



mbug-pc newsletter

Established 1983 / Incorporated 1988

IN THIS ISSUE

MBUG-PC Information.....	2
President's Corner.....	3
Meeting Review	4
Things, Thinglets & Thingassos	6
Looking Back at MBUG-PC.....	7
Computer Thoughts	8
Letters to the Editor	10
Wi-Fi Update	11
Clive's Tips & Tricks	11
MBUG-PC Supporters	12
Driving the Frontside Bus	13
Need Computer Help?	14
MBUG-PC Upcoming Workshops	14
MBUG-PC Calendar	15
Membership Report	16

Did you get BLASTED??!



Get some tips from
Jim Anway, page 8!

Kristen
Knutson

MBUG-PC
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“Oh My Aching Back!”: Working in Comfort with Ergonomics

Our General Meeting for September will be on the *second Friday of the month*, (September 12). Our guest speaker **Alison Heller-Ono**, of **Worksite International** (Soledad Drive, Monterey or www.worksiteinternational.com), is an expert in ergonomic analysis and training programs. She is the only one in the country to have been awarded the **Five Star Seal of Ergonomics Excellence** by the **Oxford Research Institute**, a national ergonomics credentialing board.

Alison will be speaking about:

- Ergonomics and how it impacts you day to day
- Understanding Cumulative Trauma Disorder (CTD) or Repetitive Motion Injury
- (RMI) and risk factors that may cause CTD/RMI
- The common signs and symptoms associated with a CTD
- How to control the risks, hazards, signs and symptoms through proper chair use, proper set-up of your workstation and practicing self-care with stretching and other techniques

Alison will tell us all about ergonomics (good match vs. bad); cumulative trauma disorders (CTD) and repetitive motion injuries (RMI); ergonomic risk factors found in the home and at the office (explaining repetition, awkward and/or sustained postures, forceful exertion and contact pressure); signs and symptoms of CTD and RMI; ways to control risk, hazards and signs and symptoms; how to use safe work habits and neutral postures; how to properly use equipment (such as computers, chairs, desks, etc.); all about the “Science of Sitting” vis-à-vis the use and features of ergonomic chairs; ways to better organize your home or office workstation (quick fixes); and the “Do’s and Don’ts” to CTDs/RMIs.

**NOTE: this meeting is on the SECOND FRIDAY
of the month, September 12, 2003 at 7pm
Pacific Grove Adult Education Center
1025 Lighthouse Avenue, Pacific Grove**

**FREE! MBUG-PC Members and the Public are Welcome!
Good coffee, great fund-raising raffle, such nice people!**

MBUG-PC VOLUNTEER POSITIONS STILL OPEN!

NEW JOB: Website Master

Desperately seeking someone to take over the existing website using FrontPage or possibly create a new Website for MBUG-PC!!

Program Chair

Still looking for someone once a month to help schedule guest speakers for General Meetings (first Friday of each month). Contact and schedule speakers to come to the Adult Center on the appointed date. Work with the guest speaker to develop our front page announcement. Will get lots of back up assistance from other Board Members and transition time from Kristen Knutsen (incumbent).

Meeting Reviewers

One or two people needed to attend General Meetings and/or other workshops (e.g. Nick Mertes' "Hardware", Phil Shortell's "Windows", Jim Anway's "XP", etc.) and write up one-page (500 word) reviews for the Newsletter. Full by-line given and maybe even a cartoon too!

INTERESTED? E-mail or call Vice-President **Don Slaiter** at slaiter@pacbell.net ☎(831) 657-4443

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NEWSLETTER AD RATES: Special rate for local business card ads (approximately 1/10 page) is \$30.00 for 6 issues or \$50.00 for 12 issues. Full and partial page ad rates are available upon request. MBUG will publish at no charge classified ads for individual subscribers who have computer hardware or software for private sale. For information on advertising, contact Regina Doyle at ReginaDoyle@aol.com.

3 good reasons to join MBUG-PC?
Free computer help, a GREAT Newsletter and a 15 - 20% Discount on all Computer Books at Borders Bookstores!
Show your MBUG-PC Membership card at time of purchase. For a card, see Don Slaiter at any MBUG-PC General Meeting.

PRESIDENT'S CORNER

photo: R. Binsacca, MBUG-PC



**Ann H.
Mack**

A DAY IN THE PARK

The MBUG-PC/Club Mac of Monterey Potluck Picnic on 16 August was a great success! If you missed it, put it on your calendar for next year. It coincides with the **Pebble Beach Concourse d'Elegance** weekend, so if you get lost in the forest you can at least see some great cars!

Many, many thanks to **Regina Doyle** for masterminding the event once again: she and her hardy crew of Picnic Committee volunteers (**Bob Brownlee, Carolyn Lake, Kristen Knutsen, Rita Sopolsky, Helga Murphy, Tom Streeter, Margaret Bradbury** and **Yours Truly**) made it all happen.

Thanks **Bob Brownlee**, for sponsoring **Indian Village** in Pebble Beach again this year. MBUG's own Hospitality crew, **Helga Murphy** and **Rita Sopolsky** with **Irene Slaiter** and many other helpers expertly organised the potluck pavilion. **Malcolm Smith** of Club Mac ordered and cooked a very special Virginia smoked ham as a singular "potluck" treat (anyone south of the Mason-Dixon Line knows just how special this is)! Oh wonder, oh joy, oh ... there went my diet! Again this year, as provided by **all MBUG and Club Mac attendees**, we had a fantastic array of salads, appetizers and

goodies that rival the best offered by **The Lodge at Pebble Beach!**

Seasoned chefs from last years' event, **Brendan Doyle, Gary Stephens** and **Bob Moselle** and newcomer **Ron Brunet**, Club Mac President, cleaned, fired up and managed the burger grill. Even **Yuka Toda**, a visitor from Japan was recruited as an International Chef. Hamburger handlers **Jeanett Stephens, Heidi Fonseca** and **Carolyn Lake** delivered gourmet delectables to the hungry crowd. **Pete and Marjorie Petit** managed all the soft drinks while **Bruce Belknap, Jean Stallings, Mez Benton, Billy and Dave Powell** organised the offering of a "designer's" choice of imported beers and Trader Joe's best "Two Buck Chuck" wine.

Special mention to **Bob Huettmann** who directed parking like a pro almost single handedly; to **Ken Roberts** and **Margaret** who covered the emergency supply wine run; and to **Regina** who turned out hand-made raffle tickets by the carload, ably assisted by **Susie Tarleton** and **Kristen**.

The Quiz Masters Team of **Lewtschuk & Belknap** did a smashing job of organising and conducting the fiercely competitive PC/Mac Computer Quiz. The Women's Team, led by team Captain **Susie Tarleton** handily led a win over the Men's Team captained by **Bob Stephan. Richard Binsacca, Jack Lewtschuk** and **Jeanett** managed a rousing raffle sale. And after all the festivities wound down, **Charlie Mehlert, Carolyn, Jack, Bruce, Ron, Susie, the Brownlees, the Slaiters, the Doyles, the Stephens** and a host of others restored Indian Village even cleaner than we found it!

We anticipate lots of pictures of the event thanks in advance to **Bill Hyler, Richard Binsacca, Charlie Mehlert, Brendan Doyle** and **Ken Roberts** who were spotted snapping away. Anyone who has digital photos to submit, please send them in to the Newsletter before September 15. **And if we failed to mention the work of you or a friend here, let me know about it for next month's full Potluck Picnic report!** Many, many thanks to all of you for having made this year's event so wonderful!

DIAMONDS MAY (SOON) BE A COMPUTER'S BEST FRIEND

September 2003's **Wired Magazine** describes two new processes to manufacture "cultured diamonds" (see "*The Diamond Wars Have Begun*" by **Joshua Davis** at www.wireless.com). One process spits out one yellow 3-carat, almost-identical diamond 24 hours a day, 7 days a week using a Russian-designed machine in Florida.

Of more interest to computer buffs is **Apollo Diamond of Boston** that grows perfect, pure and identical white diamonds using a process called "chemical vapor deposition" (CVD). Researchers are investigating the possibility of growing larger diamond wafers by CVD. If possible, a diamond microchip can be made which will handle much higher temperatures than silicon chips, thus enabling computers to run at speeds that would liquefy silicon.

PERSONAL THANKS

Thanks to all of you for your good wishes, thoughts and prayers regarding my treatment and convalescence. Check out my new wig at the next meeting! ♦ ahmack@sbcglobal.net



MEETING REVIEW

**Barbara
Tyrrell**
MBUG-PC
Member 1120



photo: B. Hylar, MBUG-PC

A STRANGER IN PARADISE

Tak Maseda of **User-Friendly Computing** (in Santa Cruz, Watsonville and Monterey) jolted us out of our complacency with the news that the computer industry has developed new standards for hard drives, which will take effect in the next year or year and a half. His topic, "*Hardware Communications Technology*" took a different turn from what most of us expected by telling us about the coming serial ATA cable "revolution" that will change life as we know it as far as computer speed.

THINK SERIAL, NOT PARALLEL

Basically Tak reminded us of the fact that it is not our hard drives nor our processors that are limiting our computers from working faster but the cables through which all our data



Vice President Don Slaiter (filling in for President Ann Mack), and Newsletter Editor Regina Doyle during pre-presentation announcements.

moves. Apparently although everything else in the industry has been forging ahead and changing with the times, the **IDE parallel cable** is a 20-year-old technology, which anyone knows is truly in the Palaeolithic era as far as computers go!

What's finally going to replace parallel is the **ATA serial cable** that can move data at the speed of 133 megabits per second ... and probably beyond, fairly soon. Unlike parallel IDE (those flat plastic ribbon-like cables now connecting everything together in your CPU case), serial ATA is round like telephone cables and it has the ability to send information in both directions at an efficient 250 millivolts. The connectors for this cable resemble phone plugs, but cannot be mismatched.

Another limitation of IDE has been that transmission degrades from a distance of 40cm onwards (which is why those flat cables are so darn short) whereas ATA cables have an unlimited length capacity.

FASTER COMPUTING

Data transfer will be faster and more reliable from the present 150 to 4-500 megabytes/sec within a few years, now we just have to wait for the hard drive industry to catch up. Tak said that the crash of the dot.com/hardware industry and subsequent drop in memory costs to about 40 cents per megabyte will likely keep costs down for the switch from IDE to ATA and he expects that the entire transition will take place over the next three years, at the end of which time you won't find parallel cable except in a museum.

From now onwards consumers will have a choice of parallel or serial drives



Columnist and F1 Help Person Jim Anway provided some answers during open question time. All are welcome to bring their computer-related questions/problems/ideas to this forum held at the end of every First Friday General Meeting.

but all motherboards will remain the same until the end of this year (December 2003) because motherboard manufacturing hasn't caught up with the changes (for example **Dell's** 3GB processor motherboard will accept both parallel and serial



Norma Cocklin volunteered to temporarily take on Don Slaiter's duties as Membership Chair.

drives, but **Intel's** newest versions only accept parallel).

Tak says that the lightning speed of ATA serial will be of the greatest value to those of us who transfer a great deal of data using multiple applications such as processing pictures (e.g. manipulating images in Photoshop), making videos and compiling music, doing all three at once or transferring information from one drive to another. We will be able to have multiple programs running with no crashes and do it much faster. In contrast, those of us who just use a computer to do word processing may not perceive much of a change. Also, our software isn't expected to change much because of these hardware changes (although if there's a way to make money off of this change ...).

MAC TALK IN PC TERRITORY

Tak started to tread on thin ice (being in front of a PC-loyalist crowd) by telling us about Macintosh's new G5 computer (ATA serial, naturally) which he says is now the fastest processor around compared to any old 64-bit IBM PC — in fact it is 4.3 billion times faster (he rubbed it in by saying it was like comparing the area size of a postcard to that of all Manhattan Island).

Tak noted that since any increases in processing speed made possible by the ATA cable would especially benefit those involved in graphic arts (film, advertising, animation, and other applications) and that Macs were specifically designed for the graphics crowd, the new Mac G5 processor launching this month will be the preferred platform for hardcore animators and movie producers, etc.

From his own experience in the field of medical graphics programs Tak says that the precise resolution and reliability offered by Macintosh computers is essential (for example in urology and nuclear medicine).

Another tactful point made by Tak about PC vs Macs is that PCs have always had too much software and hardware research and development (R&D) and licensing going on at the same time and a whole lot of competition. This has resulted in premature releases, incompatibility, unreliability and instability (which PC aficionados couldn't dispute but wouldn't admit either). Face it, Apple is more reliable all around though even Tak admitted it is comparatively more expensive by maybe 50 percent!

The big question to Tak was, "*do you think Macs will take over the world?*"

Not to worry: we were assured that there will always be PC people and Mac people (and worse, Linux people



"OK, OK, I give up! You can keep your old PCs!" Guest Speaker Tak Maseba surrenders to loyal PC enthusiasts after making the mistake of saying something nice about Macintosh computers!

who hate both of us) and isn't the world a better place for the differences and freedom of choice?

Thanks Tak, you get really high credits for taking on a roomful of snarling PC diehards and fending questions and objections with good grace. It took a lot of courage and you actually taught us some good stuff!◆

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"We just came for the coffee and cookies."

Hospitality crew Rita Sopolsky and Helga Murphy (hiding somewhere behind the coffee urn) keep them coming back to General Meetings.

THINGS, THINGLETS & THINGASSOS

S. Jack Lewtschuk
MBUG-PC
Columnist
& Immediate
Past President



photo: R. Binsacca, MBUG-PC

WORDPERFECT TO WORD

Can MS Word open a WordPerfect document? Here is one way: make WordPerfect documents coexist peacefully in a Microsoft Office world by saving them with the filename “extension.doc”. This lets Word open them automatically and display them in its “File/Open” dialog box. When you save a file, simply add “.doc” at the end of the file name. When the recipients of your document double-click on the file, Word will open it and transparently convert it into Word format (if this is their first experience with this procedure, they may be prompted to insert the MS Office or MS Word disk in the CD ROM drive).

If you don’t have Word on your system, you can assign the “.doc” extension to WordPerfect so that all the files you create on your system will have that extension and will open automatically in WordPerfect. Use “Tools”, “Settings”, go to the “Files” tab, make sure that “Use default extension on open” and “Save” is checked, and replace “.wpd” with “.doc” as the extension to use.

DO YOU KNOW YOUR USB?

Most of you know that the original USB (Universal Serial Bus) was/is called USB 1.1. The newer and faster USB is called USB 2.0. Recently, the powers that be, decided to call both, just plain “USB”.

Some pesky consumers wanted to know, “Which USB am I getting, really!?” Then, somebody had a bright idea — “This is deceptive! Maybe illegal!” Resulting in the following latest information:

- **High speed USB** (USB 2.0) products have a design data rate of 480 Mb/s.
- **Full speed USB** (USB 1.1) devices signal at 12 Mb/s.

- **Low speed USB** Let’s not have any of that -- bad business!

Know what you are getting!

CAPS LOCK ACCIDENTS

ACCIDENTALLY HITTING THE CAPS LOCK KEY AND TYPING EVERYTHING IN UPPER CASE IS IRRITATING. It’s especially aggravating if you don’t immediately realize you’re typing in upper case. You can avoid this situation by adding a sound to the “Caps Lock” key.



WHAT’S WRONG
WITH ALL CAPS????!!
ISN’T BIGGER
BETTER????!!

Go into “Control Panel” and double click “Accessibility Options”. Select the “Keyboard” tab. Check “Use ToggleKeys”.

Click “OK”. This will also set sounds for “Num Lock” and “Scroll Lock”.

FROM WHERE I SIT

We are now well into the third quarter of 2003, with 2004 looming in sight. MBUG-PC is twenty years old. Will it reach its age of maturity?

Some of you might recall the organizational desperation of 1998, when MBUG was on the brink of collapse due to the lack of members willing to fill the vacancies of volunteers necessary for the continuation of the group. As membership renewals decreased, paying dues in a disappearing organization did not make much sense. The Board went as far as to consider the proper and legal disposal of our assets and equipment.

Finally, a number of members attended an emergency meeting scheduled in lieu of what was going to be our last general meeting and MBUG-PC rallied and lived to see 1999, 2000, 2001, 2002 and its twentieth year, 2003.

From where I sit, I think that we might see 1998 repeat itself and our survival into 2004 might be endangered. Think about talking to our Board members and volunteers and offer to step forward and help! ◆

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LOOKING BACK AT MBUG-PC

Pete Petit
MBUG-PC Columnist



20 Years Ago

For Sale items in the September 1983 MBUG-PC Newsletter included:

- **Cal Micro Model 5061 Converter** (Converts IBM Model 50, 60, 75 typewriters to a printer; will not work on Selectric II or III).”, and an
- **Apparat I/O Board** (Includes parallel port, RS-232 Asynck port, and 30-year clock calendar. This board sells for \$199 new. Will sacrifice for \$159 (Used 3 months).”

Just think, if you had purchased that board you would still have ten years left on your calendar!

illustration by: R. Doyle, MBUG-PC



That 1983 issue of the Newsletter also announced that the **Random Access** (questions and answer) session at monthly meetings would be limited to twenty minutes and would be handled by a “panel of experts” for which volunteers would “gladly be accepted.”

In the same issue was proposed “the formation of special interest groups or SIGS.” BASIC Programming Language was proposed as one possible SIG topic, along with Telecommunications, Graphics, Business Applications, Education Applications and Beginners Help.

Keith Highfill’s “Random Access” column featured the use of DOS’s MODE command to control line length and vertical spacing on one’s printer and to control the number of columns and the use of color or black and white on one’s monitor (assuming one had a color monitor which, in those days, was not a given).

10 Years Ago

The September 1993 General Meeting featured -- and I am serious here, “**Jeffrey Armstrong**, also known as *Saint Silicon*” who had “transcended above software, above hardware, all the way to har-dee-har-ware.”

It was reported that “once *Saint Silicon* gets rolling, there’s not much else to do except make the sign of the monitor and shout hallelujah! You needn’t worry about (his) high-tech Church of Heuristic Information Processing (CHIP): It’s not sacrilege, it’s hackriledge. He’s just pulling your joystick.”

Sound like someone we should invite back???

MBUG President Mike Hagerty reviewed **Microsoft’s** first release of **WindowsNT** (curiously designated version 3.1) and pronounced it bloated and in need of a service pack.

In his “**Cricket Clatter**” column sysop **Jim Robeson** reported in response to a question as to what platform his BBS was running on that, “*The Cricket BBS is a three line bulletin board system, running four nodes of PCBoard under the DesqView multitasking system and DOS 5.0 on a 40mhz 386 clone computer with 4mgs of RAM. It contains one aging SCSI 1.2 gigabyte hard drive and two floppy drives. There are three US Robotics Duel Standard modems controlling the phone lines.*”



We forget how much work could be done with so little hardware back in the days of DOS with character-based, non-graphical software applications.

WordPerfect 6.0 for DOS received a good review from **Bob Shanteau** as did **Express Publisher** by **Power-Up Software** from **Hugh Bayless**.

There were eight business card advertisements in our newsletter ten years ago, none the same as any of the six such cards displayed in the most recent (August 2003) newsletter.

The *fourteen* active SIGs (special interest groups) were AMIPRO, AUTOCAD, BATch Programming, Beginning DOS, Beginning PC Users, Communications, Database, Genealogy, PASCAL, Personal Finance, QuattroPro, Windows, WordPerfect/Win and Writers'. ♦

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Scanners: Be Resolute with Your Output

No, I don't think it's too big, why do you ask?



If you're scanning a photograph to use at the same size as the original, there's no need to scan it higher than 300dpi (dots per inch, a measurement of resolution), and 200dpi will work well for many printers. **Anything larger will result in an excessive file size.** The same isn't true for line art (artwork that has defined edges and is not continuous tone [one color blends into the next]).

Scan line art at a minimum of 600dpi. A good trick to use with black-and-white line art is to scan it in grayscale (as with a photograph) at high contrast. In grayscale mode, a scanner creates transitions between the levels of gray (this trick is called antialiasing). Grayscale images are larger than bit-map (black and white only) ones, but you won't have as much of a problem with "jaggies" (jagged edges where pixels end). ♦

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COMPUTER THOUGHTS

James Anway

MBUG-PC

Columnist,
F1 for Help,

Workshop Leader



photo: R. Binsacca, MBUG-PC

THE BUGS ARE ALWAYS AFTER YOU

OK, maybe most of you now know (perhaps the hard way) why I keep saying, "Keep up-to-date!" Many of you were hit by the nasty computer virus called the **Blaster** that is also known as W32.Blaster.Worm, MBlaster, W32/Lovsan,

worm.a, MSBlast, W32.blaster.worm, Win32.posa.worm, or the Win32.

poza.worm. It exploited a vulnerability in

WindowsXP

that was addressed by

Microsoft Security Bulletin

MS03-026.

Microsoft originally released this bulletin and patch on July 16, 2003 to correct the security vulnerability. The patch was and still is effective in eliminating the security vulnerability. Thus if you have already installed the patch, you are protected from attempts to exploit the vulnerability, and need take no further action (for this bug/virus).

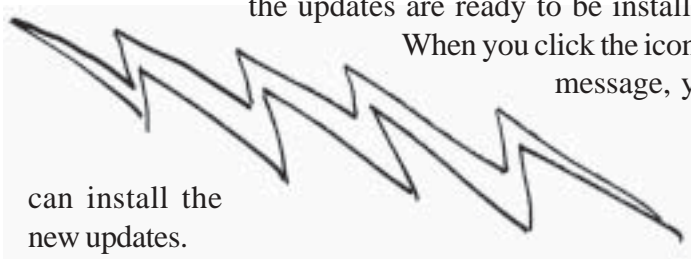
The impact of vulnerability of this bug or virus was that once it was installed it could run any code of the attacker's choice, including installing programs. It could view, change, or delete any data or, reformat the hard disk. Luckily Blaster was designed to launch a denial of service attack against Microsoft's Windows Update Web site. Blaster was also designed to cause other annoying but non-destructive things that might have included:



- Inability to cut/paste
- Inability to move icons
- Add/Remove Programs list empty
- DLL errors in Microsoft Office programs (dynamic-link library (DLL) routines are executables with .dll extensions that are loaded when needed by a program that calls them)
- Generally slow, or unresponsive system performance
- Constant re-booting of the computer

illustration by: R. Doyle, MBUG-PC

Remember that WindowsXP can keep your computer up-to-date automatically with the latest updates and enhancements. Windows can recognize when you are online and uses your Internet connection to search for downloads from the Windows Update Web site. An icon will appear in the Notification Area (SysTray) each time new updates are available. You can specify how and when you want Windows to update your computer. You can set it to automatically download and install updates on a schedule you specify. You can also set it to notify you whenever it finds updates available for your computer and then download the updates in the background, allowing you to continue working uninterrupted. Then after the download is complete, an icon will appear in the Notification Area with a message that the updates are ready to be installed.



can install the new updates.

When you click the icon or message, you

To turn on Automatic Updates, just open “System” in “Control Panel”. On the “Automatic Updates” tab, select the check box next to “Let Windows keep my computer up-to-date”. Note that the auto updates will only download and install what are called “Critical Updates” (use Windows Update to find and install other types of updates).

If you choose not to use automatic updating, you can always install specific updates from the Windows Update Website.

Computers that have up-to-date antivirus software also would most likely detect the worm’s executable (MSBLAST.EXE) upon download and prevent that computer from becoming a host for W32/Lovsan. In your antivirus program, be sure that all checking is turned on.

ONCE AGAIN WE ASK, “GOT FIREWALL?”

If you have an Internet connected computer, you should also install or activate a firewall to help block these types of attacks. Per several advisory columns in the MBUG-PC Newsletter and Microsoft, “A firewall is a security system that acts as a protective boundary between a network and the outside world. Internet Connection Firewall (ICF) is firewall software that is used to set restrictions on what information is communicated from your home or small office network to and from the Internet to your network.”

WindowsXP comes with a basic firewall. To activate WindowsXP’s Firewall, click “Start”, “Control Panel”, and double-click “Network Connections”. Click the dial-up, LAN or High-Speed Internet connection that you want to protect, and then, under “Network Tasks”, click “Change settings of this connection”. On the “Advanced” tab, under “Internet Connection Firewall”, select “Protect my computer and network by limiting or preventing access to this computer from the Internet” check box.

If you install McAfee’s VirusScan 7, it comes with a full firewall program, but you need to **turn off the WindowsXP firewall** and, yes this sounds strange, but you need to **turn on McAfee’s Firewall** for it does not do this on the install.

Another option is a firewall program that many use called **ZoneAlarm** from **ZoneLabs**.



So keep your computer up-to-date with critical updates from Microsoft, current antivirus software, and keep your firewall active.

Then you can say that your shields are up!

Aren’t computers fun? ♦

janway@redshift.com

LETTERS TO THE EDITOR

Dear MBUG-PC:

Not a day goes by, when at my Dell, I'm not appreciative of the benefits of my discovery of the MBUG group whether it be e-mail, surfing net or graphics. I've also enjoyed the computer classes at the Carmel Foundation.

Sincerely,

John Rodenbaugh

MBUG-PC Member 1101

MBUG-PC Newsletter welcomes letters and commentaries. Letters may be edited. Include your name and e-mail address.
E-mail: reginadoble@aol.com **Subject:** Letter to the Editor
 Mail: Letters Editor MBUG-PC, 177 Webster Street A-354, Monterey CA 93940

GENEALOGY WORKSHOP?

Bob Stephan has volunteered to lead a genealogy workshop using **The Master Genealogist (TMG)** software.

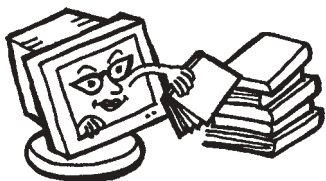
Even if you don't have TMG, this is your chance to learn how to keep track of your family history using a computer program.

10 or more people need to express interest in a workshop in order to set up dates & venue.

E-mail Bob at bstephan@redshift.com if you are interested! ♦

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WIRELESS INTERNET UPDATE

photo: Bill Hyler, MBUG-PC



John Rowe
MBUG-PC
Columnist/
Tolt Technologies

WI-FI RIDES THE RAILS

Caltrans plans to test market onboard high-speed wireless Internet service (Wi-Fi) this fall on the popular **Capitol Corridor** intercity train route linking San Jose and Santa Clara in Silicon Valley with Oakland and Auburn. The system uses standard Wi-Fi access points to create Wireless Local Area Networks (WLANs) available to passengers' Wi-Fi enabled laptops and PDAs. This basically means that while riding the train you can also "surf the 'net" (get on to the Internet) without having to plug your laptop into anything!

The train's network uses a lower-speed terrestrial connection for web page requests, file uploads, etc., while satellites download the broadband content quickly. A company called **PointShot Wireless** will provide the service. You can check them out at: <http://www.pointshotwireless.com/>.

RED FANG BITES BLUETOOTH - SECURITY FLAW REVEALED

A new software tool called "**Red Fang**" has been developed that enables eavesdroppers and or hackers to identify nearby devices that use the **Bluetooth** wireless protocol. If the gadget's default security settings mean the device is unprotected, data can easily be stolen.

Not to worry though, if you turn on Bluetooth's security features all is safe. Bluetooth is a wireless Personal Area Network (PAN) system that connects devices within a range of 15 meters and is now a standard feature on many new devices such as Cell Phones, PDAs and Laptops. Bluetooth is great at eliminating wires between cellphones and headsets, etc., but the short range limits it to these types of applications. ◆

johnr@tolt.com / www.tolt.com

WINDOWS TIPS & TRICKS

compiled by
Clive Sanders
F1 for Help,
Columnist, Assistant
Membership Chair



Tip #21: Find the Hidden Files

Windows is keeping secrets from you. By default, Explorer conceals two types of files: those with the "hidden attribute" set, and those designated as "system files". In general, it's a good idea to treat system and hidden files with respect — tampering with some system files, for example, can wreak havoc, causing your computer to crash or hang at start-up. But in certain circumstances, seeing normally hidden files and folders can help you solve problems.

To change Explorer's settings so hidden and system files are visible, open any Explorer window and choose "View", "Folder Options". Click the "View" tab and check the "Show All Files" box. When you close the dialog box and return to the Explorer window, you'll see all the files in that folder, including those marked as "hidden".

Tip #22: Yes, I Do Want to Delete That File!

Does the Recycle Bin annoy you with its constant "Are you sure you want to delete this file?" messages? You can turn the confirmation dialog boxes off permanently with a simple change: right-click on the "Recycle Bin" icon on the Desktop; choose "Properties"; clear (unclick) the checkmark next to "Display delete confirmation dialog box".

Tip #23: Back Up Your Favorites Folder

How many priceless URLs are in your collection of "Internet Favorites"? If you use Internet Explorer 5, it only takes a few seconds to back them up to a safe place. Open a browser window and choose "File", "Import and Export". Run through the "Wizard", choosing "Export Favorites", specifying the name and location where you want to store the backup file. Repeat the process using the "Export Cookies" menu choice. Save the backed-up files to a floppy disk, zip disk or CD for a little extra security. ◆

simbacli@pacbell.net



MBUG-PC SUPPORTERS

James W. Anway

Retired IBMer
Computer Consultant

Phone: 831 625-5618
Fax: Call first



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DRIVING THE FRONTSIDE BUS

Jim Hinwood

MBUG-PC Columnist &
Features Editor



Photo: Bill Hylar, MBUG-PC

WINDOWS SCRUBBED CLEAN

If you've ever had trouble finding specific instructions (every step) for reinstalling your operating system here is the perfect book: it's called "*Tune up Your PC in a Weekend*" by Faithe Wempen. This is a fantastic little book and if your PC doesn't seem to run as well as it first did when you got it, there is help. This is a step-by-step program of assessing your system on Friday night and identifying problems. On Saturday you begin to fix problems by using her guides to optimizing your system. On Sunday you follow instructions on planning periodic system upgrades or reinstalling your operating system if necessary. The nicest thing about this book is it doesn't assume knowledge on your part; it gives every single step for installing every operating system. This means it's a great reference book for every skill level.

The problem with Windows is that after a while it becomes cluttered with broken, corrupted, or extra files. This is particularly true if you are installing and uninstalling a lot of programs. Your PC begins to bog down because of all this clutter. Many people think of a new computer when it seems like their computer is slow. They have forgotten how well the computer ran when they first got it, and that it can run like new again. Rather than look to a new computer, it's worth a try to improve performance. **Many gamers use a fresh install of Windows every six months to keep performance at a peak.**

When I first read about reinstalling every six months I thought to myself, "*What a pain*". It usually took me most of the day to reinstall all my programs. But with this book you can increase performance or reinstall your operating system and

if you don't want to have to do it again you use "Drive Image" to take a "picture" of your hard drive on three disks. Then whenever you want a fresh install you can easily reinstall it to the perfect configuration in minutes rather than hours. You never have to worry about poor performance again. There is an article in **Maximum PC magazine** ("*Give WinXP a Clean Start*" - August 2002) on the "*10 Steps to a Gleaming Fresh OS- Anytime You Want!*" which gives detailed instructions on how to do this.

Between the book giving step-by-step instructions on how to reinstall, and the magazine giving instructions on how to copy your work so you never have to do the full install, you can have super performance all the time.

Even a relative novice can simply have the best out of their computer that gamers and power users work so hard to get.

If you would like a copy of the Maximum PC article go to <http://www.maximumpc.com/> or call 1-800-274-3421. ♦

ehinwood@msn.com



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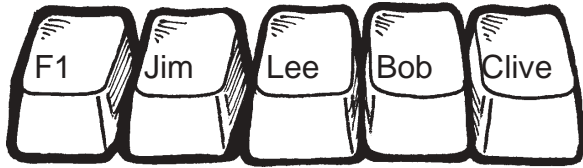
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Computer Help is Just a Click or Call Away with F1

You know you push the "F1" button on your computer when you need help. But do you also know that you can call or e-mail **MBUG-PC "F1 for Help"** with your computer questions?



Our expert team of helpful volunteers is willing and able to share experience on software and hardware. And if they don't know the answer, they'll direct you to someone who does.

To get computer help:

- (1) Contact any of the people listed below; or
- (2) Ask questions during any MBUG-PC meeting break or Q&A session; or
- (3) Leave a message at MBUG-PC's Answering Service (373-6245) ; or
- (4) Broadcast a message to all members through the MBUG-PC Listserv (mbug@listserv.redshift.com) **in plain text only** (NO html, please)!

Services are free of charge (with the understanding that MBUG-PC, its Board of Directors, and the F1 Volunteers themselves are in no way responsible or liable for the accuracy or the outcome of any advice or suggestions).

■ Jim Anway

STRICTLY Wednesdays & Fridays
from 2pm to 5pm at 625-5618

■ Lee Keely

Prefers e-mail at leekeely@attbi.com
or call 626-8033

■ Bob Stephan

E-mail to bstephan@redshift.com
or call only between 9am-5pm
646-1899

■ Clive Sanders

E-mail to simbacli@pacbell.net
or call only between 1pm to 9pm
cellphone (831) 375-5376◆

VIEWS FROM MY WINDOWS

Phil Shortell

Workshop Leader

Wednesday, September 10

7:00 to 9:00pm

Archer Park Center

Monterey



TURNING THE TABLES ON WORD

At this month's workshop we'll take a look at Word tables in all shapes and sizes, and explore what can be done with them including calculations and Computer Based Forms. Got some numbers or other data that need crunching? Let's see how we can get them to work better after I show you some easy ways and neat tricks to managing tables. Bring any other stray questions about Windows too and we'll see if I or another audience member can help you out. Questions in advance? Contact me at (831) 753-7777 or e-mail pjs@FourthR-Salinas.com. ◆

Phil

WINDOWS

XP



James Anway

Workshop Leader

Wednesday,
September 17

7:00 to 9:00pm

Archer Park Center

Monterey

This will be the third meeting on WindowsXP, and as in previous workshops, we welcome all levels of users from beginners to advanced. I'll open the discussion by presenting some general XP tips, tricks, secrets and answers to common problems and we'll go in whatever direction you want based on your own experience and curiosity. We don't care if you already have XP or are still hanging in there with Windows98, 2000 or ME, come on down and we'll talk, share answers and swap stories. If you have any questions in advance or would like me to cover certain topics, contact me in advance at janway@redshift.com◆

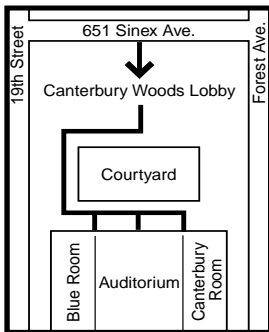
photo: R. Binsacca MBUG-PC

Jim

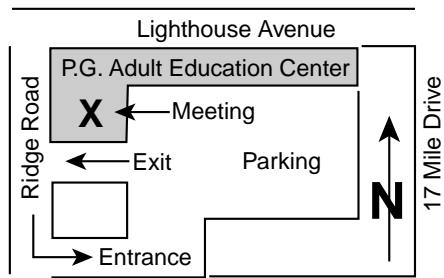
MBUG - PC Calendar of Events - September 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <i>DIRECTORS MEETING</i> Canterbury Woods PG Begins at 7pm <i>Everyone Welcome!</i>	3	4	5	6
7	8	9	10 <i>"Views From My Windows"</i> Archer Park, Monterey 7:00 - 9:00pm <i>Phil Shortell</i>	11	12 <i>"Ergonomically Correct Workstations"</i> Adult Ed Center PG 7:00 - 9:00pm <i>Alison Heller-Ono</i>	13
14	15	16	17 <i>"WindowsXP"</i> Archer Park, Monterey 7:00 - 9:00pm <i>Jim Anway</i>	18	19	20
21	22	23	24	25	26	27
28	29	30 <i>DIRECTORS MEETING</i> Canterbury Woods PG Begins at 7pm <i>Everyone Welcome!</i>				

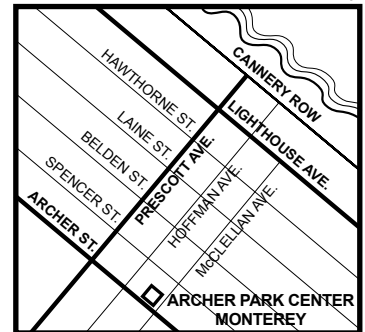
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General Meeting Location
Adult Education Center, PG
1025 Lighthouse Avenue, Pacific Grove



Archer Park Center
542 Archer Street
Monterey



Tentative Calendar October 2003 *Please Check the October Newsletter for Final Dates & Times*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2 <i>DIRECTORS MEETING</i> Canterbury Woods PG Begins at 7pm <i>Everyone Welcome!</i>	1	2	3 <i>Gen Mtg: "Genealogy"</i> Adult Ed Center PG 7:00 - 9:00pm <i>Guest Speaker TBA</i>	4
5	6	7	8 <i>"Computer Hardware"</i> Archer Park, Monterey 7:00 - 9:00pm <i>Nick Mertes</i>	9	10	11
12	13	14	15	16	17	18
19	20	21	22 <i>"WindowsXP"</i> Archer Park, Monterey 7:00 - 9:00pm <i>Jim Anway</i>	23	24	25
26	27	28	29	30	31	



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**Carolyn
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Your empty ink cartridges continue to be a source of fund-raising for MBUG-PC to help support our non-profit educational programs. Keep turning in those **empty, original-equipment printer ink cartridges** (not compatibles or re-manufactured) at general meetings and workshops. A brown cardboard box will be provided to drop them into, or hand them to me or any other Board Member.

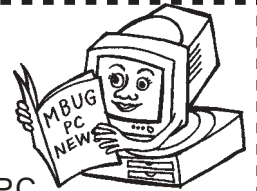
We are reimbursed for these "empties" by a company that in turn uses them to demonstrate how to refill cartridges. This is a win-win setup for all, so make your donation to the cartridge recycling round-up! ♦ lakelyn@ix.netcom.com

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Does it say "Exp: September / 2003"?

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