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The Friendly Computer Club Helping Make Computers Friendly. On the Web at www.cipcug.org

Attendance at the
September general meeting
61 members and guests

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Dr. U.A. Garred Sexton, who discussed "Medical Information on the Internet" at our September meeting, shows the plaque he received from Vice President Craig Ladd. The report on his talk, along with his full list of Web sites, starts on page 9.

COMMAND.COM

By Rick Curry, President

In addition to Oktoberfest and Halloween this month, the Highland games will be held once again on the 10th and 11th at the Ventura County Fairgrounds. Make sure you get your yearly fill of haggis, bagpipe music, and men in plaid kilts.

Dr. Sexton certainly provided us with some interesting things to think about when we look at medical studies. He also left us a good number of links for reliable medical information that we plan on placing on our club Web site.

One of our members asked me if we could post a matrix of video cards. It turns out that I went researching video cards recently for one of my son's games. I'm not sure that there are any handy video card matrices online, and even if there are, I can reasonably guarantee they would become dated rapidly. I can provide some things to look for that I learned about along the way.



Curry

First and foremost, you need to have a video card that will function in your machine. The primary difference in video cards is between AGP and PCI-Express (or PCIe). This is a function of the motherboard connectors you plug the card into, and these two types of cards are not interchangeable. Generally, PCIe will perform better than AGP. Within these categories of video cards there are other physical variations as well. There are AGP 1.0, 2.0, 3.0, 3.3, and Pro variations with 8 to 64 bits of information they transfer per data cycle. Similarly, PCIe comes in 1.0 and 2.0 varieties with between 36 and 164 bits of information. And just for fun, some computers require a "low-profile" card, which might require that the person installing the card replace the metal piece of the card that holds the connector for your monitor.

Once you get past the basics of whether the card will work within your computer at all, you can start looking at standards and performance. Standards, such as pixel shader 2.0, will determine whether the card can run a given program. For the moment, if a card can run pixel shader 2.0, it is possible to use it with nearly all programs.

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Root Directory

**Channel Islands
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2006 Southwest User Group Conference: second place in both the newsletter and Web site contests.

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The Outer Edge

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Make all checks payable to CIPCUG.	

Members' classified ads are free but are limited to 105 characters, including spaces.

Minutes of September Board of Directors meeting

The CIPCUG Board of Directors held its monthly meeting on Sept. 25, 2009, following the regular meeting at the Boys & Girls Club of Camarillo.

In attendance were President Rick Curry; Vice-President Craig Ladd; Treasurer Art Lewis; TOE Editor John Weigle; Michael Shalkey, tech adviser; Web Page and ISP Co-coordinator Helen Long; Immediate Past President Paul Westefer; CIPCUG's Sound Equipment Technician David Minkin; and Secretary Diane Mortensen.



Mortensen

Rick Curry opened the meeting by reading the May 23, 2009, annual meeting minutes, which, with one minor change, were accepted.

David Minkin acknowledged that he had followed up on the suggestion discussed at the August board meeting of having an additional microphone available at meetings. David's diligent research has resulted in his recommendation of a Sennheiser lavalier that retails at \$280 for a complete system. The board discussed the matter, and a motion was made to

have David purchase the equipment at the sum quoted and, if possible, have it available at the Oct. 24 meeting.

Michael Shalkey shared with the board that some of CIPCUG's equipment is missing from where it had been stored. As far as Michael can determine, the items were an older laptop that had not been used for some time and a projector. Michael will get back to the board as soon as he confirms the equipment is missing. Board members discussed the possibility of filing an insurance claim for the equipment. Michael discussed the matter with Toby Scott, and Toby said that he could replace the old laptop with a new one at cost. If that occurs, Windows 7 could be loaded on the new laptop and be used at meetings in place of the existing laptop. Art Lewis will review CIPCUG's insurance policy, and the board will discuss this topic at the October meeting.

Using Windows 7 and/or XP programs at future meetings was brought up and discussed. Members felt that if CIPCUG advertised that the club was providing a beginners SIG on the basics of Windows 7, it may well attract interest.

A syllabus could be prepared as a

beginner's guide when Windows 7 presentations are made. It was felt that this would be a good opportunity to draw more people to the club's meetings and gain members.

John Weigle announced that Oct. 4 would be the deadline for submitting TOE articles. He emphasized the necessity of having items for the November issue submitted on time because the November meeting is on the third Saturday rather than the fourth Saturday, and there's no fudge time.

Craig stated that he still has not confirmed a speaker for the December meeting. There was discussion about the door prizes purchased for the monthly meetings. The consensus was that Craig does a great job in selecting and purchasing useful items for the raffles. The club breaks even on what is brought in for raffle tickets and purchase of raffle items.

Art Lewis presented the treasurer's report for August that was accepted by the Board. Art suggested that the club come up with new fundraising ideas. Membership and some monies from the raffles are the club's only revenue-making sources.

With no further matters to be discussed, the meeting adjourned.

More on Command.com

(Continued from page 1)

So now we have gotten to performance, presumably the thing most people are interested in. Card manufacturers will generally brag about the amount of memory in their cards. This is important, and it does affect performance. Something I have yet to see a manufacturer talk about on the box is the number of processors. It turns out that most cards have the equivalent of multiple computers on them and they can all be executing instructions at the same time. These multiple processors are called pipelines. I have seen cards with 1 to 16 pipelines, and this has a major impact on your card's

One more consideration is that with great performance comes great power consumption. The card I ended up buying for my son required a larger power supply.

performance.

One more consideration is that with great performance comes great power consumption. The card I ended up buying for my son required a larger power supply. The card also had two power connectors, exactly like you would see on an old IDE disk drive. A

power supply usually has two or more strings of these power connectors. The video card wanted a connection from two different strings because of the tremendous current demand. And we all know where this power ends up after it has been used: heat. You might need to plan on getting a larger or an additional fan to keep your computer cool.

So, for the adventurous, there is plenty of adventure to be had in shopping for a video card. For the rest of us, it is certainly a wonderful thing to have people like Toby and Rick, whom we can trust to choose the best devices for our needs.

Until next month, happy computing!

Coming events

Windows 7 will be demonstrated in October

Programs

Toby Scott and Michael Shalkey will demonstrate Windows 7, Microsoft's newest operating system, at the Oct. 24 meeting at the Camarillo Boys & Girls Club, 1500 Temple Ave. (southeast corner of Ponderosa Drive and Temple Avenue), Camarillo (see map on page 20).

Toby and Michael are well-known to members because they present the regular Internet and e-mail SIG and the question-and-answer session at the meetings. They've been working with test versions of Windows 7 for some time and should have some interesting material to share with us.

The doors open at 8:30 a.m., and the E-mail and Internet SIG and the Computing 101 SIG start at 8:45 a.m. If you can show up early to help set up, please do. The room seems to be different every month, and we have to move lots of tables and chairs around.

Other coming meetings:

Reminder: The November and December meetings are on the third Saturday of the month, not the fourth, because of the holidays.

Nov. 21: Webinar: Gene Barlow on Dual Booting with Acronis products.

Dec. 19: TBA

SIGs

Except for the Thousand Oaks PC Club Photo Group, the Special Interest Groups (SIGs) are sponsored by CIPCUG and led by volunteer club members.

Unless otherwise noted, the CIPCUG SIGs run from 6:30 to 8:30 p.m. at Ventura County Computers, 2175 Goodyear Ave., Unit 117, Ventura; phone 289-3960. From the 101 Freeway, exit at Telephone, take Telephone south to McGrath, turn left and go one block. Turn right on Goodyear and right again into the second driveway. Unit 117 is the back, right corner of the industrial building.

The pre-meeting SIGs are at 8:45

Door prizes

We have two types of raffle tickets: one for prizes offered by the presenter and one for club-provided prizes. The tickets for the presenter's prizes are free and limited to one per member.

The tickets for the club-provided prizes are \$1 each, \$5 for six tickets, \$10 for 13 tickets, \$15 for 20 tickets and \$20 for 27 tickets and are available to anyone. Those who can't stay until the drawing may sign their tickets and give the person selling the tickets a list of the prizes they would like in the order they'd pick them. Winners' prizes will be held until the next meeting.

Consignment table

A consignment table is set up at every meeting. Anyone can buy, but only members can sell.

a.m. at the Boys & Girls Club in Camarillo. The after-meeting SIG is at 2 p.m. at The Star, 550 Camarillo Center Drive, Camarillo.

There is no charge for members to attend the CIPCUG SIGs.

The TOPCC Photo Group, which meets at 6:30 p.m. at the Thousand Oaks Library, 1401 E. Janss Road, charges \$3 per meeting for those who are not members of the Thousand Oaks PC Club. The Web site is <http://topcc.org/dnn/SIGsPrograms/PhotoGroup/tabid/65/Default.aspx>.

The general schedule

First Monday (except in months that have holidays on or near the first Monday): TOPCC Photo Group.

Fourth Tuesday: Linux.

Fourth Saturday (or the regular meeting day): Computing 101 SIG and Internet and e-mail SIG, 8:45 a.m. Michael Shalkey's after-meeting SIG at The Star, 550 Camarillo Center Drive, Camarillo.

The schedules for the balance of October and all of November.:

October

Tuesday, Oct. 27: Linux SIG. William Wayson. Topic: General questions and discussion of directions FOSS and

The club gets 10 percent of the sales price. Sold items must be picked up at the end of the day's meeting. Any items not picked up will become the property of CIPCUG and will be subject to disposal at the club's discretion.

CIPCUG is not responsible in any way for items bought or sold at the table. Each item is sold as-is unless otherwise stated.

Meeting, SIG notices

If you would like e-mail notices of regular meetings and SIGs, go to www.cipcug.org, where you'll find a link on the home page to sign up. The URL is cipcug.org/listserv.cfm.

You will need your membership number, which is on the back cover of TOE, to complete the sign-up.

Linux should take.

Saturday, Oct. 24: 8:45 a.m. Computing 101 and Internet, e-mail SIGS. 9:30 a.m.: Regular meeting, Windows 7 presented by Toby Scott and Michael Shalkey. 1:30 p.m.: Michael Shalkey's after meeting at The Star. Topic: Microsoft Security Essentials.

November

Monday, Nov. 2: Digital Photo SIG sponsored by Thousand Oaks Personal Computer Club, 6 p.m., Thousand Oaks Library, 1401 E. Janss Road, Thousand Oaks.

Saturday, Nov. 21 8:45 a.m. Computing 101 and Internet, e-mail SIGS. 9:30 a.m.: Regular meeting, Gene Barlow webinar on dual booting with Acronis products. 1:30 p.m.: Michael Shalkey's after meeting SIG at The Star. Topic TBA.

Tuesday, Nov. 24: Linux SIG. Topic TBA.

Be sure to check the calendar on cipcug.org for updates on event dates and times.

Q&A

A sneak peek at some Windows 7 features

Toby Scott, our technical adviser, was at a Lions Club event the weekend of the meeting, so Michael Shalkey, who works part time at Ventura County Computers, conducted both the Internet and e-mail SIG and the regular Q&A, while also handling his usual computer duties.

Internet and e-mail SIG Reported by John Weigle

Windows 7

Michael was running Windows 7 on a notebook and discussed some of the new features and some of the things removed from the newest version of Microsoft's operating system. Windows 7 runs on hardware that could not run Vista. The minimum requirements — and they actually let the system and other programs run — are a 1 gigahertz processor and 1 gigabyte of RAM.

He noted a special promotion being run by Microsoft that allows students to buy a copy of Windows 7 for \$29.99, although there was no indication on the Web site, www.win741.com (it is a legitimate Microsoft site) how long the offer will last. It requires some proof that the buyer is a student.

There will be several versions of Windows 7 when it's released, but the three key ones are Home Premium, the one most likely to be installed on new computers; Professional, which is aimed at businesses because it adds lots of networking features; and Ultimate, which adds even more bells and whistles. Each version will have a different price.

Windows Live Essentials

Michael noted that his after-meeting SIG would cover Windows Live Essentials, which lets users download several add-ons to Windows 7. The European version of Windows 7 will not have a built-in browser because of anti-trust lawsuits contending that Microsoft had an unfair advantage over other software writers because it includes Internet Explorer as part of Windows. Michael said sales people will end up picking a

This month's Q&A topics:

Internet and e-mail SIG
Windows 7
Windows Live Essentials
Firefox add-ons
Cookies and privacy
Bing.com
Backing up

Regular Q&A

Internet connection terminates
Where's the 'clear' button?
Java program in Vista
HP media center and sound
Script in e-mail
Can netbooks be expanded?
What brand do you use?
Task Manager
Windows firewall
Lost sound

browser and installing it before computers are sold or asking people what browser they want when they buy the computer. He also pointed out that people can already have any browser — or browsers — they want. It's perfectly safe to have Internet Explorer, Firefox, Chrome, Opera, Safari and any other browsers on the same computer.

No version of Windows will have an e-mail program built in, he said. Outlook Express will be gone, to be replaced by Windows Live Mail, which will include a calendar.

The Windows Live Essentials include Messenger, Mail, Writer, Photo Gallery, Movie Maker, Family Safety, Toolbar, Microsoft Outlook Connection, Office Live Add-in, and Microsoft Silverlight. The Web site is at <http://download.live.com>.

Firefox add-ons

Michael uses both Chrome and Firefox browsers. Chrome seems faster to him and he'll use it for quick browsing. If he's going to be on the Internet for a long time, he'll use Firefox because of the additional functions made possible by add-ons.

He finds three add-ons essential, he said: Adblock Plus, IE Tab and Flashblock. To find out what extensions you have, or to get new ones, go to Tools > Add-ons. A list of recommended extensions or add-ons will come up, but if you want to review all available add-ons, click on Browse All Add-ons. While extensions add flexibility, they can also make Firefox take longer

to load. Adblock Plus, as the name suggests, blocks many ads on Web pages, which means pages load faster. IE Tab lets you use Firefox on sites that require Internet Explorer to work (such as the Windows Update page). Flashblock blocks Flash material on Web pages but adds an arrowhead in a circle to show when something is blocked. If you want to run the Flash file, you click on the arrowhead to do so. Flash applications include the blinking, flashing and animated ads that many people find annoying.

Michael noted that he prefers a clean home page and generally uses Google rather than MSN. To change a home page in Firefox, go to Tools > Options > Main, and select options in the Startup section. You can type in the URL (uniform resource locator) of the page you want to use as the homepage or if you're on that page already, click the Use Current Page button. You can also pick a page from your bookmarks or restore the default page. The process is similar in other browsers.

Cookies and privacy

Cookies are small text files placed on your computer by Web sites. They can be benign (remembering your log-in information so you don't have to type it every time you visit the page) or advertiser tracker cookies. Tracker cookies let advertisers build a profile of you from the sites you visit so they can direct ads related to your interests and apparent

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More on Q&A: Internet connections, laptops

(Continued from page 5)

income level. Anti-spyware programs usually mark such cookies for deletion. You can determine how Firefox handles cookies by going to Tools > Options > Security, where you can pick how long to keep cookies are kept and which ones will be accepted.

A second approach, he said, is to use Private Browsing, which is on the same tab. Private Browsing removes sites you visit from the history when you close Firefox. Internet Explorer and Safari have similar features, he said.

Flash Cookies are a new type of cookie. Flashblock blocks them. More information about Flash Cookies can be found at www.wired.com/epicenter/2009/08/you-deleted-your-cookies-think-again.

Bing.com

Bing is Microsoft's answer to Google, a clean page housing a search engine. It does have a feature that Google does not, however. Each day it has a background picture with a series of hidden clues that can be found by rolling the mouse over them. The idea is to guess where the picture was taken.

The site offers several specialized searches, including Images, Videos, Shopping, News, Maps and Travel.

Microsoft is trying to beat Google at its own game, Michael said, and it has 9 percent of the search market now. That might not sound like much, but Apple has 7 percent of the personal computer market and is doing very well. Not all of Apple's money comes from computer hardware and software, he noted. iTunes has become the world's No. 1 retailer of music, he said, and much of that music is played on Apple's iPod.

Google is known to make fun of itself, especially on April 1. Search for Pigeon Rank for an example (one of the results of the search is a Wikipedia article on Google's hoaxes).

Backing up

All mechanical devices fail; it's just a matter of when they do it. Michael has

had several people ask for help in recovering important documents that were not backed up when the hard drive failed. Sometimes it's possible; sometimes it's not. That's why it's better to have regular backups than to do nothing until after the drive fails.

The introduction of Windows 7 is another reason to have good backups as users move to the new system. E-mail will be especially important. E-mail programs weren't developed with the idea that we'd keep years of messages, but since we do, it's important to have them backed up. Michael noted that his SIG notes on how to back up e-mail are available at www.cipcug.org/sig/Sig8_26/backup.html.

There is a movement to Inbox Zero — getting your inbox empty and keeping it that way — and details can be found at inboxzero.com. Michael noted that many people are getting their e-mail on cell phones and other devices. How is that backed up, he asked.

(Editor's note: Not all e-mail programs can easily read and import e-mail from other programs. If you decide to change programs, be sure that it can import mail and the address book from your current program or be prepared to have two programs — one for the old mail and one for the new mail.)

While it's possible to upgrade to Windows 7 from Vista, it's not possible to upgrade from XP. A fresh installation or a dual boot system will be required.

Regular Q&A

Reported by Diane Mortensen

Internet connection terminates

Q: [Written question] Why does the Internet connection terminate during an IT download after 5-10 minutes?

A: I not sure what the question is asking; could it be U-Tube? If your Internet terminates during any long process it could be due to several causes. What is your connection, dial-up or DSL? Does your entire Internet go down or just that Web site? Do you get the

“Connection timed out” message? It could happen if you are trying to save a U-Tube video, which they do not want you to do. I really do not understand the question and without more information, I cannot adequately answer this question.

If you are talking about an e-mail download, that means settings in Outlook Express and your e-mail provider need to be changed.

Where's the ‘clear’ button?

Q: [Written question] Why does my laptop not have a “clear” button?

A: I am not sure what a “clear button” is; could it be the delete button? Again, without more information I cannot answer this question. I can tell you this: Not all laptops are the same.

KEYBOARD KEYS: Every brand of laptop is different. Like on a Toshiba laptop, I do not care for where they put the Windows key. It is on the upper right-hand corner above the backspace key. How many of you use the Windows key? I like the Windows key because it has shortcuts such as Windows + Pause-Break, which brings up the System Information screen. It has key information that is crucial to builders or repair people who are trying to fix computers. If you live on your mouse or are a touch typist, you may want to explore these keyboard shortcuts because you can do all sorts of things. One is Alt + F4, which shuts down whatever applications you are working on at the time or if you have no applications open, the Alt + F4 shortcut key will shut down the whole computer. It is a fast way to close applications and shut down the computer.

Java program in Vista

Q: I am a new Vista user and I was attempting to find the way to get into a virtual tour of a hotel I wanted to visit next week. The hotel requested/required me to install a Java program. I was wondering about the security of it (Java).

A: Windows is your operating system; your browser gets you to the Inter-

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More on Q&A: XP Media Center, e-mail scripts

(Continued from page 6)

net; Flash is a program used by the browser to show you movies, videos; Java is another program that can enhance the browser and be used for Windows applications. All of these programs do different things. Java is perfectly fine to use. If you do not trust installing Java from the hotel Web site, you can go Google Java — I believe it is “sunjava.com” (actually java.com) — and download Java directly from the people who wrote the Java program. You will get the latest, and it will be secure. That done, go back to the hotel Web site, and it should run fine. For those who have the Open Office program you already have Java because Open Office came with the latest Java engine. You will be notified when there are Java updates that you will need to keep the program fresh.

Now, there are Flash cookies that can be used for evil purposes. Java can be used for evil purposes when the bad people get hold of it and do things they should not do. To get around those evil things, Java has updates. Always update and install.

HP media center and sound

Q: Are you familiar with HP media center, and is it part of Windows or is it a separate program?

A: If you do Windows + Pause Break, it will tell you whether you are running Windows XP, Vista, or Windows 7, etc. In your case, you are probably running Windows XP Media Center edition. There are Windows media center features and I believe HP has its own media center features. They are not called media center and they are not part of Windows media center; they are just HP doing media stuff, not to confuse you but to make it simpler by making it sound the same because it has to do with media applications. It depends on what icon you are looking at and what you want to do.

Q: The problem is I have an onboard card that I disabled and installed a new sound card. Everything works fine be-

cause I have a TV tuner card, and I can listen to music through the media center. However, I cannot record live TV through the media center with the new sound card. It will go on for 10 seconds and then it stops and about 20 seconds later the computer ends (the program). The media center has a checkup thing and when I get to the sound or audio part, I hear the speakers for a couple of seconds and then the whole thing shuts down. I was thinking that it has something to do with the computer not recognizing the new card. I added my own card because I am recording classical records and the sound is better on the new card as oppose to the old one.

A: Do you have the box that the new card came in and know the name of the manufacturer? If so, have you contacted them? As you said, the application you got the card for works fine. You plug in your record player and put in your classical music through that card and it works fine, but other things do not. This is the thing where you might be caught in the middle between companies blaming another company — from Sound Blaster to Microsoft and then Microsoft will yell at HP and HP will say not our fault, it is the Sound Blaster card. I would recommend that you call Sound Blaster and explain your problem.

Script in e-mail

Q: I recently opened up an attachment on an e-mail and got a message that there was a script running and asking if I want to stop it. Is that something dangerous?

A: Yes, it can be. There is Java, then there is Java script, and you think they are the same, but they are not. Scripts are new programs that are running to help do something special. If you were not expecting a script to run, then definitely say no. If the attachment was nothing but a PDF or a picture, then a script is not supposed to be running. If it were a PowerPoint presentation, that is not a script but PowerPoint. In most cases, I would say that it is probably a good thing not to run. In addition, as all

of you know, do not click on attachments. For those who have to click on your attachments at least do a Save As so you do not click the attachment to run it. You should click to save the e-mail with the attachment to the hard drive in a folder called “downloads” (or a folder you choose). You then exit your e-mail program, go to Windows Explorer (Alt + E) and to that download folder, right mouse click, and scan the folder using your antivirus program — whatever antivirus program you have installed. You all have an updated antivirus program running, right? I truly hope so as the bad guys are working very hard to get to you. Between us in this room we probably use every major antivirus program available. Most are very good, certainly good enough to scan e-mail attachments. Here is how it works on this computer. (Demonstrates) Right mouse click on the folder and select “Scan with” your AV program. For those who use only free antivirus, Microsoft will soon be releasing its own called Microsoft Security Essentials. I happen to be one of beta testers, and I like it very much. Here you see 1,179 items to be scanned in my Downloads folder, which is not strange to me because if you look more closely they are zip files, which is one file that contains many files. Your antivirus program actually looks into setup files and zip files to look at all the files in there.

This may seem like a lot of work and it would be easier if you double clicked an attachment without doing this, and yes, it just is easy to get viruses too, and that is the problem. Viruses will exist as long as people are simple enough to click something based on its being the easier way.

PREVIEW: The November after-meeting SIG for me will be Microsoft Security Essentials. (Late breaking news: It’s now available for general download.) I love the thing and it works great. How many of you have ever had a false positive with an anti-virus program with a file or program you like? Micro-

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More on Q&A: Netbooks, Windows firewall

(Continued from page 7)

soft Security Essential does a good job with this. In the past two months, I have had only two false positives it gave me on programs that it considered "Hacking Tools." They were on programs I use in the trade to work on computers, but they can be considered hacking tools. For instance, you forget a password; it will go in and retrieve your password. That could be considered bad behavior for a program so technically it is a hacking tool. Another may be you do not know your license number for your computer, you do not have a sticker; there is a program that tells you what that number is. Again, technically, that is something the public is not supposed to see; it is not a virus, but it is considered a hacking tool. I knew about those so I said ignore. Therefore, those two false positives were false, but I was made aware of them. It is fast, free and runs in the background, and it is going to kill Norton and McAfee, that is for sure. I like Norton 2010, but having the choice between \$39 and free, I probably would go with the free one. I like Microsoft Security Essentials, and we will talk about that at the November SIG.

Can netbooks be expanded?

Q: Would you comment on the Netbook? Can you expand the RAM on them? Will they come out with a solid-state hard drive?

A: By definition, a Netbook is a laptop that has a screen smaller than 10 inches. That is the technical definition. Also for retailers that is huge because in California, if you buy a laptop with a screen bigger than 10 inches, they have to charge up to \$35 extra. It is the disposal fee for the equipment. If you buy a monitor for your desktop and it is over 10 inches, you will be charged an extra disposal fee of \$35. What a Netbook was designed for was to be cheap, very cheap, like \$199 maybe \$299. They do not have a CD-ROM or DVD player so you cannot watch movies on them. In fact, it is hard to install programs on a Netbook. It was designed for you to get

on the Internet, do your thing, and shut it down. However, if you have a large flash drive, you can use software by going to someone's machine, put in your Microsoft Office CD, put in the flash drive, and copy all the files over to the flash drive, take the flash drive over to your Netbook and install. Of course, if you have the CIPCUG flash drive, just plug that in and install Open Office and you're good to go. But again, Netbooks were designed to be for Internet use, not to be your primary computer. Here is where cloud computing is coming in strong. If you use Google docs, you don't need Microsoft Office on your computer at all.

Google Docs is another part of Google and a feature where you can create documents and leave the documents on Google. I can go from this computer, where I created a document, to that computer on the other side of town, go to Google, and pull up my document. I can print from this printer connected to this computer, or you can send the document to someone. You do not have to worry about installing things on your Netbook because the things you need are on the Internet. Most certainly as a direct response to Google Apps, Microsoft is rolling out lightweight, free, Web browser versions of Word, PowerPoint, Excel and OneNote, all based in the cloud. The Web-based versions of these products have fewer features than their desktop cousins but still give users basic tools to edit and change documents.

Called Office Web Apps, they're rolling out at the same time as Microsoft Office 2010. Now, you save most documents to your computer, but you can edit them only while on the Internet using their service. That is what is coming, and Netbooks are a part of it. In fact, Netbooks are a real reason why Windows 7 is so cool to me because it will run on a Netbook. Vista will not run on a Netbook. Most Netbooks are Linux or XP; Vista cannot run on something so small, too slow, and too dumb.

What brand do you use?

Q: What brand is your Netbook?

A: This is actually not a Netbook but a Fujitsu tablet, which is just barely bigger than 10 inches. This does have an optical drive, and it also has a card reader for your camera, and it has many features that I am going to talk about next month. It has some cool features I would love to show you. (Demonstration)

Task Manager

Q: Would you talk about the Task Manager?

A: How many of you know what the Task Manager is? Sometimes your computer is running very slow and you want to know why; that's one of the times you use the Task Manager. If something is frozen, or you want to stop a program that is running when Alt + F4 will not work or the red X will not work. When you come upon something in the Processes tab you do not know, you can Google it for an explanation. Task Manager is powerful and can do many things, but you really only use it when you run into trouble. If everything is working fine, you do not need to use it.

Windows Firewall

Q: [Written question] Is Windows Microsoft Firewall good enough? Why buy another one?

A: The best firewall in the world is hardware, a physical firewall. Right now, I brought my own router, which is in the other room and I am connected to wirelessly. That is the best firewall. Microsoft Windows Firewall also works as well as Zone Alarm. I have not installed Zone Alarm on a computer in over six years. I do not believe there is a reason in the world to buy a firewall. In fact, I recommend Norton 2009 antivirus only, but I do not recommend the 360. Once Microsoft releases its Microsoft Security Essentials to the public, every antivirus manufacturer in the world will have to include other features in their programs to get people to buy them. In a corporate environment, Norton Internet

(Continued on page 9)

Program: Medical Information on the Internet

How to find and understand the data

By John Weigle

jweigle@vcnet.com

How to find — and understand — medical information on the Internet was explained at the last meeting by Dr. U.A. Garred Sexton, whose topic was “Medical Information on the Internet.”

Among the key items:

- You need to understand how medical tests are conducted.
- You need to determine how the facts apply to you.
- You need an Internet connection

and browser to search the Web.

■ You might need a medical dictionary to help you understand some of the terminology.

Sexton uses the term evidence based medicine, which involves the evaluation of information, the strength of the studies, and determining how to make it useful to yourself.

“One of the things you have to understand about medicine is there’s a lot of witchcraft in it,” he said. “If I’m turned on with copper bracelets for my arthritis, if it works for me don’t knock it. If it turns me green, then I have to decide whether I’m going to turn it off

and suffer my arthritis or just bathe more often.”

He added, “Right now the buzz word is evidence based medicine. What they’re trying to say is we honestly looked at this to see if it really means anything. ... It’s an attempt to evaluate the information that we get.”

Studies can be difficult because the rarer the event, the more people you need to include in a study of it, he said. “A bullet in the head is almost 100 percent so you only need one study, one patient.”

(Continued on page 10)

More on Q&A: Lost sound

(Continued from page 8)

Security is the worst thing because one computer connects to another and wants to share documents and those things get in the way. I would not recommend any software firewall other than the Windows Firewall that comes with Windows.

Q: Since you brought up the subject of Windows Firewall, when I start up my computer it tells me I have no firewall running. Yet when I go in and check, the firewalls are on.

A: Wait for five minutes and see if it says you have a firewall or not. I believe what you are having is an early warning. I have received such a message saying that I do not have an antivirus on. Well, not yet. Wait 20 seconds to let the computer finish starting up. You have Windows too active trying to tell you things that are not even all the way up yet.

Lost sound

Q: I lost my sound in my computer and have looked everywhere, gone into the Control Panel, pulled up sound, audio devices; used the Task Manager, etc. However, I do have sound in Windows Media. I made sure the speakers were

working and still no sound. To give you some background history, I previously downloaded Acronis, the backup program, and before that program was installed, I had sound. When I went to Control Panel, sound, speeches, and audio devices, then to sound and audio devices properties under Volume. It stated No Sound Device; under Sounds and sound scheme it was Windows Default; under Audio, both the sound playback and sound recording it was Modem No. 2 line playback. I messed around with the problem for over two days. Of course, that was a mistake because I really did not know what I was doing and probably made things worse; however, I did get the sound back up not only in Windows Media, but on the Internet, etc. I do not know what I did; but that one time sound came back, and then back to nothing again.

A: I believe Modem No. 2 line playback is your problem. You have a modem still in your computer? In your desktop computer, you have a slot that has a dial-up modem. If you take a screwdriver and open up your case, take out the modem completely, and throw it into the electronics recycle bin. Put the

side of your case back on, and then turn the computer on. I would really like to know if that solves the problem. Right now, what is happening is that your computer thinks the only sound device is coming out of your modem. So, get rid of the modem.

Technically, you can do it by clicking at the right place at the right time and telling it this is my default, but you are taking the risk of doing something that may reverse what you did before.

I have had things like this happen to me. Some people, for some reason, when they open their computer first thing in the morning and instead of Outlook Express, Microsoft Outlook goes and checks their e-mail. They did not click anything, it just happened.

In that case, I uninstalled Outlook because they never used it, did not want it, and off it came.

For you, that may be the easiest solution. You can try taking the Acronis program off first and see if that could be messing things up.

If that fixes everything, you have solved your problem. Let us know if either of those two things works, we will put the answer into the TOE.

More on health information ...

(Continued from page 9)

We obtain medical information from many sources, he said, but it has to be logical. We believe some things because they've always been that way or because it's the custom ("pukin', purgin' and bleedin' " were common treatments for many years for many diseases). Then there are infomercials, fellow workers (that blue pill really worked for grandma, and it'll work for you) and the Internet. "It used to be that the expert was the guy from out of town with a box of slides," he said. "Now, we're our own experts, you're your own expert."

Studies lead to more information, but there are several types, some more reliable than others.

Anecdotal studies are "I tell you, you tell somebody else and he tells somebody else," while observation studies are the results of watching what other people do.

Cohort studies are all the nurses filling out forms and then getting together to review them to see what happened.

Of the remaining three, the random controlled double blind study is the best, and also the most expensive. In a random study, one person gets the medicine and one gets a placebo. The placebo effect is important, he said, noting, "We've all kissed the kids' boo boos and they quit crying and go away" even though there was no treatment. In a random controlled study, the person giving the treatment knows which patient gets the real thing and who gets the placebo



Photo by Jerry Crocker

Dr. U.A. Garred Sexton discusses medical information on the Net.

and can influence the results by telling a person he's positive the treatment will help and telling the other person it's questionable. In the controlled double blind study, the person administering the treatment has no idea who is getting what so can't influence the results, even inadvertently.

When evaluating studies, it's important to know the size of the study and the confidence level in it. The first study that concluded post-menopausal use of hormones was dangerous consisted of seven people, he said. "That's a kind of small study to decide something important," he added.

It's also important to know what was being tested for and what the reports say was tested for.

If a test is 98 percent accurate, that means it's wrong 2 percent of the time, he noted.

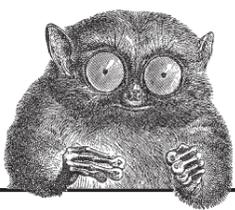
A positive screening test "has a 50/50 chance of being correct." That means if a test shows you have a serious problem, it's a good idea to get a second test. "Don't treat the lab work. Either do the test again, which means there's probably a 50/50 chance you'll get a different answer, or get a different kind of test," he advised.

It's also essential to understand that we're all different and that the general results of a test in a large population might not apply to any single individual. We don't react to drugs the same way, he said, making it difficult to know what effects a drug will have on an individual. Some people can't take aspirin because of excess bleeding; others have no difficulties, he said.

Drug doses are based on averages but might be far off for any individual. For example, Sexton said, a lethal dose of digitalis is generally six, but one of his patients had to take six per day to have the desired medical effects. Another person could only lick one tablet to get the desired effects without overdosing.

Tests start with an assumption of the proper dose, he said. Sometimes the necessary dose is more than that ap-

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More on health information ...

(Continued from page 10)

proved by the FDA so people get the drug off record. Tests start with rats, then move to dogs if rats survive and then to a small number of people if the dogs survive. As the number of people involved increases, more discoveries are possible, he explained. More side effects can turn up, as can the need for a larger dose for many people. "The nice thing is that failures give us information," he said. "That's where Viagra came from. So aren't we glad it failed, and aren't we glad that people looked at it? And half the world must be taking it. The other half is glad."

When reading the warnings that come with drugs, it's important to know if the side effects of medicines are more than those of placebos, he continued. Sometimes the placebos have more side effects than the medicine, he said.

"The great unknown" is whether

you're a fast metabolizer or a slow metabolizer. The fact sheets that come with drugs have adjustments for a variety of conditions (heart patient, liver patient, etc.), and it's wise to check those.

"If you're getting a new medicine and you're having a side effect, it doesn't make any difference if a doctor says, 'oh, it can't be.' It can be, and so you've got to decide because you know more about your body than I do, than he does," Sexton said.

The interaction of medicines and other things, such as calcium and grapefruit juice, also causes problems. People sometimes forget to mention herbs and vitamins to their doctors or pharmacists, thinking there can't be a problem. There can be, he emphasized.

The number of people needed to treat to obtain the desired effects can also vary. For example, if 17.9 percent of the children who received a placebo

got the flu and 1.3 percent of those who received a vaccine got the flu, there's a difference of 16.6 percent. Divide that into 1, and the number needed to treat is 6, which means that for every six children who get the vaccine, you'll see one less case of flu. The early work on statins said that two-thirds of them didn't have a heart attack, but the tests were on six people, he said. The findings turned out to be correct, but that was just luck.

Another complication is getting results published. It takes about two years to get published in a journal and about six years for a book, he said. It takes funding to publish results, so someone has to think the results will be valuable. Material in The New England Journal of Medicine and the British Medical Journal is good, he said, although it's a good idea to look for a second publication of results from another source.

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In keeping with change you can believe in, Ventura County Computers is offering to upgrade any Windows Vista PC sold to CIPCUG members to Windows 7 for only the cost of the Upgrade Software. We'll eat the LABOR and a FEW WORDS for selling you Vista, oh my.

More on medical information ...

(Continued from page 11)

Web sources

Sexton provided a three-page list of Web sources and general advice, which appears as a separate article below. This portion of the report summarizes some of his general comments and comments on specific sites.

Sexton did a Google search for medical search engines and had more than 330,000 hits, he said. He finds Google is especially helpful because you can ask a question.

Pogofrog.com is also good. It's for health professionals, "but if they ask you if you're a doctor tell them yes ... Every grandmother is a practicing physician ..."

The NIH sites are from the National Institute of Health and list some 3,000 journal articles a week. If you find a summary of an article you want to read, you can often get it from the library of the nearest hospital. Hospitals usually have contracts to download full articles

and print them.

CDC sites have information about requirements for travel (shots, etc. for specific areas) and information about outbreaks on cruise ships.

People have to become experts on their own problems, he said. "If you're a diabetic, you need to be an expert on diabetes. What is the latest treatment? Why is that the latest treatment. What is it that I'm not doing that will make me live longer and feel better?"

Treatment guidelines are what the goals should be and what the medicine should be. (www.guideline.gov)

At medlineplus.gov, you can check literature, but it's an old system and you have to ask questions just right to get the answers you want. You ask it over and over and over again to get a consensus, he said.

The fda.gov site is a good place to find latest medications, but the FDA is a bureaucracy so "a lot of it is cover your tush, and that's a bad disease, I might add."

Hospital ratings are listed at medicare.gov, but it's important to understand how the ratings are developed.

Quackwatch.org does what the name suggests and watches for fraudulent claims.

Because of drug interactions, Sexton said, you should pick one doctor to get all your reports and prescriptions to help avoid problems.

He noted the alternative medicine sites and said: "Natural and organic are kind of interesting things. Remember arsenic is natural and asbestos is natural and lead is natural and a lot of the bad things that we play with and get all excited about are perfectly natural."

In Australia, there's so much arsenic in the soil that rat pellets are deadly. "But they adapt and we adapt," he said.

On the Net:

U.A. Garred Sexton, M.D., may be contacted at uags@aol.com.

For his list of Web sites, see the article below.

Health information Web sites

Revised 2/3/2009

Search engines

<http://www.google.com>
<http://www.hotbot.com>
<http://www.yahoo.com>
<http://www.Lycos.com>
<http://www.Pogofrog.com>

Health Information sites

<http://www.medmatrix.org/index.asp>

Also points to other sources

<http://www.HealthAtoZ.com>

<http://www.yahoo.com/health>

<http://hms.harvard.edu/hms/home.asp>

<http://www.webmd.com>

Other health databases

<http://www.medlineplus.gov>

<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi>

Search for journal reference with

links to records with full text version of 13 text books, links to Tox net, clinical trials, consumer health sites, and clinical alerts

<http://www.hcn.net.au/>

<http://library.nymc.edu>

Books links to other web sites

<http://www.bmj.com/>

British Medical Journal free full text

Government agencies

<http://www.ahcpr.gov>

Agency for Health Care Policy and Research

<http://www.cancernet.nci.nih.gov>

CancerNet: Nation Cancer Institute

<http://www.cdc.gov>

Center for Disease Control

<http://www.fda.gov>

Food and Drug Administration

<http://www.nih.gov>

Nation Institutes of Health

<http://www.medicare.gov>

information on hospital performance, Medicare plans, supplemental plans in area

Others

<http://www.cancer.org>

American Cancer Society

<http://www.cdc.gov/travel/>

CDC health information international travel

<http://aapredbook.aapublications.org>

Review of Internet resources for pediatricians. THE RED BOOK covers immunization and infections

<http://www.guideline.gov>

Treatment guidelines

http://www.merckmedicus.com/pp/us/hcp/hcp_home.jsp

(Continued on page 13)

More Health Web sites ...

(Continued from page 12)

Good place to look up and link to other areas

Free patient information

<http://sis.nlm.nih.gov/>

List of organizations with address and phone numbers to help patients with various diseases

www.4woman.gov

National woman's health Information center

<http://www.healthfinder.gov>

Good source of reliable consumer health information Web sites

<http://www.nih.gov>

Links to resources with medical information

<http://content.nejm.org/>

New England Journal Medicine on line

<http://medlineplus.gov/>

General information on drugs and alternative medication

<http://www.quackwatch.org/>

Alternative medicine

<http://www.naturaldatabase.com>

<http://www.nccam.nih.gov>

Drug interactions

<http://www.drugs.com/>

<http://www.drugstore.com/pharmacy/drugchecker/default.asp?atrx=dp16&atrxp1=132219&atrxp2=1&atrxp3=%2Fpharmacy%2Fdrugchecker%2Fdefault%2Easp&atrxp4=10663>

Those with PDA using Palm OS

<http://www.epocarates.com>

List of drugs and side effects and interactions to download

Free online books

http://www.mercksource.com/pp/us/cns/cns_home.jsp

General information and books online

Information about a doctor

California

<http://www.docboard.org/>

History of any discipline for a fee, \$9.95 certified check or credit card

<http://www.chcf.org>

General information related to California

Information about hospital

<http://www.hospitalcompare.hhs.gov/>

Contact for possible help for obtaining medication

Helping Patients:

<http://www.helpingpatients.org>

Benefits Checkup:

<http://www.benefitscheckup.org>

Medicare:

<http://www.medicare.gov>

RxAssist:

<http://www.rxassist.org/default.cfm>

Needy Meds:

<http://www.needy meds.com>

<http://www.aarppharmacy.com/>

<http://www.nabp.net/vipps/intro.asp>

List of pharmacies that volunteered to comply with the standards

Buying drugs from Canada

If there is a Drug Identification Number (DIN) the Canadian Government has tested for safety both over the counter and prescription

The drug stores are licensed by each providence

AARP in an April 2003 bulletin said there was no problem in buying in Canada or Mexico if prescription is required and there is a phone number to call, not just Internet

Minnesota Senior Federation has negotiated lower prices, to join is \$19 per year and it monitors the drug suppliers in Canada. Check Web site for cost and shipping, and requirement seems to be lowest price, about one-third of USA

<http://www.mnseniors.net/membership/membnonmn.html>

<http://www.canadarx.net/>

\$7.50 USD handling fee each

Rx

<http://www.globalpharmacycanada.com>

Drugs are from India

Buying drugs from Mexico

As of now can not be ordered on line

or shipped from Mexico

Grapefruit juice interactions

The chart appears on the next page.

Interaction with calcium

Tetracycline (blocks effect)

Phenytoin (blocks effect)

Chloroquine (blocks absorption)

Estramustine (blocks absorption)

treatment of CA prostate

Strontium

Quinolones drugs that end with floxacilin such as Ciprofloxacin

Calcium channel blockers, i.e. verapamil

Mineral supplements, i.e. iron

Medicare D

How to make the decision of what needs to be done about Medicare is very confusing.

There are three questions that need to be answered:

1. Do I need to do anything?
2. If I need to select a plan, how do I do it?
3. Which plan should I get and how much will it cost?

To answer the question a good starting point is <http://www.carxe.org> and play the video then click on ENTER PART D GATEWAY.

Click on MEDICARE BENEFICIARY.

Then click on MEDICARE RECIPIENT.

Click PREPARE.

Work your way to Chapter 3 and select an appropriate selection to start.

After you complete this you should have a list of the plans that look appropriate for you, but there is one thing you do not know and that is: Do the plans that you have selected have a formulary that contain the medication you are taking. For that information, go to <http://www.medicare.gov> click on FORMULARY FINDER, enter the state, click ENTER, enter the drug that you are taking, review your list, select how you want to view the plans.

With the plans whose formulary con-

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More on medical information on the Internet ...

(Continued from page 13)

tain all the drugs you have listed you can now go back to www.carxe.org and enter the drugs and select the plans and the local drug stores and get the costs, where to get them.

Be aware that is not a lifetime choice. You will be able to change on an annual basis.

If you are a veteran, go to <http://www.va.gov/healtheligibility/costs/MedicarePrescriptionDrugCoverage-PartD.asp>

You can fill out the form online. The URL for the form: <https://www.1010ez.med.va.gov/sec/vha/1010ez/>

Drugs That Interact With Grapefruit Juice

Here are some drugs that interact with grapefruit juice. Check with your doctor or pharmacist if you're concerned about any of your medications.

Condition	Medications
Anxiety	Xanax, Buspar, Versed, Halcyon
Depression	Luvox, Zoloft
Allergies	Allegra
Abnormal heart rhythm	Cordarone, quinidine
Heart disease/stroke/blood clots	Coumadin
Epilepsy	Tegretol
Cancer	Cyclophosphamide, etoposide, ifosfamide, tamoxifen, vinblastine, vincristine
Cough	Dextromethorphan (found in many over-the-counter cold medicines)
HIV	Agenerase, Crixivan, Viracept, Norvir, Fortovase
Prostate enlargement	Proscar
Heart disease/High blood pressure	Coreg, Cardizem, Plendil, Cardene, Adalat, Procardia, Nimotop, Sular, Covera, Calan, Verelan
Erectile dysfunction	Viagra, Cialis
Asthma/Emphysema	Theophylline
High cholesterol	Lipitor, Lescol, Mevacor, Zocor
Pain	Alfenta, Duragesic, Actiq, Sufenta
Infection	Biaxin, Sporanox, erythromycin, troleandomycin

Patients should check with their doctors about specific interactions between grapefruit juice and medication.

Important Q&A reminder: Please wait for the microphone to ask, answer or comment on a question. Although we have several microphones during the Q&A sessions, they do not pick up sounds from far away. While this eliminates the general background noise from the tape, it also means that useful information offered without a microphone is not recorded and, therefore, can not be transcribed for TOE.

Let us know if the Web page is broken

I was just informed at the meeting that the SIG Sign-up for the Web Page was not working. I have informed Toby about it and am sure it will be up and working by the time you get this newsletter. If you have tried it and realized it didn't work and you didn't say anything, Shame on you. Our Web site is quite large, and we try to keep it up-to-date, but if something doesn't work, please let me know. Even if it's a misspelled word, let me know. It is very difficult to proofread your own work, so I need lots of eyes checking it out.

Bits & Bytes



Long

Last month, I indicated that we finally had our up-to-date CIPCUG bylaws on the Web site and I published the location of the site. Unfortunately, in the meantime, Toby renamed the file. If you are interested in checking the bylaws, they are located under the Club Info menu item or the direct link is www.cipcug.org/bylaws.cfm.

Be sure to put Oct. 24 on your calendar. Toby and Michael will be doing a

demonstration of Windows 7 for the club. I'm sure many of you have been curious about it. It sounds like it has a lot of "plus" factors to it, and it doesn't seem to be as bloated as Vista is.

In line with that, Michael's Saturday after-the-meeting SIG at the Ventura County Star will be Microsoft's Security Essentials for Windows 7. This will definitely be a tie-in. If you are even considering a new computer, this would be an excellent opportunity to look into it.

HAVE YOU RUN YOUR SPYWARE PROGRAMS LATELY?

Smart Computing tips and fun facts

Reprinted with permission from Smart Computing. Visit <http://www.SmartComputing.com/Groups> to learn what Smart Computing can do for you and your user group.

Make Your Cell Phone Battery Last Longer: If your battery won't hold a charge very well or you don't always have access to a charger, there are a few things you can do to stretch your battery's charge time. When you're not using your phone, turn it off, unless you are expecting an important call. If you are in an area without service, turn your phone off so it isn't searching for signals. If you want to leave your phone on, you can also change a few settings on the phone to save battery. Turn your phone's vibrate feature off and use a basic ringtone on low volume. Also, turn your backlight off, as it will take up excessive battery power. Features like Bluetooth, Internet, cameras, etc. will

drain the battery you have left, so try to use these features only when you absolutely need them.

In-Store Recycling: Electronics that are beyond repair or are no longer compatible with your current components don't serve a purpose around your home, other than taking up space. If you're ready to be rid of these obsolete items, including DVD players, cell phones, and computers, call around to local electronics stores. Often, stores will take in old electronics for recycling. Some stores will charge a small recycling fee for submitting items with screens, such as TVs and CRT monitors, but they'll sometimes supplement that charge with store credit.

Be Good To Your Hearing: The next time you take a flight and want to listen to some tunes, consider using a noise-canceling pair of headphones. Plane cabins are noisy, and in order to

compensate, you're likely to turn up your audio to levels that can be harmful to your hearing. Because a noise-canceling pair of headphones will drown out ambient noise, you'll be able to enjoy your songs at a comfortable hearing level.

*To ensure CIPCUG receives credit for new subscriptions and renewals, always subscribe and renew using the **Subscribe or Renew Today!** feature available within the User Group portion of the Smart Computing Web site. From here, select us from the drop-down list provided to ensure we received credit for the subscription order.*

You can also call 800-733-3809 to subscribe or renew and give us credit by telling the representative you want us to receive credit for the order.

Following these instructions will ensure that we get as many free subscriptions as we possibly can.

Back up, back up, back up ... and then test the backup to be sure it worked.

Shuttleworth's vision for open source software

By Bill Wayson

bwayson@gmail.com

Mark Shuttleworth is one of the most important figures in the open source software world. He founded and is the primary backer of the company Canonical, which, in turn, is the sponsor of the Ubuntu project. The Ubuntu project is responsible for developing and maintaining the Ubuntu distribution of Linux, the most popular Linux distribution today. Ubuntu is a pioneering distribution, being the first one that appealed to a large number of non-technical users, both through the free downloads and by its widespread use in netbooks. Shuttleworth's overall goal for Ubuntu is simple: For the mainstream computer user, provide the best end user experience possible. When he talks about how to achieve this goal, it is worth listening to him.

Shuttleworth recently opined on how to achieve his goal at a conference of Linux developers. Although his suggestions were directed at the developer communities, the benefits he sees of adopting the suggestions are expected to directly improve the experience that mainstream Linux and FOSS users have. Thus, they are of interest to all users of Linux and FOSS.

Mark's first suggestion was improved "cadence." By this he means regular and predictable timed releases of new versions of software. Ubuntu has been doing this for years, releasing new versions of its distribution in April and October of every year, and new versions of Ubuntu LTS (Long Term Support) every 18 months. Mark mentioned several benefits of knowing when the next version of a given program would be available, including energizing the end

users of the software by making it available to them, getting additional members of the community — documenters, translators, artists, advocates — involved in the development and release process, increasing the number of people testing the release, and giving the developers of the numerous distributions of Linux the ability to harmonize the versions of software in them so that at any given time each distribution included the same version of a given application. He points out that a date-certain release focuses the developer's attention on the most important areas of the software that need work, improving their productivity. All of these benefits can improve the end user's experience of the software.

His second point was a series of suggestions that would improve the quality of software. Mark emphasized the benefits to automated testing, which allows for applying standard tests to software and rating it based on how it should work for the end user. Automated testing also helps remove human and personality conflicts in testing. It enables a more robotic critique of the software, which should be easier for the developer to accept. Mark also argued for a wider review of the actual software code, arguing that the many eyes nature of code review would not only discover flaws more quickly, but it would also lead to wider participation in the development communities and two-way education about development techniques for the developer and the code reviewer. Again, the net result would be improved software and end user experience.

The third suggestion was to include the expertise and input of designers of the end user experience throughout the development cycle of software.

Shuttleworth pointed out that too many software communities are driven by developers, and that too little attention is paid to ensuring that the best possible end user experience is achieved. Mark would like to see professional designers and usability experts — those who work on the user interface — in-

cluded very early in the development cycle as well as at the lowest levels of the software. He argued that decisions made at the early and low level stages, while not usually thought of as affecting the ultimate end user experience, actually have a huge impact on what is possible in the user experience.

The experience that the ultimate user, particularly the nontechnical user, has with the software is just as important a consideration as code quality, says Shuttleworth, and it is designers and usability experts who are best able to advocate for and design the user experience, and they must be involved during the entire development cycle.

Mark Shuttleworth has probably done more than any single person to use open source software to create a pleasurable out-of-the-box end user experience. He is also an ardent advocate of the open source development process, believing it to be "the right way to build software," and that "there is the potential, if we raise our game ... that we could end up defining the experience that the average person has whenever they turn on a computer."

This is what drives him to be involved in the open source movement, speak to developers, advocate for the end user, and to air his suggestions.

Given his stature, the end user of FOSS has every reason to expect good things in the future from their software.

If you have questions or would like to learn more about Linux and FOSS, come to the October Linux SIG meeting on its new date (the fourth Tuesday of each month), Tuesday, the 27th at 6:30 p.m. at Ventura County Computers in Ventura.

This month we will answer questions and maybe discuss the direction FOSS and Linux should go in during the next few years. See the CIPCUG Web site for more information. If you have a question or topic you would like the Lair or Linux SIG to cover, drop me a line at bwayson@gmail.com.

Penguin's Lair



Wayson

Old people and old computers

I like old people and have a fair amount of patience with them, at least by my standards. I don't honk my horn when they drive slowly, I allow them to have my seat when none other is available, I always try to be respectful of their knowledge and accomplishments in life even though they're not able to physically beat me up anymore, which is a time-proved method to make people listen to you. Yep, I really do enjoy talking to people who have been around for some time and done a lot of things, You can really learn a lot if you just give yourself the time to listen to what they have to say. That is if they can remember it!

But old PCs: My blood grows cold and my brow furrows up and a general sense of pathetic disgust wells up inside of me as I try to contain my utter disdain to have to spend time with such a worn out, shallow, used up, dirty, smelly, slow, useless piece of junk that uses up all the meager patience I can muster to wait for the bloody thing to boot itself up to a marginally usable state. In this intolerable situation, I become the worst person I can be, grumpy, moody, insolent, petulant and almost any other adjective that Bill O'Reilly uses to advise people commenting to him not to be. I seethe with thoughts of what a waste it

is of my time to try to save this old PC. And for what? To possibly give it a few more years of precious life. What quality of life will this old and slow PC have and at what cost? I put in more time and effort trying to resuscitate its life than it's worth to society. I sit here thinking my time, effort and expertise will be better used on PCs much younger and more productive to society.

Let's be politically correct here. I want to mandate "end of life counseling" to all users who have PCs over 8 years old. They need to be told of their choices and the drain that their selfish decisions to prolong their PCs life causes others.

Let's face it: I can never charge the time it takes to keep one of these clunkers alive because it would be more that it is worth — more than they'd pay for a new one. But in an effort to retain my existing clientele I strive not to be more obnoxious and offensive than I already am so I try to talk to them with some of my favorite catch phrases as, "Boy, this baby's been around the block a few times" or "You've certainly got your use of this old boy" or "They don't make them like this anymore." This leads into my end-of-life counseling and argument for euthanasia.

Most people who finally agree to this get a little teary eyed as they walk out the door thinking about all the good times they have had with their old friend they accepted a death sentence for. Most

people cannot stay and watch as I administer the "Black Capsule" to end the life of their unsuspecting best friend. And nobody — and I mean nobody — except for staff has witnessed the utter torture and cruelty of me disconnecting a hard drive from a running PC and watch as it slowly loses its mind and becomes feeble and lost with only its fleeting RAM memory to sustain it for a short period of time till the inevitable happens. The closest thing to it is the movie "2001: A Space Odyssey" when Bowman disconnects HAL's memory circuits one at a time and HAL descends into oblivion. After watching me do this one time my staff vowed never to be involved in such a crime against all that is right with the world and threatened to quit if I forced them to participate in such a cruel act again. I suppose I could hire some amoral techs or former animal testing technicians or slaughterhouse employees to assist me in ridding the world of oldtime and resource consuming PCs.

A world where only the young and healthy PCs are allowed to live, where newness is valued more than experience, a world that continually consumes new items and discards the tired and old. A world that isn't encumbered with morality or compassion. This is the PC world I strive for as I yet again resuscitate another PC and put it back in service to be, as Thomas the Train says, "A very useful PC."

Rick's rant



Smith

Computing 101: Creating a file

Creating a file is easy after you've used the computer for awhile, but what about that first day. What did you know?

The usual way is to open the program you want to use and create the file from there.

To open the program, click on the program's icon on your desktop if you have one; right click on an empty spot on the desktop, go to New and open the program from there; or, usually the easi-

est way, go to the Start menu and All Programs (the wording may differ a bit depending on the Windows version, but it will be close to this) and open the program by clicking on its title.

When the program is open, click on the File menu to open it or use the Alt + F combination of keys (the underlined F in File means using the combination of Alt and F opens the menu).

When the File menu is open, click on

New. Depending on the program you're using, that will open the kind of document it produces.

What you do from this point varies from program to program and is beyond the scope of this article.

When you finish working on the document — or as you work on it, depending on its length and importance — save it from the file menu or with Ctrl + S.

Hacking 101: What hackers want

By Marjie Tucker

Editor, Macon Computer User Group,
North Carolina
www.mcug.org
mcug (at) dnet.net

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We are being bombarded with warnings about securing our data and the entry to our computers. Do you ever wonder what the big fuss is all about? How can a hacker possibly get into your data? And, what would he be looking for? Let's spend some time answering those questions.

How does a hacker get in to your computer?

When you give your computer access to the Internet, you need an IP (Internet Protocol) address. The IP addresses that we are currently using have 4 octets with periods between them. They will be something like 192.168.100.1. When you access the Internet, that address is read by the router, modem, whatever that links you to your Internet Service Provider. Then it is read by the routers that route all the data through the Internet. This address makes it possible for you to send data, such as e-mail or requests for Web pages. And, in turn, that same address is used to direct incoming e-mail and Web pages into your computer. There are several Web sites and programs available that will translate these IP addresses into the name of the company that purchased them. In many cases, like our residential usages, the company name will be the ISP. For commercial use, it will be the name of the company that rents the block of IP addresses. Hackers use this IP address information to find their targets much like we use a physical

address to find a house or office.

Once a hacker finds out your IP address, it's relatively simple to send your computer a Trojan horse program, spyware, or a virus that will open a port that you usually don't use. Once that port has been opened, he can freely enter into your operating system and browse around just like he was there in person. He would look for programs that store valuable data like Social Security numbers and credit card account numbers. (Do you have that information entered into your Quicken or Money program?)

He would look through your My Documents folder for password lists and search your Internet Explorer favorites for financial sites where you saved the username and password. And, before he leaves he usually plants another Trojan horse that will give him the ability to take control of your computer in the future.

Commercial Web sites

The most common way to hack into a company's Web site through the Internet is by using a Denial of Service attack. These DoS attacks use multiple computers to overload a Web site with bogus requests for information. The hacker usually creates a Trojan horse program that he sends into the computers of unsuspecting people (remember that program that was left behind when your computer was invaded above?) The message that he creates usually contains a header saying that it comes from an IP address that doesn't exist. When he is ready to attack, he calls up all the computers that he infected with his Trojan horse and tells them to contact a specific IP address. Those computers follow his instructions and send his preprogrammed message to that Web site. Servers that control Web sites always check to verify that IP addresses requesting information or Web page downloads are legitimate addresses. When a server is hit by a bombardment of these false address requests, it tries to track down every one of the fake addresses. Before long the

server becomes overwhelmed by the fruitless process and crashes. When it crashes, the Web site will vanish and the hacker will be given access to a prompt for the server. He can then use Linux or DOS commands to request and view information on that server other servers.

How about wireless?

Let's put this hacker into an airport where hundreds of people are sharing a wireless network. It's like leaving a child alone in a candy store. In this case the airport's wireless system usually provides the IP addresses through DHCP and he can easily look at the list of addresses that have been supplied. He can test each of the addresses for available ports and it's quick work to access the most vulnerable. The same principles apply in hotels and restaurants that provide wireless Internet access. If you have a wireless network in your home, our hacker can drive down your street using a laptop or PDA to search for wireless networks. This process is called Wardriving. If he finds one that has not been secured at all, he doesn't even have a challenge. If you have added a password, he simply has to crack the password.

What tools do they use?

It's very easy for a potential hacker to find the tools of his trade. There are many Web sites that offer program tools and tutorials for using them. Here are some of the popular:

Anonymizers and Remailers — Anonymizers are online services that eliminate the trail of information that is left behind. These sites use anonymous proxies that a hacker can use to access computers and servers without leaving his IP address on any log. Remailers strip the header off a message and replace it with a meaningless header that can't be traced.

Command.com — When this command is typed into a server it will basically give you administrative rights. You can then see all the folders and files. It's

(Continued on page 19)

More on hacking 101 ...

(Continued from page 18)

also very easy for the hacker to create a new administrative account that he can re-use in the future.

Password Crackers — These programs try random passwords at lightning speeds. They are usually very successful.

Key Loggers — Hackers frequently install these on computers, especially public PCs. The programs actually record every stroke that you make. Hence, when you type in a username and password, it has been captured.

Port Knocking — This is a method of externally opening ports on a firewall by mimicking the process you normally use to add a port to your firewall.

Wireshark — This popular program captures and analyzes the data on a network. It's used by hackers to find information they want and it's also used by network administrators to manage networks.

Aircrack — This program is used to

crack wireless WEP and WPA passwords.

Metasploit Framework — This is a tool that can be used by hackers to search the Internet for sites that have dubious code. These are the sites that are the easiest to hack — especially when this program does the searching for you.

Networks identifying the types of data and the internal addresses of this data. It's a valuable tool for administrators but can save a great deal of time for a hacker.

NMAP — This is a port scanner. Since a hacker knows that he needs to use a port to access your computer or network, he can use this program to see which ports you have open.

NetStumbler — This program finds any wireless networks that are in range.

Wardrivers drive through residential neighborhoods using NetStumbler to search for available wireless networks.

Kismet — This program takes NetStumbler one step farther. It searches

for wireless networks that are not broadcasting their SSID.

NSLookup — If you type a domain name into this program, it will give you the company's IP address

Traceroute — This is a very valuable troubleshooting tool for technicians. It will trace a packet on its route through the Internet. It shows every IP address it visits along the way.

Snort — This is an open-source intrusion detection system. It shows traffic analysis and packet logging on networks.

TCPdump — This is the most widely used network sniffer/analyzer for UNIX networks.

Net Cat — This has been called the Swiss army program for hackers. It performs many sniffing and cracking tasks.

This was really just some of the basics. But if we know why security is so important, we may remember to take the right precautions. Hope your Web surfing stays secure.

Obituary: Joseph "Dick" Chaiclin

(We reported the death of longtime member Dick Chaiclin in the last issue; this is his full obituary as printed in the Ventura County Star. Several CIPCUG members were able to attend the services. Again, we extend our condolences to members of the family. — Editor)

Joseph Chaiclin
1934 - 2009

Dick Chaiclin passed away unexpectedly in his sleep on September 6th, 2009, in his home in Oxnard, California. He was 75.

Dick was born in Stamford, Connecticut, May 10th, 1934, and spent his childhood in Flushing, New York with his parents and two older sisters. Dick attended the University of Wisconsin-Madison, where he studied

geology. After college, Dick joined the United States Air Force, where he was introduced to the world of computers.

In 1968, Dick married Audrey and they remained so the next 41 years, until his passing. After retiring from the County of Ventura in 2000, he and Audrey were fortunate to travel all around, including trips throughout the

U.S., Europe, and Asia.

He is survived by his wife, Audrey; his son, Aaron; his daughter, Amy; his two sisters, Judy and Sue; and his cat, PJ.

Services will be held at James A. Reardon-Payton mortuary in Oxnard at 1pm on Saturday, September 12th.

More information is available online at dick.chaiclin.com.

Computing 101: Check your spelling

Spell checking is a useful tool, but it's not a replacement for the human brain.

Spell check is usually started from and Edit or Tools menu depending on

the program. It searches your document for words that aren't in its dictionary.

When it finds one, it stops and suggests a change. If the word is correctly spelled, add it to the dictionary in the

spell check box. If it's not, fix the spelling yourself or use one of the choices offers. Spell check won't find misused words; i.e., it will allow to, too and two no matter how you use them.

Where did this 24-page issue come from?

Several issues ago, I swore we would never have another 24-page newsletter, but that was when TOE was being folded in half before it was mailed and flattened enough by hand to get it through the U.S. Postal Service template. Those were the good old days when a group of us gathered at the home of George and Arline Lakes to prepare TOE for mailing. Now that it's being mailed flat and prepared for mailing by our printer, I don't have the same problems in doing a larger issue once in a while.

Editor's corner



Weigle

The larger size was necessary this issue to publish the full list of URLs provided by Dr. U.A. Garred Sexton, our speaker in September. I found his talk fascinating, humorous and valuable and believe it's well worth the effort to publish the list in full. Of course, we could have just placed it on the Web site, but that would have meant an extra step for members who wanted it. This way you can cut it out (or copy it if you save your issues) and place it by your computer. I hope you agree. Yes, this issue will cost a bit more to mail, but we've saved enough money in printing costs since going to Creative Technologies to be able to afford the luxury of a larger issue once in a while.

■ ■ ■

I've slipped on the Computing 101 articles because it's difficult to remember what beginners need to know after you've used computers for a while, and also because of space. I put a couple of Computing 101 items in this issue in holes that were left over after getting the longer issues in. If you have items you'd like covered in such articles, please let me know. I might be able to use the Beginners SIG, once it starts again, for some ideas, too.

■ ■ ■

I'm guessing that someone will ask why I'd run a story about hacking because it might just encourage people to try it themselves. That's always possible, but it's also important for us to know the kinds of things hackers do and what they're looking for, and the article in this issue provides a lot of that information.

If we know what the bad guys are looking for and how they gain access to our computers, we can take the proper precautions to stop them. I know some computer users, including Harley Hahn and Leo Laporte, have said careful users don't even need anti-virus programs. Maybe so. But even if we're careful, we don't know how careful others are going to be, especially if other people use our computers. I'd rather be safe than sorry, and with the number of free anti-malware programs available, it doesn't have to be an expensive task. — **John Weigle, editor**

Treasurer's report for August 2009

By Art Lewis



Lewis

treasurer@cipcug.org

8-1-2009 through 8-31-2009

Category Description

INFLOWS

Coffee income	.06
ISP Income	45.00
Membership Income	
New Members	580.00
TOTAL MEMBERSHIP	580.00
Raffle	-39.19

TOTAL INFLOWS 585.87

OUTFLOWS

ISP Expense	131.00
Misc. Expense	19.58
Rent Paid	150.00
TOE	260.79
TOTAL OUTFLOWS	561.37
OVERALL TOTAL	24.50

Unrestricted Funds	6,550.41
Restricted Funds	2,000.00
Bank Balance 8-31-09	8,550.41
Year to Date Income	1,486.49
Year to Date Expense	-1,278.56

2009 contributors to The Outer Edge

Your name can appear here, too. Share your knowledge with other members by sending an article, letter or computer tip to editor@cipcug.org.

Ken Church
Jerry Crocker
Rick Curry
Bob de Violini
Jeff Levy
Art Lewis

Helen Long
Diane Mortensen
Toby Scott
Michael Shalkey
Smart Computing magazine
Marjie Tucker (APCUG)
Bill Wayson
John Weigle
Paul Westefer
Ira Wilsker (APCUG)
Albert Wolfkiel (IEEE)

Membership report:

Is it time to renew?

By Ken Church

email address: membership@cipcug.org



CHURCH

New Members: Wanted

Attendance at the September 2009 general meeting:
61 members and guests

Total membership: 216

MEMBER RENEWAL INFORMATION

\$30 for single membership,
\$35 for two or more family membership.

NEW MEMBER INFORMATION

\$40 first year for single membership,
\$55 first year for two or more family membership in same household.

Please send your renewal payment to:

CIPCUG MEMBERSHIP
P.O. BOX 51354
OXNARD, CA 93031-1354

Or bring your payment to the sign in table for the Oct. 24, 2009, meeting.

August 2009 renewals payment due:

Mbr#	Last Name	First Name	Pd to Dt
1186	Harrison	Brian	200908
0806	Hurme	Seppo	200908
0368	Long	Helen	200908
0722	Smith	Gary	200908
0244	Zilm	Charles	200908

September 2009 renewals payment due:

Mbr#	Last Name	First Name	Pd to Dt
0006T	Burnett	Bob	200909
0249	Greenway	Frank	200909
0373	Houle	Robert	200909
0145	Lee	Bill	200909
1037	Lerner	Robert	200909
1036	Smith	Howard	200909

October 2009 renewals payment due:

Mbr#	Last Name	First Name	Pd to Dt
1224	Alexander	Doug	200910
0034	Campbell	Gordon	200910
1107T	Carlson	Gordy	200910
1049	Duncan	Gerald	200910
0385	Forder	John	200910
1210	Fox	John	200910
0990	Mehr	Steve	200910
0942	Mickey	Barbara A.	200910
1209	Nachian	Paul	200910
0901	Shelton	Charles	200910
1165	Taggesell	Bernice	200910
0158	Volpi	Ralph	200910
0994	Zaas	Robert	200910

Members' classified ads

Classified ads are free to members. Each ad is limited to 105 characters, including spaces and to one ad per member per month. Copy has to be to John Weigle, editor of TOE (editor@cipcug.org), within the week after the regular meeting. Otherwise, the ad is held to the following month.

For sale

1) PC Tower, Intel Pentium MMX-CPU, 233MHz. 2.0 GB HDD, 24X CD-ROM, 1.44 MB 3.5" HD, Win 98SE, Monitor \$20/OBO

2) D-Link Wireless Print server DPR-1260 \$10/OBO

3) Microsoft Keyboard, ergonomic \$10/OBO

4) Microsoft Serial Mouse \$5/OBO

5) One HP 22 Tri-color inkjet cartridge (recycled-refilled), \$6

6) Two HP 27 black inkjet cartridge (recycled-refilled), \$6 each

— *David Minkin, ddave@cipcug.org*

Symantec's Norton Ghost V. 14. In original, sealed manufacturer's packaging and manual. \$10.

Epson Stylus C66 printer. Rarely used with all three color cartridges needing replacement and a brand new black cartridge. \$30.00

— *Hal Simon, Member # 452, 805-482-0344*

HP DeskJet D 4360 Printer. New. Original box unopened. \$25.

— *Jerry Kiess, jerry105@dslextrreme.com, 805-985-5636*

Wanted

Have a small flash drive that you don't use? I could make good use of any 128 MB Lexar flash drives you care to donate for next year's volunteer income tax program. — *Art Lewis*

Other categories as needed



F1—Your Help Key

(Revised Sept. 7, 2008)

COMMUNICATIONS/INTERNET (GENERAL)

World Wide Web DM

DATABASES

Access BR

DOS

RP

E-MAIL

Outlook MS
 Outlook Express BR, DM
 Thunderbird MS

GRAPHICS PROGRAMS

IrfanView MS
 Paint Shop Pro DM
 Photo Shop Elements BR
 Print Shop BR

SPREADSHEETS

Microsoft Excel DM

WORD PROCESSING

Microsoft Word DM
 WordPerfect DM

WINDOWS

Windows 98, 95 DM, MS (98)
 Windows 2000 BDV
 Windows XP DM

<u>Initials</u>	<u>Name</u>	<u>(805)</u>
BDV	Bob de Violini	rjddev@gmail.com
BR	Bill Robinson	389-2997 (b) bill@bzus.com
DM	David Minkin	469-6970 (cell); 484-2974 (home); dddave@cipcug.org
MS	Michael Shalkey	mshalkey@cipcug.org
RP	Robert Provart	498-8477 (b)

Phone: (d) = days; (e) = evenings; (b) = both

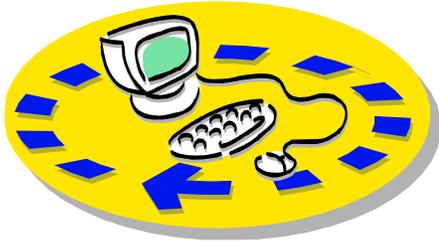
If you would like to volunteer to help others, please send your contact information and programs you're willing to help on to editor@cipcug.org.

.....

WEB HELP SITES

Annoyances Central blog (from authors of the O'Reilly Annoyances series, including Steve Bass):
www.annoyancescentral.com/
 Steve Bass TechBite Newsletter: www.techbite.com/
 DSL reports: www.dslreports.com
 Steve Gibson: www.grc.com/
 Kim Komando: www.komando.com
 Leo Laporte: www.leoville.com/
 Jeff Levy: www.jefflevy.com
 Linux distributions: www.DistroWatch.com
 Microsoft: www.microsoft.com/
 Microsoft Windows XP The Official Magazine (UK):
www.windowsexpmagazine.co.uk/
 Microsoft Windows Vista The Official Magazine (UK): [/www.windowstviamagazine.com/US/](http://www.windowstviamagazine.com/US/)
 Online safety tips: www.OnGuardOnline.gov
 PC Pitstop: www.pcpitstop.com/
 PC World: www.pcworld.com/
 Recalled products: www.recalls.gov
 SANS Institute — Computer Security Education and Information Security Training: www.sans.org/
 Smart Computing: www.smartcomputing.com/
 Spyware Warrior: www.spywarewarrior.com/
 User Group Relations (Gene Barlow): www.ugr.com/
 Ventura County Computers (Rick and Toby's shop):
www.vccomputers.com
 Virus Bulletin: www.virus-bulletin.com/
 Windows Secrets: ww.windowssecrets.com/
 ZD Net spyware blog: www.blogs.zdnet.com/Spyware

If you have a favorite help site on the Web, please forward it, so we can expand the section. If you find a link that doesn't work, please tell us that, too.



Why join Channel Islands PC Users Group (CIPCUG)?

Every month, members of the Channel Islands PC Users Group have access to:

- ◆ The Outer Edge newsletter, which includes a list of members willing to help other members.
 - ◆ The general meeting, featuring a question-and-answer session and program on new software or hardware.
 - ◆ Special Interest Groups — special meetings held several times a month.
 - ◆ Door prizes at the regular meeting.
- Other benefits include:
- ◆ Special user group discounts on books and software.
 - ◆ An Internet service provider at a large discount (see next column).
 - ◆ A flash drive containing many useful freeware programs.
 - ◆ A chance to make friends with people who have similar interests.
 - ◆ The ability to put your knowledge to good use by helping other members. The whole concept of user groups is members helping members.

Please clip the coupon below and send with payment to CIPCUG-

Membership, P.O. Box 51354, Oxnard, CA 93031-1354.

Please make checks payable to CIPCUG.

Dues for new members

Individual member, \$40.

Family membership (same



address), \$55.

Renewals are \$30 and \$35 per year respectively.

CIPCUG members are eligible to sign up for the group's Internet service provider (ISP) at the low price of only \$15 per month plus a \$15 processing fee.

To sign up, contact one of the club's techies (see next column). Call one of them you may know or one in your area, and they will be glad to provide you with the details necessary for signing up. Checks should be made payable to CIPCUG and sent to Treasurer, c/o CIPCUG, P.O. Box 51354, Oxnard CA 93031. Don't forget to include the \$15 set-up fee in your first sign-up check.

You may make payments in three-month, six-month or annual increments. We also give a 12-month subscription if prepaid in advance at the 11-month price of \$165. Many of our club members are electing to do this to keep Helen from nagging them for money. Renewals can also be mailed to Treasurer; just be sure to mention the dates that your check is to cover.

There is no program to install; you will use programs that are already on your computer. It's simple to talk you through the set-up, but if you're the least bit timid about setting up your computer, a club member will come to your house and make the necessary arrangements. Our agreement will also give you a 5 MB Web page allowance.

CIPCUG INTERNET SERVICE TECH TEAM

Helen Long, 642-6521

helen@cipcug.org

David Minkin, 469-6970 (cell), 484-2974 (home)

dddave@cipcug.org

Bob Thompson, 647-2287

CIPCUG MEMBERSHIP APPLICATION

Amount enclosed: _____

Phone (Home): _____ (Work): _____

E-mail address: _____

Please Print the following information:

User level: Novice ____; Intermediate ____; Advanced ____

Name: _____

Can you help the club as a volunteer? If so, what would you be interested in working on?

Address: _____

City: _____, State: _____

ZIP Code: _____

Date _____ Member # _____

Channel Islands PC Users Group Inc.

P.O.Box 51354
Oxnard, CA: 93031

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Please Do Not Delay

DUES REMINDER

If the number above your name is 200910, your membership dues are payable in October 2009.

OCTOBER 2009 MEETING OF THE CHANNEL ISLANDS PC USERS GROUP

The map shows the easiest route to the Boys & Girls Club, but if you prefer, you can take the Carmen Drive offramp to Ponderosa Drive, which leads to Temple Avenue.



**Saturday morning, Oct. 24,
at the Boys & Girls Club,
Ponderosa Drive and Temple
Avenue, Camarillo, Calif.**

Meeting Schedule:

- 8:30 a.m. Doors open
- 8:45-9:30 Internet and e-mail SIG
- 9:30-10:30 Business meeting, Q&A
- 10:30-11:00 Break — Please contribute requested amounts for coffee and doughnuts
- 11:00-12:00 Program ("Windows 7")
- 1:30 Drawing
- After-meeting SIG by Michael Shalkey