MOTHERBOARD

A Publication of the Computer Users Group Of Redding, CA

YOUR C.U.G.R. PRESENTS

4th Monday, October 26, 2009

Make A Note! We Are Meeting On Monday This Month Only!

We Are Being Treated To A Terrific Program This Month!

**Fred Skill, Rich Marx, Jane Quinn
and the Library's PC Tech, Greg are all heading a panel
and giving a presentation about Microsoft's System 7!**

Door Prizes

1. Digital Photo/Video Telescoping Tripod with Pro Hand Grip

2. Internet Webcam

3. Wireless Keyboard

One free ticket to each member at the door!

6 PM Club Business & Presentation

Sign in at the Greeting Table and pick up your name tag and please leave it in the Tag Box when the meeting is over. Also please stay and help reset the tables to the Library's original arrangement. Thank you.

**Future Presentation For Nov. 24
Frank Tona will present new digital products.**

CUGR Calendar

CUGR Board Meeting
3:15 PM Monday, Nov. 2
at Jack-In-The-Box, Dana Drive

MULTI-MEDIA SIG
10 AM, Saturday, Oct. 31

WINDOWS & MORE SIG
11:30 AM, Wednesdays
Next Meeting in November
No date set yet

DTP SIG
2 PM, Wednesdays
Next Meeting in November
No date set yet
See back page
for more SIG information

**GENERAL MEETINGS ARE
at the Redding Library
100 Parkview Ave,
off Cypress.
OFFICIAL WEBSITE Is
http://cugr.apcug.org/**
For more information
call any Board member
listed on Page 2.

In This Issue ...

Club Information

Editor's Corner

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

FROM CUGR

The September meeting quite was good with a very nice sized audience. The main subject of laptops versus notebooks and netbooks was interesting and created a lot of interaction among members.

FROM THE BOARD

Quite a board meeting also. We had three new Directors come aboard and two nominees for President and Vice President for 2010!

Fred Skill and Jean Richardson are new Directors. Mike Doyle as President and Richard Marx as Vice President.

Welcome aboard to all new volunteer members. You are so appreciated and needed.

Belva Sullivent has taken ill and has asked Vice President Bruce Roth to step in as Acting President until January of 2010 and he has agreed.

Belva has been a very concientious and active President. Always reaching to bring new members in while also going out of her way to show her appreciation for current members. She's been a great asset and hopefully she will continue on as the club Greeter, as well as representative with the new community opportunities she recognizes instantly. She has been a 'walking/talking' CUGR advertiser since she joined our club several years ago!

Thank you, Belva, and get well real soon!

FROM THE EDITOR

Our general meeting date changes have been due to library scheduling, but as far as we can tell now, Nov. through Feb. is set for the 4th Tuesday of each month.

On Page 10 we always have the Contributors business card ads. These businesses are acquired by club members simply talking about our non-profit club and our community service, showing/giving a Motherboard to them and explaining that it comes out once a month (except August) and the contribution is $90 a year, making the cost of their ad $8.18 a month. If you do this and find an interested business, please give them my name as editor and contact me immediately and I will follow up with details for them.

Thank you,   Judi Ball

September Meeting

Bruce Roth & Bill Ball

The guys led the discussion panel on laptops, notebooks and netbooks, plus many other computer matters brought to the floor by the participating audience.

Congratulations To Our Winners!

*Chuck Wall
won the 60 Gig Harddrive.*

*Bob Rice
won the 4 Gig Jump Drive.*

*Fred Skill
won the Suite Of Graphics.*

Welcome Renewals

Announcement:

Windows & More SIG and DTP SIG Update

We are changing our meetings to once a month for the time being.

It will still be held at the Shasta Lake Senior Center on Wednesday during the same times of day.

For our usual students we will notify, via phone and e-mail, of the day of our next meeting in November. If you are new and interested, make sure we have your phone number and e-mail address.

DTP: Besides our usual subjects, we are working on some Power Point features now.

See you then, Judi & Bill Ball

CUGR MEMBER WEBSITES

KITTYSTONE PERSIANS
Lynn Johanson
kittystone.com

MEXICAN-TOURS
www.mexican-tours.com
Lyle VanNorman
BBCreelMX@Yahoo.com

Please Note:

This Member Website Column is free to all members who have a website and want to advertise their business here. Just send an accurate listing, as seen below, to the Editor's e-mail address. And as long as you are a member and have the website, it will remain listed here.

Publicize Your WebSite Here for FREE!

(Members Only Please)

Officer Nominations For November Election

Elections take place during the November general meeting and new officers begin their duties in January of 2009.

Nominations so far are:

President	**Mike Doyle**	**Vice President**	**Richard Marx**
Treasurer	**Mario Quinn**	**Secretary**	**Margaret Martinovich**

These folks, along with all board members, have been in board positions for many years now and care enough to continue to give their time for the sake of the continuance of the club. Please consider taking a position with the board as director, officer, or helping with any of the club jobs.

If you can help, please contact any board member on Page 2. We do need your help. And it truly is *your* club.

Redding Library Classes

COMPUTER CENTER   **PRIMARY INSTRUCTOR FRED SKILL**

The Redding Library offers a full featuredcomputer and technology instructional center. The Computer Center offers twenty student PCs with CD rewritable drives, multiple media-card terminals, Windows XP and installed software for learning and instructional purposes. The Computer Center also has an instructor's computer that is connected to an overhead projector and built in speakers throughout the room.

Computer Classes are available, free to the public, with hands-on experience. Sign up for a class today. Come by or call the Redding Library Reference Desk at 245-7252.

BEGINNING CLASSES:
Beginning Computers For Seniors
Beginning Word 2007
Beginning Internet I
E-mail

INTERMEDIATE CLASSES:
Computer Q& A
Internet Tips And Tricks (Internet II)
Intermediate Word 2007
Excel 2007
Online Family History

Software Lets You Tell Your PC What To Do

NAPSA— For people who spend a lot of time on the computer—as part of their job, doing schoolwork or just corresponding with friends and family—improving productivity could be as easy as speaking your mind.

That's because the average computer user types between 35 and 40 words per minute, with only a 58 percent accuracy rate. But with today's speech recognition software, you can easily dictate your thoughts at speeds up to 160 words per minute and with up to 99% accuracy, without ever making a spelling error.

While speech recognition software was originally designed for those with physical challenges who needed hands-free access to the computer, it is now used by a wide variety of people as a way to get things done faster by voice—including creating and editing documents or e-mails, opening and closing applications and controlling the mouse and entire desktop.

Speech recognition today is so advanced and accurate that it can be used by anyone to quickly and easily send e-mails and instant messages, surf the Web, create documents and more—all by simply speaking.

Speech recognition is even used in business—in corporate, government, legal, education and medical environments—to save money and boost productivity by streamlining how people get things done.

For instance, just say "Search the Web for global warming articles," "Search Wikipedia for George Washington Carver" or "Search eBay for Batman comic books."

HOW TO BE SUCCESSFUL WITH SPEECH RECOGNITION SOFTWARE

1. **Speak naturally.** Deliberately slowing down your speech or shouting is not necessary and will actually hinder

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Bits And Pieces

by Rush Blodget; IMB/PCUG of Redding, rrmaxmisc2@charter.net

ANTI VIRUS COMMENTARY

One of the computer columnists, James Derk, states that the free antivirus programs are today almost as good as the proprietary ones and much easier to use inasmuch as they do not have the super sophisticated "bloatware" that is frequently unnecessary. Also, he states that some shut off access to the Internet when the subscription year is up. I had somewhat similar experience myself. I bought one of the 2007 "security" packages of a major antivirus vendor that stated on the package that it was loadable on three computers, however, when I tried to load it on a second computer during early 2008 it would not load and came up with the message that it had "expired". James Derk recommends, after beta testing it, that by far the best new free program is *Microsoft Security Essentials*. It is scheduled to be released this month.

WINDOWS 7

I have Windows XP Professional on my computers and find no fault with it, however, I realize that it will not be too long before programs are released that will only be compatible with Windows Vista or Windows 7 — hence I will look over the inexpensive desktop computers when it is released on October 17 and purchase one with the OEM version of Windows 7 preloaded. I am told that a "clean" install is needed to replace Windows XP rather than the upgrade that will load Windows 7 over Vista. One must thus not only pay a not too modest sum for a full version of Windows 7, but one must do a "clean" install by entirely removing all data from the hard drive and/or transferring and reloading the existing data after installing the new operating system.

ADWARE ZANGO

As I started to write this article a pop-up came from my toolbar stating that my anti-virus had been disabled and that my computer was probably now infected and that I should avail myself of a free anti-virus to remove it. This is stated to be a standard ploy of the fraudsters to get you to click on their links to various forms of malware. After deleting this I opened my e-mail to find an e-mail with a sender's name, but no "subject" listed in the heading and a link below to be clicked upon. I ran the Malware Bytes program and it came up with, Malware: *Adware Zango*. Entering this in Google and/or Wikipaedia reveals that at the outset it was a program that computer users were induced to install so that they could see "comparison shopping advertisements." It reported on a user's Internet log-on activity to vendors of pop-up ads. The program once installed was very difficult to remove due to its deep embedding in the registry. There were a number of lawsuits regarding its use over the past few years and today it is reported to be used mainly as spyware to report user behavior during startup on computers that have knowingly or unknowingly installed it.

Keep Your Family Safe From Intruders & Hackers

by Peder Ulander, NAPSA

You can protect your home network from unauthorized users.

The first line of defense is securing your network at the router level. Routers act as the "gatekeeper" in letting Internet and other traffic into your network.

Virtually all routers have some type of security features that prevent others from connecting to your home network. One such feature is the ability for only computers behind your router to initiate a connection, so no one can just reach into your network from the outside. For wireless network users, there are features that can "hide" the network so that it's not broadcasting its existence.

You can also set up a password that is required when a computer or device connects to your network. This prevents outsiders, whether fraudsters or lazy neighbors looking for free Internet service, from connecting to your router and your network.

In addition to securing your network through the router, there are many software solutions that can help protect your network and, more important, your family. With a router-only solution, it's virtually impossible to monitor what every

> **Network security works best when it is both hardware and software based.**

family member on your network is doing on the Internet and whether they are unwittingly allowing malicious sites and tools to attach themselves to their computers. Software security can filter out specific Web sites known to be sources for viruses and can verify the integrity of specific files and e-mails. It can also monitor activity, identify intrusions (phishing schemes, malware and social engineering) and send you alerts about suspect activities.

Additional security can also be used for blocking specific Web site content for specific computers used by your children, while leaving Internet access open for the rest of the network. This is known as parental control software. Network security works best when it is layered; when it's both hardware and software based. By combining hardware infrastructure and user-level software protection, you raise the bar for intruders and hackers.

For years, Cisco has been working to combine the strengths of router hardware and software — in layered fashion — to bring greater intelligence and security into the home network. Linksys by Cisco Wireless Routers, Cisco Network Magic software and Home Network Defender software from Trend Micro are examples of hardware/software security layering that helps you block threats and create a more secure home network.

• ***Peder Ulander is the senior*** director of software strategies for the Cisco Consumer Business Group.

SOFTWARE TELLS PC

your progress. Speak in full sentences and at a normal speed.

2. **Give yourself time.** While the software doesn't need much time to get used to your voice, you will need time to get used to dictating. Speaking your thoughts is different than typing and can take some getting used to.

3. **Correct your "speakos."** Just as you would proofread and edit a typed document, so should you review and edit any dictated document.

To learn more, visit www.nuance.com/naturallyspeaking.

Multi-Media SIG UpDate

by SIG Leader Jane Quinn, qjquinn7427@gmail.com

Weekly S.I.G. Group meetings are every Thursday at the Senior Center in Anderson from 1- 3 pm. Only members may use the club's laptop to burn their DVD movie projects. (No meeting week of Oct. 15.)
Our next Multi-Media monthly SIG is on Oct. 26, at my home from 10 am to noon. For directions contact me at qjquinn7427@gmail.com or phone 365-0825.

Thanks to everyone who contributed to the session including the following, Ed Beaulac, Donna Whitlock, Josie Cozens, Anna Horton, and Bernice Bennett. I must acknowledge these people in their expertise. It is so rewarding to spend time with others who are willing to share their knowledge and help you learn. Im so grateful to all.

PHOTOGRAPHY

Our group is very interested in photography. Donna Whitlock brought her super beautiful supply of Photo cards that she creates and sells. She had some amazing photos of Mt Lassen, Shasta, Burney Falls, and waterfall portraits from all over the local area. Beyond the photo-cards, she makes photo magnets, and luggage tags. Beautiful photographs are difficult to describe, you must see these. Fortunately for us she agreed to sell some of her products to us. Jozie Cozens also contributed to creating photocards and other artwork. Donna shared one of her crafting tools, the Scotch 's Restickable Glue Stick. After glueing the photo onto a card, it can be lifted and readjusted. Thanks Donna for sharing!

FACEBOOK

Several months ago I became curious about Facebook, Plaxo, and Twitter, because younger members in my immediate family were using it as a social network. They kept each other informed of planned trips, vacation photos, where they were physically on vacation, traveling for business, etc. And since I felt out of their loop, I joined Facebook and setup my own account. In this group we had members who were using Facebook already and they shared their insights and tips with us. Here is some information you may be interested in.

Why the web-based Facebook? One reason is that you'll find what interests your contacts and how they spend their time and who they have in their social circle. So instead of sending out E-mails to your normal addresses, just update your facebook page for everyone at one time. Simple. They will read the latest about you, and vice versa.

More than eight million people are using Facebook, you might as well be one.

In our group we shared tips. The first tip was to change your privacy settings of your profile (edit profile) to share information with Just Friends. This will keep your information most secure. The "Wall," is a spot on your facebook page where you can post a comment to Share with everyone in your list. You could write; "at the Airshow this weekend," or "while on vacation in Mexico," "gone to Vegas," etc. I'm sure you get the idea. Also, when you write on a friends "WALL" it is shared with your group. Remember we said to use *Just Friends*. If you want to keep the message private you can Send a Facebook message to your friend.

Photos can be posted on your Facebook page. You can also create photo albums to share. Photo Tagging a person in Facebook allows you to add a name to the face in the photo. When viewers float their mouse over the tagged photo, the name appears. Also, the person tagged gets an instant message in their e-mail which notifies them of the action and the photo.

There are tons of features you can use in Facebook. But I'd like to mention my favorites. Using Trip Advisor map let's you create a list of all the counties and cities you have visited, which will appear on your Facebook home page. Dopplr let's you share your personal and business travel plans with the people you trust. It also has sections such as "find unique tips about cities." http://www.dopplr.com/

Link your schedule to your Facebook account. Yes, you guessed it, you will need to create a Dopplr ID.

PLAXO

Briefly I will describe Plaxo. It is another web-basd program that gives you the opportunity to network with professionals, promote your business, and exhibit your resume.

VIDEO CONFERENCING

Our last issue was to learn about the free download program SKYPE for video conferencing. http://www.skype.com/ We did make it work. And it was not a difficult free software product to get going. And yes, there is another account ID. The difference between SKYPE and the alternative free download software LOGITECH VID, is with SKYPE you can use the telephone line as well as the internet. And you have to log in each time to get it going. With Logitech you just have the software running at the time of startup. Any of your contacts will just "ping" you. Of the two products I found SKYPE a little more effort, not enough to give more mention to though.

I'm reminded once more how fast I learn in a group situation. It's the very reason I joined this club.

See you next time Oct 31st same place, same time: 10 am to noon.

Jane Quinn

Linux & More SIG UpDate

by SIG Leader Colly Lord, johnclord@charter.net

No More SIG Meetings at the library for this subject, please read on…

The October 10, 2009 Linux & More SIG meeting was attended by myself and Dick Franks. After some discussion, we decided that the regularly scheduled Saturday meetings at the library will be suspended. The Computer Lab is supposed to be reserved for 5 to 16 people and we hadn't had 5 people at once during the past half year. Should anyone have any Linux, Open Source, or other PC related questions and want to get together, they should contact me by telephone to let me know.

As there will be no more regular Linux & More SIG meetings, there will also be no more monthly articles about the meetings for the Motherboard newsletter.

To those who attended our SIG, thank you and I hope you found some useful information at the meetings. Feel free to contact me by e-mail or phone. If you send e-mail, it might be a good idea to also phone me to let me know to check my e-mail so I can respond quickly. I've slacked off to checking my e-mail MAYBE once a week.

Colly

Anna Lee Horton on our walk in September.

Community Photo/Video Project For Elementary Students!

by Jane Quinn

This project is to help the students at Sycamore Elementary and Bonny View Elementary schools start an after school Photography club. The goal is to teach the students how to take still photos and small movies, then onto using camcorders to produce DVD movies.

Gail Buick is heading the project with open arms to any person in the club who would like to join in and help the kids. This project is also supported by Frank Tona of Crown Camera, helping the volunteers to know how to aid and what to expect from the children.

Interested? Contact me. It is a great and enjoyable way for us to also learn how to use a camcorder and to create DVD movies without the expense. Plus you and the kids will be using the free Picasa 3.5 software.

How The Project Will Work

Once a week we, the volunteers, will be teachers' aides for students in the computer lab using the cameras and Canon camcorders. We will help the kids check out a camera, then learn to use the cameras, and check them back in at the end of the meeting.

Come join us. There are about six of us right now, so we need more volunteers. Contact me, Jane Quinn if you are interested and would like more information: qjquinn7427@gmail.com or call 365-0825.

Ed Beaulac suggested that folks might donate their older, but working, digital cameras to the kids' club to use. Good idea!

Ed Beaulac, Frank Tona, Anna Lee Horton, Gail Buick, and Jane Quinn (unseen behind the camera) all sat around the table to work out this new project idea.

Frank Tona gave an impromptu lesson on how to use a camcorder, plus giving us tips with kids in mind, such as finding fingerprints on the lens in mind!

Replay Converter 3.20 - "Stream It - Record It - Keep It"

This article has been obtained from APCUG with the author's permission for publication by APCUG member groups; all other uses require the permission of the author (see e-mail address above).

Applian offers a "try before you buy" http://tinyurl.com/yw9bhm

And a 30-day Money Back Guarantee

Program File Size: 21 MB

Cost: $29.95 USA

First of all, I would like to state that this company offers excellent support. I use several of their programs and have had no problems. The programs do exactly as advertised.

What do you do with a video once you have downloaded it?

If you need to convert video files, audio files, or Rip and Burn DVDs this program is a "must have." As stated, this program also "Works great with YouTube, FLV files, iPod/iPhone." As all Applian's software, it is easy to use, fast, and supports all major file formats.

With this program you are in complete control. You do not need to know about confusing encodings either. With just the click of a button you just pick the format you want and in no time the work is done. However, if you do want to go under the hood and make some adjustments you can "trigger an Option to change things like bit rate, frames per second, or other encoding parameters before a conversion runs" and edit like the pros.

Download Replay Converter supports the following video and audio formats:

VIDEO
DVD (NTSC and PAL)
Windows Media Video (WMV)
Real Video (RM)
AVI
MPEG 4 - MPEG-1 - MPEG-2

Quick Time
(MOV)
Flash Video (FLV)
Flash (SWF)
iPod/iPhone -
3GP (for Mobile Phones)
Play Station Portable MPEG 4 formats
AUDIO
CD (Audio CD and Data CD)
MP3
WAV
AAC (M4A)
iPod/iPhone Audiobook (M4B/AAC)
OGG
Windows Media Audio (WMA)
FLAC
Real Audio (RA)

Download Replay Converter is another amazing software program from Applian Technologies designed for anyone converting video and audio formats.

Free Software Helps Caregivers

This article has been obtained from APCUG with the author's permission for publication by APCUG member groups; all other uses require the permission of the author (see e-mail address above).

An article with the title "Caring for the Caregiver" appeared in the in the November/December 2007 issue of AARP magazine[1]. Here is an extract from that article:

"A cascade of studies in recent years has shown that caregivers stand at particular risk for a host of mental and physical illnesses, many of which have roots in stress, exhaustion, and self-neglect—symptoms some medical profes-sionals have begun calling caregiver syndrome…. According to a 2004 national survey by AARP and The National Alliance for Caregiving, nearly 23 million households are currently home to a caregiver, most often a woman who is taking care of someone 50 or older. Some 43 percent of these caregivers are over 50 themselves—13 percent are over 65—and they spend good chunks of their weeks on a heady range of chores, from medication management and bathing to feeding, clothing, and arranging health care services…. Unfortunately for many friends and family members of caregivers, it is difficult to know when to step in—or what to do…"

I recommend this article to all caregivers, and to friends and family members of caregivers. Yes, it is difficult for friends and family members of caregivers to know what to do. It can also be overwhelming for a caregiver to add another task—coordinating help from those friends and family members — to an already burdensome schedule.

Both caregivers and those willing to help may find a scheduling solution with a web site called Lotsa Helping Hands .com. This web site allows a caregiver or family member to:

"Create a free of charge, private, web-based community to organize family, friends, neighbors, and colleagues — a family's 'circles of community' — during times of need. . . ."

There Are Three Primary Templates:
1. Caregiving
2. Eldercare and Long Term Care
3. Military and Veterans Families

There Are Four Additional Templates:
1. Volunteering
2. Parenting
3. Schools
4. Religious Groups

These templates allow one person to coordinate the activities of others by identifying the needs and allowing volunteers to accept tasks. All of this activity takes place online, relieving the caregiver of the burden of many phone calls and separate schedules. For those familiar with Google Documents™, there is a slight similarity between the two. However, the Lotsa Helping Hands templates are designed specifically for caregiving situations:

Speed Demons

by Bill Roman, Advisor to the Board of Directors, The PCUG of Cn, www.tpcug.org, br@numbercrunch.com

This article has been obtained from APCUG with the author's permission for publication by APCUG member groups; all other uses require the permission of the author (see e-mail address above).

There is an issue that I feel must be addressed, since the issue continues to come up on a regular basis. As a PC technician I constantly get asked why the clients' computer has become so slow, and if there is anything wrong with it.

The first thing I tell the client is that there are two main culprits that contribute to a PC becoming very sluggish. The first being lack of RAM memory. This answer usually elicits a quick response from the user that they "only do e-mail, Internet and word processing" or some similar response. I then go into a discussion with the user that there are two kinds of memory in a computer: hard drive storage, which holds all their music, pictures, documents, etc. and RAM, or working memory. A user could have plenty of hard drive space to store all of their documents and stuff, but when they don't have enough RAM, the computer will, over time, become slower and slower.

Why you ask? When the computer was originally purchased (usually somewhere between 2 and 5 years ago) Windows XP, in this case, required about 512MB of RAM to run properly. As Windows critical security updates and service packs are installed, as well as upgrades and updates to all sorts of programs used on a daily basis (antivirus, Internet Explorer, AOL, Adobe Reader and Flash Player, printer updates, etc), the programs NEVER get smaller, always bigger.

Now, several years later and the programs being used are double or triple in size, but the computer is the same one with the same specs as when it was purchased. Adding more RAM memory is a quick, cheap way to improve performance to an aging computer, and extend life before a replacement is in order. Windows XP should have at least 1024 MB (1GB) of RAM to run properly, and Windows Vista (32bit) needs 3GB of RAM. More is not better in the case of Vista for technical reasons I will not go into in this article.

This is only half the battle. The other half is to beat down what I will call the "moochers." Years ago when I would inspect a computer for sluggish performance, it was usually because of a rogue game that was installed. Back then quite a few games adopted the theory that the only reason you owned your $3000 or $4000 computer (yes, it was that much back then, even more depending on how far back you go) was to play some ridiculous $49 game. The game would change many settings that allowed the game to work properly, but made it miserable to perform simple tasks like type a letter.

Now, in 2009 every program under the sun assumes that they are the main focus, and must be given priority at all times. What does this mean to you, the end user? Each time when an upgraded revision of Adobe Reader comes out it always wants to include the new "MSN Toolbar" or "Yahoo Toolbar," etc. This adds unnecessary junk to your browser, which slows down getting online. In addition, many of these programs load an additional program when Windows starts to speed it up when starting it. This is just lousy practice that is a very poor substitute for tight efficient programming. If the program was small and lean there would be no need for "speed loaders," which make your computer take an exorbitant amount of time for Windows to start.

Not to pick on, but a classic example of this is how much Apple's iTunes has grown through the years. iTunes 6 which was released in January 2006 was about 35MB in size. iTunes 7.5 was 52MB and iTunes 8.1 (the current release) is now up to 70MB. The program is twice as large only three years later, and loads a number of programs when Windows starts to aid loading this memory hog.

What to do about this? In short be mindful when installing updated programs to unselect add on toolbars and, if available, to kick them out of starting up when Windows loads. I have discussed at our local computer club meetings to do your best to keep running processes to a minimum. By clicking control, alt, delete once (with no programs active) will bring up the task manager and show how many processes are running. A good number for Windows XP is less than 35, and for Vista it's about 45.

Startup Cop and the free CCleaner utilities have the ability to disable or remove programs from starting, but I would check online in a Google search before disabling anything unless certain. I do hope this article sheds some light on the subject of pokey computers. Remember, it's not so much the hardware as it is software that kills a computer! Until next time!

FREE SOFTWARE HELPS CAREGIVERS

"Each community includes an intuitive group calendar for scheduling tasks such as meals delivery and rides, a platform for securely sharing vital medical, financial, and legal information with designated family members, and customizable sections for posting photos, well wishes, blogs, journals, and messages.

Now, when someone asks 'what can I do to help?' the answer is 'give me your name and e-mail address'— the system takes over and allows people to sign up and start helping."

A web based service such as Lotsa Helping Hands is certain to generate questions about privacy and security. You will find answers to these questions in the "Terms of use" page of the web site. Included in the Terms are descriptions of the data security, data integrity and access (among other) protections.

[Note: The scheduling features are not dependent upon the use of private information. It is not necessary to include medical, financial or legal information on the web site—although that information is protected].

Lotsa Helping Hands has many non-profit partners, including the Alzheimer's Association, the Family Caregiver Alliance, The Leukemia & Lymphoma

Online Backup Services
There Are Pros & Cons But They Are Up & Coming
From The ICON Graphic, Newsletter of ICONPCUG, October 2008 Edition
www.iconpcug.org, president@iconpcug.org

This article has been obtained from APCUG for publication by APCUG member groups; all other uses require the permission of the author (see e-mail address above).

The changing face of how we use our computers includes the latest concept: using programs and services directly from the Internet. Many of us, for example, have found it more convenient to access our e-mail using a Web browser (a.k.a. "Webmail") instead of a dedicated client like Outlook Express. The Internet's evermore ubiquitous nature means that receiving e-mail is as simple as finding an available computer with browser software. Backing up your hard drive using an online service is one of the up and coming online services. The advantages are:

• No need to buy backup software or purchase external USB drives or optical media to backup to.
• Not storing backups where the computer is located secures against fire, theft, and other risks.
• Like Webmail, the backups are available from any computer with an Internet connection & a browser.

As good as that sounds, some of the other considerations are:

• There are some costs usually involved.
• Backup privacy and security is dependent on a third party and transmitting your data over the Internet adds privacy and security risks.
• You become dependent to the backup service staying in business. If not, you are out of luck.
• It takes a lot longer to backup or restore than using a local hard drive.
• There is no imaging which means you are not backing up a picture of your hard drive, including your operating system installation. Rather you are backing up folders and files.

All in all, the pros certainly make trying online backup worthwhile. The cons, however, mean you have to judge how private the files are and how large your backups will be. And the risk of a service folding means you should be wary of using smaller, totally free backup services for anything very critical to you.

There are some well-known, reliable services which can be free to use, within certain limitations. Or for a small monthly fee, you can get all the pros and limit your risks.

If you want to use an online backup service, there are three commercial services you can explore and consider to start with. They are: Amazon S3/Jungle Disk, Mozy, and Carbonite. All three have similarities:

• They require that you download and install a desktop client to configure backups, manage restores.
• Once your first backup is created, the client program then works in the background to backup of new and altered files.
• All three encrypt your data before transmission and store it in encrypted form on remote servers.
• None require you to restore from the original computer.

You can also restore your data to a different computer.

If you search the Web, you will find an abundance of reviews about each of these services. There is much that has been positively written about Jungle Disk and Amazon's Simple Storage Service (Amazon S3). The S3 service is part of a package of Amazon services meant to be accessed through third party software. Jungle Disk is the leading program to do that. It "mounts" the online storage so that it seamlessly appears as another drive in your Windows Explorer. Jungle Disk can schedule automatic backups, but the mounted drive means you can drag and drop to manually backup files and folders And it allows for incremental backups.

This last is important because there are costs involved. Amazon currently charges 10 cents per Gigabyte per month for storage and another 17 cents per GB for the data transfer . Incremental backups mean the transfer costs are kept to a minimum after your initial backup.

JungleDisk costs $20 after a 30-day free trial. Amazon S3: **http://tinyurl .com/qx87a**

Jungle Disk: **http://www.jungledisk .com**

Mozy, at **http://mozy.com/**, on the other hand, can be free if you use the "MozyHome" alternative, limited to 2Gb of storage. But for $4.95 per month, Mozy offers unlimited backup of a single home computer. Though not as convenient as Jungle Disk, the MozyHome software makes backing up easy and has many backup options.

Carbonite, **http://www.carbonite .com/**. offers a yearly subscription for unlimited backup of a hard drive, starting at $49.95 per year, with lower costs for upfront payment of multi-year subscriptions. This makes it a little less expensive than Mozy per year. The Carbonite software might be a little easier to use than Mozy. Some reviewers found Casrbonite to be slower and the Carbonite Web site does contain a caution about speed.

With costs potentially less than the upfront cost of a hard drive, these backup services are at least worth a look for their convenience for computer users.

FREE SOFTWARE HELPS CAREGIVERS
From Page 9

Society and many more. Check the Partners page of the Lotsa Helping Hands website for more information.

You can read what national media, such as Business Week, NY Times and others have to say about Lotsa Helping Hands by clicking on the links on the Media page of the Lotsa Helping Hands web site.

I have not personally used this service, although there was a time, not so long ago, when I would have used it had I known about it. After reading the description of the service, and the "How It Works" section of the web site, I am convinced that the service is, indeed, very valuable and also secure. I recommend that caregivers try this service. There is at least the potential to reduce your levels of stress and exhaustion associated with your role of caregiver.

1. Crute, Sherre, "Caring for the Caregiver." AARP Magazine, November and December, 2007

IBMPC Users Group Of Redding
Membership Application

Name(s): _____

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DUES PER
YEAR

☐ New
☐ Renewal
☐ Cash
☐ Check

MAIL TO: IBM/PC Users Group of Redding,
P.O. Box 494778, Redding, CA 96049
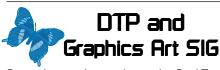**(For general information call any Officer or Director listed on Page 2)**

Not A Renewal Reminder

Multi-Media SIG

Includes Digital Cameras, Burning Music CDs, and DVD Movie Making
Weekly SIG 1 - 3 PM
Thursdays (no meet on Oct.15)
Anderson Sr Center
(Only members will be able to use the club's laptop to burn their DVD movies.)

Saturday — 10 AM, Oct. 31

At Jane Quinn's Home, contact following for information:
Jane Quinn, 365-0825
qjquinn@charter.net

DTP and Graphics Art SIG

Do you have an interest in creating DeskTop Publishing projects, such as flyers, business cards, logos, newsletters, etc., or art and photo editing and manipulation? We have an informal forum, so bring a question, problem, project and we'll all work together to solve it.

Basic Windows knowledge of *copy* and *paste* is a must.

Wednesday — 2:10 PM - 4 PM
November (no date set yet)
See map below for meeting place.
Judi Ball 275-4632
jebed@charter.net

Windows & More SIG

Wednesday — 11:30 AM - 1PM
November (no date set yet)

Bill Ball   275-4632
bcard9@charter.net

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

4th Tuesday Monthly Meetings Are At
The Redding Library

1100 Parkview Ave.,

off Cypress and to the right of City Hall.
We will be in the Community Room, which is to the left of the main library door.

A variety of drinks are available at the Cafe just outside the meeting room on the left.

Map

Parking On Street — Parking — Senior Center Building — Parking — City Park — N — 5 — Hardenbrook — Main St. — Median — Sentry Farmers Mkt. — Shasta Dam Blvd. Exit — Shasta Dam Blvd. — 5

Why Join A Computer Group?

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 func-tions and all Special Interest Groups (SIGs).**
7. **Find out that no one needs to be alone and helpless with today's computer technology.**