

Digital Times is a "for eCommerce newsletter reporting on the development and/or availability of interactive products and services."

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## Digitally Cool Ideas...

### INDEPENDENCE DAY ISSUE

The online life suites me. **It gives me the independence I need to solve practically every problem** that comes along, whether I am baking something fabulous and need to know how to make substitute buttermilk when I don't have any, or locating a product that converts HARD brown sugar to soft again, so I can use it.

The '**brown sugar pillow**' by [JBK Pottery](#) actually WORKS and gave me independence from my block of hard, brown sugar. [Amazon](#) carries several attractive ceramic versions that apparently accomplish the same thing. ;-)

**Free Web Hosting: Force.com** is a free hosted environment for developing and hosting custom Web applications. Offered by [Salesforce.com](#) of San Francisco, it is great for an app with up to 100 authenticated users or up to 250,000 page views per month. The free version offers 1 GB of storage and unlimited logins. Source: Information Week, June 22. You can sign up for the **FREE version of Force.com [HERE](#)**.

**Free website monitoring... do you have a website?** **Dasient** is an Internet security company that protects websites from web-based malware attacks that cause losses of traffic, reputation, and revenue. How can this happen? Recently, visitors to several high-profile websites were blocked from accessing parts of the sites because an advertising partner, Eyewonder, suffered a malware attack.

Please understand that the website itself was not compromised by attackers -- rather, the ad network used by the site had been compromised by third-party plug-ins or widgets such as traffic counters that have contained malicious code to infect websites ;(

Sign up for free monitoring, as I did, **[HERE](#)**.

\*Dasient is a start-up founded by engineers and product managers from Google and McKinsey.

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## \*Google Docs

### Out of Beta



**Free:** Looking for independence from depending on being at your home office computer in order to create, edit or access a document? A great way to upload, edit and save such documents over the Internet is Google Docs. I found a good tutorial/video titled "**[Google Docs@ work](#)**" **[HERE](#)**.

How about independence from sales taxes and shipping? Due to repeated success with this method, I must bring it to your attention once again. Use COUPON CODES. This morning I went to **Peet's Coffee** online as Starbucks no longer carries the Arabian Mocha coffee that tastes S-o-o-o good! Well, it's standard fare with Peets, so I ordered 2 lbs. Shipping was \$8.00. Before leaving the check-out page, I decided to do a quick Google search for **COUPONS for Peets** and struck gold on the 3rd link listed. I entered code from **[CouponHeaven.com](#)**, updated my cart and **shipping became 0.00!!!**

Whenever buying anything online, **please make an effort to locate a promo or coupon code ...it can save you a bundle!!!**

**Another tip:** Many online retailers will provide **FREE shipping**. Others will ship **FREE** with minimum order of \$35-50. Consider carefully the savings aspect of ordering 2 of a product you really like and use often. **If I put things in an etailer's cart and find that shipping costs are too high, I cancel and complain, by email, to the merchant.**  
-editor

## Sleep Problems? Solved Digitally

**SHUTI, [Sleep Healthy Using the Internet]** – is a new online program for Insomniacs [**30%** of Americans *suffer.*] The program analyses information supplied by the sleepless user; in return the user gets information such as recommended bedtimes and advice.

Info is acquired through **stories, games, quizzes and puzzles** – just the kind of things that insomniacs need at 3 a.m. to keep themselves occupied. Experts agree that cognitive behavioral therapy is better and safer than medication(s) are, at helping people overcome chronic insomnia. This sounds useful for my 'night owl' daughter, grandson [or myself, for that matter.]

SHUTI was created by the Department of Psychiatry and Neurobehavioral Sciences Center at the University of Virginia Health System. **Adults who meet standard criteria for insomnia are eligible to join the study.** For more information, call (434) 243-2704.

**Remedies for INSOMNIA:** Although people with chronic insomnia may need the help of a sleep specialist, experts say people who suffer from occasional insomnia can take these steps to improve their sleep:

- **Use your bed only for sleeping and sex.** Condition yourself to associate your bed with sleep. *Do not use the bed to watch TV, talk on the phone or play videogames.*
- Give yourself 30-60 minutes to **wind down and relax** before hitting the sheets.
- **Try a hot bath.** Warming up and then cooling down can make you drowsy.
- **Avoid stimulants** such as caffeine, especially in the late afternoon and evening.
- **Don't smoke.** Nicotine is a powerful stimulant. Cravings also may wake you up.
- **Limit alcohol.** Although it can help some people fall asleep, it also may wake you during the night.
- **Oversleeping** will make it harder to fall asleep at night. Don't sleep late on weekends.
- **Exercise** regularly, although not right before bedtime.
- **Use medications carefully,** especially ones that contain stimulants or ingredients that make you drowsy. As a sidenote, we recently learned that Tylenol PM contributes to dementia. My husband no longer takes it.

-editor

## "Freebies Galore ..."

**Dating:** Declare your independence from high-fee Internet Dating sites and goto: [PlentyOfFish.com](http://PlentyOfFish.com)

This free dating service claims more than 10 million members and takes credit for 800,000 relationships per year.

**Kid Boredom:** Give them a mouse and steer them to **Crayola.com**. Kids can find craft ideas galore and parents can download hundreds of coloring sheets, puzzles and games. Or, visit [www.digitaltimes.com/kids](http://www.digitaltimes.com/kids).

**For ALL of us:** Track and monitor **Government Spending** with the **IT Performance Dashboard**.

This is \*so cool! drop-down menus galore make it possible for you to check the performance of the Dept. of Health & Human Services, the Department of Education, Dept. of Veterans Affairs, etc. etc.

Or, browse the entire IT investment portfolio using the Dashboard's treemap visualization.

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