



Mail: PMB 705, 15600 NE 8th, Suite B-1, Bellevue, WA 98008-3958 Voice Mail: 206-232-5892 Email: senior@seniornetps.org
Classroom Location: Phantom Lake Elementary School 1050 160th Avenue SE Bellevue, WA 98008

In-Person Registration

New Hope Ministries Church
15760 NE 4th Street Bellevue

Tuesday July 15, 2008
*9:30 AM - 12:00 PM

****8:00 AM Early Bird Arrivals***

To eliminate the need for standing outside in long lines, early birds may drive up in their cars and receive:

- An instruction sheet to be read before entering for Registration process
- A Registration number and
- Approximate time to return to start the Registration process

NOTE: Because of limited parking, we ask that you please leave the grounds and return 5 minutes before your scheduled time; you will not lose your place in line for registering.

Registration doors will not open until 9:10 AM

Fall 2008 catalog was mailed June 23, 2008; it is also available on our website
senior@seniornetps.org

REGISTRATION REPLACES JULY MEMBERSHIP MEETING

THE NEXT MONTHLY MEMBERSHIP MEETING

Tuesday August 19, 2008

New Hope Ministries Church
15760 NE 4th Street Bellevue

Meeting begins at 10:00 a.m.

Next Free Open Lab - September 9, 2008

BROWN BAG HISTORY

Adella Granger

In August 1996, the first Brown Bag event was held at the Phantom Lake Elementary School. The purpose of the event was to provide a simple, fun, social gathering for all our members. This was an opportunity for the students to meet the Instructors, enjoy the workshops and learn about new computer programs. In some years special people were honored: Dr. David McIntyre, the major financial supporter of SeniorNet; Past SNPS Presidents; Instructors; Granpals,; and the Phantom Lake Elementary (PLE) School Principal.

Attendees brought their own brown bag lunch, so the event was called "Brown Bag"; SeniorNet provided soft drinks. One of the highlights was the dessert table, where everyone brought their favorite dessert which would be shared with others.

Marge Langley was a very active member of SeniorNet. She designed greeting cards, magnets and calendars for attendees to purchase. She also collected small items acquired from sales people, as well as purchasing small gift items. She would stuff the items in a simple brown bags and called them "Grab Bags". The proceeds went to the Phantom Lake Elementary School lunch fund. Marge did not want any child to go hungry because of the lack of lunch money. In her memory in 2004, the project was named the Marge Langley Memorial Lunch Fund. In 2005, the fund not only provided for lunches, but also items for children that are in need of school supplies and small personal items such as shoes, socks, etc.

Today we are carrying on Marge's dream in a much bigger way than she ever dreamed would happen. Everyone who attends the Brown Bag Event is invited to help continue Marge's dream by participating in the Marge Langley Memorial School Fund Brown Bag Raffle. The proceeds are donated to PLE to purchase various items that students need.

NOTE: In the August issue of this newsletter, Bob Balsley will answer questions about transitioning to digital TV that were submitted by our readers.

Transition to Digital TV

Next February, all television stations will broadcast using a 'Digital' signal rather than the current 'Analog' signal. That means that any television set that uses a rooftop or indoor antenna to receive television programs will no longer work. There is a lot of confusion as to what that means to the average TV viewer. Here is some basic information and a few links to WEB sites that will answer most questions.

- First DIGITAL is **not** HIGH DEFINITION. DIGITAL is the type of signal that will be broadcast by the television stations. HIGH DEFINITION requires a Digital signal, but the Digital signal alone will not provide HIGH DEFINITION viewing without buying new equipment.
- If you are currently receiving your television signal through either 'CABLE' or a 'SATELLITE DISH', you will not have to change anything. Your current TV set will work the same way in February as it does today. The cable or satellite provider will do the conversion for you.
- If you are using either a rooftop antenna or 'rabbit ears', you will have to buy a 'conversion box' that connects between your antenna and your current 'analog' TV set to be able to view the programs that will be broadcast starting in February 2009.
- The government is offering each household two (2) coupons that will help cover the cost of buying the new "DIGITAL to ANALOG" converter box. These coupons will cover about ½ of the cost of this "converter box". These coupons are available now, but they have a 90 day life. That means you have to use them within 90 days of their issue.

Here are several WEB sites that should answer most of your questions.

<http://www.dtv.gov/>

<http://dtvfacts.com/>

<http://www.dtv.gov/consumercorner.html>

<http://www.dishnetwork.com/digitaltransition/?R=cf&WT.srch=1>

<https://www.dtv2009.gov/>

<http://www.fcc.gov/cgb/consumerfacts/digitaltv.html>

Words To Live By, Part 2

A friend who is a computer expert received the following message from a system administrator for a corporate system. It is a message that **ABSOLUTELY** applies to ALL of us who send e-mails.

Do you wonder why you get viruses or junk mail and how you can stop it from happening?

[Steps 1 -4 of this article appeared in the June 2008 issue of this newsletter.]

(5) Have you ever gotten an email that is a petition? It states a position and asks you to add your name and address and to forward it to 10 or 15 people or your entire address book. The email can be forwarded on and on and can collect thousands of names and email addresses. A FACT: The completed petition is actually worth a couple of bucks to a professional spammer because of the wealth of valid names and email addresses contained therein. DO NOT put your email address on any petition. If you want to support the petition, send it as your own personal letter to the intended recipient. Your position may carry more weight as a personal letter than a laundry list of names and email addresses on a petition. (And don't believe the ones that say the email is being traced; it just ain't so!)

Some of the other emails to delete and not forward are:

1. The one that says something like 'Send this email to 10 people and you'll see something great run across your screen.' Or sometimes they'll just tease you by

saying 'Something really cute will happen.' IT AIN'T GONNA HAPPEN!!!! (We are still seeing some of the same emails that we waited on 10 years ago!)

2. I don't let the bad luck ones scare me either; they get trashed.

3. Before you forward an 'Amber Alert' or a 'Virus Alert' or some of the other emails floating around nowadays, check them out before you forward them. Most of them are junk mail that's been circling the net for YEARS! Just about everything you receive in an email that is in question can be checked out at Snopes. Just go to www.snopes.com or www.truthorfiction.com

It's really easy to find out if it's real or not. If it's

VIST OUR WEBSITE

www.seniornetps.org

Get information on our all-volunteer SeniorNet Computer Learning Center of Puget Sound.

Find information on COURSES /SCHEDULES.

See photos of our classroom and volunteers.

CLICK HERE

What's Fun to View on the Web?

The internet is the place we go when we want to find out all the details of that "condition" our doctor has just told us about. The web is the place we go when we want that special recipe for the dinner party we are planning. We all know how to print off a map for getting to a destination. But what about places to go just for the fun of it? They may show beautiful pictures, interesting trivia, or a new game. You all have your own special sites. Will you share them with us? We'll print them if you provide them. To start things off, here is a site sent to us by Bill Bumpas.

Enjoy! [NMFN: The Longevity Game](#)

HAPPY BIRTHDAY - JULY

Anne Scheinholz (6th)

Bob Swenson (10th)

Juanita Alexander (12th)

Joe Hesketh (18th)

Diane Ellison (21st)

Margaret Amory (24th)

Jeannie Reed (30th)

Joan Thomas (30th)

NOTE: The course description for Creating Memoirs in the Fall 2008 catalog (page 6) was incorrect. Please go to the catalog on our website www.seniornetps.org and click on the Catalog tab to see the correct description.

FEMALE HEART ATTACKS

Most people are aware that female heart attacks are different, but this is a great description by a woman of her heart attack [Myocardial infarction (MI)] which illustrates the difference between her symptoms and the classic male's.

"I had a completely unexpected heart attack at about 10:30 PM with no prior exertion. I was sitting, reading, thinking how good life was when I felt that awful sensation of indigestion like you've swallowed a golf ball and it's going down the esophagus in slow motion and it is most uncomfortable. After that had seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my spine. In hind-sight, it was probably my aorta in spasm, gaining speed as it continued racing up and under my sternum (breast bone). This fascinating process continued on into my throat and branched out into both jaws. I said aloud to myself, "Dear God, I think I'm having a heart attack!

I raised myself from the chair, started to take a step and fell on the floor.. I thought to myself that if this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else.....but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up. I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics. I told the operator I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to unbolt the door and then lie down on the floor where they could see me when they came in. I then lay down on the floor as instructed and must have lost consciousness, as I don't remember the medics coming in, their

examination, lifting me onto a gurney or getting me into their ambulance. It took perhaps 4-5 minutes before the call to 911 and by the time I reached the hospital my Cardiologist was already to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stents."

Important points to remember if you think you might be experiencing a heart attack:

Be aware that something very different is happening in your body but not the usual men's symptoms. When the sternum and jaws get into the act you should think "heart attack?" It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion, take an anti-heartburn medication and go to bed, hoping they'll feel better in the morning.

Note that I said "Call the Paramedics." Ladies, TIME IS OF THE ESSENCE! Do not try to drive yourself to the ER. Do not call your doctor--he doesn't know where you live and if it's at night you won't reach him anyway.

Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MI's are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better the chance we could survive.

If you have changed your address, phone number or email address, please notify us of these changes. Please call the voice mail 206-232-5892 or email Senior@seniornetps.org and bring us up to date.

To receive this free monthly newsletter, update your email address or unsubscribe, please send your full name, phone number and mail address to pugetsnet6@qwest.net

If you wish to contribute articles, news items or comments to the newsletter, please contact Nancy Harsh at nbharsh@comcast.net.

If you have friends who are online and who may be interested in taking classes to expand their skills, please forward this newsletter to them. To do so: click Forward when the email message with the newsletter is displayed; enter the email address of the person to whom you are sending it in the To box and click Send.

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