



Reported by Hugh N. Ross

Jen Clausen from Sandhills Publishing Co. presented details about Smart Computing magazine and related services they provide. She also briefly described other magazines they publish: PC Today and Computer Power User.

Smart Computing magazine is aimed at non-technical computer users. It is written in plain English and all acronyms are defined where used. It is also a great source of information and help for experienced users.

Each month the magazine features several articles on a specific topic. In addition, there are regular sections covering News & Notes, Reviews, Windows Tips & Tricks, and Plugged In. In addition to the printed articles, there is a table of contents of articles that would not fit in the magazine and are available on the Web.

Subscribers to Smart Computing have access to many articles and information on the Web. Non-subscribers can see only summaries of the articles and are encouraged to subscribe!

Sandhills Publishing Co. also offers technical help by telephone and e-mail free of charge. Subscribers can search the Smart Computing Web site for answers to common problems.

They also provide a special benefit to user groups. For every five paid subscriptions they receive from members of MHCUG, we earn a free subscription that we can use as a drawing prize. (Due to a quirk in their system, automatic renewals are not recognized for this user group benefit.)

Jen gave a packet of goodies, including a sample copy of Smart Computing magazine, to each person that attended the presentation. Many attendees requested a subscription to Smart Computing. A subscription form can be found on page 6. ☐

October 12: Groupware

On October 12, 2006, the General Meeting of the Mid-Hudson Computer User Group will have Brian Connelly, of WorkGroup Associates, Inc., present the History of “Groupware”, how it came about, its evolution and its future. Groupware is software that supports sharing of files and pictures among users. Brian will also present Groove Virtual Office and Nitix with Lotus Notes/Domino.

The presentation will begin at 7:30PM following a Q&A session beginning at 6:30 PM and a short business meeting at 7:00 PM. The meeting will be held at the Best Western, Rt. 9, Poughkeepsie, New York. See www.mhcug.org for directions and club information, or call (845) 896-7376. ☐

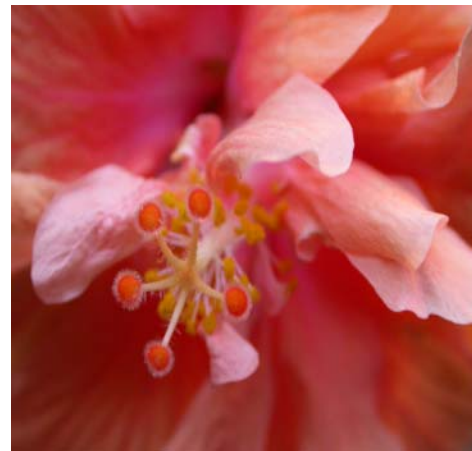


Photo by Ray Polivka



Photo by Les Muldorf

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Computer User Group, Inc.**
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Monthly Meetings

Scheduled the second Thursday of every month. Check www.mhcug.org for possible changes to general and SIG meetings. Local radio stations will be advised if a meeting is cancelled unexpectedly.

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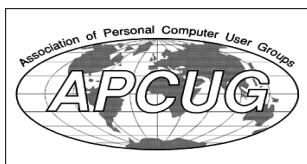
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Website: www.mhcug.org



Bits, Bytes 'N Kudos

by Dick Kranz



Election of our officers and directors for 2007 will take place at our annual meeting December 14. All officer and four director positions expire each year. Nominations chairperson, Phil Van Itallie is charged with the job of putting together a slate of officers and directors for a vote of the membership. If you would like to volunteer, or suggest a member for one of the positions, please contact Phil at pvanitallie@yahoo.com.

The missing computer provided to CS Stars, LLC, on behalf of their client (NY Special Funds Conservation Committee) has been retrieved with the assistance of the Federal Bureau of Investigation. Individuals names, addresses, Social Security numbers and workers compensation claim numbers were stored on that computer which was provided to CS Stars in order to perform a data conversion project. An employee of a service provider for CS Stars improperly took the computer from their offices, according to CEO Robert G. Petrie III.

Petrie further reported, "Since locating the computer, the FBI has performed a forensic examination of it and the FBI is reasonably certain that the files containing personal data were never accessed during the time that the computer was missing. The individual found to be in possession of the computer was questioned extensively by FBI special agent's, who are also of the opinion that no files containing personal data were compromised by this individual, nor was the data sold or transferred to anyone else." However, CS Stars did not withdraw their subsequent offer for free credit monitoring, identity theft insurance and remediation services from individuals whose information was on the computers.

A While back this writer received copy of an article regarding cancer news that Johns Hopkins had sent out in one of its newsletters and ended with the suggestion that the article should be forwarded to your family and friends — anyone who is important in your life! The

article is repeated here as follows:

"Cancer news from John's Hopkins:

1. No plastic containers in micro.
2. No water bottles in freezer.
3. No plastic wrap in microwave.

John's Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center. Dioxin chemicals cause cancer, especially breast-cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic.

Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, Corning Ware or ceramic containers for reheating food. You get the same results, only without the dioxin.

He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons. Also, he pointed out that Saran wrap is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead."

This writers attempt to verify Dr. Edward Fujimoto's Castle Hospital connection had him connected with a hospital in Hawaii, however various websites indicate the subject to be controversial and many believe it to be a hoax floating around the past few years. This writer has run out of time to follow up on all the links providing pros and cons on this subject! Would any reader care to Google "Dr. Edward Fujimoto"(without the quotation marks) and see where it takes you. ☐



Special Interest Group News

Technology Workshop

by Dick Kranz

This month we continue to discuss SpywareDoctor software with emphasis concerning their "OnGuard Tools". Each tool possesses any number of functions which are displayed on one or more tabbed pages. The first page of each OnGuard tool indicates if the tool is switched on or off, providing current status, as well as other functions and pertinent high-level settings. It would be remiss not to point out that inclusion of various OnGuard Tools are somewhat version, registration or activation dependent. It is best to obtain fully registered user status to gain access to all OnGuard Tools.

The Cookie Guard offers real-time upfront protection against the misuse of malicious cookies. Startup Guard likewise protects your computer from malicious applications which try to run automatically while Windows is in the startup process. Exploit Guard blocks hidden malicious code when it is displayed within a graphics Windows metafile (WMF). Browser Guard protects against changes to Internet Explorer settings when browser hijackers come into play.

Immunizer protects against malicious ActiveX threats on an ongoing basis. The malicious ActiveX objects in the Windows Registry are prevented from loading with the resultant problems. IM Guard keeps users of instant messaging applications from accessing URLs that could be potentially malicious when received from any parties in the conversation. Keylogger Guard protects against applications which can record keystrokes from your keyboard, such as passwords, etc. to be used maliciously at a later time.

Network Guard halts malicious changes to network settings, which may include uncalled for changes to one's Windows hosts file, Windows messenger service, while at the same time providing layered service provider (LSP) and domain name server (DNS) protection. Popup Blocker takes care of those annoying unsolicited advertising pop-ups as you

browse the net. Process Guard prevents malicious programs from running before they are able to compromise or damage one's computer. Scheduler can automatically initiate Smart Updates as well as quick or full scan's set to automatically run on scheduled intervals. Site Guard halts access to potentially malicious web sites which can masquerade as legitimate e-commerce or business sites set up to distribute spyware or obtain your personal information.

The next meeting of our Technology Workshop SIG (Special Interest Group) will be held on the third Monday of October (Oct. 16) as usual in conference room "B" of the Guardian Business Development Center, 3 Neptune Rd. behind Red Lobster Restaurant on Route 9 in the town of Poughkeepsie from 7 p.m. To 9 p.m. Newcomers are welcome to attend this event as our guest. ☐

Ulster Workshop

By Bob Morales

We had a very good "workshop" session with Alex Averin doing a presentation of "Real VNC" "the original open-source cross-platform remote control solution" which is a FREE program.

What is VNC

"VNC stands for Virtual Network Computing. It is remote control software which allows you to view and interact with one computer (the "server") using a simple program (the "viewer") on another computer anywhere on the Internet. The two computers don't even have to be the same type, so for example you can use VNC to view an office Linux machine on your Windows PC at home. VNC is freely and publicly available and is in widespread active use by millions throughout industry, academia and privately." <http://www.realvnc.com/what.html>

How can I use VNC?

"Remote control software such as VNC has a variety of uses. It allows a person at a remote computer to assume control of another computer across a network, as if they were sitting in front of the other computer.

For the individual user, one common scenario is using VNC to help troubleshoot the computer of a distant less-technically-savvy relative.

In other words, sitting at your desk in Baltimore, you could use VNC to take control of your mother's PC in London and show her how to install and use some new software package by actually doing it yourself.

For the business user, VNC can be used to provide a flexible hot-desking and road-warrior environment by allowing employees to access their office desktop and server machines from any machine in the company's offices or from other remote sites, regardless of the type of computers involved at either end. An equally popular business application of VNC is in remote system administration, where VNC is used to allow administrators to take control of employee machines to diagnose and fix problems, or to access and administer server machines without making a trip to the console.

VNC can also be used in educational contexts, for example to allow a distributed group of students simultaneously to view a computer screen being manipulated by an instructor, or to allow the instructor to take control of the students' computers to provide assistance.

Of course, as these examples illustrate, the variety of uses of VNC is really as diverse as the number of VNC users, a number which is big and growing all the time!" <http://www.realvnc.com/how.html>

What makes VNC different from other systems?

"VNC differs from other remote display systems in three crucial ways:

It is fully cross-platform. A desktop running on a Linux machine may be displayed on a Windows PC, on a Solaris machine, or on any number of other architectures. There is a Java viewer so that any desktop can be viewed with a ny Java-capable browser. There is a Windows server, allowing you to view the desktop of a remote Windows machine on any of these platforms using exactly the same viewer. The simplicity of the protocol makes it easy to port to new platforms and other people have therefore ported VNC to a huge variety of platforms.

It is small and simple. The Windows viewer, for example, is about 150K in size and can be run directly from a floppy. The entire Java viewer is substantially less

than 100K and takes less time to download than the images on some web pages.

It is free! You can download it, use it, and redistribute it under the terms of the GNU General Public License. “

<http://www.realvnc.com/why.html>

Alex also went over “NO-IP” which solves the problem of your ISP giving you a “dynamic” (or “temporary”) IP address and trying to remember a bunch of numbers separated by dots. This program was demonstrated in conjunction with “Real VNC” and is a good supplement to it.

Tired of remembering your IP address?

“Use our No-IP™ Free DNS and redirection service to map a static or dynamic IP address or long URL to an easy to remember subdomain such as yourname.no-ip.com.”

http://www.no-ip.com/services/managed_dns/free_dynamic_dns.html

We briefly (as time was running out) discussed “Slim FTP”, demo’d “Ping_name” command, “trecent_name” command, checked out FTP using Internet Explorer, FTP using “powerdesk” (another FREE program that replaces Windows Explorer), and compared VoIP (telephone over the internet) via “Lingo”, “Vonage”, and “Sunrocket”.

We hope to explore in more detail more of these products next meeting as well as: “Foxit” (PDF viewer), “HD Heartbeat”, “Process Explorer”, “Instaback”, “Siteadvisor”, “Spamgourmet”, “Mailwasher”, “Comodo”, “Erunt”, and possibly some (automatic) backup programs for future meetings.

Hope to see more of you at future meetings and don’t forget to bring a friend or two. ☐

Downloading a File

By Dave Gerber, APCUG Advisor; VP Sarasota PCUG, Florida; radio talk show host

www.spcug.org

[dgerber\(at\)apcug.net](mailto:dgerber(at)apcug.net)

Step 1: Create a Download Folder

The first step in downloading from the Internet, is to create a folder where you will always save your downloaded files. This will help you to locate the file once it is downloaded into your computer. To create a new folder (directory) called C:\Download using Windows Explorer,

highlight your C: drive, and then click on these menu items, one after the other: File | New > Folder. When a folder entitled New Folder is created, rename it “Download”. Note: A word about distinguishing between the Windows Explorer and Microsoft Internet Explorer. The Windows Explorer is the system tool that helps you examine and access your entire computer; files; directories; drives; desktop, etc. In contrast, Microsoft Internet Explorer is the browser you can use to surf the Web.

Step 2: Download a File Using Your Browser

Microsoft Internet Explorer (MSIE), Netscape Communicator, Opera, and other browsers work in similar ways. After you click the “Download Now” button, a small window will open and ask you, “What would you like to do with this file?” or something similar. Simply click on the “Save it to disk” or “Save” choice, and then click OK. When the familiar “Save As” window appears, use it to navigate to your newly created C:\download folder and click “Save.” Watch and wait until the file has finished downloading. Problems? Some older versions of MSIE may require that you right-click on “Download Now,” and select “Save Target As” to be able to begin the process described above.

Step 3: Prepare Your File for Installation Although some files end in .exe and automatically install or explode into many files, many of the files you will download end in .zip. Since programs almost always include more than one file, think of the trouble it would be to download many files just to get one program to install. A zip file, also referred to as an archive, is an individual file that has files stored within it. When multiple files are combined into one zip file, they are also compressed in size, which has the further benefit of saving hard drive space and shortening download time. To open a .zip file, you will need a program that will unzip the file for you. The most common program for this is WinZip. If you do not already have WinZip, follow these instructions to install the proper version.

Step 4: Download and Install WinZip

Go to www.winzip.com and download the shareware version of WinZip. (Note from Dave: This version of WinZip is shareware; registration costs \$29.) Put it in your computer’s C:\download folder. The WinZip file is in the form of an .exe that can be run and installed without any

continued on page 5

Special Interest Groups

Special Interest Groups are for people with common computer interests—novice through expert.

Call group leader to verify schedule.

Upgrade/Repair

Leader: Dan Sullivan

Tel: 229-0241

e-mail: dansull@optonline.net

Schedule: 4th Mon. 7:00 PM

Location: Business Development Center Conf. Room B

Technology Workshop

Leader: Dick Kranz

Tel: 297-1813, 896-7376 or

265-4169 or e-mail:

president@mhcug.org

Schedule: 3rd Monday, 7:00 PM

Location: Business Development Center Conf. Room B

Digital Photography

Leaders:

Dan Sullivan

Tel: 229-0241

e-mail: dansull@optonline.net

Jim Warner

Tel: 297-3175

jhwiii@optonline.net

Schedule: 4th Thurs. 7:00 PM

Location: Business Development Center Conf. Room B

Ulster Computing Workshop

(formerly HVPCC)

Leader: Robert Morales

e-mail: rmorales2@hvc.rr.com

Schedule: 3rd Thurs. 7:00 PM

Location: Ulster Comm College Hasbrouck Bldg. Room 219

Interested in starting a Special Interest Group?

contact Neal Christensen

All submissions for the Microchip must be in the hands of the editors by the Thursday following the General Meeting. Any articles or information received after that date will be held for the following months publication.

Q & A

By Hugh N. Ross

Q My HP computer with XP Home installed has been operating fine for many months. It recently started giving me the message 'illegal copy'. I recently installed MS updates including 'Genuine Advantage'. What is the matter?

A The 'Genuine Advantage' program is probably overzealous and confused. You should contact Microsoft for help to correct the problem. You can also go on the Web to find instructions for removing the 'Genuine Advantage' program.

Q I have Quicken 2006 and when I try to download transactions, I only get summary information, not the detailed transactions. How can I get the details?

A Version 2006 of Quicken no longer supports import of information in the 'QIF' format of interchange information that most banks use. They created a new proprietary format, "QFX" that they want the banks to use (and pay for). Many banks are not supporting the new format. This might be your problem. You should contact your bank to resolve the problem.

Q I am using MS Money to get information from my bank. How secure is this operation? (I am using a dial-up connection)

A The messages between you and the bank are encrypted and therefore quite secure. Also, since you are using a dial-up connection, you know exactly whom you are connected to which further limits your exposure. If one uses a high-speed cable connection, they should be careful to review the firewall parameters to minimize snoopers. You should NEVER respond to an e-mail request to verify financial or identity information. You should only manage your account information by initiating a connection to the official URL of the bank, not from saved return addresses.

Q I had trouble trying to remove the Symantec suite to install a different package. It did not completely uninstall. What can I do?

A It is a little difficult to remove the Symantec program. It is deeply hooked into the operating system. If the 'Add/Remove Programs' operation does not completely remove it, go to the Symantec Web site for instructions to complete the removal.

Q My firewall is blocking some desirable messages. How can I correct this?

A Edit the firewall parameters. You may have them set to too high a security level. Specify a level that warns you of a suspicious operation and lets you decide to allow it if you recognize the source.

Q When I try to use MS Word it is very slow to load the first time. If I open it again later, it loads much faster. Why is this?

A The second time you open the program, much of it may still be in the cache memory. Regarding the slow initial load there are a couple of things you can do to improve the situation. First clean up the hard drive. In Windows Explorer or My computer, right click on properties of the disk drive. Then click on 'Disk Cleanup'. In the list shown, click on cookies, temporary files and any other large item that you do not need to preserve. Next, click Start, All Programs, Startup and delete any items that you do not need to be automatically started at boot time. They can still be run when you need them. Next, examine the parameters for your antivirus program to see if it might be doing an automatic system scan while you are working. You might want to turn off the automatic

scan function and only scan new input and output automatically. You can do a manual scan of the system once in a while when it is convenient. □

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additional steps.

Congratulations!

You've successfully downloaded a file, and a whole new world is available to you now! The Internet is a great source for finding software gems. By tapping into the Web's motherlode of software, you can try programs to see if you like them before laying out that hard-earned cash, and keep your favorite programs up to date by learning to download and install their latest versions.

Step 5: Install your file

Double-click on winzip81.exe to install WinZip, then follow the easy step-by-step installation instructions. We suggest you take all of the suggested default settings and scan all your drives for favorite folders. WinZip can then easily access your C:\download directory for the next step. STOP when you reach the "WinZip Wizard - Welcome" window, and proceed with the next instruction. WinZip has probably been set up to launch using wizards, which are interfaces designed to make it easier to use new programs. They present each step in a series of separate windows, with options and decisions for you to make before you click Next to proceed.

Step 6: How To Handle .exe Files

As we mentioned at the beginning of Step 3, you will find files ending in both .zip and .exe. You will find that .exe files are even easier to handle than .zip files! If you downloaded and installed WinZip earlier in this exercise, you know exactly what we mean.

The .exe files that you download are ready to be run — the only thing is, they can act in one of several different ways. Here are a few examples of what may happen when you double-click on an .exe file that you have downloaded.

An installation routine may begin immediately. In this case, all you need do is follow the instructions that are presented to you.

A small window may appear that explains that the file will extract to a particular folder. You may wish to change the folder, or at least make a note of where the files are being placed. At the conclusion of the file extraction process, an installation process may begin. If it does not, use Windows Explorer to navigate to the folder where the files have been placed. Once there, you can look for a Readme.txt, File_id.diz, Vendinfo.diz, Productname.txt, or other file that may help you install the program. Typically, a Setup.exe or Productname.exe will be there for you to click upon.

All of the files within the .exe will be expanded into the current folder. Fortunately, this older method of packaging is not used very often

There is no restriction against any non-profit group using this article as long as it is kept in context with proper credit given the author. The Editorial Committee of the Association of Personal Computer User Groups (APCUG), an international organization of which this group is a member, brings this article to you. □

Minutes of the Mid-Hudson Computer User Group Board of Directors

Respectfully submitted by Dottie Stanszak, Secretary

The September Meeting of the Mid-Hudson Computer User Board of Directors was called to order at 7:02 P.M. By President Dick Kranz on August 7, 2006 in Conference Room "B" at the Guardian Storage Center, 3 Neptune Road, Town of Poughkeepsie, N.Y. In attendance were the following officers and Directors:

Hugh Ross, Nancy Sorvino, James Walsh, Eli Cohen, Rolf Nijhius, Dan Sullivan, Peter Dowley, Marilyn Schupp and Dottie Stanszak.

A motion was made by Hugh Ross to accept the Minutes of the August Board Meeting. It was seconded by Rolf Nijhius and carried with one abstention.

A motion was made by Hugh Ross to accept the Treasurers report by Eli Cohen. The motion was seconded by Dan Sullivan and unanimously carried by the Board.

Rolf Nijhius discussed 4 questions he will put on the next sign-in sheet for the General Meeting.

Hugh Ross suggested we do something to increase membership.

Hugh Ross requested information from Dan Sullivan to purchase a new bulb for the projector.

A motion to adjourn by Marilyn Schupp and seconded by Rolf Nijhius was carried at 8:15 P.M. □

For the latest MHCUG news
visit our Website:
www.mhcug.org

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Issues of the microCHIP will only be available on line. Please be sure we have your correct e-mail address so you can be notified when the newsletter is available on line.

MHCUG Website
There have been suggestions that the MHCUG website could be improved. I am happy to consider proposed changes. One way to get ideas is to note any site that you visit that looks especially nice or is particularly easy to use. Please send the complete URL for such sites to me to give me ideas. Thanks, Hugh N. Ross, webmaster.

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Web-Only

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MAIL TO: Smart Computing User Group Program, 131 W. Grand Drive, Lincoln, NE 68521

11742

Help Line

Having a problem? Volunteers have offered to field member's questions by phone. Please limit calls to the hours listed below. Days means 9 a.m. to 5 p.m. Evenings means 6 to 9:30 p.m. Be considerate of the volunteer you're calling, remember this is a free service. If you'd like to have your name added to the list, call or e-mail the editor, or see us at the next meeting.

Need help on a subject and there's no name listed for it here? Try contacting one of the SIG leaders or post a message on our Website FORUM. Simply go to www.mhcug.org and click on the "Forum" menu item, then follow instructions. Answers will be returned to you by e-mail, as well as being accessible via the Website.

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SAS	Ralph Pollard	462-3389	ralphpollard@verizon.net	(e)
Symphony 3.1	Jim Warner III	297-3175	jhwiii@optonline.net	(d e)

Please help us to keep the **Help Line** current by advising us about changes. If you have particular knowledge or expertise about a program or product, please ask to be listed here.

All members of the MHCUG are encouraged to take photographs of any club activity for publication in the MicroChip. Now that we are in a digital format on the web, photographs can be displayed in glorious color or stunning black and white. In addition, we would also like you to exhibit your photographic skills and submit photos of the beautiful Hudson Valley. Here is an easy way to get your name in print. Please forward any pictures to lesm1@optonline.net. Give me your name and the title or subject of your pictures so I don't have to make anything up.

Wanted New Members



**Bounty Hunters
Needed**

**Sponsor a
new member**

**Get a 3-month
membership
extension**

For each new member you bring in you receive a three month extension on your current membership. Ask the new member to name you as sponsor on their application.

New Appl. Renewal Addr. Change

The MHCUG is a nonprofit educational organization which promotes activities encouraging the use of computers by its members. The MHCUG encourages professionalism and the development of technical skills.

A **Member** may be anyone with an interest in computers who supports the purpose of the MHCUG.

A **Student Member** must be under 25 years of age and attending an educational institution full-time.

If new applicant or renewal, please check one:

Member: dues: \$35 per year

Student: dues: \$15 per year

Full-time ID (req'd) _____

I am enclosing a check for 1 2 3 yrs (Students renew yearly)

Check No. _____

Mid-Hudson Computer User Group, Inc.

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E-mail: _____

Would you like an e-mail reminder of upcoming meetings? Yes No

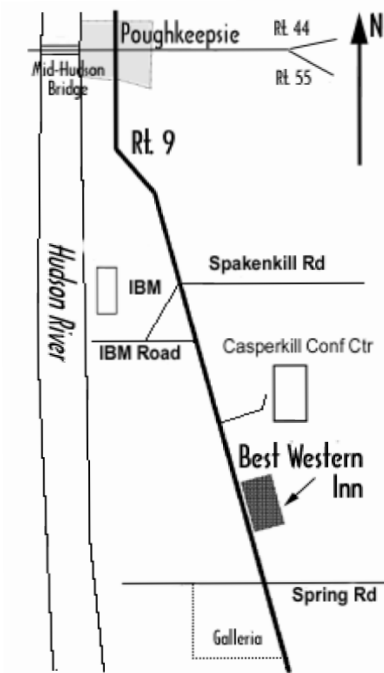
How did you hear about us? _____

If sponsored by a member, please provide name: _____

Dues Amount _____ Additional Contribution Amount _____ Total _____

Make check (on US bank only) payable to:
Mid-Hudson Computer User Group
 Send form and check to: Attn Treasurer
 Mid-Hudson Computer User Group
 PO Box 1962
 Poughkeepsie NY 12601-0962

How to find us on the night of the meeting



👉 **Our Next Program** 👈

Where: Best Western Inn & Conference Center
Rt. 9, Poughkeepsie

When: October 12th, 2006

6:30 – 7:00 Q&A Session: Questions from the floor

7:00 – 7:30 Regular Business Meeting

7:30 – 9:00 Program

Program: Brian Connelly, of WorkGroup Associates, Inc., present the History of “Groupware”, how it came about, its evolution and its future.

Coming Events October 2006

Thursday October 5th, MHCUG Board meeting

7:00 p.m. at Guardian Storage Building

Thursday October 12th, MHCUG General Meeting

6:30 p.m. at Best Western Inn and Conference Center

Monday October 16th, Technology Workshop

7:00 p.m. at Guardian Storage

Thursday October 19th, Ulster Computing Workshop

7:00 p.m. at Ulster Community College

Monday October 23rd, Upgrade and Repair

7:00 p.m. at Guardian Storage

Thursday October 26th, Digital Photography SIG

7:00 p.m. Guardian Storage Building