

MOTHERBOARD

A Publication of the Computer Users Group Of Redding, CA

Volume 2017, Number 09

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

September 2017

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YOUR C.U.G.R. PRESENTS

4th Tuesday, September 26, 2017, 3 - 5 PM



Presenter Bob Gostischa, will explain the dos and don'ts and what you need to know to stay internet-safe on your devices. This will be via a webinar streaming live conference, which we participated in and enjoyed with other presentations in the past.

Bob currently travels to Computer clubs and other groups where people are interested in learning more about: "Protecting Yourself, Your Computer and, Your Identity." This should be quite informative.

Door Prizes

1. 64 GB 3.0 USB Jump/Flash Drive!



2. Wireless & Colorful Logitech Mouse!

3. \$15 Cash Prize



One free ticket to each member at the door!

3 pm Social & Business & 3:30 Presentation

Social time & club updates. 3:30 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.



CUGR Calendar

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

OFFICIAL WEBSITE Is
<http://cugr.apcug.org/>
General Club Meeting
September 26

Community Meeting Room-
Sept. 26, 3 pm – 5 pm
Oct. 24, 3 pm – 5 pm
Nov. 28, 3 pm – 5 pm
Dec. 19, 3 pm – 5 pm

COMPUTING FOR SENIORS

No Meeting In
September!,
Weekly, Tues. 12:30 -3 PM
Jane Quinn SIG Leader
Learn today's technology
including smartphones,
tablets, eReaders, and
both Windows 8 and 10.
See back page for more date
information.

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Club Information

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Club Mentors & Sponsors

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New Users, Free Library PC Classes,.....
Spread Sheets.....

Jane Quinn, 365-0825,jqquinn7427@gmail.com
MS Windows 7 & 8, Photo/Video Editing, Internet,
Cloud Software, Google Apps.

Members Volunteering To Help Members!

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Hardware, Software, MS Windows XP & 7.....

Colly Lord, 224-1633,johnclord@charter.net
General PC Help After Work Hours.....

Judi Ball, 275-4632,jebed@charter.net
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Photo Editing

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Help With Refreshments

The club is providing cookies and coffee at our meetings, but we need volunteers to pick up these items at the store on their way to the library. The club will pre-pay the person on duty for the following month. Jane Quinn, 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.

The September General meeting will be with presenter Bob Gostischa, who will explain the dos and don'ts and what you need to know to stay safe on your devices and the internet. This will be a webinar streaming live conference. We have had this type of presentation before and it really works well. It is a great alternative to finding speakers for our group every month.

ABOUT THE PRESENTER

Norbert "Bob" Gostischa, after a successful career in banking, enjoys his retirement as an enthusiast IT security expert, most notably for Avast Software. Avast is the creator of **avast! antivirus software**.

The Avast website has a discussion and help forum, (<http://forum.avast.com>) where Bob has been helping with security-related and general computer issues since 2004.

He has contributed over 35,000 forum interactions. Avast Antivirus s.r.o. is currently the most used antivirus software in the world.

Avast has been making security software for over 25 years and has more than 400 million users worldwide.

Be sure you come to this meeting to learn more about safety for your mobile devices. Our security risks multiply every month anymore and we need to be aware of them.

CLUB BUSINESS

I'm still in need of someone to bring refreshments to the Sept, and Oct. meetings. If you can, I'd so appreciate the help. 524-1589 or eMail jqquinn7427@gmail.com.

Jane Quinn

Editor's Corner

A tip for visiting websites offered in articles in the *Motherboard*.

Usually websites within articles are long and irritating to actually input into any device in order to visit, because they are so long and it is so easy to miss a character and therefore miss the site altogether. The answer? Go to our CUGR website at <http://cugr.apcug.org/> (no underline). Link on the

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Ice Cream Social



Ice Cream and "fixin's" are provided by the club, but members always bring extra goodies for all to share. It was a very good social and we all had fun being together.



The table was loaded with cookies, cupcakes and many other goodies!



CROWN
CAMERA
— TAKE YOUR BEST SHOT —
EST. 1957

A SPECIAL OFFER!
SAVE 20%

on your entire archiving order!
(Expires 9/30/17)

Your story is meant to be shared - and now is the perfect time to do it! Don't wait until it's too late to protect those photos of your family.

We get it — these treasures can be a real bear to organize — so just bring in your boxes, tubs and crates and we'd be happy to take it from there.

Our professional archiving team inspects every piece of your family history with expertise and care before the digitizing process begins. Next, we scan or transfer the images or movies into a modern day format so that you can easily share, view and enjoy them all again. When the process is complete, we'll return your original memorabilia to you - along with a DVD, USB or Blu-Ray that stores the digital versions.

Rest assured that your family history is safe with us. All archiving takes place on-site so your treasured memories never leave our care.

Congratulations To The 50/50 Winners!



*Georgann Moore
and
Betsy McCarval won the 50/50
Drawing,
equalling about \$ 65 each!*



Welcome New Member

Swendolyn Neideffer

Ewaste Info

Need to get rid of an old desktop?



The term is eWaste, and you can drop off your items for a nominal fee in Redding at the

City at the Transfer Station. The address is Abernathy Lane, Redding CA 530 224-6201.

<http://www.cityofredding.org/departments/solid-waste/drop-off-locations>.

Android & Apple Keyboards Are Similar

Jane Quinn, qjquinn7427@gmail.com

We discussed many basic functions in the classroom, but I forgot to mention a few tricks shown below:

TYPE IN ALL-CAPS

Nope, there's not a separate Caps Lock button on the stock iOS keypad, but there's still an easy way to type in all-caps mode: just double-tap the Shift key.



Want to say it in ALL CAPS? Just double-tap the iPhone's shift key.

When you do, the Shift button will turn bold, and you'll see a little underline just beneath the arrow. To go back to standard typing mode, double-tap the Shift key again.

EDITOR'S CORNER

Continued from Page 2

Newsletter item, then scroll to the Motherboard date you are interested in. Once the pdf of the newsletter is on screen, you will be able to scroll to the page and article and easily highlight and copy the website, then paste it into your web browser and go directly to the site.

FROM THE BOARD & MEMBERSHIP

We have planned to back-down with some formalities within CUGR, which is explained in more detail in a handout Jane has prepared. We will no longer take in dues, because we have a decent bank balance and our membership is down to forty some families now, so we

are informing our members of the balance that is enough to carry the club's output expenses of newsletter printing, refreshments, and door prizes for at least the next two years.

We will continue to have our meetings with refreshments, presenters and sharing our common interests as we have done for years. The Motherboard will continue—albeit sometimes smaller than 12 pages—, and we intend to stay in touch with one another as computers and all the other devices keep revolving and improving, which frustrates all of us too many times. And Jane's classes and SIG will go on as usual.

CUGR Treasurer's Report Dated May and June 2017 Expenses

Balance from Previous		\$3,502.03	
Credits (ins and outs)			
Membership	\$0.00		
Tickets Sales	\$11.00		
	\$18.00	\$29.00	
			\$3,531.03
Debits/Outs			
	\$0.00		
Judi Prize \$	\$60.50		
refreshments	\$41.00		
Prize \$	\$15.00		
Newsletter	\$95.95		
May expense; refreshme	\$165.00		
sub total		406.45	
			\$3,124.58
Bank Balance			\$3,124.58

PUT A WEBSITE SHORTCUT ON YOUR HOME SCREEN

If there's a site that you're constantly visiting on your iPhone or on your Android, you can create an icon for the site and pin it to your home screen. Once you've created the icon, it will act just like a standard app icon, meaning you can tap and hold it to rearrange it on your home screen, tuck it into an app folder, or even put it into the app dock.



Vision - Assistive Technologies

John (Colly) Lord, CUGR Member johnclord@charter.net

For my son, Stephen, who has Retinitis Pigmentosa (night blindness) and can't see after dusk: <https://www.snappower.com/>— is an easy to install pathway lighting and more!

These automatic lights take no space, use very little power, and leave both outlets still completely useable.

Only seconds to install over a standard outlet. Pricing: \$15 each down to \$12 each for 10. (\$65 for 5 = \$13 each).

And they have other things as cover plates that still leave both outlets free to be used.

Other accessory plates they have is a USB charger, or light with kid-safety slide covers for outlets.

Click on the SnapProducts link at their web site to choose for outlets or light switches, and then each individual product to check for available colors. Outlet covers are available for standard or modern (rectangular) outlets. Colors white, ivory, light almond, and black are offered for some of the products. The SafeLight outlet cover for children appears to only come in white and only for the modern (rectangular) outlets.

For our 82 year old World of Warcraft friend who has trouble in the game because he's red-color-blind (all the enemies are labeled with red names over them!), these special glasses from Enchroma that, after the user takes a special color-blindness eye test, are custom made with filters that correct for the user's specific color blindness issue: <http://enchroma.com/>

Pricing: \$350 to \$450 depending on options (i.e. using their frames, or "fit to frame" using some of your own frames).

60-day return policy with extra conditions and maybe \$100 fee if the buyer used the 'fit to frames' option.

The FAQ says this: "If your Enchroma order doesn't work out for you, you can return it within 60 days of the date of shipment. In addition, we offer a 1 year warranty. To request a return, email return@enchroma.com. Be sure to include your order number in the subject line."

But the actual "return policy" link has more details and conditions: <http://enchroma.com/store-policy/#returns>

Read the Return Policy Details carefully.

Do they actually work? Apparently quite well for many of these users who posted their first time reactions on YouTube: <https://www.google.com/search?q=enchroma+youtube>

If I were color blind, I'd certainly consider getting some. Probably a good idea to ask a doctor for a prescription to get them so they could be counted without question as a deductible medical expense on income taxes.

Just some extra info on the subject:

Remember the teeny-tiny phone in the movie Zoolander? This comes closest and here is the website: <http://www.ebay.com/itm/BM70-Mini-Small-GSM-Mobile-Phone-Bluetooth-Dialer-Earhook-Headset-Cellphone/401315564625>

\$4 Android Smartphone: <https://www.youtube.com/watch?v=utRww8-QuBw> TOO GOOD TO BE TRUE. The founder of RingingBells was arrested on suspicion of fraud: <http://money.cnn.com/2017/02/24/technology/india-4-smartphone-freedom-251-founder-arrested/index.html>

However, this \$20,000 smart phone (by Vertu), with real gold and security features that would impress any NSA or CIA geek, is REAL:

This phone is real: <https://www.youtube.com/watch?v=wCfClc8ssOU> The company is here: <http://www.vertu.com/us/en/home/>

The phone includes active security monitoring of ALL phone activity and also end-to-end 256 bit AES encryption. If you had this phone in Europe, with its security features enabled, you would not have gotten hacked. You could even have safely used this phone on dodgy public wi-fi hotspots (with the security features enabled). When set to do so, it also auto-blocks any incoming calls no from your own approved contacts list. I really like that feature! Even my Samsung Luna seems to let in calls not in my contacts, though I can choose to block them after the first call. Just my opinion, but in the video demo of the \$20,000 Vertu phone, the sim card tray looked like something I'd break off. Also, after my wife's experience, I'd have to ask, "But can it swim?" I un-



derstand the new iPhone 7 had its phone jack removed to deny one entry point for water, and the entire internal circuit board is also coated with some nano-tech water repellent coating, but I'm not sure how effective it would be. Of course, iPhones can be more tightly sealed because they don't have user-replaceable batteries. Or any micro SD card slot. If you want to add extra storage to an iPhone, you have to do it this way: <http://www.zdnet.com/article/heres-how-to-add-a-microsd-card-slot-to-your-iphone-or-ipad/>

This phone, by Leagoo Venture, is also real, somewhat similar and this reviewer says is only about \$100, but NOT the same phone: <https://www.youtube.com/watch?v=Ye8wcYKYoTA> And disappointingly lacking by comparison in many areas. As always, you don't get what you don't pay for.

I only found it for prices ranging from \$117 to about \$190 <https://www.google.com/search?q=Leagoo+Venture&dq=Leagoo+Venture>

Also, unlike the Vertu phone, I doubt the \$100 phone company would fly someone out from headquarters to fix your phone on the spot or give you a loaner phone right then. I think the \$20,000 phone is for people like Donald Trump. Also, the guy with the \$100 look alike made no mention of any security features, which were a very big deal on the video review of the \$20,000 phone.

Vertu Signature Touch specifications: <http://www.vertu.com/us/en/collections/signature-touch/specifications/>

Has Dual-band WLAN 802.11 a,b,g,n,ac incl. WAPI for PRC (WAPI = Hotspot feature – I have no idea what the PRC means).

Leagoo Venture 1 specifications: <http://www.devicespecifications.com/en/model/53153e59>

Only has wi-fi b, g, n and Hotspot feature.

Computing For Seniors SIG UpDate

by SIG Leader Jane Quinn, qjquinn7427@gmail.com



Tuesdays, 12:30-3 pm, you're invited to join us at the Senior Center in Anderson for a computer session in the classroom. On the date of our general meeting (see front page) I will see you there. On the day of our general meeting (see front page) I will see you there, and have the class on the 4th Thursday. For special projects I will give individual help at 3 pm, except on the general meeting days. 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.

No SIG Meeting in September. For directions contact me via e-mail above or phone, 365-0825.

The Tuesday class "Computing for Seniors" has returned at the Anderson Senior Center. This class is about learning and using the latest technological devices, not necessarily computers. This means your Smartphone, a Tablet, or an iPad. I am recommending to seniors to buy tablets or a smartphone rather than a computer. Unless you need a keyboard to write a newsletter or do spreadsheets then you might want to stick to a laptop or a desktop. Otherwise you can use a Bluetooth keyboard or speak to the device to write your message or document. This is how I wrote this article, speaking into my smartphone. Because these devices are so light and portable you can bring them to class.

All of these devices have common features and the most popular Apps are used by all of these devices. so, before you call your grandkids, try us.

In addition to the basics on newer devices, we cover Social Media Apps. The 1st week and 2nd week in October I will teach you what I know about Facebook. I do have a handout with web links for newbies to Facebook if you're not already using it. You can follow my blog <https://reddingcomputerclub.blogspot.com/> to see what's happening in the classroom.

STRESS-FREE WAY TO BACKUP SMARTPHONE PICS

The best backup system is the one you don't have to think about, which is why I use apps that automatically upload my media to the cloud. Once you set these up, your photos and videos will appear in the cloud without your having to do anything more.

If you're an Apple iPhone owner, and don't mind paying a monthly fee, the Apple's iPhoto App coupled with an iCloud subscription is handy. The ser-

vice automatically puts every photo in the cloud and manages space on your devices in the background, no deleting is necessary. Plans start at \$1 per month for 50GB, a 2TB plan for \$10 a month. To enable this, go to the "Photos and Camera" setting, toggle on iCloud Photo Library and make sure *optimize photo storage* is checked.

Google photos is the App I use to backup my Android phone. It can also be used for iOS. This Google App allows you to store an unlimited number of photos and videos for free, but photos need to be under 16 megapixels, and video resolution is limited to 1080p. To delete photos from your phone that have been safely backed up, tap the menu and select *free up space*. The *retain settings* for this App keeps all media in the Trash for 60 days before deleting it. You can easily restore any media before that time elapses. Flickr, meanwhile, offers a free plan with 1 Terabyte of storage and places no restrictions.

To set up these last two Apps, open their settings, then select *backup and sync in google photos or auto upload in Flickr* and toggle it *On*, once you do the APPs will upload files whenever your phone is connected to WiFi.

At some point, you'll probably want to download your backup photos to a hard drive. For iCloud, open the Photo App on a computer, choose PHOTOS then Preferences, Then click download Originals To This Mac. For Flickr, log in to the site from a desktop browser, select Albums under the *You* menu, hover over the album called Auto Upload, then click the Download icon. Google Photos allows you to batch download too, but the process isn't quite as easy because you can only grab 500 items at a time. Using your

computer log, log-in to photos. google.com, select the most recent photo you want to download hold the Shift Key, then select the oldest photo you want to download. Then press Shift + D to acquire the lot as a zip file.

Have a different back-up process for your media files? EMAIL it to one4-cugr@gmail.com, to share the info.

\$\$\$ 50/50 Cash Raffle! \$\$\$

This is The Next CUGR Drawing on December 19, 2017

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. And be sure to keep the stub for proof at time of drawing.

Tickets may be bought during all meetings up to time of drawing, 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 tickets and hold them for you until the drawing.

This drawing will be during the Christmas Party of 2017.
qjquinn7427@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!

Good Computer House Cleaning

Len Nasman, Editor / Webmaster, Bristol Village Computer Club, OH, March 2017 issue, BVCC newsletter
www.bvres.org, bvclub (at) bvres.org

As you use your computer, some things get a little messy. For example, each time you uninstall or update an application an area of memory called the registry is changed.

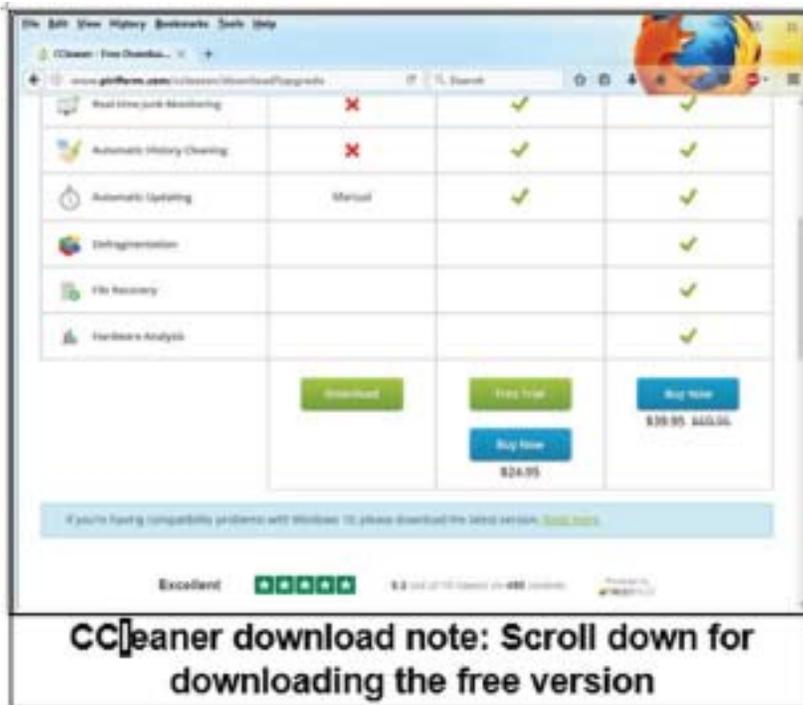
When you install some programs, they might add a feature that keeps part of them running in the background. An example might be when you install software for a printer, a background program might be installed that keeps checking printer use and pops up a reminder to order supplies. If you get too many unnecessary things like this running in the background, it will slow down your computer.

Also, whenever you visit websites, they make copies of things and store them in so-called temporary files. The files are called temporary, but they remain there until you remove them.

For example, Internet Explorer saves things in a number of categories. BTW, if you have more than one user that can login to your computer, these files are saved separately for each different user. Each web browser program (Internet Explorer, Chrome, Firefox) maintains a similar list of files.

In any case, it is a good idea from time to time to clean up the registry, stop unnecessary background programs, and remove temporary files. A useful free program to keep your computer tidy is CCleaner. This program has options for taking care of the issues mentioned earlier.

If you have already installed CCleaner, jump to the update section.



Installing CCleaner

When you go to the CCleaner download web page you will see three different versions offered.

<https://www.piriform.com/CCleaner/download>

After you select the Download option, a dialog box will pop up that lets you save the install file.

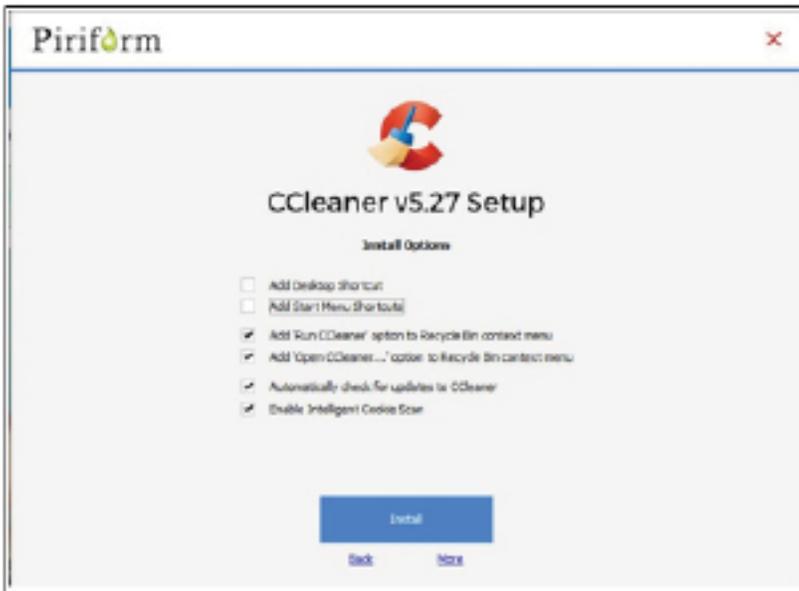


The install program will open an install window that might have a check box that, if not unchecked, will install other software. Watch out for this. Select the Custom install option and select how you would like CCleaner to be installed. (Featured on Page 8.) Using CCleaner

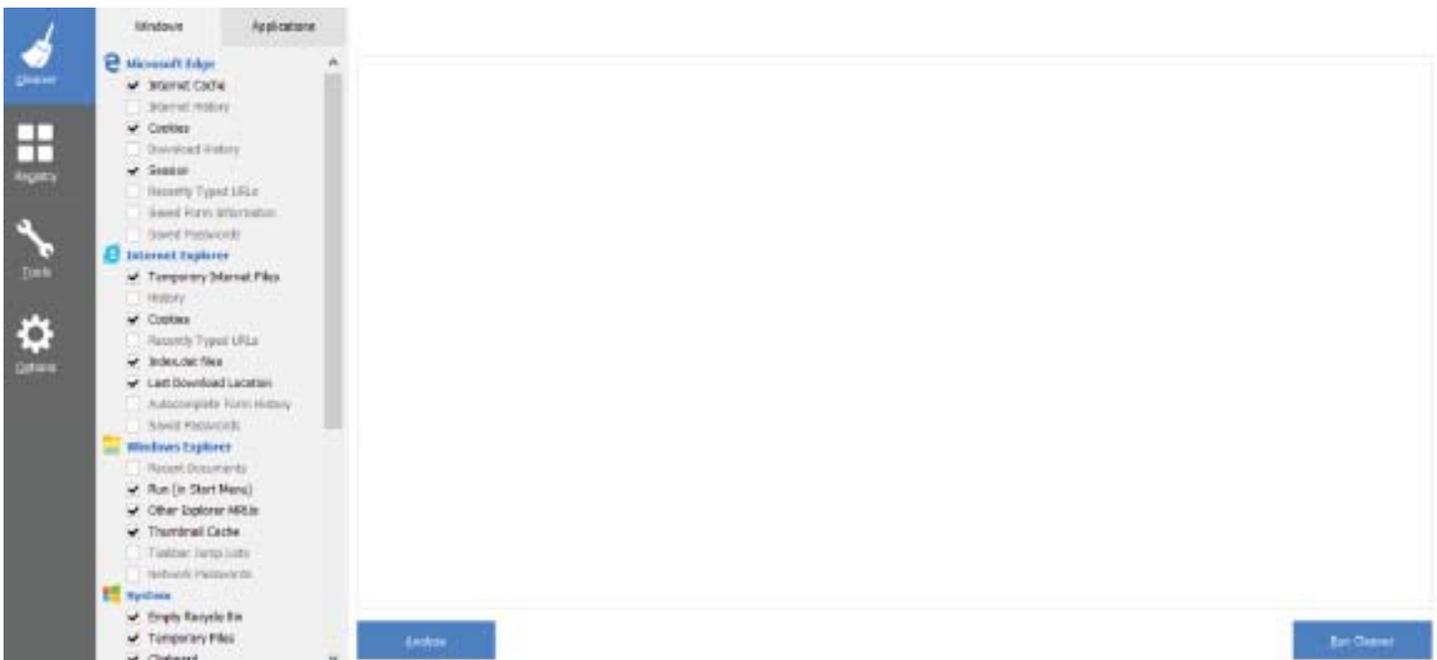
Continued on Page 8

GOOD COMPUTER CLEANING

Continued from Page 7



There is a vertical list of options on the left side of the CCleaner window. The Cleaner option allows you to toggle different things to be removed. For example, if you do not want to remove Cookies, or browsing History, select the check marks to toggle the options off. Near the top of the window is a button that has a similar list of options for other applications. (Featured below.)



If you select the Analyze button near the bottom of the CCleaner window, the program will go through the motions without deleting any files. It will, however, give you a report of what will be removed if you select the Run Cleaner button.

Cleaning the Registry

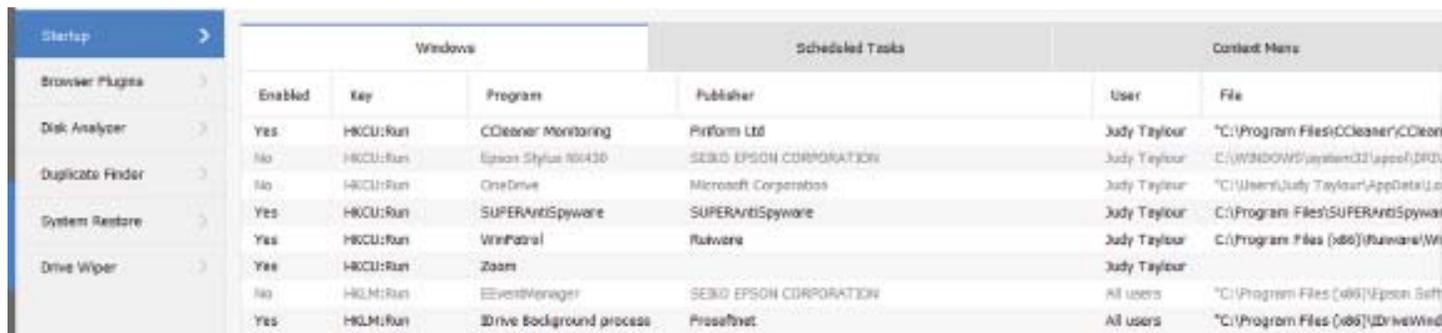
When you select the Registry button in CCleaner, you will see two buttons near the bottom of the Window; Scan for Issues and Fix selected issues. After you have scanned for issues, you will see a list of things the system detected. If you then select the Fix selected issues button, you will have the option to backup registry changes. Select yes, and then select Fix All Selected Issues option. It is a good idea to repeat the Scan for Issues option until no issues are found.

Continued on Page 9

CHECKING THE STARTUP PROGRAMS

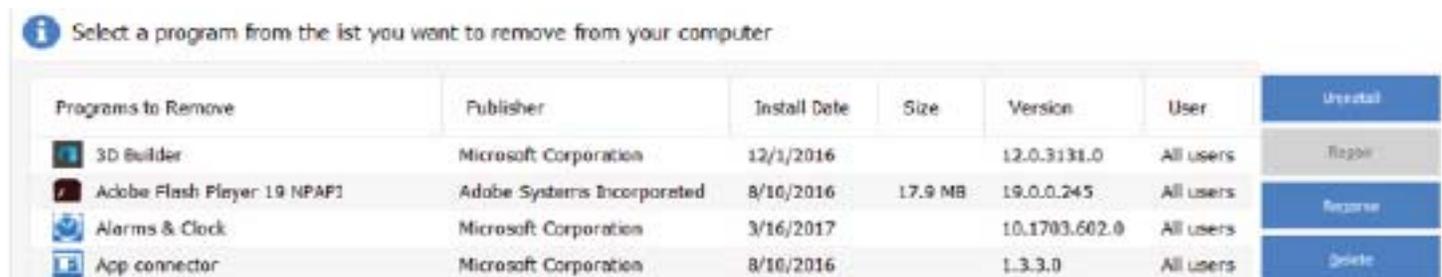
CCleaner provides an option to check what programs start running when Windows is first started. In most cases, there are programs that you do not want to always be running in the background.

Select the Tools button in CCleaner, then select the Startup option. Locate a program that you do not want running in the background and right click on Yes, then select Disable. Note that the Disable option does not uninstall the program. It simply removes it from the list of programs that run in the background.



	Windows			Publisher	Contact: Name	
	Enabled	Key	Program		User	File
Browser Plugins						
Disk Analyzer	Yes	HKCU:Run	CCleaner Monitoring	Piriform Ltd	Judy Taylor	"C:\Program Files\CCleaner\CCleaner
Duplicate Finder	No	HKCU:Run	Epson Stylus N0430	SEIKO EPSON CORPORATION	Judy Taylor	C:\WINDOWS\system32\upool\DRD
System Restore	No	HKCU:Run	OneDrive	Microsoft Corporation	Judy Taylor	"C:\Users\Judy Taylor\AppData\Loc
Drive Wiper	Yes	HKCU:Run	SUPERAntiSpyware	SUPERAntiSpyware	Judy Taylor	C:\Program Files\SUPERAntiSpywar
	Yes	HKCU:Run	WinPatrol	Patware	Judy Taylor	C:\Program Files (x86)\Runware\Wi
	Yes	HKCU:Run	Zoom		Judy Taylor	
	No	HKLM:Run	EpsonEventManager	SEIKO EPSON CORPORATION	All users	"C:\Program Files (x86)\Epson Soft
	Yes	HKLM:Run	Drive Background process	Prosefnet	All users	"C:\Program Files (x86)\DriveWind

Observe that there is a Tools, Uninstall option that can be used to uninstall programs. It can also sometimes be used to repair programs that have developed problems.



Programs to Remove	Publisher	Install Date	Size	Version	User	Uninstall
3D Builder	Microsoft Corporation	12/1/2016		12.0.3131.0	All users	Repair
Adobe Flash Player 19 NPAPI	Adobe Systems Incorporated	8/16/2016	17.9 MB	19.0.0.245	All users	Repair
Alarms & Clock	Microsoft Corporation	3/16/2017		10.1703.602.0	All users	Repair
App connector	Microsoft Corporation	8/16/2016		1.3.3.0	All users	Repair

Updating CCleaner

From time to time CCleaner will tell you that an update is available. When you go to the update web page be careful. It will offer an upgrade option. Note that the upgrade option costs money, while there is a free version for updating. Scroll down the page to find the free update. See the download note in an earlier illustration.

Databases - They're All Around Us

Phil Sorrentino, Contributing Writer, The Computer Club, FL, The Journal of The Computer Club, Inc.
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Think about it; during the course of the day we might use a telephone directory, a dictionary, an encyclopedia, an airline flight guide, a bibliography. All of which are databases. We use databases that store all kinds of knowledge that we use on a regular basis. At home or in your office, the paper filing system you have set up is really a database. But as the computer has become more a part of the fabric of our homes and offices, we use more databases that are resident on our home computers. Databases are one of the reasons that make home computers so useful. Databases show up in many places and are at the heart of many computer software programs or Apps. Many of our databases are "on-line", available only through the use of a browser on your home computer. Some of these databases include your Healthcare Providers

Formulary, the Library of Congress Online Catalog, and Facebook.

Your contact list is a database, as are your collection of MP3 music, and your collection of friends (in a social media environment, such as Facebook, or LinkedIn, or Twitter). We all use a multitude of databases, most of the time without knowing anything about the database details or operations. Software applications allow us to use the database and extract the information that we are looking for. For example, take Google. Google has created an enormous database of locations on the internet and through its application, at www.Google.com, allows a user to search the database and come up with websites that might provide answers to their questions. Many years ago, I authored a Nutrition Analysis program that provided the totals of 21 nutrients for a person's one

day food intake. The basis of this App was a Food Nutrition database that held the amounts of each of 21 nutrients for each food. At that time, the database was only available in handbook form so the 21 values for each of around 2500 foods had to be entered into a computer database so that the App, "Nutriplan", could extract the values when the user selected the particular food. The App provided the answers and reports, but the database held all of the possible nutrition information for each individual food.

Just as background, a database is an organized collection of data. Data, in the home computer sense, are words, numbers, images, (and maybe even moving images, a.k.a. videos), represented in a structure, possibly

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Notice From CUGR: Errors That You Should Be Aware Of

The screenshot shows a computer desktop with a red background. On the left, large white text reads: "Don't fall for these scare tactics! Never call any phone number that pops up on your screen! Open Task Manager and use End Task on the browser program!!!". In the center, a white warning box with a triangle icon says "Maulia Finiba Critical ERROR". Below it, text explains a "dangerous" attempt to access personal files and provides a "Contact Number: +1 (822) 277-1822". On the right, a white dialog box titled "Admin: System Request" shows a "User Name" field with "FAKE ERROR MESSAGE!!!!" and "OK" and "Cancel" buttons. At the bottom, a red banner says: "Did you NOT notice this page came from a web site with 'virus.com' in its name? If you call that number and follow their instructions, YOU will be breaking through all your protection! NEVER CALL THOSE POP-UPS!". The Windows taskbar is visible at the bottom.

DATABASES - THEY'RE ALL AROUND US

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tabular or graphical. Spreadsheets are an easily understood representation of databases. A typical spreadsheet represents something of interest in the real world, on the computer as rows and columns. Usually, for an item database, the rows are the items and the columns are things that describe the item. So, to expand on my example of the Food Nutrition database, let's say the rows are the food names, and there are 21 columns for the nutrients. The rows might be "Apple", "Pear", "Peach", "Banana", etc. Each column would be another nutrition component; for example, column 1 might be protein, column 2 might be vitamin A, column 3 vitamin C..., I think you get the idea, all the way up to column 21, maybe fiber. You could even add a column that had a picture of the food, or a recommendation for how the food could be prepared. Once the database is defined, a clever programmer could develop all sorts of Apps that could produce useful nutritional evaluations, (once the user had input the day's food intake).

This type of row and column database is typically referred to as a "flat file", maybe because it seems to have two dimensions, row and column. A

more powerful database organization is called a Relational database. A Relational database is a collection of data items organized as a set of tables. The tables are connected by "keys" or key variables. The "keys" allow data to be accessed quickly and efficiently. Software that uses or manipulates a Relational database is called a Relational Database Management System (RDBMS). Access and Oracle are examples of an RDBMS. These complex database systems are typically manipulated by using SQL (Structured Query Language), a database language, which has become the standard (circa 1987) for defining, manipulating and managing Relational Databases. (For those of you who have been around computers since the beginning (circa 1982), you might remember dBase II. dBase II was the first widely used database management system for microcomputers. dBase II included a database engine and a database language all in one package. dBase II was around before SQL, and coincidentally lost favor as the industry switched to SQL as it became the standard for Relational Database manipulation. By the way, there never was a dBase I, the

These phone numbers belong to scammers who talk you into installing TeamViewer on your PC so that they can TAKE OVER CONTROL OF YOUR PC! After they "help" you, they talk you into paying money for their "services" and you find your PC is so messed up, you think you need to pay them to "fix" it. They use scare tactics, deception, then blackmail, and they do it with such persuasiveness that many people never realize they are BEING SCAMMED!!!

developer thought the II in the name of the software package would make it more acceptable (read that salable). The II was just a marketing trick. "Ah, marketing, where the rubber meets the sky.")

Access and Oracle are both examples of an RDBMS, but are at the extreme ends of size and complexity, although each uses SQL as the managing software. Oracle is a professional system designed for very large, critical use, databases where rapid, multiple accesses are anticipated. Access, although a very capable RDBMS, is designed for smaller database projects (possibly those projects that can be easily handled by a small group of clever programmers). Access is on many business systems, and is ubiquitous because it is part of the more expensive version of Microsoft Office.

So, you see, databases are at the core of some very simple Apps, like Nutriplan, and some very comprehensive Apps, like Google.com. Undoubtedly, due to the size and scope of the data involved, Google probably employs the Relational database model. Nutriplan, on the other hand, because of its relative simplicity, worked very well with the flat file model.



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Samsung Galaxy Luna (Android) Auto-Answer From Contacts

John (Colly) Lord, CUGR Member johnclord@charter.net

I often use my phone for Kindle in the car, but have the Audible Narration running so I only have to listen.

I have found two tricks inside Kindle that make this nicer for car use:

KINDLE TRICK #1

While Reading mode, switch the colors to Black (white text on black background). This makes the screen much darker and avoids ruining night vision if you have the phone held by one of those vent clip mounts like I have.

Once you have the color set to black, open the (hamburger?) bars menu and scroll down and select "Switch to listening".

The provides a huge play/pause button in the middle of the screen, very easy to tap as you might be pulling up to the speaker in a drive-thru fast food lane.

AUDIBLE NARRATION IN KINDLE – TRICK #2:

Regarding Audible narration: Make sure the ENTIRE Audible file has been downloaded BEFORE you take your phone away from your home Wi-Fi access. Pausing or stopping your Audible audio playback while not in Wi-Fi connection, the player will NOT resume playback until it re-establishes downloading your incomplete Audible file. If you already downloaded the whole file, it will play fine, without looking for a connection.

So much for Kindle settings to make it safer for LISTENING to the accompanying Audible narration to your Kindle ebook (those that have the Audible narration available—not all do.) I would NOT want to be pulled over by an officer and found to have a bright white-back-

ground screen of eBook TEXT showing on my dash phone! Black background, and with only a play arrow and no book text showing, especially with the next "auto-answer" hands free tip, I don't think they'd mind so much.

AUTO ANSWER! HANDS-FREE!

On my Samsung Galaxy Luna (Android phone),

Under my Phone > Settings > Answering and ending calls, I found an option for "Automatic answering" that I have turned on.

This will "Answer incoming calls automatically after 2 seconds while a headset or a Bluetooth device is connected." Well, I don't have a Bluetooth device because my car doesn't have that, but I do have an "Aux Audio In" on my car radio and have used a stereo patch cord to input to that from the headset/earphone jack on my phone. The phone counts this plugged in patch cord as a connected headset and WILL automatically answer incoming calls after 2 seconds. It also goes to speakerphone mode! This automatically pauses my Kindle/Audible audio playback while the phone is active. It also plays the callers voice, nice and clear through the car stereo system. Because it also switched to Speakerphone mode, the caller can also hear my voice with the phone far from my face (mounted on the dash with an inexpensive vent clip holder I got at ShopKo.) No hands, no buttons to push, no need to slide/tap the screen. Completely hands free automatically answered speakerphone mode with the Audible playback automatically paused. Audible/Kindle playback automatically

resumes when the call is ended.

How cool is that?

WINDOWS 10 CREATOR'S UPDATE

This is another experience I have to share with members:

I installed the Windows 10 Creator's update back in April when it first became available for manual install.

Recently my wife's PC got the Windows 10 Creator's Update automatically (and yes, it took longer than the usual weekly updates.)

Let it run if you get it. Do not shut down the PC during the update/upgrade.

But after it's done and your PC has done the last reboot and settled down, go into This PC > Properties > System Protection and check to make sure that System Restore is enabled for drive C, because on my wife's PC, the update had been turned off.

So please pass this on:

If Windows 10 Creator's Update arrives on your PC, let it complete, but then make sure System Restore is turned back on for drive C:

Other than this, I really have nothing bad to say about the Windows 10 Creator's Update and I've been using it since last April.

CUGR Calendar

Community Meeting Room Sept.

26, 3 pm – 5 pm

Oct. 24, 3 pm – 5 pm

Nov. 28, 3 pm – 5 pm

Dec. 19, 3 pm – 5 pm

**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.

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 inside to the left of the main
library door.**

Computing For Seniors SIG

No Meeting In September!

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



COMPUTING FOR SENIORS. "What Does This Button Do?"
Learn today's technology including smartphones, tablets, eReaders, and both Windows 8 and 10. The basics will be taught on setting up your device and the APPS you should use for productivity and we will still work with photos and videos. There's 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. **Join us on the 1st, 2nd, and 3rd Tuesday at 12:30 pm at the Anderson Sr Center, 2081 Frontier Trail, 365 3254. On the 4th Thursday of the month, WINDOWS 10.**and everything you want to know about that system will be taught. It's a walk-in format. I remain in the room after class to help anyone with their project or answer questions.