



Hendersonville Area Computer Society Newsletter

<http://hacs.org>

Volume 2 No. 6

June 2008

Meetings are held twice a month, January through November. We meet at the Opportunity House on the third Monday of the month with an educational meeting at 6:30 pm followed by a featured speaker presentation at 7:30 pm. Our SIG group normally meets the second Thursday of each month from 1-3 PM at the Henderson County Library.



SIG Meeting
Thursday June 12th
1:30 to 3:30 PM at the Hendersonville Library
NOTE TIME CHANGE!!!!!!!
in the Kaplan Auditorium

Brian Fifield, our computer guru and ace instructor has volunteered to run the Special Interest Group (SIG) for the next few months. He will conduct Q & A sessions on general computer topics. Brian encourages us to forward suggestions or questions to him. So ask Brian, send e-mail to cyberclixpc@gmail.com! Put HACS in the Subject line!!!!

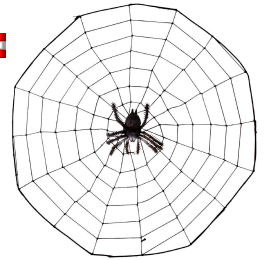


Monday June 16th
Opportunity House
6:30 to 7:30 PM Education Program
Questions and "hopefully" Answers!
e-mail Brian with your Questions
7:30 to 8:30 PM Feature Presentation
Digital Photography Part II
by
Lamar Miller



Web sites of the Month

Look it up! <http://whatis.techtarget.com/>
Urban Legends!! <http://snopes.com/>



GRISOFT'S FREE VERSION OF AVG, VERSION 8.0.1

Dan Tatreau, HACS member

There has been a substantial upgrade to the 7.5 version to the version 8.0.1 which now includes the anti-virus and anti security features. According to Hendersonville Area Computer Society (HACS) Brian Fifield, the version 8 program is the best anti-virus and anti-spyware available today bar none and it is **free for home users**. The size of the file is 45.57mb. On [September 7, 2005](#), a large stake in the company was bought by [Intel](#), which invested \$16 million. The Grisoft price for other than home users is \$54.99 for one year and \$79.99 for two years. The program also flags your search engine suggested inquiry sites notifying one whether they are safe from viruses, i.e. threats, potential threats and no threats (see AVG Help option for further definitions).

Publisher's description of AVG Anti-Virus Free Edition

From [AVG Technologies](#):

AVG Free Edition is the well-known antivirus protection tool. AVG Free is available free of charge to home users for the life of the product. Rapid virus database updates are available for the lifetime of the product, thereby providing the high level of detection capability that millions of users around the world trust to protect their computers. AVG Free is easy to use and will not slow your system down (low system resource requirements. Highlights include automatic update functionality, the AVG Resident Shield, which provides real-time protection as files are opened and programs are run, free Virus Database Updates for the lifetime of the product, and AVG Virus Vault for safe handling of infected files. Version 8.0.1 adds integrated spyware protection and a new Link Scanner feature that gives users safety rankings for their Google, Yahoo, and MSN searches

One can also refer to the Wikipedia internet site for other information on Grisoft's AVG program.

One source to download AVG version 8.0.1, a C/net download is:

- Go to Google search engine
- Enter: www.downloads.com
- Select: "Spyware Removal" or "Most Popular Software Downloads"
- Select: AVG Anti-Virus Free Edition which also includes the anti-Spyware option

HACS ADVISED **NOT TO** download AVG's Toolbar and it is **not** advisable to use with AOL Security System. One has the option of disabling the **automatic** scan and the **automatic** update if desired, but HACS, Brian Fifield recommends you do not disable these options. He also recommends one to scan one's files after downloading and when your computer is scanning your files do something else as it may take over an hour and could be four hours or so on telephone dial-up. My scan took 45 minutes using Medicom Cable Service to scan 19 gb of data. If the scan is interrupted, the scan will have to restart from scratch.

Moving on to Vista – Part 7

by Neil Stahfest, Librarian, Tacoma Area PC User Group, Washington
www.tapcug.org

Does your computer go to sleep? By default, Windows Vista was designed to go to sleep after an hour of inactivity. This feature is primarily designed to conserve laptop battery power. Microsoft estimates that allowing a PC to go to sleep during off hours, as compared to leaving it on all the time, saves anywhere from \$55 to \$70 a year so this feature has some value for desktop users. Of course the amount you save will vary depending on the type of monitor that you use and your local electric utility rates. Here in the Pacific Northwest, with our relatively low electric rates, I suspect that the savings will be something less than \$55 a year but multiply that amount by the number of computer monitors that you have and you can probably fill your gas tank once or twice. ;-)

With Windows XP, application programs can veto a user's request for the PC to go to enter sleep mode. Consequently, laptop owners who thought they had put their computer to sleep, might discover a few hours later that the machine had remained on and the battery had been drained. Vista features a —group policy tool□ that can enforce power management settings over the —wishes□ of application programs. Vista's new sleep option, allows you to wake up your computer to install security updates, while letting it remain in the power-saving mode the rest of the time.

So how can you control this energy/battery saving feature?

1. Go to your **Control Panel** and select the —**Classic View**□.
2. Double-click on —**Power Options**□.
3. The right pane of the **Power Option Window** shows the main power plans which are currently available or in use. In the top left pane of the **Power Option Window** you'll see the following options:

- Require a password on wakeup is self explanatory.
- Chose what power buttons to use opens a new window where you can select implementing the sleep mode by pressing a —sleep□ button, the power button or closing a laptop's lid. Actually there are a number of options available here including Hibernate and shut down.
- Choose what closing the lid does is similar to the above option (it even uses the same window).
- Create a power plan offers three basic plans plus an option to create customized plans.
- Choose when to turn off the display offers sixteen different time intervals to activate this feature.
- Change when the computer sleeps works the same as the turn off the display feature.
- Adjust the display brightness obviously controls the screen's brightness and the amount of power consumed by the screen.

So make your choice(s). Save power, your battery and the environment.

On another topic, when I first tested the pre-release version of Windows Vista I noted that file transfers seemed to be much slower than with Windows XP. This problem was not corrected when Vista was released to the general public. The problem becomes very noticeable when you

try to transfer very large files from one partition to another. Maybe it will be corrected when Vista Service Pack 1 is released but, in case it isn't, here's how you can fix it.

The cause for slow file transfers is apparently something called Remote Differential Compression which is used when files are transferred from one partition to another. The —fix□ is to disable Remote Differential Compression. How do you do that?

1. From the **Start button**, open the **Control Panel**.
2. Go to the **Programs and Features** section.
3. In the left pane select —**Turn on or off Windows features**□.
4. Uncheck the option for **Remote Differential Compression**.

That's all there is to it! Enjoy your faster file transfers.

This article has been provided to APCUG by the author solely for publication by APCUG member groups. All other uses require the permission of the author (ncstahfest(at)msn.com).



Get Ready for XP and Vista Service Packs 925

By George Whitesell, a member of the Sarastoa PCUG, Florida
www.spcug.org

Service Pack 1 for Windows Vista and Service Pack 3 for Windows XP are going to be released soon, perhaps even by the time you are reading this. I recommend not being one of the first on your block to install either of the new service packs. Let others discover any problems with the installation of the final versions of the Service Packs!

What are service packs? They are a compilation of all critical updates released since the initial release of an operating system or the last service pack. They often contain new features or enhancements as well. Service Pack 2 for Windows XP contained a number of security improvements and was arguably the most significant Service pack ever released. I think it was only because of the negative publicity Microsoft was receiving over weak security that led them to release it as a free Service Pack and not “Windows XP Second Edition” which they would have charged us for. You will not see any major changes or additions to XP in Service Pack 3 but you will still want to install it. Service Pack 1 for Vista is reported to have sped up some aspects of the operating system.

There is an article at <http://support.microsoft.com/kb/935796> listing 11 programs that are blocked, do not run, or have a “loss of functionality” after the installation of Service pack 1 for Vista. Three of the programs listed are Zone Alarm, BitDefender AntiVirus or Internet Security and the New York Times Reader. Check the list before you install the service pack. Personally I will wait at least one week (maybe more) to make sure there are not any other problems that are affected by the final release of either new service pack. If you have been installing all Microsoft updates as they were released, you already have most of the service pack installed.

Here are some general guidelines for the installation of any service pack:

1. Run complete scans of your computer for viruses and spyware. A majority of the problems people encountered while installing Windows XP Service Pack 2 were caused by viruses and/or spyware on their computer. Service packs replace or update a number of system files. You want to make sure your computer is free of any malware.

2. Fix any hardware or software problems. If you are experiencing frequent lockups or system crashes, or extremely slow performance, resolve those problems before trying to install a service pack. Many people assume the installation of a service pack will clear up problems they may be experiencing. This usually is not the case. This is another frequent cause of service pack installations failing or causing more problems.

3. Create a System Restore point. If you found any viruses or spyware delete all of your old Restore Points and then create a new one. If you have a problem and use a System Restore point prior to the time you removed any viruses or spyware, guess what happens? That's right; you reload the viruses and/or spyware! Instructions on deleting System Restore points are at the end of this article.

4. If you installed a beta version of a service pack, uninstall that version before you install the final service pack.

5. NEVER attempt to abort the installation of a service pack (or any program). If you have started the installation and then decide you do not want to continue, allow the installation to complete; reboot the computer; and then uninstall the service pack (or program).

Follow the steps below if you need (or want) to delete all System Restore points:

Windows XP

1. Click the Start Button.
2. From the Start menu click Control panel.
3. Click on "Switch to Classic View" in the upper left portion of the Control Panel window.
4. In Control Panel double-click the "System" Icon.
5. Click the "System Restore" tab.
6. Check the box next to "Turn off System Restore on all drives".
7. Click "Apply" at the bottom right corner.
8. Click "Yes" in the warning box asking if you want to turn off system restore.
9. Click "OK" and close all windows.
10. Reboot the computer to clear all System Restore points.
11. To re-enable system restore repeat the above steps; this time removing the check in the box next to "Turn off System Restore on all drives".
11. Reboot Again.

Windows Vista

1. Click the Start Button.
2. From the Start menu click Control panel.
3. Click on "Classic View" in the upper left portion of the Control Panel window
4. In Control Panel double-click the "System" Icon.
5. On the Left of the System properties window you will see a list of Tasks, click on the "System protection" link.
6. Click "Continue" on the 'User Account Control' box if it appears.
7. In the System protection window remove the "check" mark for the drive you want to disable system restore on. A message will now appear asking: 'Are you sure you want to turn System restore off'.
8. Press the "Turn System restore Off" button. System Restore will now be turned off permanently on that particular drive.
9. Click "OK" and close all windows.
10. Reboot the computer to clear all System Restore points.

To re-enable system restore repeat the above steps, but click the box next to the drive you require system restore to monitor (a check will appear in the box), then click the Apply button and system restore will resume monitoring the drive.

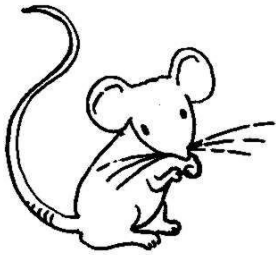
This article has been provided to APCUG by the author solely for publication by APCUG member groups. All other uses require the permission of the author (pcug(at)Comcast.net).



Buying a Mouse – More Important than You Might Think

By Vinny La Bash, Member and Contributing Columnist, Sarasota PCUG, Florida
www.spcug.org

The average computer user recognizes how important the mouse is to getting things done. Mice have been part of the computer scene for over twenty years and with rare exceptions are simple devices to operate and control. That doesn't mean that people who use them are necessarily familiar with all their features and functions. That's not as bad as it may sound. Most automobile drivers don't have a clue how the internal combustion engine inside their auto engine works. Yet they usually manage to drive from one place to another without incident.



Selecting a mouse is much simpler than choosing an automobile, but there are things you should know before laying out money for a device that if not properly designed, may result not only in poor computer performance, but may cause you injury.

The mouse may be the most common of the tracking technologies used in modern computers, but it is not the only one. There are trackballs, touch pads, and for ThinkPad users, track points. They all have their advantages and drawbacks. We will focus on the mouse.

Mechanical mice, those with the rolling balls on the underside, are obsolete. They have a tendency to gather debris on the underside, and require cleaning. Moving parts are their most serious weak spot because they will break down sooner than devices that rely on other technologies. Newer optical mice suffer no such defects. They generate a beam of light that combines with an optical sensor providing a screen pointer that is well suited for meticulous graphics or serious game playing. No moving parts mean less maintenance and lighter weight. Optical mice will work on any smooth surface; a mouse pad is unnecessary.

Look for a mouse with a USB connection. It will probably be difficult to buy a mouse that does not have this type of connection today. Make sure it is compatible with USB 2. The mouse is not considered a high speed device so this caution may be unnecessary.

You may want a wireless mouse for no other reason than to reduce desktop clutter. There are many generic wireless mice on the market that will perform adequately, but doing this on the cheap comes with a price. You will have a mouse that requires AAA batteries. Save your pennies and get one with an integrated rechargeable battery. High end wireless mice include receivers that double as battery chargers, so your mouse will never suddenly expire in the middle of an important project.

Most rodents on the market today feature at least two buttons and a scroll wheel. The right button is used mainly for bringing up menus or lists of options. The left hand button activates functions or commands. The scroll wheel, as its name implies, is used to scroll up and down screens. Sometimes the wheel can function as a third button activating instructions. Advanced scroll wheel functions allow left to right scrolling which can be very useful in wide spreadsheets or large graphics. Used in conjunction with the keyboard, the scroll wheel can zoom in and out of some applications, and can be used to make text appear larger.

Mice do not come in a one-size-fits-all product. Enlightened companies such as Logitech manufacture mice that are specifically contoured to fit a wide variety of hand sizes. Logitech was among the very first companies to recognize that different sized people have different sized hands. Choose a mouse that is ergonomically designed to fit your individual hand size. This will go a long way to reduce the probability of developing carpal tunnel syndrome or some other crippling ailment.

A mouse is a simple device by computer standards, yet it seldom gets the attention it deserves. Take the time to find a good ergonomically designed mouse that suits the physical characteristics of your hand along with suitable options for your personal computing preferences. Productivity and good health are not mutually exclusive.

This article has been provided to APCUG by the author solely for publication by APCUG member groups. All other uses require the permission of the author (vlabash(at)spcug.org).



Google Offers Free Medical Records Service

By Ira Wilsker

APCUG Director; Columnist, The Examiner, Beaumont, TX; Radio & TV Show Host

WEBSITES:

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

<https://www.google.com/health/html/privacy.html>

<http://www.keyt.com/news/local/19222464.html>

Google recently opened for free public access the beta version of its “Google Health” service at www.google.com/health. This service offers users access to a comprehensive user created database where the user can selectively store medical records. In addition to the storage of personal medical records, Google Health also allows for the importation of medical and prescription records from a variety of services, and the voluntary exportation of medical records to several diagnostic services. Google Health allows user approved physicians, hospitals, pharmacists, and other healthcare services to access the medical records.

To open a free account at Google Health requires registration; users with existing Google accounts may use their existing usernames and passwords for access. Once registered, opening the website at google.com/health offers the users an intuitive menu. The primary links in the center column of the page are:

“Add to this Google Health profile (Learn about your health issues and find helpful resources)”;
“Import medical records (Copy and get automatic updates of your records)”;
“Explore online health services (Find online tools for managing your health)”;
and “Find a doctor (Search by

name, location, and specialty)". On the left column of the opening page are hyperlinks to personal profile information, and the right column displays a profile summary.

Clicking on "Add to this Google Health profile" opens a menu with the headings "Conditions", "Medications", "Allergies", "Procedures", "Test results", and "Immunizations". Under "Conditions" a condition or symptom can be entered in the search box, or the user can click on any condition in a lengthy alphabetical list to "Add" that condition to the user's profile. Many of the conditions have a "Reference" link that will provide more information on the condition, as well as any symptoms and treatments. The "Medications" heading allows the users to enter both prescription and non-prescription medications, vitamins and minerals, as well as herbal products. The search box displays selections as the product name is typed, or an alphabetical directory can be accessed. "Allergies", "Procedures", "Test results", and "Immunizations" are entered in the same manner as "Medications" and "Conditions", with a search box or alphabetical menu.

The main page selection "Import medical records" allows the user to securely import medical and prescription records from a variety of sources, including clinics, laboratories, and pharmacies. Included on the currently short list of such resources are Beth Israel Deaconess Medical Center, Cleveland Clinic, CVS Minute Clinics, Quest Diagnostics, Medco, RX America, Longs Drugs, and Walgreen's. It is clear in reading about the service that this small listing is in its infancy, as Google Health is trying to sign up additional partners. To experiment with importing data, I clicked on the link for the prescription manager Medco, which is utilized by my health insurance plan. Clicking on the "Link to profile" icon under the Medco listing opened the secure Medco website where I had to enter the username and password I use at Medco. Seconds after approving the transfer of my prescription history, it appeared on my Google Health profile under "Medications". The information transferred to Google Health by Medco was not just the prescriptions I ordered from Medco, but also recent prescriptions I filled at local pharmacies where insurance was claimed. Medco can automatically update my profile as new prescriptions are entered and filled. Items filled at local pharmacies under their respective \$4 or \$5 generic program, where no insurance was filed, did not appear on the Medco list.

The menu item "Explore online health services" opens a list of over a dozen services that offer online personal health services. These health services which can be linked to Google Health and utilize the information provided to Google Health (but only with the express consent of the user!) include such well known services as the Cleveland Clinic, the American Heart Association "Heart Attack Risk Calculator", "MyCareTeam- Diabetes" diabetes management system (requires monthly or annual subscription), and several other services. While several of these personalized services are free, others are fee based. Most of the services listed require some form of registration in order to utilize those services and integrate them with the users' Google health information.

The "Find a doctor" link opens a simple pair of search boxes, the first (left) of which is a directory of specialties, and the second box (on the right) is where the user can enter a zip code, city, or other information in order to generate a listing of physicians, chiropractors, and specialists that meet the selected criteria. The listings provided included physician or practice name, address, and phone number, as well as links to the practice website (if any), driving directions from Google Maps, and a link to "Save to medical contacts".

Once information is entered, a personal profile is created, and several analyses are made by Google Health. One that may be critically important shows up in the left column on the main page with the label "Drug Interactions" with a red exclamation point if there is a potentially dangerous

interaction between prescription and non prescription drugs, vitamins, and herbals. On my personal page there is one advisory about a synergetic effect between two of my medications that says "Discuss with your doctor soon" (this effect is desirable in my case), and another interaction between three of my non-prescription medications that is labeled with a red icon "Requires immediate attention" (I already checked, and it is OK in my case).

In its privacy statement (www.google.com/health/html/privacy.html), Google Health explains the confidentiality of the information entered, and how it will not be released or shared with any third party without the express consent of the user. By my personal choice, I would be willing to allow my personal physician (if he participated), as well as any specialists or hospitals that I visit, to access my information. It could be a great time saver to allow them to access my medical records online, rather than me having to complete hand written forms at each office I visit. Because of its inherent completeness, this online "Personal Health Record" (PHR) can also be a life saver by providing healthcare establishments instant access to medical histories, medications, and allergies. By having a voluntary service, such as Google Health, Microsoft's upcoming competing service "HealthVault", or "Revolution Health" (bankrolled by AOL's co-founder Steve Case), which can be securely accessed by health care providers, it becomes easy to create and maintain an accurate health profile for both the benefit of the user and healthcare providers approved for access by the user.

It should be noted that there are always security and privacy risks of posting sensitive information, such as health records, online. It is quite conceivable that hackers could penetrate the security of any establishment or server that contains or has access to sensitive personal information. While I know that they are not perfect, I basically trust Google Health with my information.

While there are many other "PHR" systems and services in use, often administered by corporations for their employees, others are offered by health insurance companies, as well as some regional PHR services, Google Health has the reputation and distribution (as well as the deep pockets) to create and securely maintain such a system, and sign up participating partners who are willing to allow the sharing of medical records.

I knowingly volunteered to post my medical records on Google Health. I hope the project succeeds, and more local physicians, pharmacies, labs, and hospitals partner with the service. As more healthcare providers transition to purely digital medical records, it will become easier to securely share this vital information.

This article has been provided to APCUG by the author solely for publication by APCUG member groups. All other uses require the permission of the author ([lwilsker\(at\)apcug.net](mailto:lwilsker(at)apcug.net)).



A "STRESS-FREE" PC

Jim McKnight, Director, Los Angeles Computer Society
www.lacspc.org

As you know, there is no such thing as a totally "Stress-Free" PC, but there are many things you can do to reduce the stress and worry of owning one.

As we use our PC's, many of us worry about losing our data files, losing our email, losing our Music, our iTunes, our connectivity to the Internet, losing power in the middle of a critical activity,

losing our ability to boot the PC, losing control of our PC to hackers, Spy-ware, etc. Wow, we worry a lot! It's a wonder we dare use our PC's at all.

To help solve and minimize these worries, here is a collection of ideas to help protect your computing environment. These steps are not really that difficult or expensive. In fact, many are free. There is lots of help available to you from User Groups, Friends, Internet Googling, PC Magazines, etc. to implement these suggestions. Details for implementing many of these suggestions are in the various self-help documents on my website at: www.jrmcknight.net.

Will it take a lot of time and energy to implement these ideas? Yes, at first, but once you have these processes in place, the regular time spent is minimal. Will I see a payback? You will only see a tangible payback for your time and energy if you experience some kind of catastrophic situation. Just like house insurance; if everything keeps running smoothly you will never know if it was worth it. You do get the warm fuzzy feeling of being protected, and you will sleep better at night.

Here are the three main areas of action. First: Protect your PC from bad things happening. Second: Prepare your environment so you can recover if bad things do happen. Third: Practice Secure Behaviors.

PROTECT YOUR PC FROM BAD THINGS HAPPENING:

1. Buy yourself Hardware Router (*Even if you only have one PC*)
 - a. The Router acts as a hardware Firewall.
 - b. Put it between your PC and your Modem.
 - c. Be sure to change the Admin Log-in password from the default to something private.
 - d. Either disable the Wireless feature and hardwire your connection, or lock-down the Wireless using WPA Encryption and a password.
2. Make sure the Windows Firewall is active.
3. Make sure Windows "Automatic Updates" feature is active and all your critical/important Windows updates are installed.
4. Install and activate an Anti-virus Program. Set it up to scan incoming e-mails.
5. Install and activate Windows Defender and other free Anti-Spyware programs. Defender will continually scan your PC for harmful activities (Note: Vista comes with Defender built-in).
6. Firefox (free) browser is generally safer than Internet Explorer.
7. Install McAfee Site Advisor (free) on each of your Internet Browsers. It helps identify risky sites. (*Note: It is not related to McAfee's Anti-virus or security suite.*)
8. Buy yourself a Battery Backup Power Unit (unless you use a Laptop), so if you lose power at a critical time, you can gently close the PC down.
9. E-mail:
 - a. The best single thing you can do to secure your e-mail is to pick a good password. Do not use a single word, but a short phrase, and include some numbers. ie: "happy2cu4now" or "my5kidsrgr8". I avoid passwords that include l, I, 1, 0, o, or O. Too easy to confuse my memory. I prefer to stick with all lower case for ease of entry, but if you like finger exercise, you can include UPPER CASE and special characters to make it even more secure. Be creative: "C@@LDUDE" could work and easy to remember.
 - b. Set up your email program to block images, unless OK'd by you.

- c. Using "Plain Text" e-mail is safer than using "HTML" e-mail, but not as pretty.
- d. Note: Your anti-virus program can scan incoming e-mails, but does not fully protect you.
- e. Thunderbird is a more secure e-mail client than Outlook, Outlook express, or Windows Mail.

PREPARE YOUR ENVIRONMENT (so you can recover if bad things do happen.)

1. RESTORE/INSTALL DVD/CD's: Make sure you have your "Windows Install" or "System Restore" DVD/CD's on hand (or kept safe off-site). You need these in case of a catastrophic failure. If you do not have them, many manufacturers have instructions on how to burn your own Restore DVD/CD. Do it!
2. BACKUP PLANS: Put multiple Backup processes in place that include:
 - a. DATA BACKUPS: Plan regular backups of all your personal data to CD/DVD's (and kept safe off-site).
 - b. IMAGE BACKUPS: Plan regular "Image" back-ups of the entire hard-drive, preferably to an external Hard drive. *This is a full image of your main Hard-drive that can be used to completely restore the PC back to normal.*
 - c. TESTING: Test your back-up process to make sure it can restore the system. This is less risky if you do it when you first buy a PC, because you have your system restore DVD's (hopefully) to put things back as they were when you bought it.
 - d. ONLINE BACKUPS: If you like, sign up for an on-line automatic backup service like Carbonite, Jungledisk, or Mozy.
 - e. RESTORE BOOT DISK: Create a Boot-Disk (using your Backup Program), so if you need to restore from a backed-up image, you are ready to go. This disk should be tested for "bootability" and then kept off-site.
 - f. FLASH DRIVES: **Warning:** Do not trust Flash Drives as your only means of data backup. They are prone to unexpected catastrophic failures. Having 2 or 3 duplicate Flash Drives would possibly be a reasonable alternative to DVD/CD's for your personal Data.
3. HARD COPY BU: Write down or print out all your critical info, passwords, access info, log-in ID's, etc. and save off-site. Print out a hard copy of all your e-mail contacts and save off-site.
4. PASSWORD FILE: If you keep a list of Passwords on your computer, make sure the file is hidden and/or protected by encryption. Name your password file something that only has meaning to you. Do not name your file; "passwords.doc". Duhh. Use something off-beat, like Recipes.doc or Flowers.doc. Also, there are "Locker" Programs that are free or cheap that will hide, encrypt, and password protect your personal data files.

PRACTICE SECURE BEHAVIORS

E-MAIL:

1. Never open e-mail attachments from strangers.
2. Never click a button or link in an email. If desired, copy & paste the link into your browser and make sure it is going where you think it is going.
3. Be cautious about opening attachments & links from friends and family. Especially if it is something that was forwarded from someone else.

ANTI-VIRUS ~ ANTI-SPYWARE SCANS

1. Run a full Anti-virus Scan at least once a month.
2. For each of your Anti-spyware Programs, run updates and a full scan weekly or at least monthly.

SECUNIA SCANS

Once or twice a month, run a Secunia "Software Inspector" scan to make sure your most common programs are up to date against vulnerabilities. This runs from their website. You do not have to download any programs.

BACKUP, BACKUP, BACKUP

1. Do your planned backups regularly. At least once a month, backup all your personal data files, emails, pictures, etc. to CD/DVD's, and put them somewhere offsite. (A safe-deposit box or a friend or relative's house).
2. At least monthly, backup an image of your main Hard Drive to an external or second Hard drive.
3. If possible, physically take the external hard-drive containing your backed up image off-site so you can recover easily in case of fire, flood, theft, etc. (A safe-deposit box is good). *There are now many small cheap external Hard drives that will easily fit in a Safe-Deposit box. Buy two and alternate them.*
4. Periodically printout a hardcopy of your passwords and contacts. Save off-site.
5. Keep your external Hard-drive powered off when not in use.

HARD-DRIVE SURFACE ANALYSIS SCANS

Run a maintenance scan quarterly or semiannually on all your hard drives using a utility like "Spin-Rite". This helps assure you against a surprise hard drive failure.

REFERENCES & RECOMMENDED PROGRAMS:

MOZILLA Products:

- Firefox Browser - Free: www.mozilla.com/en-US/firefox/
- Thunderbird E-mail Client - Free: www.mozilla.com/en-US/thunderbird/
See Thunderbird Step-By-Step setup at: www.jrmcknight.net/

ANTI-VIRUS ~ ANTI-SPYWARE Products

- McAfee Site Advisor - Free: www.siteadvisor.com/
- AVG Free Anti-virus - Free: <http://free.grisoft.com/doc/downloads-products/us/frt/0?prd=aff>
- Defender - Free: www.microsoft.com/athome/security/spyware/software/default.msp#
- AVG Anti-spyware - Free: <http://free.grisoft.com/doc/downloads-products/us/frt/0?prd=asf>
- Ad-AWARE 2007 - Free: www.lavasoftusa.com/products/ad_aware_free.php
- SpyBot Search & Destroy - Free: www.safer-networking.org/en/spybotsd/index.html

SOFTWARE SCANS & BACKUP:

- Secunia Software Inspector - Free: www.secunia.com/software_inspector/
Requires the latest version of Java to run: www.java.com/en/download/index.jsp
- Spin-Rite Program: www.grc.com/sr/spinrite.htm
The SpinRite Storage Utility Program is not free, but is money well spent.
- Acronis True Image Backup Utility www.ugr.com/
This program is available at a discount at the above listed site and includes a free Tutorial CD.
- Automatic Online Data Backup sites: www.carbonite.com/ & www.jungledisk.com/ Carbonite is currently \$50.00 per year for unlimited storage. Jungledisk is variable priced on usage but cheap.

BATTERY BACKUP POWER UNITS (also called a UPS: Uninterruptible Power Supply):

- When buying a UPS, I suggest you add up all the power ratings on all the PC equipment you plan to connect to the unit, then pick a unit about 1.5 times that amount. ie: If your usage is 300 Watts, buy at least a 450 Watt UPS (equal to about a 700 VA unit).

- The VA rating (Volt-Amps) vs Watts rating is confusing. With PC equipment, 1 Watt is about 1.6 VA. I go by Watts. If the tag on your PC says 2.0A and 120V, then calculate 2.0 Amps x 120 Volts or 240 watts for that device. (VA would be about 400)
- A UPS that is rated too small will fault when first powering on all your equipment at once. The first 30 seconds or so is when the highest power usage occurs.
- The most reliable brands seem to be APC and BELKIN. Triplet is OK.

***Always check for the latest version of this document at: www.jrmcknight.net*

This article has been provided to APCUG by the author solely for publication by APCUG member groups. All other uses require the permission of the author (jim.mcknight(at)lacsps.org).



Computer Humor

Computer Terms



A language instructor was explaining to her class that French nouns, unlike their English counterparts, are grammatically designated as masculine or feminine. Things like 'chalk' or 'pencil,' she described, would have a gender association although in English these words were neutral. Puzzled, one student raised his hand and asked, "What gender is a computer?" The teacher wasn't certain which it was, and so divided the class into two groups and asked them to decide if a computer should be masculine or feminine. One group was composed of the women in the class, and the other, of men. Both groups were asked to give four reasons for their recommendation.

The group of women concluded that computers should be referred to in the masculine gender because:

1. In order to get their attention, you have to turn them on.
2. They have a lot of data but are still clueless.
3. They are supposed to help you solve your problems, but half the time they ARE the problem.
4. As soon as you commit to one, you realize that, if you had waited a little longer, you might have had a better model.

The men, on the other hand, decided that computers should definitely be referred to in the feminine gender because:

1. No one but their creator understands their internal logic.
2. The native language they use to communicate with other computers is incomprehensible to everyone else.
3. Even your smallest mistakes are stored in long-term memory for later retrieval.
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.



Program	Version	Name	E-mail	Phone
WORD	Ver. 2002 SP-1	Maurice Sarles	maurices1931@bigfoot.com	685-7263
	2000	Carl Christiansen	arlchristiansen@bellsouth.net	692-7273
Excel	Ver. 2002 SP-1	Maurice Sarles	maurices1931@bigfoot.com	685-7263
	2000	Carl Christiansen	arlchristiansen@bellsouth.net	692-7273
Front Page		Ray Pierce	repierce@brinet.com	697-7732
Dreamweaver		Jerry Liedl	jerry@liedl.org	692-4855
Quicken		Jim Bailes	j.bailes@mchsi.com	693-6990
Photoshop		Chris Ring	eykonic@yahoo.com	685-9031
Imaging in general		Chris Ring	eykonic@yahoo.com	685-9031
Family Tree Maker	v-10	Maurice Sarles	maurices1931@bigfoot.com	685-7263
	2005	Bill Muller	muller1938@yahoo.com	684-6899
Roots III		Maurice Sarles	maurices1931@bigfoot.com	685-7263
Personal Ancestry File		Maurice Sarles	maurices1931@bigfoot.com	685-7263
Installing/setup Windows XP		Chris Ring	eykonic@yahoo.com	685-9031
Installing/setup Windows 2000		Chris Ring	eykonic@yahoo.com	685-9031
Installing/setup LINUX		Chris Ring	eykonic@yahoo.com	685-9031
Building Computers		Chris Ring	eykonic@yahoo.com	685-9031

HACS News

We are still looking for volunteers to offer help on specific software applications (when we published the "A:Prompt" there were people listed for a variety of programs and one could contact them via phone and/or e-mail) We would like to have such a list on the member's only part of the web site and published it in the newsletter. This is a way to share our collective knowledge. **Send the information of what software you would be willing to be a resource person. Send it to jerry@liedl.org**

HACS Officers/Executive Committee

President – Joy Capps - joycapps@tds.net
 Past President - Jerry Liedl - jerry@liedl.org
 Vice-president – Lamar Miller - lamarm@aol.com
 Secretary – Maurice Sarles maurices1931@bellsouth.net
 Treasurer – Jim Bailes - j.bailes@mchsi.com
 Public Relations – Fred Haddad - f.haddad@mchsi.com
 Program Committee – Interim chair is the Vice President
 Membership – Interim chair is the Treasurer
 Door Prizes – Bill Muller - muller1938@yahoo.com



THE  END