

that mimics a local number and even make it look like a local city government is calling. Most likely the calls are coming from abroad. Don't bother to answer—computer generated scam calls won't leave voice mails. Also, don't be fooled by fake websites that scammers create that look just like the real company.

You can receive free online Consumer Alerts from the Federal Trade Commission by going online to www.ftc.gov.

Food for Thought from johnpavlovitz.com

At the end of the day, the world will either be a more or less kind, compassionate and loving place because of your presence. Your move.

Hip Tip

If you or a relative or friend are considering a hip replacement, be sure to do your homework and become educated about the newer “jiffy” procedure. This type of surgery is done towards the front of the lower torso, thus, it's called “anterior.” The old-style procedure that is still done is “posterior,” and requires much more cutting and a longer recovery and more physical therapy. Check with local orthopedic practices to find those doctors who do the “jiffy” surgery---it's definitely the way to go.

Six Ways to Practice an Attitude of Gratitude

By Kate Silver www.getold.com

1. Start that gratitude journal. Grab a notebook and start counting the ways you're thankful. It may seem hard at first, but once you start training your mind to think in terms of gratitude, who knows? You may look at

the world a little bit differently. Set aside some time every day and challenge yourself to write down one thing (or more) you're grateful for. But don't stop there. Also write down why you're grateful for them. That way, you're not just recording, you're analyzing and understanding what makes you tick. Want more? Here are some other prompts to add to your gratitude journal:

- ✓ Who in your life has made a great impact and why?
- ✓ What is your favorite season and what do you love about it?
- ✓ What musician or band makes you smile?
- ✓ What family recipe do you love the most, and what's the story behind it?
- ✓ What are some of your favorite memories from childhood?
- ✓ What's the best book you've read lately and how did it make you feel?
- ✓ Who in your life opens your eyes to new concepts, new cultures and new beliefs?
- ✓ When is a time that you struggled? How did you come out of that struggle?

2. Get out there and help others who may not be as fortunate as you. Sometimes, we all need to get out of our bubbles to appreciate the things that we have. Find an opportunity in your community where you can help others. Perhaps you can spend time visiting a senior center or tutoring kids who are in an after-school program. Maybe there's an animal shelter that needs volunteers. Think about ways that you can help out. Soon, you may find yourself writing about the experience in your gratitude journal.

3. Accept compliments. It can be uncomfortable when someone says kind things to you. It's easy to dismiss them, or shrug them off or make a joke. Instead, be grateful for the kind words, and genuinely thank the person who said them to you. You don't have to compliment them back. Just