

Facebook Awarded \$711 Mn In Spam Damages

San Francisco: (DPA) Spam king Sanford Wallace has been ordered to pay \$711 million in damages for



bombarding Facebook members with unwanted messages, the social networking site said Friday.

The award was made at the San Jose District Court Thursday, according to the announcement.

Facebook claimed that Wallace's emails tricked many recipients into giving him their login

information, or redirecting them to sites that paid him for each visit. It said that Wallace committed 14 million violations of US anti-spam laws and had sought \$7 billion in damages.

"This is another important victory in our fight against spam," said Facebook. "While we don't expect to receive the vast majority of the award, we hope that this will act as a continued deterrent against these criminals."

In addition to the damages, Wallace was also banned from accessing Facebook and slapped with a criminal contempt of court charge, which means he now faces possible jail time.

Wallace was previously fined \$230 million last year for sending junk messages to MySpace members.

Internet Oversight Group Approves Multilingual Domain Names

San Francisco: (DPA) The organization that oversees the internet has authorized the use of non-Latin characters in domain names in a move that should help the web grow around the world.

The adoption of the Internationalized Domain Names system will allow domain names to be written using native character sets such as Chinese, Arabic and Greek.

The move by the Internet Corporation for Assigned Names and Numbers (ICANN) was hailed as the "biggest technical change" to the internet since its birth 40 years ago.



"The coming introduction of non-Latin characters represents the biggest technical change to the internet since it was created four decades ago," said ICANN Chairman Peter Dengate Thrush in a statement.

"Right now internet address endings are limited to Latin characters - A to Z. But the Fast Track Process is the first step in bringing the 100,000 characters of the languages of the world online for domain names. To see

this finally start to unfold is to see the beginning of a historic change in the internet and who uses it."

Internet's 40th Anniversary Celebrated In US

San Francisco: (IANS) The 40th anniversary of the birth of the Internet was celebrated in the US with events being organized at the University of California and the Computer History Museum in Los Angeles to mark the occasion.

Industry leaders, researchers and analysts, among others, attended the function at the California University Thursday, Xinhua reported.

Computer science professor of the university, Leonard Kleinrock, who on Oct 29, 1969 headed a team to send the first message over the ARPANET, which later came to be known as Internet, also attended the event.

"The moment the Internet was born, ushered in a technological revolution that has transformed communications, education, culture, business and entertainment across the globe, leading to dramatic change in our social, political and economic lives," the university said in a statement.

"The 1969 connection was not just a symbolic milestone in the project that led to the

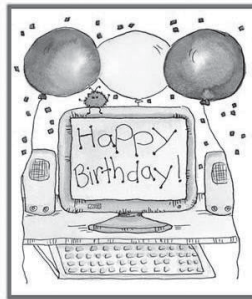
Internet, it connected computers and eventually billions of people to each other," Marc Weber, founding curator of the museum's Internet History Program, said in a statement.

"In the 1960s, a few hundred users could have accounts on a single large computer using terminals, and exchange messages and files between them. But each of those little communities was an island, isolated from others," Weber noted.

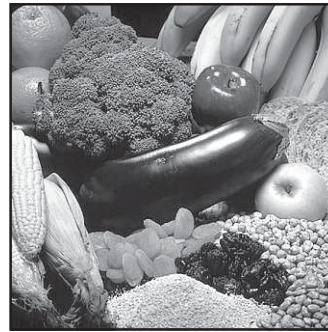
Four decades after its birth, the Internet is seen by some to have encountered some kind of middle-age crisis. But others argue that it is still in the early stage of innovations.

At a symposium hosted this month by market research firm Gartner, Eric Schmidt, chief executive officer of Internet search giant Google, said he envisions a radically changed Internet five years from now.

In the next five years, the Internet is expected to be dominated by social media content, delivered over super-fast bandwidth in real time, he predicted.



Fiber Can Keep Diseases At Bay



Sydney: (IANS) Insoluble dietary fiber or roughage plays a vital role in the immune system, keeping certain diseases at bay, according to researchers.

The indigestible part of all plant-based foods pushes its way through most of the digestive tract unchanged, acting as a kind of internal broom. When it arrives in the colon, bacteria convert it to energy and compounds known as 'short chain fatty acids'. These are already known to alleviate the symptoms of colitis, an inflammatory gut condition.

Similarly, probiotics and prebiotics, food supplements that affect the balance of gut bacteria, reduce the symptoms of asthma and rheumatoid arthritis, also inflammatory diseases. Until now no-one has understood why.

Breakthrough research by a Sydney-based team makes new sense of such known facts by describing a mechanism that links diet, gut bacteria and the immune system, the website Science Alert reported.

PhD student Kendle Maslowski and professor Charles Mackay from the Garvan Institute of Medical Research, in collaboration with the Co-operative Research Centre for Asthma and Airways, have demonstrated that GPR43, a molecule expressed by immune cells and previously shown to bind short chain fatty acids, functions as an anti-inflammatory receptor.

"The notion that diet might have profound effects on immune responses or inflammatory diseases has never been taken that seriously," said Professor Mackay. "We believe that changes in diet, associated with western lifestyles, contribute to the increasing incidences of asthma, Type 1 diabetes and other autoimmune diseases. Now we have a new molecular mechanism that might explain how diet is affecting our immune systems."

"We're also now beginning to understand that from the moment you're born, it's incredibly important to be colonised by the right kinds of gut bacteria," added Kendle.

"The kinds of foods you eat directly determine the levels of certain bacteria in your gut."

"Changing diets are changing the kinds of gut bacteria we have, as well as their by-products, particularly short chain fatty acids. If we have low amounts of dietary fibre, then we're going to have low levels of short chain fatty acids, which we have demonstrated are very important in the immune systems of mice."

Chewing Gum Lowers Calorie Intake



New York: (IANS) Chewing sugar-free gum helps cut down calorie intake at lunch and boosts energy expenditure among individuals, a study says.

The study was led by Kathleen J. Melanson, associate professor of nutrition and food sciences, University of Rhode Island. Chewing gum in the morning reduces calorie intake at lunch by 68 calories. Participants did not report greater hunger, nor compensate by increasing their calorie intake later in the day. When participants chewed gum, they reported feeling less hungry, as compared to when they did not chew gum. When they chewed gum with a relaxed, natural pace before and after eating, their energy expenditure increased.

When participants chewed gum before eating, their energy expenditure was higher by approximately five percent, as compared to when they did not chew gum.

When participants chewed gum after eating, their energy expenditure was also higher by five percent, as compared to when they did not chew gum.

Furthermore, with gum chewing, subjects reported reduced weariness and less perceived effort to do things, as compared to when they did not chew gum, says a Rhode release.

Overall, this study demonstrates the effects of chewing sugar-free gum on meal intake and energy expenditure, such that over a half-day about 62 calories could be 'saved' by a total of one hour of relaxed gum chewing compared to not chewing gum.

Want A Happy Marriage? Have Kids!



London: (IANS) Children are the key to a happy married life, says a new study.

Previous research has suggested that increasing the number of children does not make people any happier, and in some cases the more children people have, the less satisfied they are with their lives.

Rather bleakly, this has been attributed to the fact that raising children involves a lot of hard work and only a few occasional rewards.

Luis Angeles from the University of Glasgow, who led the study, believes that this explanation is too simplistic. When asked about the most important things in their lives, most people place their children near or even at the top of their list.

Contrary to previous work, Angeles' analysis of the relationship between having children and life satisfaction takes into account the role of individual characteristics, including marital status, gender, age, income and education. For married individuals of all ages and married women in particular, children increase life satisfaction and life satisfaction goes up with the number of children in the household, a Glasgow release said.

Negative experiences in raising children are reported by people who are separated, living as a couple, or single, and have never been married.