

Motherboard

A Publication Of The Computer Users Group Of Redding, CA

Volume 2005, Number 06

<http://users.snowcrest.net/ibmpcugr>

June 2005

COMPUTER USERS GROUP OF REDDING PRESENTS

Tuesday, June 21, 2005

First Time 'Mentor Workshop'

Some members are bringing in their PCs to set up in areas around the meeting room. They will be focusing on a topic(s) of their choosing (*topic may change by membership request*) to share with folks. Members will be able to walk around and check out whichever topic or topics that interests them.

Line up is as follows, but it would be nice to have more volunteers.

*Jane Quinn: MS Word

*Bill Ball: Windows XP

*Paul Colligan: Power Point

*Judi Ball: Printers & Digital Art
(See the printer that prints directly on CDs)

Any member interested in participating in our workshop with his PC is very welcome to join in. Please contact Jane Quinn or Judi Ball.

Main Door Prize Is A

256MB USB-2 Jump Drive

Plus Two More Door Prizes

One free ticket to each member at the door!

Pick up your name tag at the door *and please leave it when the meeting is over.*

Ticket Sales, Social Time, & Question/Answer Time Begins at 6:30 PM

Club Business and Program Presentation Begins at 7 PM

coffee and tea available

Future Presentation:

July - Annual Ice Cream Social

Club Calendar

DTP SIG

1:30 PM, WEDNESDAY, JUNE 8, 15, 22, 29
Class will resume on Sept. 7th.

WINDOWS & MORE

10 AM, WEDNESDAY, JUNE 8, 15, 22, 29
Class will resume on Sept. 7th.

GENERAL MEETING

6:30 PM, TUESDAY, JUNE 21

MULTI-MEDIA

10 AM, SATURDAY, JUNE 25

BOARD MEETING

1 PM, MONDAY, JUNE 27
at Jack-In-The-Box,
Dana Dr.

SEE BACK PAGE FOR MORE SIG INFO
The IBM/PC USERS GROUP OF REDDING
meets at the Palo Cedro Church Of Christ,
21895 St. Francis Way.
For more information
phone 241-3902 and
leave a message.



Looks like summer
is returning.



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Club Information

Club Website: <http://users.snowcrest.net/ibmpcugr>

Club Mentors Members volunteering to help members!

Word Perfect Charlotte Puck
347-3366, Days only
cpuck@shastacollege.edu

New Users Dorothy Kirk
PaintShop Pro 246-9661, Anytime
dak75@sbcglobal.net

New Users Bob Rice
357-2143, Anytime
ricerl@snowcrest.net

MS Windows Darold Wright
Photo Delux 222-1781
daroldwright@yahoo.com

MS Word, MS Power Jane Quinn
Point, Movie Maker 2 365-0825
Maker2, DVD jqquinn@charter.net
Software & Digital Image Pro

MS Windows: Bill Ball
98, ME, XP bcard9@charter.net
Hardware, Software 275-4632

DTP; Judi Ball
Graphic Prgs 275-4632
Photo Editing jebed@charter.net

Access Sara Somers
Power Point 472-1392
Quicken Modrn-dancer@yahoo.com

Board of Directors

Darold L. Wright President
daroldwright@yahoo.com 222-1781

Lyle VanNorman Vice & Past President
kb6dow@arrl.net 242-0925

Paul Colligan Secretary
paulinrdng@hotmail.com 247-7044

Mario Quinn Treasurer
latingolfer@charter.net 365-0825

Jane Quinn Dir, Vendor Contact, SIG Leader
jqquinn@charter.net 365-0825

Eugenia Goodman Dir, Membership
euggoodman@snowcrest.net 221-7723

Anna Lee Horton Director
alhorton@sbcglobal.net 222-5521

Bruce Roth Dir, Sound Control
baroh@prodigy.net 247-7306

Bob Rice Dir, Website
ricerl@snowcrest.net 357-2143

Bill Ball Dir, SIG Leader
bcard9@charter.net 275-4632

Belva Sullivent Dir, Greeter, Name Tag Manager
belvas@juno.com 241-9926

Judi Ball Dir, SIG Leader
jebed@charter.net 275-4632

Margarite Martinovich Dir, Membership
gmm@shasta.com 241-6378

Motherboard Newsletter Staff

Judith E. Ball Editor
jebed@charter.net 275-4632

Rush Blodget Writer
rblodget@sbcglobal.net 241-4754

Dorothy Kirk Writer
dak75@sbcglobal.net 246-9661

Mary Montague Proofreader
twinsgranny228@aol.com 365-6414

Anna Lee Horton Proofreader
alhorton@sbcglobal.net 222-5521

Rosa Zupancic Distributor
zupancic@paiconnect.com 223-9609

Motherboard Newsletter Policies and Deadlines

The *Motherboard* newsletter is published monthly by the Computer Users Group of Redding, PO Box 494778, Redding, CA 96049-4778. The CUG is a 501(c)(3) non-profit corporation. Subscriptions are included in the \$25 annual membership fee. The purpose of the newsletter is to inform members of upcoming events and provide information about the use of IBM compatible computers.

Disclaimer: Neither the CUG, its Officers, the Editor, nor the newsletter contributors assume any liability for damages occurred due to the use of information provided in this publication.

Reprints: Articles from this newsletter may be reprinted by other user groups if credit is given to both the author, CUG and the *Motherboard*. Mail a copy of the newsletter where the article is reprinted

to the Editor at the address in the first paragraph of this text.

Personal Ads For Members:

Requirements are:

1. Advertiser must be a member.
2. The item must be computer-related.
3. The ad must be received by editor J. Ball by the *monthly date of the board meeting*. Sorry, no exceptions. Sorry, no exceptions.

Other terms must be approved by the club's Board of Officers and Directors.

Article Submissions: All articles and reviews must be submitted to J. Ball by the *Monday of the monthly Board meeting (see Page 1 for date.)* Sorry, no exceptions.

Motherboard Editor reserves the right to make corrections and deletions in all articles in the interest of grammar, style, and space.

President's Message

It's your club. Your input is of value to us...

At the last General Membership meeting I reported that your Board of Directors had been discussing the possibility of doing away with printing a hard copy of the Motherboard. The idea was that as a computer club we should post the Motherboard on-line so members could download it, therefore saving the expense of printing, postage and processing. I was one of those that supported this idea. We were too 'zeroed in' on the idea of saving money for the club.

However, after giving this idea some thought I have changed my mind. Even though the Board has an obligation to be thrifty with members' dues, we also have an obligation to provide the service and assistance that everyone who joins the club expects. I began to think we were being *penny wise and pound foolish* by eliminating the hard copy. As a consequence, at our last Board of Directors meeting it was determined that we will continue to provide a hard copy of the Motherboard as well as place it on our Website.

If you as a member of the Club have any ideas regarding this, or anything else for that matter, let us know.

Happy Computing, Darold Wright

Editor's Corner

MOTHERBOARD UPDATE

This is the last month of Dorothy Kirk's Surfboard. She has worked hard these last seven years. Her articles were on time every month and her topics were always of interest to her readers. I know we will greatly miss her contributions to the club. A heartfelt thanks, Dorothy!

Besides a new Surfboard reviewer, it would be nice to see members involved with the newsletter. So, don't be shy about submitting an article or suggestion about the club. *Your* input is most welcome.

CHANGE OF SIGs. AGAIN!

Windows & More and DTP SIGs have a new location, day and time in Shasta Lake at the Senior Center. (See map on Page 10.) Wednesdays are the new days as posted last month, *however* there is a new *change of time*. Classes will be at 11:30 am and 2: pm.

Now, having said the above, it has been decided to close these SIGs in

Continued on Page 3, Midway Column 1



May Meeting

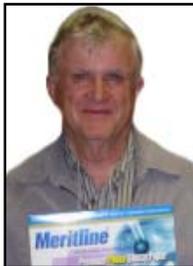
Paul Colligan's presentation of Microsoft Digital Pro was very well prepared and entertaining. He used MS Power Point and kept us all captured with interest and plenty of information about the program.



Congratulations To The Winners



Donna Jones won the USB 64 MG Jump Drive



Dick Freel won the Meritline Photo paper

Bruce Roth won a package of CD Jewel Cases, but escaped the camera.

SSNP Resignation Note

by Dorothy Kirk

Besides resigning from the Surfboard in the Motherboard, I am also having to resign from my long time volunteer instructor's job at SSNP (Shasta Senior Nutrition Program) because my husband should not be left alone for long. He is legally blind and is not too steady on his feet. There is no one around at all during the daytime to get help if necessary.

Thanks, Dorothy

EDITORS CORNER

From Page 2, Column 3

July and August because of a variety of summer activities we all get caught up in. We will resume in September.

Don't miss our Workshop forum this next meeting, It should be great fun.

See you there, Judi Ball

Multi Media SIG May Meeting

by Jane Quinn

Anna Lee Horton brought information about the latest buzz in digital cameras. A new element in choosing file format settings in a digital camera is to shoot in TIFF or RAW. Professionals are using this format because it doesn't discard any digital image data. Traditionally pros would save their jpeg master version in TIFF format. Then work on the image and save it later as a JPEG. However, this new format, RAW, is the closest you can get to a digital negative. So it eliminates that extra step of saving to a TIFF format first. RAW takes up half the size of a TIFF file

and a little more than a jpeg file size. And it's not compressed!

The group's topics were Digital Image Pro's Suite library features, because a few members are searching for a ways to organize their growing numbers of digital images.

We also saw how easy it is to use the filters in Digital Image to drastically change our image. It's so simple to quickly turn a photo into looking like charcoal drawing or hand painted portrait.

Lastly, we brainstormed ideas on how to create a print out list of our Music files. We have thousands of MP3 files in the club's Music Library and we need a way to print a hardcopy to keep track of these music folders. Well, Phil Graham brought in his great answer, which is a DOS command in Windows. (See "How To Create A File List" on lower Page 4.)

In the meantime, I came up with a different solution. I found a plug-in from MS called the *Media Exporter*. This tool is downloaded from the MS Website. It will export information from *Your Library* into an application. It will create a file in MS Word and Excel, and most any application of your choice. The link to find this plug-in is http://www.microsoft.com/windows/windowsmedia/knownledgecenter/media_advice/0038.aspx.

Evaluation Program

Contact: Jane Quinn at: jqquinn@charter.net

As a member of this club you are eligible to request Review Software from vendors who support User Groups. See the club's Website on the Evaluation Program for details of this great resource!

Below is the current list of reviews scheduled to appear in the Motherboard.

Product:	Digital Image Pro 10 Suite
Reviewer:	Margot Letendre
Due	7/05
Product:	Akvis Colriage
Reviewer:	Anna Lee Horton
Due	8/05
Product:	Photoshop cs2
Reviewer:	Mary Ann Czermak
Due	8/05

If you missed the Multi Media meeting and want the information, please contact either

Anna Horton, alhorton@sbcglobal.net
Jane Quinn, jqquinn@charter.net.

In Remembrance

of long-time member

Richard Weller

Richard passed away recently. His wife Nancy informed member Bernice Bennett that Richard died of cancer.

We're sorry to have lost Richard and wish the best for his wife and family.

IBM/PCUG MEMBER WEBSITES

DAVE & BECKY HEMP

www.c-zone.net/dochamp/

FRONTIER SENIOR CENTER

Jane Quinn

www.jett.net/frontier

JACK McAULIFFE

Real Estate Broker

www.realtyphoto.com

KITTYSTONE PERSIANS

Lynn Johanson

kittystone.com

MEXICAN-TOURS

www.mexican-tours.com

Lyle VanNorman

lyle@mexican-tours.com

EnvironmentalMold.com

lyle@EnvironmentalMold.com

Informational site for air Quality.

QUESTIONED DOCUMENT EXAMINATION

Mary Ann Czermak

www.documents-examiner.com

RIVERCITY JAZZ SOCIETY

Joyce Covey

jazzjoy@charter.net

REDDING REAL ESTATE

Rick Goates

www.reddingrealestate.net

RON COLE JR.

www.houseofspecialtygifts.com

Publicize Your WebSite

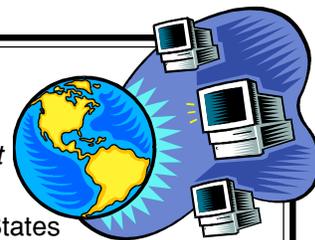
Here for FREE!

(Members Only Please)

The Surfboard

by Dorothy Kirk

IBM/PCUG of Redding, dak75@sbcglobal.net



This site is primarily a list of places to get free maps and many other details of places to visit in the United States and our neighbors north and south. Even if you are only an armchair traveler these sites can be intriguing. A couple of them offer virtual tours or web cams.

AMERICA'S BYWAYS <http://www.byways.org/browse/> — This site is a good site to start planning your auto vacation trip. Free maps delivered to your door. Helps for planning and more.

MAPS OF MEXICO <http://www.maps-of-mexico.com/> — Planning to take a trip to Mexico? A huge site with just everything that you might want to know: Virtual city tours, Country maps, State maps, Photographs, Weather, Shopping, and Tools (Driving distances and Currency converter).

TRAVEL OREGON http://www.traveloregon.com/trips/free_stuff.html — Here is everything you need or want to know about touring Oregon. Choose your preferences and lots of information will be sent to you via mail.

VISIT FLORIDA <http://www.flausa.com/planning/guide/> — I guess Florida is not wall-to-wall sunbathers and crowded cities. At least this site gives information that is intriguing. Includes a vacation guide, camping, bike trails, and golf. They will also send free maps.

MAPQUEST <http://www.mapquest.com/> — This is the quintessential guide for travel directions. Print out maps and specific directions to get to a specific site.

TRAVEL ALBERTA SOUTH <http://www1.travelalberta.com/south/> — Our neighbor to the north is a pleasant place to visit. This site provides accommodations and camping, tours, road trips, attractions, and events. Don't forget the mosquito repellent.

NATIONAL GEOGRAPHIC.COM <http://www.nationalgeographic.com/> — This is the Lewis and Clark Bicentennial

Year. This is a great time to find out a bit about an important time in our history. This site has all kinds of information about Lewis and Clark and suggests interesting trips, especially in Washington. Maps and touring directions are included. Of course, there is much more of interest here, too.

PLAN YOUR TRIP TO SAN FRANCISCO http://www.mapwest.com/web_cam/fishermans_wharf/ — If you want to stay close to home there are few better places to visit than San Francisco. Use this site to plan an enjoyable and efficient trip for a week to a weekend. Book a tour, get a map, and make reservations.

US LOCAL MAPS http://www.uslocalmap.com/mapsite/index_frame.asp?ad_id=goo0601 — This site is similar to the Mapquest. Type in where to start and where to go and get maps and driving directions.

HAWAII <http://www.hawaiioint.com/> — Everything you need for a trip to Hawaii: hotels, beaches, surfing, diving, windsurfing, volcano, whale, fishing, photos, maps, history, things to do, transportation, and more. Of course, Hawaii is a very expensive place to visit. Try camping. You can rent everything you need for this when you get there. To find out about camping search for "Hawaii camping."

ALASKA <http://www.travelalaska.com/Maps/index.aspx> — This site is a great jumping off place for planning a trip to Alaska. Don't try to book for this year, because they are already booked up, but now is a good time to start your reservations for next year.

Welcome Renewals

*Pat Asaro
Mary & Frank Auten
Norm & Lynn Johanson
Shirley Lee*

Note To Members

Eugenia and Del Goodman have become our refreshment tenders. They did not officially take on the job, but because no one has, they fill in faithfully each and every meeting by making the coffee and setting up the counter.

Thank you both, from us all!

Bits And Pieces

by Rush Blodget; IMB/PCUG of Redding, rblodget@snowcrest.net



FIREFOX

One of my sons uses removable trays in his computer. He uses Firefox in the tray that receives e-mail and is exposed to the Internet. The other has Internet Explorer. This strategy is based on the supposition that the hackers, phishers, and spoofer will not take the time to write programs for a browser with so little market penetration. He also reports that he has had very little SPAM. Firefox is stated to be somewhat similar to Netscape and has some of the same features. It is now approximately a year and a half old and is "free." It also has a built-in "pop-up" blocker which is stated to cut down greatly on the pop-ups. Netscape itself is said to have released a new version (7.2) that will automatically register personal information when registering at a website, and also has a search-result screen on the left side of the page.

Another free browser is Opera. This is stated to have a pop-up blocker and the ability to zoom in on tiny print and

graphics. It is also said to let one move from page to page by clicking the right mouse button.

WINDOWS ONECARE

Microsoft is going head-to-head against Symantec and McAfee's Internet Security programs OneCare. It is now in beta edition. It would automatically update virus software and do maintenance chores such as backing up data and defragmenting the hard drive.

The author of this article states that a price has not yet been set for this program. However, she feels that it would be unusual for Microsoft to charge for a program to defend against weaknesses in its own software (Carrie Kirby, San Francisco Chronicle for 5/14/05).

5-GIGABYTE POCKET SIZED HD

John Dvorak tells us in his PC Magazine column, April 12, 2005, that Seagate is now offering a 5-Gig 3,600 RPM USB 2.0 hard drive with built in cache and cable that can also serve as boot disk on many computers.

NEW FREE SATELLITE PHOTOS

Microsoft and Google will offer an improved rendition of aerial and satellite photos. Microsoft's project will combine mapping software results with satellite and detailed aerial images to allow Internet users to zoom into pictures of city streets and see shops, restaurants, and other locations. The aerial shots will be recorded by low flying small planes. Microsoft's free program, to be released this summer, will be called Virtual Earth.

Google has already put in place a free program called Google Maps and will release the more sophisticated Google Earth in a few months, which will have a \$30/year access fee. It is stated that in a recent demonstration of the Google program participants were taken down a virtual fly-through of the Grand Canyon.

How To Create A File List At A Command Prompt

submitted by members Phil Graham, pgraham@shasta.com, and Jane Quinn, jqquinn@charter.net

The purpose is to create a file list of songs that are on each of the library MP3 discs. You can create a list to print of the contents of any directory you have. In this special case we copied all our MP3 files into our My Documents folder to a subfolder we named burnmusic. We wanted to have a printout of the songs that came from that disc. Here's how:

1. Click Start, point to Programs, Accessories and then click MS-DOS Command Prompt (or Command Prompt in Windows NT).

2. At a command prompt, locate the drive that contains the folder whose contents you want to list. For example, if you want to create a text file that contains a list of the contents of a folder on drive C, type the following command at a command prompt, and then press ENTER:

c:

3. At the Command Prompt, locate the folder whose contents you want to list. For example, if you want to create a text

file that contains a list of the contents in the "For example," the BurnMusic folder in My Documents folder on drive C, type the following commands at a command prompt, and press ENTER after you type each command:

Two methods in step 3.

Method 1, change into My Documents folder, step one, then change to the burnmusic folder. Remember to hit enter after each line.

```
Cd my documents <enter>
```

```
Cd burnmusic < enter>
```

Method 2, cd my documents\burnmusic

4. To make the text file listing, type the following command at a command prompt, then press ENTER, where filename is the name of the text file that you are creating:

```
dir > filename.txt /w
```

For example, if you want to create a file named "burnedmusic.txt," type the following command at a command prompt, and then press ENTER:

```
dir > burnedmusic.txt /w
```

(Note: Adding the /w makes the file not wrap if the characters to one song are very long. Try it yourself to determine the usefulness of adding /w or not.

Note: The text file that you create is located in the folder you are in when you follow these steps. In the above example, the burnedmusic.txt file is located in the BurnMusic folder.

5. Use a text editor, such as Notepad, to view or print this file.

If you use notepad, be sure to uncheck the WordWrap in the Format menu. This way the text will appear on one line for those long entries that go beyond 70 characters.

You can open this file in MS Word simply by changing the Files of Type to All Files. Since it's a txt file you must change the Files of Type to look at all the available files to find this burnedmusic.txt file. Once in Word you can save it as a word document.

For descriptions of DOS parameters that can be passed to a command, contact Jane Quinn or Phil Graham.



12th Annual South West User Group Conference

Announcement by the Association Of Personal Computer User Groups (APCUG), of America

Invitation to User Group Leaders and Members Fun in the Sun & Computers too! This is the 12th annual SW User Group Conference offering fun-filled days packed with vendor presentations, great food, workshops, a chance to talk with user groupies from other UGs, and much more. The conference is held in San Diego and begins on Friday evening, August 5, and ends with lunch on Sunday, August 7. Workshops are offered for UG leaders and members, as well as workshops for enhancing attendee computer knowledge.

We have a wonderful new, larger venue this year. Read on...

LOCATION

This year the conference will be held at the Town and Country Resort Hotel and Convention Center, 500 Hotel Circle North, San Diego 92108. The conference rate is \$99/night, single or double. The rate is guaranteed for three days prior and three days post conference. Come on down and include the conference in a vacation! You can't sleep in your RV, but the host hotel has an RV parking area. Please make your reservations by July 14 to ensure you receive the conference rate. The reservation number is 800.772.8527 or on-line at www.towncountry.com; under "Make a Reservation," select "Group" and enter "Group Code SUG."

Our activities and the Registry will be in the Grand Ballroom area of the Convention Center. We have Pacific Salons, One through Seven reserved. You should be given a property map when you check in. If not offered, ask for it.

WHAT IS THE COST?

\$40.00 if your registration is postmarked by July 15. \$50 if your registration is postmarked by July 22. \$75 after July 23 and at the conference. The fee includes six meals, vendor presentations, workshops, conference T-shirt and Welcome Bag.

HOW DO YOU REGISTER?

Complete the attached registration form (one for each attendee, please) and return it to the address on the bottom of the form with your check. Or, visit the conference website (www.swugconf.org), click on Registration and click on Form.

WHAT'S THE SCHEDULE?

The Registry is open from 1 pm to 5:45 pm on Friday, August 5. If you are late in arriving (traffic can really be slow on Friday evening coming into San Diego), please join us for dinner and pick up your registration materials and Welcome Bag after dinner.

Saturday morning registration is from 7 am until 8 am. Please join us for breakfast if you arrive after 8 am. you will also be able to register during the day since the Registry remains open, except for meals and presentations.

EVENTS

Vendor sponsored meals/presentation workshops — You will have over 20 to choose from (check the website occasionally for the updated workshop listing).

The Vendor Faire on Saturday evening will give you the opportunity to talk to the sponsoring vendors. Don't forget to bring your meeting calendar so you can sign up presenters.

HOSPITALITY SUITE

The conference sponsors a Hospitality Suite where you can get to talk with members from other user groups, visit with vendors who stop by, etc. It is open Friday afternoon and after the presenta-



tion on Friday evening, between the last workshop on Saturday and the Vendor Faire, as well as after the Vendor Faire.

NEWSLETTER/WEBSITE CONTESTS

Your user group is invited to participate in the newsletter and website contests. The criteria and deadlines can be found on www.swugconf.org /.

Newsletter Contest or Web Page Contest buttons.

WHAT SHOULD YOU BRING?

Your meeting calendar to set up presentations at the Vendor Faire. A sweater—the workshop rooms can sometimes be a little chilly. 100 copies of your newsletter to share with other attendees. If you have an electronic newsletter, you can send a copy to Judy Taylor and it will be included on the CD-ROM given to all attendees. Some of the most important things you can bring to the conference are your ideas, problems and/or successes to share during the workshops—users helping users is what user groups are all about.

Continued on Page 9, Bottom Column 1

Monthly Treasury Report

by Treasurer Mario Quinn

April 2005, Reported on May 23, 2005

Beginning Balance		\$3,275.01
Income:		
Membership Dues	\$ 25.00	
Door Prize Ticket Donations	56.00	
Difference in Petty Cash	19.00	
Total April Income	\$100.00	+100.00
New April Income Balance		\$3,375.01
Outlay:		
Church Rent	\$ 60.00	
Total April Outlay	\$ 60.00	-60.00
Bank statement agreement:		\$3,315.01
CD at North Valley Bank		3,000.00
Total Liquid Assets		\$6,315.01

The membership dues for springtime (in general) are the highest as most dues are paid during this time of year. This income drastically falls off in the summer as our monthly expenses will be more than we take in.

Also, the total assets, including the CD, are to be understood as the club's backup for all equipment used at the general meetings and for the use of the SIGs, such as the screen, laptop, projector (\$2-3000), projector lamps, etc. This backup is necessary, as property insurance is too expensive and these items need replacing periodically to keep up with the ever-changing technology.

Hard Drive HouseKeeping Is Vital

by Dennis Schulman, Tampa Bay Computer Society

Dennis Schulman, known as the PC Miracle Man, has been a practicing field consultant in Largo, Florida for over 22 years. He has been a member of the Tampa Bay Computer Society for over 15 years and was the editor of its sometimes 40-page newsletter for five years. He can be contacted at dschulman@myrapidsys.com.

For those of you who surf the net on a regular basis — and that includes those who use dialup access as well as cable or DSL — it is absolutely crucial that you take your hard drive house-keeping more seriously than you ever thought necessary. Many users think that by having a suite of utilities, such as Norton or McAfee, that you are protected. You might be, but I seriously doubt it for so many reasons I won't go into it now except for three:

You use auto update and auto scan. This requires that your computer be online at the time to run the auto update. In the case of cable or DSL, that is possible, but the computer has to be on at the time also. In the case of dialup, the computer won't go online unless your password is saved and used automatically. That, of course, defeats keeping friends and annoying children from messing up the computer without your knowledge. So, you might want to run your antivirus update manually, just to make certain it worked and there were no errors.

The second reason is based on the fact that if you did not clean house before scanning, you risk the possibility of the antivirus finding a virus it could not delete or quarantine and you did not know it. You also risk the possibility of not knowing if the auto update was not run successfully for one of many reasons (and time and space won't permit that discussion at this time) and consequently your subsequent full system auto scan may not be able to recognize the latest nasties you have managed to acquire.

There is a third, more obtuse, reason. If you don't really know if your system is truly clean and clear of all the bad stuff, how will you know what to do when you get a message that says something to the effect: "It has been determined

that your computer has been sending messages infected with the ___ trojan horse virus to what appears to be the email listing of your address book. If you do not take appropriate action immediately, your email service will be discontinued. If your anti virus program has failed to protect you, please download the following trojan horse removal tool and run it immediately."



So, here is a housekeeping procedure I use — which is manual — because then I am more certain that I know the status of my files than most of the "suite" programs. And it doesn't use much — if any — of my system resources except when I use it. Just in case you think you have all the utilities you need, let me comment that I am not an expert on your system, but I spend more time now than ever before on systems that have too many over-burdensome utilities that are truly unnecessary and in some cases more dangerous than what they claimed to be designed to do. What I am proposing is basically using three little free utilities that only work when invoked, along with utilities that already come with your computer.

Run Disk Cleanup (under System Tools under Accessories on the Programs menu) and process all options (don't worry about compressed files, but do them at a later time when you have nothing else to do, since it could take quite a while if you haven't done it the first time.)

Clear your browser cache (In Internet Explorer go to Tools, Internet Options. Delete cookies and delete all offline files.) In Netscape Communicator go to Edit, Preferences, Advanced, Clear Memory Cache and Clear Disk Cache)

Open Windows Explorer (right-click on My Computer, select Explore), Select

the folders/View option and select show all files except system files (You can leave it this way.) Find any folders called tmp, temp, or cookies. Unless you have a good working knowledge of what cookies you need or do not need, you probably don't need the contents of any of the temp, cookies, or temporary internet folders except the index.dat file (you might want to save the contents of the History folder).

EMPTY THE RECYCLE BIN

Update and run the latest core version of Adaware SE Personal Edition (currently version 1.05). Once the scan is complete, click on an object found, right-click a lined item and select all, click next and remove all.

Update and run the latest version of Spybot (currently version 1.3.) Before running the scan, run immunize. Then run Look for Problems. Once problems are found, select them all and click on Fix Problems.

Note: Some spyware may be associated with programs you want to use, so read the help section for a further understanding of the features and options on both of these programs. These spyware objects detector utilities can be downloaded from download.com or majorgeeks.com.

There is a third utility, called a hijack remover. There are many available, but I like CWShredder.exe (current version 2.00) (use www.google.com to find the program) Just make certain you are not online and that your browser is not open when you run it. You may be surprised and pleased if it finds something and fixes it (generally really bad stuff).

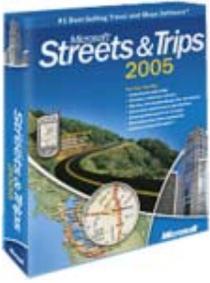
Now you should be able to update and run your antivirus more successfully than ever before. The only catch is that it takes time. Once you figure out about how much time each step takes, you can determine whether you can walk away and come back later when it is done.

I recommend running HouseKeeping at the end of every day you go online - if you can manage it. (cough! cough!) Otherwise, run it every three days for certain.

Continued on Page 8, Mid Column 3

Microsoft Streets And Trips Program

by Billy Ball, PCUG of Redding, CA, bcard9@charter.net



I became interested in trip mapping programs when I first purchased a PC. Being retired, my wife and I began traveling around the country and mapping programs offered an easy and proficient method of planning our trips. I have used Microsoft's Streets and Trips for at least ten years now and have been upgrading yearly to insure that I have the latest data. I have used many different programs, but now have basically settled on the Microsoft product.

The door to door accuracy throughout the country is superb. An example of the power of this program is illustrated in the latest trip that we planned, using Streets and Trips. The program allows you to personalize your trip to fit your automobile, driving habits, and highway desires, so we started our plan by entering our average gas mileages, the capacity of our gas tank, and average price per gallon. We then entered the time of day to begin our trip and the length of our driving day, our average driving speeds for the various types of highways such as freeways or city streets etc. and we listed our preferences to travel on limited access highways. We set our starting point as our address in Shasta Lake, CA, then the destination address in Sun City, AZ. We had reservations for a two night stay at a casino in Reno, NV, so we entered this in our plans. We also decided that we preferred to travel through Nevada instead of coming back through California which the program suggested, because of selected freeway travel. I accomplished this by entering "via Tonopah, NV" in my route. We then had the program connect us to the internet to get the latest updates for highway construction for our planned trip. The resulting directions provided us with turn by turn instructions with times and miles in each step of our trip, total miles and time on the trip and the estimated cost for gas. The program offers many different printing selections such as, text

turn-by-turn directions with suggested gas stops and construction zones, and or turn-by-turn strip maps. To me, it is amazing how accurate the actual time and miles are to what the program predicts. On our trip through Nevada we ran a little ahead of schedule because our average speed was a little better than what I had entered.

I not only use Streets and Trips to plan our long trips, I use it frequently for travel in our area. Since my wife and I have a hobby of visiting garage sales, an excellent use we have made of the program is to lay out our garage sale route. We get a listing of the garage sales in our area and select those we wish to go to, enter these addresses into Streets and Trips, on the map select a logical order and then print out the directions. This provides us with a perfect guide for our garage sale day.

I recently demonstrated Streets and Trips at one of the meetings of our local computer user group. I came to a part of my presentation where I was demonstrating the power of the Find feature and I asked the audience to provide me with an address. Murphy's Law kicked in when the first audience member provided me with an address, his own, and the find feature could not even find the street. Of course I tried to explain that newer streets are not always included in the program and he explained that he had lived there for five years. I went on to explain that even though the program provides 5.4 million miles of streets and highways it's not improbable that a small street would be omitted. However I took advantage of the situation to show them the drawing tools provided with the program that allow you to add omitted streets to your maps.

Another great feature of Streets and Trips is its GPS capabilities. (Global Positioning System) I have a GPS receiver that is USB connected and the set-up tools for Streets and Trips doesn't recognize my receiver, so I was unable to test these capabilities. Advanced GPS features for real-time tracking of your trip would show you when



you are off track and allows you to quickly find your way back on route.

There are 1.8 million points of interest included, such as restaurants, monuments, banks, service stations etc.

This product sells for \$39.95 at most stores but can be purchased at some outlets for less than \$20 after rebates.

Microsoft® Works Suite 2005 also offers Streets and Trips, along with Word, Works, Encarta Encyclopedia, Picture It! Premium, Streets and Trips, and Money. It is \$99.95 with a \$20 rebate printed out from the online www.microsoft.com.

I highly recommend this product to anyone who uses his automobile.

HOUSEKEEPING

From Page 7

Now, if you know your computer is clean and pure, then this is the only condition to justify running the defragmentation utility (once a week or twice a month). Defrag does not "fix" anything. It enhances the performance of a healthy environment. If you attempt to defrag a "sick" system, you could make it worse to the extent that the computer will fail to boot or run. If you have Windows 2000 or Windows XP, you can run defrag directly. If you have Windows Me, 98, or 95, run it in Safe Mode. I prefer running Defrag in Safe Mode as I have a UPS and the computer can complete the defrag, even if the lights go out in the house.

Now that you have successfully learned the housekeeping routine and understand its importance without the need for complex and sometimes dangerous free software utilities that can cause conflicts, you can set up the program scheduler to run your house-keeping routine for you and just check up on it from time to time to see that it is accomplishing your wishes.

Feel free to email me for further details and other fine, free utilities available for keeping your hard drive and system performing at its best.

The Editorial Committee of the Association of Personal Computer User Groups (APCUG), an international organization of which this group is a member, brings this article to you.

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P.O. Box 494778, Redding, CA 96049**

(For general information call any Officer or Director listed on Page 2)

APCUG USER GROUP CONFERENCE

Continued from Page 6

WHAT'S NEW THIS YEAR?

For those guests / spouses who want to participate in outside activities, there will be a central meeting location where you can gather to walk to the Fashion Valley Shopping Center, take the trolley to The Gaslamp Quarter in Old Town San Diego, etc. There is also a day spa and salon at the resort, four swimming pools, and many areas where you can walk and enjoy the beautiful gardens.

See you in San Diego,

Judy Taylour & Patricia Hill, Confer-
ence Co-chairs swugconf@usa.net/
swugconf@aol.com www.swugconf.org.

DO YOU LIKE TO HELP OTHERS LEARN COMPUTER SKILLS?

Do you like community work that involves computers? If yes, here's an opportunity to get involved. The Anderson Senior Center is looking for individuals who like helping others learn about computers.

Our computer classroom has a super projector, speedy Internet cable access, and PCs fully equipped with XP, Microsoft Office Suite, PowerPoint, Movie Maker and Media Player 10. We have digital editing software; Print Master, Piscasa2, Digital Image Pro9, Scanners and Printers. We also have Microsoft training materials and resources.

If you're at all interested in helping others improve their computer skills, please contact Jane Quinn at

365-0825, qjquinn@charter.net

Why Join A Computer Club?

1. Benefit from a common interest in a personal (and costly) investment: Your business or personal computer.
2. Enjoy more of that investment by learning more about it.
3. Share tips and tricks, as well as new and old ideas.
4. Become exposed to a variety of new hardware and software without sales pressure.
5. Receive an informative monthly newsletter.
6. Have access to various club functions and all Special Interest Groups (SIGs).
7. Find out that no one needs to be alone and helpless with today's computer technology.

IBM/PC Users Group of Redding
 P.O. Box 494778
 Redding, CA 96049-4778



Multi-Media SIG



Includes Digital Cameras, Burning Music CDs, and Creating QuickTime Movies.

Saturday — 10 AM
June 25

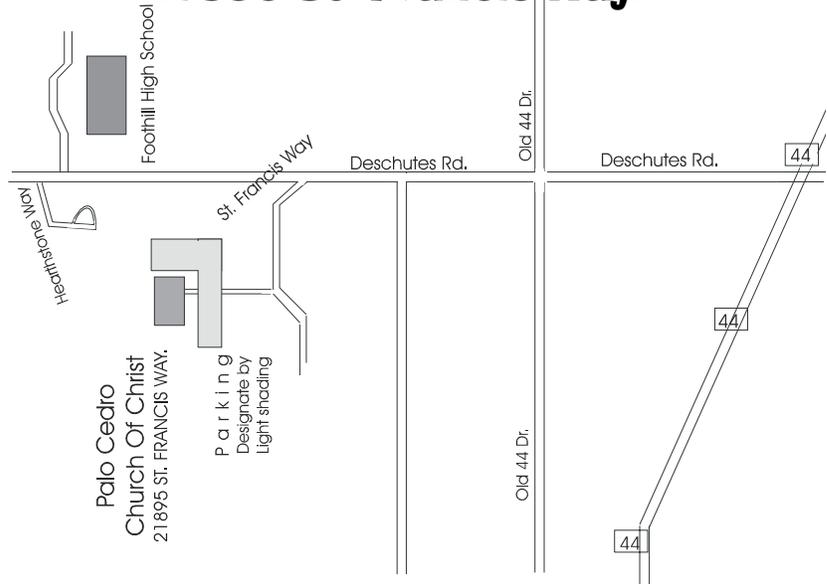
Churn Creek Golf Course Meeting Room;
 7335 Churn Creek Rd.

Jane Quinn 365-0825
jqquinn@charter.net

CUG'S MEETING PLACE

Palo Cedro Church Of Christ

21895 St. Francis Way.

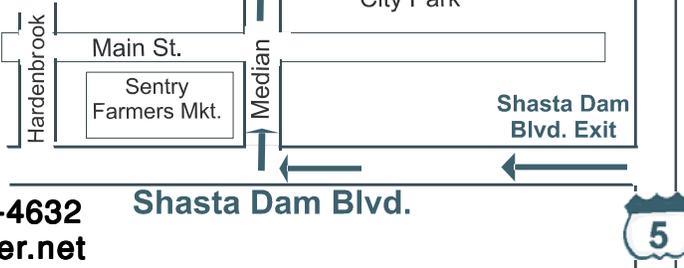


Windows & More SIG



Wednesday — 10 AM
June 8, 15, 22, 29

Classes will resume on
Sept. 7th.



Bill Ball 275-4632
bcard9@charter.net



DTP & Graphics Art SIG

Wednesday — 1:30 PM
June 8, 15, 22, 29

Classes will resume on
Sept. 7th.

Please see map to left
for meeting place.

Judi Ball 275-4632
jebed@charter.net