

MOTHERBOARD

A Publication of the Computer  Users Group Of Redding, CA

Volume 2015, Number 04

<http://cugr.apcug.org/>

April 2015

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YOUR C.U.G.R. PRESENTS

4th Tuesday, April 28, 2015, 4 - 6 PM

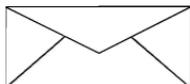
Colly Lord and Bill Ball are giving a presentation about the Roku system that streams Netflix, Hulu, etc. to your TV and other devices. Speaking about how it all works and what all is needed to receive shows and movies beyond the cable and dish systems. Hope you can make it, so much is offered to us these days, and it is great to be able to understand some of it and use it.

Door Prizes

1. 64 Gig USB Jump/Flash Drive!



2. \$15 Cash Envelope!



One free ticket to each member at the door!

**4 - 6 PM
Business, Social Time,
& Evening's Presentation**

Social time & club updates. 4:30 Presentation

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

Coming Month Presentations

May brings flowers & Frank Tona!

June will be Marlene Robinson



CUGR Calendar

CUGR Board Meeting

During General Club Meeting April 28, at Redding Library in the usual Community Meeting Room.

BEYOND BASICS

10 AM, Saturday, April 25
Weekly, Thur. 1-3 PM

Jane Quinn SIG Leader Digital Devices, usage of free software for Movie Creation, Photo Projects, Music Projects, and Social Networking, and more.

See back page for more SIG information

**GENERAL MEETINGS ARE at the Redding Library
1100 Parkview Ave,
off Cypress.**

OFFICIAL WEBSITE Is

<http://cugr.apcug.org/>

For more information call any Board member listed on Page 2.

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Members volunteering
to help members!

Club Information <http://cugr.apcug.org/>

Club Website:

Club Mentors

New Users	Fred Skill	DTP	Judi Ball
Free Library PC Classes	243-3557	Graphic Prgs	275-4632
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MS Windows	Bill Ball	MS Word, PowerPoint,	Jane Quinn
Hardware, Software	275-4632	Movie Maker 2, DVD Prgs.	365-0825
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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 incurred 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.

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 it.

I am excited about the April General meeting. Bill Ball and Colly Lord will deliver information and demo usage of devices to connect with your television. There is so much happening today with HBO, Netflix, HULU, etc., as well as with Google's camcast, Apple TV, and Amazon's device. There are too many to mention. And I am looking forward to having it simplified for us while advising us of what options we have, other than Dish network or Cable TV. This will be a fun event, hope you can make it.

We are making inroads to our Facebook Group: CUGRmembers. Last entry was from member Marlene Robinson who posted an iPad app called Storehouse. This is an app for story telling. Pictures and videos can be arranged as well as a narrative. This can be used in email and various other social medias. This is a quick way to share pictures as well as the story behind them. The app is for iPad and iPhone. Look into Google+ stories and auto awesome. Story telling for Android devices. For both story telling programs go to You Tube for how-to make stories. Excellent find from Marlene and I thank her for sharing.

If you have something to share, please feel free to email me, or post it yourself in our Facebook Group. In addition, articles for our newsletter is also an option open to you. This club is all about sharing your knowledge. And thanks in advance for participating.

Be sure to come on May 26, to see Frank Tona about the spring contests and his newest gadgets. We are so fortunate to have him participate with the group through out the year. You will discover something new I guarantee it.

The general meeting dates are listed in this newsletter, Page 11. Take a minute and schedule them as a reminder in your device so you won't forget to join us on that day. Notice there is a change in July from Tuesday to Monday, July 27.

See you Tuesday, April 28.

Jane Quinn

Editor's Corner

There was not a newsletter in March, so both past meetings are shown on Page 3 this month.

Judi Ball

February Meeting



Rick Faller spoke more about blogs with humor and helpful information..



Congratulations To Our Winners



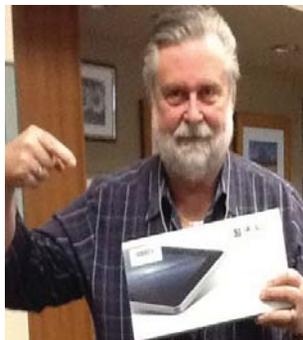
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Georgann Moore won the Keyboard Combo!



Anna Lee Horton won the \$15 Cash!

Congratulations To Our Winners



**M
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Dean Ellison won the Rulu 7" Tablet



Betsy McCarville won the \$15 Cash!

March Meeting



Bill Ball and Jane Quinn gave a great demonstration of the differences between the various tablets on the market.



Welcome Renewals

*Dean and Diana
Ellison*

Member's Personal Ad Space

NECESSARY NEWSLETTER INSTRUCTIONS:

Having an ad space for something you would like to sell, borrow, loan, give away, etc. will be available to all members.

The article about your item(s) must be in file (txt or doc) form sent to the editor via email, (nothing hardcopy will be accepted).

All pictures must be jpg format and enough resolution (180 - 200 dpi) to be seen clearly in the newsletter. No thumbnail pics.

It must be received by the editor no later than the first Monday of any month in order to be placed in the newsletter in time for that month's issue. jebed@charter.net.

Gifts For College- Bound Grads

Metro News Online

Graduation season is right around the corner and scores of high schoolers are preparing to leave the nest for the first time. Parents of high school seniors often want to find a gift that both symbolizes the significance of graduation and proves useful in the fall when kids take their first step onto a college campus.

Though most high school kids would love a new car for graduation, such a gift is not within reach for most parents nor is it practical, as many colleges don't allow incoming freshmen to have cars on campus. While they might not be a new car, the following gifts can put a smile on a new grad's face and prove useful at college, too.

Gaming console: Gamers may love to pack the latest gaming console among their belongings when they head off to college this fall. Though parents might want their kids hitting the books instead of playing video games, a gaming console can provide a welcome respite for college kids stressing out over their studies. In addition, gaming consoles can be great ice-breakers, providing the avenue by which incoming freshmen can meet and befriend their fellow dorm dwellers. Some interactive gaming consoles, including the

Interesting Internet Finds – Dec. 2014

*Steve Costello, Editor, Boca Raton Computer Society, Florida
January 2015 issue, Boca Bits, www.brccs.org, editor (at) brccs.org*

In the course of going through the more than 300 RSS feeds, I often run across things that I think might be of interest to other user group members.

The following are some items I found interesting during the month of Dec. 2014.

An Introduction and a Quick Guide to Sandboxie: <http://www.techsupportalert.com/content/introduction-and-quick-guide-sandboxie.htm>

You have probably heard Sandboxie mentioned at the Freeware SIG, or a general meeting. If you use Microsoft Windows, using Sandboxie is recommended. This post tells what Sandboxie is and does, as well as a quick guide to using Sandboxie.

Android 5.0 Lollipop Review: An Ambitious Start Down Android's New Path <http://www.greenbot.com/article/2850968/android-50-lollipop-review-an-ambitious-start-down-androids-new-path.html>

If you have been hearing about Android 5.0 Lollipop, but have not been able to get it yet, read this post to learn what it is all about, and what it means to you.

How to Use Skype on Android For Beginners: <http://www.makeuseof.com/tag/use-skype-android-beginners/>

I have found that a lot of Android users don't know they can get Skype on their smartphone/tablet. If you are one

of these Android users, check out this post from MakeUseOf.

All the Wget Commands You Should Know: <http://www.labnol.org/software/wget-command-examples/28750/>

Do you remember Wget? This post has 20 examples of using the utility.

Wikipedia says:

"GNU Wget (or just Wget, formerly Geturl) is a computer program that retrieves content from web servers, and is part of the GNU Project.

Its features include recursive download, conversion of links for offline viewing of local HTML, and support for proxies. It appeared in 1996, coinciding with the boom of popularity of the Web, causing its wide use among Unix users and distribution with most major Linux distributions. Written in portable C, Wget can be easily installed on any Unix-like system and has been ported to many environments, including Microsoft Windows, Mac OS X, OpenVMS, HP-UX, MorphOS and AmigaOS."

Most Fridays, more interesting finds will be posted on the Computers, Technology, and User Groups Blog: <http://ctublog.sefcug.com/tag/interesting-internet-finds/>

The posts are under Creative Commons licensing.

Nintendo Wii, can even help freshmen fight off the infamous "Freshman 15," by encouraging physically active gaming.

Television: Like gaming consoles, new televisions make

great ice-breakers at college. Chances are, your favorite high schooler has grown accustomed to Mom and Dad's home theater system. While kids likely won't be able to fit such a system in their dorm room, a flat-screen TV can fit into any dorm room



A new computer is more affordable than ever for the college-bound student.

and give freshmen a little home away from home.

Computer: Today's computers are more affordable than ever, and every incoming freshman can make good use of a new computer. When shopping, keep laptop computers in mind, as kids can take laptops along with them to class and study groups. If grads already have a new or relatively new computer, consider upgrading the computer's accessories. For example, a new set of computer speakers can increase a computer's functionality and might even serve as a less bulky home theater system.

Money: Though it's not incredibly personal, money is a gift no college-bound recent graduate will turn down. Kids are go-

Continued on Page 11

Protecting The Computing Endpoint

(NAPSA)—Information technology is everywhere. At home, at work, at school, at the corner store, in coffee shops, libraries, airports and everywhere in between. In fact, advances in information technology and the Internet have made the world a highly interconnected place where people across continents can communicate and transact business in near real time.

And new computing devices make it even easier. On-the-go professionals take their laptops on the road and hook up to different wireless networks to work on business and personal tasks. With an Internet connection and their laptop, they can bank online, check stocks, catch up on news, shop for a new ring tone for their phone, check work and personal e-mail, play games, download music and more.

Smartphones, portable music players, thumb drives and other peripheral devices also make computing convenient and simple.

The trouble is, these devices—called “endpoints” in technology vernacular—also represent potential targets for hackers and their malicious code. By hitching a ride on a vulnerable laptop, smartphone or even a home desktop computer, hackers not only gain access to the information that resides on the hacked system, but they can also sneak onto a corporate network when the unsuspecting user connects from home, the road or elsewhere.

These possibilities are causing businesses of all sizes to re-evaluate how they deal with such devices.

Outfitting each device with individual security products is not an option. On one hand, today’s threats are so sophisticated that they require specific security technologies.

For example, viruses and Trojan horses are stopped by antiviruses, while spyware and rootkits are addressed by antispyware.

Worms can be stopped by a firewall, while intrusion prevention technology can thwart buffer overflow and so-called “zero-day” exploits. Identity theft can be managed by device control solutions, and network access control tools can

Bits And Pieces

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

Again, I return to Professor Rosenzweig’s report on Cybersecurity and quote some of the points that he brought out.

Cloud Storage: Professor Rosenzweig says that cyber will bring about changes that we can’t even imagine today. He believes that using the cloud for data storage will be less expensive and provide better protection from cyber attacks but give less independence of action than at present. The cloud can store all necessary operating system data, programs, and on demand and turnkey software. However he states that the catastrophe would be much greater if the cloud is successfully attacked by someone getting access to the cloud server.

A New Internet? It would be almost impossible to create a new internet to solve the cyberattack problem. However, separate internet communities will be built over the present system, i.e. a separate secure financial Internet, a separate secure military Internet, etc.

A virus can shut down a nuclear reactor or an electric grid as shown by a recent mock attack that would have

shut down and darkened the entire city of New York.

It will be impossible to change the anonymity of the Internet.

Cybersecurity is currently trying to erect a Maginot Line consisting of firewalls and other defensive tools to protect the infrastructure; this will not succeed according to Professor Rosenzweig

There are now experimental databases that can communicate with the human brain, but no release date is given.

Cyber attacks can shut down nuclear reactors or an electrical grid as shown by the mock attack, mentioned earlier, that would have shut down all the electrical grid for new York City.

He also spoke of Quantum Computers using Qubits that are many times faster than the present ones.

He closes with the statement, “In attempting to correct the problems with the Internet we must remember first to do no harm.”



prevent unprotected endpoints from connecting to the company network.

On the other hand, installing such a collection of products would likely overburden any device and lead to incompatibility problems, management challenges and so on.

Fortunately, there’s a better way.

Software vendors are introducing an innovative new tool that combines all of these essential security capabilities in a single, integrated solution. Not only does this nextgeneration tool deliver a complete range of security technologies, but it also works together with technology that ensures that every device connecting to the company network is properly protected.

As a result, end users and businesses benefit. End users benefit by knowing they are not the unwitting conduit through which malicious code can enter their company network.

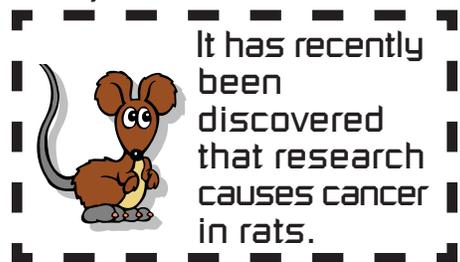
And businesses benefit by knowing that any laptop, smartphone, desktop or other device that interacts with the network has been audited for compliance with security

standards and is only allowed access once it meets such standards.

Perhaps one of the most compelling aspects of this advanced new tool is its remediation capabilities; that is, any device that falls short of the established security requirements is brought up to standards—automatically.

The security and management implications of such a solution are significant, as businesses and their employees finally have a simple yet reliable way to protect valuable information assets while leveraging their computing devices of choice anytime, anywhere.

For more information about protecting your computing endpoints, visit www.symantec.com.



Beyond Basics SIG Update

by SIG Leader Jane Quinn, jqquinn7427@gmail.com



Thursdays, 1-3 pm, you're invited to join us at the Senior Center in Anderson for a computer session in the classroom. For special projects I will give individual help at 3 pm. Contact me before to ensure I set aside time to devote to your project. *You can also connect to the classroom at high speed internet through SKYPE. ID is AAASCO2009.*

Our next monthly Multi-Media SIG is April 25. For directions contact me via e-mail above or phone, 365-0825.

At the March General meeting Bill Ball and I exchanged information about our devices. My iPad and his Samsung Galaxy Tablet. The intent was to demonstrate the similarities between our devices. Bill demonstrated the Basic Features and General Settings from his Samsung tablet which virtually matched my iPad. Below I have listed my Apps, the software programs I use. The ones we share in common I have identified with an asterisk.

A few of the Apps listed are also ones that I use on my PC desktop. However, for them to work on the iPad or a Tablet you must **download that APP for that device**. They usually are similar in operation, but they are not exactly the same. As an example, Facebook App and the Google+ App are quite different than the desktop version, and so on and so forth.

FOR PRODUCTIVITY I USE THE FOLLOWING APPS:

Notes are similar to Sticky notes on the PC, but you can save the information, email it to yourself, even send it to a printer. It's a real life saver for taking and keeping notes.

***Google Earth** is to find locations and view the terrain. To see an actual building or landscape as if you're there.

itunes and **iBooks** are to listen to music, or purchase music.

eBooks are made for Apple devices to be read with iBooks. This app can also store and allow you to read any PDF file. These can come from your desktop to store on your iPad. I read my Amazon ebooks using the **Kindle** app. These are the same books I have stored on my Kindle Reader. This let's me continue to read my books on either device.

WSJ LIVE allows you to watch news broadcasts from the Wall Street Journal. No commercials, just the news you choose to watch.

***YouTube** app has the appearance of the screen similar to what you see

in your desktop. It will log you into your YouTube Account. Personally I watch tutorials to learn with YouTube.

TinyScan uses the iPad camera to point and shoot at an article (recipe, news item, etc.), then it saves the file as a pdf to print or eMail.

QRReader is a barcode scanner which uses the iPad camera to launch you to the website from the barcode.

FOR ENTERTAINMENT AND CREATING SLIDESHOWS, EDITING PHOTOS, OR MAKING MOVIES I USE THESE APPS:

***NetFlix** can stream movies from your NETFlix account. And if you have a device that connects to your Television, you can watch it in full screen. I have an AppleTV that allows me to do this.

***Google+** connects to my Google+ Account that stores my photos, and documents.

***Pandora** is an App that allows me to listen to my personal radio station.

Tuneln is another **Radio** to find a radio station that is not broadcast locally. For example, episodes from a British show, "All Things Considered," are broadcast from a BBC station, GardenAmerica from San Diego, etc

Facetime this is like SKYPE, but in my view it's quicker.

Facebook, ***Instagram**. ***iMovies** can all create a movie from existing movies and photos on my iPad, or actually record a new movie using this app. To Edit Photos, I have several choices, each has some unique feature. I will list them: **SnapSeed**, **PSEXPRESS**, **Best Album** (Picasa web album app) and **iPhoto**.

My hope is we can continue talking about how we each use our devices. Either during the General meeting, through posting it on the club's Facebook Group **CUGRmembers**, or having you comment on the club's blog <http://reddingcomputerclub.blogspot.com>

\$\$50/50\$\$ Cash Raffle! The Next CUGR Drawing Is In July

Note: After the difficult 70/30 cash split (calculators and all) we have decided that a "50/50 Raffle" would be much better to deal with. The 50/50 stands for whatever cash is raised will be split between two ticket holders.

Tickets will sell for \$5 each, or 3 tickets for \$10. And you need not be present to win. So be certain that you print your name and phone number on the part of the ticket(s) that Jane will use for the drawing.

Tickets may be bought during all meetings up to time of drawing in July 2015, or during any of Jane Quinn's classes, or by mailing a check to Jane. If you mail the money to her, Jane will assign a ticket(s) and hold it for you until the drawing in July.

The next drawing will be at the Ice Cream Social in July.

jqquinn7427@gmail.com
phone: 365-0825

There are no door prizes during the July Social or December Party.

(By the way, the Quinns are not participating in the drawing.)

Good luck to all!

The next SIG meeting is at our home on April 25, 10am to noon. Hope to see you here.

In the meantime, here is a little funny I came across that I thought you would enjoy:

Customer: "I can't get on the Internet."

Tech support: "Are you sure you used the right password?"

Customer: "Yes, I'm sure. I saw my colleague do it."

Tech support: "Can you tell me what the password was?"

Customer: "Five dots."

Tech Support Scam – Received A Tech Support Call Lately?

*Phil Sorrentino, Member of The Computer Club, Florida, October 2014,
<http://scccomputerclub.org>, philsorr.wordpress.com, philsorr (at) yahoo.com*

This is a very nasty, and possibly costly, scam. It preys on people's concern that their computer might be running slow or might be infected with a virus or some other type of malware. It typically starts with a call from, ostensibly, "Microsoft or Windows or Dell or some other, known Computer Manufacturer's Tech Support" organization. And it can end with the computer owner paying for basically nothing, and giving the scammer his credit card information.

Let's make the point here: Microsoft says "You will never receive a legitimate call from Microsoft or our partners to charge you for computer fixes." So, never respond to a call of this nature; just hang up.

There seem to be many variations on how the scam can get started. Sometimes you will get a call from the "Microsoft or Dell Tech Support Desk" saying that they have noticed that there is a virus, or errors, on your computer. Sometimes it is started with a pop-up window on your screen while you are browsing the internet. The window (in a variety of different wordings) indicates that you have been infected by a virus and you should call a particular number to remove the virus. Calling that number puts you in contact with the scammer's bogus "Tech Support Desk". Once you are on the phone with the "Tech Support" technician, the scam begins.

This scam is very insidious because the victim may never even realize that he has been scammed. There are many variations on the details of the scammer's interaction with the computer owner once the call has been made; but basically the steps are: the scammer demonstrates, to the computer user, that there is a virus on the computer; the scammer offers to remove the virus for a fee (\$199 to up to \$549, which may be negotiable); the computer user accepts the offer to remove the virus and pays for it with a credit card; the scammer charges the credit card for the agreed upon fee; the scammer "fixes" the computer; the scammer demonstrates that the computer now has no viruses; the computer user thanks the "Tech Support technician" for his help.

The scammer uses a variety of ways to show you that there is a problem. One such ploy is; the scammer asks you to open the computer's Windows Event Log Viewer to show that there is problem. The scammer attempts to win your confidence by showing you that your system has "Errors". When you open the Windows Event Log Viewer, you see errors which lends credence to the scammer's statement that you have a virus. (The scammer relies on the fact that whenever you open the Windows Event Log, you will see some type of error or warning listed, which is quite normal.) Another way the scammer shows you that there is a problem is to have you view files that look like problems, but are really just views of a file that are not typically seen by the average user, but are quite normal. Still another technique is to have you run the Configuration Utility. You see "stopped" next to some services or programs and the scammer states that "the fact that those programs or services are stopped indicates that there has been some damage to the computer". (In truth, it is normal to have some programs or services that are stopped, which may not be obvious to the average computer user.)

So, how can we tell if a scam attempt is in progress? Here are some tip-offs to help you recognize a scam attempt. The first tip-off is that they, the scammer, called you. Note well that, Microsoft, Dell, or any other major company's tech support organization is not very likely to use their resources to get in touch with users to fix their computers. (The scammer may tell you that they are doing this as a Public Service; don't buy into it.) If a Tech Support issue arises with a computer, it is incumbent on the user to contact the appropriate Tech Support organization. The user should make the contact with a known phone number!

A very strong indicator that a scam attempt is in progress is that the "Tech Support technician" will ask you to go to a Website and Install a Tool so that they can Remotely Connect to your computer in order to "fix" the problem. This can be a very good, legitimate, way of having a legitimate Tech Support technician fix your problem, if you truly have a problem,

and if you called Tech Support. (There are a few free remote control software tools available just for this purpose, such as TeamViewer and GoToMyPC.) However, if they called you and you then give the scammer control over your computer, the scammer now has the ability download malware (viruses, rootkits, Trojan horses, key-loggers, etc.) to your computer. This malware could then lead to future problems.

This may be another tip-off: the Caller ID on the phone says "Microsoft, Tech Support", or something similar, which gives the appearance of a legitimate number. Remember, he called you. (Spoofing Caller ID information, I'm told, is extremely easy to do, with Voice Over IP technology. Brighthouse or Verizon phones employ VOIP technology.)

A strong indication that a scam may be in progress is that the "Tech Support" technician claims that your computer is "sending out errors", or is "sending out SPAM", or is "infected with a new virus that is undetected by current virus protection software", or something similar. This is an attempt to create fear that the computer is infected and to scare you into taking action to correct the situation.

Another tip-off may be that the Tech Support technician has a heavy foreign accent, but he uses a name that sounds like it is of western origin. He will definitely have an explanation for why he does this, but don't buy into it. (Though, I have talked to a legitimate Tech Support technician, "Bob", with a heavy foreign accent from Dell who was very helpful, so this may not be the best way to identify a scam.)

I haven't gotten a call, yet, but I have heard of many recent experiences. If you do get a call from "Microsoft Tech Support", just hang up. If you are having a problem with your computer, call the appropriate Tech Support organization, using a number you are confident is correct (not one that you get from a pop-up window). With the number of people in Sun City Center receiving these calls, this area code may be a prime target for these scams.

Continued on Page 11

Are You Safe From A Cyber Attack?

Lou Torraca, President, The TUG-MOAA User Group, Hawaii, President@the-TUG.org, www.the-tug.org
Around Hawaii - Oceanic Time Warner Cable's Community Website, <http://www.aroundhawaii.com/lifestyle/computers/>

I always enjoy reading the “what happened in history” emails I get about once a month, so I was reminded that September had a profound effect on the way we treat our personal technology.

HackerOn September 18, 2001, a new virus attacked United States operating systems. The worm was given the name Nimda, and it was an advanced version of Code Red II. Some might say that the Code Red viruses were created in preparation for the much larger Nimda attack, which was executed the week following the attacks on the World Trade Center and Pentagon. Due to the release date of the virus, members of the American government speculated on a link between the cyber-attacks and Al Qaeda, but this theory ended up proving unfounded. The American media did not report much on the virus because of the terrorist attacks.

Multiple propagation vectors allowed Nimda to become the Internet's most widespread and dangerous virus. It took only 22 minutes for the worm to rip through the American financial sector, causing over \$3 billion in damage. The Nimda virus was so effective because it used five different infection vectors. People could, and still can, get the virus via e-mail, open network shares, infected websites, exploitation, or via back doors left behind by the Code Red II virus. The group of people behind the Nimda virus and the theft of billions of dollars are unknown. The event greatly damaged the world's financial sector and economy.

There are numerous places you can review various ways to protect yourself, e.g. my last column listed free programs you can download to block viruses and malware. One government agency that has excellent advice is Homeland Security. Here is the page on their website that offers suggestions on how to protect yourself from Cyber Attacks:



WHAT YOU NEED TO KNOW

The Department of Homeland Security plays an important

role in countering threats to our cyber network. We aim to secure the federal civilian networks, cyberspace and critical infrastructure that are essential to our lives and work.

DHS's National Cybersecurity and Communications Integration Center (NC-CIC) is a 24x7 center responsible for the production of a common operating picture for cyber and communications across the federal, state, and local government, intelligence and law enforcement communities and the private sector.

NEXT STEPS

The following preventative strategies are intended to help our public and private partners proactively look for emails attempting to deceive users into “clicking the link” or opening attachments to seemingly real websites:

- Never click on links in emails. If you do think the email is legitimate, whether from a third party retailer or primary retailer, go to the site and log on directly. Whatever notification or service offering was referenced in the email, if valid, will be available via regular log on.
- Never open the attachments. Typically, retailers will not send emails with attachments. If there is any doubt, contact the retailer directly and ask whether the email with the attachment was sent from them.
- Do not give out personal information over the phone or in an email unless completely sure. Social engineering is a process of deceiving individuals into providing personal information to seemingly trusted agents who turn out to be malicious actors. If contacted over the phone by someone claiming to be a retailer or collection agency, do not give out your personal information. Ask them to provide you their name and a call-back number. Just because they may have some of your information does not mean they are legitimate!

OTHER PRACTICAL TIPS TO PROTECT YOURSELF FROM CYBER-ATTACKS:

- Set secure passwords and don't share them with anyone. Avoid using common words, phrases, or personal information and update regularly.

- Keep your operating system, browser, anti-virus and other critical software up to date. Security updates and patches are available for free from major companies.
- Verify the authenticity of requests from companies or individuals by contacting them directly. If you are asked to provide personal information via email, you can independently contact the company directly to verify this request.
- Pay close attention to website URLs. Pay attention to the URLs of websites you visit. Malicious websites sometimes use a variation in common spelling or a different domain (for example, .com instead of .net) to deceive unsuspecting computer users.

TIPS

Most people use passwords that are based on personal information and are easy to remember. However, that also makes it easier for an attacker to guess or “crack” them.

Although intentionally misspelling a word (“daytt” instead of “date”) may offer some protection against dictionary attacks, an even better method is to rely on a series of words and use memory techniques, or mnemonics, to help you remember how to decode it.

For example, instead of the password “hoops,” use “IIT-pbb” for “[I] [I]ike [T] o [p]lay [b]asket[b] all.” Using both lowercase and capital

letters adds another layer of obscurity. Your best defense, though, is to use a combination of numbers, special characters, and both lowercase and capital letters. Change the same example we used above to “I!l2pBb.” and see how much more complicated it has become just by adding numbers and special characters.

The website (<http://www.dhs.gov>) also has links to other pages that have good advice regarding security, as well as other pertinent issues; I suggest you take a look.

That's it for now, be safe out there. Follow the above advice, but save time to have some fun too.

Aloha, Lou

Music And Video Files: Modify Them To Your Needs.

Phil Sorrentino, Contributing Columnist, STUG, FL, June 2014 issue, PC Monitor, www.spcug.org, [philsorr \(at\) yahoo.com](mailto:philsorr@yahoo.com)

Music and Video files that you produce with your video camera, or voice recorder, are not always exactly what you want. Now, I'm not suggesting that you can change the artistic quality of the file, but that you can change the file length or size to accommodate your particular needs. With either an audio or a video file, the particular file may be too long, or it may contain sections that are not needed. So, it would be nice to be able to cut off the beginning, the end, or remove a slice somewhere in between. I'm sure there are many other ways to accomplish these tasks, but I have found that Windows Movie Maker (to modify video files) and Audacity (to modify audio or music files) are good choices, and both of these software applications are free. Windows Movie Maker is provided by Microsoft and can be downloaded at www.windows.microsoft.com/en-us/windows/get-movie-maker-download, and Audacity is provided by Sourceforge and can be downloaded at www.sourceforge.net/download.

A multi-media presentation, or "movie" as Movie Maker (and many other commercial packages) calls it, is a collection of pictures, videos, and music, organized as a movie, used to tell a story. It may be the story of your latest vacation, your last birthday, the last big holiday, your youngest grandchild, or a pictorial history of someone, something, or some organization. If you have appropriate pictures, videos, and music, Movie Maker can easily put them together to create a movie to express your particular point of view. So, obtaining the pictures, videos and music is usually the first step in producing your movie. Pictures are probably the easiest; you just review the pictures, improve their quality if needed, and then put them in an appropriate sequence. Videos are a little more difficult because they usually need to be shortened, and possibly have inappropriate sections removed. Music, or audio, is easy if you have good recordings, but sometimes you may want to remove certain portions, like bad scratches or pops, or a long lead-in or long lead-out. Or you might only want a few words out of a lengthy oration.

Movie Maker can be used as a tool for modifying video clips. (Once the video clips are the way you want, you can then add them to your movie.) After opening Movie Maker, click "add videos and photos", and navigate to the video clip that you want to modify. Select the video clip and it will be added as the only item in your movie. The video clip will be imported and shown as a series of Video blocks. Now you can play your video clip using the Play and Pause buttons, and identify the pieces to be removed. Select "Edit", under Video Tools, and you will see the "Split" tool. Move the Movie Cursor (the dark vertical bar) to the first point where you would like to split the video. If you are going to remove the beginning, move to the point where you would like the video to begin. Click the Split tool. This will create two videos, one before the split and one after the split. Right click the video piece to be removed and select "Remove". This will delete that piece of the video. Now you can move through the video and identify pieces to remove and pieces to keep. Just move the Cursor to the locations to split the video and use the Split tool. Then Remove the unwanted pieces and save the good piece as a new video with a new name. Usually you will find pieces to keep and pieces to remove interspersed. If you want to save many pieces, you will probably have to find a piece to save and delete everything else, and then start over with the original video and isolate the next piece and delete everything else. So it may be very tedious if you want to save a lot of small pieces from one larger video, but it will surely be worth the time and effort. Once you have video pieces, you can join them by starting with a "File-New" movie and adding the video pieces using "add videos and photos". Put them in the proper sequence and add a "transition" in between so they will flow smoothly, then save it as a new video.

Audacity is an Audio Editor and Recorder. Audacity is very comprehensive and can do many things. One of those things is that it can be used as a tool for modifying audio (sound or music) files. After opening Audacity, click File-Open and navigate to the audio clip that you want to modify. The audio clip will be imported

and shown as a graph of the amplitude of the audio. (Both Left and Right channels will be displayed if the audio is in stereo). Now you can Play your clip using the Play and Pause buttons and identify the pieces to be removed. No, or very low, volume periods will be indicated by just a horizontal line with no amplitude. The Audio Cursor can be placed on the recording by Right-clicking on a point in the recording. A section of the recording can be selected by pressing the Right Mouse button while on the recording, and dragging the Mouse to the end of the area to be selected. Then using the File-Export Selection, the selected section can be saved as a new audio file with a new name. I found this tool very helpful in separating multiple cuts from an audio recording of a complete side of a vinyl recording (a record album for those of us over 40). I had converted my old vinyl recordings to .mp3 files, just before giving them away. To save time I converted the recordings a side at a time. So for each vinyl album I ended up with two .mp3 files, each about 20 to 25 minutes, and each having 12 to 16 cuts (songs) in each .mp3 file. So, the individual songs were separated by about 2 seconds of silence (no amplitude), making them easy to identify, once you have listened to the cut using Audacity.

As you can see from these basic directions for modifying a video file with Movie Maker and an audio file with Audacity, the process is very similar, even though the displays look very different and the displayed file representations look very different. The results are very similar too; it's a modified file that will be useful in your next Movie Making project.

YouTube's Success

We upload 100 hours of video to YouTube every single minute. That's 16 years of recorded human history every day!

Windows 7: Turning Your Computer Off Or On And Power Options

Back to Basics column by Jim Cerny, 2nd Vice President, Sarasota PCUG, FL,

June 2014 issue, Sarasota Technology Monitor, www.spcug.org, [jimcerny123 \(at\) gmail.com](mailto:jimcerny123@gmail.com)

It sounds like it should be easy – turning your computer on or off, but unfortunately there is just a bit more to your computer than a light switch. I hope this article will make this most basic choice a lot clearer to you as well as tell you a little about the power options you have for your computer or tablet.

I have to admit that turning your computer on is pretty easy. You press the “on” button on your computer, a light or two may come on, and then you wait. What’s going on when your computer is going through all the steps to start itself up? Well, the computer is checking itself, making sure the main disk (the “C” drive) is working, and then it must load the “operating system” or main program before you can do anything. In other words, it must start the Windows program on a windows computer or the Apple operating system on an Apple computer, etc. Only when it completes all these “startup” steps will the screen brighten up with your familiar desktop. You may also see a message or two that your computer wants you to know about – such as a new update available for one or more of your programs. If you do get such messages it is always wise to download and install the latest updates for any programs (or apps) that you have. There, that wasn’t so hard, was it?

Now how about turning your computer off? Many businesses tell their employees not to turn their computers off at all, but I always turn my computer completely off if I am not going to use it for a half hour or longer. I don’t want it connected to the internet when I am not using it and I just don’t want to use the electricity to keep it on even in a low power state. It is just my personal choice, but I just feel better knowing my computer is completely off when I am not using it.

You probably know that you do NOT turn your computer off by pressing the “on” button. For a Windows computer prior to Windows 8, you should close all your windows first. This lets you see if you forgot to save something that you have been working on. Once all your windows are closed, then click on the “start button” or the “start orb” to get the start menu at the lower left corner of your desktop screen.

On the start menu will be the command “shut down” at the bottom – click on it and wait until your screen goes blank and the lights on your computer go off. If you have a laptop computer, a light may stay on to show you that your laptop is connected to your electrical outlet. Now you may close your laptop and, if you are going to be away for a while, unplug the power cord (and phone cord if you have it connected to your computer). During the time your computer is shutting down, it is checking itself, making sure all is neat and tidy inside.

You do have other “power down” options available to you on the Start menu. If you click on the little white triangle just to the right of “Shut down” you will get a list of these options. Some of these options are Switch user, Lock, Sleep, and Hibernate. Hovering your mouse over them will tell you briefly, in a small text box, what each one does. If you want to learn about these different options and perhaps use them, go to Google and enter the exact phrase of the option and you can get many detailed explanations. I almost never use these options.

When not using your computer for a day or longer, it is usually wise to disconnect the power cord. A lightning strike near your home may get in and damage your computer, even with a good surge protector connected. (This is a good idea for your TVs too). I had one client that had a surge protector in place but their phone cord was connected directly to the computer. A lightning bolt hit the utility pole outside their home and the surge came in through the phone line and destroyed their “C” drive completely even though, in this case, the surge protector worked fine.

Here are some helpful things to consider about turning your computer on or off:

If your computer is not working (i.e. is “stuck”) and you cannot use the mouse at all, you can force a shutdown by holding down the “on” button for one or two seconds. Your computer will almost immediately “go blank” and shut down, but it will NOT do all the checking that it would do in a normal shut down. Then when you turn on your computer again, it will do all kinds of additional checks before it starts up. You

should not do this “improper shut down” unless you have no other choice, but it should not harm your computer if you do.

If your computer takes a long time to start up, it could be due to a virus or something else wrong – it could be a hardware or a software problem. It would be wise to have it checked out by someone who knows what they are doing and getting it “cleaned up” so that it starts quickly and cleanly. Always do a good backup of all your important files first.

Laptops have even more power options than desktops because they use a battery. Even if you do not have a laptop, check-out the “Control panel” – then click on “Hardware and sound”, and then “Power options”. You will be amazed. There are options to control how much battery your laptop or tablet uses under various conditions (an important consideration if you are using the battery). Some of these conditions may include how long the computer should stay on when it is not being used and what power options happen when you close your laptop. You should at least view these options so that you know what settings you may wish to change. Note that some settings affect the screen brightness and if passwords are required when “waking up” your computer from a “sleep” or “hibernate” mode.

If you have a tablet device, you will also have several power settings and options. Most people only use tablets when they are NOT connected to external power – that is, they are used after the battery has been charged. If you are going to use a tablet (or a laptop) on its battery, you should know and adjust the power settings. These settings determine how long your battery will last.

Also, for tablet devices (such as iPads), pressing the power button briefly does not really turn your device completely off. The screen goes blank and your device is in a very low power state, but it is not completely off. To turn my iPad completely off, I hold down the power button for a couple of seconds and then I see a “finger swipe” box which will completely shut down the device. To turn it back on after this requires me to hold down the

Continued on Page 11



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

TECH SUPPORT SCAM

Continued from Page 11

I'd like to thank Computer Club Member and Instructor, Matt Batt, for bringing the severity of this scam to my attention. Matt has seen the results of many of these scams and has heard of many computer users experiences with this scam.

WINDOWS 7: TURNING YOUR COMPUTER OFF OR ON...

Continued from Page 10

on button for a couple of seconds as well. In normal use you do not need to completely turn your iPad off.

It seems that technology has taken over the simple "on" and "off" functions of our devices so that even these very basic steps have many options and settings to consider. And I think even more options will come in the future, more than we will ever need to use. Remember when TVs had two knobs? – One to turn the set on and adjust the volume, and the other to select the station? Now my living room has four remote controls each with fifty buttons. Welcome to the future

GIFTS FOR COLLEGE-BOUND GRADS

Continued from Page 4



ing to need money more than ever before while they're at college, where they'll need to buy books, food and cover their social expenses. Parents might not want to give their favorite new grads money for graduation, but such a gift makes perfect sense for aunts, uncles or other distant relatives.

Furniture: Most dorm rooms are anything but roomy, but college-bound grads are still going to need some furniture. Consider functional furniture, such as bins, organizers, or a new computer chair, that might not be as glamorous but will be very useful and effective.

General CUGR

Meeting Schedule

Cut out and save for the next five months' of meetings.

4th Tuesday, 4-6pm

April 28

4th Tuesday, 4-6pm

May 26

4th Tuesday, 4-6pm

June 23

**Note For July!
Change Of Day & Date**

4th **Monday**, 4-6pm

July 27

No Meeting In August

4th Tuesday, 4-6pm

Sept. 22

**PCUsers Group
of Redding
P.O. Box 494778
Redding, CA
96049-4778**



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

*Monthly Meetings Are At
The Redding Library
April 28, 4-6 P.M*



1100 Parkview Ave.

off Cypress and to the right of City Hall.

*We will be in the Community Room, which is inside to the
Left of the main library door.*

Beyond Basics SIG

Saturday, 10 AM, April 25, 2015

**At Jane Quinn's Home, for information contact:
Jane Quinn, 365-0825, qjquinn7427@gmail.com**

The Internet, Social media, iPads, iPhones Tablets, OS7 and all the best features of OS 8.1.

This new SIG title let's us expand beyond multi-media programs and devices to include Internet Browsers, YouTube, Free Software programs, or Apps that do so many various things. We will still work with photos and videos.

There's is always a question and answer period. If we can't come up with the answer, we will find it together. I say "we" because we do work as a unit, expanding our knowledge and helping each other.

Every Thursday 1-3pm at the Anderson Sr Center (365-3254) join us in the classroom. The center's walk-ins are welcome 3-4pm for one-on-one with me.

