

For Active
People
Ages 60+



Cyberspace News

What Are People Doing On The Web

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According to media reports, everyone is spending every waking moment social networking on the web via Facebook, Twitter, etc. Is this true? Well, according to Pew Internet & American Life Project Tracking Surveys (as of 7/22/08), here's what the respondents said they really spend their time on the Web doing:

<i>Activity</i>	<i>% of Internet Users Who Report Doing This Activity</i>
Send or receive email	92
Use a search engine to find information	89
Search for a map or driving directions	86
Look for information on a hobby or interest	83
Research a product or service before buying	81
Check the weather	80
Look for health/medical information	75

<i>Activity</i>	<i>% of Internet Users Who Report Doing This Activity</i>
Get travel information	73
Get news	73
Buy a product	71
Visit local, state, or government website	66
Buy or make a reservation for travel	64
Surf the web for fun	62
Go to a website that provides info or support for a specific medical condition or personal situation	58
Look for "how to," "do it yourself," or repair information	55

Source: www.infoplease.com

Please:
recycle
this
paper!

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.

The Health Risk Of The Day

Doctors, researchers and social scientists have long sought associations between personal health and factors of nature such as weather, season and day of the week. Here's what we know about health risks and statistics as plotted on the weekly calendar:

Monday—Research shows conclusively that the most common day for heart attacks is Monday. Statistics spike on Monday mornings, specifically between 4am and 10am. The Women's Heart Foundation noted that blood platelets are stickier in the morning hours and these can contribute to an attack.

Children are more likely to have migraine headaches on Monday mornings, presumably because of the stress of returning to school.

Wednesday—In 2009, a study culling five years of US suicide data showed that Wednesday was stronger for suicides than any other day of the week. Wednesday incidences accounted for a full 24.6 percent of reported suicides. Monday, by contrast, was only at 14.3 percent and came in third following Saturday. The same study showed that suicides among both men and women were more prevalent in the Summer than any other season.

Saturday—It's unfortunate that Saturday is the second most common day for heart attacks since survival rates for in-hospital cardiac arrest are lower during nights and weekends. However, the major finding in a 2008 study published in *JAMA (Journal of the American Medical Association)* is that a patient's chances are substantially better during daytime hours than at night (specifically, between 11 pm and 7 am). Weekday survival rates were better than weekend rates, too, but the disparity was not as significant as the difference between day and night.

Patient safety in hospitals remains a major challenge on Saturdays and Sundays according to The Institute of Medicine. A special report published by the American Medical Association stated that the number of hospital personnel tended to be lower and that hospitals functioned less efficiently between midnight Friday and midnight Sunday.



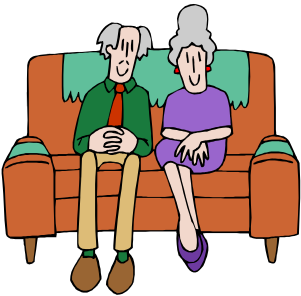
Source (note the absence of the www in this web address):

<http://health.msn.com>

Sitting Yourself To Death

Can you sit yourself to death? Yes! According to research which appeared in *Circulation: Journal Of The American Heart Association*, senior citizens watch over 200 hours of television per month and that increases their risk of dying from cardiovascular disease a whopping 36 percent.

Seniors are American's leading couch potatoes. According to the research, every hour of television watched per day may increase the risk of dying earlier from cardiovascular disease.



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Australian researchers tracked the lifestyle habits of 8,800 adults and found that each hour spent in front of the television daily was associated with:

- an 11 percent increased risk of death from all causes,
- a 9 percent increased risk of cancer death; and
- an 18 percent increased risk of cardiovascular disease (CVD)-related death.

Compared with people who watched less than two hours of television daily, those who watched more than four hours a

day had a 46 percent higher risk of death from all causes and an 80 percent increased risk for CVD (Cardio Vascular Related) death. This association held regardless of other independent and common cardiovascular disease risk factors, including smoking, high blood pressure, high blood cholesterol, unhealthy diet, excessive waist circumference, and leisure-time exercises.

While the study focused specifically on television watching, the findings suggest that any prolonged sedentary behavior, such as sitting at a desk or in front of a computer, may pose a risk to one's health.

Although the study was conducted in Australia, the researchers said the findings are certainly applicable to Americans. Average daily television watching is about three hours in Australia and the United Kingdom and up to eight hours in the United States.

Your body was designed to be active. So get up and move!

Source: www.seniorjournal.com

Anybody Out There?

Do you have some favorite websites? Not search engines, like Google or Bing, but sites you rely on for information and/or entertainment. Share them with your fellow WACC members!

Just email them to me at:

jjldliv@hotmail.com.

I'll check them out and print them in an upcoming issue of Cyber-space News. Please include your name (so that I can give you credit for the submission) and kindly reference the title of your email as WACC (so I know it's not spam).

I want to hear from you!



Mind The Spoon

It's tempting to use a regular kitchen teaspoon when you can't find the cap that comes with medicine. Don't.

Researchers asked 195 college students to measure a teaspoon of cold medicine using a variety of spoons. The researchers found that the amount of liquid varied, depending on the size of the kitchen spoon. Students underdosed when they used medium spoons and overdosed with larger ones. Yet they were extremely confident that they were doing out the correct amount. The study was conducted by the Food and Brand Lab at Cornell University and the results appeared in the 1/5/10 issue of the *Annals of Internal Medicine*.

Source: *The New York Times*, 1/12/10.

Stuff You Don't Care About

So why am I writing this? Because it's fun and these are the types of non-threatening facts you can safely use as small talk.

- The full name of Barbie (the doll) is Barbara Millicent Roberts.
- The first TV couple to sleep in the same bed is Fred and Wilma Flintstone.
- There are 225 squares on a Scrabble board.
- The only king in a deck of cards that does not have a mustache is the King of Hearts.
- Pound for pound, the tongue is the strongest muscle in your body.
- The human brain is 80% water.
- Right this very second, 70% of the people driving on US highways are speeding.
- Banging your head against a wall uses 150 calories per hour.
- In 1980, a version of the Yellow Pages listed a funeral home under "Frozen Foods."
- Charles Dickens always slept facing North because he thought it improved his writing.

- Most cows give milk when they listen to music.
 - There are two places on Earth where men consistently outlive women: southern Asia and Iran.
 - Floccinaucinihilipilification, the declaration of an item being useless, is the longest *non-medical* term in the English language.
- The longest word in the English language is 'pneumonoultramicroscopicsilicovolcanoconiosis' which describes a lung disease caused by breathing in particles of volcanic matter or a similar fine dust.
- The Bible is the most shoplifted book in the United States.

Source: www.dumbfacts.com

