

# McHENRY COUNTY COMPUTER CLUB

USERS GROUP FOR PC-COMPATIBLE SYSTEMS



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The **September 2010** meeting of the McHenry County Computer Club is **September 11**, at the Salvation Army Building, 290 W. Crystal Lake Ave., in Crystal Lake.

Our membership is \$26.00 a year. **NOTE:** This fee offsets the running of the club; membership benefits include help with computer problems. Please pay Lyle Giese, our treasurer, or the designated Board Member in his absence.

## Meeting Agenda

- Introductions & Reports
- Demo - "Flying Helicopter" - John Katkus
- Extended Q&A
- Anniversary Party

The Newsletter is published monthly by McHenry County Computer Club, online.

Editor-in-Chief: Lucë York ; Webmaster: Cindi Carrigan

Direct technical questions to MC3 at: [info@Mc3ComputerClub.org](mailto:info@Mc3ComputerClub.org)

MC3 website: <http://www.mc3computerclub.org/>

## UPCOMING DEMOS

- *September* Anniversary Party ; Helicopter Demo - John Katkus ; Extended Q&A
- *October* Tru-Crypt and Flash Drives- Lyle Giese

## MC<sup>3</sup> OFFICIALS

President : Larry Freeman [lpfreeman@hotmail.com](mailto:lpfreeman@hotmail.com)  
Vice President : Bob Wagner [rmwagner@ameritech.net](mailto:rmwagner@ameritech.net)  
Secretary : Shirley Teetsov  
Treasurer: Lyle Giese [Lyle@lcrcomputer.com](mailto:Lyle@lcrcomputer.com)  
Database Manager : Dan Weise  
Newsletter Editor : Lucë York [info@Mc3ComputerClub.org](mailto:info@Mc3ComputerClub.org) (for articles & suggestions ONLY)  
Past President : John Katkus  
Webmaster: Cindi Carrigan  
Board Members : Jack Luff ; Dave Lutes ; Jim Bierle ; Bruce Eckersberg

## Questions & Answers

Q: I purchased a 4GB flash drive to backup my 2GB hard drive. But Microsoft Backup sees there is not enough room on the destination device.

A: It's been a very long time since I have seen a 2GB hard drive. WinXP won't install in that small of a hard drive. I suspect you are missing one or two zeros, which makes it a 20 or 200 GB hard drive at least.

Q: Sinc Virus and malware seem to be the order of the day. How often would you protect your computer? What programs would you use and what sequence would you use them? What is a good AV, Anti-malware program to use?

A: How often? Continuously. You put on a program that continually scans the data being used. What programs? I have used with good results AVG, Kaspersky for AV programs. Anti-malware/trojans? Most good AV programs include definitions for them. How to clean up? Adam and I put the hard drive on a second machine and know how to clean them up that way. We have good luck with that and don't use any of the other programs out there. It does take some tech knowledge of Windows and where it puts files to clean them up our way. On the other hand, we have no need to work with those so-called anti-malware programs, so have no experience with them.

Q: I have a Droid phone and put my contacts in my gmail account. How secure is the cloud? What would be the next choice for storing sensitive data?

A: I would never store sensitive data in the 'cloud'. It's just a matter of time before it's broken into by someone. Also, I would make plans to store a second copy of important data elsewhere. It's handy to keep it out on the 'cloud' for ease of access, but you need to consider that the bad guys may only want to delete it for you or that a mistake happens and your data just disappears.

I use a secure program like Tru-Crypt on a flash drive. The club is planning on a demo of Tru-Crypt in the near future.

Q: I downloaded Clonezilla, but cannot open the files. A popup comes up and will open the files and other files, but they charge for their program?

A: This is not Clonzilla asking that question. When you download Clonezilla, it's an ISO (CD-ROM image file) inside a zip archive. I suspect that you have Winzip or another zip program and it's asking to register their zip archive program. WinZip will ask you to register, but still works when you say no and run it in trial mode. Or just uninstall whatever program is asking, as WinXP natively understands zip files and will open up the archive for you. Then use your favorite CD/DVD burning software to burn the image and boot from it.

Q: How well does Microsoft Security work with WinXP?

A: Bob Wagner reports that it's a good product and he was involved in the betas of it.

Q: Please give/show the step-by-step setup to only allow Microsoft update when I want to allow them.

A: It depends on which version of Windows we are talking about. Under WinXP, you can go into control panel/Windows Updates and turn it off from automatically downloading updates. In Vista and Win7, you need to set windows update to go out and check for updates and inform you that they are there. With Vista and Win7, if you disable WU completely, windows won't manually download/install updates.

In any case, you can then run Windows Update, to manually install updates.

Q: I am using dial-up, and it said I was connected, but I could not browse to any webpage.

A: It happens with dialup. It appears to be connected, but it's not.

Drop the connection and reconnect. Also the newer versions of IE and Firefox can come up and try to get to a website before the dialup connection is ready. In that case, just refresh and all will be well.

**Q: Is there an ISP burner that can burn more than 300MB images (Magic ISO has a 300MB limit)?**

A: Ashampoo. Go to <http://www.shareware.com> and search for ashampoo. It has a full featured ISO image burner and they allow us to have their older versions for free.

**Q: Please explain in plain English 4G, 3, & 24mps (different wireless broadband).**

A: They are just different methods of sending Internet data to your computer or phone using the cellphone networks. 4G is the newest method, but from what I have seen, they are all just about as good to you - the end-user. Because of limitations in the backend data network, field trials show no real difference in speed.

**Q: What is the location of the bookmarks in Firefox?**

A: There is a function to export/import them in Firefox, but they are in a file called bookmarks.html. Do a file search for them as they are typically buried several layers deep in subdirectories and the names of those directories vary from computer to computer.



## Eye Tests via Cell Phone

*Contributed by Bruce Eckersberg*

An MIT research team has developed a method and device for measuring the refractive status (power) of one's eyes that is compact, fast, easy to use, and inexpensive. The method involves using a device referred to as NETRA (Near-Eye Tool for Refractive Assessment), which is a plastic eyepiece that can be attached to a smart phone containing NETRA software. By looking through the device held up to one's eye, it is a simple matter of aligning parallel sets of red and green lines at various positions using the phone arrow keys. After going through the process for each eye, the test results provide a report of the individual's refractive errors.

The device will enable millions of people in remote areas of developing countries to have easier access to eye care as the need for bulky and weighty instruments will be eliminated. Initial target areas for the device to be available are portions of Asia and Africa.



## Fixed Windows Update with Microsoft Support !!

*Contributed by Dan Weise*

I'd been having browser redirect problems for about 2 months. Unwanted tabs would spontaneously open with advertising pages. I was still running IE 7 and I thought it might be worth updating to IE8, so on Saturday, I updated to IE 8, thinking it might help, but it didn't. Same problem.

It had been about 2 months since I had done a Windows Update, so I then went to do a Windows Update but got an error message; Windows Update wouldn't work at all.

I ran Avast, an antivirus program, then Malwarebytes (a malware program), then Spybot Search & Destroy, another malware program. Microsoft's own malware program has been running since the last Windows update. None found a problem. Everything was clean.

I went back and read the small print on the Windows Update page and found that Microsoft said that support was free for Windows Update. Hmmmm. So I went through their process of a system checkout. It promised a response in 24 hours. On Sunday I found an email response from Microsoft with two pages of instructions.

The first item was a rootkit virus finder and killer from the Kaspersky site. I downloaded it (1Mb), extracted it, ran it and within two minutes it found a baddie.



The app cured the problem when Windows restarted.

I tried Windows Update and it worked.

I'm amazed. Microsoft support actually provided a solution that worked (or maybe it was their contracted service who did it).

I sent them an email closing my case and lauding their response.

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## **Freeware**

*by Al Schrader*

I have audio on cassette tapes that I need to put on CD because cassette tapes will not last forever, and it's something I have needed to do for a long time. Audacity® is free, open source software for recording and editing sounds or music. You can find it here <http://audacity.sourceforge.net/download/windows>. On the same page I recommend you also download the LAME MP3 encoder, which will allow you to edit MP3 audio files.

This software is free, but it is a full-feature editor that is easy to use for the novice and also comes with many items for the advanced user. Generally, however, I use this to record just about anything limited only by the size of my hard drive.

I have used this to record cassette tapes and also phonograph records (remember those) and then save them as MP3's so I can burn them as an audio CD. Audacity was created by Dominic Mazzoni while he was a graduate student at Carnegie Mellon University and remains one of the main editors only on his off time from his main job at Google. You will find numerous things to adjust or tweak (which will probably get you lost) to create your final output of your audio project. I am giving this a thumbs up.



## ***Computers are my Excel-lent Partners in Healthcare***

*Contributed by Lee Anne Fredericks*

Did you know that my computer is a great tool in assessing how to effectively staff the nursing units at my hospital? Let me tell you how I use my "Excel" program to do this!

The goal for properly staffing a nursing unit is based upon providing the appropriate hours of "direct nursing care hours" per patient per day (24 hours). We have staffing "grids" that are developed by nursing administration to help determine the number of RN's, LPN's or other direct care providers that we need to provide the appropriate amount of care each 8-hour shift based on the census of that unit at that particular time. Of course, the type of unit that staff is working on (intensive care, telemetry, med/surg, etc.) is factored into the amount of care that each patient needs. We use a computer to help us to arrive at the proper number of nurses to have on duty for each shift.

Here is how I use my computer to guide us:

We have a target number of direct care hours per day that we wish to provide to our patients based on the type of unit which it is (e.g. ICU, med/surg,). This target is developed by benchmarking our nursing units against national standards of care for that particular type of unit. For each level of patient census that a unit can have for a particular shift we know how much time in care we should provide for those patients, and we can calculate the number of staff we need to provide that care.

Let me give you an example. Let's say I have a census of 20 patients for a particular nursing shift, and I wish to provide 7½ hours of direct patient care for each patient in a 24-hour period. I would need to provide 150 hours of care to those patients ( $20 \times 7.5 = 150$ ) over that 24-hour period.  $150 \text{ hours of care} / 3 \text{ shifts} = 50 \text{ hours per shift}$ . That  $50 \text{ hours} / 8 \text{ hours per shift}$  would tell me that I need to provide an average of 6.25 direct care providers each working an 8-hour shift to provide the appropriate amount of care. I have saved into an Excel file in my computer this equation for each level of census

that my unit could have (1-35), so I know how many care providers that we need to have on duty each shift to provide the same level of care that we have deemed as appropriate and safe. Of course, certain situations of acuity can dictate changes to these guidelines, and each manager has the authority to adjust these guidelines as the situation changes.

At my hospital I have copied this file 5 times since I use the guideline for 5 different units. The target level of hours to provide care in each unit varies slightly due to the type of unit that it is, but the formula and the exercise remain the same. This greatly speeds up modeling different scenarios/levels of care by shift, and provides a “live” calculation of the potential outcomes over a 24-hour period of these modifications in real time fashion. What used to take grueling hours of time to set up these grids now can be accomplished in a matter of a few minutes. The Excel program certainly has made my time more efficient!



## COMPUTER JOYS AND WOES 16

*Contributed by Shirley Teetsov*

I am not sure whether there is more joy or more woe this time around. We will find out as I go on.

A few months ago I agreed to help a woman, a few years younger than myself, with her computer. She has had it since 2001. It had four photo programs on it, so I asked her why. She said the guy who sold it to her wanted to know what she was interested in and she told him photos.

Personally, I think one photo program is enough to learn, but I have found that each addition to the computer brings along its own version of a photo program. Not only that, the programs fight over who gets to do what, and you can end up with windows open after windows each one wanting to dominate. She did not know how to use any of them. In fact, she knew so little about the computer that it had virus programs out of date running rampant in that machine. Last month she got a new one with Windows 7. I have Windows 7 on a hard drive but have not yet changed over to it but here I was looking at a strange computer with an operating system I had not seen before.

We started out with her email: how to get to it, how to open it and mostly how it runs. It is an interesting process, looking at something and immediately determining what it is and what it does and teaching someone else NOW. Not a lot of fun and quite a bit of stress involved. Her son had hooked the computer up and took the old one with its speakers away. Her granddaughter (17) told her the monitor has its own speakers but you need a USB cable to hook it up, and naturally the USB cord is with the box and old computer with her son. The learning process, by both of us, is progressing; she is signed into Face book and is slowly learning what that involves. She also had to get a new printer as the old one would not work with the new computer. Well, there is another learning curve again for both of us. But we will persevere, I hope.

Now the woe part that turned into joy.

A couple of weeks ago my printer started making a noise where the cartridges hang out when not in use; a bang on the top and they moved and printed just fine. A few days ago, no printing - just grab the paper and wrap it around the roller inside. Window comes up that carrier can't move. OK, I know what that means, a new printer. From the start I have always had an HP and not a problem, the getting a new one was to upgrade and I was usually pushed into that by my daughter.

Now the fun of researching. My nephew told me the Officejet is a sturdier machine and has the XL cartridges. Office Max had one, but it had three separate cartridges for the colors. My daughter had a Canon many years ago with the separate cartridges and hated it.

Going to reliable sources that we in the computer club have, I emailed Lyle. He said he has always liked the HPs, but with the separate cartridges, if a hose clogs up you are SOL. I ventured on to Sam's, and they had a very limited number of printers. So, on to Best Buy. A very knowledgeable employee asked if I needed help. I said I needed a non-wireless printer and he said they all were. OK, another learned thing, hey, how about a demo on things that people don't know? I don't use fax so didn't require that feature. There were two HPs, one for \$60 and one for \$70. The \$60 one did not come with a USB cable and the cost of the cable is \$25, the computer for \$70 comes with the cable. Hey, I can do math and that one also uses cartridge number 60XL which is about three times the amount in a regular cartridge. That was my purchase, an HP Photosmart C4795, print, scan, copy printer with XL cartridges.

Now the hard part as far as I was concerned. I got it out of the box, got the old printer unhooked and away; there was a sticker on the new printer, put disk in and follow instructions. I was up and running within half an hour and proud of myself. Of course, they had made it so easy it was a cinch. The disk did the set up, downloaded all the drivers, checked the computer. The only thing I had to do was plug it in, push the one button, and wait until it told me to hook up the USB cable.

I CAN DO THIS.! Next step is disposal of old printer.

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## Electronics Recycling Event

This Saturday, September 11 - from 9:30 AM to 3:00 PM - there will a **FREE Disposal Service** at the McHenry County Fairgrounds located at Rt.47 & Country Club Road in Woodstock for the following items:

Televisions	VCRs	Handheld electronics
CRT monitors	Keyboards & Mice	I-Pods
LCD monitors	DVD players	CD players
Laptops	Computers	Game Boys
Printers	Miscellaneous Cables	Fax Machines
Computer Parts	Copiers	Telephones
Stereos	Cell Phones	
Speakers	Game Counsels	

Remember that the event is until 3 PM so there is time after our meeting to get over there. **Lucë** @

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Remember to bring all your questions for our Extended Q&A at this meeting. The more the merrier, they say. But we say, "The more questions we can answer for you, the better informed you become."