

NO VCC Meeting Friday, Jan 25th

Heads Up!! Warning!

Subject: Thyroid Cancer

Thyroid cancer, On Wednesday, Dr. Oz had a show on the fastest growing cancer in women, thyroid cancer. It was a very interesting program and he mentioned that the increase could possibly be related to the use of dental x-rays and mammograms. He demonstrated that on the apron the dentist puts on you for your dental x-rays there is a little flap that can be lifted up and wrapped around your neck. Many dentists don't bother to use it. Also, there is something called a "thyroid guard" for use during mammograms. By coincidence, I had my yearly mammogram yesterday. I felt a little silly, but I asked about the guard and sure enough, the technician had one in a drawer. I asked why it wasn't routinely used. Answer: "I don't know. You have to ask for it." Well, if I hadn't seen the show, how would I have known to ask? We need to pass this on to our daughters, nieces, mothers and all our female friends and husbands tell your wives!! I just did, now you send it on to your list. Someone was nice enough to forward this to me. I hope you pass this on to your friends and family.

Win 8 Print Screen

1. Hold down the Windows Key (that's the one at the bottom left of your keyboard) and press the Prt Sc (Print Screen) key on the keyboard.
2. Open the document or email form where you wish to paste the image, and rightclick. Select Paste.

Win 8 Snipping Tool

Press the Windows key and start typing "Snipping Tool." The option to open the program will be offered to you simply by hitting the Enter key.

With this, you can take a snapshot of the entire screen if you desire. However, there is also the option to capture any "free form" section of the display screen or a simple rectangular area.

Once you've defined the area you want to capture, Snipping Tool saves that portion of the display image, and even lets you direct the image to be saved any folder you wish. (Source: pcadvisor.co.uk)

Here's a quick guide on how to use the Snipping Tool:

- Choosing Free Form Snip will allow you to drag the cursor to define and capture any irregular part of the screen.
- Choosing Rectangular Snip will allow you to drag the cursor to define any size rectangular area to capture.
- Choosing Windows Snip will allow you to select any open window, such as a browser window or a dialogue box (instant message, etc.) and capture its contents.
- Choosing Full-Screen Snip will allow you to capture the entire screen (same as Print Screen).

Printing your AOL Address List

Keep in mind, they are going to print about the size of a return address sticker.

1. Click MAIL on the AOL address menu (top of the installed AOL program).
2. Click Address Book Options at the top right of the page that opens.
3. Click Print
4. Select the addresses you wish to print or select ALL.
5. Then click Complete if you wish all the info you have for each address printed.

AOL EMAIL BLOCK

Has a person blocked your AOL email address and keep sending you email asking why you don't respond? Here's a way to get the block removed.

You can't remove the block. The other person has to unblock it. However, the other person may not know that they've blocked you. Create another email name for yourself and send an email to the person explaining that they have not received any email from you because your email address which they have in their address book has been blocked in their AOL program. The new email address will not be blocked since they don't know the this address.

Add, if you wish to receive my email, you must remove the block. Here's how:

Click KEYWORD. Type in Mail Control. Click GO.

Click People and Places if using AOL 8.0

Scroll to find my email name as you have it in your address book, highlight it and click REMOVE.

OR if you're using AOL 9.0 go to Keyword: Mail Control but click the CUSTOM SENDERS LIST. Scroll down to locate the name you wish to unblock. Click once to select and click REMOVE. Then click SAVE.

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Blocked Senders

Remove names from AOL Blocked List

1. Click Keyword: Mail Controls
2. Click Senders Filter...EDIT
3. Click Use Custom Senders List
4. Click to select names you DO NOT want blocked
5. Click Remove
6. Click SAVE

These folks will again be able to send email to you.

To Add Names to the AOL Blocked List

1. Click Keyword: Mail Controls
2. Click Senders Filter...EDIT
3. Click Use Custom Senders List
4. Paste email address of those to block
5. Click SAVE

You will no longer receive email from these folks

Note: an entire domain can be blocked by adding the @(the particular domain)

Click SAVE. Example: @hotmail.com

Block Email Address in Embarqmail

1. Log into your Embarqmail account at MyEmbarq.com
2. Click on Check mail, like you normally would to get your mail.
3. Click on the Preferences option above the mail list.
4. Click on Mail Filters.
5. Click on New Filter. For Filter Name, enter the email address you want blocked. janedoe@aol.com(for example).
6. Click on the dropdown menu that says Subject, and change it to From.
7. In the space to the right, type the email address you wish to block, janedoe@aol.com (for example) then go down to the actions area.
8. Where the dropdown says 'Keep in Inbox', change to 'Discard'.
9. Click on OK.

Note: Embarq does not advise using Discard as it could possibly cause some email you may want later to be discarded. They suggest you use Send to Trash and then always check your Trash before deleting it.

Gmail Blocking Senders

Blocking contacts

Blocking a contact prevents the person from talking to you and seeing when you're signed in to Gmail or Google Talk. Here's how:

1. Click **Contacts** along the left side of any Gmail page.
2. Select the person you'd like to block.

3. Beside **Show in chat list:**, select **Block**.

If you decide you'd like to communicate with someone you've blocked, just select **Always** or **Auto** from the menu beside **Show in chat list:**. You can also unblock a contact by typing their name in the **Search, add, or invite** field at the top of your Chat list. Then, in the blue box that appears, hover over your contact's name and select **Show in chat list**.

Font Enlarged Easily

1. Hold down the CTRL key and roll the small wheel in the middle of your 3-wheel mouse.
2. Move the wheel away from you for print to be enlarged.
3. Drag the wheel towards you and the print will be reduced in size.

Note: If your mouse doesn't do this, go to control panel, click the Mouse icon and check the mouse settings for your mouse.

Fonts Larger in Windows

XP and Previous Win Versions

1. Rightclick the desktop and click Properties.
2. Click the Appearance tab
3. In the Fonts box, click the down arrow and select Larger or Extra Large
4. Click Apply and OK

Note: this will also increase the size fonts in your email programs for mail received

Note: In Win 7 rightclick desktop and select Personalization. Select Display. If changing the display size doesn't solve the problem, then click adjust resolution. A lower number will make icons and printer larger.

Win 7 Font Default in Win Mail

To permanently set the default font face and color for new messages in Windows Live Mail, Windows Mail or Outlook Express:

- Select *Tools / Options...* from the menu in Windows Live Mail, Windows Mail or Outlook Express.
 - In Windows Live Mail, you may have to hold down the *Alt* key to see the menu bar.
- Go to the *Compose* tab.
- Under *Compose Font*, click the *Font Settings...* button next to *Mail:*.

- Choose the desired font and color.
- Click *OK*.

Does The Font Still Look Unnaturally Small?

If you have changed your default font to a larger type but still can barely see what you are typing, it may be your reading font settings' fault. Check in the main Windows Mail or Outlook Express window under *View / Text Size*.

Default Stationery Overrides Default Font

Note: to make sure Windows Live Mail, Windows Mail or Outlook Express is using the font you just specified no [default stationery](#) must be defined or its font settings will be used no matter what you specified under *Font Settings*....

Suggested Reading

- [How to Change the New Mail Sound in Outlook, Windows Live Mail, Windows Mail...](#)
- [How to Create a Signature in Windows Live Mail, Windows Mail or Outlook Express](#)
- [How to Change the Font Size of the Windows Mail or Outlook Express Message List](#)

Will there come a time when Americans will say, "Wish we had listened"

SHE SURVIVED HITLER AND WANTS TO WARN AMERICA



December 22, 2012 - "What I am about to tell you is something you've probably never heard or read in history books," she likes to tell audiences.

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history books,” she likes to tell audiences.

“I am a witness to history.

“I cannot tell you that Hitler took Austria by tanks and guns; it would distort history.

If you remember the plot of the Sound of Music, the Von Trapp family escaped over the Alps rather than submit to the Nazis. Kitty wasn't so lucky. Her family chose to stay in her native Austria . She was 10 years old, but bright and aware. And she was watching.

“We elected him by a landslide – 98 percent of the vote,” she recalls.

She wasn't old enough to vote in 1938 – approaching her 11th birthday. But she remembers.

“Everyone thinks that Hitler just rolled in with his tanks and took Austria by force.”

No so.

Hitler is welcomed to Austria

“In 1938, Austria was in deep Depression. Nearly one-third of our workforce was unemployed. We had 25 percent inflation and 25 percent bank loan interest rates.

Farmers and business people were declaring bankruptcy daily. Young people were going from house to house begging for food. Not that they didn't want to work; there simply weren't any jobs.

“My mother was a Christian woman and believed in helping people in need. Every day we cooked a big kettle of soup and baked bread to feed those poor, hungry people – about 30 daily.’

“We looked to our neighbor on the north, Germany , where Hitler had been in power since 1933.” she recalls. “We had been told that they didn't have unemployment or crime, and they had a high standard of living.

Austrian girls welcome Hitler

“Nothing was ever said about persecution of any group – Jewish or otherwise. We were led to believe that everyone in Germany was happy. We wanted the same way of life in Austria . We were promised that a vote for Hitler would mean the end of unemployment and help for the family. Hitler also said that businesses would be assisted, and farmers would get their farms back.

“Ninety-eight percent of the population voted to annex Austria to Germany and have Hitler for our ruler.

“We were overjoyed,” remembers Kitty, “and for three days we danced in the streets and had candlelight parades. The new government opened up big field kitchens and everyone was fed.

Austrians saluting

“After the election, German officials were appointed, and like a miracle, we suddenly had law and order. Three or four weeks later, everyone was employed. The government made sure that a lot of work was created through the Public Work Service.

“Hitler decided we should have equal rights for women. Before this, it was a custom that married Austrian women did not work outside the home. An able-bodied husband would be looked down on if he couldn’t support his family. Many women in the teaching profession were elated that they could retain the jobs they previously had been required to give up for marriage.

“Then we lost religious education for kids

Poster promoting "Hitler Youth"

“Our education was nationalized. I attended a very good public school.. The population was predominantly Catholic, so we had religion in our schools. The day we elected Hitler (March 13, 1938), I walked into my schoolroom to find the crucifix replaced by Hitler’s picture hanging next to a Nazi flag. Our teacher, a very devout woman, stood up and told the class we wouldn’t pray or have religion anymore. Instead, we sang

‘Deutschland, Deutschland, Uber Alles,’ and had physical education.

**“Sunday became National Youth Day with compulsory attendance. Parents were not pleased about the sudden change in curriculum. They were told that if they did not send us, they would receive a stiff letter of warning the first time. The second time they would be fined the equivalent of \$300, and the third time they would be subject to jail.”
And then things got worse.**

“The first two hours consisted of political indoctrination. The rest of the day we had sports. As time went along, we loved it. Oh, we had so much fun and got our sports equipment free.

“We would go home and gleefully tell our parents about the wonderful time we had.

“My mother was very unhappy,” remembers Kitty. “When the next term started, she took me out of public school and put me in a convent. I told her she couldn’t do that and she told me that someday when I grew up, I would be grateful. There was a very good curriculum, but hardly any fun – no sports, and no political indoctrination.

“I hated it at first but felt I could tolerate it. Every once in a while, on holidays, I went home. I would go back to my old friends and ask what was going on and what they were doing.

A pro-Hitler rally

“Their loose lifestyle was very alarming to me. They lived without religion. By that time, unwed mothers were glorified for having a baby for Hitler.

“It seemed strange to me that our society changed so suddenly. As time went along, I realized what a great deed my mother did so that I wasn’t exposed to that kind of humanistic philosophy.

“In 1939, the war started and a food bank was established. All food was rationed and could only be purchased using food stamps. At the same time, a full-employment law was passed which meant if you didn’t work, you didn’t get a ration card, and if you didn’t have a card, you starved to death.

“Women who stayed home to raise their families didn’t have any marketable skills and often had to take jobs more suited for men.

“Soon after this, the draft was implemented.

Young Austrians

“It was compulsory for young people, male and female, to give one year to the labor corps,” remembers Kitty. “During the day, the girls worked on the farms, and at night they returned to their barracks for military training just like the boys.

“They were trained to be anti-aircraft gunners and participated in the signal corps. After the labor corps, they were not discharged but were used in the front lines.

“When I go back to Austria to visit my family and friends, most of these women are emotional cripples because they just were not equipped to handle the horrors of combat.

“Three months before I turned 18, I was severely injured in an air raid attack. I nearly had a leg amputated, so I was spared having to go into the labor corps and into military service.

“When the mothers had to go out into the work force, the government immediately established child care centers.

“You could take your children ages four weeks old to school age and leave them there around-the-clock, seven days a week, under the total care of the government.

“The state raised a whole generation of children. There were no motherly women to take care of the children, just people highly trained in child psychology. By this time, no one talked about equal rights. We knew we had been had.

“Before Hitler, we had very good medical care. Many American doctors trained at the University of Vienna ..

“After Hitler, health care was socialized, free for everyone. Doctors were salaried by the government. The problem was, since it was free, the people were going to the doctors for everything.

“When the good doctor arrived at his office at 8 a.m., 40 people were

already waiting and, at the same time, the hospitals were full.

“If you needed elective surgery, you had to wait a year or two for your turn. There was no money for research as it was poured into socialized medicine. Research at the medical schools literally stopped, so the best doctors left Austria and emigrated to other countries.

“As for healthcare, our tax rates went up to 80 percent of our income. Newlyweds immediately received a \$1,000 loan from the government to establish a household. We had big programs for families.

“All day care and education were free. High schools were taken over by the government and college tuition was subsidized. Everyone was entitled to free handouts, such as food stamps, clothing, and housing.

“We had another agency designed to monitor business. My brother-in-law owned a restaurant that had square tables.

“ Government officials told him he had to replace them with round tables because people might bump themselves on the corners. Then they said he had to have additional bathroom facilities. It was just a small dairy business with a snack bar. He couldn't meet all the demands.

“Soon, he went out of business. If the government owned the large businesses and not many small ones existed, it could be in control.

“We had consumer protection, too

Austrian kids loyal to Hitler

“We were told how to shop and what to buy. Free enterprise was essentially abolished. We had a planning agency specially designed for farmers. The agents would go to the farms, count the live-stock, and then tell the farmers what to produce, and how to produce it.

“In 1944, I was a student teacher in a small village in the Alps . The villagers were surrounded by mountain passes which, in the winter, were closed off with snow, causing people to be isolated.

“So people intermarried and offspring were sometimes retarded. When I arrived, I was told there were 15 mentally retarded adults, but they were all useful and did good manual work.

“I knew one, named Vincent, very well. He was a janitor of the school. One day I looked out the window and saw Vincent and others getting into a van.

“I asked my superior where they were going. She said to an institution where the State Health Department would teach them a trade, and to read and write. The families were required to sign papers with a little clause that they could not visit for 6 months.

“They were told visits would interfere with the program and might cause homesickness.

“As time passed, letters started to dribble back saying these people died a natural, merciful death. The villagers were not fooled. We suspected what was happening. Those people left in excellent physical health and all died within 6 months. We called this euthanasia.

“Next came gun registration. People were getting injured by guns. Hitler said that the real way to catch criminals (we still had a few) was by matching serial numbers on guns. Most citizens were law abiding and dutifully marched to the police station to register their firearms. Not long afterwards, the police said that it was best for everyone to turn in their guns. The authorities already knew who had them, so it was futile not to comply voluntarily.

“No more freedom of speech. Anyone who said something against the government was taken away. We knew many people who were arrested, not only Jews, but also priests and ministers who spoke up.

“Totalitarianism didn’t come quickly, it took 5 years from 1938 until 1943, to realize full dictatorship in Austria . Had it happened overnight, my countrymen would have fought to the last breath. Instead, we had creeping gradualism. Now, our only weapons were broom handles. The whole idea sounds almost unbelievable that the state, little by little eroded our freedom.”

“This is my eye-witness account.

“It’s true. Those of us who sailed past the Statue of Liberty came to a country of unbelievable freedom and opportunity.

“ America is truly is the greatest country in the world. “Don’t let freedom slip away.

“After America , there is no place to go.”

Kitty Werthmann

Jmax

Jmax's Website <http://www.jmaxbits.com/>

Jmax Bits Newsletter is now posted each Monday & Thursday on the website. You have the option for a .pdf or a .rtf file.

1. For help with a computer problem, put HELP in the subject line and give me info about the computer you're using, if you know it.

2. To view or print Jmax Bits Good Services List in the Villages area, click link www.jmaxbits.com

3. To sign up for the non-computer newsletter, send an email to VLGSClassifieds@aol.com. Put SUBSCRIBE in the subject line. To send an Ad, place AD in the subject line.

4. The Villages Computer Club's web page: [Click here: Welcome To The Villages Computer Club](#)

To add your name to the VCC announcements list, send email to TheVCC-subscribe@yahoogroups.com

5. Fred Benson's website www.thevillagescomputerbasics.com