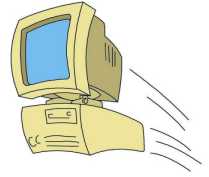




The Data Byte

Official Newsletter of the Computer Users Group of Lincolnton
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NEXT MEETING: FEBRUARY 4

The next CUGOL meeting will be Saturday, February 4, beginning at 10:00 AM. It will be held at the Lincoln County Senior Center again since the Charles R. Jonas Library is still unavailable.

We really appreciate CUGOL members Sue Brooks and Bob Wolfe, who are on the Senior Center Staff. Thanks again for making this alternative meeting place possible without cost to CUGOL!

8 Apps That Could Save Your Life

Apps for your smartphones may help you lose weight, quit smoking, and diagnose illnesses. Many may be downloaded from www.parade.com. Click on *magazine*. Not all apps are available for all kinds of smartphones. The first eight are listed below:

1. Noom Weight Loss Coach

Record your calorie intake, track your exercise, and even share your progress on Facebook.

2. iBreastcheck

Uses slideshows and videos to demonstrate how to perform self-exams, lets you set up reminders, and helps assess your risk.

3. Pocket First Aid & CPR

Walks you through what to do when someone is bleeding, bruised, bitten, burned, or not breathing.

4. MelApp

Use your smart phone to photograph a mole and get an evaluation of potential melanoma risk.

5. Restaurant Nutrition

Lists calories, fat, sodium, carbs, fiber, sugar, and protein for virtually every fast-food item.

6. Brain Trainer

Games to enhance cognitive skills, increase attention span, sharpen memory, and boost mood

7. iTriage

Find causes and treatments for many symptoms. Lets you record health records.

8. Livestrong Myquit Coach

Helps you stop smoking, tracks your progress, and hooks you up with other would-be quitters for additional support

JANUARY CLUB NEWS

We had 20 members and one visitors at the January meeting. Members who attended were **Fred Bowman, Sue Brooks, Jack Buff, Jim Cox, Gale Deal, Rodney Eaker, Judy Hicswa, Mary Hill, Russell Hull, Gerry Leonhardt, Alan Martin, Charles Mize, Ann Perry, David Rhyne, Christine Simmons, Rutha Simmons, Mike Vance, Sue Vance, Bob Wolfe, and Pat Wolfe.**

Our visitor was **Kenny Hunter**. We hope that he will come again.



FEBRUARY EVENTS

Linda Miller will be having a birthday in February. Happy birthday, Linda!

Also having birthdays in February are Abraham Lincoln on February 12 and George Washington on February 22. We celebrate them on Presidents' Day on Monday, February 21.

Groundhog Day is February 2, and don't forget Valentine's Day on February 14.



PRESIDENT'S NOTES

The February meeting of CUGOL should be the final one at the Lincoln County Senior Center, according to Library Director, Jennifer Sackett. Their goal is to complete renovations by the first of March.

The move to the Senior Center has lasted much longer than anticipated, but the renovated library will have many new technological features that will be worth waiting for. There will be Wi-Fi throughout the library, which will allow you to bring your own computers for use during our meetings. There will be twenty new computer stations in the library for you to use before or after the meetings.



The *Data Byte* is the official publication of CUGOL, the Computer Users Group of Lincolnton.

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