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mbug-pc newsletter

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What's Jack done to get
this lady a bit heated as
we plan for our
**SUMMER
VACATIONS?**



Read all about it in
**MY FAVORITE
WEBSITE**
on page 6.

The New Photographic Paradigm: Photography in the 21st Century

Nationally acclaimed photographer **Huntington Witherill** will give a lecture and slide presentation on the subject of digital imaging and its effects on his personal approach to photography this Friday, June 2nd.

Technology has had a profound effect on the art and craft of photography. The advent of new and different methods for producing and sharing pictures has brought forth both advantages and disadvantages to the medium. In this presentation Mr. Witherill will attempt to demystify the often bewildering world of digital imaging, while exploring the new realities in terms of their effects upon his own work as a photographer.

Having studied photography in the early 1970's with such notables as **Ansel Adams, Wynn Bullock, Steve Crouch** and **Al Weber**, Huntington Witherill has remained faithful to his classical photographic training while progressively transitioning toward a more contemporary approach to the medium. Since he began photography in 1970, his images have been featured in more than 90 individual and group exhibitions in museums and galleries throughout the world. His photographs represent a remarkably diverse approach to the medium and include landscapes, studies of pop-art, botanical still-life, urban architecture, and digital imaging. Additionally, his work has been published in two award-winning hard-cover monographs entitled: *Orchestrating Icons* (2000) and *Botanical Dances* (2002). In 1999 Mr. Witherill received the "Artist of the Year" award from the **Center for Photographic Art**, Carmel, California.

For information about the talk and to see some of Mr. Witherill's stunning work visit: www.huntingtonwitherill.com. Venue queries? Contact **Carolyn Lake** (831) 643-2023 or lakelyn@ix.netcom.com ♦

JUNE 2nd 2006 at 7pm

**Pacific Grove Adult Education Center
1025 Lighthouse Avenue, Pacific Grove
FREE and open to the General Public, MBUG
Members and their friends!**

VOLUNTEERS NEEDED FOR THESE GREAT MBUG-PC POSITIONS!

Program Chair

Find and schedule First Friday General Meeting Guest Speakers.

Publicity Chair

Publicize MBUG in local publications and to members on the Listserv.

Workshop /SIG Leaders

Share your knowledge: run workshops or Special Interest Groups monthly/bi-monthly/quarterly

Meeting Reviewers

Attend General Meetings (or any other ongoing workshops) and write 500-word-or-less reviews.

Hospitality

Provide coffee service at First Friday General Meetings
(store equipment and supplies, bring the needful and set up for coffee and goodies).

E-mail or call Vice-President **Don Slaiter** at slaiter@pacbell.net ☎ (831) 655-4443 and 657-4154

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MBUG-PC benefits: Computer Help, the Newsletter and 15 - 20% Discount on Computer Books at Borders and Waldenbooks with MBUG-PC Membership Card (see Don Slaiter for card).

CAROLYN'S VIEWPOINT

Carolyn Lake
President

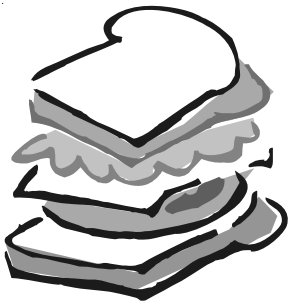
MEMBERS SPEAK



photo: Bill Hyler, MBUG-PC

Report on Member Survey

Members are always invited to provide suggestions for topics and speakers for our meetings and workshops. In April, the Board provided a more formal opportunity for feedback through a brief questionnaire form included in this column. As is usual in such cases, the returns are small, with about a 7% sample of MBUG membership responding. Nevertheless, the survey provides some indicators for future events. Here is a brief summary of the highlights.



Potluck Picnic, Anyone?

Survey responses about the **Annual Potluck Picnic** ran **10 to 7 against** holding the event. The Board will need to make a decision about the Picnic by early July at the latest. The potluck has been a fun event in past years,

and is the one opportunity MBUG offers for members, family, and friends to get together for a couple of hours just for socializing, food, and conversation.

We really need to hear from you on this one before a final decision—see the **description on page 9**, and then send e-mail to Regina or me if you think the event should continue. No need to commit to attendance at this time; just give us a tentative outlook if you might be interested, or if you might help with one of the many areas of preparation.

Preferred Operating Systems

As to operating systems in use, most are up-to-date with **Windows XP** (15), although a few of us are still happy with Windows 98, and there is at least one **Unix/Linux** user among us.

Preferred Program Topics

The top five choices for program topics were:

- Computer security and backup (13)
- E-mail programs, especially with MS Outlook (11)
- Spreadsheets with MS Excel (9)
- Wireless technology (9)
- Word processing with MS Word (8)

Other close choices were **Adobe Photoshop** and **file management**. We have offered programs in all these areas within the past 18 months, with a strong emphasis on computer security, and your responses say we should continue to do so.

Future programs are already planned on new **wireless devices**, **computer maintenance**, and **backup and restore** procedures. Watch the calendar and meeting descriptions (pages 14 & 15 in this issue), the MBUG Listserv (information on page 13), and our website (www.mbug.org) for schedule updates.

Many thanks to all who participated in the survey; it is a starting point, but we need continued input from everyone to bring you topics you want to hear. I encourage you to jot down a few ideas and send them in, to me or any Board member. Ideas do not need to be highly technical, fully developed, or otherwise earthshaking! What's important is that they are what you want to know about computers!



New Light on the Subject

Also, a round of applause, please, to **Jim Anway** and **Ralph Games**, who diligently researched and provided comparisons on 14 portable projectors to assist the Board decision for purchase of a new projector.

Their recommendation for a NEC LT30 2600-lumen projector was accepted and the purchase made. On May 5, Jim gave the LT30 an impressive orientation test drive for the Board and interested members, and the new equipment has since been put into service. We are now treated to sharp, bright images with great color at our meetings.

Thanks, Jim and Ralph! ♦

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THINGS, THINGLETS & THINGASSOS

S. Jack Lewtschuk
MBUG-PC
Columnist

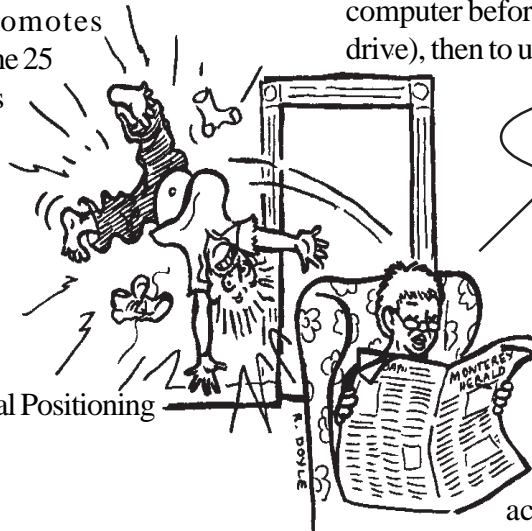


photo: R. Binsacca, MBUG-PC

Greatest Inventions

A panel of technology leaders assembled by the Lemelson-MIT Program which promotes inventiveness in teens evaluated the 25 greatest (non-medical) inventions from 1980 to 2005 and came up with this list:

1. The Internet
2. Cell phones
3. Personal computers
4. Fiber optics
5. E-mail
6. Commercialized GPS (Global Positioning System)
7. Portable computers
8. Memory storage discs
9. Consumer level digital cameras
10. Radio frequency ID tags
11. MEMS (microelectromechanical system)
12. DNA fingerprinting
13. Air bags
14. ATM (Automated Teller Machines)
15. Advanced batteries
16. Hybrid cars
17. OLEDs (Organic Light Emitting Devices, Organic Light Emitting Diodes)
18. Display panels
19. HDTV (High-Definition Television)
20. The space shuttle
21. Nanotechnology
22. Flash memory
23. Voice mail
24. Modern hearing aids
25. Short range, high frequency radio



Obviously, these “scientists” were not very well educated—they forgot MBUG-PC (1983).

I’ll bet that a number of these inventions caused some changes on your life (“*Your call is very important to us; please hold and a representative will be with you shortly*”).

Are You Well Grounded?

Those of you who have or will venture into the *sanctum sanctorum* of your computer know that the static electricity in your body can ruin the microchips. There are two methods recommended by those who know more about this than we do, for discharging your body’s static, or ESD (Electrostatic Discharge). In both cases we are advised to turn off our computer before moving it (mostly for the sake of the hard drive), then to unplug the machine from the wall socket.

Did you remember to unplug it first, honey?

After opening the case we are either supposed to touch a metal part of the computer or to buy an ESD wrist strap, put it on and attach the included alligator clip to the computer case, so that we “ground” ourselves. If I remember my physics lessons correctly, either of these actions should equalize the static charge between your body and the computer.

I’m probably not the first person to have found that you can also take an old three-prong computer power cord, snip off the positive and negative prongs (the flat ones) and plug the “defanged” plug into the wall socket (thus connecting the computer to the ground), which works just as well as touching metal or using an ESD wrist strap.

Just make sure that if you stop for a snack, touch the computer case before you restart the “surgery.”

NOVICE CORNER

Is the World Wide Web (www) the same as the Internet?

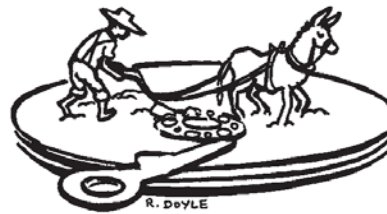
Even though both terms are widely used to describe this amazing **cyberspace*** universe, they are in fact, different things.

ScanDisk Revisited

by Star Reiersen,
MBUG-PC Member 161

Star recently gave a workshop on “How to Improve PC Performance” (May 10), and sent us these clarifications as “things she wished she had said.”

When I think about ScanDisk (which has been renamed in Windows XP and is now called “error checking”), I find it



useful to think of a hard disk as being like a large field. When you first buy the land, you rotavate it to prepare it for planting and harvesting. To continue with the field metaphor, this is when you

start referring to the south 40 and the east 20 and so on. These names are like what happens when a disk is formatted for the first time. “Tracks” and “Sectors” are laid out and places are given addresses. As time goes on, you load programs, remove programs, add data, expand data, etc., so that parts of the hard disk get used and reused BUT the basic address remains the same and all the shuffling on and off the disk does not RENEW the address or change it. What ScanDisk does is check that all the addresses are still there and have integrity. In other words, there should only be one place that is track 5, sector 3. It should be able to receive information.

In the old days, under **Windows 98**, when ScanDisk was called scandisk, you could select a “standard” or “thorough” scan. The former checked for problems in the file allocation table (FAT)—think of this as like a library card catalogue, reported “lost clusters” and “cross-linked files”. The “thorough” version also checked the media as well as the “logical” elements.

It is important to run ScanDisk (error checking) before running defrag (disk defragmenter). I aim to perform these tasks quarterly and always run ScanDisk and defrag before doing a major update (like **Service Pack 2**). [EDITOR’S NOTE: See “Windows XP Housecleaning” page 9 in this issue by **Dick Maybach**, which also mentions running defrag.]◆

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The **Internet** is a world wide network of interconnected computers that “talk” to each other through existing communication routes like telephone lines, TV cables and satellites. Their “voices” are converted by a **modem**** into “funny stuff” (a technical term) that is transmitted at amazing speed.

The **World Wide Web** on the other hand uses the connection facilities of the Internet to link and access hundreds of millions of websites scattered around the globe.

The Internet offers a variety of forms of communications like newsgroups, e-mail, discussion groups and more. Think of the Internet as a system of roads linking places together. Requests for web pages and other data are just two types of the wide variety of traffic that travel those roads. So when web pages load s-l-o-w-l-y or sometimes not at all, it’s because there is too much traffic on the roads—in other words, gridlock!

To access the web you need a computer connected to a **modem** which could be in or outside your computer. You also need an account with an **Internet Service Provider** (ISP), which operates very powerful computers called **servers** which in turn are permanently connected to the Internet. Servers are your gateway to the web and translate the gibberish—called **HTML** (HyperText Markup Language) that web pages are compiled with. You also need a program called a **browser** (for example **Netscape** and **Internet Explorer** are browsers).

Connections to websites are usually made through **hypertext** links. Hypertext is the ability to move from one part of a document to another or from one document to another through internal connections among these documents called **hyperlinks** (these are usually indicated by blue underlined words you click on, like www.mbug.org, to move from one web page to another. ◆

blacklion@royal.net

(In computing, an abstract metaphor used to represent both what’s **inside computers and **on** computer networks)*

***(**modem** = **modulator** and **demodulator**: a device that **modulates** analog carrier signals to encode digital information, and also **demodulates** carrier signals to decode the transmitted information)*



MY FAVORITE WEBSITE

A New Summer Pastime

by Carolyn Lake

*MBUG-PC Member # 1174
and President*

Tired of **Minesweeper** and **Free Cell** for brain cell stimulation? Need a “trendy” timewaster for the beach this summer? Go to www.websudoku.com and print out a puzzle. **Sudoku** is a logic-based placement puzzle, sort of a crossword and **Rubik’s Cube** combined, that is sweeping the globe.

Sudoku is the Japanese abbreviation for *Suuji wa dokushin ni kagiru*, meaning “the digits must remain single.” To solve the puzzle, you put a number from 1 through 9 in each cell of a 9 by 9 grid made up of 3 by 3 subgrids. There are always some pre-filled cells (the “givens”) to start you off. Each row, column, and region must contain only one instance of each number. Sudoku first caught on in Japan in 1986, was first published in a US puzzle magazine in 1979, and gained international popularity by 2005.

The website offers grades of Easy, Medium, Hard, and Evil puzzles, as well as strategy tips. The game can also be played interactively. ♦

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Summer is for *light* reading, Jack, not the whole friggin’ Library of Congress!



A Little Summer Reading

by S. Jack Lewtschuk

*MBUG-PC Member # 914
and Columnist*

Those of you who subscribe to **SmartComputing** may have been reminded, as I was, about a very interesting website, provided by the Library of Congress. Are you interested in pending legislature? Want to know how your elected US official votes on issues? Would you like to read current government bills? There is this and much more at <http://thomas.loc.gov>. THOMAS bills itself as being “*In the spirit of Thomas Jefferson, legislative information from the Library of Congress.*”

While I’m at it I might as well give the **Library of Congress** itself (www.loc.gov/index.html) a plug. In addition to the plethora of information contained in more than 130 million items on approximately 530 miles of bookshelves, the collections include more than 29 million books and other printed material, 2.7 million recordings, 12 million photographs, 4.8 million maps, and 58 million manuscripts. You can create your own account for free, after which you can ask the librarian questions. ♦ blacklion@royal.net

new products

SWISSBIT: Victorinox’s Do-Everything USB, MP3, Swiss Army Knife

by Ira Wilsker

APCUG Director; Beaumont, Texas Examiner Columnist; Radio & TV Show Host

Hey dads! With Father’s Day fast approaching maybe you should get copies of this article and leave them at strategic places around the house where key members of the family are likely to see them. Dads are often hard to buy gifts for, and all too often end up with that ubiquitous neck tie that typically works its way into the back of the closet, and eventually accidentally falls into the bag headed for the rummage sale. Maybe instead of the well intended but often useless gift that we dads sometimes receive, a really fun high tech gift would be more appropriate.

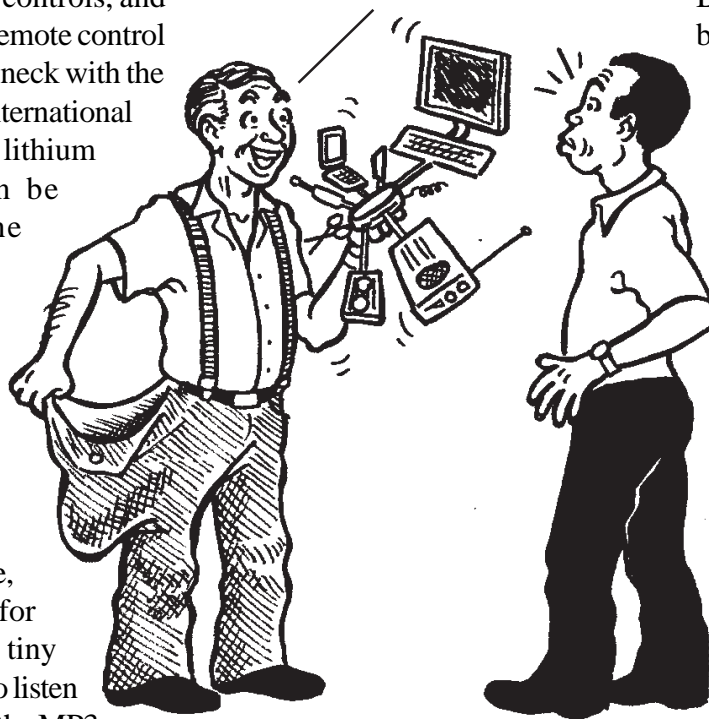
The most intriguing item that I have seen that would make a fantastic gift for dad on his special day is a combination **Victorinox Swiss Army Knife, USB flash drive, FM stereo radio, voice recorder, and remote control MP3 Player** manufactured and distributed by **Swissbit** (www.swissbit.com). Named the **S.Beats**, this device is true to the multi-function traditions of the classical Swiss Army Knife, but with a modern twist. Externally it looks like an aluminum scaled Swiss Army Knife, complete with the white cross logo, sharp knife blade, spring opening scissors, and nail file. Internally it contains a removable USB 2.0 high speed flash drive (available in 1 GB, 2 GB, and 4 GB capacities) that also contains an MP3 Player, FM stereo

radio, voice recorder, and rechargeable lithium polymer battery. A separate remote control also bears the trademarked **Victorinox** white cross logo, and contains an earphone jack, volume and track controls, and power on and off. The remote control can be worn around the neck with the included lanyard. For international travellers, the built-in lithium polymer battery can be recharged using the included **USB World Charger** which can handle voltages from 110v to 220v and is compatible with the outlets in over 150 countries. The battery, which may take up to 2.5 hours to fully charge, will power the player for about eight hours. The tiny FM radio can be preset to listen to up to 15 stations, and the MP3 Player (which also supports **WMA** and **OGG Vorbis** formats) has a three line backlit high-contrast display.

Victorinox and Swissbit have taken the flying traveller into mind with this device which has earned a **FlySmart** logo. Since the knife and scissors component would be banned on commercial airline flights, but many travellers would still like to listen to the MP3 player, the player itself can be separated from the knife, maintaining full functionality. The knife portion of the device can then be appropriately placed in the checked luggage and can be reunited with the player at the destination.

This device is simply amazing; fitting all of the components in a standard sized Swiss Army Knife about three inches long, half an inch wide, and about three-quarters of an inch thick, and weighs a

My kids got me a computer-cellphone-screwdriver-DVD player-shaver-radio-corkscrew-Swiss Army Knife for Father's Day, AND kangaroo trousers to carry it around in!



scant three ounces. The box containing the S.Beat included the knife and MP3 player unit, remote control, high quality stereo headphones with neck strap, a protective cap (which covers the USB plug when the player is removed from the knife), arm strap for outdoor sports activities, USB extension cable, USB world charger, instruction book, and CD containing the software utilities.

Since the device is just being introduced in this country (it has been available in Europe for a while), it is something that dad will find both unique and exclusive. It should be available shortly at any retailer stocking a large assortment of Victorinox products, but is currently available from several online sources. The version with the 1 GB capacity has a retail price of \$189, with some domestic outlets offering this S.Beat at

a small discount. The larger capacity 2 GB and 4 GB models were recently introduced in Europe and should be available shortly in this country.

Being so new on the market there have been only a few reviews published but they have been universally positive.

One such published review is quite representative of the several that I found. It says, "*Fantastic product! Beautiful metal finish, sturdy and compact. The included headphones are top-notch—no need to spend another 50 bucks for a real pair like with all other players you buy nowadays. Sound quality will blow you away, menu user interface is comprehensive yet simple and intuitive to use/learn. Didn't even have to read the manual. And best of all; it works without some special drivers or software. Just use what you're used to for your audio and data files.*"

Come to think of it, maybe we should not wait until Father's Day; maybe we should not only consider this extremely useful gadget for dad, but mom, and our new graduates as well. In fact, this would make a great gift for anyone special, including your self! Find out more at: www.victorinox.com and http://support.swissbit.com/pdf/s.beat_Fact_Sheet.pdf and www.victorinox.com/index.cfm?page=242&lang=E ♦

Iwilsker@apcug.net

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

WINDOWS XP HOUSECLEANING

by Dick Maybach
Brookdale Computer User
Group, New Jersey



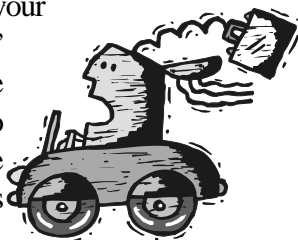
Unless you are careful, after a period of use **Windows** will begin to slow down. This occurs because many programs are always active, even though you aren't using them and because the number of files increases, which means that searches take longer. Fortunately, **Windows XP** contains several tools to help you ease these conditions. Using these tools periodically (every month or two is reasonable) will help you keep your PC lean and mean.



Disk Cleanup Basics

Use **Disk Cleanup** to delete useless files. Right-click on a

disk icon in **Windows Explorer** ("C:" will be the most rewarding); then click "Properties," click the "Disk Cleanup" button, and select the actions (I prefer not to compress old files as I've had bad experiences with compression). Also be sure to check the actions available under the "More Options" tab, in particular deleting all but the last "restore" image. Finally search all your hard drives for the strings "*.tmp" and "*.dmp" in filenames. Delete anything more than a week or so old; however, Windows will refuse to delete any files it considers important.



Throw Out Your Old Mail

Go through your saved e-mail and delete old messages.

This will reduce the size of the mail database file and help you to find important e-mail more quickly.

Dump Unused Programs

Look at the list of installed programs ("Start," "Control Panel," "Add or Remove Programs") and remove any you don't use. Most of us find that new software often is less useful than we expected. Also, many PC manufacturers ship machines with software that we neither ask for nor need. While you're checking, be sure to click on the "Add/Remove Windows Components" icon in the left margin of the window. You'll find Microsoft tools that you don't need.



Squeeze Disk Space

Windows allocates a large portion of your disk space for use by **System Restore** ("Start," "All Programs," "Accessories," "System Tools," "System Restore," "System Restore Settings"). Select each drive and click on the "Settings" button. Reduce the "Disk Space Usage" by moving the slider to no greater than 1 GByte on each of your drives. Use less on small drives, especially if they contain nothing but data.

Reduce Startups

Check the Startup folder for programs that automatically start; you will probably find that

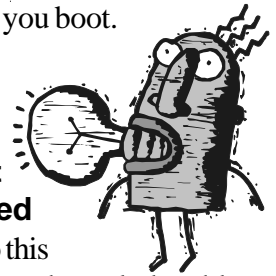
you don't want many of these running. Go to "Start," "All Programs," "Startup" to view the contents of the Startup folder. To stop a program from starting automatically right click on its icon then click "Delete." This does not delete the program; it only stops it from starting at boot-up.

Unfortunately, most programs that start automatically don't appear in the Startup folder. To disable these, click "Start," "Run," and type "msconfig". Click the Startup tab and uncheck any programs you don't want to run at Startup. When you finish, Windows will ask you to restart. After boot-up you will see a diagnostic screen. Uncheck the box that displays the diagnostic screen each time you boot.

Turn Off Windows Services That You Don't Need

You shouldn't do this unless you are very knowledgeable, however, it doesn't hurt to look at what's running, and you may learn something. Open the "Services" window by clicking "Start," "Control Panel," "Administrative Tools," "Services"; and the "System Configuration" window by clicking "Start," then "Run," typing "msconfig" and selecting the "Services" tab. Move the windows so you can see both at the same time.

Clicking on a name in the Services window will display a short description. Removing a check mark in the System Configuration window will disable that service, but no matter how confident you are, don't disable any service marked "essential".



Check for Unsigned Files and Drivers

These can be corrupted files or programs not approved by Microsoft. Click "Start," "All Programs," "Accessories," "System Tools," "System Information," "Tools," "File Signature Verification Utility," "Start." The search will take several minutes; then a list will appear showing all the program files without valid signatures. Consider deleting these by using the "Add/Remove Programs" tool.

Get to Know "System Information"

Another utility you should know about is **System Information** (go to "Start," "All Programs," "Accessories," "System Tools," "System Information"). This doesn't allow you to change anything, but you can learn a lot about Windows by exploring it. For instance, if you click on the plus box by "Software Environment" then on "Startup Programs," after a pause it will show you a list of all the modules that start at boot-up. It shows information in each entry that may enable you to track down a troublesome program. As is common with Windows utilities, you can sort any column by clicking on its header.

Old Programs for New

If you are having problems with a program that used to run with an earlier version of Windows, try running it in the "Program Compatibility" mode. Click "Start," "All Programs," "Accessories," "Program Compatibility Wizard," "Next," "Next." You will see a list of all the installed programs. Select the troublesome program and a compatibility mode (Windows 95, Windows NT, Windows 98/ME, or Windows 2000). Clicking "Next" brings up a screen allowing you to set

a lower resolution which may be needed for very old Windows programs.

Tune-ups for Novices

You can tune your PC performance with very little risk even if you are a novice. Right click on "My Computer" in Windows Explorer; then click "Properties," "Advanced," "Performance Settings." Usually checking "Let Windows choose what's best for my computer" is satisfactory, but you might want to try "Adjust for best performance" if your machine is really slow. If you are more adventuresome, you can select "Custom" and disable individual features by unchecking items in the list. If you don't like the result you can just go back to "Let Windows choose what's best for my computer."



Defragment Your Disk

After completing the cleanup, check to see if you should defragment your disks. [EDITOR'S

NOTE: Read Star Reiersen's advice about running ScanDisk and defragging on page 5]. Right click on a disk icon in Windows Explorer; then click "Properties," the "Tools" tab, "Defragment now", "Analyze." If Windows says the disk does not need defragmenting, don't do it. Defragging the "C:" disk takes a long time, and seldom results in any noticeable performance improvement. ♦

n2nd@worldnet.att.net or
www.bcug.com

This article is brought to you by the Editorial Committee of the Association of Personal Computer User Groups (APCUG), of which MBUG-PC is a member.

Potluck Picnic in August?



It's time to plan for the

Joint Annual

MBUG-PC /

Club Mac of Monterey

POTLUCK PICNIC

and we'd like your thoughts.

We are tentatively planning this year's event in August at

Canterbury Woods,

Pacific Grove

(where it was held in 2004) using the same formula as in years past: you bring a home made or store bought potluck dish (appetizer, salad or dessert) and a tiny donation to defray costs; we provide hamburgers and drinks (hamburgers, buns, soft drinks, wine and beer), and run the raffle and the computer quiz.



All ideas greatly appreciated!

Volunteers will be needed to call Members before the event, set up food tables, decorate, shop for supplies, take pictures, grill burgers and help with clean up.

Ideas? Questions? Volunteers?

Contact Regina Doyle

ReginaDoyle@aol.com ♦



What Your Computer Really Does When It's Idle

by Vinny La Bash,
Sarasota Personal Computer
Users Group, Inc.

You're sitting at your machine, thinking about what to do next when your disk drive starts whirring and the lights flash indicating that something is going on. What is it doing? Your hands are nowhere near the keyboard or the mouse and you can be relatively certain that neither telepathy nor telekinesis is at work.

One possibility is that your system is **loading automatic updates** from Microsoft.com because you set your system to download updates automatically. The same could be true for anti-virus programs, firewalls or any application software that offers this type of automated service.

The **Task Scheduler** may be running a background utility. Your **automatic backup** may be kicking in, or an **online subscription service** is delivering requested information as part of its service. Any number of similar operations could be going on. The dark side is you may be infected by a **spyware program** reporting back to its master over the Internet. Most spyware blabs about your web surfing habits to a commercial entity so that it can tailor ads to your individual tastes. Many consider this annoying or intrusive. Nevertheless, the designers of these programs have no desire to hurt you. They want only to sell you something. But, something far less benign could be going on. **A program could be attempting to steal your**

banking information, PIN numbers, credit card records, social security information, and other financial data with the intention of draining your bank account. A **Trojan horse program** may be downloading spam to retransmit from your machine, making it look to recipients that you are the spammer. Other programs make your machine a "zombie" or a node in an array of machines designed to launch a Denial of Service (DOS) attack on a web site.

Worst of all, there have been instances reported of **stealth programs downloading** child pornography and retransmitting it to another machine. These programs make it look like you are the culprit, making you subject to arrest and incarceration. This kind of frighteningly malicious activity has been rare, but the danger is real.

If you are concerned about this—and you should be—in Windows XP click "Start," and "Run." In the text portion of the Run dialog box, type "cmd" and click "OK." This brings you to the "Command Interpreter," which starts by displaying the version running on your machine. Enter "netstat -o," which displays network statistics about your current active connections. Five columns of information will be displayed: the Proto column tells you what communication protocol is being used for a particular process. In most instances this will be "TCP" (Telecommunications Protocol). This is irrelevant for our purposes. "Local Address" is your machine. "Foreign Address" is the IP address and port number of the machine the process is communicating with. "State" informs you if the communication session is sending or receiving, waiting, acknowledging or finished. "PID" (Process Identifier) is the piece we

need, because it identifies the process (program) that is controlling the communications session from your computer.

Perform the "Ctrl+Alt+Del" keystroke sequence to get "Windows Security." Click "Task Manager," the "Processes" tab, and the "PID" column (if it does not display, activate it from the "View" menu). This sorts the information, making it easier to find the program you're looking for. Examine the PID list until you find the PID number(s) you found with the netstat command. If it's "msnmgr.exe" or "iexplorer.exe," don't worry, these are normal Windows XP processes and no cause for concern. Many other legitimate Win XP processes are likely to be listed in the Task Manager.

How do you tell the good from the bad? Unfortunately, Windows itself isn't much help in showing what any given process is doing and you can't shoot them all and "let God sort them out". A search of Microsoft's web site won't yield useful information. A great place to find valuable information about common Windows processes is: www.liutilities.com/products/wintaskspro/processlibrary/. This site contains information about all common Windows processes and the site administrators do an excellent job of keeping posted information current.

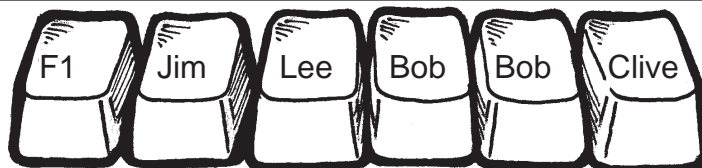
Knowing what's going on in your system is good, but the best protection against intruders is to keep your anti-virus, firewall, and other specialized protection programs up-to-date. ♦

vlabash@home.com

This is another article brought to you by APCUG, of which MBUG-PC is a member.

Computer Help - Just a Click or Call Away with MBUG 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 F1 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 with Vice President **Don Slaiter** (831) 655-4443/657-4154 ; 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 Lee@leekeely.com
or call 626-8033

■ Bob Shanteau

e-mail to shanteau@iname.com
or call Monday - Friday 10am-5pm
394-9420

■ Bob Stephan

e-mail to bob@bobstephan.net
or call only between 9am-5pm
646-1373

■ Clive Sanders

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

VOLUNTEER COMPUTER COACHES/TEACHERS NEEDED

Sally Griffin Senior Center in Pacific Grove

is in need of additional "computer coaches" and instructors for their

Technology Access Program for Seniors.

The center provides older adults an opportunity to learn and practice their technical skills in a small lab, working one-on-one and in a small class format.

If you have the time, ability and patience to tutor beginners in a relaxed setting, contact **Kimberle Herring** at the Sally Griffin Senior Center at (831) 375-4454 or e-mail kherring@mowmp.org

*Pacific Grove
Adult
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Center*



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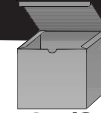
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Go Green/Give to Charity/Support Local Industry

Recycling empty computer ink cartridges through MBUG helps prevent non-degradable plastic and metal waste from polluting our landfills. At the same time we make money for our education programs by selling them to a local (Monterey) ink-refill company. We make it easy for you, too: just drop your empties (any brand, any type) into the brown box or give them to any Board Member at General Meetings or workshops. ♦ ellias@msn.com

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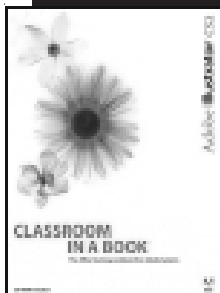
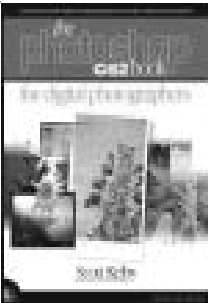
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O'Reilly catalogues are available at general meetings. Want to know more?

Contact:

Jack Lewtschuk
blacklion@royal.net



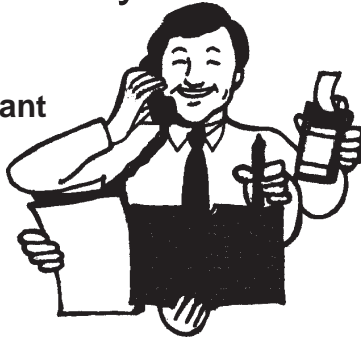
MBUG-PC SUPPORTERS

James W. Anway

Retired IBMer
Computer Consultant

Phone: 831 625-5618

Fax: Call first



Bob Weisensee
Production Supervisor
bob@ctimls.com

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California 93950

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Cell: 831-521-6676
E-mail: simbacli@pacbell.net

lakelyn
graphics

Carolyn S. Lake

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Join the MBUG listserv and send messages to all other MBUG Members
and have other Members reach you with important information:

- **It's secure** (messages are monitored by MBUG's Webmaster ensuring messages are computer-related, virus-free and sent by Members only — no outsiders, no spammers!)
- **You get current MBUG announcements**
- **You get up-to-date virus & scam warnings**
- **You can ask and answer computer-related questions**
- **You can make computer-related announcements**

Register at www.mbug.org or go to <http://listserv.redshift.com/mailman/listinfo/mbug>



JUNE

DIGITAL IMAGING EFFECTS ON PHOTOGRAPHY



Huntington Witherill

Guest Speaker

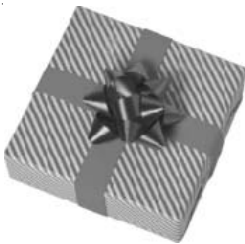
Friday, June 2

7:00 to 9:00pm

Adult Education Center, PG

This internationally recognized photographer will share some of his insights about his work and on using **Adobe Photoshop** (see front page for more information). This is a rare opportunity you can't afford to miss. Questions? Take a look at www.HuntingtonWitherill.com. ♦

NEW PRODUCTS



Ken Schipper

Guest Speaker

Wednesday, June 21

7:00 to 9:00pm

Hilltop Park Center, Monterey

After his great talk on "The Future of Wireless Data Access" in January, Ken of **Graniterock** returns to update us on the newest gadgets, toys, and tools used to e-mail, download music and data, phone, work and play. Questions? kenschipper@graniterock.com; call (831) 262-4222. ♦

ADOBE ILLUSTRATOR SIG

◆ Meets every 3rd Monday at Carmel Foundation, Computer Learning Center (Lincoln between 8th/9th Street).

Advance reservations recommended.

◆ Fee: **\$3.00** payable at meeting.

◆ Next meeting: **MONDAY, June 19, 2006**

10:30am -12 noon

◆ Previous knowledge of Illustrator not required.

◆ To be on the SIG mailing list (receive information/announcements), call **Carolyn Lake** at (831) 643-2023 or e-mail lakelyn@ix.netcom.com.



RUN YOUR OWN SPECIAL INTEREST GROUP (SIG)!

Do you know a computer-related subject that you'd love to teach to others?

Or, do you want to get together with other users of a particular program or piece of hardware to share ideas and solutions?

MBUG has 1st/2nd/4th Mondays available from 10:30 to 12 noon at Carmel

Foundation Computer Lab. For information on fees, schedules, hardware/software, etc., contact **Carolyn Lake** lakelyn@ix.netcom.com.

Coming in JULY

WEBSITE DESIGN



Greg Hyde

Guest Speaker

Friday, July 7

7:00 to 9:00pm

Adult Education Center, PG

Greg, of **Assimilated Multimedia**, will discuss the basics for creating a web page: starting your own site, software needs, making your site look good, publishing your site, and more. Questions? See www.assimilatedmultimedia.com; call (831) 643-0579; or e-mail ghyde@aaammm.com. ♦

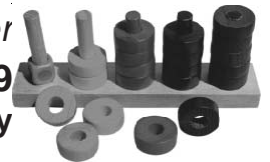
ACTUAL DOWNLOADING

Tom Lorenz

Guest Speaker

Wednesday, July 19

Hilltop Park Center, Monterey



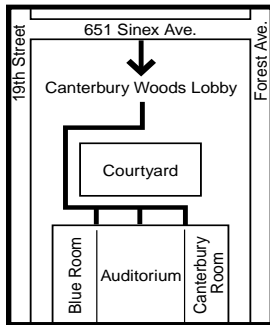
Tom, owner and manager of **Network Solutions of California**, returns following his great presentation on "What to Back Up and How" in April. This time he will offer tips and tricks on actual downloading. Questions? tom@networksolutionsca.com; call (831) 901-9114. ♦

MBUG-PC Calendar of Events - June 2006

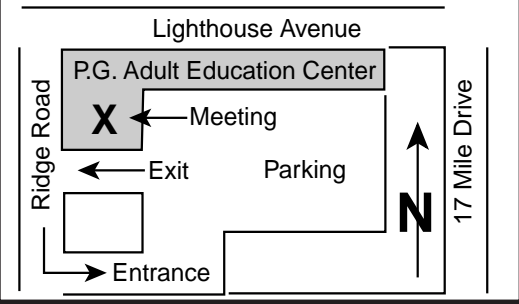
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		MAY 30 <i>DIRECTORS' MEETING</i> Canterbury Woods PG Begins at 7pm <i>Everyone Welcome!</i>		1	2 <i>"Digital Imaging: Effects on Photography"</i> Adult Ed Center PG 7:00 - 9:00pm Huntington Witherill	3
4	5	6	7 <i>"Actual Downloading"</i> Hilltop Park Monterey 7:00 - 9:00pm Tom Lorenz	8	9	10
11	12	13	14	15	16	17
18 FATHER'S DAY	19 <i>"Adobe Illustrator SIG"</i> Carmel Foundation 10:30am to noon Carolyn Lake	20	21 <i>"New Products"</i> Hilltop Park Monterey 7:00 - 9:00pm Ken Schipper	22	23	24
25	26	27 <i>DIRECTORS' MEETING</i> Canterbury Woods PG Begins at 7pm <i>Everyone Welcome!</i>	28	29	30	

RESCHEDULED:
Wednesday 19 July

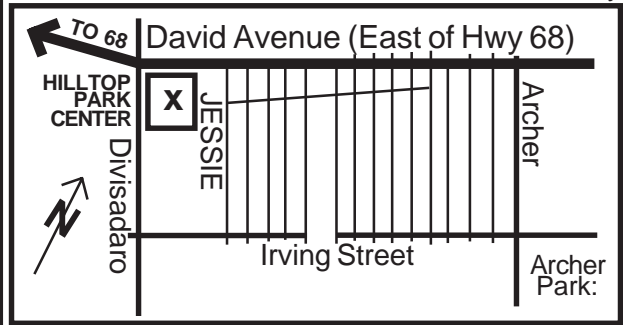
Canterbury Woods
651 Sinex Avenue
Pacific Grove



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



Hilltop Park Center
871 Jessie Street
Monterey



Tentative Calendar July 2006 *Please Check the July Newsletter for Final Dates & Times*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 INDEPENDENCE DAY	5	6	7 <i>"Website Design"</i> Adult Ed Center PG 7:00 to 9:00pm Greg Hyde	8
9	10	11	12	13	14	15
16	17 <i>"Adobe Illustrator SIG"</i> Carmel Foundation 10:30am to noon Carolyn Lake	18	19 <i>Actual Downloading</i> Hilltop Park Monterey 7:00 - 9:00pm Tom Lorenz	20	21	22
23	24	25	26 <i>Topic & Speaker to be Announced</i> Hilltop Park Monterey 7:00 - 9:00pm	27	28	29
30	31					

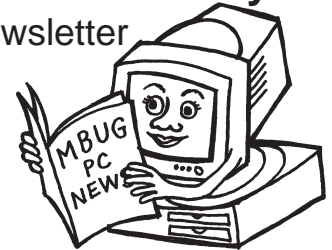


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Vol 25, No 6, June 2006

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Membership
Chair

WELCOME NEW MEMBER!

name	member number
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June 2nd**

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MS Publisher to plan/write/
design marketing pieces”

◆ Microsoft T-Shirt

◆ ... and more!

Proceeds benefit MBUG-PC educational activities. Donations in cash, new/used computer software, equipment or supplies for raffle are welcome! Contact Carolyn at lakelyn@ixnetcom.com