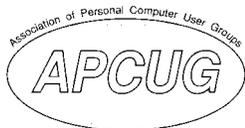




THE WYSIWYG



\$3.00

November 2009

Volume 21, Issue 9

STERLING HEIGHTS COMPUTER CLUB

PO Box 385

Sterling Heights, MI 48311-0385

TUESDAY Nov. 3

**Main Meeting
7:30 PM**

"What's Hot for the Holidays" by Richard Tapaninen of Micro Center

Bring a guest and qualify for a better door prize - see page 4 for details

The President's Pen

by Don VanSyckel



Well, here we are again. Another month's slipped by. Halloween is history for this year. Another blink and Thanksgiving will be past. Then Christmas. Have you started your list? Oh, you don't have a list? I bet. This month SHCC is pleased to have Mr. Richard Tapaninen from Micro Center present "What's Hot for the Holidays". Make sure you come to the November meeting. Bring a pad to start your list on.

If you want, 'er get, a laptop or a notebook you might want to put a sticker on the bottom of it with your name and phone number. Put clear tape on it so the printing doesn't smear or run if it gets wet. The only other recommendation I have for laptops is to encrypt the hard drive just in case it's lost or stolen. You wouldn't want to give identity thieves a virtual smorgasbord board of information about your life. Unfortunately I don't know of an encryption package that's available to consumers. If anyone knows of one or hears of one in the future, let me know.

An alternative to encrypting the hard drive is to use a vaulting product. We had one demonstrated in January by James Wong of Logical Answers. This product works like any vault. When you want to use a file, you take it out of the vault, you use it, and then you put it back into the vault. If you get

lazy and don't put a file away, that's the time when you'll 'loose' the laptop. Vaults have a limitation on their size.

Disk encryption works at a different level. Once your hard disk is encrypted you have to enter your user name and password for the encryption when you start the PC. After this you use the PC exactly like you've always used it. Use word processors, spreadsheets, databases, and anything else without further interference. When you shut down the PC everything on the hard disk is secure. If the PC gets taken no one can read your data.

OBTW, having a Windows password on your laptop is a good idea but it won't keep your data safe. Any laptop hard drive can be read by taking it out of the laptop and popping it into a USB external case available for \$20 to \$30. So now that someone is reading the drive, the encryption keeps them from making sense out of what they're reading. The Windows password is only good to prevent your family and guests from rummaging through your PC.

Remember, when you shop for your laptop, see Richard at Micro Center. Tell him you're a member of SHCC. Even if it's not good for much discount, it's good towards a return visit.



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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:

Family Tree	Rick Schummer
Firefox	Don VanSyckel
FoxPro	Rick Schummer
Internet Explorer	-
MS Publisher	Rick Kucejko
MS Word	Rick Schummer
WordPerfect	Jim McNeil
Spreadsheets	Rick Schummer

SHCC Coordinators:

Associate Editor	Rick Schummer
Net/Comm. SIG	Betty MacKenzie
Door prizes	Sharon Patrick
Greeter	Lindell Beck
Newsletter publisher	Rick Kucejko
PC SIG	Jack Vander-Schrier
Program Coordinator	Jerry Hess
Publicity	Patrick Little
Resource People	open
Vendor Press Rel.	Jim Waldrop
Web Page	Don VanSyckel

2009 SHCC Officers

V. President: Jerry Hess
 Treasurer: Ed Trombley
 President: Don VanSyckel
 Secretary: Rick Kucejko

Four Month Meeting Schedule:

NOVEMBER 2009	JANUARY 2010
3 - SHCC - "What's Hot for the Holidays" by Richard Tapaninen of Micro Center	5 - Main Meeting
4 - COMP meeting	6 - COMP meeting
8 - SEMCO meeting	10 - SEMCO meeting
12 - Net/Comm SIG	Net/Comm SIG
17 - PC SIG	PC SIG

DECEMBER 2009	NOVEMBER 2009
1 - SHCC - "Microsoft Windows 7" by Jeffrey Bates of Microsoft Corporation	2 - SHCC - Main Meeting
2 - COMP meeting	3 - COMP meeting
13 - SEMCO meeting	8 - SEMCO meeting
Net/Comm SIG	Net/Comm SIG
PC SIG	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: The Engineering Society of Detroit 20700 Civic Center Dr. Suite450 4th Floor
 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

Special Interest Groups:

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

Contact Information:

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Betty MacKenzie	586-254-0677	mackenzie79@comcast.net
Sharon Patrick	586-268-3626	espee37@att.net.
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	586-739-5952	jvanders@comcast.net

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/Comm SIG



The location for the Net/Comm SIG meetings will alternate between the Sterling Heights Public Library and the Clinton-Macomb Public Library, since neither library will allow a pre-arranged monthly meeting to be scheduled for months in advance. As you are aware, the Macomb Library is not able to host our meetings any longer, and we have not yet found a single permanent location to replace it.

In November, the SIG meeting will be in Thursday, November 12 at the Sterling Heights Public Library. (The date is subject to change – please check the web site prior to the meeting.)

The members of the Net/Comm SIG discuss topics to help members of the SHCC learn more about the Internet.

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

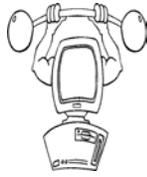


Attend A SIG

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.



PC SIG



The location for the PC SIG meetings will alternate between the Sterling Heights Public Library and the Clinton-Macomb Public Library, since neither library will allow a pre-arranged monthly meeting to be scheduled for months in advance. As you are aware, the Macomb Library is not able to host our meetings any longer, and we have not yet found a single permanent location to replace it.

In November the SIG meeting will be on Tuesday, November 17 at the Sterling heights Public Library. (The date is subject to change – please check the web site prior to the meeting.)

Intermediate level topics are discussed, aimed at users with some knowledge of computers. Questions and answers regarding your computer will be discussed as always.

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



Last Month's Meeting

Last month SHCC member Jack Vander-Schrier presented "How to maintain your computer ". Jack gave a lively and information run down of many items every PC user should know about. If you weren't there, you missed a good one.



If your e-mail or mail address changes, please e-mail: secretary@SterlingHeights ComputerClub.org

Location Of The Sterling Heights Public Library

The Sterling Heights Public Library, at 40255 Dodge Park Road, is located just south of Utica Road. A large sign reading "City Center" marks the driveway to the library and parking. The Programming Center, where the meeting is held, is just inside the front door of the library.



Request For Door Prizes

Your Computer Club Needs You, or at least your 'stuff.' We could use a bit of help in accumulating useful items for the door prize give away. Please take a look and see if you have any computer related items or equipment that you no longer need and that might be of value to another club member. If you come across some treasures, just bring them to the next club meeting and pass them along at the speaker's table. Thanks, Sharon Patrick, Door Prize Coordinator



SHCC Emergency Shutdown

If a club meeting is canceled an email will be sent to members by an officer or the coordinator if a SIG meeting at least an hour before the scheduled start of the meeting. If you have an issue with your email call one of the officers of the coordinator of the SIG. Don't call too early, the decision might not be finalized yet. All members are encouraged to keep the club up to date with their email address.



SHCC Business

Door Prizes

The SHCC offers door prizes at most regularly scheduled club meetings. In October the winners circle included::

Jenny Balcerzak won a 4GB Flash Drive and a MS Office pen (brought a guest)

Jan Gaulin won a 4 GB Flash Drive and post-it notes (brought a guest)

Ron Frederick won AVG anti-virus software

Ralph Osinski won a 4 GB Flash Drive

Walter Jendhoff won a T-shirt

Pat Little won post-it-notes

Jerry Hess won a MS Office pen

Carole Palus won a MS Office pen

Ed Zaremba won a T-shirt

Rick Kucejko won a MS Office pen

Paul Baecker won Panda Global Protection software

John Rady won a Beginning Linux Programming book

Ron Linsley won Quicken Family Lawyer software

Ed Trombley won Home Improvement 1-2-3 software

Linda Messer won a T-shirt



Bring A Friend And Qualify For The Improved Door Prizes

Over the last few months the officers have been discussing the fact that SHCC membership is in a slow decline. We actually seem to be doing better than many other clubs and organizations for membership, but even at that, a slow decline is still a decline.

Also there's been some talk recently about the quality of the door prizes we've been able to offer for the last few months. As the economy tightened up, so did the flow of contributions for door prizes.

So we've decided to tackle both of these issues. Until December we are going to hold the door prize drawing in two stages, and buy some prizes to put in the mix.

Here's the plan: as usual all members will receive a door prize ticket when they check in at the check in counter.

Any member who brings in a new person will get an additional 'special' door prize ticket for each new person they bring. Thus, members who bring a new guest will get 2 door prize tickets - a regular one and a 'special' one.

When it comes time for the door prize drawing at the end of the meeting, we will draw for prizes from the 'special' door prize tickets first. As with all of our door prize drawings, the first ticket drawn will get the first pick from all the door prizes, including our special bonus prizes. After the special drawings, the remainder of the special door prize tickets which have not been drawn, will be added to the regular door prize tickets, and the regular door prize drawing will be held. Not all the special tickets may be drawn in the special drawing stage. The more friends you bring to the meeting, the more chances you have to win.

Friends who count for earning you a special door prize ticket must be 'new' to SHCC. These are people who have never been to any SHCC meetings in the past.



Member Classified Ads

Send any classifieds to the WYSIWYG Publisher at the club's PO Box, or to his e-mail address posted on page 2 of the newsletter.

Ads are available to SHCC members and are limited to computer related items for non-commercial purposes. There is no charge for members classified ads.



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

SHCC Post Office Box

After 9-11 some of the rules have been changed concerning post office boxes. These changes are intended to make it more difficult for persons using post office boxes to remain anonymous, at least to the post office. If you send anything to the club's PO box don't put a person's name on it. It's OK to use titles such as President, Treasurer, and such. If you use a person's name, your mail will sit at the post office until that person can get to the post office with ID and claim the mail. This just slows down you mail and inconveniences the addressee.



From The DealsGuy

by Bob (The Cheapskate) Click, Greater Orlando Computer Users Group.

(Editor's Note: Bob Click used to be a member of the SHCC.)

From The DealsGuy For October 2009 by Bob (The Cheapskate) Click, Greater Orlando Computer Users Group

Most people have little interest in what you did on your vacation, but I'll give you a brief run-down on part of what my wife and I did while in Michigan in July. The timing of our family events coincided with a nationally famous event that has been celebrated in Port Huron, Michigan for many years. The Port Huron to Mackinac Island sailboat race attracts people from all over to participate and the town usually ends up with approximately 100,000 people there on the evening before the race starts. It is known as "Boat Night" and while the celebration is not as wild as it used to be, it is still a night of partying by all.

Port Huron is a medium sized city situated where Lake Huron flows into the St. Clair River. That border river (Sarnia, Ontario on one side, Port Huron, Michigan on the other) is about a half mile wide on average and has a very swift current flowing down the Great Lakes Waterway to empty into Lake St. Clair, which then empties into the Detroit River etc. Black River, a smaller stream, flows through Port Huron to empty into the St. Clair River and is the center of the celebration with many very expensive sailboats tied up during a few days prior to the race, not to mention all the large expensive pleasure boats and yachts also tied up there as part of the celebration.

There are three bridges crossing major streets that can be raised to allow larger boats to move up to the various marina stalls, although in some places the

smaller boats may be tied up four to a boat slip. There's easily many millions of dollars worth of sailboats, yachts and pleasure boats docked there.

Boat Night is always what attracts me, and not the start of the Port Huron to Mackinac Island sailboat race the next morning. However, if you are ever in the area during the middle of July, I heartily recommend taking it in. There are also other events that coincide with this event, such as the antique car show and cruise night. Just watching the bridges go up to allow boats to pass through is interesting. I took some pictures that will be on my Web site by the time you read this column. Of course, there are other items that I can't miss, such as the specially prepared Coney Island hot dogs there, that are not found anywhere else, and you don't have to visit the Coney Island to get them because other restaurants also feature their own style of those hot dogs containing sauce with 11 herbs and spices (their words). There is also a meat market that makes outstanding link sausages. We always try to bring some of them home to stash in our freezer. I assume many people remember foods like no other where they were born and raised.

Since time was scarce for us, we did miss the (some say world famous) Yale Bologna Festival in Yale, Michigan, which always hosts the "Outhouse races" (some say outrageous) and the "Cardboard Boat" races. It was our loss, but we could only spread ourselves so thin and still make our family events.

**Outlook Express Data Recovery

DataNumen Inc., a developer of data recovery solutions, has released its new product, Advanced Outlook Express Data Recovery (Version 1.0). It enables the users to recover Outlook Express

e-mails even if the Outlook Express data (.DBX) files no longer exist. AOEDR can perform recovery in all versions of Microsoft Outlook Express e-mails, and will recover data from any drives or disks (hard disks, flash drives, floppy disks, Zip disks, CD-ROMs, etc.); even in case they are corrupted. AOEDR can also recover a batch of disks. The upper disk size limit for AOEDR is 16777216 TB (i.e. 17179869184 GB).

When will AOEDR prove useful?

- If the Outlook Express .DBX files have been deleted and the Recycle Bin has been accidentally emptied;
- If the Outlook Express .DBX files have been permanently deleted by mistake.
- If the drive containing the Outlook Express .DBX files has been formatted by mistake.
- If the partition containing the Outlook Express .DBX files has been deleted by mistake.
- If the disk has been re-partitioned by mistake, and the drive containing the .DBX files has been lost;
- If drive or disk containing the .DBX files cannot be read due to hardware failure;
- If the drive or disk containing the .DBX files cannot be started/recognized due to corruption in Master Boot Record or other reasons;
- In any case, when the Outlook Express data stored in the local drives or disks cannot be accessed.

Advanced Outlook Express Data Recovery runs under Windows 95/98/Me/NT/2000/XP/2003 Server/Vista/2008 Server. A single-user personal license costs \$249.95 US. A 20% discount is offered by using the coupon code DATA-E2OI-TWEN when the user purchases products from our website at <<http://www.datanumen.com/aoedr/order.htm>>. Discount will only be good during Nov. and Dec. Both ShareIt.com and RegNow.com will accept this coupon code and apply

the 20% discount to the purchaser. Multi-user discounts are available. Further information on the product, as well as its free trial edition, is available at <http://www.datanumen.com/aoedr/>.

Direct download link: <http://www.datanumen.com/aoedr/aoedr.exe> (1.3 MB)

Company web-site: <http://www.datanumen.com>

Contact information can also be found at <http://www.datanumen.com/contact.htm>

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1301 Bank of America Tower
Suite 791, 12 Harcourt Road
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*Need A New 3D Address Book?

Studio V5 Corp. has released 3D AddressBook 2.0, the software that enables users to manage their contacts in an innovative, fun, and easy to use environment combining 2D and 3D views. The software includes plenty of visual and sound effects, such as an explosion on deleting records, record zooming in selection, as well as 4 hours of ambient music. You can choose from 30+ ready to use address templates or easily create a customized address book to fit your needs. You can add or edit fields, sort the data by any field, create filters and reports, or search data quickly and easily. The Notes field will help you track record history and while using the import option, you can directly import the data from well-known applications such as Windows Address Book, MS Outlook, MS Excel, etc.

Main features include:

- Innovative and easy-to-use user interface which gives both 2D and 3D data view;
- Built-in ambient music;
- Easy address book creation from a

scratch or using one of 30+ templates;

- Customize or add new fields: text, numeric, image, formula, attachments, etc;
- Easy data find using quick or full search;
- Sort data by any field;
- Create, save, and apply customized filters;
- Create customized reports for printing;
- Use notes field for record history and to-do items;
- Easy data import directly from MS Excel, MS Outlook, Windows Address Book, MS Access, Comma-Separated text files and more.

System Requirements: Windows XP/Vista, Pentium 1.4Ghz, 256 MB RAM, 32 MB, OpenGL compatible video card, DirectX 8.1 compatible sound card and 500 MB free space.

The price of software registration is \$29.95, but a 33% discount is available by using the coupon code

“2AEJ-55PC-VVR3,” valid only during November and December.

Product page: <http://www.studio-v5.com/3d/db/>

Contact: Ana Jovanovic
E-Mail: ana@studio-v5.com
Title: Partner Manager
<http://www.studio-v5.com/>

That's it for this month. I'll have some more new product announcements on my Web site that didn't offer discounts. Meet me here again next month if your editor permits. This column is written to make user group members aware of special offers or freebies I have found or arranged, and my comments should not be interpreted to encourage, or discourage, the purchase of any products, no matter how enthused I might sound. Bob (The Cheapskate) Click bobclick@bellsouth.net. Visit my Web site at <http://www.dealsguy.com>



Computer Performance Considerations

by Gary Bentley, editor, SouthWest International Personal Computer Club (TX)
www.swipcc.org bentley.gary (at) gmail.com

This article has been obtained from APCUG with the author's permission

When I evaluate what might be done to maximize the performance of a computer system, whether that be a system already in use or one I might be specifying for order (i.e., specifying the hardware with a particular level of performance in mind for the intended application) I look at several key factors.

The most critical factor is how much system RAM is available. If you are ordering a new system, then you can also order faster RAM and be cognizant of addressing issues. I will state flatly that, all factors being equal, the more RAM available, the faster your

computer system will operate. In the same vein, if you want to make full use of that system RAM, get an external graphics card with its own RAM so you don't force your system to share RAM with the video display. If you are specifying a new computer, get the fastest FSB (front side bus) speed you can afford with the microprocessor and then match the RAM bus speed to take advantage of that high bus speed.

Don't let a computer maker fool you with a low system price while handing off old slow RAM to you when the motherboard and processor would support faster bus speed RAM. New systems will always use DDR RAM, so that should not be a consideration, and older systems will not be able to use it. Don't be confused by

discussions of virtual memory and page files. If you have a large amount of RAM (1 GB or more with Windows XP-3 or 4 GB with Vista, the OS memory hog of all time), your system will rarely need to page out process memory onto the hard drive paging file. You can check that in Task Manager (hit CTRL SHIFT ESC or CTRL ALT DEL or right click the Task Bar and select Task Manager) by looking at the Performance tab and the Physical Memory Total in conjunction with the Commit Charge. The Physical Memory Total is the amount of RAM you have in your system. The Commit Charge is the total memory allocated to programs and the operating system. If the Commit Charge (Total or Peak) doesn't exceed the amount of RAM, then the hard drive page file is rarely if ever being used and your system should be running at full RAM speed without hard drive performance issues.

You can also use Performance Monitor (Start, Administrative Tools, Performance) and look at the Memory, Pages Output/Sec parameter. Even if the amount of committed memory exceeds available RAM, if the actual Pages Output/ Sec is low or zero most of the time (quoting Microsoft) there is no significant performance problem related to available RAM. I doubt there would be any reason for the typical home user to require a 64 bit computer in order to utilize sufficient RAM.

The second most critical factor is the performance of the hard drive, i.e., the amount of utilization of your hard drive (present or anticipated), the speed at which the drive platters rotate, and the speed of the interface to your hard drive. You never want to reach 50% of capacity of your hard drive. The more data you have on a hard drive the farther the disk drive read/write head has to move inward on the spinning platter to get to the data. This increases the seek time, the time required for the read/write head to

position itself over the desired concentric data track on the spinning disk platter. So, use a hard drive with sufficient storage that you do not exceed 40% or so of the storage capacity. High performance server hard drives often are destoked or short stroked, i.e., limited to 40% or less so as to keep the data on the outer edge of the platters where it can be quickly reached.

Once the read/write head reaches a track then the rotational speed of the platter comes into play, introducing latency, the time required for the desired sector of the track to rotate into position beneath the head. How do you reduce latency? Get a hard drive that spins as fast as you can afford. Most desktop hard drives now spin at 7200 RPM. Don't let them slip you a 5400 RPM drive on your desktop or your laptop. If your drive has a slower RPM, you can increase performance by purchasing a 7200 RPM drive. Note that high performance server drives spin at 10,000 and 15,000 RPM, but those drives are expensive. If you are evaluating a replacement drive (or specifying the hard drive in a new system), look at the access time parameter for the drive. This will generally be around 11 milliseconds for 7200 RPM desktop PC ATA/SATA drives. The access time will include seek time and rotational latency. As for the type of interface, ATA drives (which peaked at around 133 MB/sec interface performance, setting aside internal data rate of around 60 MB/s and PCI bus rate considerations) are no longer offered, so you will see SATA (serial ATA) drives in a new computer.

I wouldn't bother attempting to replace an ATA drive in an old PC with a SATA drive. You would need a SATA controller card as well as SATA drive, and you might as well just purchase a new computer. The current SATA interface rate is 3 Gbps, i.e., 3 gigabits per second. That translates to approximately 300 MB/sec. However,

the actual rate that the read head can read the data off the spinning platter of the drive is closer to 100 MB/sec (the internal data rate). You therefore can benefit by having a drive with a large cache memory, where a large amount of data has been read internally by the hard drive before the interface is accessed, at which time the interface can burst perform at the full interface speed of 3 Gbps/300 MB/sec. I note that even the expensive server grade SCSI and SAS drives have about that same external interface transfer rate, i.e., 300 - 320 MB/sec, so their increased performance is coming directly from the high rotational speeds (10 - 15 K) and fast seeks, giving access times of 3 - 5 ms vs. 11 ms or so for desktop SATA drives. Defragmenting your drive regularly will help keep the drive operating at peak efficiency.

A less critical factor is the speed of the microprocessor. A faster microprocessor or a dual or quad core processor will allow applications, their processes and threads to execute faster (to actually run the microprocessor instructions of which a program is composed) once the instructions and data reach the microprocessor.

So, if you have processing intensive applications like video or music (studio) production and editing or scientific number crunching, faster and more core processors will speed things up considerably, but only if you have plenty of RAM and a high performance hard drive.

Mr. Bentley studied electrical engineering at the University of Texas, began working in the electronics industry in 1978 with GTE Network Systems (Lenkurt), then software engineering with various startups in the 1980's. Gary now provides IT consulting services in the El Paso, Texas and Las Cruces, New Mexico areas.



Free Software Helps Caregivers

by Mike Morris, Editor, Front Range PC Users Group, Fort Collins, CO
<http://www.frpcug.org> [twriterext\(at\)gmail.com](mailto:twriterext(at)gmail.com)

This article has been obtained from APCUG with the author's permission.

An article with the title "Caring for the Caregiver" appeared in the November/December 2007 issue of AARP magazine¹. Here is an extract from that article:

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

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

Both caregivers and those willing to help may find a scheduling solution with a web site called [Lotsa Helping Hands.com](http://LotsaHelpingHands.com). This web site allows a caregiver or family member to:

"Create a free of charge, private, web-based community to organize family, friends, neighbors, and colleagues — a family's 'circles of community' — during times of need. . . ."

There are three primary templates:

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

There are four additional templates:

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

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

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

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

A web based service such as Lotsa Helping Hands is certain to generate questions about privacy and security.

You will find answers to these questions in the "Terms of use" page of the web site. Included in the Terms are descriptions of the data security, data integrity and access (among other) protections.

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

Lotsa Helping Hands has many non-profit partners, including the Alzheimer's Association, the Family Caregiver Alliance, The Leukemia & Lymphoma Society and many more. Check the Partners page of the Lotsa Helping Hands web site for more information.

You can read what national media, such as Business Week, NY Times and others have to say about Lotsa Helping Hands by clicking on the links on the Media page of the Lotsa Helping Hands web site.

I have not personally used this service, although there was a time, not so long ago, when I would have used it had I known about it. After reading the description of the service, and the "How It Works" section of the web site, I am convinced that the service is, indeed, very valuable and also secure. I recommend that caregivers try this service. There is at least the potential to reduce your levels of stress and exhaustion associated with your role of caregiver.

1. Crute, Sherre, "Caring for the Caregiver." AARP Magazine, November and December, 2007



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")

A couple of videos describing a 747 aerial supertanker.

<http://www.evergreensupertanker.com/>

Over 200 before-and-after photos of Normandy and D-Day events.

http://acidcow.com/pics/3772-normandy_1944_then_and_now_204_pics.html

Infinite Photograph ~ a photo-mosaic of the earth, made up of hundreds of nature photos. Keep clicking to dive deeper.

http://www.thegreenguide.com/infinite-photograph?source=link_su

Interactive presentation on cooking a turkey.

http://ourfamily23.zoomshare.com/files/Cooking_A_Turkey.swf

Upload any file of any size and obtain link to share file for 24 hours.

<http://s4ve.as>

View 1200 of the 10 billion digital records of the National Archives.

<http://www.digitalvaults.org>

Translate text to binary, hexadecimal, base, and 64 coding.

<http://binary.soapinmyeyes.com>

Collection of e-cards and e-poems to send to friends and acquaintances.

<http://www.passionup.com>

Lyrics for popular music artists from A-ha to ZZ Top.

<http://www.sing365.com>

"Satisfying unnatural infatuation with airplanes and rockets." Loads of pics and videos.

<http://www.pointniner.com>

Music, artists, record companies, jukeboxes, timelines, events, technology of the early days or rock 'n' roll.

<http://www.history-of-rock.com>

Very extensive recording technology history collection.

<http://history.sandiego.edu/gen/recording/notes.html>

Large collection of European train, trolley, and bus pics, including repairs and accidents.

<http://www.railfaneurope.net>

View job descriptions and projections/earnings in the Occupational Outlook Handbook from the US Dept. of Labor.

<http://www.bls.gov/OCO/>

Pics and specs of international fighter planes since 1930.

<http://www.fighter-planes.com/>

Collection of more than 100 interviews with Emmy Award legends.

<http://www.emmytvlegends.org>

Collection of articles and images of geared ("4 wheel drive") steam locomotives.

<http://www.gearedsteam.com>

Create custom Art History Timelines from 1640 images of 1303 works by 266 artists.

<http://www.scottzagar.com/arhistory/>

North East Rails ~ 30,000 rail photos, mostly in Pennsylvania and North East states.

<http://www.northeast.railfan.net>

Recycling centers and recipients across the country. Search by product and location.

<http://earth911.com>

Zombie survival quiz ~ are you prepared??

<http://www.funny-games.biz/zombie-survival-quiz.html>

45 free online computer science courses.

<http://www.programmerfish.com/45-free-online-computer-science-courses/>

NASA astronomy picture of the day for the past 14 years.

<http://antwrp.gsfc.nasa.gov/apod/archivepix.html>

A vast collection of pics, postcards and videos of Michigan landmarks and scenery - theaters, venues, motels, airports, beaches, tourist traps, signs, much more.

<http://www.waterwinterwonderland.com>

Large collection of Italian railway photos.

<http://www.photorail.com>

Radio shows from the 1930s, 1940s, and 1950s.

<http://www.dumb.com/oldtimeradio/>

The main purpose of hockey? Loads of videos.

<http://www.hockeyfights.com>



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



NOVEMBER AT SHCC:

TUESDAY November 3 **Main Meeting. 7:30PM**

Macomb Community College
South Campus
14500 E 12 Mile Road, Warren
John Lewis Community Center
(Building K)
(Enter from Hayes Road)



**"What's Hot for the
Holidays" by Richard
Tapaninen of Micro
Center**

SIGS

THURSDAY
Net/Com SIG

NOVEMBER 12
7:00PM at the Clinton-Macomb Public
Library Programming Center .

TUESDAY
PC SIG

NOVEMBER 17
7:00PM at the Clinton-Macomb Public
Library Programming Center .

Note: The SIG meeting location will alternate between the Sterling Heights Public Library and the Clinton-Macomb Public Library for now. Dates are subject to change—check the web site prior to the planned meeting.

DECEMBER MEETING: "Microsoft Windows 7" by Jeffrey Bates of Microsoft Corporation