). This may be your only option if the webmaster still does not remove the link to your images.

Oh yes, there is another important piece to remember. You have to change the name of the graphic that your own pages are using. Otherwise, of course, your pages will show that you are a thief, and that's not what you want.

Let's say you are using a graphic called "mine.jpg" and it is 127k in size. Several sites link to that graphic. You go to each of those sites, get the webmaster email address from each, and send a polite letter asking them to remove the link. You are ignored (which is often the case). A harsher email

is not only ignored but one of the webmasters responds with a nasty email.

So you go ahead and rename "mine.jpg" to something like "mine2.jpg", then create a new image which is only 2k in size (just 4 colors) which says "This webmaster is stealing graphics. Please ask him to stop".

I'll bet that graphic comes down very fast.

I had a similar problem some time ago. I run several webrings and one of the problems that constantly occurs is ring member sites link directly to the graphics on my own host. They do this even though the rules of the ring clearly state this is not allowed.

This left me with a dilemma. I didn't want to damage the beauty of the ring by putting out a "stop stealing" graphic, but since I am paying for my own bandwidth I wanted to reduce the load. I also didn't want to remove the

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image as I don't like 404 errors (I get an email for each and every one).

After repeated emails to the ring member site didn't work I was left with the choice of removing the images or removing the site from the ring. The later option would still have left the bandwidth being stolen (since the ring member probably would not remove the graphic).

What I wound up doing is creating a very optimal graphic with just 2 colors. The barest minimum graphic. It still looked okay, but was clearly not the best graphic for the ring. The file size of the image was less than 1k which removed over 1mb a month from my bandwidth usage.

I know none of this is the ideal solution. It can be a royal pain to examine server logs, send email and change image names. However, if you've got a big offender it can significantly reduce your bandwidth utilization.

Additional Information

Bandwidth stealing

<http://www.internet-tips.net/Legal/Bandwidth.htm>

Bandwidth stealing is the linking to images or scripts from another site without permission, thus using that sites bandwidth without compensation.

How to tell if your bandwidth is being stolen

<http://www.internet-tips.net/Legal/Bandwidthhow.htm>

Want to find out if someone is stealing your bandwidth? Here are some ways you can tell.

Sins of the internet- Bandwidth Stealing

http://www.internet-tips.net/Legal/sins_bandwidth.htm

This sin costs hosts millions of dollars a year – and often you don't even know that you did it!

Htaccess file – Redirect

http://www.internet-tips.net/Webmaster/htaccess_redirect.htm

You can redirect visitors to other pages using the redirect function of htaccess.

HTML tag reference guide –

http://www.internet-tips.net/HTML/META_httpequiv_refresh.htm

Richard Lowe Jr. is the webmaster of Internet Tips And Secrets at <http://www.internet-tips.net> – Visit our website any time to read over 1,000 complete FREE articles about how to improve your internet profits, enjoyment and knowledge.



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