

(BUSSLINE is the term for the complex multi-functional circuitry on a computer motherboard, a PC's heart.)

Celebrity Photographer Michael Cairns will speak to CFCS on how we can all Make Better Photos

Sunday, October 20: Photographer Michael Cairns, <http://www.wetorangestudio.com/>, is an Orlando based photographer who has been working professionally for more than 30 years. His Wet Orange Studio has seen the likenesses of many celebrities turn into the kind of photos they chose for their publicity world-wide.



His clients range from screen legend Vincent Price to the Backstreet Boys, the Commodores, Orlando Ballet, Orlando Magic, The Golf Channel, Mandy Moore, Walt Disney World, Burnham Institute, David Maus, Newt Gingrich, Rick Santorum, and countless others.

Michael has taught many photography classes and has both the knowledge and the ability to explain things clearly to others. For that reason he is often hired by companies to teach photo seminars to their employees.

His success can be partly attributed to Mr. Cairns' personality and his ability to warm people up quickly, so a photo shoot, or a class (or a lecture to CFCS) becomes an enjoyable experience from which each individual takes away something tangible, be it outstanding photographs, or an understanding of how to create them.

This is a Sunday meeting not to be missed. (2 pm), following the 12:30 Windows SIG.

The Inside Stories:

2. Special Interest Groups

4,5. CFCS Details, phone numbers, Member Renewal

6. Home Networks

11. Evaluating Online Health Info

14. Free Internet Faxing Services

15. Publish Your Book for Free

16. Google: Banned in Europe?

18. Preserving Digital Memories

22. Helpline: Numbers to call for help

23. Calendar for the next two months

24. Meeting Directions to the monthly general meeting

Sunday, November 17: Mark Schulman

BTW, CFCS still has no Program Chair. We need a volunteer for that job. How about YOU?

Don't forget to list your items for sale on CFCS' new SIG!

Officially classified as a Special Interest Group (SIG) chaired by Mike Ungerman (whose brainchild it is), OUR NEW sig is actually a new Google Group email feature that will allow members (only) to post any items they may have for sale or items that they would like to purchase or trade. Similar to the existing CFCS Tech-SIG and CFCS iSIG groups, members of the group may send an email to the group address, and it will be sent out to other members either as an immediate email or as a daily digest of emails from that day.

Membership in the group is limited to CFCS members only, so we won't be getting spam listings. Any members desiring to take advantage of an offer or request will be doing so between themselves. CFCS is not a party to the transaction, nor a mediator if there is a dispute over an item or payment. There are no restrictions as to what a member may post to sell, so perhaps it's time to clear out that garage, back room, attic, etc. You can even announce a garage sale if you want to get rid of a lot of stuff!

To join the group, click or enter this URL into your browser:

http://groups.google.com/group/cfcs_for-sale_wanted?hl=en

OUR OTHER SPECIAL INTEREST GROUPS (SIG)

The ACCESS, MS OFFICE, and SECURITY SIGs meet conjointly on the second Wednesday of each month from 7 to 9 pm at the New Horizons Learning Center at 1221 Lee Rd. Arvin Meyer, a Microsoft MVP (Most Valuable Professional), (and current CFCS president), leads the SIG. <http://groups.yahoo.com/group/cfcs-access> This is a combination of three separate SIGs which now meet conjointly for the duration of Ar-

vin's presidency. They will resume separate meetings when he leaves office.

The VIRTUAL DIGITAL PHOTO & VIDEO SIG lead has been assumed by Hewie Poplock and it meets on the 3rd Wednesday of every month, by invitation. To register go to <https://apcug.ilinc.com/perl/ilinc/lms/event.pl> Choose Virtual Photo SIG June 2013

The TECH DISCUSSION SIG meets on the fourth Tuesday of each month from 7 to 9 pm at the Casselberry Denny's at 436 and Oxford Rd. SIG leader is Stan Wallner, President Emeritus.

This SIG is a non-structured, open conversational group for CFCS members, that has no specific topic or speaker, but is simply a round table discussion. It is not an advanced group, but a place for people to come and discuss various tech subjects, such as new products and technologies, hardware, software, web-related, etc.

Bring in articles from magazines, newsletters, unusual problems/situations that have arisen, questions, etc. Also, new or ailing devices or notebook pc's are welcome, either for "show and tell" or discussion or demo of situations.

A screen and projector are available, but not always there. If you want it to demo something, please E-mail: tech-sig@cfcs.org a day or 2 ahead.

Another feature of this SIG is the Tech-SIG Yahoo Group mail. We now have 64 people communicating through this, with tips and tricks, "Ask-It Basket" type questions, etc. Also, a second, on-line VIRTUAL meeting of the TechSIG is being experimented with on the second Tuesday of each month. Co-hosted by Mike Ungerman and Stan Wallner, it may attract a long distance audience. Stay tuned to the e-Blast for times and details - it is not yet permanently scheduled, but will be announced in the e-BLAST and on the Tech-SIG Yahoo Group mail. If you are not on that list and want to be, please E-mail: tech-sig@cfcs.org

The iSIG meets on the third Monday of each month at 7:00 PM at Florida United Safety Council, 1505 East Colonial Drive, Orlando FL 32803. This building is located across from the Publix on Colonial Drive in the Colonialtown section of downtown Orlando. They have secured WiFi and vending machines are available. The iSIG meetings cover the products that use the iOS, which includes the iPhone, iPad, and iPod Touch. This is a combined effort of the Central

Florida Computer Society [http:// www.cfcs.org](http://www.cfcs.org) and the Florida Macintosh Users Group [http:// www.flmug.com](http://www.flmug.com). Other groups are invited to participate. Attendees are consumers, developers, consultants, and publishers, who find common interests and discuss how to handle topics from both the consumer & the developer perspectives. The SIG leader is Sean Kane, Certified Apple Technical Coordinator, long-time Mac and iOS user, and a technologist and consultant to [The Walt Disney Company](#).

The Recycle Bin

**by Stan Wallner,
President Emeritus, CFCS**

Stan, a CFCS member since 1984, has served in many offices over the years, and is now on the BOD as President Emeritus. Separately, he is a local IT consultant, "'PC Doctors Make House Calls," offering his services on-site, at your office or home - for PC and Laptop Upgrades, WiFi, Networks, Virus & Spyware removal, Troubleshooting both hardware & software, at reasonable rates (discounts for CFCS members!). You can contact him at smwallner@yahoo.com or 407-862-2669.



Recycling is a MOST important issue regarding our environment, and can't be over-emphasized! It is an area that is changing frequently, so check for this column regularly! When there are changes, we will print them. Meanwhile, check the website at cfcs.org for the column as it has run for the past few issues of the BUSSLINE.

January CFCS Sunday Meeting REMINDER

The January CFCS general meeting will be held on the second Sunday of the month to accommodate our speaker, Gene Barlow. The date is January 12. The meetings in January, February and March will be held at the Orlando Day Care Center on Dot Circle.

Support our Advertisers. Tell them you saw their ad in the CFCS Newsletter!

APCUG NOOZ

In this edition of NOOZ:

1. Virtual Technology Conference – November 2
2. August 3 VTC
3. APCUG Welcomes New Advisor and Says Good-bye & Thanks to a Long-time Advisor
4. Contact APCUG
5. Upcoming APCUG Happenings

1. **Virtual Technology Conference – November 2 @ 1 PM ET.** SAVE THE DATE for another opportunity to attend a free VTC from the comfort of your home. Plan a group event – get a few members together to watch and learn from the presentations. Don't forget to give a report on what you learned at your next user group meeting.

2. Another successful Virtual Technology Conference (VTC) was held on August 3. We had almost 100 attendees use Adobe Connect for the first time and the webinar service received rave reviews from the majority of the attendees.

Has your group used a VTC presentation at a meeting? Many groups are; they come in quite handy when you find, at the last minute, that your speaker can't be there or even when you unexpectedly have a no show. You will find the latest VTC videos on APCUG's YouTube channel www.youtube.com/apcugvideos

. There are also links from www.apcug.org

/ Benefits / Virtual Conferences plus a copy of the presentation PPT and/or handout. The videos can be played back in HD video (depending on your bandwidth) and full screen. Use the controls at the bottom right corner of the video when you play them.

We have been asked about how to download YouTube videos since some groups don't have a fast Internet connection or any access at all. Jim Evans posted information for Firefox and Chrome on APCUG's website at <http://apcug2.org/content/download-youtube-videos>

**BUY YOUR INK at :
cfcs.InkRaiser.com**

3. **Welcome to the new Region 5 (Florida) Advisor, Dave Dockery.** He recently retired from the presidency of the 1,300 member Tampa Bay Computer Society after serving in that capacity for over 12 years. The group has a wide variety of over 50 technology training events each month at their offices in Clearwater, AND they fix their members' computers for free. Dave has also hosted computer and technology-oriented shows on both local radio and television, and he is a "Kindness Coordinator" for Pinellas County - sponsoring events that promote "Random Acts of Kindness." He created the Random Acts of Kindness Computer Clinics where a team of computer techs from the Tampa Bay Computer Society goes into the community and repairs computers (for free) for a day.

Dave speaks at a wide variety of venues on computers, Windows, Microsoft Office, the Internet, social networking, paradigm shifts, mind mapping, and more. Currently, Doc is working on bringing free technology training to the unemployed so they can be competitive in the local job market. Dave can be contacted at: ddockery@apcug.org

A big **thank you to Roger Tesch** for his long-time service as an APCUG advisor. During his tenure he served as advisor for Region 7 and recently added Region 11. Judy Taylour is moving from Region 5 to Regions 7 and 11.

4. **Contact APCUG.** APCUG Officers, Directors, Advisors and Committee Chairs are just an e-mail away -- we're here to help your user group. A contact list is attached for your easy reference. Contact information is also included in the quarterly Reports. To put faces to names, you will find links to the Board members and the Board of Advisors on www.apcug.org

/ About APCUG. Click on the name under the picture and you can send an e-mail to that individual.

5. **Upcoming APCUG Happenings.** Information coming to you via your Inbox. Check www.apcug.org

for up-to-date information.

October – Call for nominations for 2014 Director / Advisor positions

October – 2014 Membership Renewal. Your group might win one of the three early-bird renewal Kindle eBook readers.

MEMBERSHIP RENEWAL

Membership renewal invoices will be e-mailed from treasurer@cfcs.org approximately thirty (30) days prior to your membership expiration. Invoices will be snail mailed to members for whom there is no e-mail address in the membership database and to those members whose e-mail was returned to treasurer@cfcs.org for any reason. Please help us by adding this address to your contacts list and setting your spam filter to let our message get to your inbox. We do not share your e-mail address with others (We hate that too!), but it is necessary for full participation in the Society, including receiving your newsletter.

Members will be requested to renew their membership by paying dues on time. Dues may be paid by cash or check at the meeting, by PayPal at <http://www.cfcs.org/membership/membership.php> or by mailing a check to:

CFCS

Address: PO Box 520084,
Longwood, FL 32752

If you do not receive a renewal invoice, lose it or have questions about your dues and or membership status, please inquire at the sign-in table or send an e-mail to: treasurer@cfcs.org.

Membership Cards: A new membership postcard with the membership card included for the next year will be distributed at the meeting following your renewal. The Cards will be mailed to those members who request same by e-mail to treasurer@cfcs.org.

Late October – Fall O'Reilly / APCUG 5 book/quarter book program sign-up

November – Don Singleton Volunteer of the Year (VOTY) nominations

November 2 – Fall VTC Conference

November 30 – VOTY deadline

December – Early-bird renewal ends 12/31/13

www.apcug.org

www.facebook.com/APCUG

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www.youtube.com/apcugvideos

(Continued on page 6)

**Back by popular demand:
"bring a friend day" Sunday**

THE CENTRAL FLORIDA COMPUTER SOCIETY is a charitable, scientific and educational, nonprofit organization, founded in 1976 and incorporated in 1982 to encourage interest in the operation and development of computers through meetings with free exchange of information and educational endeavors.

Newsletter: The CFCS Newsletter © 2008 is the official newsletter of the Central Florida Computer Society, Inc. It is published every month by CFCS for the purpose of keeping members and others informed of computer-related news and activities of the Society. Circulation: 25,000.

Mailing Address:

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PO Box 520084, Longwood, FL 32752

Membership: CFCS membership includes participation in the Society's activities and subscription to this Newsletter.

Annual Dues Schedule:

Individual\$ 25
Extra family member 15
Student (Full time)..... 15
Corporate membership..... 100*

*Includes free business card ad

Members are responsible for sending a change-of-address notification (including e-mail) to:
membership@cfcs.org.

Gifts to CFCS are welcome, and because of the Society's nonprofit tax status, are tax deductible.

Meetings: CFCS meets each month on the 3rd Sunday at 2:00 p.m. at the **Jackson Hewitt Training Center, 2221 Lee Rd. Winter Park, FL**. The **Jan. Feb. and Mar. meetings are held at another location.** Guests and the general public are invited to attend. Special Interest Groups (SIGs) within the Society meet regularly. See Special Interest Groups listings on pages 6 & 7.

CFCS Web site: www.cfcs.org

Editorial: Articles for publication in the CFCS Newsletter should be *emailed* to the Editor at: editor@cfcs.org. Please use Microsoft Word format, Times New Roman font, 12 point, if possible. The deadline for submitting articles is the first of each month.

Articles by authors other than directors of CFCS and the Newsletter staff do not necessarily reflect the policies or sanction of the Society. Unless otherwise indicated, articles in the CFCS Newsletter may be reprinted in newsletters of other nonprofit organizations, without permission, provided credit is given.

This issue was created using Microsoft Office 2003 and MS Publisher 2003 Edition. ☐

Interested in making a difference?

Then volunteer with CFCS! The programs and benefits that members receive would not exist without members also volunteering. There are vacancies for a Program Chair/Coordinator, Education Chair and Advertising Chair. Please contact Arvin Meyer, if you have any questions, comments, or suggestions. president@cfcs.org

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Distrib:	Advertising: (Needed)

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Full Page	\$200.00*	Quarter Page	\$75.00*
Half Page	125.00*	Business Card	25.00*

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*Annual Rates, Paid in Advance, for 12 insertions, with a minimum of 2 Printed

**CFCS is associated with both
International & Florida User Group Associations:**



www.apcug.net

Home Networks

By Dick Maybach, Member,
Brookdale Computer Users' Group, NJ
July 2013 issue, BUG Bytes
www.bcug.com
n2nd@charter.net

Learning about networks, especially the Internet, can easily become mind-numbing, largely because the field is so full of jargon and acronyms. While it isn't possible to escape this morass completely, we can make it somewhat more manageable by approaching the topic in two stages: (1) a single computer connected to the Internet and (2) a home network connected to the Internet.

Every device connected to the Internet, no matter its location in the world, has a unique Internet Protocol (IP) Address. This is usually written as four three-digit num-

bers separated by periods, where the value of each number varies from 0 to 255. Although we usually think of a site's address as being its Uniform Resource Locator (URL), this is just a convenient representation. When you send a message to a URL, your computer uses a Domain Name System (DNS), usually a service provided by your Internet Service Provider (ISP), to find the associ-

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C:\Users\n2nd>ipconfig /all

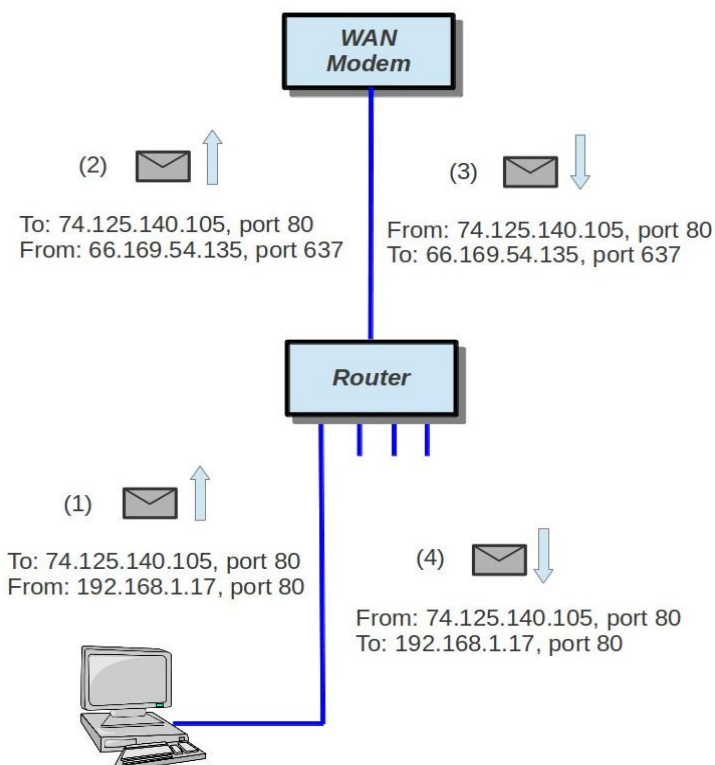
Windows IP Configuration

Host Name . . . . . : Aspire-One
Primary Dns Suffix . . . . . :
Node Type . . . . . : Hybrid
IP Routing Enabled. . . . . : No
WINS Proxy Enabled. . . . . : No

Ethernet adapter Local Area Connection:

   Connection-specific DNS Suffix  . :
   Description . . . . . : Realtek PCIe FE Family Controller
   Physical Address. . . . . : 04-7D-7B-9A-BD-8A
   DHCP Enabled. . . . . : Yes
   Autoconfiguration Enabled . . . . : Yes
   Link-local IPv6 Address . . . . . : fe80::84ce:d9eb:d53b:18a8%11(Preferred)
   IPv4 Address. . . . . : 66.169.52.43(Preferred)
   Subnet Mask . . . . . : 255.255.252.0
   Lease Obtained. . . . . : Sunday, June 02, 2013 2:00:22 PM
   Lease Expires . . . . . : Sunday, June 02, 2013 3:00:22 PM
   Default Gateway . . . . . : 66.169.52.1
   DHCP Server . . . . . : 68.114.38.114
   DHCPv6 IAID . . . . . : 285506939
   DHCPv6 Client DUID. . . . . : 00-01-00-01-17-2B-0F-C3-04-7D-7B-9A-BD-8A

   DNS Servers . . . . . : 24.178.162.3
                           66.189.0.100
                           24.217.201.67
   NetBIOS over Tcpip. . . . . : Enabled
  
```



ated IP address. For example, www.google.com is assigned the IP address 74.125.140.105. You, of course, must have your own IP address so that you can receive data. (You can find it by browsing the site <http://whatismyipaddress.com/>.) Your ISP assigns an IP address to your computer when you connect it to the Internet using a Dynamic Host Configuration Protocol (DHCP) service. This means that your ISP must own enough IP addresses to supply a unique one to each user, and normally each home user has only one. If you have only one computer and you plug it directly into the ISP's modem, this is sufficient.

Before introducing any more complexity, let's see what we can learn about our Internet connection. Use an Ethernet cable to connect your PC directly to the Wide Area Network (WAN) modem provided by your ISP. You will have to reboot your PC and probably the WAN modem to establish an Internet connection. If you use Windows, navigate through *All Programs* and *Accessories* to *Command Prompt* and type "ipconfig /all". (The equivalent Linux and OS-X command is "ifconfig" or "ip".) There are graphical programs that show the same information, but ipconfig puts it all on one screen. (The

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screenshot shows only the first portion the command's output.)

Fortunately, not all of the displayed data is important, but note the following items.

- DHCP is enabled and its server is located at 68.114.38.114, and the ISP has used it to assign the IP address 66.169.52.43 to this particular PC.
- This address is valid for one hour (as shown by the Lease Obtained and Lease Expires times). Before the IP address lease expires, your PC will automatically request a renewal.
- The hard-wired address of the Ethernet interface in

our PC is 04-7D-B-9A-BD-8A. One of the DNS servers at 24.178.162.3, 66.189.0.67, or 24.217.201.67 translates URL to IP addresses.

If ever you lose your Internet access, a good first step would be to repeat the above procedure to see whether the problem is in your home network or within your ISP.

However, many of us want to connect several devices to the Internet. How can we do this with only one IP address? There are blocks of IP addresses which never appear on the Internet, but are reserved for local use. The devices on most home networks use the addresses 192.168.1.x, where where x varies from 0 to 255. (The 1

in the third group could be replaced with any number from 0 to 255.) If your network is using the 192.168.1.x plan, it knows that any IP address in this range belongs to a local device and any IP address outside this range resides on the Internet. To make use of this, we purchase a router

```

C:\Users\n2nd>ipconfig /all

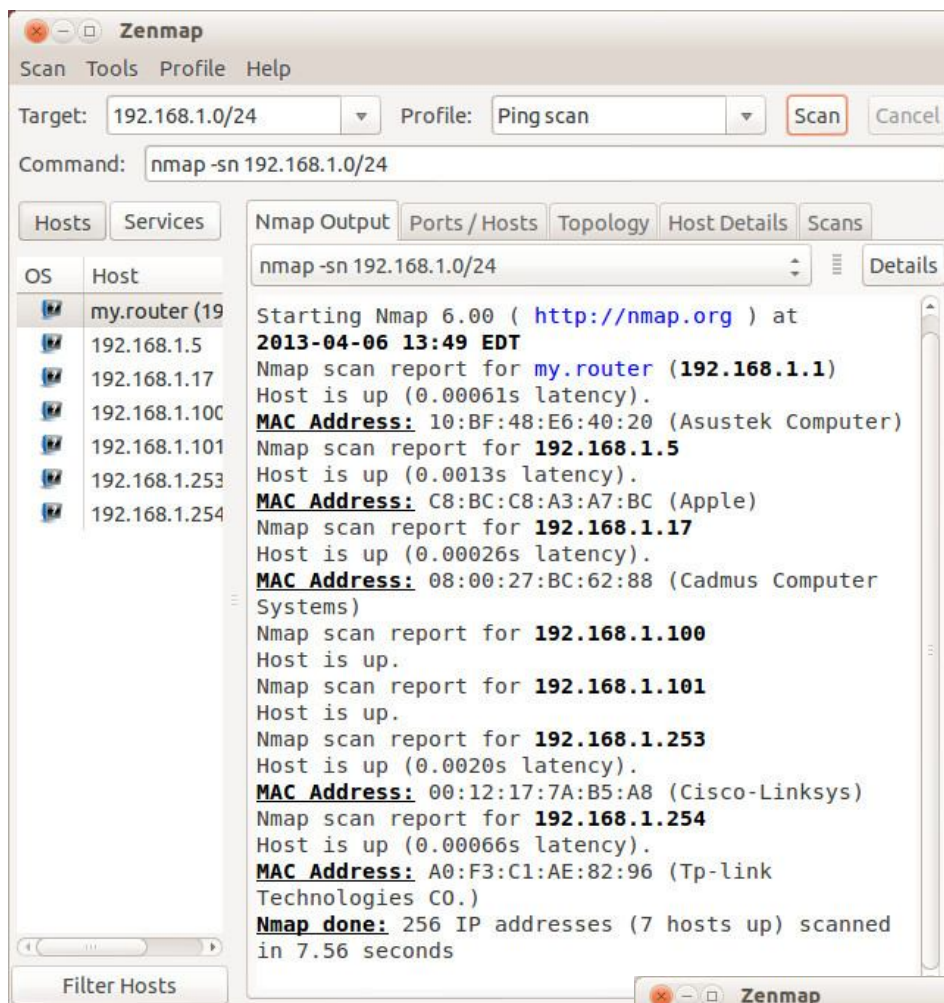
Windows IP Configuration

Host Name . . . . . : i7-WIN64
Primary Dns Suffix . . . . . : 
Node Type . . . . . : Hybrid
IP Routing Enabled. . . . . : No
WINS Proxy Enabled. . . . . : No

Ethernet adapter Local Area Connection:

Connection-specific DNS Suffix . : 
Description . . . . . : Intel(R) PRO/1000 MT Desktop Adapter
Physical Address. . . . . : 08-00-27-BC-62-88
DHCP Enabled. . . . . : Yes
Autoconfiguration Enabled . . . . : Yes
Link-local IPv6 Address . . . . . : fe80::7ca3:9bdf:2936:2163%11(Preferred)
IPv4 Address. . . . . : 192.168.1.17(Preferred)
Subnet Mask . . . . . : 255.255.255.0
Lease Obtained. . . . . : Saturday, April 06, 2013 11:27:55 AM
Lease Expires . . . . . : Sunday, April 07, 2013 11:27:55 AM
Default Gateway . . . . . : 192.168.1.1
DHCP Server . . . . . : 192.168.1.1
DHCPv6 IAD . . . . . : 235405351
DHCPv6 Client DUID. . . . . : 00-01-00-01-18-5D-98-59-08-00-27-BC-62-88

DNS Servers . . . . . : 192.168.1.1
                       24.217.201.67
NetBIOS over Tcpip. . . . . : Enabled
  
```



changes the port to 637. When Google replies (3) to the only address and port it knows, the router consults its records and sees (4) that messages from Google to port 637 should be routed to local IP address 192.168.1.17 and Port 80. Your neighbor may also be using 192.169.1.17 as the local IP address for one of her PCs, but since her Internet IP address is not 66.169.54.135, she won't get your messages from Google.

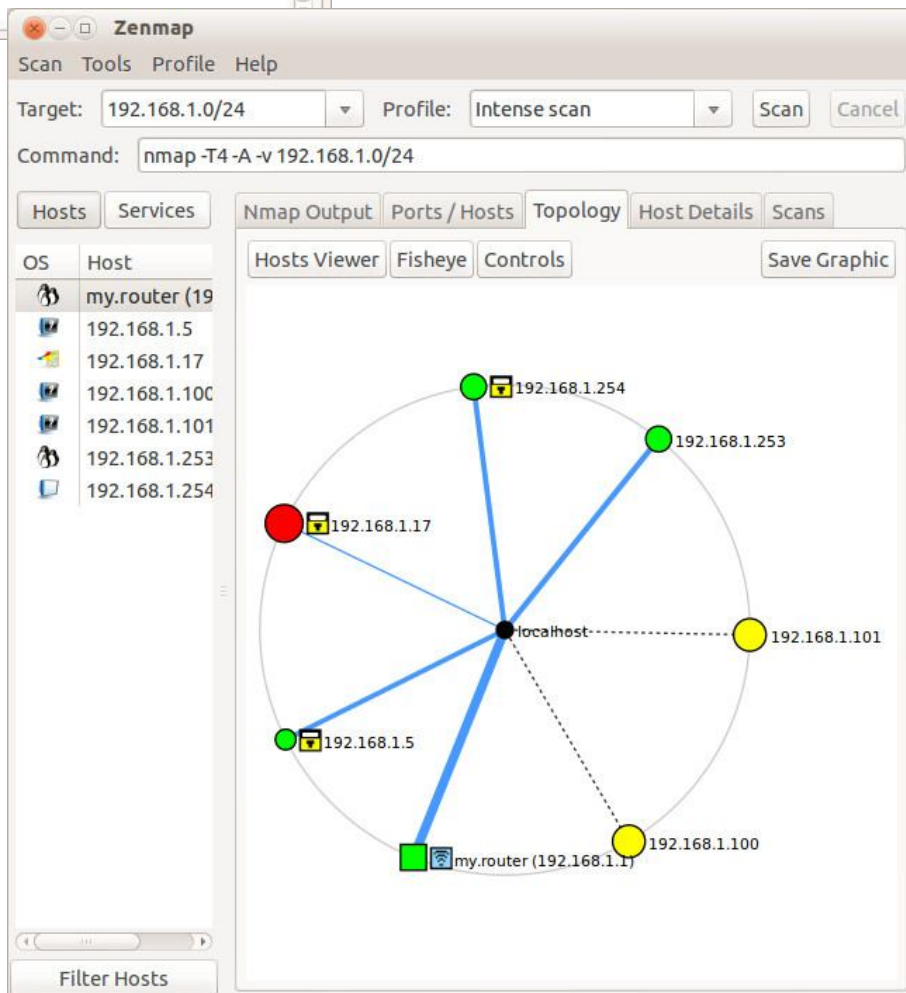
If your home network includes a router, you should now reconnect it to the WAN modem and restore the original network connection for your PC. Again, use *ipconfig /all* (or *ifconfig*, as appropriate) and compare the results with those you obtained with the PC connected directly to the WAN modem. Again, the screenshot shows only the first portion of *ipconfig*'s output.

Note the changes. (Ignore the change of Host Name and physical address; this is for a different PC.)

- The IP address now begins with 192.168.1, which is a local one, as is the

and connect our local network devices to it. It has a separate connector for a cable to our ISP's modem. The router, as its name suggests, directs any local messages to internal addresses and sends all others to the ISP, but first it changes their return address to the IP address the ISP has assigned. But this means that all incoming messages have the same IP address; how does the router get them to the correct local device? Each message has not only an IP address, but also a 16-bit port number, and the router changes the port numbers of the return addresses of outgoing messages. It keeps track of these and when an incoming message appears, changes its address to the appropriate local device and restores the original port number. This process is called Network Address Translation (NAT).

In the figure, our PC generates a message (1) to Google at 74.125.140.105 using Port 80. (It probably consulted an NDS to obtain Google's IP address.) In this case, the ISP has assigned us the IP address 66.169.54.135, and the router changes the return address to this (2) and



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Zenmap

Scan Tools Profile Help

Target: 192.168.1.0/24 Profile: Intense scan Scan Cancel

Command: nmap -T4 -A -v 192.168.1.0/24

Hosts Services Nmap Output Ports / Hosts Topology Host Details Scans

OS	Host
	my.router (192.168.1.5)
	192.168.1.17
	192.168.1.100
	192.168.1.101
	192.168.1.253
	192.168.1.254

192.168.1.253

Host Status

- State: up
- Open ports: 1
- Filtered ports: 0
- Closed ports: 999
- Scanned ports: 1000
- Up time: 786384
- Last boot: Thu Mar 28 11:47:52 2013

Addresses

- IPv4: 192.168.1.253
- IPv6: Not available
- MAC: 00:12:17:7A:B5:A8

Operating System

- Name: Linux 2.4.18 - 2.4.35 (likely embedded)
- Accuracy: 100%

Ports used

- Port-Protocol-State: 80-tcp-open
- Port-Protocol-State: 1-tcp-closed
- Port-Protocol-State: 44159-udp-closed

OS Classes

- TCP Sequence
- IP ID Sequence
- TCP TS Sequence
- Comments

Filter Hosts

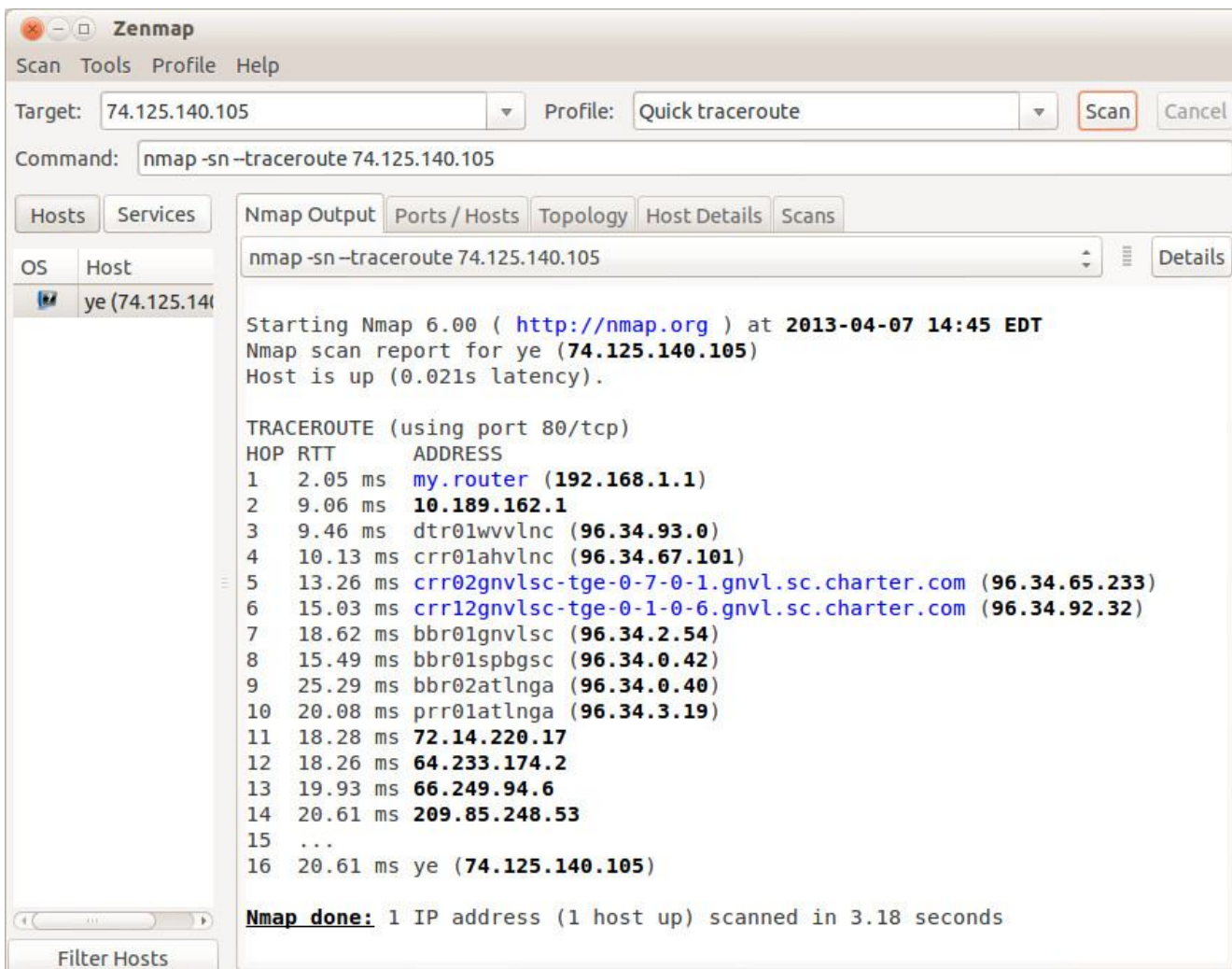
192.168.255.255, and while this wouldn't probe outside your local network, it could take a long time. The result is shown below.

Seven devices are operating; since the first three fields of their IP addresses are the same, I'll designate them by only the last field. Our router is located at 1; 5 is a PC with an Asustek motherboard; 17 is a Windows 7 PC, 100 is the Ethernet adapter and 101 the wireless card of my desktop PC; 253 is a wireless access point; and 254 a network switch. A ping scan is quite simple; we are just looking for an answer from each address. We can learn much more by performing an intense scan, which takes several minutes, compared to the few seconds for a ping scan, and the results fill several screens. Fortunately, Zenmap can summarize its results graphically.

Circles indicate computers, and squares indicate routers. The colors and sizes of the nodes indicate how many ports are open; a greater number of open ports implies a greater vulnerability to outside hacking. (Green is good, yellow less so, and red could be something to be concerned about.) The thickness of the line to localhost indicates the round-trip delay; thick means slow. (I made this probe from the PC with addresses 100 and 101, so

delays can't be measured here.) The square yellow icon is a pad-lock indicating that some of the ports are filtered, which lessens the vulnerability to hacking. Finally, the square blue icon indicates a wireless access point. (Clearly, the detection isn't perfect, because 253 is also a WAP.)

The host details tab shows what Zenmap has found about a particular computer.



In this case (the WAP), the operating system is Linux and the one open port is 80.

Zenmap can also show you the route your data takes as it travels to its final destination. For example, let's again use www.google.com at 74.125.140.105. We enter this into the target box and select *Quick traceroute* as the scan. The screenshots show both the text and graphic results.

In this case, our test message made 16 hops on its way to Google, although other tests would provide slightly different results. You can also view these results graphically, but I find the text output easier to understand and to be more complete. There are other network tools, but Zenmap is included in the Parted Image toolkit (discussed in my April 2012 article, available at <http://www.bcug.com>), which I always have it with me. There is extensive documentation for this useful program on the Zenmap Web site, accessible through the Help menu button visible in the screen-shots.



Sanford store is located at 1617 WP Ball Blvd. in the Marketplace of Seminole Town Center (407-688-7627). Near Target; between Bright Now Dental & Firehouse Subs

Apopka store is in Victoria Plaza, at 1087 W. Orange Blossom Trail. (407-814-3935) This is just past the 429, in the same Plaza as the Harbor Freight. Both open 9-7 Mon.-Sat. Closed Sundays
5% discount on most non-sale items for CFCS members, and 10% on service for CFCS members

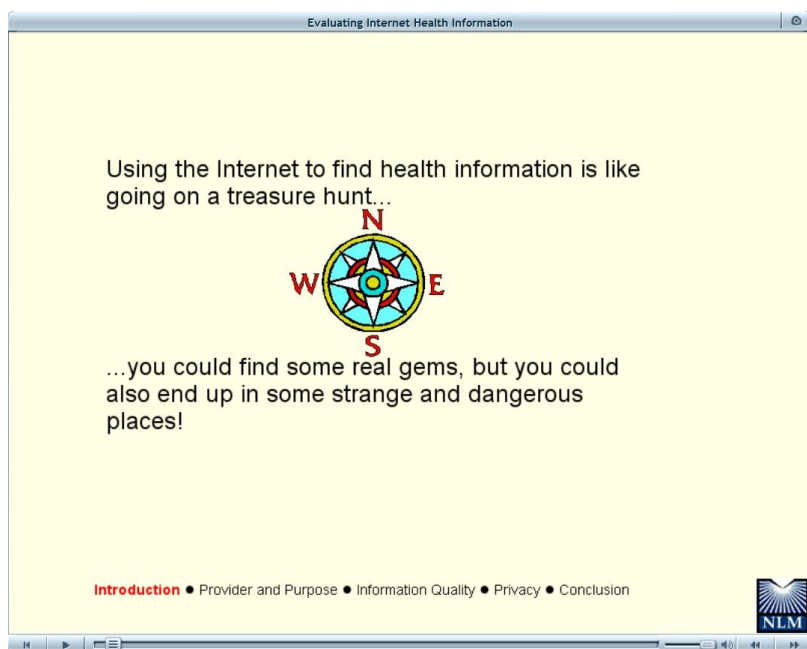
Be a smart guy. You could pay your yearly dues to CFCS simply by making computer related purchases at Smart Guys Computers. Buy a laptop, or less, get free dues!

Taking a few minutes to explore your home network will remove much of its mystery and could prove valuable in solving future problems.

Evaluating Online Health Information

by Ira Wilsker

WEBSITES:



<http://www.nlm.nih.gov/medlineplus/webeval/webeval.html>

<http://www.nlm.nih.gov/medlineplus/webeval/webevaldownload.html>

<http://get.adobe.com/flashplayer>

Now that the internet is universally available, with most homes having an internet connection, and with almost all smart phones and smart devices having some form of internet connectivity, it is only inevitable that we would use the internet for medical information. As with all other sources of information, the quality and accuracy of medical information varies greatly from reliable to outright dangerous and lethal. A search on any of the search engines for any medical term or drug will display a plethora of information. The problem is that the displayed information may not be reliable as while there are honest and accurate health information resources, possibly the majority are inaccurate. Much of the inaccuracy is due to bias, as parties

interested in promoting a particular cause, device, or drug often "spin" or slant the information in order to persuade the viewer into purchasing a particular product.

Several weeks ago, following the news that President Bush received a stent in order to improve blood flow, several "cardiac experts" appeared in the national media and on the internet touting an exciting, new medical device. According to these "experts" a new miracle device could be inexpensively and non-invasively used in any doctor's office to detect and predict future cardiac events. I looked up the device on the internet and found glowing physician testimonials on the manufacturer's website, along with a list of physicians that had purchased the device; none of my local physicians were listed as purchasers of the product. Being favorably impressed with what I read on the internet, during a recent, routine office visit, I asked my primary care physician about the test and device. Fully aware that it is totally normal for physicians to disagree on medical topics, he informed me that the device was of questionable value, has not been universally adopted in the cardiology community, and was (in his opinion) an unproven device of questionable value. While the promoters of the device may be serious about identifying potential cardiac problems, and lowering cardiac risks for patients, a careful rereading of the manufacturer's website made me slightly suspicious about the efficacy of this particular product.

Internet users may ask themselves about where and how they could find valid and accurate medical information. While no large website has absolute credibility with all users, some websites, such as WebMD, have a very good reputation as they use a peer review system to validate articles and postings.

????????????????????

When you visit a Web site, you'll want to ask the following questions:

- Who runs the site?
- Why have they created the site?
- What do they want from you?
- Who is paying for the site? Does the site's information favor the sponsor?

????????????????

- Is the information reviewed by experts?
- Where did the information come from?
- Does the site make unbelievable claims?
- Is it up-to-date?
- Do "they" want your personal information? What will "they" do with it?

To try and help consumers find reputable and reliable medical information, the National Library of Medicine at the National Institutes of Health (NIH-NLM) has released a 16 minute, self-paced video "Evaluating Internet Health Information: A Tutorial from the National Library of Medicine" available online at nlm.nih.gov/medlineplus/webeval/webeval.html. The video requires that the user's browser has the latest version of Adobe Flash Player installed. If necessary, the site connects to

the proper Adobe Flash Player website to download and install the latest version of Flash Player. For those who may prefer to download the presentation to their own computer, rather than view it online, a downloadable version is available as a ZIP file (compressed format usable by Windows), at www.nlm.nih.gov/medlineplus/webeval/webevaldownload.html.

This NIH-NLM video presentation opens with a somewhat provocative warning, "Using the Internet to find health information is like going on a treasure hunt ... you could find some real gems, but you could also end up in some strange and dangerous places !" In a subsequent slide, the NIH-NLM provides the viewer with some questions that you might want to answer before blindly accepting the information presented on the site. These questions are, "Who runs the site? Why have they created the site? What do they want from you? Who is paying for the site? Does the site's information favor the sponsor?" Finding and interpreting the answers to these questions could provide the user with substantial insight as to the accuracy and reliability of the information that is presented.

In my own experience, not stated on the NIH-NLM website, I get especially suspicious when some miracle cure or product is so effective that it claims that a cabal of government agencies and drug makers is trying to suppress the displayed information in order to protect the drug makers' profits from superior competition. Parallel to this, I saw on one

Evaluating Internet Health Information

Institute for a Healthier Heart
"Helping families live healthier lives since 1995"

Blood Pressure
Cholesterol
Heart Disease
Children

Latest Heart News
[Treating Sleep Apnea Reduces Heart Disease Deaths](#)
[Low-Level Jobs Linked with Faster, Less Variable Heart Rates](#)
and Higher Heart Risk

Learn how a [revolutionary new drug](#) can help your heart!
Join the Institute

Physicians Academy for Better Health
Diseases & Conditions | Diet & Nutrition | Exercise | Medication & Treatment

ADVERTISEMENT
Regular exercise is important for people of all ages.
This exercise program shows you how to start and stick with a program of stretching, balance, and strength-training.
Sign up for our newsletter

What the Numbers Mean
Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline High
240 mg/dL and above	High

Source: [NHLBI](#)

About Us | Privacy Policy | Site Map | Email Us | Information Last Reviewed: 8/11/2006
Physicians Academy for Better Health, 2309 Anytown, Anytown, USA | 555-USA-PABH

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NLM

(Continued on page 13)

particular herbal drug website that was touting miracle cures, weight loss, and the anti-cancer properties of a particular herbal supplement that both of the federal agencies, the FTC and the FDA were trying to ban their miracle product in order to protect the "big pharma" drug companies. The website warned that if the reader was even remotely interested in this product, they need to buy a lot of it right now, and stock up on it, before it is banned by the government, and no longer available. I might see how some conspiracy theorists with their aluminum foil hats might fall for this ploy, but rational readers might be suspicious about this product and the seller that is touting it.

The NIH-NLM video continues with additional questions for the viewer; "Is the information reviewed by experts? Where did the information come from? Does the site make unbelievable claims? Is it up to date? Do 'they' want your personal information? What do they do with it?" Responses to these inquiries might appear to be self explanatory, but consider the sources of the information; while the author of the page may make the sources sound impressive and credible, a simple web search could uncover additional, possibly contradictory information. Consider the desperation of people with





advanced stage cancer, crippling orthopedic problems, complications of diabetes, and other debilitating illnesses. Do another web search for any of the above ailments, and there are multitudes of websites offering unbelievable cure rates, miracle surgeries in foreign clinics, and rare non-conventional drug treatments. For some outrageous sums of money, these websites can "guarantee" a cure of whatever malady ails you.

In the NIH-NLM video is an example of how misleading information can be found on the internet. Using a fictitious high cholesterol example, the video displays two impressive (but fake) sample websites to demonstrate how charlatans ensnare the unwary. One of these faux websites has the impressive moniker "Institute for a Healthier Heart", while the other is an equally impressive "Physicians Academy for Better Health". At first glance these sites appear to be very professional, and include some truthful and readily available information on cholesterol. This apparent "first impression" of credibility can trap the user into falsely believing that the other content is also truthful, when in reality it borders on fraud. The NIH-NLM video recommends that users click on the "About Us" link to get information on the

people or organization running the website, but keep in mind that people who will mislead a user into entrusting them with untold sums of money promising miracles, may also be less than honest about their identities on the "About Us" page.


The NLM-NIH video also warns about any advertising displayed on the webpage; is it clearly labeled as an advertisement, a common practice on legitimate websites, or is

Evaluating Internet Health Information

	<p>Provider</p> <p>Who is in charge of the Web site? Why are they providing the site? Can you contact them?</p>	<input style="width: 30px; height: 30px; background-color: #ccccff;" type="checkbox"/>
	<p>Funding</p> <p>Where does the money to support the site come from? Does the site have advertisements? Are they labeled?</p>	<input style="width: 30px; height: 30px; background-color: #ccccff;" type="checkbox"/>
	<p>Quality</p> <p>Where does the information on the site come from? How is content selected? Do experts review the information that goes on the site? Does the site avoid unbelievable or emotional claims? Is it up-to-date?</p>	<input style="width: 30px; height: 30px; background-color: #ccccff;" type="checkbox"/>
	<p>Privacy</p> <p>Does the site ask for your personal information? Do they tell you how it will be used? Are you comfortable with how it will be used?</p>	<input style="width: 30px; height: 30px; background-color: #ccccff;" type="checkbox"/>

[Print this checklist](#)

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advertising incorporated into the website content, without attribution that some content is advertising. Likewise, NIH-NLM recommends that users check the "Contact Us" information to see if the contact information is complete and realistic, or is simply a contact to reach a webmaster. While not totally within its purview, I like to check the Better Business Bureau website (bbb.org) for the URL (web address), name, or phone number to attempt to verify the bona fides of the site and those behind it. A web search for references on Google, Yahoo, Bing, or other search engines may not be totally reliable because unscrupulous website operators also often create bogus secondary websites with glowing reports, or plant glowing reviews in online blogs and social media websites. There are also many cases of people who are paid to post positive reviews in the social media to create a "positive buzz" about a particular company, again to trick people into believing that a crooked website is really legitimate.

The internet should not be used as a substitute for discussing medical concerns with your healthcare practitioner, so if there are any doubts or concerns, decisions should be made with your healthcare professional, and not solely based on wild claims on a website. While I have often closed these columns with the expression that "Information is Power" it is critical to know that incorrect or misleading medical information can be dangerous ... or even lethal.

Free Internet Faxing Services: No Fax Machine Required!

by Bob Rankin, Ask Bob Rankin
www.askbobrankin.com

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<http://goo.gl/Jhh9XE>

2+2 = 5

If you noticed this is bad math, then you are qualified to volunteer as our new treasurer to replace Jay Jacobs. Please do so today! (Our current treasurer, Don Vandemark, is only a temporary replacement.) We need a permanent treasurer to keep our society on the sound footing it has been on since Jay's tenure.

Dump your fax machine, the Internet has made this dinosaur obsolete. Think of the savings on toner, paper, and time when all you really need these days is a cell phone, PDA, or PC. I have a big list of sites for you that offer free Internet faxing services. Some of them are completely free, while others offer free or limited trials. Pick the online fax service that suits you best...

FaxZero lets you send free faxes from a simple web-based interface. Just enter the sender and recipient info, type in your message, and hit the "Send Free Fax Now" button. The rich-text editor lets you add basic formatting, highlighting and fonts to your text. You can also fax a file from your hard drive. Supported file formats include PDF, Microsoft Word (DOC, DOCX or RTF), Excel spreadsheet (XLS or XLSX), image files (PNG or JPG), TXT, HTML, and PowerPoint (PPT). You can attach multiple files, but the combined size of all attachments must be 20MB or less.

And yes, it's really free to send a fax to anywhere in the USA or Canada. You can send five free faxes per day, each with a maximum of three pages. No ads are inserted on your faxed pages, but the FaxZero logo will appear on the cover page of your outgoing fax. You can even use FaxZero to fax your U.S. congressperson or senator. I've written more about FaxZero in my Send a Free Fax article.

GotFreeFax is basically a clone of FaxZero, with some minor differences. You can send 2 free faxes daily to the USA or Canada, with a 3 page per fax maximum. No ads or branding appear on the cover page. GotFreeFax supports PDF, Microsoft Word, OpenDocument Text (.odt), and Rich Text (.rtf) file formats only. One unique feature is the ability to substitute tokens in the message, such as {RECEIVER_NAME}, {RECEIVER_COMPANY}, and {RECEIVER_FAX}.

PamFax is another free faxing service that offers 3 free outgoing pages (after signup) with no ads. You can also get a free fax number for inbound faxes. PamFax has an address book for convenience, integrates with Outlook, and works with popular cloud services such as DropBox, Google Drive, and SkyDrive.

PopFax is yet another free fax sending service. Like the others, you can input a brief text message, or upload a document from your hard drive. But I can't recommend PopFax for several reasons. In the Terms of Use on their website, it says that PopFax does not guarantee "the possible alteration of the data sent by the User nor the ser-

vice availability." It also says they are not liable for damage "following to an alteration of the User data transfer." This could be badly translated legal mumbo-jumbo, but yikes! Also my Chrome browser crashed when trying to send a DOC file with PopFax. On another attempt, it said my fax number was "invalid." After sending a test fax to another number, it never arrived. Of course, your mileage may vary, but with so many other choices, I'd steer clear of PopFax.

Sign up with K7, a messaging system that will send free faxes and voicemail to your email address, with an option to view or listen to your messages via the web. You get a free fax/voicemail number which you can give to your family, friends, and business buds. Just sit back and wait for the faxes to start dropping into your inbox as email attachments. If a K7 number is inactive for 30 days (no incoming voice or fax messages), it will be terminated. K7 cannot be used to send outgoing faxes. My companion article Free Inbound Faxing goes into more detail about Faxaway, an almost-free service that forwards incoming faxes to your email.

eFax claims that they are the largest online network on the planet with over a million subscribers in 2,500 cities and 27 countries. Also known as Zipfax, you can send and receive faxes as email attachments. You simply use the recipient's fax number and eFax's address. The 30-day freebie allows you to send or receive up to 150 pages. If you don't cancel during the initial month, you will be charged \$16.95 per month. See also Free Inbound Faxing for more details on eFax Limited Accounts, a free service that forwards incoming faxes to your email.

Nextiva Fax offers a 30-day free trial, including 500 free faxes. Send a fax by email, or send and receive faxes from Microsoft applications. Instead of hitting the print button, simply select "fax" right from Word, Excel, etc. Nextiva also lets you send and receive faxes from mobile devices. After the trial period, you'll be \$8.95 per month, unless you cancel.

RingCentral is designed for small businesses, not only can you receive and send faxes via email, they can supply you with toll-free fax numbers, custom greetings, an auto-receptionist, voicemail, and multiple extensions. The company offers a 7-day free trial, during which you get 500 free fax pages. After the trial period, you'll be \$7.99 per month, unless you cancel.

I couldn't find a smartphone app that sends free faxes. There's an app called scanR that's supposed to do that,

but apparently it's defunct. CamScanner is a free app that turns your iPhone or Android smartphone into a scanner, fax machine and PDF creator. Take a picture of a document, receipt, business card, etc. CamScanner turns it into a searchable PDF that you can fax, print or upload to various cloud storage services. Faxing costs 99 cents per page.

How to Write, Publish and Promote Your Book for Free Using Technology

**By Bohdan O. Szuprowicz, Member,
Sarasota PC Users Group, FL
July 2013 issue, PC Monitor
www.spcug.org
editor@spcug.org**

Millions of people all over the world want to write and publish a memoir, a novel, or share their grandmother's favorite recipes. They spend months and years chasing agents and publishers only to face endless rejections.

But times have changed. The latest technologies make it possible for anyone who can get on the Internet to become an author, publisher, and promoter of anything he wants to write, whenever he wants to do it, and all without spending any money in doing so.

All you have to do is write your stuff, edit it, and follow instructions of various services to format your text, design a cover, price the book, select a publicity program, and boast about your achievement to book review editors, on Facebook, Twitter or your own E-mailing lists.

Yes, all those functions are being offered to would-be authors at a price by masses of editors, agents, consultants and promoters. They took the trouble of reading the instructions and now they try to cash in on it. You do not need them if you follow the instructions yourself.

The simplest way to start is to go to Amazon's website, which is the largest online seller of books. You are looking for Kindle Direct Publishing (KDP) which will provide you with a free instruction booklet how to format your manuscript in Microsoft Word for publication by Amazon as a digital book. So you just write your book in

(Continued from page 15)

Word and follow simple instructions about spacing, page ends, chapters etc. Once your manuscript is finished you follow the instructions how to publish it on Kindle and that's all there is to it.

You also set the price that you may vary at will as time progresses. Amazon sells your book and you get a royalty of 35% to 70% depending on arrangements.

There are close to 2 million titles on Amazon so it's important that your book has a cover that is distinctive and attractive to readers. You can design your own cover using Picasa collage functions which is also free. It offers hundreds of fonts and colors and you can include any photographs or images you like. The important thing to remember is the fact that on the screen of a tablet or an E-reader these covers are thumbnail-size. As a result you should make sure that the size of title lettering and colors are contrasting and show up clearly in black & white on many E-reader devices.

Once your book is on Kindle you want to let the world know that it has been published and where to find it. If you stick to digital publishing there is no problem of distribution or costs of sending the book by mail. It is delivered via the Internet to the buyer who can read it on about a dozen devices such as E-readers, iPads, PC's, iPhones, and various smart phones.

There are several publicity websites that can be used to announce the publication of your book. Most offer a basic free service as well as paid versions depending on distribution requirements. Once you follow instructions of a press release site you can also include the image of your book cover and send the whole package to book review editors, TV or radio talk show producers, and your personal E-mail lists completely free of charge.

Better still, the URL's of such press releases can be copied and simply pasted into other messages you are sending out. PRLOG is such a service used by the author and examples can found at <http://www.prlog.org>

Twitter and Facebook are the two most popular social media services that you can use freely to promote your book. Although Twitter allows only 140 characters per tweet, you can easily include the URL of your press release and also another link to an image, which may be a Picasa collage of your book cover, prices and reviews, as well as author biography and a photograph of yourself with your pet alligator. You can also use the Twitter

search window to send such promo packages to selected recipients like your preferred talk show hosts, and book review editors, many of whom maintain distinct Twitter accounts.

Similarly, Facebook can be used to introduce your memoirs or novel with all the publicity materials to your friends and family. Other social media like LinkedIn, Pinterest and such, can also be used in providing free publicity for your book depending on type of audience you are seeking.

In short, the technology is here to be used and most of it is free. What it means is that anyone can become a published author literally overnight

The Other Side of the Street Monthly Column : **Google**

**Bill Hart, Member,
The PC Users Group of Connecticut
July 2013 issue, The Program
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Google, it seems, has not just the most wonderful web search device in its arsenal; it is also accused of collecting private data from its clients (that's us) – far more than we necessarily know or suspect. No one in this country seems to bother about that much, but in Europe....

Think of it: how has Google become so huge? And I mean HUGE. If it's just there for us to use as a combination dictionary, gazetteer, art museum and library – for free – how can it amass the \$millions necessary to keep those battalions of servers waiting to satisfy us almost instantaneously? The answer is: Cookies.

A Cookie is a small file of data sent by a website to a contact and stored on the contact's computer. When you log in to a website which uses cookies it will create a quick summary of who you are and maybe what you have accessed on the site and this will be saved on your computer so that next time you log in you can be recognized and perhaps welcomed by name. Fine; but think of it: the site now knows who you are, what your email address is, maybe (if you set up a more formal link) the

User ID and password you created to use the site, and even the fact that you looked at, say, electric kettles rather than glassware. And for Google, what you looked at could be anything.

So Google can collect this data and sell it to others: to marketers of electric kettles to warn them you are on the prowl for one, say – the list could be endless. And as you move from searching history to ski equipment to checking maps to reading the news, a fairly full idea can be formed of the sort of person you are. Rather like the personal live-in servant who, over the years, knows a lot more about who you really are than even you may realize. And this worries a lot of people – particularly in Europe, which has had more than its share of secret police over the years.

So now Google is in trouble in Europe, and most of all in France. The trouble really came with the introduction of Google Street View, when specially-equipped vehicles drove the roads of the world recording pictures of what they were passing. It turned out that someone had added to the equipment a Wi-Fi recorder which was picking up all sorts of extraneous information – emails, data transfers, passwords and such. And though Google officially denied authorizing this and promised to delete the data recovered, it turns out that they have not done so. Two years ago an investigation was begun. It is still raging today, as the authorities try to rein Google in. Now the BBC reports Google has been given 35 days to delete the material. After that, who knows? Can France remove the website www.google.fr from the world?

Back to cookies. They started in the 1990s when a commercial site wanted to retain some information on visitors, but found this would quickly clog its data storage. So they asked the browser writers (Netscape in those days) to arrange for small files to be stored by the browser on each personal machine instead. When they were originally implemented nobody knew they even existed, let alone they were being stored locally. But there are now, as a result of complaints, rules for cookie construction (each issuer can only read its own cookies, for example) and ways of reducing the numbers.

You can, for example, turn them off completely (“I do not wish to help you recognize me at all!”) but this may backfire. There are sites today which will not let you onto them unless you allow them to store cookies on your machine. My Firefox browser is set to tell me when cookies are requested and I can reply Yes or No. This is interesting: I have seen sites that want to place as many

as six cookies at a time on my machine (Six? Why?). I often reply No and wait to see if the request is repeated until I say Yes, or if I can get onto the site without.

Many sites also, as they create the data stream for building their picture on your screen, branch to other sites which then ask for cookie permission. One of the most notorious is DoubleClick (which is now owned by Google too!). DoubleClick is purely advertising-related: we can provide marketers (for a fee) with information on the effectiveness of their ads, or the shopping habits of the public. It seems all they do is drop cookies and read them. By being called from a website as part of its setup, routine, they get by the restriction that only the issuer can read a cookie. This annoys me. I try to say No to DoubleClick cookies when I can.

What fascinates me is that “google” has become a word in common use. We no longer search for information; we google it, even if we are using another search engine. I remember as a child that Hoover came into the common English lexicon. We did not vacuum the carpet; we hoovered it. And my parents owned an Electrolux hoover. That is, to me, the ultimate in Having Arrived!

Preserving memories in a digital age

**Mike Hancock, Advertising Manager,
Golden Gate Computer Society, CA
July 2013 issue, GGCS Newsletter
www.ggcs.org
editor@ggcs.org**

More than 30 years ago—in 1982—videotapes came to

Free in-store diagnostics on your computer

Free telephone tech support

Lowest price name brand computers in the U.S.A.

THREE LOCATIONS: [407-478-8200](tel:407-478-8200)

**1) near UCF, 2) on 434 near 17/92, 3) in the Villages.
Details at refreshcomputers.net/**

5% discount on most non-sale items for CFCS members



the market. By now, though, many are degenerating. Alan Kolsky, of Digital Video Dimensions, startled attendees of the June 24 GGCS General Meeting by enumerating the probable life spans of various media:

CDs 5 - 100 years
 Newspapers 10 - 20
 Data-grade VHS videotape 10 - 30
 Digital linear tape 10 - 300
 Other magnetic tape 10 - 30
 Microfilm 10 - 500
 Photographic slides 100
 Archival grade acid-free paper 10 - 500
 Egyptian stone tablet 2,000!*

But people often want to digitize home movies, slides, videotapes, audio recordings, documents, and photos for storage and ease of presentation. Some authorities argue that because of rapid advances in technology enhanced media longevity is questionable.

Future trends that will affect archiving include higher resolution and solid-state storage. "4K" resolution video format (4,000 pixels in horizontal direction) is coming and is needed for the huge monitors, which tend to have much softer resolution than smaller monitors.

"Ultra HD" is on its way, too. 64GB thumb drives are readily available, and solid-state drives are being introduced to computers and will displace mechanical drives and players. DVDs are ubiquitous today, but Alan warned us that improper handling can rapidly degrade them. Hold DVDs at their edges, across their diameter; do not handle them on their recording face, and do not handle them roughly. Also, avoid using paper stick on labels because they cause wobbling and thus poorer recording.

These factors affect the life of any media:

- Quality of the original media. Kodachrome slides from the '50s are still beautiful.
- The number of times the media are accessed.
- Storage temperature and humidity; store in a cool, dry place.
- Cleanliness of the storage environment.
- Quality of the device used to read/write the media.

To help keep your media in good condition:

- Keep media in its storage case.
- Avoid flexing or twisting any media.
- Do not touch exposed media.
- Do not expose magnetic media such as videotapes to

magnetic fields (speakers, for example).

Alan recommends making backup copies of all digital media—two backups minimum for optical discs and hard drives. And re-copy them every two years or so. "High-8" tapes, especially from Sony, have a 20% failure rate, therefore they should be copied digitally and archived.

Tips for digitizing media

Alan suggests if you are digitizing home movie films to remember that film deteriorates and becomes brittle, and old projectors can accelerate damage.

With slides, look for at least 2,400-dpi scanners with no glass between the scanner and the film, otherwise you may have distortion from Newton rings, an interference pattern created by the reflection of light between two surfaces.

Canon is the best scanner brand for prosumers, or try to find an old Microtek 1800F on eBay. A 4,000dpi scan is the best, with 7,200 dpi being overkill, Alan says.

Document scanners are affordable at \$500 to \$600. Alan's advice for scanning photos is to scan at 600 dpi for photos 5x7 inches or smaller, and at 300 dpi for greater than 5x7 inches.

Scanning services usually charge by the hour: \$15 to \$25. Be careful about cheap scanning services; they work as fast as possible and not necessarily with consistent quality. Also, pick out only the best of your photos to scan to reduce cost.

With videotape, "repack" the tape before copying by using fast-forward and fast-rewind before playback and capture. It helps, too, if tapes sit in the machine for a couple of hours before repacking because the heat of the machine makes them more flexible.

The best DVDs for general purposes are Verbatim and JVC at the Gold level. Ritek is another good general purpose DVD. Meritline.com and Rima.com are good online resources if you buy at least 50.

Go to eBay to obtain a Sony VHS Adaptor for the High-8 reader and capture the output of a VCR.

Alan showed us a couple of examples of advanced mixed media montages with voiceover, comprising slides, videos, and music. An external service would charge about \$6,000 for a 35-minute professional mixed

media show.

Video editing software includes Adobe Premiere Pro, Sony Vega, ProShow Gold, and Photodex. Be careful, though, of copyright laws when using, for example, Youtube video clips or music. Alan recommends paying for royalty-free music or looking for government news-reels.

If you wish to digitize tape, look for a Grass Valley Digital Converter that runs output to a computer (upward of \$250), or an outside service will do it for \$25/hour. Clean dirty or greasy DVDs and CDs from the center out, radially, using a cleaner (Radio Shack has one).

Judging by the numerous questions and comments, a significant number of the audience had boxes of material that were candidates for digitizing!

What to do if you think your email has been hacked

**John King, Contributing Editor,
Golden Gate Computer Society
July 2013 issue, GGCS Newsletter
www.ggcs.org
editor@ggcs.org**

The first thing to do if you worry about email hacking is to change your email account password to something more complex than 123456. For best security, use a password such as Q*93im#&qrR-57\$. You'll never remember it and won't have any more email problems [insert snicker].

My Hotmail account was hacked a while ago. A human hacker or automated bot was indeed sending spam from my account on Hotmail. My local computer wasn't involved. Everything was happening on the Hotmail computers.

Spammers like to use other people's email accounts to send spam because it's free and makes the spam harder to block. After I changed my weak Hotmail password to a stronger one, the spammer/bot couldn't access my account; and the problem ended.

Alternatively, a spammer may be simply spoofing the return address of the spam using your email address to make the message less likely to be blocked. There's nothing that you can do to stop that. You could stop using that email address, but the spammer can keep using it as the return address anyway.

Fortunately, spam with your spoofed return address usually stops in a few days or weeks at the most. The spammer probably found your address without hacking your account, for example, from the address book of a friend, an intercepted email, etc. Nonetheless, changing your email password is still a good idea.

If your email is a POP account, as opposed to a web mail account such as Hotmail or Gmail, the odds are higher that your computer has been hacked, which is a much larger problem. The best solution is to restore a backup system image made well before the hacking was suspected. The chance that you have a backup image to restore is as likely as the intruder putting money into your bank account, but this instance is when you want backups. Lacking a backup, you can thoroughly scan your system with several antimalware products in addition to your normal antivirus product.

Again, you should change the passwords for your Internet Service Provider, router, and email, and be sure that your Wi-Fi network is protected with the highest level of security possible. People often hate passwords on computers; but if any computer on the network was hacked, all computers on the network should have logon passwords. Fortunately, protecting the network is enough in most cases.

Personally, I'd suggest you change your email password, scan your computer with your up-to-date antivirus software, and wait to see what happens. If possible, do not

Have a Blast!

**SIGN UP FOR WEEKLY
EMAIL!**

All meetings and speakers are subject to change, and late alterations are always possible. To keep completely on top of events, log on to CFCS.org and subscribe to our weekly e-mail update, the E-Blast!

do any online shopping or banking until some time has passed to confirm that only your email was hacked. Also watch for any suspicious activity on credit card and bank accounts.

Windows XP's Swan Song -

Time is Running Out!

**By Bill James, Editor & Webmaster,
Computer Club of Oklahoma City**

www.ccokc.org

editor@ccokc.org

If you are still using Windows XP, please read on. Did you know that Microsoft introduced the Windows XP Operating System in October 2001 and it is arguably one of the most popular of all the Microsoft OS's? It is 13 years old and still represents a 37% share of all desktop operating systems worldwide as of June 2013. However, time is marching on and Microsoft has announced that starting April 8, 2014, there will be no more patches or updates – including security ones – issued for Windows XP. If you for instance do only email and web browsing you would think that this new policy would not affect you. Oh but it does because, over time without updates, Windows XP will not only become less secure, it also means that you will be facing support issues with finding anti-virus and other programs that work with XP. Your web browser, the tool that you use to access the Internet, will also be open to security problems because of the lack of security updates, locking you into obsolete and insecure browsers designed for XP.

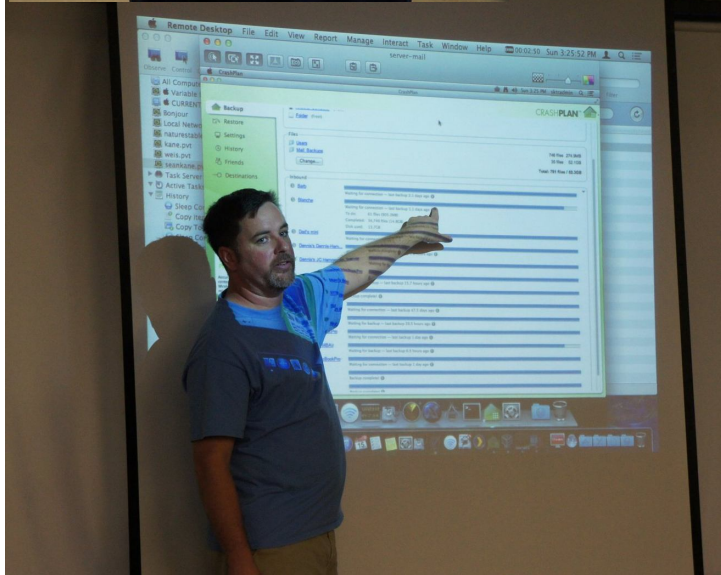
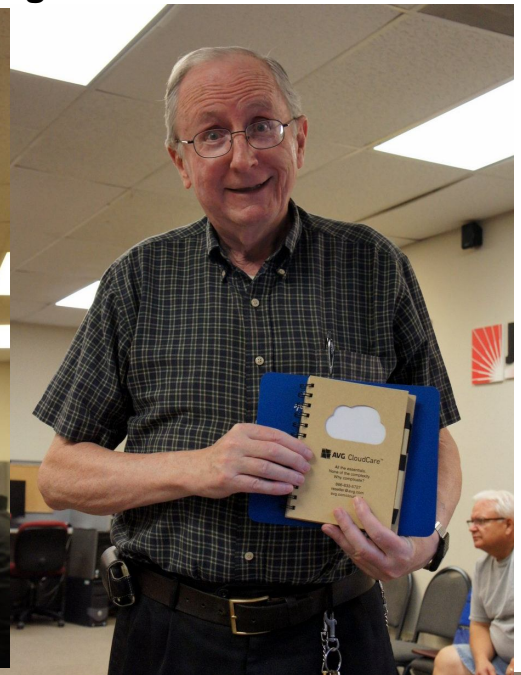
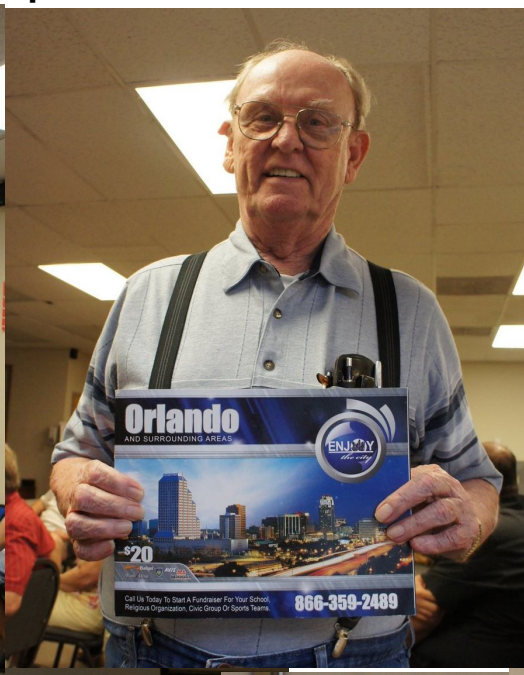
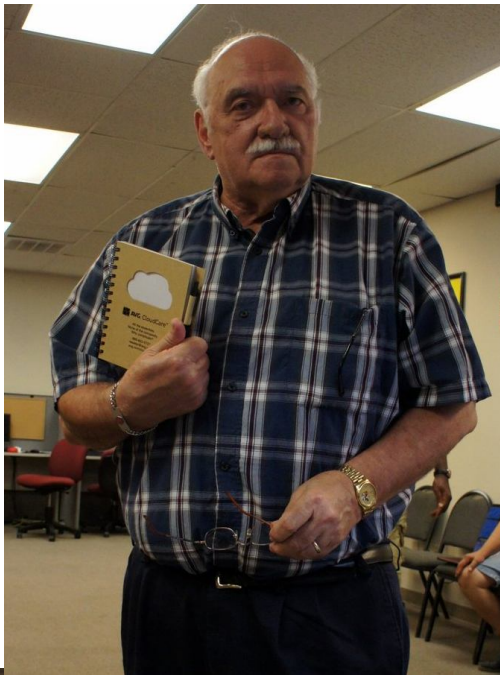
The solution, as I see it, is not to wait until you have a catastrophic computer failure which will then force you to update your system. But consider that now is the time to start looking at your options.. With a working XP system you will be able to take your time and decide what you need to do. You will also have the ability to move all your data files, those emails you wish to keep, etc. to a new computer or updated operating system as well as find alternatives for those favorite programs that will work with your existing data. By thinking about updating or replacing your system, you will be able to logically and methodically determine what your needs are and choose a strategy that works best for you. The end result is not to be hurried or pressured in doing something immediately just to get your computer up and running again.

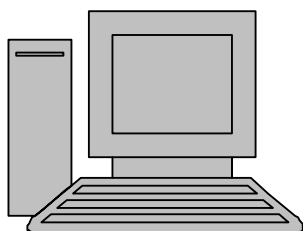
If you have already decided that Windows 8 is not for you, you will want to upgrade to Windows 7. You should be able find copies of Windows 7 through Tiger Direct or Amazon and some computer manufacturers such as Dell and HP are still offering Windows 7 as an option. You can also use Google and search for vendors that might carry the product. But, I would not wait too long because soon sources to that program will dry up. If your plan is to buy a new computer, I would wait until Windows 8.1 is released in the later part of October 2013 because there are significant changes in 8.1 that will negate what you may have already learned about the current version of Windows 8.

If you need help with learning to use your new OS, ask your UG to offer classes or workshops for the new OS. Moderating a SIG or Workshop is a wonderful way to learn about software. If you are in charge of programming, offer programs and workshops for your members. If you have not signed up for the APCUG/O'Reilly free books program, then you are missing a source of information that covers the newer OS. If you are unfamiliar with the program, look for information on the APCUG website or APCUG Reports.

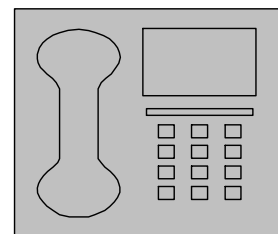


September 2013 General Meeting





HelpLine



HelpLine is a **free** service to members of CFCS only. The following volunteers have offered to field questions by **phone or via e-mail** with software and hardware problems listed below. Please be considerate of the volunteer you are calling.

As a **free** service, you should not be asked to pay for help or be solicited for products or services. If anything to the contrary occurs, please contact the HelpLine coordinator immediately. Their names will be removed from the list.

Additional volunteers are needed in some existing categories and for new categories. If you are interested, please contact the **HelpLine** coordinator at e-mail: helpline@cfcs.org

Please Note - This is a service for CFCS MEMBERS ONLY

HelpLine Listings

Digital Photography & Video

Ken Larrabee 407 365-2660 anytime

KLarrabee@cfl.rr.com

DOS

Stan Wallner 407-862-2669 5 pm-7 pm

smwallner@yahoo.com

Kris Hestad 321-459-2755

kris.hestad@surfdogs.com

Hardware

Ken Larrabee 407-365-2660 anytime

Stan Wallner 407-862-2669 5 pm-7 pm

smwallner@yahoo.com

MS ACCESS

Arvin Meyer, MVP 407-327-3810 7 pm - 9 pm

Access-sig@cfcs.org

MS Office Products:

MS Word, Excel, Power Point, Outlook and Access

Doug Gabbard (e-mail only)

Dougga@gmail.com

Security

Arvin Meyer 407-327-3810

Access-sig@cfcs.org

Networking - Home or Office

Doug Gabbard e-mail only

Dougga@gmail.com

SQL-Server

Arvin Meyer 407-327-3810

Access-sig@cfcs.org

Windows

Hewie Poplock 407-362-7824 5 pm-7 pm

hewie@hewie.net

Kris Hestad 321-459-2755

kris.hestad@surfdogs.com

WinZip

Arvin Meyer 407-327-3810

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20	21	22	23	24	25	26
at Jackson Hewitt General Meeting Windows SIG 12:30p Win SIG 2p General Mtg	1505 E. Colonial 7p iPhone SIG	Casselberry Denny's 7p Tech-SIG				

October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	Nov 1 DEADLINE for Newsletter copy	2

November 2013

3	4	5	6 Casselberry Denny's 7p BoD meeting	7	8	9
10	11	12	13 Office, Access, Security SIGs 7p New Horizons	14	15	16
17 at Jackson Hewitt General Meeting Windows SIG 12:30p Win SIG 2p General Mtg	18 1505 E. Colonial 7p iPhone SIG	19	20 Details at cfcs.org 7p Virtual Photo SIG	21	22	23
24	25	26 Casselberry Denny's 7p Tech-SIG	27	28	29	30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dec 1 DEADLINE for Newsletter copy	2	3	4 Casselberry Denny's 7p BoD meeting	5	6	7
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15 at Jackson Hewitt General Meeting Windows SIG 12:30p Win SIG 2p General Mtg	16 1505 E. Colonial 7p iPhone SIG	17	18 Details at cfcs.org 7p Virtual Photo SIG	19	20	21

December 2013

DIRECTIONS TO MONTHLY MEETING

Our meeting building is at the intersection of Lee Road and Turner Rd. The meeting is in the building behind the one on the corner of Lee and Turner. Turn North on Turner, left into the parking lot, and drive behind the office building in the rear of the parking lot. You will see a sign: **Jackson Hewitt delivery entrance**. Plenty of parking is nearby, and the meeting room is just inside, making it accessible for those with special mobility equipment.

SPECIFIC DIRECTIONS

based on your starting point.

From I-4, exit at Lee Rd., drive East 1/2 mile to Turner Rd. and turn left onto Turner and left again into the first parking lot. Drive to the rear of the rearmost building and look for the Jackson Hewitt delivery entrance.

From Apopka/436 area, go south on 441 to Lee Rd., Go about 2 miles, past I-4, then turn left

Lee Rd., Go about 2 miles, past I-4, then turn left onto Turner and left again into the first parking lot. Drive to the rear of the rearmost building and look for the Jackson Hewitt delivery entrance.

From the SouthWest, take John Young to Lee Rd. as above, turn left on Turner and left again into the first parking lot. Drive to the rear of the rearmost building and look for the Jackson Hewitt delivery entrance.

From Hwy 17-92, drive to Lee Rd, turn West, then go 8/10ths of a mile to Turner Rd. and turn right. Drive to the rear of the rearmost building and look for the Jackson Hewitt delivery entrance.

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