



THE WYSIWYG



February 2020

Volume 32 Issue 2

STERLING HEIGHTS COMPUTER CLUB

PO Box 385

Sterling Heights, Michigan 48311-0385

MAIN MEETING: TUESDAY FEB. 4

7:00 PM

(doors open at 6:30 PM)

Baker College

34950 Little Mack Ave.

in Clinton Township

Located at the southeast corner of Little Mack Avenue and 15 Mile Road
(Enter at the main entrance on Little Mack Ave.
The meeting room is then straight ahead.)



IN THIS ISSUE:

About SHCC	2
The President's Pen / Apple Watch Revisited	3
My Experience With a Subscriber VPN	4
Thoughts From a Clicker — FileMenu Tools	7
Security Is Important — Why Does It Take So Long (and Cost So Much)?	8
The Internet is My Cookbook — Searching for Recipes	10
Making Your Tech "Fit" — Cords, Voice, Sound and Other Hazards	11
Upgrade Exhaustion	12
Making Your Tech "Fit" — Does Size Matter?	13
Web Page Reviews	14

This Month's Main Meeting Topic:

"Microsoft Excel Tips and Tricks Part 2"

will be presented by

SHCC member Kat Benny

Kat presented us with some Excel training last year, and she returns with even more spreadsheet smarts.

Guests and visitors are welcome. People can attend any SHCC meetings during two consecutive months before deciding whether to become a member or not. July and August don't count since there is no main meeting in those months. 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: \$30/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>

2020 SHCC Officers – Thanks to all!!!

President	Don VanSyckel	President@SterlingHeightsComputerClub.org
Vice President	Mike Bader	VP@SterlingHeightsComputerClub.org
Secretary	Martee Held	Secretary@SterlingHeightsComputerClub.org
Treasurer	Bernie DeFazio	Treasurer@SterlingHeightsComputerClub.org

Resource People

Firefox	Don VanSyckel
General Computer Questions	Jack Vander- Schrier
Hardware	(open)
MS Publisher	(open)
MS Word	Rick Schummer
Spreadsheets	Rick Schummer

SHCC Coordinators

Associate Editor	Rick Schummer
Door prizes	Don VanSyckel
Greeter for visitors	Jim Waldrop
Newsletter Publisher/Editor	Paul Baecker
Program Coordinator	Mike Bader
Publicity	Patrick Little
Publicity	Phil Reynaud
Welcome & check-in desk	Jim Waldrop
Web Site Admin	Don VanSyckel
Web Watch column	Paul Baecker

Contact Information

(Use the appropriate e-address for your questions/comments.)

Mike Bader	586-447-6683	programs@sterlingheightscomputerclub.org
Paul Baecker		newsletter@sterlingheightscomputerclub.org webwatch@sterlingheightscomputerclub.org
Patrick Little	586-264-1497	publicity@sterlingheightscomputerclub.org
Phil Reynaud	586-212-2848	publicity@sterlingheightscomputerclub.org
Rick Schummer		assoc-ed@sterlingheightscomputerclub.org
Don VanSyckel	586-731-9232	doorprizes@sterlingheightscomputerclub.org webmaster@sterlingheightscomputerclub.org
James Waldrop	586-731-6481	greeter@sterlingheightscomputerclub.org check-in@sterlingheightscomputerclub.org

Club Dues Amounts

The club dues were increased to \$30 per year at the November 2018 meeting.

This includes a digital version of the newsletter sent monthly, except for July and August, when the club does not meet.

A paper version of the newsletter is available in place of the digital newsletter, for an additional \$31 per year. (increased at March 2019 meeting)

Associate memberships, for a second member of a household, remain at an additional \$15 per year.

Four-Month Meeting Schedule

MARCH 2020
3 - SHCC Main Meeting
 8 - SEMCO meeting

MAY 2020
5 - SHCC Main Meeting
 10 - SEMCO meeting

APRIL 2020
7 - SHCC Main Meeting
 12 - SEMCO meeting

JUNE 2020
2 - SHCC Main Meeting
 14 - SEMCO meeting

Newsletter submissions are due 10 days before the club meeting, but the earlier the better. They should be sent to : newsletter@SterlingHeightsComputerClub.org

© Unless stated otherwise, all materials contained in this newsletter are copyrighted by the Sterling Heights Computer Club. License is hereby granted to other clubs (non-profit) to reprint with credit.

The President's Pen

by Don VanSyckel



You might remember that last year Baker College announced plans to move to Ferndale, and close the Clinton Township campus where we meet, by August 2020. The plan was to sell the property and they had a buyer lined up. Then due to public uproar in Ferndale the plans were canceled and Baker made no further announcements about their plans. I have still not heard of any announcements by Baker but they have communicated with me that SHCC will not be able to meet at Baker after May of this year. To this end we are reopening talks with a location that we have toured previously. When things are finalized, the location and details will be announced.

Cutting the cord has been mentioned several times at SHCC meetings. Well, I've cut the cord. Cutting the cord refers to getting rid of cable TV. Of course you might still have cable Internet or some other type Internet service, so you still have a cord of sorts. We had basic Internet and basic TV programming. I already had three High Definition (HD) antennas in a drawer and three Roku's. I called WOW to cancel TV programming and increase Internet speed. I was offered 30 Mb which I agreed to. As the WOW representative was starting to enter the orders my eyes caught sight of a Comcast mailer advertisement. I commented that I had been meaning to call for a while since I kept getting Comcast ads in the mail. To my surprise the response was well in that case WOW offered 100 Mb Internet service for less than the previous amount.

At this point I also started to get DVDs from the Sterling Heights Public Library. Not movies as much as TV series. I tend to watch mysteries and action so I would start with the first season of a series and work my way through to the last season. The SHPL is in a library co-op and any item they didn't have, another library in the co-op did. Getting an item from another library takes a few days, so a little planning is a good thing. It's amazing to me how many episodes of shows I used to watch on network TV I had missed even with Summer reruns or just plain forgot. It became apparent to me that I enjoy watching the series on DVD more than on TV for two reasons. First, obviously you can pause the DVD and not miss anything. The second reason is while the series I watch are not considered continuous stories like soap operas and a few TV drama series are, some nuances in the show and character development are more meaningful when you have viewed the previous episodes.

Then over Christmas, Pluto streaming service offered 50 - 60 Christmas movies for free. Some I'd seen and I watched the ones I hadn't seen. I've also watched a couple movies on Pluto and VuDu. I haven't paid any money for any content. OK, I've been submitted to a few commercials as a form of payment but, hey, nothing in life is really free.

With the free streaming services I've tried you can't search for a particular movie or series. You choose from what they offer. Most services change their selections or part of their selections monthly. They will group movies by genre and I can't believe how many genre's they have come up with. The selections are generally not recent. Having said that, I'm surprised how many movies are offered that sound interesting to me that I haven't seen. I believe at the rate I'm going it'll be five to ten years before I exhaust the free stuff. Of course by then there will be another five to ten years worth of offering added to the mix, so I might never run out.

This month we are please to welcome back Kat Benny for "Excel 2 Tips and tricks". Kat did "Excel: Skills, Tips, and Tricks" last May which was very well received. So after many requests, she is doing round 2. You don't want to miss this presentation — it will be very useful.

Last Month's Meeting:

"Great Free Programs for Windows PCs, Macs, and Raspberry Pi's" was presented by Jeff Pynnonen. It's amazing how many quality programs are available for free. It's also amazing the computing power packed in the Raspberry Pi single board computer. Mr. Pynnonen presented his slides and surfed the web using a Raspberry Pi. If interested in the Raspberry Pi, email one of the officers and we'll put you in touch with Mr. Pynnonen.

We got news from APCUG (the club of clubs SHCC belongs to). APCUG holds contests each year in several categories. Our newsletter editor, Paul Baecker, submitted the SHCC WYSIWYG Newsletter and it won 2nd prize. Congratulations, Paul.

{Ed. note: I accepted the opportunity of publication of this newsletter shortly after the passing of Rick Kucejko a year ago. I think that I have pretty much retained the design, the direction, and the intent of the document since then, so this recognition is shared with him as well.

But it also recognizes our Sterling Heights Computer Club as a living, breathing collection of hobbyists meeting on a regular basis to chat and share interests and experiences, from which we can all benefit. Through receipt of this 'prize', our club's existence has gained special notice on the [APCUG web site](#) for all to witness. Perhaps it will help us find new club members in due time. That would be the ultimate payoff.

As always, comments, criticisms, and suggestions about and for the WYSIWYG are always welcome. Just contact the editor or any club Officer.}



Apple Watch Revisited

News and/or Opinion from Paul Baecker

New member Chita Hunter visited us last Fall with a very creative demonstration of the new Apple Watch Series 5.

She recently forwarded to me the link to her series of videos on the Apple Watch which she presented to a Florida-based Mac Users Group last Fall, further describing and demonstrating its features and capabilities. If you enjoyed her SHCC presentation, you'll undoubtedly find this collection equally intriguing.

https://www.youtube.com/playlist?list=PLKlmPKv7q2IFD3_ih677q5DSO5p6rC2LR



My Experience With a Subscriber VPN – Advantages, Costs, Pitfalls, Workarounds

By John Krout

Potomac Area Technology and Computer Society
(PATACS) www.patacs.org
jkrou75@yahoo.com

This article is based on a lot of research, several years of use of a corporate VPN at work, and a few months of using a subscriber VPN at home.

VPN is an acronym for *Virtual Private Network*. The idea is that your use of a VPN provides a secure method of data communication, through strong encryption. The encryption hides the info in your communication, such as content of emails and URLs of web sites, from your Internet Service Provider (ISP) and any other **Man-in-the-Middle**.

WHY VPNS EXIST

That phrase *Man-in-the-Middle* is important. Your communication with your email server or any Web site may pass through half a dozen or more servers in between. For any one of those in-between servers, any bored or underpaid system administrator, and any hacker breaking in, might install message trapping software to capture info passing through, such as your IDs and passwords for your stockbroker or bank. Those snooping activities are called *Man-in-the-Middle attacks*. Encryption makes it almost impossible for them to make use of that info.

Originally, when local area networks (LANs) first became available, the only networks were inside a single building where all the computers were connected on the local network, with no connection to anything outside the building. Later, secure direct circuits, and modems, allowed communication between computers on the inside and the outside.

A very entertaining book, **The Cuckoo's Egg**, written by Clifford Stoll, describes the Bad Old Days before VPNs, when networks were insecure. It is a fascinating read. The author, an astronomer, was given the task of tracking down a 75-cent discrepancy in billing for use of a university local area network. His investigation led him to identify people who broke into the network. He found the same people also broke into military computers. He tracked the people to Europe, where they were tried and convicted based on his testimony and a huge pile of printed computer logs as physical documentary evidence. Stoll was a good guy in the middle.

Because of experiences like that, corporations and the federal government have used their own VPNs for many years. VPNs have enabled greater automated data movement, ensuring privacy of the data due to the use

of strong encryption. And, now, VPNs are available to the rest of us.

While using a VPN, the encryption is based on two *digital certificates*. The VPN server provides one to your computer, tablet, and smart phone. Additionally, the VPN server itself has another one. The encryption using those two certificates is based on some very creative research done in the early 1980s by three MIT professors, Rivest, Shamir and Adelman, who founded RSA and Verisign, two companies now at the heart of modern digital security efforts.

A second result of the two-certificate approach is that your account is known to be valid by the VPN server, and the VPN server is known to you to be valid as well. Without using a VPN, web sites and other Internet services get access to the Internet protocol address (IP address) of your home router, computer, phone or tablet. This is important because those IP addresses let web sites figure out where you are located. When you use a VPN, the web sites see only the IP address of the VPN server that you choose to connect to. In this way, a VPN server acts as your proxy, and are sometimes called **Proxy servers**.

Take a look at **Illustration 1**. This shows how a VPN server fits in the overall path of servers between your computer/phone/tablet and the world of the Internet. Inevitably, your VPN-encrypted communications pass through your ISP servers, and then possibly through

How you connect to the world through a VPN

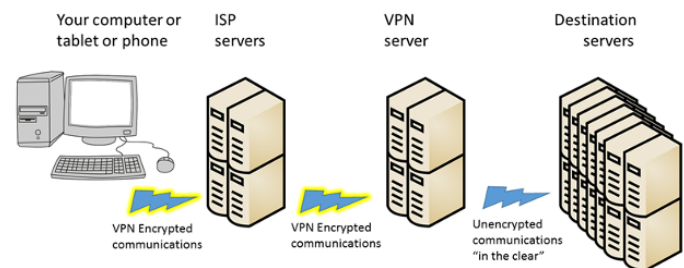


Illustration 1.

other intermediary servers until it reaches the VPN server. Using a VPN server severely limits any snooping, not only by your ISP, but also by any servers between the ISP servers and your VPN server. So the Man-in-the-Middle is stymied in that part of the path.

Beyond the VPN server, the communication is unencrypted by the VPN, or *in the clear*, and at that point reaches the destination, which might be for instance a video streaming server, or a credit card company's web server. Of course, that leg of the path also involves intermediate servers.

Because that leg of the overall communications path is not depicted as encrypted, you might think that a Man in

the Middle attack would succeed there.

However, these days most of those destination servers use HTTP-Secure protocol (https), which also employs encryption done in a different way, by your Web browser and by the destination server. That's right, a second encryption. As a result, the communication remains secure all the way through the entire path.

But I want to digress for a moment and suggest that your ISP might also behave as a Man in the Middle.

When you use a VPN, the fact that the servers of your ISP see only encrypted data is very significant. Your ISP is always in the best position to snoop, effectively a Man in the Middle for all the web sites you browse, the streaming services you use, and so forth. All of your browsing and other use of the Internet goes through those ISP servers.

Your ISP has a strong economic incentive to take advantage of that best position: data on the web sites you visit and the downloads you select can be quite valuable to third parties. And don't think ISPs will ignore that incentive simply because you are a customer of the ISP; the big ISPs convinced the FCC to eliminate Net Neutrality rules so that the ISPs could solicit money from the likes of Netflix and CNN to accelerate delivery of those sites to your computer. So use of a VPN consistently protects you from snooping by your ISP.

MORE ADVANTAGES OF A VPN

I have been using a VPN and HTTPS from my work site for more than a decade. I have seen no significant impact on communications speed. Computers do the encryption and decryption quite quickly these days.

An advantage of subscriber VPN services is that you have access to hundreds or thousands of VPN servers, in many cases spread around the world. If one is busy or down, you can easily use another. Redundancy is a very valuable advantage.

Another advantage is that you can choose a VPN server located in a country where a local web site or video streaming service is of interest to you. For instance, the BBC streaming service is open only to users located in the UK. When the BBC servers detect a request from a US IP address, the servers ignore it. If you use a VPN Proxy server in the UK, the UK IP address of the VPN Proxy server tells the BBC that you are local, and you then get to use that streaming service.

A third advantage is far less clear. According to PC Magazine, many VPN users in the US subscribe specifically because the federal government has eliminated the Net Neutrality rules. The idea is the ISP cannot throttle back what it cannot decrypt, meaning what it

cannot recognize. NordVPN, for one example, actively promotes that idea on their company's web site.

I am not convinced that idea is correct.

COUNT YOUR VPN-READY DEVICES

Another advantage is that subscriber VPN services let you connect more than one of your devices (computer, phone, tablet) to the VPN *at the same time*. This is important if you use two or more Internet-connected devices, like I do. And it is a major convenience factor, allowing you to leave all your devices connected all the time, not just when you actively use each one.

Snoopers can monitor the web browser on your phone or tablet just as readily as they can on your computer. A VPN can and should protect all of those devices. Several VPN services that I reviewed set a ceiling on the number of concurrent uses by a single account, and that limit varies from 3 to 10.

Because of that, before you select a VPN service, you need to make a realistic assessment of the number of concurrent connections you may need. For example, in my case: I have two Windows computers, two Android tablets, and one Android smart phone, a total of five devices. My son has a Windows computer, a Linux computer, one android tablet, and one Android smart phone, a total of four devices. So our grand total is nine.

COMPARISON SHOPPING FOR VPNS

When I was shopping for a VPN service, I came across a review of public subscriber VPNs on [TechRadar.com](https://www.techradar.com), published in March 2019. **Illustration 2** is a table comparing the top three VPN services according to TechRadar's ratings system, and some details about them. The number of servers and countries will likely continue to grow for each of the public subscriber VPNs.

The column labeled "ceiling of devices per account" indicates the ceiling on the number of computers, tablets, and smart phones on which you run the VPN client software simultaneously.

VPN service	# proxy servers	# countries	Ceiling on devices per account
ExpressVPN www.expressvpn.com	3,000	94	3
IPvanish www.ipvanish.com	1,200	60	10
NordVPN www.nordvpn.com	5,300	60	6

Illustration 2.

The column labeled "# proxy servers" is especially valuable for redundancy purposes. If one VPN proxy server happens to be down, or malfunctioning, then you can try many others. Generally, more is better.

Concerning the number of countries, although the overall situation worldwide is improving all the time, to some extent I think there are diminishing returns beyond about 50 countries. This is because smaller countries have fewer localized streaming services, and often do not have high bandwidth connections to the Internet, so VPN servers in many smaller countries cannot work as rapidly as VPN servers in say the US or Canada or western Europe or Japan or South Korea.

I chose to subscribe to the **IPvanish VPN service**. Its ceiling on the number of concurrent connections is 10. That was the most important factor for me.

Later on, I found that VPN services are now so popular that PC Magazine reviews the services and provides Editor's Choice awards, their long-coveted recommendation. In 2019, the Editor's Choice awards went to three VPN services:

TunnelBear (www.tunnelbear.com)

Private Internet Access (www.privateinternetaccess.com)

NordVPN (www.nordvpn.com)

NordVPN was the one service that was top-rated by both TechRadar and PC Magazine.

PRICING

The VPN services have a monthly rate, usually less than \$10, and offer discounts if you pay in advance for say 3 months or for a year. Some even offer further discounts if you pay in advance for three years.

Some VPN services have their business offices outside of the US and may charge your credit card to a bank outside of the US. You may wish to let your credit card company know in advance, so that the charges are not automatically blocked by your card company. *{Ed. note: Or use a more anonymous pay service like PayPal.}*

This ends Part 1. In Part 2 (in a future newsletter issue) you will learn about some difficulties encountered on VPNs, and some workarounds.

(ABOUT THE AUTHOR: John Krout is a former president of the Washington Area Computer User Group (WAC), one of two groups that merged to become the Potomac Area Technology and Computer Society (PATACS). He has been writing about personal computer uses since he joined WAC in the early 1980s. He is a frequent contributor to PATACS Posts, and occasionally provides presentations on tech issues at PATACS meetings. He lives in Arlington VA and is a writer for the Thales Group, a major maker of automated fingerprint identification hardware, supporting the use of that hardware in the computer system of a major federal government agency.)

This article has been obtained from APCUG with the author's permission for publication by APCUG member groups.



A Birthday You Might Have Forgotten

By Art Gresham, Editor
Under the Computer Hood UG, CA
www.unchug.org Drive Light
1editor101@uchug.org

September 19 is the birthday of something you might use every day. At the very least you are familiar with it even if you do not text, write emails, handwritten notes or communicate with other humanoids. In fact, it came into existence before there even existed text messages, the Internet, or email.

Back in 1982, none of our modern digital communication methods, or even the networks that evolved, existed. On university campuses there existed something called USENET boards — USER Network message boards on which the locally connected users could carry out discussions; some scientific, some not as much.

Well... It all started on a Usenet message board on September 16, 1982 because some guy wanted to know how a drop of Mercury would react in a falling elevator. (Evidently the Physics department guys had a strange sense of humor.) After several rounds of remarks, some of them with attempts at humor, there developed a discussion about how to indicate to the readers that the message should be read as a playful joke, and not so seriously interpreted.

You can read an excellent summary of the message board conversation here:
<https://www.tlq.com/forums/showthread.php?t=73941>

The key entry was on Sunday, September 19, 1982, by Professor Scott Fahlman of Carnegie Mellon University in Pittsburgh:

401298269,0,0

19-Sep-82 11:44 Scott E Fahlman

I propose that the following character sequence for joke markers:

:-)

Read it sideways. Actually, it is probably more economical to mark things that are NOT jokes, given current trends. For this, use:

:-(

These symbols, composed of normal keys used in standard text, and available on our keyboard, have long been used, albeit in simpler forms, for a very long time.

(Continued on page 7....**Birthday**)

Thoughts From a Clicker — FileMenu Tools

By Tiny Ruisch

Cajun Clickers Computer Club, LA
CCCC Computer News www.clickers.org
tsa70785@gmail.com

This month I'd like to tell you about one of my favorite utility programs. I have it installed on all my computers and have been using it for more than ten years. I first reviewed this program in July 2009. The program has gotten even better since then. Like many other free programs, the programmer has a donate button on his website. I like the program so much that I hit the PayPal button a long time ago. Maybe it is about time I gave him a few more dollars.

FileMenu Tools lets you customize the right click menu of Windows Explorer. It also works with all the alternate explorer programs that I've tried. The program adds utilities to perform operations on files and folders and adds customized commands that let you run external applications, copy or move to a specific folder, or delete specific file types.

With the built-in commands you can:

- Run With Parameters – Runs a program with parameters you input in a dialog box.
- Command Line From Here – Opens a command line window.
- Copy/Move – No need to cut and paste. You can also use filters in file selection.
- Duplicate Files – Makes a copy in the same folder.
- Pack to Folder - Moves all the selected elements to a new sub-folder in the current folder.
- Copy Path/Name/Content - Copies the selected item(s) to the clipboard.
- Attributes – You can view and change them without having to open a properties dialog box.
- Find and Replace – Lets you find or replace a text for all the files in a selected folder.
- Advanced Rename – With lots of options.
- Change Icon – Changes the icon for the selected folder.
- Change Attributes – Quickly and easily change folder options.
- Advanced Delete – Lets you delete specific file types in a folder.
- Synchronize Two Folders – Lets you synchronize two folders quickly and easily.
- Shred Files – Overwrites several times so it is impossible to recover the file in the future.
- Send to Mail Recipient – Lets you send an e-mail with selected elements as attachments.

These are fewer than half of the FileMenu commands

you can select from. In the configuration menu, a simple check will turn off the commands you don't want. If you can't find the FileMenu function you need, then just add a customized command to run external applications, copy/move to a specific folder, or delete specific file types.

FileMenu Tools lets you configure the "Send to" sub-menu. You can add new items, change the properties of the existing items, or delete them. You also can disable existing "Send to" items in order to hide them from the menu.

FileMenu Tools will also let you enable/disable the commands which are added to the context menu of the Windows Explorer by other programs. This is the only function that is not one hundred percent reliable.

When it works, it works well, but it doesn't catch all the programs that add a right click.

[FileMenu Tools](#) is a 12.90 MB download and runs on all Windows platforms. Open Candy is used during the installation process but can be refused with a check mark. Did I mention the price? This program is freeware and costs nothing.

Download FileMenu Tools and give the program a test. I'm pretty sure that you'll like it. While you're on the Lopesoft website, you can also download and test [LopeEdit Lite](#), an excellent alternative to Windows Notepad.

Keep on clicking and thanks for reading

This article has been obtained from APCUG with the author's permission for publication by APCUG member groups.



(Birthday....continued from page 6)

A summary discussion of the Emoticon is at <https://en.wikipedia.org/wiki/Emoticon>

An entertaining version, at <https://www.kidscodex.com/history-of-emoticons/> credits Victor Hugo with perhaps the first digitally transmitted emoticon. In 1862, Victor Hugo sent a telegram to his publisher with a single character, ?, to ask how his new book Les Misérables was selling. The publisher, equally clever, sent a single character telegram back, !.

So happy birthday to the smiley face Emoticon. :-)

This article has been obtained from APCUG with the author's permission for publication by APCUG member groups.



Security Is Important – Why Does It Take So Long (and Cost So Much)?

by Greg Skalka, President
Under the Computer Hood User Group, CA
Drive Light www.uchug.org
president@uchug.org

I am a technology user. I use all sorts of tech products, applications and services. I have laptops, desktops and Chromebooks. I have mobile devices - smart phones and tablets. I have home Internet access and I access the web from other places as well. I have a home network and I have smart home devices (cameras, TVs, voice-controlled assistants, smart lights and appliances). I use lots of software. I search the web, bank and buy things online, and send emails and texts. I'm not much for social networks, but I do appear in posts by others, especially my wife. I've got a lot of the things a typical middle-class American would have.

I use a lot of technology, but all I want to do is use it. I don't want to have to struggle to make it work, fix it, or spend a lot of time and money keeping it working safely. I want it all to work every time as I expect it to work. Unfortunately, there is a lot more to our tech lives than that. None of the tech revolution we have seen in the last decades would have been possible without money. It is commerce, capital and the desire to make a profit that brought us most of this, including Microsoft, Google, Uber, Tesla and all the rest. Some key government investments in technology, in the space program, DARPA and the military-industrial complex helped with fundamental research, but the capitalist entrepreneurs filled in the rest. Money made tech great, but money also made it unsafe.

Entrepreneurs take legal risks to gain rewards; criminals try to find the least risky ways to make money, legal or not. Each new tech device, app or service that comes out is studied for vulnerabilities by the criminal elements intent on exploiting it for monetary gain. Now that technology has interconnected the world, we can be the victims of crime originating from all over the globe. Even nation states can get in the game, trying to steal information for economic and political purposes.

All this leaves the poor tech user vulnerable. The rapid rate of change, the ease of use and ubiquitousness of these products and services just add to the risk. How does a user evaluate the threat and defend against it? Is it all worth the cost?

The criminals are out there, ready to hack, snoop, steal and deceive. They want your personal information to steal your identity and your passwords to steal your money. They want to trick you into sending them gift cards and Bitcoin. Who is going to protect the tech user from all the cyber threats? Can the government protect

us? Laws may be passed, regulations put in place and enforcement attempted, but citizens are still victimized. Unfortunately sometimes the government is part of the problem, not protecting the sensitive data we entrusted to them.

Can the companies we buy products and services from protect us? Their desires for profit over all else have created some of our tech problems. They will sell us devices that are not secure if they think it makes business sense. They'll collect and monetize our personal information and then often fail to protect it adequately. It seems we as tech users must find ways to protect ourselves, as no one else will take responsibility for our security. Unfortunately, that means additional costs in terms of money and time are required to keep our assets (money, identity, personal safety) secure when using all these tech items and services in the new global digital electronic world.

There is no practical way to remain 100% secure in our modern connected world. Even if you turn off all of your devices, disconnect them, put them in a box and seal it up (and cancel all your related services), you are not safe. The government still has your personal information, and even if you are not on Facebook, others could post about you. You will have to go back to paying with cash, shopping and banking in physical locations, and communicating through personal visits and letters. Unless you want to step back into the 1950's, you will have to adopt some additional safeguards with every new tech item you acquire.

Safety as a tech user is not an absolute, but a matter of degree. More time and money spent to safeguard our activities will provide more relative safety and security, but trade-offs will need to be made. More security comes at a higher cost and usually a greater inconvenience as well. A user can make their tech life more resistant to attacks by cyber criminals and become more resilient should bad things happen, but it will require more time, money and effort on their part. Lots of articles are written about protecting ourselves online and describing precautions we all should take, yet cyber-crime is still prevalent.

I think I take care of my tech household pretty well, though there is always more that can be done. The things I value most (finances, identity, property) I protect the most, while things of a lesser consequence I am a bit looser with. In some ways I probably go overboard in caution, but there are probably some risks I don't take as seriously as I should. I'm pretty careful with physical security, using strong passwords, encryption, a VPN and two-factor authentication where appropriate.

I'm pretty resistant to social engineering threats and am very careful with my personal information. Exercising care and vigilance online is good, but it requires effort

and some investments. I have several laptops and desktops that my wife and I use, as well as a couple of Chromebooks. All the computers we regularly use run Windows 7, so I am presently working towards replacing at least some of them with Windows 10 computers ahead of the Windows 7 security sunset in January 2020. This considerable cost in new hardware and software and in time to set everything up is strictly due to Microsoft's desire to make Windows 7 obsolete; I would be perfectly happy staying with Windows 7 otherwise. I'll be spending money on new systems, probably buying new software and spending time teaching my wife how to use the new OS. I'll probably compromise by keeping a couple of old Win7 computers or laptops to run software I can't convert to Win10 or don't want to spend more on. I still have a Windows XP computer that I keep off-line to run certain programs. I'm actually writing this article on it; I've yet to find a Microsoft Word version I like overall as much as version 6.



Even when security updates are provided for free, our time is usually required to oversee their installation. If nothing else, the time required to install updates represents time we are unable to use our devices. While Windows 10 may force automatic security updates, they can wind up being applied at the most inopportune times. I don't mind as much the automatic updates my Chromebook gets from Google, as they are downloaded in the background and quickly applied on the next power-up.

In addition to computer updates, our network items often require security patches. Few users may pay much attention to updates for their routers, however, unless they are alerted somehow. I have a Netgear Orbi mesh Wi-Fi router, which I love for its performance and ease of use (but not so much for the initial cost). Because I'd registered the product and downloaded their app, I recently received an email that an update was available for my router's firmware. I initially tried to apply the update through the app (on my smart phone) but was unsuccessful. I was able to enter into an online chat through the app with their tech support, and thus began a two-hour process to finally get my router system updated.

I assumed I would be able to easily update through the Orbi app, but the support tech told me my installed firmware version was too old, and I instead would need to download and install an intermediate version from a web link. I find the small screen of a phone too difficult to use for this kind of activity, so pulled out a Chromebook, logged into my Orbi router and went to the web link. This also allowed me to keep the support chat going separately through the app on my phone.

Once I got to the web link, I found I would be downloading a zip file. There may be ways to unzip on a Chromebook, but I don't know them, so I switched again and logged in with my Windows laptop. The support tech said to apply the update first to the satellites (my mesh system consists of one router and two satellite units) and then to the router. The update page was a bit confusing, and I inadvertently updated the router first. Fortunately I was still connected to the tech support person, so after a number of additional steps, I successfully updated all components.

It is almost time to renew my anti-virus, and I need to make some decisions about it. I've been using ESET Internet Security for many years and really like it (and think it protects me, but who really knows). I'm not sure what I should use going forward on Windows 10, as I've heard that Microsoft's

Win10 built-in protections are as good as anything else, and obviously are at no extra cost. I always buy ESET on sale ahead of when I need it, so I already have new copies to put on my Win7 computers. That seems like a waste, as I won't have these computers on the Internet past January. Still, I shouldn't cut corners on protecting my online banking computer, at least until I am switched over completely to Windows 10.

Though I may be spending a lot of time and money getting my new computers set up, it hopefully will increase the odds that I'll have secure systems that will help protect my data.

This article has been obtained from APCUG with the author's permission for publication by APCUG member groups.



Door Prize Winners!

January 2020

Bill Kramer — flash drive
Andrew Galat — compact toolkit
Walter Jendhoff — 6-outlet power source
Mike Galat — flash drive
Bill Appleberry — 500GB hard drive
Tom Miller — power strip
Don VanSyckel — optical mouse
Richard Katnik — inspection flash light
Sharon Patrick — storage box
Martee Held — CD-R spindle
Richard Jackson — DVD-R spindle
Mike Bader — 320GB hard drive
Edlynn Rehn — earbuds

The Internet is My Cookbook – Searching for Recipes

By Tom Burt, Vice-President
Sun City Summerlin Computer Club
Gigabyte Gazette www.scscclb.com
tomburt89134@cox.net

An oft-spoken motto around Casa de Burt is “Fight Boring Food”. Most nights we stay home and cook, as this gives better portion and ingredient control. We enjoy ethnic food – especially Indian and Thai, though our repertoire includes all cuisines. Another challenge is coming up with recipes that work well for two. Often, we plan for a second meal as a way to get double duty from the original preparation.

As part of the menu planning process, we sit down mid-week, after the supermarket flyers have arrived, along with an inventory of what’s in the freezer and refrigerator. We then figure out the dinner plan for the following week. Each dinner typically includes a protein, a starch and a vegetable or salad and some fruit. Once we have a general plan, the challenge is to decide how a given meal will be cooked. The goal is to have lots of variety while keeping cost and effort low.

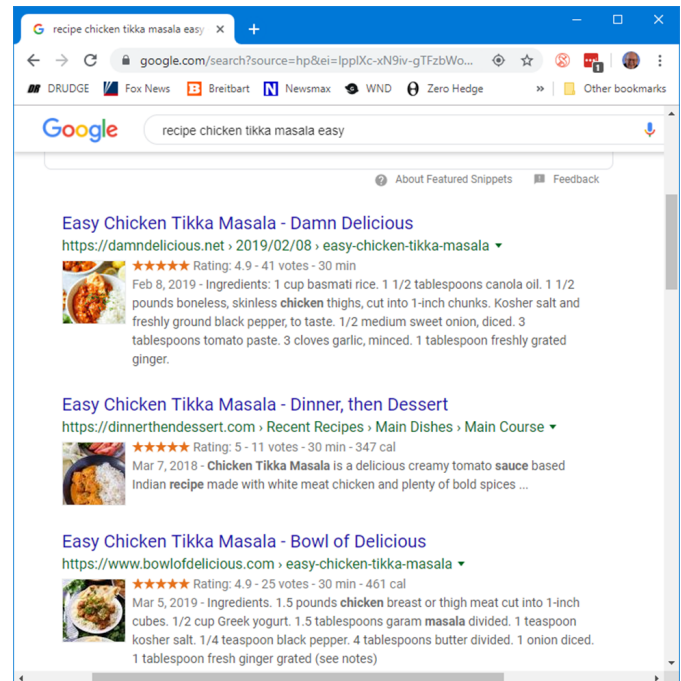
For example, we might decide to have chicken one evening. Will it be boneless-skinless breasts or thighs or a whole roast chicken or do we boil a chicken to make soup or do we cut up the chicken and do it oven fried or perhaps a pan fricassee? Another night it might be beef - steak, pot roast, braised brisket, fajitas, carne asada, roast prime rib, sweet and sour? And so on. The choice of prep for the protein in turn drives the choice of starch – rice, potatoes, egg noodles, pasta, bread and so on – as well as the choice of veggies or salad.

Often, especially for a preparation we haven’t done for a while, I like to fire up my favorite web search engine and get an idea of how a particular dish is prepared. Usually I’ll look over a dozen or so recipes to get a sense of what ingredients are fundamental to the dish, cooking time and temperature and any special techniques. Most dishes also involve a sauce or gravy. Once I know what it will take to make the dish, I note any unusual ingredients (e.g. fresh ginger, cilantro, coconut milk, scallions, tortillas) on the shopping list.

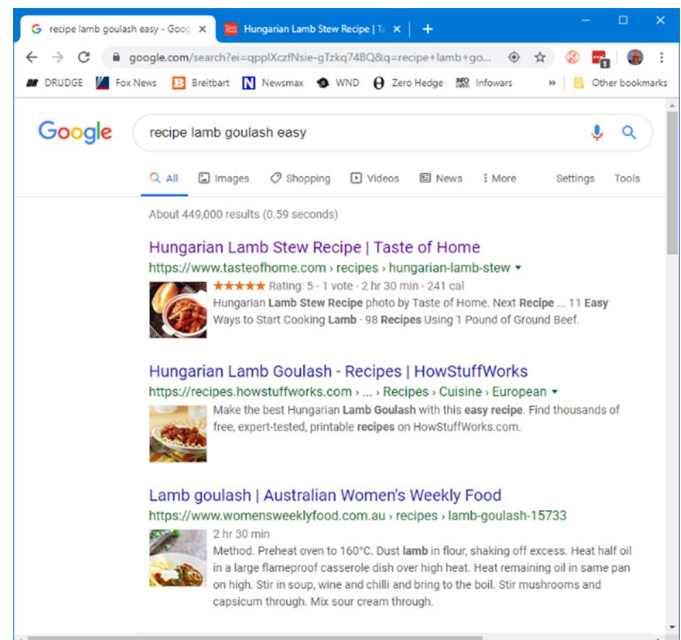
Now that I’ve got you salivating, let’s look at a couple of real-world examples.

All recipe searches should start with RECIPE followed by your protein (or perhaps veggie), followed by the preparation. For example: RECIPE CHICKEN TIKKA MASALA EASY. Adding the qualifier EASY to your search homes in on recipes that don’t have a lot of complex ingredients or preparation. Chicken Tikka Masala is actually a dish made popular in Britain, using Indian spices, chicken, tomato sauce and plain yoghurt.

My search on Google turned up 3,260,000 hits – a few too many to read. But the top 10 or so provide all the essential information.



Many of the resulting recipes have star ratings that help you home in on ones that produce the best results. Clicking on a link takes you to the website where the details of the recipe – ingredients and preparation steps are detailed. Many of the recipes also have calculators to let you adjust the ingredients to the number of portions you want to make. Many also have lots of photos or even videos to help less experienced would-be chefs

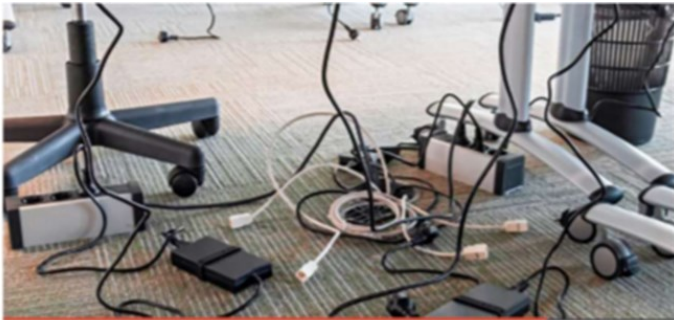


(Continued on page 12.....Recipes)

Making Your Tech “Fit” – Cords, Voice, Sound and Other Hazards

By Debra Carlson, Technical Advisor,
CVC Computer Club, CO
Tech-Notes
cvc.computer.club@gmail.com

Cords – Whether tripping or kicking (and disconnecting) them ...



or getting the contents of your desktop lost in the shuffle...cord / cable management is both a convenience and a safety issue.

Some basic principles:

- Label each cord you plug into your outlets / surge devices.



Hint: When you get a new device, unplug the power cord from the device and attach the outlet end of the new device to this with a twist tie (or tape). Pull the old cord from the outlet end and it will fish your new cable to the surge strip or outlet. This doesn't work in a “mess of wires”, but is good for many setups.

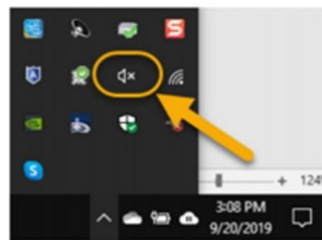


If you have many peripherals intermittently connected to your machine (a couple of cameras, a scanner, an external drive), consider a cable management “toy” for that as well.

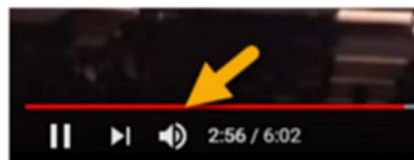
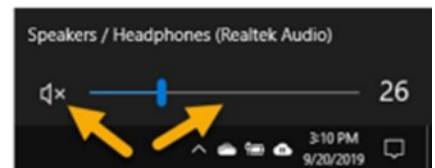
Voice – You may have a microphone built into your webcam (or the webcam in your laptop), part of a headset, or a separate microphone. Settings are most often tested in an app that uses the microphone (e.g. Skype). External units may connect to your machine by audio jack, USB cable or Bluetooth (wireless). Two things are important:

1. Train transcription software completely if you use it. It will help minimize errors in the text.
2. If you are using this for dictation, assume there are going to be errors! Check for them ... this will help avoid embarrassment over the messages you may send.

Sound – The biggest issues with speakers – USB, audio jack, Bluetooth, or Wi-Fi -- is accidental muting. This may happen on the speaker – especially if the on/off switch is a button rather than a knob control OR ...



Your sound is muted (see the X next to, or on top of, the megaphone).



If not muted, the volume may be too low.

Your YouTube or other video source may need either unmuting or volume adjustment, too.

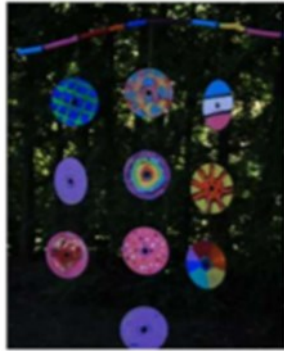
You may need to adjust the speaker volume AND the volume of the audio/video — setting both of them to maximum can interfere with sound clarity.

Other hazards –

- UPS (Uninterruptable Power Supply) units and surge/power strips can be great, but many have on/off switches. Be sure your unit is not in a position where it can be easily kicked (or hit) – and shut off.
- All computing devices can overheat. Have circulation space -- at least a couple inches each side on a tower, and if you have a laptop that lies flush on a desk, consider a cooling pad or other prop (I like bread cooling racks – right height and size).



Old program CDs make good drink coasters, wind chimes, or decorative hangings / picture frames. A couple ideas to make your desk area manageable and clear some clutter.



This article has been obtained from APCUG with the author's permission for publication by APCUG member groups.



(Recipes.....Continued from page 10)

to understand the preparation. Let's try another search: RECIPE LAMB GOULASH EASY . (See image on previous page.)

This one got 449,000 hits. The rating on the top recipe is 5 stars, so it should be pretty good. Goulash is a Hungarian spicy meat stew made with meat, onions, tomatoes, bell peppers, garlic, and lots of paprika. It's a single pot meal that's served in a bowl, so very easy on prep. There are many variations of the meat and veggies.

The recipe possibilities on the Internet are endless and no matter what you're looking for, the web will serve up a recipe for you. If feeling adventurous, try searching for: RECIPE DUCK A-L'ORANGE or RECIPE AVGOLEM-ONO SOUP .

Let your imagination be your guide and, in the words of noted French chef Jacques Pépin, "Happy Cooking!"

This article has been obtained from APCUG with the author's permission for publication by APCUG member groups.



Upgrade Exhaustion

News and/or Opinion from Paul Baecker

How did you spend *your* year-end holidays? Mine were a bit unusual this time around.

My wife was still living in a hotel, away from the house, after enduring a very complicated femur shear-break while on tour in Italy early in October (as of late-January, she is just starting to practice doing stairs in her physical therapy sessions — we have no bathrooms on our house's ground floor). So, because her mobility was severely diminished (basically wheelchair-bound), we were not able to accept some holiday parties (and shopping — gee, too bad), since she wasn't able to do stairs. So, I had some extra time on my hands.

I had been procrastinating for months to attempt a Windows 10 upgrade of one of my Windows 7 PCs. Right around Xmas, I decided to push the button and take a chance. I cleaned out the PC (maintenance and security scans, Windows updates, some junk files removed, and a full system backup), got some trustworthy advice on a few web sites, and went for it. Success!!! I tried another one. Success again. Three. And four. I ended up upgrading 13 PCs (not all of them mine). All ranging from 6-10 years old. Reasonably hi-powered (in their time) desktops and laptops to rather low-powered mini-laptops. The only one that had an issue was an eMachines desktop PC, which has a video system that

turned out to not be supported by Windows 10, and thus it now has a rather poor video display. The eMachines brand was acquired by Acer, and Acer has very poor support for these old PCs (and for their own brand, too). I am still trying to find a video card that might solve this problem.

On average, I'd say that each upgrade process, including the pre-upgrade activities plus a full system backup *after* the upgrade was completed, took close to 10 hours. Some offered a bit more of a challenge than others, and I also engaged with club member Paul C. on a few of these monsters when I would end up in a relatively deep hole and needed some advice. But I learned loads of new stuff for future reference. It's all part of the hobby.

Why did I pursue this marathon upgrade madness? Because I guessed that after the Jan 14 date MS might no longer recognize Windows 7 licenses for purposes of getting updates and upgrades performed. But on Jan. 21, I attempted another Win7—Win10 upgrade, and it, too, was successful. With each upgrade, I confirmed (in the PC) that the device was granted a new digital license by MS. In my opinion, that is the key to having performed a successful upgrade. So, there is a link in this issue's WebPageReviews (page 14) describing this FREE upgrade process that still works. If you have procrastinated, it's time to get it done, so you retain a usable PC for several years ahead (unless you have chosen to stick with Windows 7 because you have software on it that you need to retain).



Making Your Tech “Fit” — Does Size Matter?

By Debra Carlson, Technical Advisor
CVC Computer Club, CO
Tech-Notes
cvc.computer.club@gmail.com

Does size matter?
A few principles:

Keyboards -- “full size” addresses the width of keys but not the angle of the keyboard, height of the keys, pressure that is required to depress keys, or the optional keys and support for their programming.

“Ergometric keyboards” that force you to hold your elbows away from your body are “healthier”, in large part, because they force you to take breaks from typing. Keyboards with many curves do the same – and breaks are important.

Mouse -- If a mouse is too small it will stress your hand and wrist. It will also make it harder to relax while using the wheel for scrolling.

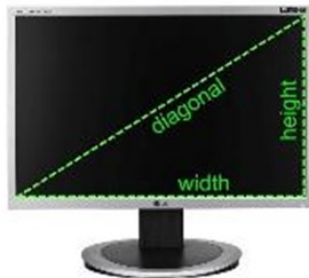
If you need to save money on one of these devices, save on the keyboard and spend on a mouse that fits.

Now for the more complicated size question – the monitor.

First, monitor size is both the physical size of the screen and the size of the items on the desktop (the screen with its icons, etc. is called the desktop). Many writers say, “get as big a monitor as you can afford.” While this may work for the newer high-end televisions, it is possible to overload the optical sensors at the distance we use for computer monitors.

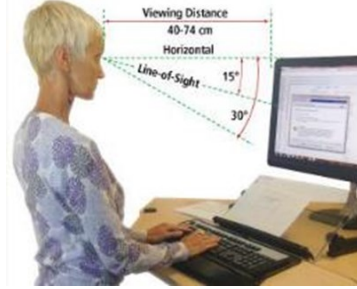
Monitor size is measured diagonally.

Approximate sizes on your desk are shown below.



Screen Diagonal	Screen Width	Screen Height
22"	19.2"	10.8"
26"	22.7"	12.7"
32"	27.9"	15.7"
37"	32.2"	18.1"
40"	34.9"	19.6"

OSHA (US Occupational Safety and Health Administration) suggests the following setup (image in next column):



Optometrists suggest the monitor distance is 16 to 30 inches.

It is important to note that people who use bifocals / trifocals / progressive lenses will often need to look through the bottom of

lenses if they do not use computer glasses so raising the monitor and setting it a bit farther back will help with neck strain.

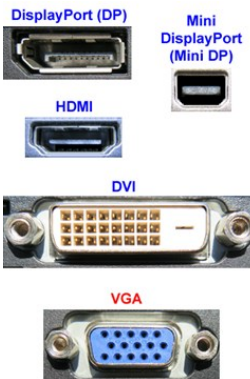
It is important to place the monitor in a location that eliminates glare on the screen. This optimally means perpendicular to a window, but this may not always be possible. Options include modifying the natural (shades / curtains), or artificial light (sometimes this means turning on a light) when using the computer.

Standard resolutions (icon and font sizes) for current monitors are (many more are possible):

- 1280x720
- 1366x768
- 1600x900
- 1920x1080

Generally, adjusting icon size more than 125% is not recommended unless you are using a discrete graphics card as it will cause slow response time and hanging / ghosting of images. Plan to mix changing resolution and setting icon size for best results.

It is usually possible to get a good 24" monitor for \$150 and a good 27" for between \$200 and \$250. Be sure you have a desk with space that allows you to move a monitor away from the chair before investing in a 32" monitor because of optical overload potential ... and invest in a 4K monitor if you are going that large to help avoid the pixilation that can happen on a large monitor.



If you are using a laptop, of course, sizes are different but resolution information is the same. Most laptops will allow attaching an external monitor for ease of use when sitting at a desk ... check to see what kind of connection you can make. Most laptops and monitors will use VGA or HDMI.

For all users – when replacing your monitor, futureproof your purchase by including DisplayPort or HDMI on the monitor or TV you purchase for your viewing pleasure.

This article has been obtained from APCUG with the author's permission for publication by APCUG member groups.



Web Page Reviews

by Paul Baecker — webwatch@sterlingheightscomputerclub.org



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

Club members only are encouraged to submit favorite 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.

Northern magnetic pole swiftly moving toward Russia.
<https://selfreliancecentral.com/2019/12/20/northern-magnetic-pole-swiftly-moving-toward-russia>

Search smarter with the **DuckDuckGo** search engine.
<https://www.askdavetaylor.com/search-smarter-with-the-duckduckgo-search-engine/>

Easily download YouTube videos with this free program for Windows.
<https://www.techsupportalert.com/content/easily-download-youtube-videos-free-program-windows.htm>

Microsoft released its “**New Edge**” browser in mid-January 2020. Here is a walk-through of this Edge replacement. (A link in last month’s WYSIWYG explained how to avoid having this new browser pushed to your Windows 10 PC.)
<https://www.pcworld.com/article/3513995/microsoft-new-edge-review-chromium-based-web-browser.html>

Watch thieves steal a car by hacking its keyless technology. (2-min. video) As with everything hi-tech, convenience comes with risk. The more convenience, the more risk.
<https://www.youtube.com/watch?v=bR8RrmEizVg>

The Log Movie. A busy thoroughfare across a waterway, at high and low water levels. (4-min. video)
https://www.youtube.com/watch?v=DhYT2iQO_r4

The Log 2 — Another Year. Another view at that busy thoroughfare across a waterway. (5-min. video)
https://www.youtube.com/watch?v=qsDU_tTgsFw

Can I still upgrade to **Windows 10** for FREE? Yes, and here's how, even after the Windows 7 end-of-support date (Jan. 14, 2020) has passed. (But do not hesitate — this opportunity could be cancelled by Microsoft at any moment.)
<https://www.cnet.com/how-to/can-i-still-download-windows-10-free-yes-heres-how/>

How to seal sinks, bathtubs, backsplashes and more using 100% silicone sealant. (With 2-min. video)
<https://www.ronhazleton.com/blog/how-to-seal-sinks-bathtubs-backsplashes-and-more-using-100-silicone-sealant>

Here's a look at this year's most bizarre fare at the **Consumer Electronics Show** (CES) 2020.
<https://www.pcmag.com/news/the-weirdest-tech-we-saw-at-ces-2020>

DuckDuckGo is the clear winner of Google's first Android search provider auction.
<https://www.ghacks.net/2020/01/09/duckduckgo-is-the-clear-winner-of-googles-first-android-search-provider-auction/>

The Windows Clipboard has always been capable of holding only one item at a time, but that has changed with the new **Clipboard Manager** in Windows 10 (ver. 1809).
<https://davescomputertips.com/tips-tricks-for-windows-10-clipboard/>

5 sites to learn personal finance basics and manage your money.
<https://www.makeuseof.com/tag/learn-personal-finance-basics-manage-money/>

Try these free online reference and research tools.
<https://askbobrankin.com/try-these-free-online-research-tools.html>

NOTE: Many of the links in the digital newsletter connect to the Internet if clicked. For those that do not, copy and paste the link into your Internet browser.

Web Watch Column on the Club Web Site

Check out the **WebPageReviews** section on the club’s web site. There you can see past web sites reviewed in this column. They are arranged into various *keyword* categories to help locate a specific topic or site.