ADDERALL ABUSE AMONG COLLEGE STUDENTS

Throughout the country college students have been turning to Adderall (prescribed for attention deficit disorder) to help them stay awake and focused for studying and taking tests. Nearly 25% of the students attending 119 of the nation’s most competitive universities admit to using it as a study aid. However, prescription stimulants like Adderall can be very dangerous when used inappropriately.

Many college students think Adderall is safe because it comes from a doctor even if the medication isn’t prescribed to them. But the drug comes with side effects—Adderall can cause nervousness, headaches, sleeplessness, and decreased appetite. In addition, a warning label on Adderall notes that adults using the drug have reported serious cardiac problems.

Adderal Side Effects
According to the FDA there are several risks associated with use of this ADHD medication.

- **Cardiovascular Risks** - Reports show that Adderall may cause high blood pressure, stroke and heart attacks.
- **Abuse Potential** - Reports have indicated that Adderall is a commonly abused prescription medication particularly with college students.
- **Addiction** - Adderall is an addictive drug. Withdrawal symptoms can include severe depression, extreme fatigue and other adverse affects.
- **Psychosis** - Adderall may worsen the symptoms of existing mental illness.
- **Sudden Death** - There are reports of at least 30 deaths from Adderall.

GPS SYSTEM THEFTS

All vehicle burglaries usually have one thing in common: there’s something left in the car worth stealing. One of the hottest items that thieves are targeting in the San Antonio area and nationally is the GPS system in your vehicle.

Don’t leave your GPS in plain sight or you will have a mess to clean up and your GPS will be gone.

Thieves have learned to look for tell tale rings on the windshield left by the window mount suction cup. If you do not wipe the ring off you might as well hang a sign “GPS inside”. Lock your GPS and mount inside your trunk.

If you’ve plugged in your actual home address for the “HOME” setting in your GPS, and a thief snatches your GPS and your garage remote control, they can easily get inside your home. Instead, use a familiar intersection or place of business near your home as your HOME setting.

GPS system thefts:
- **Rings say “GPS inside”**
HIGHWAY DRIVING SAFETY TIPS

Texas Department of Transportation

Speed Limits
- The maximum daytime speed limit on most interstate and state highways in Texas is 70 miles per hour. At night, the maximum speed limit is 65 miles per hour. In some areas, the speed limit is higher because of fewer people traveling on certain roads.
- Observing speed limits means more than driving faster or slower than the posted speed: it means driving to conditions. When it’s raining or foggy, when ice is on the road, when traffic is heavy or when road construction is ahead, adjust your speed accordingly.

Keep Right
- Watch for signs on Texas multi-lane highways that read "Left Lane For Passing Only." These signs let you know that the left lane on a divided highway is not a "fast" lane; it is a passing lane.
- After you pass someone, move into the right lane once you've safely cleared the vehicle. Impeding the flow of traffic by continuing to drive in the left lane is punishable by a fine of up to $200.

Sharing the Road with Trucks
- Trucks can weigh up to 80,000 pounds and may need up to 100 yards to stop. Here are some tips to help keep you safe when you drive near trucks:
  - Maintain a safe following distance. When the vehicle in front of you passes a fixed object, you should be able to count at least two seconds before you pass the same object.
  - Don’t squeeze between trucks and the curb. Trucks make wide right turns, and the driver may not see you.
  - When passing a truck, don’t move back into your lane until you can see both truck headlights in your rearview mirror.
  - Be aware of a truck's blind spots: up to 20 feet in front of the tractor, anywhere along the sides of the trailer and up to 200 feet behind the trailer.
  - Never cross behind a truck that is backing up.

Move Over
When you approach a stopped emergency vehicle with lights flashing, state law requires that you:
- move a lane away from the emergency vehicle, or
- slow down 20 miles per hour below the posted speed limit
Failure to comply could result in a fine of up to $200.

Give Yourself a Break
If your eyes close or go out of focus, you can't stop yawning, your thoughts wander or you’re drifting between lanes, wake up: you're a "drowsy driver." Try to stay alert by doing the following:
- Get plenty of rest before your trip.
- Get out of your vehicle and stretch your legs every two hours. Rest for 15-20 minutes during each stop.
- Avoid drinking between midnight and 6 a.m.
- Don’t drink and drive - even small amounts of alcohol can impair your judgment and your reaction time.

Rest Areas
Take advantage of the Safety Rest Areas and Travel Information Centers in Texas. These 100-plus stops often incorporate local, historical or regional themes. At many stops, you can get current information on road conditions, learn about local attractions and find picnic tables and other accommodations.

PHISHING ATTEMPTS

Mike Gutierrez, IMS

Periodically the University receives e-mails being sent to users asking for sensitive information, such as usernames and passwords. These e-mails appear to be from a trustworthy entity, but are not. These e-mails are phishing scams and our filters that are in place stop the majority of these e-mails from reaching your e-mail inbox. Should you receive an e-mail of this nature, we ask that you be diligent in not responding to them. Please forward a copy of the email as an attachment to the Service Desk and then delete them immediately.

We want to remind you that we will never ask (verbally or email) you for your password, and please NEVER send your password to anyone.

If you ever have a question about such a request, contact the IMS Service Desk at 7-7777, option 1 or IMS-ServiceDesk@uthscsa.edu.

Below is some useful and valuable information regarding phishing:

Next R.A.D. Class in June

Do you know what to do if someone attacks you while you are out walking or you wake up with a strange man in your bedroom?

Gain confidence in your ability to get out of a bad situation.

The next Rape Aggression Defense class will be:

June 13, 20 and 27 at 5:30 pm to 9:00 pm. You will need to go to all 3 nights. The cost is only $10. This course is for women only. If you are interested or have any questions please contact Sgt. Karen Tucker-Engel at tuckerk@uthscsa.edu or 562-9095.

This class is not only for HSC employees but spouses, daughters, mothers...

Working Safely at Home

Do you work from home? Offices are standard in many homes today and are equipped with computers, scanners, and printers. Remember, it is as important to secure your equipment from burglars when you’re working from home as it is to secure your computer from hackers.

- Install solid doors and good deadbolt locks on all exterior door - and use them.
- Hang window treatments that obstruct the view of your office. Don’t advertise what equipment you have.
- Consider installing motion-sensored lighting that will come on if someone is walking around your yard.
- Keep bushes and trees trimmed so that you can see into your yard and neighbors can see your house.
- Install a wide-angle viewer in the of your home.
- Consider purchasing a home alarm system.
- Let someone know when and with whom you have appointments.
- Review your insurance policy - almost all policies require an extra rider to cover a home office. In the event something does happen, you want to be covered.

- Mark you equipment with identification numbers (engrave Drivers License or State ID property number on equipment) and keep an updated inventory list (with photos) in a home safe or bank safe deposit box.
- Use caution with deliveries as businesses do. Anyone making a delivery to your home office should be properly identified before you open the door.
- Use a password-protection system on your computer.
- Install virus protection software on all your computers, and scan your computer systems for viruses on a regular basis.
- Equip your computers with firewalls, which will protect a computer network by shutting out unauthorized people of allowing them only into certain areas.
- Back up your computer data on CD’s on a regular basis, and store these in another location.

2011 Summer Bike Rodeo

Date: June 10, 2011    Time: 7:30 am to 1:00 pm

Please join the HSC Police Department for their annual Bike Rodeo. Bring your children (ages 7-12) and their bikes to have a day of fun while learning important bike safety and skills.
For more information go to http://utpolice.uthscsa.edu/bikerodeo.asp for registration form and flyer or contact Sgt. Tucker-Engel at tuckerk@uthscsa.edu.
**Fake Check or Over Payment Schemes**

Do you sell items on eBay or Craigslist? Be careful! In this common scam, a buyer contacts you and says they will pay by cashier's check. He sends a check for much more than your asking price and asks you to wire the excess money back to his associate. The trouble starts a few days later when your bank rejects the cashier's check as fraudulent. If you already wired the cash, excess money and bank fees come from your pocket.

Other variations on this fraud involves foreign lotteries in which you are sent a big check and asked to wire back taxes and fees. Or “secret shopper” programs that is when you receive a check in return for evaluating the quality of some company’s money-transfer service.

If you encounter anything like these scams just say no!

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**CRIME PREVENTION—A SHARED RESPONSIBILITY**

**WORTH NOTING**

**Fake Check or Over Payment Schemes**

**HSC True Crimes**

Interested in what crimes are happening on campus? Sign up to HSC True Crimes listserv to find out. You may register at HSC True Crimes. After your e-mail address is submitted, you will receive an e-mail back asking your to confirm the registration and then you will receive a confirmation message.

If you encounter anything like these scams just say no!

*Report Suspicious Persons when you see them, don’t delay.*