NIBBLES & BITS

March 2006

Orange County IBM PC Users' Group

ORCOPUG

MARCH PROGRAM

Peachpit Presents TUESDAY NIGHT AT THE MOVIES!

by Mike Lyons

The smell of popcorn. An ice cold soda. A cast of stars. Stadium seating.

Well, three out of four isn't bad. The club will provide the popcorn and the soda. Peachpit Press has provided the movie "Photoshop World Boston 2005!"

The DVD shows training seminars from the top Photoshop authors, including Dave Cross, Bert Monroy, Matt Kloskowski, Dan Margulis, Ben Willmore and Mordy Golding. You will see show highlights and cool Photoshop tips and techniques. Not only are these guys best selling authors, but they are also some of the best presenters/trainers around.

Their tips and tricks are performed in Photoshop CS2. There is stuff on curves, LAB colors, adding texture to type, smart objects and using Adobe Illustrator.

So, if you don't have Photoshop CS2 should you come to the meeting? Well, there's always the free popcorn.

Seriously, the keystrokes might be different, but usually if you can do it in one program, there is a way to do it in another photo editing program. And if you don't have a photo editing program, this movie will show you some of the possibilities.

So grab a soda and some popcorn when you join us Tuesday for our Movie of the Month. See you there.

Notepad

Who knew that Internet use would become so much a part of our lives?

Now that we have grown used to it and find it necessary in many ways, we are vulnerable because of information we leave behind us and the cost factor regulating our use of it.

If you have been basking on a South Sea island without communication for the past few months, you will not have heard the latest news about these things.

Major search engines — the ones we all use every day — were asked by the government to give up their database information in order for random checks by the government looking for child-pornography-related search info.

They had nothing specific to request, just tons of data—including yours and mine—and maybe results of collected cookie information relating to all users.

Yahoo and MSN gave their data up. Google did not. Barry Diller, Ask.com president, lauded Google's decision. If the government made similar demands of Ask.com, he would do the same as Google, because "If you have people's information, we have an absolute obligation to protect it," he said. "You have to be a guardian of the information. If you don't, you'll lose your customers."

In another area, apparently there is concern that network operators may block or degrade Internet connections and favor companies that pay for peppier access. A Senate bill has been introduced to ensure "equal treatment" for all Internet content and dispel worries that telecommunications providers will play favorites in the future.

In still other cases, Internet providers have turned over customers' names for lawsuits by the music industry. Even more chilling, Yahoo gave up information to the Chinese goverment that put three male bloggers in prison for as long as ten years.

Where is this heading? How should we deal with these situations? What are the consequences for the future of the Internet and for us?

Linda Gonse, *editor@orcopug.org*

Letters

Florida editor reprints N&B articles

Articles from your newsletter occupy pp31-33 in my March issue, *http://gtbpcug.org/baybytes/bbyt0306.pdf*

Why don't you just take over the whole issue for me? <g> Thanks so much for sharing and being a mentor (in your case, a womentor).

**Dick Evans, editor
Tampa Bay Bytes
revans03@tampabay.rr.com**

March program cancellation

My sincere apologies, but I'll be unable to attend the meeting on March 14. I have to be out of town, and it's the type of thing I have no hope of changing.

I'd be happy to do this another time — I've really enjoyed speaking to the group. They are a lively and involved bunch. Let me know what other dates are open.

Sorry for the short notice. I'll try to make up for it at the next opportunity.

**Dennis Rex
ddrex@earthlink.net**

Question based on current news

Yahoo recently turned over information requested by the Chinese government which caused three Chinese bloggers to go to prison — one for 10 years, one for 8, and another for 4 years.

Should we stop using Yahoo on principle?

Linda

This controversy has been raging for awhile now. All of the internet companies doing business in China have agreed to things we wouldn't tolerate over here. What they have done isn't illegal under Chinese law, they are merely complying with Chinese law because that's where they're doing business. The choice comes down to a business decision, do you want to do business in China following Chinese law, or do you want to maintain your moral high ground and refuse to do business with the largest market in the world.

Both Yahoo and Google have been punished by the stock market (at least short term) for the choices they have made. I'm much more concerned about the U.S. government's attempts to do this. We know that the Bush administration is willing to conduct unauthorized wiretaps and is trying to get companies to turnover other sensitive data. Google has refused to allow random searches of their data. It's unclear whether MSN and Yahoo have cooperated with the U.S. demands.

I believe these companies will think a little longer when faced with these choices in the future.

**Mike Lyons, president
mike@orcopug.org**

February raffle winners

Blue Squirrel WebSeeker, $49*
Ann Carnahan, Expired
Joe Francis, Winner
MS Genuine T-shirt, $5*
Bud Barkhurst, Not Present
Ann Carnahan, Expired
Lothar Loehr, Winner
Ring Central Smart Fax Pro, $70*
Joe Francis, Previous Winner
Michael Moore, Not Present
David Sander, Not Present
Larry Klees, Winner
Borland T-shirt, $5*
Bud Barkhurst, Not Present
Terry Schiele, Not Present
Sid Liptz, Winner
Valentine candy, $12*
Leroy Kaump, Winner
Smart Computing Guide to eBay, $10*
Ron Schultz, Not Present
Milton Gorham, Winner
Mini Tool Kit, $10*
Milton Gorham, Previous Winner
Lloyd Boutwell, Not Present
Terry Schiele, Not Present
Ralph Seymour, Winner
Smart Computing mug, $5*
Joe Francis, Previous Winner
Bill Pampaniya, Not Present
Siles Bazerman, Not Present
Ed O'Donnell, Not Present
Charlie Moore, Winner
Claris Impact, $70*
Dave Musser, Winner
Keyring Light, $5*
Lloyd Boutwell, Not Present
Ed O'Donnell, Not Present
Michael Lyons, Winner
Stress Release Ball, $5*
Richard Metzger, Winner
Mystery Gift, $5*
Gary Covington III, Not Present
Walter Jackson, Winner
Mystery Gift, $5*
Herman Beverburg, Not Present
Joe Gionet, Winner   *Est. value*

Member expiration dates

FEB. 1– Ann Carnahan (2nd month)
MAR. 1– Bill Pampaniya (1st month)
APR. 1– Lothar Loehr, David Musser
MAY 1– Lloyd Boutwell, Terry Schiele, Harold Wann
JUNE 1– Bud Barkhurst, Richard Metzger
JULY 1– Herman Beverburg, Joe Francis, Walter Jackson, Ralph Seymour

Submitted by Mike Lyons/Charlie Moore

Members' email

Please send a request to be added to the list below. Email: *editor@orcopug.org*.

Bazerman, Siles
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Francis, Joe
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Kaump, LeRoy
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*Updated info 11/05 by Charlie Moore

I know a little about a lot of things, but not that much about anything. When I get into trouble with my own computer, I often have to get help, and that's where my friends come in at the user group. Thank god for user groups. Without them my problems would have cost me a lot more. Without my user group affiliations, my software would have also cost me much more. — *Bob Click, The Deals Guy*

Membership Application

New Member ☐   **Renewal*** ☐

* Please fill out all the blanks below to help us keep your information updated in our database.

Last Name _____   First Name _____

Mailing Address _____

City _____   State _____   Zip _____

Home Phone (_____)_____   Work Phone (_____)_____

E-mail Address _____

Areas of Interest/Comments _____

Make check for $25 payable to ***ORCOPUG*** — mail to:
ORCOPUG, P.O. BOX 716, Brea, California 92822-0716

Don't lose your membership benefits… renew now! Expired members are not eligible to win raffle prizes or to access the Members Only web page.

Meetings are the second Tuesday of every month. See www.orcopug.org for more details.

(Please fiill out this application and mail it today!)

User group deals

2005 fundraiser made possible by 22 vendors!

We sincerely thank the following companies who donated prizes to make our 2005 fundraising raffle possible: **AirLink 101, Aviar Inc., Blue Squirrel, Brother, Cerious Software, Corel, Ink Dot Lady, iolo Technologies, Microsoft, Microsoft Press, Microvision Development, O'Reilly, Prentice Hall, Que & Sams, RoadWired, Roxio, Smart Computing, SmartDraw.com, Solid Documents, Stardock Systems, Sunbelt Software, and User Group Relations (Gene Barlow).**

Members' Only! page is benefit of ORCOPUG membership

ORCOPUG membership entitles you to access the Members' Only page for dozens of special discounts and offers. Go to *www.orcopug.org. C*lick on "Members' Only." The user-name is your first initial and last name (lower case, no spaces). The password is **R** followed by your member number. If you forget your member number, send an email to Charlie Moore, *charlie@orcopug.org*.

Magazine discounts only for user group members

	1 Year	2 Years	3 Years
Computer Games	$10.95	$20.95	$29.95
Computer Gaming World	$14.95	$28.95	$41.95
Computer Shopper	$16.97	$32.95	$47.95
Dr. Dobbs Journal	$15.95	$30.95	—
Maximum PC	$ 9.95	$18.95	$27.95
Microsoft System Journal	$21.95	$39.95	—
PC Gamer	$12.95	—	—
PC Magazine	$25.97	$48.95	$68.95
(22/44/66 issues)			
PC World	$16.95	—	—
Videomaker	$11.95	$21.95	—
Wired	$ 6.00	$12.00	$17.00

Revised November 2005

These prices are for new subscriptions and renewals. All orders must be accompanied by a check, cash or money order. Make payable to *Herb Goodman*, and mail to: **Herb Goodman, 8295 Sunlake Drive, Boca Raton, FL 33496.** Call or write: 561-488-4465, *hgoodman@prodigy.net*.

Please allow 10 to 12 weeks for your magazines to start. For renewals you must supply an address label from your present subscription to insure the correct start of your renewal. I will mail a renewal notice to every subscriber about 3 months prior to their expiration date. I carry over 300 titles also at excellent prices. Just email me for a price and I'll email a price back.

KEYWORD RAFFLE
LOOK FOR THE NEW KEYWORD!

4th Special Prize Drawing! Look for a new keyword hidden in Nibbles & Bits or on the ORCOPUG website each month.

If your name is drawn at the next meeting and you know the keyword, you will take home a prize!

Last month, **David Musser's** name was drawn. He did not know the secret keyword, *"blogger."* The prize will added to a new prize in the next drawing.

Mail-in offer

"Must-have" bird lovers CD set is *cheep!*

A four CD set of birding references, field guides, full-screen videos, beautiful color photos, bird calls, bird identification matrix, range maps, tips,

www.ohio-distinctive.com

A sample photo from the CD set.

and bird trivia, is being offered for only $15 ($19.95 on website) by Ohio Distinctive Software.

CD titles are: "Peterson Multimedia Guides: North American Birds," "North American Bird Reference Guide," "Webster's Birds of the World," and "Birds of the World."

There is a three set limit per customer, and orders must be placed before April 17. Shipping is free. Make check payable to: Ohio Distinctive Software. Mail to Ohio Distinctive Software, P.O. Box 349900, Columbus, Ohio 43234-9934, *www.ohio-distinctive.com —LG*

More than meets the eye…

A Polish immigrant goes to the Department of Motor Vehicles to apply for a driver's license and is told he has to take an eye test. The examiner shows him a card with the letters:

C Z J W I X N O S T A C Z

"Can you read this?" the examiner asks.

"Read it?" the Polish guy replies, "I drink beer with him."

Submitted by Ted Wirtz

The New, the Best, and
the Worst

by Pim Borman
SW Indiana PC Users Group, Inc.

Rants

It is a dark, dreary, drizzly day in mid-January as I write this, perfect for contesting a will (as they say in my native Holland) or protesting the peccability of PC peddlers.

Rant #1 concerns the software Dell installs on new computers, whether you want it or not. James Derk, computer columnist for Scripps Howard News Service, wrote recently about the effort it required to remove all the extraneous junk from someone's new Dell system: "*Dell is on the list this year for adding so much junk to their new PCs that it takes a trained technician to remove most of them. Their 'starter' edition of QuickBooks is the most annoying...even popping up reminders to try the program long after you've deleted it. I know Dell sells 80 percent of its PCs to businesses but there's no reason to have such an invasive product and selling tactic. Most large businesses don't use QuickBooks, most small businesses already have it and consumers don't want it. Editing the Windows Registry should not be needed to remove it. (Dell gets an honorable mention for charging $25 for a USB cable to connect their 'free' printers to their computers.)*" (http://snipurl.com/derkcolumn2).

Elsewhere he mentions the desirability of removing the pre-installed temporary version of McAfee anti-virus. He wrote: "*If you have McAfee preinstalled on your new PC, I would uninstall it immediately and install a free product. It's not just a bias...in my computer repair business I have seen dozens of PCs with*

McAfee installed that are riddled with viri. Something either about McAfee's online-only product or the configuration just lets viruses pass through*" (http://snipurl.com/derkcolumn).

As luck would have it, my neighbors asked me soon thereafter for help with the installation of their new Dell computer. The recently retired professional couple had been using a MacIntosh computer for the past eight years and were unfamiliar with MS Windows. Remembering Derk's comment, I suggested we remove the McAfee program and install Norton Internet Security. Tough luck!

As I attempted to remove McAfee via the Control Panel's Add/Remove feature, I kept getting error messages that part of the program was running and could not be removed.

I did everything I could think of to stop/disable McAfee, but nothing managed to kill it dead. I did a Google search later on and found that usually there is no simple way to get rid of it. A "help" page on the McAfee page provides pages of procedures to "try," all of them obscure and non-intuitive.

An unwanted program that can not simply be uninstalled is **malware** in my opinion. If Dell is unwilling to sell computers without all the junk, the best solution may be to reformat the hard drive and reinstall the desired programs only. Or choose another vendor. It is hardly an attractive option for new Windows users.

Rant #2 Sony BMG recently got caught using rootkits to provide copy protection on CDs they sold. Rootkits are programs that hide on your hard drive, out of sight of Windows. They are an open invitation for virus writers to invade your system and are hard to remove without damaging Windows. Sony was forced to apologize for its error, recalled the CDs involved, and published a patch to remove the rootkits from the customers' computers.

The new…

According to an article in *eweek.com*, the rootkit trick is being used by other companies also *(http://snipurl.com/lis7,* thanks to Jim Geiser). Norton SystemWorks is specifically mentioned. Symantec explained that they used the rootkit to prevent users from accidentally removing the file, but offered to relocate it with a program update. According to *eweek.com* there are other instances of rootkits being used, but no specifics were mentioned.

My Norton Internet Security subscription is about to expire. I already had planned to try the ZoneAlarm Security Suite, based on a recommendation in *PC Magazine, 12/27/05,* that included it in their list of Best of the Year Products (but that also included McAfee anti-virus!). But then Linda Gonse, editor/webmaster of the Orange County IBM PC Users' Group, wrote that the ZoneAlarm Security Suite interfered with her ftp program and mangled the files she uploaded to her Web site. She had a dickens of a time trying to uninstall the program. However she never had a problem with the plain, free ZoneAlarm firewall. I concluded that my best bet was to use free ZoneAlarm as the firewall.

I chose a separate anti-virus program, **f-prot** from Frisk software (http://www.f-prot.com/products/). I used that program years ago in the DOS days, and more recently I have been using it on my Linux computers. Their technical support is outstanding, as I mentioned in a previous column (*P-See Urgent,* December 2005). F-prot, based in Iceland, was one of the first to spot the rootkits and to provide an uninstallation patch. They update their database as soon as they add new data, usually several times a week. The Windows version costs $29 per year, but a trial version is available to make sure the product fills your needs.

As expected, replacing Norton Internet Security with ZoneAlarm and f-prot was not without problems. I downloaded the trial version of f-prot without difficulty and stored it, ready for use. Getting the free version of ZoneAlarm was a different story.

Rant #3 If you make a free, limited version of your software available for download, don't play silly games trying to hide the download button hoping that the prospective customer will finally give up, or make an error, and order your paid-for version. It may work sometimes, but you lose every last bit of goodwill you may have worked years to earn. Is that worth it?

After struggling with ZoneAlarm for 20 minutes trying to download the free program, I simply copied an older setup version that was still on my other Windows computer and installed that. ZoneAlarm then promptly offer-ed to update that version and I was in business. Installation of f-prot went without a hitch.

Although I had uninstalled Norton Internet Security with the Control Panel—Add/Remove route, it was evidently not quite dead yet. Zone Alarm started telling me that Norton was still trying to access various parts of my computer, which I blocked. Soon thereafter everything froze and I got the Blue Screen of Death. It took two cold restarts to get everything back up and running, and my first action was to have ZoneAlarm block everything with the Norton label. That seems to work thus far.

As every successful business, from Wal-Mart to General Electric, knows, your most important asset is customer goodwill. A happy customer is a return customer. Over the years Dell has built up an excellent reputation for product quality, price, and service. They stand to lose all that for a few bucks they make as "partners" with the likes of McAfee and Quick Books. It isn't worth it. The same goes for Norton, known since DOS days for its reliability and excellence of technology. Avoid exasperating your customers and they'll keep coming back.

Pim Borman is website editor for the SW Indiana PC Users Group, Inc. at *http://swipcug.apcug.org..* Email Pim at *swipcug@sigecom.net.*

Websites to write home about…

The Association of American Editorial Cartoonists
Find many editorial cartoons on this website for professionals in this line of work. Browse and search for cartoons by topic (such as Medicare or homeland security), cartoonist, publication date, or keyword. "Cartoons for the Classroom" features lesson plans and other classroom materials. Includes cartoonist profiles and editorial cartoon news briefs.
http://editorialcartoonists.com/

Free Mobile Search Service
Allows you to access information and downloads at anytime, from anyplace. Sports Scores, Yellow Pages Listings, Stock Quotes, Movie Times, Hotel Reservations, Weather Forecast, Horoscopes, WiFi Hotspots, Pickup Lines, Fantasy Player Stats, Drink Recipes & Package Tracking.
http://www.4info.net/

Earthquake Hazards Program
The primary method by which earthquake information is communicated to the public.
http://earthquake.usgs.gov/

Quoteland
Quotations by Topic, Literary Quotations, Humorous Quotations, Random Quotations, How to Identify a Quote, Discussion Groups ["Who Said It?" and "I Need A Quote!"], a FAQ, and Internet Resources. There is also a *Reference Library*, with a short list of audio samples from historical speeches; TV commercials; TV and movie scripts; and music. Searchable.
http://www.quoteland.com/

Submitted by Tony Lake

# How to *know* what's in a file or folder *before* you open it

by Linda Gonse

Sometimes you just don't know what's in a file by the title alone. You may have created it so long ago, you've forgotten. Or, you received a file from someone who gave it a cryptic name. Most of the time, if you are like me, you bite the bullet and open the darned thing. This means waiting for an application to load before the file opens. If your attention doesn't wander, you'll spend exasperating seconds — maybe even a minute or more — drumming impatiently on the desk. Otherwise, you get distracted looking through papers or books in your To Read stack, and jerk to awareness 10 minutes after the file has opened.

Either way, you don't get the information you need when you want it.

Call it secret, or just overlooked information, but there are ways to glimpse file information so you don't have to open the files or folders to see what they contain.

FILES — Stay with me while I open my ORCOPUG folder in the Details view and click on a subfolder titled Ira Wilsker. There's a list of files in the right window pane that I have saved Ira Wilsker's emails. But, now I'm not sure what they contain. So, I go to View on the menu bar and check to be sure that Status Bar has a check next to it. Next, I click on the file titled "ATT00010.doc."
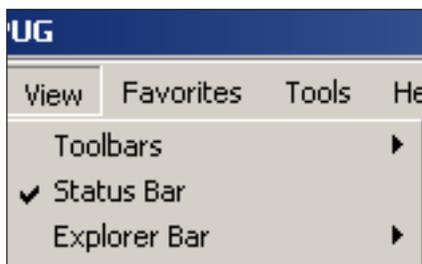
To add the Status Bar to your folders, you have to select it under View.
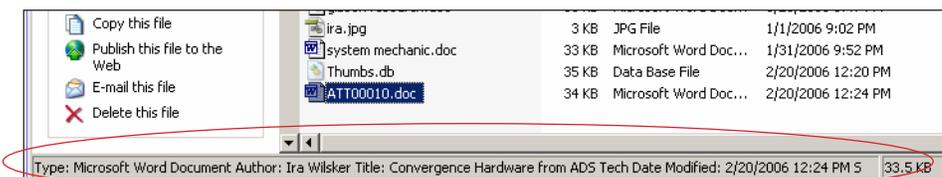
*Information about a file shows up in the Status Bar at the bottom of an open folder.*

The author of the file, the actual title of the file, the date it was created and the size of the file all appear at the bottom of the pane in the status bar.

Or, I could just hover the mouse over the file name for a second or two and a popup will show me the file information. If you don't see a popup when you hover your mouse over a file, in an open folder go to Tools > Folder Options > View. Then, scroll almost to the bottom of the list and check the box next to *"Show pop-up description for folder and desktop items."*

The third option for checking on file innards is to right click on the file name, and go to Properties in the drop down list. Left click on Properties and go to the
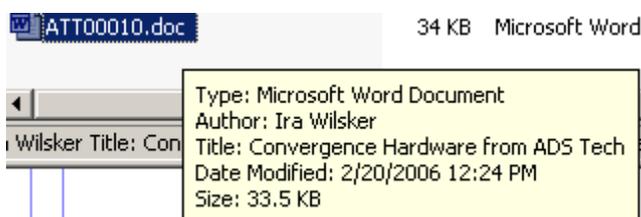
Hover your cursor over a file for a popup box with the file information in it.
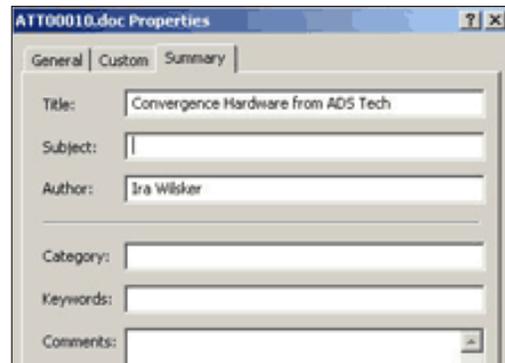
The Properties box defaults to author and title. Other information can be added to this file, also, at the time the document is created or modified.

Summary tab. The author's name and the title of the document will be there.

FOLDERS—You can make searching through folders easier (and even more fun) by using a custom picture to remind you of the contents. Or, you could assign a custom icon for the folder so it will stand out from the rest of the folders.

Go to the settings under the View menu in an open folder. First select Thumbnails. Then, go back into the list and click on Customize this Folder.

Click on the Customize tab and then the "Choose Picture" button. Find a picture in the folder (or in any other folder) that will remind you of what types of files are in this folder. For example, my folders are filled with articles for the newsletter from various writers. One folder contains articles by Ira Wilsker and images for his articles, so it makes sense to put Ira's photo on the folder. I browse to his picture, select it, click Open, then click Apply and OK.

Take a look at the folder now (below) in *Thumbnail* view.
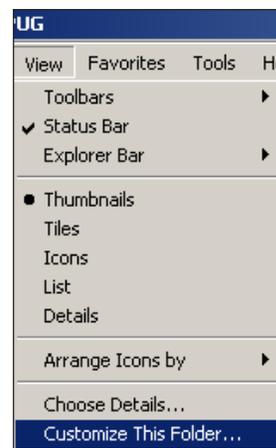
Review

IOGEAR KVM

by Terry Currier
winnersug@aol.com

KVM Stands for Keyboard, Video, Mouse. I have one computer I use for main computing, and another for my testing of reviewing products. Right now I even have a third with my old computer that was crashing is working fine now. So to conserve space I dug out a KVM switch I brought at the ACP Computer Swap meet. I actually brought it a couple of years and had not used it yet. I paid about $60 for it knowing I was getting a better price than one of the known brands (at least I thought so at the time.) In setting it up I had to also purchase PS2 extension cables which cost about $20. I also needed video cable extensions or gender changers to hook up, costing another $15. The switch was for two computers, and wouldn't you know it, I could not use it to control even one. There was always something not working on it.

I looked into a number of units and liked the IOGEAR line. I settled on the MiniView™SE GCS84B which will work with four computers. Setup was easy. In fact easier than with the other unit. IOGEAR supplies color coded cables joined together to make it easy to know which cable went to what unit.

The four computer connections are on the back side and the front has the connects for the keyboard and mouse in use. To switch between computers there are push-button selection switches, or I can use Hot Key combinations from the keyboard. There is no need for power adapter since it draws needed power from the computers.

Features: Operating system independent, supports Mac and SUN; Plug-n-Play monitor support; Supports video resolutions up to 2048 x 1536; Easy to install—no software required; Built in AutoScan mode to monitor all computers; LEDs allow for easy status monitoring; 3 Year Limited Warranty; and.four sets of bonded KVM cables.

Total cost for the old unit was $95, the MiniView™SE GCS84B is $96-$140 at Froogle.com. Officemax.com had it for $131, or $109 at Buy.com. Unfortunately there were none in the online store, *www.iogear.com*, but you should check for other bargains.

Terry Currier has been involved in computer user groups since 1984. He is past president of North Orange County Computer Club, and vice-president of WINNERS user group in Costa Mesa.

Files and folders…
(Continued from page 7)
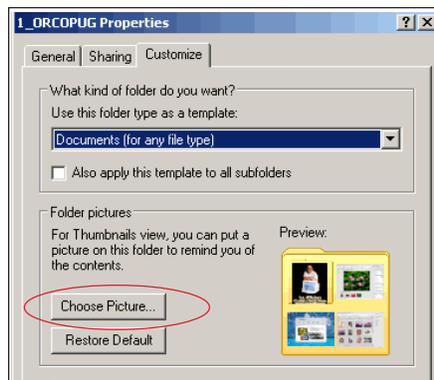
There's no way you can miss this folder, or forget what is inside of it!

In other views, such as Icon view, you won't be able to see a picture on the folder. But, you can still make the folder stand out from the rest. Or, if you have a group of folders that are similar, you can change all the folder icons so they will stand out as a group and be easier to locate.

To change a folder's icon, go back to View and Customize This Folder. At the botton of the dialog box, click on the Change Icon button, and select an icon. Click Apply and OK, and go take

a look at the folders in icon view. It's hard to miss the special icon, isn't it?

Try it yourself and discover how

easy it can be to identify the folders you need, instantly and without guesswork.

Change auto rebooting to manual in Windows

by Linda Gonse

Sometimes Windows or Windows components silently reset Automatic Updates, making reboots happen without user intervention. Or, when you install Windows patches which requires a reboot, and choose not to, you will get a dialog box to remind you to reboot every 10 minutes. If you are in the middle of a project, this can be maddening. Windows XP Pro users can go to the built-in Group Policy Editor to change this behavior.

1. Click Start, Run, enter **gpedit.msc,** then click OK.

2. In the open window, click the plus signs in the left pane to navigate to the following folder: **Computer Configuration \ Administrative**

ONLINE "My Family Health Portrait"

by Ira Wilsker

WEBSITES:

http://www.hhs.gov/familyhistory
https://familyhistory.hhs.gov
http://www.hhs.gov/familyhistory/download.html

Recently, a relative in another state was hospitalized via an emergency room admission. His new wife of just a year did not have much information on the family health history so urgently needed by the physicians in order to diagnose and treat my relative. Urgent phone calls followed, gathering the requisite family medical history to enable the appropriate diagnosis and treatment. Philosophically, what if a comprehensive family medical history could have been immediately available? This circumstance is not unique, but a reasonable solution has been available for free for over a year at *www.hhs.gov/familyhistory*, courtesy of the U. S. Surgeon General's Office

This site explains the necessity of such data with the statement, "Health care professionals have known for a long time that common diseases — heart disease, cancer, and diabetes — and even rare diseases, like hemophilia, cystic fibrosis, and sickle cell anemia — can run in families. If one generation of a family has high blood pressure, it is not unusual for the next generation to have similarly high blood pressure.

Tracing the illnesses suffered by your parents, grandparents, and other blood relatives can help your doctor predict the disorders to which you may be at risk and take action to keep you and your family healthy."

In order to accomplish this task, the Surgeon general offers two simple options; one an online web maintained version hosted on a secure server (that is what the "https" means in the internet address) at *https://familyhistory.hhs.gov*, the other a 1.6mb downloadable "Zip" file which may be stored on a home computer, and utilized in the privacy of the home. The files created in either version can easily be exchanged among family members via email or disc.

In the online version, a family history can be newly created, or an existing version can be uploaded from the home computer to the secure Surgeon General website where the data can be managed, and then saved back on the home computer; no personal information is saved or captured by the government computer, protecting the privacy of the user. It should be noted that much effort has gone into the creation of this web-based service, in that it explicitly works equally well with almost all known browsers, including Internet Explorer, Firefox, Mac Safari, Netscape, and many other browsers.

The first step in using the online version is to "Create a Family History," or to "Load a Saved Family History" if a file had been previously created. The preliminary step is to create a personal profile, where basic information such as name, gender, height, and weight are entered.

The personal profile continues with a simple checklist of major common diseases (such as heart disease, cancer, and diabetes), and age of onset, followed by a fill-in the blank chart of other diseases.

After the personal health history is created, there is then an opportunity to create a family profile. The family profile states "Only add family

members that are biological (blood) relatives (not adopted or step-relatives)."

Similar fill-in charts are presented to complete the information for the other family members. Data can be modified, added, or deleted at any time. Once the user has completed entering the basic family information, a button "Go to My Family" takes the user to the basic "Family Health Portrait" where a family health tree can be displayed or printed; this family tree contains symbols and abbreviations immediately recognizable by a health care practitioner as a basic family health history. Other family members, such as aunts, uncles, and other blood relatives can be added to the list as

Health Portrait…
(Continued from page 9)

well. Other family members listed on the family tree can have their own personalized family tree created at this point, and the entire file can be downloaded to the user's computer, leaving no personal data on the HHS computer.

If for privacy or other reasons, the user does not wish to enter personal family health data to the secured website, the downloadable version is a self-contained version of what is available on the website. Once uncompressed with any zip utility (built into Windows XP), the file is easily and quickly installed. The software does require the Microsoft ".Net" utility, version 1.1 or later, available for free at *windowsupdate.microsoft.com*. Once installed, the entire process is completed in the privacy of the home, with no personal data leaving the computer, unless the user desires to send the data files to other family members to complete or use as a basis for their own family health history.

With this information readily available both within a family unit, and shared with other blood relatives as appropriate, family health histories can be easily maintained, and distributed or printed as needed.

Many times we cannot recall family health problems that family members may have had which may give us a predisposition, or otherwise genetically affect us. With this free service and software from the Surgeon General, we may all be better able to provide our health care professionals with the information that may prove so vital to our health care and treatment.

What have you done lately to stamp out spyware?

Have you written letters to the media and your legislators, talked to other computer users about writing their own letters? Do you display a banner like the one below to help other users understand **we all have the power and the responsibility to stamp out spyware forever...**

Find your California legislator's name and address at *http://www.leginfo .ca.gov/yourleg.html.* For U.S. *http://www.congress.org/congressorg/home/*

Computer User Awareness *and* **Action is Vital in Ridding Our Computers of Spyware!**

Download graphic on the left from www.orcopug.org and use in webpages, in ewsletters, and email.
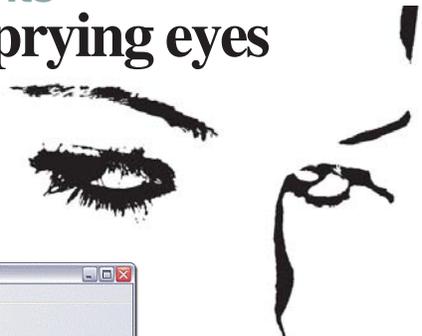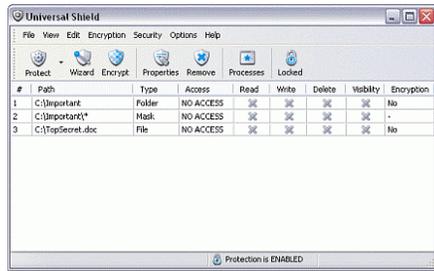

Protect your PC's contents
from prying eyes

A uniquely effective way to protect data from being stolen or accessed without permission is offered in Universal Shield 4.0 which encrypts and hides selected files, folders or even entire disks so they can not be seen by anyone. Even forensic analysis performed by law enforcement agencies or private contractors will not reveal a single byte of data.

Here is how it works. The program user selects a password that will "unlock" hidden data. Then the user selects files, folders or disks to be hidden. It's also possible to hide certain file types. For example, entering *.mp3 will hide all mp3 files. Options to restrict access to data to network or Internet users are available as well.

File structures and Windows system files remain unchanged. Data is not moved. However, if the password is lost or forgotten, there is absolutely no way to access the hidden data.

Universal Shield can run in stealth mode and be accessed using hotkeys. People who get access to a PC never realize that part of the data is being deliberately hidden. There is no way to fool the program by removing the hard drive; files and folders are protected even when a computer is restarted in the Safe Mode.

Universal Shield can also be configured to restrict access to Control Panel, My Documents, Favorites and History, as well as making it impossible to alter the desktop or change date/time settings.

A free demo version is available at *http://www. everstrike.com/* or buy and register the program for $34.95. Runs on Windows NT, Windows 2000, Windows XP, and Windows 2003 Server.

Change auto rebooting…
(Continued from page 8)

Template \ Windows Components \ Windows Update Now, click on the folder to select (highlight) it.

3. In the right pane, rightclick **No auto-restart for scheduled Automatic Updates installations,** then click Properties. When the Properties dialog box appears, select Enabled, then click OK. Close close the Group Policy Editor window.

Information about subject is at *http://support.microsoft.com/ ?scid=kb;en-us;328010*

From Celsius to Fahrenheit
by Linda Gonse

Remember this little rule and you can figure out the temperature from Celsius to Fahrenheit easily. Multiply Celsius by 1.8. Then add 32. The result is degrees in Fahrenheit.

Or try this online converter. It doesn't get much easier than this! *http://www.wbuf.noaa.gov/ tempfc.htm*

Multi-core processors
by Brian K. Lewis, Ph.D. Sarasota PC Monitor, Feb.2006

When I first started researching central processing units (CPUs) my idea was to try to make some sense out of the naming/numbering schemes currently being used by Intel and AMD. This turned out to be an almost impossible task. Did you realize that Intel has more than 50 different Pentium 4 CPU models? That in each speed range there can be a dozen different models. They vary by cache size, socket size, hyper-threading or not, 64 bit or not, voltage and other parameters. As just one example, Intel's 3.2 GHz processor has 12 different models. AMD is just about as bad when you try to analyze their nomenclature. So, for the moment, I have given up on trying to find a simple way to categorize the currently available CPUs. Maybe next month.

Since the upper end of the CPU production now seems to be aimed at producing processors with more than one central core, I decided to look at that topic. So what does it mean that a CPU has more than one core? You can think of it as a single chip containing two or more central processors. It is like having two (or more) computers in one box. That said, I have to admit that it doesn't double your processing speed. At least, not yet.

Servers and workstations used in business have had multiple processors for a number of years. Mainframe computers with multiple processors have also been around for years. In order to take advantage of multiple processing your operating system must be capable of recognizing and using multiple processors. Windows has had that capability since Windows NT/2000 and it is included in Windows XP.

Intel introduced Hyper-threading technology in 2002. That allowed two different "threads" to be processed

(Continued from page 12)
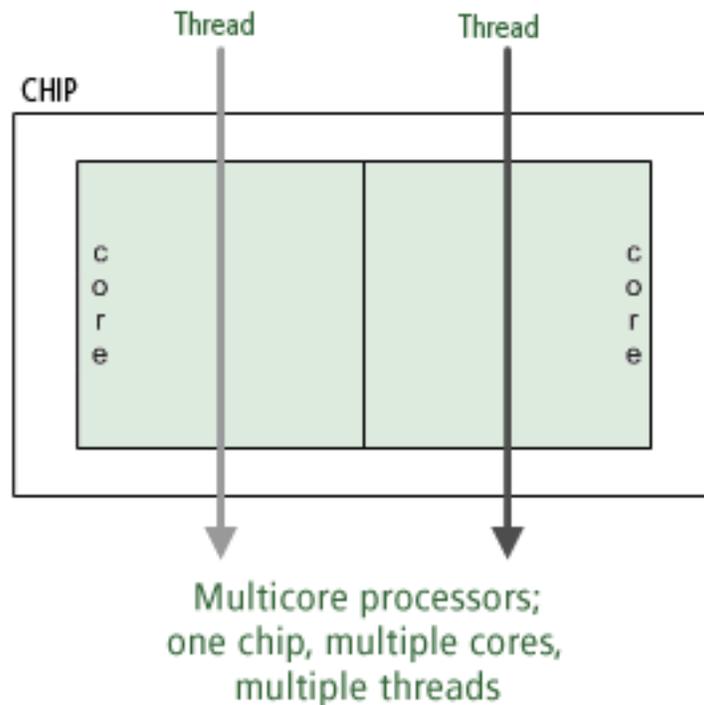
Multi-core processors…
(Continued from page 11)

almost simultaneously. Going the next step and putting multiple processors on one single chip is the idea behind multi-core processors. The AMD64 chip was originally designed to have a second core added at a later date. This became the current Athlon 64 X2 dual-core processor. Intel's Pentium D is also a dual-core processor. In any multi-core processor each core is seen by the operating system as being a discrete processor as if the motherboard had two or more separate CPUs. Ideally this allows the computer to process more work within a given clock cycle.

The question is why would Intel and AMD want to complicate CPU design by putting these processors onto a single chip? The design is more expensive to produce. The primary answer to the questions is heat. In the fall of 2002 Intel indicated that it had a 4.0 GHz processor in production. That processor never reached the market. There was also talk about processors reaching 10 GHz. That has all changed and primarily due to the difficulty of reducing the heat output of these processors. When you have 125 million transistors in a very small space, as in Intel's Prescott processor series, there is a lot of heat produced. In fact, it takes special cooling to keep the processor from overheating and essentially burning itself up. I have a 3.0 GHz Intel "Prescott" processor in my computer and it runs at a consistent 40^0 Celsius (104^0 F). That's only because I have an oversized copper heat sink and very large CPU fan. Ideally it should be running in the

low 30's which would be about 50% of the maximum temperature.

Another problem is current or electron leakage. As the processor die size decreases and the number of transistors increases, there is a greater problem with leakage. Electron leakage from one pathway to another can result in data corruption. Die sizes are currently 90 nm and are anticipated

Thread Thread

CHIP

c o r e

c o r e

Multicore processors;
one chip, multiple cores,
multiple threads

to drop to 65 nm this year. Finally the power requirements increase with the increase in transistors. The increase in power is another component in the increasing amount of heat produced by the CPU.

Dual core processors are designed to run at lower clock speeds than the fastest of the single core processors. This reduces the heat output even though the dual core processors currently have 230 million transistors in a smaller space. Intel has also announced another dual core processor to be on the market this summer that will have 1.7 billion transistors! Their literature says they anticipate that by the end of 2006, 70% of their desktop and mobile processors will be dual-core. By the end of 2007 fully 90% of

Intel's processors will be at least dual-core. AMD is moving just as fast in producing dual core processors. As the number of cores increase on a single die there will definitely be increases in heat output. Cooling requirements for these CPUs will definitely increase. The future of CPU cooling would seem to be water-cooled systems even for the home desktop market. Unless there is some technological breakthrough that will reduce the heat problem.

There are other bottlenecks that will become more important in multi-core systems. One is the bus that transmits information from the core to other components. With two or more cores sending information over the bus, both speed and bandwidth will have to increase to handle the increased load. The CPU depends on the computer RAM for the source of its data and instructions. Therefore memory speed is also important and will need to be increased. Finally, information is read from and written to the hard disk. Even with the increased speed and bandwidth associated with SATA drives, this can be the largest bottleneck in the system. So these problems can prevent the user from gaining the maximum advantage provided by a multi-core system. All that said, I have to admit that there will be some definite gains in processing speed with the multi-core systems. This has already been demonstrated by a number of third-party testers. However, it will be some time before a dual-core system will function at twice the speed of a single core system.

I keep talking about "threads" without really giving you any explanation of them. I don't think you really want to go into the programming

Internet Humor

A friend is someone
who thinks you're
a good egg
even though you're
slightly cracked!
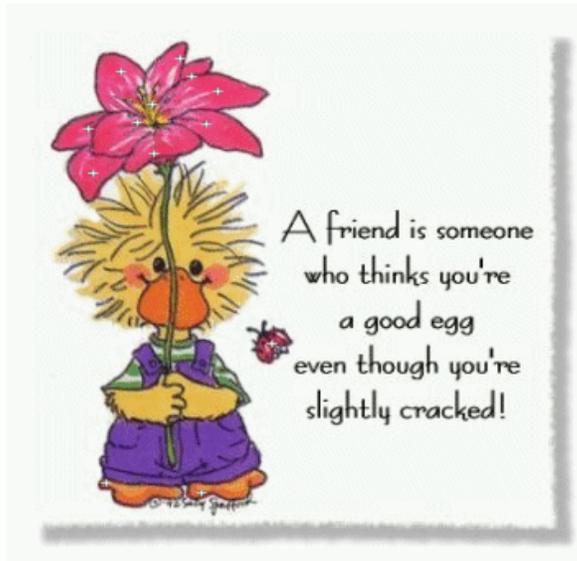
Multi-core processors…
(Continued from page 12)

background for this, so I will try to give you the simple explanation. A thread is a series of sequential programming steps or operations. In some instances, programming steps can be executed simultaneously. However, the program must be designed to allow this to happen. There are also problems associated with multi-threading that can slow down the overall operation. One problem is called "deadlock." This is when two threads are each waiting for the other to complete its operations. This can result in neither thread reaching completion. For software developers, multi-threaded applications have much higher development costs than the current single-threaded applications. Although Intel's Hyper-threading CPUs have been around for several years, very little software has been written to take advantage of the dual-thread processing. Both Intel and AMD are working with software developers to produce more multi-threaded software applications. But it may be some time before the majority of software applications can take advantage of

multi-core processors.

Intel has another technology it has developed for use in its multi-core chips. This is called "Foxton." This allows a processor to adjust its speed and power requirements based on its processing load. Each process will have a base or minimum clock speed and a maximum speed. When the load is low, the processor can raise its clock speed up to a maximum level. This gives the processor more power for faster computing. If the load or the power requirement rises too high, the processor slows. All of this is more technology to simply reduce the system heat to manageable levels.

As I was writing this, Steve Jobs, at MAC World in San Francisco, announced the introduction of Intel-based Macintosh computers using the Intel Core Duo processor. This processor was developed for the mobile computer market. It uses clock speeds from 1.6 GHz to 2.1 GHz. Although it has a lower clock speed, the dual processor will provide some performance gain. There will also be a lower drain on the battery. Several other companies have produced Windows based laptops using this same processor.

So how will multi-core computers

affect the individual computer user? It should improve the efficiency of your computer by improving its multi-tasking ability. Since each core is essentially a separate processor, at least two applications can be run simultaneously. If the dual core also supports hyper-threading, as some of the Intel Pentium D CPUs do, then it could handle four applications or four threads in multi-threaded applications. Now you may think you really don't do any multi-tasking. However, it you are running an anti-virus program, a firewall, or any other application in the background while you also do word processing or emailing, then you are multi-tasking. A dual core CPU would permit this to happen more efficiently, if not more quickly. Frequently, I am writing, checking a spreadsheet and pulling data off the web. This is also multi-tasking.

I suspect that if you plan to replace your computer within the next year (or two), you will have a dual-core 64-bit processor in your system. With a couple of Gigabytes of RAM, you'll be all set to run Windows Vista as a 64-bit operating system.

Dr. Lewis is a former university and medical school professor. He has been working with personal computers for more than thirty years and is a member of the Sarasota PCUG, *www.spcug.org*. He can be reached via e-mail at *bwsail@yahoo.com.*

Benefits of
User Group Membership

- **Product & "How To"demos**
- **Free raffles and magazines**
- **Help from other members**
- **Newsletter and web site**
- **Special offers & discounts**
- **Monthly meetings**
- **Affiliation with worldwide group**

User groups represent the spirit of the frontier, a community getting together to do things that no individual ought to have to do alone. The pioneers of the American west got together for barn raisings, cattle roundups, and the occasional party. The pioneers of new technology get together for installfests, new user training and support, and just plain fun. Being part of a user group is the best way to get more out of your computer, and lets you make friends while you're at it. — *Tim O'Reilly, President, O'Reilly & Associates*

Send a printed copy of this newsletter to a friend. Use this mailing sheet for the address. Staple newsletter together at top left corner with this last page facing out. Fold in half, so this page is visible. Tape ends together, stamp and mail.

6:30 p.m.
Tuesday, March 14

Photoshop CS2

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