

For Active
People
Ages 60+



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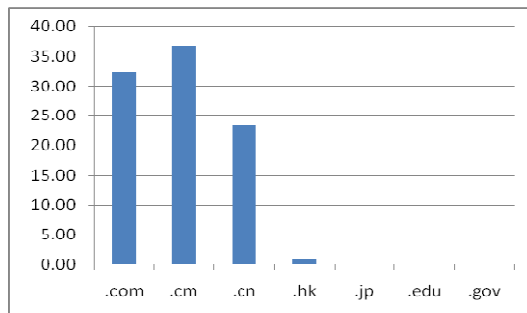
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Cyberspace News

Avoiding Dangerous Domains

In a recent report, Internet security company McAfee evaluated the levels of danger you face on average when you visit Web sites in various domains. (The domain is indicated by the letters that follow the last period in the site name. For instance, aol.com is in the domain “com” and optonline.net is in the domain “net”.)

The bar chart below shows the relative danger levels, which were computed from the proportion of a domain’s sites that harbor malware, taking into account the total number of sites in the domain.



• The domain “com” has more sites than any other, so it is not surprising that those who are out to fleece you often choose that

domain for their site.

- Many people carelessly type “cm” (the domain for the African country Cameroon), when they intend to type “com”. It has a very high proportion of maleficent sites.
- “cn” (People’s Republic of China) also hosts a fair proportion of harmful sites. Be careful.
- “hk” (Hong Kong) used to be a highly dangerous domain but a Hong Kong police crackdown on Internet abuse has made it much safer.
- “jp” (Japan) and “edu” (Education), at a relative danger level of 1.1%, are safe enough not to produce discernible bars on the chart, and “gov” (US government) is considered *completely* safe (0%).

Thanks to Bill Shapiro for this enlightening article!

Free And Fun

Come to our Computer Fun Meetings, which are free and open to everyone, whether you're a WACC member or not.

Meetings are held the second and fourth Mondays of each month from 11:30AM to 1PM.

Just For You

Cyberspace News is now archived on the WACC website. There you can see prior issues of CN, full issues of the newsletter between April 2007 and October 2009 as well as selected articles from other issues. In some articles, additional important material is included (for instance, information obtained after publication).

Just go to www.wacci.net and click the "Archives" button along the left side.

Get The Latest On Recalls

So many things have been recalled in the last year including medical devices, food, cribs, toys, etc. Wouldn't it be great if there was one central source of information for all of the various recalls?

Well savvy WACC member, George Morris, sent in this website:

www.recalls.gov

Mark this one under "Favorites" folks, because it's incredible! Its purpose is "to provide better service in alerting the American people to unsafe, hazardous or defective products." To do this, "six federal agencies with vastly different jurisdictions have joined together" to create this website as a "one stop shop" for U.S. government recalls.

You can search for informa-

tion according to:

- Recent recalls
- All recalls
- Consumer products
- Motor vehicles
- Boats
- Food
- Medicine
- Cosmetics
- Environmental products

You can also sign up for the various agencies email lists so you'll be notified when there is a recall. The site even tells you how to report a problem.

I thought I was pretty up-to-date on my recalls until I perused the Food section and found out that a product I had recently purchased at Trader Joe's had been recalled.

Check out this site and pass it along! Thanks, George, for this information!

Your Built-In Stop-The-Panic Button

The next time you feel overwhelmed, try this to help you feel better:

1. Imagine a button on your left palm.
2. Press it; this sends a *stop* signal to your brain.
3. Take three breaths and with each one, imagine a different color (always use the same



- colors).
4. Relax.

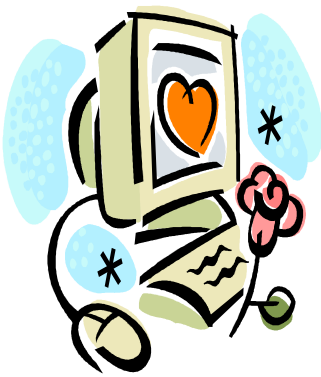
You've now engaged your higher brain and can think clearly again. Over time, the button will work better and better.

Source: Outside Magazine, January-February 2010.

More Seniors Are Regular Surfers

Although those aged 65 and older make up less than 10 percent of active Web users, a new Nielsen study has found that over the past five years, the number of seniors using the Internet regularly has increased by a *55 percent*.

According to Nielsen, there were just 11.3 million seniors actively using the Web in November 2004.



Five years, later, there are now more than *17.5 million* seniors surfing around. Senior

women have picked up the Web faster than men, outpacing men by six percent.

Seniors aren't just going to the Web, they're *staying there*. Nielsen found that the amount time seniors surf increased 11 percent in the last five years from 52 hours per month to a little more than 58 hours per month in November.

Nielsen research director Chuck Schilling said in a statement that seniors are sharing photos, social networking, and reading the news. According to the data Nielsen culled from its study, 88.6 percent of seniors use the Web to check their personal e-mail. The study also found that 68.6 percent of respondents were viewing and

printing maps online, while 60.1 percent said that they check the weather.

Nielsen said the top online destination for seniors in November was Google Search, tallying 10.3 million unique visitors. Windows Media Player was used by 8.2 million unique senior visitors, and Facebook captured the third spot with 7.9 million visitors.

Facebook is where the most growth among seniors was seen. A year ago, Facebook was ranked 45th for the most popular senior destination—a far cry from its current third spot. That kind of growth falls in line with the dramatic increase in senior use of social networks and blogs. Nielsen said those 65 and older have increased social and blog visiting by 53 percent. They now represent 8.2 percent of all social network and blog visitors on the Web.

Source (note the absence of the www in this web address):
<http://seniorworld.com>

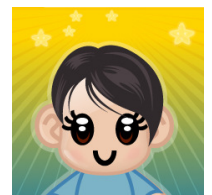
Dear Father

A priest at a parochial school, wanting to point out the proper behavior for church, was trying to elicit from the youngsters rules that their parents might give before taking them to a nice restaurant.

"Don't play with your food," one second-grader cited. "Don't be loud," said another, and so on.

"And what rule do your parents give you before you go out to eat?" the priest inquired of one little boy. Without batting an eye, the child replied, "Order something cheap."

Source: A friend



Quotations From Abraham Lincoln

"I do the very best I know how—the very best I can; and I mean to keep doing so until the end."

"Every blade of grass is a study; and to produce two where there was once one, is both a profit and a pleasure."

"Commitment is what transforms a promise into reality."

"Common looking people are the best in the world; that is the reason the Lord makes so many of them."

"If I were two-faced, would I be wearing this one?"

"It has been my experience that folks who have no vices have very few virtues."

Source: www.dailycelebrations.com

Just For Grandparents

This is for all you grandparents to whom I give tremendous credit for surviving parenthood!

♥ A granddaughter came to spend a few weeks with her grandmother, so the woman decided to teach the little one how to sew. After listening to a lengthy explanation of how to thread the machine, the girl stepped back, put her hands on her hips, and said in disbelief, "You mean you can do all that, but you can't operate my Nintendo DS?!"

♥ A sweet little boy surprised his grandmother one morning and brought her a cup of coffee he had made all by himself. He was very proud and anxiously waited to hear the verdict on the quality of the coffee. The grandmother had never in her life had such a bad cup of coffee, and as she forced down the last sip she noticed three of those little green army guys in the bottom of the cup.

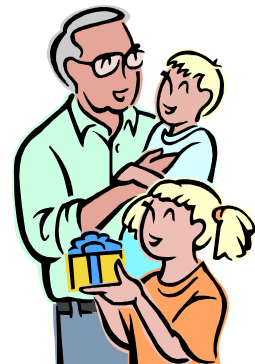
She asked, "Honey, why would three little green army guys be in the bottom of my cup?"

Her grandson replied, "You know grandma, it's like on TV, 'The best part of waking up is soldiers in your cup.'"

♥ Two little boys were visiting their grandfather and he took them to a restaurant for lunch. They couldn't make up their minds about what they wanted to eat.

Finally the grandfather grinned at the server and said, "Just bring them bread and water."

One of the little boys looked up and quavered, "Can I have ketchup on it?"



Source: www.butlerwebs.com

Editor's note: Please forgive me while I pass on a quip from my own 4-year old. She was very excited about eating a Chinese fortune cookie. With great anticipation of the treat ahead, she broke the cookie. Then a look of absolute disgust traveled across her face. "Mom!" she said, pulling out the paper with her fortune on it, "who put garbage in my cookie?!"