



*The Willows
SeniorNet
Learning Center*



Willows SeniorNet Newsletter

March, 2010

Computer Class Registration is Saturday, March 6

Time: 1 pm for intermediate classes
(2:30 pm for Intro. Classes)

Where: Willow Glen Community & Senior Center
2175 Lincoln Ave. (at Curtner Ave.)

Who: Our classes are available to anyone 50 years and above.

Or send us your "Mail-in Proxy" by March 3. The form is attached.

The Internet and Your Mental Health

The internet is credited with reducing depression, according to a new report. "There are significant mental health consequences of Internet use for seniors," says George Ford, a co-author of the report and a chief economist at the Phoenix Center, which published it. "The study shows it reduces depression by up to 20 percent," Mr. Ford says.

The Phoenix Center is a nonprofit Washington think tank that studies the economics of high-tech industries. Its study on Internet use and its relationship to mental health in seniors was based on data provided by the Health and Retirement Study of the University of Michigan. The sample set was 7,000 non-working seniors.

To read the full article, go to:

<http://washingtontimes.com/news/2009/nov/04/cheery-on-the-internet>

Classes for the next session are the following:

CLASS	WKS	DAY	DATES	TIME	INSTRUCTOR
PHOTOSHOP ELEMENTS PHOTO ORGANIZER	8	MON	03/22-05/10	9:00 AM - 11:00 AM	S. MAIDEN
PHOTOSHOP ELEMENTS EDITOR	8	MON	03/22-05/10	11:30 AM - 1:30 PM	A ROSENBERG
WINDOWS VISTA	8	TUE	03/23-05/11	9:00 AM - 11:00 AM	M WELTER
INTRO I – FIRST CLASS FOR BEGINNERS	4	TUE	03/23-04/13	11:30 AM - 1:30 PM	P LEE
E MAIL	4	TUE	04/20-05/11	11:30 AM - 1:30 PM	S MAR
WORD PROCESSING I (OPEN OFFICE)	8	TUE	03/23-05/11	2:00 PM - 4:00 PM	L GUELFO
WINDOWS XP	8	WED	03/24-05/19	9:00 AM - 11:00 AM	B LAWLER
MAINTENANCE AND SECURITY	8	WED	03/24-05/19	11:30 AM - 1:30 PM	W COMBS
GREETING CARD MAGIC PART 1	8	WED	03/24-05/19	2:00 PM - 4:00 PM	L THOMPSON
WINDOWS VISTA	8	THU	03/25-05/13	9:00 AM - 11:00 AM	B. GASCOYNE
FILE MANAGEMENT WINDOWS XP	4	THU	03/25-04/15	11:30 AM - 1:30 PM	A ROSENBERG
FILE MANAGEMENT WINDOWS VISTA	4	THU	04/22-05/13	11:30 AM - 1:30 PM	A ROSENBERG
OPEN LAB	8	THU	03/25-05/13	2:00 PM - 4:00 PM	J WHITE
DIGITAL PHOTOGRAPHY	8	FRI	03/26-05/14	9:00 AM - 11:00 AM	R STUART
INTRO II INTRODUCTION TO COMPUTERS	8	FRI	03/26-05/14	11:30 AM - 1:30 PM	D MASUI
ADVANCED FUN WITH GOOGLE	8	FRI	03/26-05/14	2:00 PM – 4:00 PM	B PUMPLIN

Please pay you fees by personal check!

New classes are in red.

Where's My Stuff ? *Organize files on your computer!*

How many times have you created a file on your computer and when you went back to find it, it was gone. Not because you deleted it, but because you could not find it. When you set up a filing system on your computer, you don't need manila folders or hanging files. Just a click on your mouse will do it. And when you go to title each folder, there is no need for a pen and plastic tabs; all you need to do is right click on the new folder and type in the name of your addition, be it Finances, Letters, Genealogy, Health, Your Music, Pictures, Health, Jokes, and anything else you have on your machine.

In our upcoming session of SeniorNet at Willows, we will have two classes on File Management, one using Windows Vista **and** one using Windows XP. And after you are done you won't have any problem keeping pictures of your kids separate from those of your dog. Each of these classes is 4 weeks long.

Profiles of Professors by Willy Riemersma

Miles Welter – Curriculum Development Coordinator - Instructor

Miles is a volunteer Curriculum Development Coordinator and instructor at SeniorNet Learning Center (SNLC) at Willow Glen Community & Senior Center in San Jose, CA

He was born in Detroit, Michigan. His father, Miles, was Chief Engineer at Michigan Bell Telephone Co. His mother Faye, was a teacher and an Alto soloist in many groups. Miles has lived in San Jose for 35 years now. He has been married to Rene for 26 years. They have six children and seven grandchildren.

After High School Miles attended Ohio State University and earned his BS and MS in Industrial Engineering.

He then joined the US Navy for 3 years. After the service he went to work for IBM where he spent the next 32 years. In 1991 Miles retired from IBM.

Miles then taught Management Information Systems (MIS) at San Jose State University for 6 years and 3 years at UC Santa Cruz, CA.

He then started as a coach in SNLC in 2003: his current position is Curriculum Development Coordinator which means he designs new classes for our SeniorNet Willows program. In addition, he often teaches a class since few others are familiar with the material.

Miles is a member of the board of the California Prostate Cancer Coalition, (CPCC) and its Web master, SIRs (Sons in Retirement) of the San Jose Branch. Miles started using computers in 1955 while working on his Masters Thesis. The first computer was an IBM 650 – 2000 words of memory – all in drum storage.

He and Rene spent three years living in London, England while working with IBM and he did extensive traveling for the company. He has visited all countries in Europe, Australia, New Zealand and 49 United States, just missing Alaska.

He spends a significant amount of time in a second house in Woodbridge, CA. His main hobby is keeping current on the National Political Landscape.

We are very fortunate to have Miles as an active volunteer at SNLC and we hope that he keeps interest in his positions as a Curriculum Development Coordinator and Instructor.

On the Lighter Side

Viruses

Every so often a new batch of computer viruses hits cyberspace and often they are named after people or institutions who exhibit their characteristics. Here are a few of the new ones:

The Obama virus: It calls for “change” and starts changing the names of all your files.

The Hilary Clinton Virus: Your computer starts turning on at 3:00 am

The Sarah Palin Virus: Your computer gets locked up because it starts reading all the newspaper and periodical websites.

The Lehman Bros. Virus: It gets into your Quicken account and takes out one third of your assets.

The Goldman Sachs Virus: It adds a line to your Turbo Tax form and gives the proceeds to its highest paid managers.

The Republican Virus: Every time you try to open a file, it says “No!”

The Democratic Virus: It doesn't allow you to delete inefficient programs or wasted disc space - if you try, it accuses you of being a "mean-spirited extremist".

The California Governor Virus: Every Friday it furloughs your files making them inaccessible.

The Airline Luggage Virus: You're in Dallas, but your data is in Singapore.

The Toyota Virus: You click on Shut Down on your computer and nothing happens.

The Health Care Virus: Tests your system for a day, finds nothing wrong, and sends you a bill for \$6,000.

The Iran Virus: If you wander into this file, you will be permanently quarantined.

Computer Tip

How to Search Like a Pro

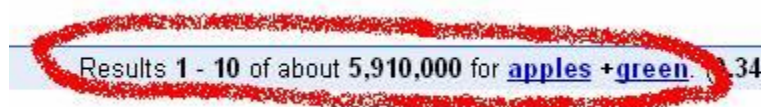
The internet is big, really, really big. And it keeps growing bigger every day. If you want to search it effectively you're going to need to develop a couple of tricks to help you narrow the search. Here's a few real easy ones to integrate into your next search:

Using +, - and " " (quotes) to narrow your searches:

Lets say you were looking up apples on Google.com. If you just type in "apples" you get 22 million returns. A few more sites than you can check in an afternoon so lets narrow the search down. Let's say that what you're really interested in is **green apples**. To see all the apple websites that also have the word "green" on them type this:



Now you will only see those apple sites that also have the word green on them. Unfortunately we are still getting almost 6 million returned websites:



To narrow the search even more lets eliminate a word. For example, some of the websites are also about Apple Computers so lets get rid of them by typing this:



That reduced about 1 million of the returns but we still have about 5 million web pages to check out. A final way to narrow the search is to use quotes to narrow the search to an exact phrase. For example if what we're really interested in is **granny smith apples** we can add that to the search like this:



Now I will only see websites that have the words “granny smith” on them in that order spelled the way I spelled them. Using quotes is always a great way to narrow a search and in my example I was able to go from having 22 million web pages returned from my original search for “apples” to around 220,000 by my last example

Try using +, - and “ ” to narrow a search on the internet. This technique will work in most search engines, not just Google.

SeniorNet Videos

SeniorNet Willows has put up 4 How-To videos on our website given by Instructors at Willows. They cover Editing Functions, Adding Photos to E-mail, File Management and Using Photomerge in Photoshop Elements. In addition, we have an Introductory video and one from our last Christmas party. To view these, go to our website, www.snicsj.org/willows and click on the How-To tab in the menu on the left.

To Unsubscribe: Send a blank e-mail to johnmcculloch@sbcglobal.net and type "unsubscribe" in the subject line.

See our website at www.snicsj.org/Willows

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