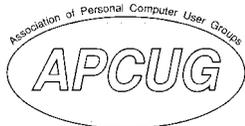




# THE WYSIWYG



June 2005

Volume 17, Issue 6

## STERLING HEIGHTS COMPUTER CLUB

PO Box 385

Sterling Heights, MI 48311-0385

\$3.00

### TUESDAY June 7 Main Meeting 7:30 PM

Detective Kevin Miller from the SHPD will talk about "High Tech Crime Update"

There will be no main club meeting or SIG meetings in July and August. Meetings will resume in September.

A person to fill the position of Program Coordinator is being sought. If interested in this very important function, contact Don VanSyckel.

### The President's Pen

by Don VanSyckel



**H**oo Ray! Hoo Ray! Last month the club passed a constitutional amendment which set the club dues at \$25 for members receiving the newsletter electronically (PDF file) and \$30 for members receiving the paper version of the newsletter. This will cause the club to stop losing money monthly.

Some members felt the club should go a little farther and two new constitutional amendments were proposed. They are both basically the same as the amendment that just passed. The first leaves the dues for members receiving the newsletter electronically at \$25 and changes dues for members receiving the paper version of the newsletter to \$35. The second changes both dues levels to \$28 for members receiving the newsletter electronically and \$33 for members receiving the paper version of the newsletter.

Note, the founding fathers of SHCC set up the dues in the constitution specifically so that the membership would have to vote on changes. Also, not that I'm looking for any more constitutional amendments, but any club member can propose a constitutional amendment at any regular club meeting.

The amendments will be voted on in the order they were proposed which is the same as the order they are listed above. I am not going to lobby for either of the amendments only to stay neutral. I will say that I hope the club comes to some consensus during the discussion held before the votes. I would hope one of the amendments passes and that one fails. In other words, I hope that both don't fail and I hope that both don't pass. I would be happy with either of the proposed amendments if only one were proposed but we have two so I would prefer a clear consensus for one or the other. The club will be the winner if either passes.

Enough about this and on to other stuff. Come to the June meeting and say good bye to Carpathia Club. Beginning in September we will meet at the Macomb Community College (MCC) south campus. It was a difficult decision to make. Everyone likes meeting at Carpathia Club but being a computer club we really need an internet connection and that just isn't going to happen at Carpathia. The new meeting location will be advertised in the September WYSIWYG and an

*(Continued on page 6)*

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Guests and visitors are welcome. People can attend any SHCC meetings during two consecutive months before deciding to become a member or not. Meetings include the main meeting and SIGs. July and August don't count since there is no main meeting. Membership includes admission to all SHCC functions and the newsletter. Membership is open to anyone. It is not limited to the residents of Sterling Heights.

**DUES: \$25/YEAR**

**CLUB ADDRESS:** PO Box 385, Sterling Heights, MI 48311-0385  
**CLUB E-MAIL ADDRESS:** Info@SterlingHeightsComputerClub.org  
**CLUB WEB PAGE:** http://www.SterlingHeightsComputerClub.org

**Resource People:**

E-Mail Clients	-
Excel	Mike Greenen
Family Tree	Rick Schummer
FoxPro	Rick Schummer
Internet Explorer	-
MS Publisher	Rick Kucejko
Netscape	Don VanSyckel
Professional Write	Mike Greenen
Spreadsheets	Rick Schummer
Word	Rick Schummer

**SHCC Coordinators:**

Associate Editor	Rick Schummer
Net/Comm. SIG	Betty MacKenzie
Door prize	Open
Greeting table	Lindell Beck
Local Web Sites	Jim Golec
Newsletter publisher	Rick Kucejko
Novice SIG	Don VanSyckel
PC SIG	Jack Vander-Schrier
Program Coordinator	open
Publicity	Patrick Little
Resource People	Mike Greenen
Vendor Press Rel.	Jim Waldrop
Web Page	Rick Kucejko

**Special Interest Groups:**

MS-DOS (Main)	IBM compatibles
Net/Com	Computers communicating with other computers
PC	Intermediate users discuss various topics
Novice	Those starting out

**Contact Information:**

Lindell Beck	586-939-4278	ljaybeck@comcast.net
Jim Golec	586-268-8621	jgolec@comcast.net
Mike Greenen	586-219-9333	irish378@comcast.net
Jerry Hess	586-566-6166	jhess@comcast.net
Rick Kucejko	248-879-6180	rick@kucejko.com
Patrick Little	586-264-1497	pblittle@wideopenwest.com
Betty MacKenzie	586-254-0677	BMacKenz@tir.com
Rick Schummer	586-997-1451	rick@rickschummer.com
Ed Trombley	586-254-1172	ejtrombley@comcast.net
Don VanSyckel	586-731-9232	don@vansyckel.net
Jack Vander-Schrier	586-739-7720	jvanders@myself.com
Jim Waldrop	586-731-6481	jwaldrop@tir.com

**2005 SHCC Officers**

President: Don VanSyckel  
 Secretary: Pat Little  
 V. President: Jerry Hess  
 Treasurer: Ed Trombley

**Four Month Meeting Schedule:**

<b>JUNE 2005</b>	<b>AUGUST 2005</b>
7 - SHCC- Detective Kevin Miller from the SHPD will talk about "High Tech Crime"	There is no Main Meeting in July & August
8 - COMP meeting	3 - COMP meeting
12 - SEMCO meeting	7 - SEMCO meeting
13 - Net/Comm SIG	<b>NO SIG MEETINGS IN JULY AND AUGUST</b>
20 - Novice SIG	
22 - PC SIG	
<b>JULY 2005</b>	<b>SEPTEMBER 2005</b>
There is no Main Meeting in July & August	6 - SHCC- Main Meeting
6 - COMP meeting	7 - COMP meeting
10 - SEMCO meeting	11 - SEMCO meeting
<b>NO SIG MEETINGS IN JULY AND AUGUST</b>	12 - Net/Comm SIG
	19 - Novice SIG
	28 - PC SIG

**Other Computer Clubs:**

As a member of SHCC, you can attend meetings of other clubs where we have reciprocating membership agreements, at no charge.

**Computer Club of Marysville and Port Huron (COMP)**  
 Time: 1st Wednesday, 7:00PM  
 Place: Mackenzie Bldg, Room 201, St Clair Community College, Clara E McKenzie Library-Science Building, 323 Erie St.  
 Port Huron, (810) 982-1187  
 Web Page: http://www.bwcomp.org  
 Reciprocating: Yes

**South Eastern Michigan Computer Organization (SEMCO)**  
 Time: 2nd Sunday at 1:30PM  
 Place: Science & Engineering Building; Oakland University; 248-398-7560  
 Web page: http://www.semco.org  
 Reciprocating: Yes

**The OPC (Older Persons Commission) Computer Club**  
 Time: Every Tuesday at 10:00  
 Place: OPC in Rochester 248-656-1403.  
 Web page: http://www.geocities.com/Heartland/Village/1904/  
 No cost for residents to join or attend meetings. \$150 fee for non-residents  
 Reciprocating: No

Newsletter submissions are due 10 days before the club meeting, but the earlier the better. They should be sent to :  
 WYSIWYG Publisher  
 5069 Fedora, Troy, MI 48098  
 OR at the e-mail addresses: newsletter@SterlingHeightsComputerClub.org

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## SIG Meetings

### Net/Com SIG



The next meeting of the Internet/Communications (Net/Comm.) SIG will be Monday, June 13, 2005, starting at 7:00PM at the Macomb County Library. The SIG meeting days are generally the second Monday of the month.

There will be no SIG meetings in July and August. The meetings will resume in September.

Each month the members of the Net/Comm SIG discusses the Internet to help members of the SHCC learn more about the Internet.

For more information about the SIG, call or e-mail Betty MacKenzie (numbers are on page 2), or check the club web site.



### Novice SIG



The next meeting of the Novice SIG will be Monday, June 20, 2005, starting at 7:00 PM at the Macomb County Library.

There will be no SIG meetings in July and August. The meetings will resume in September.

We will be using WinXP as the version of Windows to focus on. Since we will be dealing with novice topics, virtually all of the information will be directly usable by those using other versions

of Windows, Win98, WinME, and Win2000.

For more information about the SIG, call or e-mail Don VanSyckel (numbers are on page 2), or check the club web site.



### PC SIG



The next meeting of the PC SIG is Wednesday, June 22, 2005, starting at 7:00PM at the Macomb County Library.

The SIG meeting is generally the fourth Wednesday of the month.

There will be no SIG meetings in July and August. The meetings will resume in September.

Intermediate level topics are discussed, aimed at users with some knowledge of computers. During this meeting, questions and answers regarding your computer will be discussed.

For more information about the SIG, call or e-mail Jack Vander-Shrier (numbers are on page 2), or check the club web site.



### Attend A SIG

If you do not attend SIG meetings, you are missing out on important club benefits available to you. These small groups get into more detail and question and answer sessions than is possible at the main meeting.



### Electronic WYSIWYG

You have the choice of receiving either the paper or the electronic version of the WYSIWYG. Contact the SHCC secretary to request the electronic version, since it will only be sent to those requesting it.



### Advertising Space in the WYSIWYG

Pages, or fractions of pages are available for commercial advertising for a reasonable advertising fee. If interested in details, contact the WYSIWYG publisher at the address shown on page 2.



### Directions To The Macomb Library

The Macomb County Library is located at 16480 Hall Road, in Clinton Township, between Hayes and Garfield, close to the light at Garfield, on the south side of Hall Road. A large red sign says "Macomb County Library". The phone number is (586) 286-6660.



### SHCC Emergency Shutdown

The Sterling Heights Computer Club will utilize radio station WWJ - 950 on the AM dial to notify members that a meeting is canceled because of bad weather or for other reasons. The announcement will happen along with the school closings and other events. Please remember to listen to the radio when there is bad weather.



## SHCC Business

### **“Ask The Experts”**

by Jack Vander-Schrier

Please send questions to  “Ask the Experts” at the club’s PO address, or e-mail your question directly to the Expert at the club e-mail address: AskTheExpert@SterlingHeightsComputerClub.org.

**Q**: Dear Expert:

I am tired of looking at the same desktop every day on my computer. I have looked at some of the choices that Windows gives me but I would like something different. Can you tell me how I can find a picture and make that my desktop?

Signed  
Change of View

**A**: Dear Change:

I try to change my desktop at least once a week. The same old picture gets to be pretty boring.

The easiest way to change your desktop is to get on the Internet and go to the main site of Google at <http://www.google.com>. You will notice that you have several choices, Web - Images - Groups - Etc. Click on the Images button. Then in the search box put in the name of an image that you would like to have on your desktop. For example, sunsets, sunrises or petunias. You will then be presented with anywhere from 1 to a million pictures of that subject.

As you browse through the listing - look for something at least 640X480 or 800X600, or whatever the size of your desktop is. If the pictures are any smaller they may have to be stretched to accommodate your screen size.

When you find the image that you like click on the image. This will take you to the website which contains the picture. At the top of the Google search page you will see a line that says - full size image. Click on that to get the full size image, otherwise you will just have a thumbnail picture. When you get the full size image, do a right click on the picture itself. You will then notice one of the choices that says, use as background, or use as wallpaper. Click on that choice and your desktop will be changed.

If you want to use one of your own pictures as a background, follow the following instructions. These instructions are for Windows XP. Contact me (Jack) if you have a different operating system.

1. Open Display in Control Panel.
2. On the Desktop tab, do one or more of the following:
  - Click a picture in the Background list. In Position, click Center, Tile, or Stretch.
  - Click Browse to search for a background picture in other folders or on other drives. You can use files with the following extensions: .bmp, .gif, .jpg, .dib, .png, or .htm. In Position, click Center, Tile, or Stretch.
  - Select a color from Desktop color. The color fills the space not used by a picture.

Sincerely,  
Ask the Expert

Remember - send along your questions relating to the internet or your computer, and I will try to get you the correct answer.

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### **New Dues Structure**

**T**he constitutional amendment voted on at the May meeting was passed. The dues are still \$25 for those receiving the digital version of the newsletter. The dues for those desiring the paper version of the newsletter to be mailed to them will now pay \$30 a year in dues. The change will take effect when a member joins or rejoins the club. No changes in the member dues will occur until their dues are up and they rejoin. Other possible amendments affecting dues will be voted on at the June meeting (see page 5 to the WYSIWYG).

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### **Publicity Flyer Distributors Wanted**

**T**he SHCC advertises to make people in the area aware of the club and what we are all about. One method to reach new people is to hang a flyer with tear-off phone numbers at the local retail stores such as Krogers, Farmer Jacks and anywhere there is a bulletin board is available.

If you can find the time to help your club with this important task contact Pat Little (e-mail and phone number on page 2).

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### **More Door Prizes**

**H**ave software you no longer use? It could make a good door prize for a fellow member. It would also give that member another good reason for being glad to have been at the club meeting. Contact one of the officers, or just bring it.

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## Door Prizes

The SHCC offers door prizes at most regularly scheduled club meetings. The door prizes for the June meeting were not known at the time of publication.

In May, the coveted winner's circle included:

- Peter Biolchini** won D-Link
- Robert Frederick** won a CD-ROM Drive
- Bruce Honeck** won Turbo Linux
- Carolyn Bryan** won American Heritage Talking dictionary
- Regina Locke** won Resume Maker
- Russ Canary** won Attack Pack
- Ron Linsley** won BodyWorks
- Mike Greenen** won a CD Game
- Ralph Osinski** won an Office 97 Manual
- Neil Burk** won Legacy 4.0
- Arnold Jarboe** won Street Atlas
- Gerald Zinger** won a Word 97 Concepts book
- Marshall Steele** won a You Don't Know Jack game
- Edward Trombley** won Disk-keeper
- Nina Jarboe** won Legal Source
- Jack Knirk** won Shogan Total War Game
- Jan Gaulin** won a Desktop Publishing Book
- Bob Sutton** won a Smart Computing Package
- James Waldrop** won Quicken 98
- Jack Voyles** won a Word 97 Manual
- Paul Baecker** won a Links Game



## Door Prize Coordinator

There is a need for a Door Prize Coordinator. This person does the very important task of getting the door prizes that are raffled off at the end of the meeting.

A letter of introduction will be provided. This person would go around to various places, and get contributions of items for door prizes. We should mention the contribution in the WYSIWYG, which is advertisement to people that buy the computer related items that they sell.

For more information, or to volunteer for this important club activity, see Don VanSyckel.



**FOR SALE**

**HP Officejet Pro 1170 CSE**  
All-In-One color printer, scanner, copier.  
Excellent Condition  
Works only with Win98 or earlier systems  
(Original cost approx. \$1000)  
New ink cartridges  
**ASKING \$100**

**Microtec 4600 Scanner**  
Like new.  
(original cost approx. \$150)  
**ASKING \$30**

**Microsoft Web TV System**  
with Phillips receiver eligible for a free update.  
(Original cost approx. \$130)  
**ASKING \$25**

*Contact SHCC Member  
**Carolyn Bryan**  
cbryan3@msn.com*

## Smart Computing Reminder

If anyone subscribes or renews Smart Computing Magazine or associated magazines, they should mention SHCC so the club gets credit. We will get free subscriptions to give away if people do this.



## Constitutional Amendments Proposed

Two constitutional amendments were proposed at the May meeting. These amendments will be voted on at the June meeting. The first sentence of the existing constitution Article VIII Dues and fees, Section 1 reads "The annual dues for membership shall be \$25 per year with the electronic newsletter and \$30 per year with the paper newsletter."

The first proposed amendment would change this sentence to read "The annual dues for membership shall be \$25 per year with the electronic newsletter and \$35 per year with the paper newsletter." All other parts of the constitution remain unchanged.

The second proposed amendment would change this sentence to read "The annual dues for membership shall be \$28 per year with the electronic newsletter and \$33 per year with the paper newsletter." All other parts of the constitution remain unchanged.

A simple majority vote of members in attendance at the June meeting is required to pass these amendments. Either would take effect immediately upon acceptance. If neither of these amendments are approved there will be no change. The proposed amendments will be voted on in the order listed above which is the order they were proposed at the May meeting.

Personal commentary from the Pres: It is unusual to have two amendments that deal with the same section of the constitution on the table at the same time. I will not lobby for one of these versus the other, but I would say that I hope enough people choose one or the other during the discussion before the votes so that we don't get in the situation where both proposals fail to pass.



## The President's Pen

*(Continued from page 1)*

email or two will be sent out before the meeting.

The meeting location of the SIGs remains at the Macomb County Library. Check the newsletter or the web site for schedule information.

Next month we'll have all the financial and constitutional stuff behind us and I will be back to my usual rantings.

The presentation for the June meeting sounds real interesting. Detective Kevin Miller of the Sterling Heights

Police will present "High Tech Crime Update". This should be not only interesting but extremely informative. I'm sure there will be numerous tips about how to make yourself less vulnerable to high tech crime. See you Tuesday at Carpathia.



**VISIT THE SHCC WEB PAGE:**  
<http://www.SterlingHeightsComputerClub.org>

Another trick, and this one is rather obvious, is to have more than one hard drive. Storing your important documents on both drives helps with recovery should one drive fail. Again, the computer doesn't care whether it has one hard drive or a dozen. As long as it knows the drives are there, you can pretty much do your own thing. You wouldn't necessarily have two engines in your car, but two or more hard drives is a good idea. Help is out there to recover your data if one of the drives is still functioning, even if it isn't the boot drive.

Trick number three: Although the computer doesn't tell you so, it does like a cool and hopefully dust-free environment. It doesn't know it needs this, but when it decides to roll over and play dead, it is often because it is suffering from heat exhaustion. The newer the computer, the hotter it will get while it is on. Since many people now leave their machines running 24/7, the heat problem can become critical. Internal fans are the beginning, but keeping the computer in a relatively cool part of the room is also important. Keeping it in the vicinity of the heat ducts during cold weather is not a good idea. That just causes the internal cooling equipment to perhaps not be able to handle the job adequately.

Trick number four: Dirt and other stuff (bugs for example) can get into the computer case; it doesn't hurt to have someone who knows how to do it clean out the insides of the shell. I don't advise doing this if you aren't really technically adept as those small parts are so sensitive that you could do a lot more damage than just leaving it dirty.

Trick number five: In spite of how you might think you are communicating with your computer with fancy screen icons, word commands and pictures, the computer only knows two commands. They are "on" and "off". Most

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## Inhuman Computers

*by Elizabeth B/ Wright. Oklahoma City PCUG*

**O**lder-model automobiles, airplanes and boats could be cajoled, sweet-talked and occasionally reasoned with. That's why many people gave their cars, aircraft and water craft names (usually women's names) and made them part of the family. But that is mostly because they operate by virtue of the internal combustion engine principle. (I'm talking about the days before computer chips replaced some of the mechanical functions of vehicle operations.). Also cars often take on the personality of the owner, much like pets do.

Computers, on the other hand, have no soul, no compassion, and certainly no desire to please. The computer is amoral (not immoral, except in the hands of some people), totally insensitive to invective or other forms of oral communication, cannot be humiliated by ridicule or strengthened by praise, and most certainly doesn't respond to human reasoning. The occasional kick only makes them more intransigent (and, they break, easily).

But your computer can sometimes be

tricked. Since they have no sense of humor or sense of belonging, they do not understand that they can be replaced easily, usually by a superior, yet cheaper, machine. So they are not really trying to cooperate when you succeed in outsmarting them, they just honestly don't know any better.

Computers crash in ways that lead you to believe there is absolutely no way to recover any of your most valuable information. But one of the best tricks of the trade is to just (in the words of a long ago Oklahoma City weatherman) "turn the d\_\_n thing off". Given an overnight rest, many computer crashes can be mitigated, at least for the short term, long enough to move your stored data to some other media, or even to another computer. Along with giving the machine an overnight rest, it is often advisable to unplug it from the electrical outlet after turning it off, to further enhance the rest period. I am not suggesting that this is an infallible procedure, but I personally have had it help more than once, and have talked with a lot of other people who have had similar luck.

of the on/off switches are in those tiny chips, but the more you can think in terms of how little the computer actually understands, the more you can see why confusing it with conflicting programs can overwhelm its ability to function. More and more of us are wanting to use the latest and most sophisticated programs on the market, but just be aware that each new addition has the potential to cause your computer to become unstable. PLAN AHEAD!! BACK UP YOUR WORK!!

*Elizabeth Wright is a member of the OKCPCUG and a regular writer for the eMonitor.*

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



prior to deletion. This will prevent any important messages from being unintentionally deleted.

As with almost anything, the best defense is a good offense. It is best not to post your email address in public forums, where spammers can harvest it. If you have a website consider typing out the email address: 'name at domain.com', without using the "@" symbol, as this will prevent the address from being abused by email harvesting bots. Another alternative is to provide a contact form rather than an email address.

Resources: Email Clients - <http://www.messaging-software.net/e-mail-client-software.htm>

Spam Filters - <http://www.email-software.org/spam-filter-software.htm>

*About the Author - Sharon Housley manages marketing for NotePage, Inc. <http://www.notepage.net> a company specializing in alphanumeric paging, SMS and wireless messaging software solutions. Other sites by Sharon can be found at <http://www.softwaremarketing-resource.com>, and <http://www.small-business-software.net>*



## E-mail Management

*by Sharon Housley Market Manager for NotePage, Inc.*

If you utilize a computer at home or work it is likely that you use email. Email is an electronic message that is sent from one computer to another following a specific protocol (Simple Mail Transfer Protocol or SMTP). As email's popularity has grown so too have the inherent problems with email.

In order to send email you must have the exact spelling of the email address. If there are any typographical errors in the recipient's email address then an unintended recipient could receive the email message. When creating an email address avoid characters that cause confusion, like the number 1 (one) and the letter l (el), computer fonts often cause those two characters to have similar appearances. Try to create an email address that cannot easily be misspelled.

As email has become a popular communication medium the email address should not be too long or complicated, but easily said in a phone message. Choose an email address that is easy for others to remember, as a pen is not always handy.

Unfortunately spam, unsolicited email has become common place. Though many countries are taking action to make spamming illegal, these measures

will unlikely have any short term effect on your email inbox. Many email clients that are used to read and respond to email messages, include basic filtering options that will sort your email messages into folders, based on rules that you define. Email messages can typically be stored and filtered by sender, subject and contents. There are also a number of 3rd party tools available for limiting the amount of spam received. Spam filters typically use different filtering technologies. When evaluating whether a spam solution fits your needs consider sorting filtered email into a specific mailbox for review

## Take Rest Breaks, Exercise To Prevent Computer Ailments

*by Ken Fermoye*

Between us, my wife and I offer a catalog of physical ills caused by long hours of working on computers: repetitive stress injury (RSI), neck pain, backaches and vision problems. Liz underwent surgery twice for carpal tunnel syndrome and still has frequent wrist and hand pain.

I have suffered from aggravated neck and back injuries. My vision has deteriorated from 20 years of staring at a

monitor, although admittedly age-related macular degeneration (AMD) and cataracts have been more damaging.

The sad truth is that if we knew 15 years ago what we know now, these problems need not have occurred. Or if they had, they would have been less severe. Even sadder is that prevention of many computer-related ailments is neither difficult nor especially time-consuming.

Frequent rest breaks are vital, says my chiropractor, Kurt W. Rice, who is also my son-in-law, God bless him. (He has helped me more times in recent years with neck and back problems than I care to remember!)

The breaks needn't be lengthy. Dr. Kurt recommends that we get up from our chairs every half-hour or so, stretch our backs and walk for a minute or two. Other experts offer different opinions about frequency and duration of breaks but all agree that they are vital.

Sitting and working at a computer creates more tension and stress on muscles, nerves, tendons and joints than most of us realize. Our bodies fight gravity every minute that we're seated. Breaks alleviate this tension and stress.

To prevent the dreaded carpal tunnel syndrome, during your break let your hands go limp at the wrist and wiggle them vigorously in what some call "the clerk & typist exercise."

Some people use voice recognition programs to cut down on their need to use a keyboard and mouse. I find that difficult; after more than 50 years of banging away at typewriter and computer keys, dictation comes hard to me. Now that voice recognition is improving and more reliable, however, I've resolved to use it more often. A major benefit is that you can use a microphone or headset while standing or even lying down. I plan to try dictating drafts, then to rewrite and edit as necessary from the keyboard.

Vision experts warn that we should take "eye breaks" even more frequently. Every 10 or 12 minutes, look away from the monitor at objects 10 to 12 feet away. When I'm working with a word processor or any other program that allows me to increase type size easily and temporarily, I do it. Working with 14- instead of 10-point type prevents squinting and straining

to see my work. It also allows me to sit up straight, not bent over the keyboard, and you can always reduce point size before printing or sending e-mail.

I mentioned my neck and back injuries earlier. The neck problems began about 17 years ago. I was riding my bicycle when a large tree limb broke off and fell on me. (Fortunately I was wearing a good helmet or the freak accident might have killed me.) That caused some damage, which increased with age and was aggravated by working on computers and long-distance cycling. The pain got so bad I could not turn my head to either side more than 12 or 15 degrees. Dr. Kurt came to the rescue, with manipulation, ultrasound and heat packs. He recommended several simple exercises, which I try to do regularly.

My back injuries were computer-related. The first came when I installed a second drive in one of our machines. I crawled under a desk to get at the computer case. After removing all the cables, I tried to lift the box and slide it out to where I could work on it, not waiting to shift to a position that would give me more leverage.

Bad move. I heard a pop and was in instant agony. It took several weeks of Dr. Kurt's ministrations to recover from that one. I injured it again in October 1999 after conducting my monthly desktop publishing/word processing SIG. I took a computer and 17-inch monitor out of a car trunk with a high lip that made it impossible to lift them properly. I had to bend and lift with my back—and pop, there it went again! This time, recovery took even longer.

I mention these details to make a point. The first instance was pure accident. No way could I foresee that a brittle, rotted pepper tree branch would break off and fall just as I pedaled under it. The second injury

occurred because I didn't take time to position myself properly. The third case was avoidable too; I should never have tried to lift heavy objects out of that particular car trunk. Trouble is, I forget my hard-used back is more vulnerable now than it was even 20 ago, and I think many of us who have reached senior citizen status do the same.

I just caught myself in a no-no a few minutes ago. I wanted a book from a built-in shelf high and to the right of my home office workstation. I started to reach up, twisting my back at an awkward angle. Various muscles prepared to scream in protest, so I did what I should have done in the first place. I moved my chair out of the way, got a step stool I keep folded behind the door, set it firmly in place and climbed up to find the desired book. It took a few extra minutes, but it kept me from aggravating my previously-injured back.

The book, by the way was Zap! How your computer can hurt you—and what you can do about it. Written by Don Sellers (edited by Stephen E. Roth). You can find Zap! and the condensed version, 25 Steps to Safe Computing, also by Sellers, at micronite.com. Either book would be a good addition to your library.

Meanwhile give yourself, and your body, a break...at least once every half-hour!

*Copyright 2000 by Ken Fermoye, Fermoye Publications. Ken Fermoye has written some 2,500 articles for publications ranging from Playboy and Popular Science to MacWeek, Microtimes & PC Laptop.*

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



## WYSIWYG WEB WATCH (www)

By Paul Baecker

webwatch@sterlingheightscomputerclub.org



This column attempts to locate sites containing valuable, amusing and free content, with no overbearing pressure to purchase any-

thing. Send your favorite entertaining, helpful or just plain useless sites (a description is optional) to the e-address noted above, for inclusion in a future WYSIWYG issue. Also check the SHCC web site ("Web Page Reviews") for previous gems.

Ten Commandments of PC Security.  
<http://www.pcworld.com/news/article/0,aid,113175,00.asp>

Spell words with picture characters.  
<http://metaatem.net/words/>

Stupid computer tricks as discovered by a tech support individual.  
[http://unix.rulez.org/~calver/pictures/stupid\\_users/index.html](http://unix.rulez.org/~calver/pictures/stupid_users/index.html)

Memorability and Security of Passwords - a university study, with recommendations.  
<http://www.ftp.cl.cam.ac.uk/ftp/users/rja14/tr500.pdf>

Elliot Sadler's 2003 Talladega NASCAR racecar flip. Download video, then view it.  
<http://www.sunbelt-software.com/stu/sadler.htm>

Which search engine to use for your search? One surfer's collection.  
<http://www.philb.com/whichengine.htm>

Movie gallery of actual shredding ~ from the ordinary but tough, to the

surprising.  
<http://www.ssiworld.com/watch/watch-en.htm>

Browse this artist's unique abstract artwork created through computer programming. Click each image for additional info.  
<http://www.complexification.net>

CIA World Factbook knows just about everything about everyone. View/download Factbooks 2000 - 2005.  
<http://www.cia.gov/cia/publications/factbook/>

Original optical illusion artwork, plus numerous links to other optical illusion sites.  
<http://illusionsetc.blogspot.com>

"Largest and most current Clinical Knowledge Base available to physicians and other healthcare professionals."  
<http://www.emedicinehealth.com>

Ecology Picture of the Week ~ stories about plants, animals, ecosystems, and other aspects of the natural world. Search by date or category.  
<http://www.taos-telecommunity.org/epow/EPOW-Archive.htm>

Morse code translator.  
<http://users.scoutnet.nl/~inter/morse/>

Pictorial homage to the ancient cassette tape cartridge. (Be patient... MANY pics.)  
<http://c-90.nm.ru>

Plumbing 101 ~ plumbing home improvement and repair DIY articles. Select "Plumbing 101" near bottom of site.  
<http://www.friendlyplumber.com>

Rolling Stone's 2<sup>nd</sup> edition of the 500 greatest songs of all time; fodder for debate and discussion.  
[http://www.rollingstone.com/news/story/\\_/id/6596661/sort/rank](http://www.rollingstone.com/news/story/_/id/6596661/sort/rank)

News, views and reviews about laptop computers.  
<http://www.laptopical.com>

Extreme structural engineering with pocket change.  
<http://www.finchier.org/Misc/Pennies/>

Classic car TV commercials.  
<http://www.tvparty.com/vaultcomm.html>

Surrealistic artwork of artist, whose images graced covers of many popular 70's/80's pop music albums.  
<http://www.rogerdean.com>

The Baseball Cube ~ stats for major, minor, and college leagues.  
<http://www.sports-wired.com>

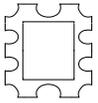
Enjoy these artists' witty words-into-pictures-into words creations. Click your mouse whenever you feel it is necessary.  
<http://www.wordsatplay.com>

The Labyrinth is the place to start when you need to know more about where Western civilization got its start. Highlights include links to the Bodleian Library's collection of illuminated manuscripts (available as JPG images) and Virginia Tech University's Gopher site featuring "The Canterbury Tales" in modern English  
<http://www.georgetown.edu/labyrinth/>





**STERLING HEIGHTS  
COMPUTER CLUB**  
PO Box 385  
Sterling Heights, MI 48311-0385



**JUNE AT SHCC:**

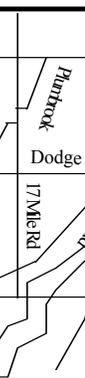
**TUESDAY June 7**

**Main Meeting.**

**7:30PM at**

**Carrpathia Club.**

38000 Utica Road  
Sterling Heights



16 Mile Road			
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**Detective Kevin Miller from the SHPD will talk about "High Tech Crime"**

**SIGS**

**MONDAY**

**June 13**

Net/Com SIG

7:00PM at the Macomb County Library.

**MONDAY**

**June 20**

NOVICE SIG

7:00PM at the Macomb County Library.

**WEDNESDAY**

**June 22**

PC SIG

7:00PM at the Macomb County Library.

There will be no main meeting or SIG meetings in July and August. The club meetings will resume in September.