

For Active
People
Ages 60+



Cyberspace News

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Giving Thanks Is Actually Good For You

As we prepare to celebrate Thanksgiving later this month, more and more psychologists are touting the *physical* benefits of counting your blessings...as long as it's done year round. In fact, researchers have looked into the power of gratitude and found that:

- ♥ People with high blood pressure not only lower their blood pressure, but feel less hostile and are more likely to quit smoking and lose weight when they practice gratitude. In one study, patients just called a research hotline once a week to report on the things that made them grateful.
- ♥ People who care for relatives with Alzheimer's disease feel less stress and depression when they keep daily gratitude journals, listing the positive things in their lives.
- ♥ Those who maintain a thankful attitude throughout life appear to have lower risks of several disorders, including depression, phobias, bulimia and alcohol-

ism.

- ♥ Most people can lift their mood simply by writing a letter of thanks to someone. Hand-deliver the letter, and the boost in happiness can last weeks or months.

Practicing gratitude in systemic ways like these changes brains that are "wired" for negativity. And grateful people don't focus so much on pain and problems. They are quicker to realize they have a support system (family, friends) in time of need. They also see how they can help others in distress.

And although gratitude won't get people new jobs or replenish their retirement accounts, it can give them renewed energy to tackle their challenges.

Thanks for reading this article!

Source: www.usatoday.com

Don't Just Read Cyberspace News

Participate! Send your favorite computer tips and websites to me at the following email:

newsletter@wacci.net

Please include in the Subject line "for WACC." ☺

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 September 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.

Magnify Your Screen

If you find yourself constantly squinting to read a Web site's text, you should know that Windows features a magnifying utility that will enlarge the screen area around your mouse. It's a quick way to read undersized text and graphics, and can be found by choosing Start, Programs (or All Programs), Accessories, Accessibility (Ease Of Access in Windows Vista/7),

and then clicking Magnifier.

Once you start Magnifier, a dialog box or toolbar opens that allows you to set the magnification level and determine how the magnified screen will follow your actions.

Source:

www.smartcomputing.com



Tips On Handling Internet Freebies

We've all heard that the best things in life are free, but at our age, we're savvy enough to know that sometimes freebies come with a catch. Here are some tips on how not to get swindled when dealing with Internet freebies:

- **Don't waste your time filling out forms.** The best freebie deals require your name and address, period. Yes, you can always cancel the offer that comes with a trial offer, but will you really remember to cancel that offer after 30 days? You're more likely to forget and get socked with a charge on your credit card. Do yourself a favor and skip them altogether.
- **Go directly to the manufacturer's website.** If you love General Mills' products, go straight to their site. Love Lipton teas? Then find them on the web. Most companies offer consumer products sites where you can register for samples and discounts as they become available. If you go through a "broker site" that lists freebies for lots of manufacturers, you'll be bombarded with email and possibly spam.
- **Don't give out your credit card information or Social Security number.** Chances are good your identity will be stolen. If the offer is legitimate and the truly free,

(...continued on page 3...)

A New Reason To Get The Flu Shot

Senior citizens just got a new reason to get their annual flu shot: it greatly reduces the risk of a first heart attack. A new study found the seasonal flu vaccine appears to reduce the chances of a first heart attack by 19%. And, says the study in the Canadian Medical Association Journal, early vaccination in the fall increases these benefits.

The study, which was conducted by researchers from the United Kingdom, looked at 78,706 patients aged 40 years or older from family practices in England and Wales. Early vaccination for influenza (“early” referring to between September and mid-November) was associated with a higher (21%)

reduction in the rate of heart attacks compared with late vaccination which was associated with a 12% reduction.

Because individuals with risk factors for heart attacks were more likely to be vaccinated than those with no risk factors, the researchers adjusted for possible bias in the sample.

They concluded that if additional research shows a similar effect, it could lead to changes in the recommended indications for and timing of vaccinations.

Source: www.seniorjournal.com

Freebies (...continued from page 2)

it won't require your specific financial details.

- **Be realistic.** As yourself, if the offer is plausible. A trial size shampoo? Sure. A week's vacation in Tuscany? Get real. Stay away from pages with obvious typos in the text, grammatical errors, and limited information. Does the site list a phone number? Call it. Sites will trick you by listing random numbers from the phone book.
- Don't enter your everyday email address. Keep your freebie correspondence separate by

establishing a special address that you use only for these offers, like a Gmail or Hotmail address.

- Don't forget to write letters directly to the manufacturer. Tell them you love their product. One stamp could yield freebies and coupons for years!

Source: [Family Circle, 10/17/10](#)

Free And Fun



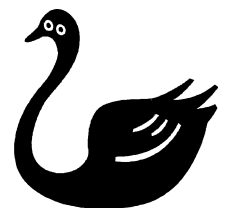
Come to our Computer Fun Meetings, which are free and open to everyone, whether you're a WACC member or not.

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

Quotes About... Thanksgiving

“An optimist is a person who starts a new diet on Thanksgiving.”
...Irv Kupcinet

“We're having something a little different this year for Thanksgiving. Instead of a turkey, we're having a swan. You get more stuffing.”
...George Carlin



Source: www.quoteworld.org

Things You Should Shop For At Second-Hand Stores

Here's a partial list of items the website, [The Simple Dollar \(www.thesimpledollar.com\)](http://www.thesimpledollar.com), recommends you look for at second-hand and thrift stores:

- Children's clothes
- Holiday attire
- Costumes
- Silverware
- Plates
- Kitchenware (including small appliances)
- Sports equipment
- Exercise equipment
- Books
- Toys
- Hand tools
- Home décor
- Gardening supplies
- Art supplies

For every item on this list, the same idea holds true: shop used first and if you can't find it, then buy new. You'll save money and help the planet!

Clean AND Funny

An old man and woman were married for years and years even though they hated each other. When they had an argument, screams and yelling could be heard deep into the night. Repeatedly, a threat was heard from the old man against his wife. "When I die I will dig my way up and out of the grave to come back and haunt you for the rest of your life!"

It was believed that the old man practiced black magic and was responsible for missing cats and dogs and strange sounds at all hours. He was feared and he enjoyed the respect it garnished.

The old man died abruptly under strange circumstances and the funeral had a closed casket. After the burial, the wife went straight to the local bar and began to party as if there was no tomorrow.

The gaiety of her actions were becoming extreme when her neighbors approached in a group to ask these questions: "Are you not afraid? Concerned? Worried that your husband will dig his way up and out of the grave to come back and haunt you for the rest of your life as he promised?"

The wife put down her drink and said, "Let the old guy dig. I had him buried upside down."

Grandpa was celebrating his 100th birthday and everybody complimented him on how athletic and well-preserved he appeared. "Gentlemen, I will tell you the secret of my success," he cackled. "I have been in the open air day after day for some 75 years now."

The celebrants were impressed and asked how he managed to keep up his rigorous fitness regime. "Well, you see my wife and I were married 75 years ago. On our wedding night, we made a solemn pledge. Whenever we had a fight, the one who was proved wrong would go outside and take a walk."

Two young boys were spending the night at their grandparents. At bedtime, the two boys knelt beside their beds prayer when the youngest one began praying at the top of his lungs.

"I PRAY FOR A BICYCLE...I PRAY FOR A NEW DVD PLAYER..."

His older brother leaned over and nudged the younger brother and said, "Why are you shouting your prayers? God isn't deaf." To which the little brother replied, "No, but Gramma is!"

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