



The Award Winning Monthly Publication of the Mountain Computer User Group

Vol. 9, Issue #7  
July 2009

**Don't forget to purchase your chances for the laptop computer to be given away at the summer picnic on July 13th. You get one for two dollars and three for five dollars. Get them while they are hot!**

## **MCUG PICNIC!**

**WHEN?** Monday July 13<sup>th</sup> at 6:00 PM

**WHERE?** Hiwassee Trout Lodge on GA 76 south, just past the Hiwassee River. This is the same place as last year. We have been notified that irrigation sprinklers have been installed in the grass areas. Please don't park on the sprinkler heads. **THEY ARE MARKED!**

**WHAT?** We will be serving **HAMBURGERS** and **HOT DOGS** fresh off the grill with all the fixins. In addition, the club will provide beverages.

You are asked to bring a dish, either a vegetable dish or a desert to round out the meal.



**SURPRISES!** We have several door prizes including photo key chains, flower decorations. And the fully functional but slightly used laptop computer loaded with XP and Office will be raffled off.

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#### MCUG Monthly Meeting Schedule

The regular monthly meeting of the Mountain Computer User Group (MCUG) is held on the second Monday of every month, at 7 p.m., in the Wilson Lecture Hall (Room 201) of the Goolsby Building on the campus of Young Harris College in Young Harris, GA. All regular monthly meetings and SIGs are open to everyone regardless of membership status.

#### MCUG Membership

Annual dues are \$20 and extend membership privileges to two (2) members of a household. Membership privileges include: special discounts on vendor products, access to products for evaluation and review, and association with a great bunch of people.

#### Affiliation

The Mountain Computer User Group is a member of APCUG, a nonprofit international organization dedicated to promoting communications between PC user groups and the computer industry.

#### Group Purpose

The Mountain Computer User Group is a nonprofit, tax-exempt educational organization without corporate or vendor affiliation. Its purpose is the encouragement and advancement of computer information and knowledge through "users helping users".

## Tom's Tip of the Month

Shortcut Keys	Description
<b>Alt + F</b>	File menu options in current program.
<b>Alt + E</b>	Edit options in current program
<b>F1</b>	Universal Help in 90% of Windows programs.
<b>Ctrl + A</b>	Select all text.
<b>Ctrl + X</b>	Cut selected item.
<b>Shift + Del</b>	Cut selected item.
<b>Ctrl + C</b>	Copy selected item.
<b>Ctrl + Ins</b>	Copy selected item
<b>Ctrl + V</b>	Paste
<b>Shift + Ins</b>	Paste
<b>Home</b>	Goes to beginning of current line.
<b>Ctrl + Home</b>	Goes to beginning of document.
<b>End</b>	Goes to end of current line.
<b>Ctrl + End</b>	Goes to end of document.
<b>Shift + Home</b>	Highlights from current position to beginning of line.
<b>Shift + End</b>	Highlights from current position to end of line.
<b>Ctrl + Left arrow</b>	Moves one word to the left at a time.
<b>Ctrl + Right arrow</b>	Moves one word to the right at a time.

## Magic Word Brings Email to the Offline World

A review by Gabe Goldberg, Computers and Publishing, Inc.

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If you've ever wondered how to bring email to the technophobe in your life, the answer isn't Abracadabra, it's Presto.

If you're reading this online, you own or have access to a computer. But you likely have friends or relatives — perhaps elderly, budget-restricted, technophobic — who don't. So they're not in close touch and can't share online family or community activities.

Presto <<http://www.presto.com>> is a combination color inkjet printer and paid Web-based service which allows people without computers to receive email, including attachments.

Setting it up is simple: after purchasing the device, someone with just a bit of tech savvy creates the account, picks an email address (such as [gabeg99@presto.com](mailto:gabeg99@presto.com)), and lists people allowed to send email to the address. At specified times of day, the printer dials a toll-free telephone number, downloads accumulated email, and prints it.

With only two controls — Volume and Stop — it's easy to operate. It plugs directly into a telephone jack and doesn't need a separate phone line or jack or even a splitter, since an existing telephone or accessory (answering machine or Caller ID device) can plug into it, daisy-chain style.

Presto is ideal for letting seniors receive email from children, grandchildren, friends, former colleagues, military buddies, etc. And it's useful when businesses request customer email addresses to conduct or simplify transactions. It handles pictures and many attachment formats nicely, printing them as if it was a FAX machine. So it allows sharing any online or computer content as PDF files such as maps and directions, travel itineraries, Web pages, spreadsheets with financial or family contact information.

Simple steps authorize new people to send email, and when ink runs low, the printer is smart enough to either alert the person who set up the account or automatically order new cartridges.

Stupid computer  
keeps saying  
"you got mail"



After failing for a dozen years to excite my in-laws about email — they steadfastly resisted being online — my retired Navy father-in-law fell in love with a Presto I loaned him, discovering that it let him hear from his old Navy buddies around the world. And receiving color pictures of the grandchildren sealed the deal.

The printer costs \$150 or less (always comparison shop online!) and the service costs \$12.50/month with yearly subscription. The only thing missing is the printer downloading paper and ink through the phone line — but that would need real magic!

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## Tech News That Affects Everybody

Written by Sandy Berger, CompuKISS

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Some of us scour the technology and business sections of the newspaper and the Web to get the latest news. Some of us head for the lifestyle and community sections, without much of a care about technology. Yet, today's technology news is often news that will affect everyone's life in one way or another.

Let me give you a few examples. The Pope recently announced opening of the Vatican YouTube channel ([www.youtube.com/vaticanit](http://www.youtube.com/vaticanit)) which will feature short video clips of Pope Benedict XVI's activities and links to news and information about the Catholic Church. The Pope is posting two or three videos each day. Most are short clips showing the Pope's speeches, activities, and participation in important events. In a recent speech, the Pope praised the Internet as offering rich opportunities for dialogue, friendship and spreading the Christian message.

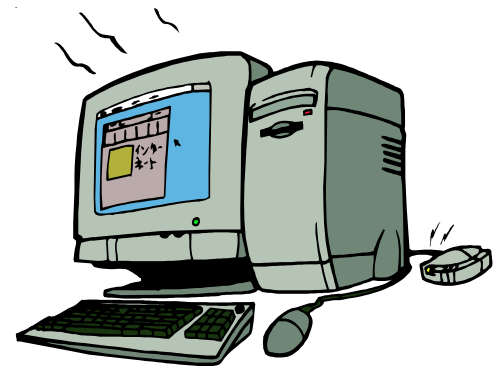
There is a lot of irreverent stuff on YouTube, but the Pope's participation shows how mainstream this popular video website has become. YouTube, FaceBook, MySpace, and other social networking

websites have become more and more popular. If you haven't yet visited any of these, YouTube is a great place to start. ([www.youtube.com](http://www.youtube.com))

Another recent news announcement was the Palm Pre, which is a smartphone that will be available in a few months through Sprint. You might think that this is just another phone, and you would be right. But the implications for cell phones are quite dramatic. Palm has developed a totally new version of the operating system for this phone. Google now has their own cell phone operating system as do Microsoft, BlackBerry, and Apple. These are some pretty big name and you will notice that the software that runs these phones is called an operating

system. That's because these phone are really mini-computers that can do email, surf the web, and perform many other functions. Cell

phones are changing dramatically. They are turning into handheld computers that will change the lives of those who use them.



We also should not overlook Apple's recent announcement that they will be dropping the DRM (digital rights management) for all songs in their iTunes store. The DRM crippled the songs so they had limited use. For instance, they could only be played on a certain number of devices or be copied a certain number of times. So music lovers the world over will be rejoicing to see that by April of this year, all of iTunes 10 million songs will be DRM-free. There is one caveat. Those who have previously purchased music and/or videos on iTunes that included Apple's DRM will now have to pay to get the DRM removed. Apple will be charging 30 cents a song. iTunes has sold six billion songs since going online in 2003. They did not offer any DRM-free music until recently. So most of those six billion songs had DRM. If every purchaser pays Apple 30 cents for

taking away the DRM, Apple would make \$180,000,000.

A boon to Apple, a pain-in-the-rear for honest music lovers who previously used the iTunes store.



Microsoft was also in the news recently with their announcement that the beta testing

version Windows 7, their next operating system could be downloaded and tried for free. Their website was inundated by curious Windows users. So many came, that they had to add more servers and download services. They originally said that they would limit the downloads to 2.5 million, but recently removed that restriction and will continue to offer the beta trial until February. Don't think that you will be getting something for nothing, though. The beta of Windows 7 will stop being functional on August 1, 2009. At that time you will either have to reinstall your previous operating system or pay for Windows 7.

Last but not least in the technology news is the announcement that Western Digital has created a 2 terabyte hard disk drive. Believe it or not, this may have one of the biggest effects on individual users. As we can store more and more digital data at reasonable prices, more and more data will be digitized. We are already living in a digital world, but that world gets more reliant on technology every day.

Ever notice, the older we get,  
the more we're like computers ?



We start out with lots of  
MEMORY and DRIVE  
then we become outdated,  
and eventually have to get  
our parts replaced...:)

## O'Reilly eBook Bundles

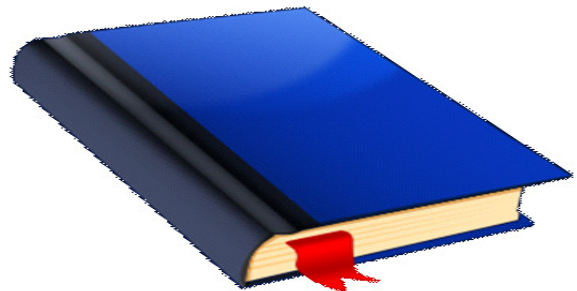
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# Free Software Helps Caregivers

Written by Mike Morris, Editor, Front Range PC Users Group, Fort Collins, CO

kByte™ Newsletter, June 2009

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

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

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

Both caregivers and those willing to help may find a scheduling solution with a web site called [Lotsa Helping Hands.com](http://LotsaHelpingHands.com). This web site allows a caregiver or family member to: Create a free of charge, private, web-based community to organize family, friends,

neighbors, and colleagues – a family's 'circles of community' — during times of need. . . ."

There are three primary templates:

1. Caregiving
2. Eldercare and Long Term Care
3. Military and Veterans Families

There are four additional templates:

1. Volunteering
2. Parenting
3. Schools
4. Religious Groups

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

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

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

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

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

# Preventive Computer Maintenance

Written by Stuart Rabinowitz, Editor-in-Chief, the PULP, newsletter of the Hartford User Group Exchange, CT [www.huge.org](http://www.huge.org)

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The single most important maintenance item that should be done on a regular basis is BACKUP YOUR DATA. What the schedule is depends on how much data you can afford to lose. Try daily/weekly to an external hard drive and monthly to a CD/DVD, or use a backup application. Make sure that your software is updated; primarily the operating system and your primary browser.

Use utility software: get a sense of how your computer operates when it's operating correctly. For the Mac use 'Activity Monitor' or 'Tech Tools'. On the PC (in the control panel) administrative tools/performance. You can also check your internet connection speed at: <http://reviews.cnet.com/internet-speedtest/?tag=ont.int.band>

For the PC users—do regular spyware/virus scans. Make sure the definitions are up to date. Primarily for PC users—Defragment your hard drive (this may take a while). Mac users do not really need to do this since OS X (10.3 +) does it automatically.

Free up some space on your hard drive (PC users can use disk cleanup; Mac users can use CacheOutX). Clean out old files that you don't use, after you've backed them up. Uninstall those programs that you don't use. Apple recommends that you have at least 10% free, a bit more for PCs, this will improve virtual memory and may improve disk performance.

Clean the Hardware — to clean the monitor and keyboard use a dry microfiber cloth (be sure the computer is turned off) and gently (don't press hard) wipe the monitor, unplug the keyboard and wipe. If there are hard to clean areas, spray the cloth lightly

with a vinegar/water solution and then wipe. For an optical mouse wipe the bulb gently. You'll need to open a mechanical mouse to clean the rollers. Use a cotton swab with isopropyl alcohol.

## WINDOWS 7 PRE-ORDER OFFER

by George Donegan, club member

If you are one that thinks that Microsoft never offers a bargain you may have to think again. They are offering you the opportunity to pre-order your copy of Windows 7 Home Premium Upgrade. If you are running Vista and you are not satisfied this is your chance to upgrade for \$49.99 in stead of having to spend \$119.99 after October 22<sup>nd</sup>. There are several places you can pre-order from such as Best Buy, Walmart.com, Office Depot, Fry's, Amazon.com and of course the Microsoft Store. All you have to do is go to this web site [www.microsoft.com/windows/buy/offers/pre-order.aspx](http://www.microsoft.com/windows/buy/offers/pre-order.aspx) and you will get all the information you need. At the bottom of this web page you will find reference to a Windows 7 upgrade advisor page. You can click on this link and make sure that your computer is capable of running the Windows 7 Home Premium upgrade before you invest in the pre-order. This offer expires July 11<sup>th</sup>, 2009 so you must hurry to take advantage of this offer. This is a savings of \$70.00, over 50%.

If your computer case is easy to open (i.e. not an iMac or Mac Mini), then open it up (after shutting down and unplugging it) and use compressed air to blow out the dust. Do not use a vacuum since it may create a static charge that could damage the electronics. After closing the case you can clean out the fan in the back.

You'll also probably want to have the following tools:

Screwdrivers—standard, phillips, and torx in different sizes (especially the small ones)

Nutdrivers—1/4" and 3/16"

Pliers, part grabbers, and tweezers

Compressed air

Microfiber cleaning cloths

Antistatic strap—especially if you want to put your hands inside the computer

# Mountain Computer User Group July 2009 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 <i>U.S. Independence Day**</i>
5	6 <i>Doris Sallee</i>	7	8	9	10	11
12	13 <i>Judi Bouleware</i>	14	15 <i>Richard Lackey</i>	16	17 <i>Carol Mashburn</i>	18 <i>June Gottlieb</i>
19	20	21 <i>Carolyn Filer</i>	22	23	24 <i>Joseph Adams</i>	25 <i>Newsletter Deadline</i>
26	27	28	29	30	31	



**\*\*Independence Day Birthdays !**

**Donna Generas  
Cheryl Gehring**

**JULY  
ANNIVERSARIES**