



THE COMPUTER CONNECTION
SAUK COMPUTER USER GROUP

SEPTEMBER 2009

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MINUTES: SCUG CLUB
MEETING
AUGUST 8, 2009

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The meeting for Aug. 8, 2009 opened with the Question & Answer period conducted by Art and Neal.

There were approximately 27 members and one visitor present.

At the business meeting, there was no old business brought up and as new business, Joe talked about the new shirts for the club. He brought up the website from where he's going to order the shirts in both men's and women's styles and colors, and he passed around a sign-up order sheet.

The mall show was again discussed and Terry talked about the computer lab.

The meeting closed on a motion and Neal conducted the raffle drawings.

Betty then presented a very interesting presentation on Ubuntu, which she said would have been even better had she remembered to bring an essential connection for her computer. She also distributed free CDs containing the downloaded Ubuntu program to everyone attending. When her program was over there was a further drawing of an Ubuntu monogrammed shirt and three pens.

Respectfully submitted,

Angela V. Rester, club secretary

Club Information

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MINUTES: CLUB BOARD MEETING AUGUST 11, 2009

The board members met on Aug. 11, 2009, at the home of Angela Rester. Present were Joe Fornero, Terry MacLennan, Joe Schmitt, Tom Cartwright, Myron Kliment, Don Haag, Neal Shipley and Angela Rester.

The program for September will be given by Rob Toole of

Unique Computers on Windows 7.

The mall show was discussed, including what advertising can be procured.

Joe made the motion to adjourn, seconded by Angela.

Respectfully submitted by
Angela Rester, club secretary

We are working on having a booth at the mall on October 3rd to promote the club. Page 9 is the flyer for the promotion. Please feel free to post it where you work or other places. We are still putting together the CD. We had 9 people volunteer so far to help. They have paid for the embroidery of a white polo shirt that was provided for free. If you want to help, the cost of the embroidery is \$10.50, but I need to know before next meeting, please email me at j4nero@thewisp.net.

Members also ordered new SCUG shirts, I have placed an initial order. But, if anyone else still wants one, they were out of Island Blue so will place additional order probably the 1st week of Sep., so email me if you want one.

SEPTEMBER RAFFLE

This coming month, for raffle, we will have a Brother PT1230 label printer that connects via USB to your computer and has self contained software that you can design and edit on screen, then print it. It can use batteries or a separate available power supply.

- Easy to use - no software installation required.
- Uses tape up to 1/2" wide, laminated for indoor/outdoor use.
- Manual cutter.
- Uses six AAA batteries (not included).
- Supports USB connectivity (cable included).
- Use your PC monitor to create labels-print exactly what you see on-screen.
- Conveniently uses your existing computer keyboard for easy input.



Using Windows Media Player to View DVDs

By Terry MacLennan

We were attempting to play a purchased DVD on one of the computers with zero luck the other day as the large-screen TV wasn't working at the Senior Center and they had guests waiting for their 'Dinner and a Movie' activity. We eventually used one of our laptops which had a special DVD program on it and were able to continue the event for them although they had to watch on the tiny laptop screen. We quickly decided that we needed to be able to play DVDs on the regular computers at any time necessary and corrected the situation using the K-Lite Codec Pack. We can now play a movie and show it on the larger overhead monitor.

You would think that Windows Media Player (WMP) would automatically play all DVD movies when you insert the DVD into the drive but it may not. You might get some sort of error saying that it needs a codec (coder-decoder) plug-in. It may even offer to look on the web for the appropriate one **but unfortunately, doesn't** do a very good job of locating one that actually works.

When media is written to

DVD or CD, using special algorithms, it is encoded using a specific compressed format. This encoding also decides the quality of the media. At the time you play the disc, this encoded media cannot be played as it is but must be decoded first on your computer.

Many people go out and purchase a program to play movie DVDs but this is not really necessary as a plug-in called K-Lite Codec will enable WMP to work just fine and the best part is that it is free.

There are however a couple things that are required:

Have Microsoft XP installed on your PC.

Have at least the Windows Media Player 10 version.

The plug-in can be located at http://www.free-codecs.com/download/K_lite_codec_pack.htm

K-Lite Codec Pack 4.9.5 Full, Standard and Basic

The web site states that the "K-Lite Codec Pack is a collection of codecs and related tools. Codecs are required to encode and/or decode (play) audio and video. The K-Lite

Codec Pack is designed as a user-friendly solution for playing all your movie files. With the K-Lite Codec Pack you should be able to play 99% of all the movies that you download from the internet."

Simply download the pack and run it following the easy instructions. During the installation, there is a choice of associations using Media Player Classic or WMP. Just check the box for the one **you wish to use but don't worry if you don't like it as** you can always change to whatever program you prefer to be the default program by simply using the Open-With file association right-click menu. Does everyone know how to set file associations or do we need an article on it?

Misc Items from Smart Computing

UBUNTU
TIPS & TRICKS
By Betty Beatty

Get Home Quickly: Whether you're searching a Web page, halfway through a long Word document, or checking out the latest numbers in an Excel sheet, in order to get to the very beginning of the information you're looking at, you can press CTRL-HOME. This will instantly return you to the start of any page without you scrolling your mouse or pressing an arrow key until you get to where you need to be.

- **Faster Than Wireless:** When you purchase a wireless router, be sure it has extra Ethernet ports that support Gigabit Ethernet, which is the fastest Ethernet standard available. Wired Gigabit Ethernet speeds are even greater than the fastest wireless standard, 802.11 Draft N. Having multiple Ethernet ports will allow you to make a wired connection to devices in addition to wireless connections. If you want to connect a wired network device (one that doesn't include built-in wireless capabilities) to your home network, an Ethernet

port and an Ethernet cable will ensure you can still integrate it into your network.

- **Avoid Evil Twins:** Free municipal and college Wi-Fi hotspots are popping up everywhere, and data thieves are taking advantage of them to lift your information. Hackers establish open networks with official-sounding names, such as SeattleFree-WiFi, and then monitor those networks and access users' information at will. Beware a public network unless you can confirm its SSID (Service Set Identifier; its public name) or you are at a reputable business with Wi-Fi access and only that network is within range.

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Having Ubuntu on your Windows PC is having the best of both worlds. Remember, you can run **Ubuntu** off the **LIVE CD** without installing anything on your computer. **Just stick the CD in your CD drive and reboot.** If your computer will boot from a CD just wait for Ubuntu to boot. If your computer is not set to automatically boot from a CD just enter the boot menu when you reboot by selecting the boot menu option on start-up. On my computer it is F12=Boot Menu. On your computer it may be something different like F8, etc. This allows you to enter the boot menu and select the CD/DVD-ROM as the boot device. On my computer it takes about 3 minutes for Ubuntu to boot **from the CD**. It is actually loading the entire operating system in your system memory. Have fun!

TALES FROM THE TRENCHES: WE ALL BELIEVE IN GROUPTHINK

BY GREGORY ANDERSON

Page 5

You probably already know about Google's plans to take over the world. The ubiquitous "search" company already delivers YouTube, Gmail, Maps, an office suite, and an Internet browser. Believe it or not, however, there's one powerful piece of the Google Empire that you probably aren't using enough. Like the rest of the company's offerings, it can make life a lot easier. No, I'm not talking about Google Babysitter or GCarWash—though both would be nice, wouldn't they? I'm talking about Google Groups, and it's a powerful tool for helping solve tech support issues. The best thing is, you probably already know how to use it.

You may be wondering what I'm talking about. Just as Google's famous search engine scours and indexes the World Wide Web, collecting billions of links to Web pages all over the world, Google Groups does the same for the world of newsgroups. Online message boards go way back before the Web, when BBS (bulletin board systems) and Usenet roamed the earth, and no one could imagine a good reason for putting anything but text online. Newsgroups contain ongoing discussion threads between their users, some of which can span years and provide assistance to people reviewing the conversation long after it ends. Because newsgroups tended to be a tool of technology folks, a side benefit is that they often focus on technology issues. So you're likely to find plenty of discussion relevant to any technical problem you're experiencing.

Another nice thing is that Google Groups couldn't be easier to find. Just go to Google's main search page (www.google.com) and click More and then Groups. If you're looking to add a Favorite or Shortcut, you can go direct via groups.google.com. Enter your search terms (using all the same Boolean terms you apply to regular searches) and click Search Groups. Alternatively, you can run a regular Google search and then click the Groups link to see results for the same query across the discussion group universe. Click the assembled results for live or cached newsgroup posts, just as you do for Web links.

Of course, as with all things Google, there are plenty of ways to do more than just type in search terms and browse results. If you find a group focusing specifically on an issue you deal with often, subscribe to the group to keep a regular eye on what's going on. The Preferences link next to the Search box lets you select various languages to search in and control SafeSearch filtering. This is especially useful if you're interested in technical tips for amateur video editing and don't want to have to dodge all sorts of other, um, nontechnical discussion. You can also use the categories listed in the Explore Groups section on the main Google Groups page to browse newsgroups looking for just the right forum topic.

Just like a discussion board or file-sharing site, you can only lurk so long, gathering community wisdom, before you start to feel like a leech. At some point, you'll want to let people know that their tips worked, or you'll want to record your own solution for the next poor sap that comes along. Moreover, if you can't

find a solution that works, your next step is to ask for help from all of the nice people out there. That's when it's time to speak up. Most of the newsgroups linked from Google Group's search results, and all official Google-hosted groups, let you post replies to existing threads or create new discussion topics. Sometimes you need to become a registered user of whatever forum you're browsing, and some groups control membership more strictly than others (like political parties, but that's a different column). In any case, make a contribution every once in a while, and you'll make the whole newsgroup community a richer place.

The next time you're in a support pickle, think of that plucky little startup from Mountain View, CA. Sure, they can find you 80 gazillion Web sites about whatever topic piques your curiosity. When you need help solving specific problems, though, going along with the crowd can be good after all.

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Find It Online

Browse Your Way To Better Health

Gyminee
www.gyminee.com

Signing up for this site gives you tools to help you meet your diet and exercise goals. From the My Locker Room dashboard, you can track your weight, nutrition, and workouts; set goals; make journal entries; and record your overall progress. Click the Workouts tab at the top of the page to find a workout program or create your own. You can invite your friends to be your GymBuddies and challenge one another to meet your health goals. Once you become a member, you can upgrade your account to the Gyminee Pro version for an annual fee of \$45, which offers additional tracking and statistics features and bonus workout programs. **While you're logged in,** simply click the Try An Annual Pro Account link found above the Gyminee logo.

LiveStrong
www.livestrong.com

This site, co-founded by professional cyclist Lance Armstrong, is a great resource for those looking for ways to live healthier lives. **Whether you're looking for** ways to reduce stress, become more active, or eat better, this site is full of free information and tools to get you started. Use the tabs at the top of the page to browse subjects such as Diet & Nutrition, Appearance, and Balance. The Dares section chal-

lenges you to change your lifestyle by creating and succeeding in a goal every day.

EatingWell
www.eatingwell.com

This site will help you make your diet healthier. Click the Recipes tab at the top of the page to browse highlighted recipes or use the Search bar to find a specific dish. The Health section offers tips for healthy cooking and features the latest food-related news. In the **Health section, you'll also find a** Nutrient Library that outlines what foods your body needs most, **why they're important, and how much** you should be eating. The Shop section features additional cookbooks for purchase, as well as cooking utensils and appliances.

KidsHealth
www.kidshealth.org

The Kids portion of the KidsHealth Web site is perfect for teaching younger members of your family how to eat and live healthy. Kids can browse many topics, including Staying Safe, Feelings, and Staying Healthy. Click How The Body Works at the top of the main page to learn about the human body through movies, quizzes, articles, and activities such as a word find. The **Kids' Dictionary of Medical Words,** found on the left menu, can help kids learn more about illnesses and health conditions.

NIHSeniorHealth
www.nihseniorhealth.gov

This site features health and wellness information especially for seniors. Search for information about a particular topic by clicking a letter of the alphabet on the main page or choose from one of the listed categories. For example, the E section features helpful information about eating well as you get older and offers exercising tips for older adults. From the main page, you can click Exercise Stories and read about the progress other seniors are making with their health goals. There is also a Health Videos section full of useful information and inspiring stories about older adults who are happily coping with tough health concerns.

Centers For Disease Control And Prevention
www.cdc.gov

One of the best ways to live a healthy life is to be educated. This site offers a limitless amount of information about preventing illness by adding healthy activities to your schedule. On the main page, click the Healthy Living section to browse topics about aging, nutrition, sleep, and more. This site also features sections called Emergency Preparedness & Response, Environmental Health, and Workplace Safety & Health. The Injury, Violence & Safety section offers statistics and treatment information for various injuries and situations.

Pets For The Environment
www.petsfortheenvironment.org

It's important to discover ways for your pet to live a healthier life, too. This site, written by a pooch named Eddie, features various pet health topics and offers tips and advice on making **your pet's life as toxin- and chemical-free as possible. Start by reading Eddie's Healthy Pet Tips** under the Take Action section. **Eddie's Blog highlights** other health issues such as **treat-shopping tips. When you're finished learning how to make your pet's life healthier, add a picture of your best friend to Eddie's Wall Of Cute, also found** in the Take Action section.

That's News To You

Finding the appropriate online group to match your interests can be a monumental task. So each month, we scour the Internet to bring you the friendliest forums and most interesting bloggers the Web has to offer. This month, check out the hard work of one woman vowing to live healthier and learn how to make scrumptious (but healthy) treats.

Healthy Indulgences
www.healthyindulgences.blogspot.com

Eating good-for-you food doesn't mean you have to sacrifice taste or forego all your favorite treats. This blog features recipes for delicious-looking sweets that are gluten-free, sugar-free, and all-

natural. **The blog's creator personally bakes each recipe and includes directions and photos of each treat.**

Love To Eat, Hate To Exercise
www.lovetoeathatetoexercise.blogspot.com

The road to healthier living can sometimes be long, but as this **blog's creator shows, perseverance harvests results.** The posts on this blog share the successes of a personal journey to **lose weight and live healthy. You'll find** lots of advice, tips, and recipes, as well as an inspiring atmosphere that might just give you the motivation you need to start living healthy.

If you're looking for a better way to organize and manage your diet and exercise routines, this software might just do the trick. Start by creating your own personal food diary and setting specific goals, such as weight loss or gain, weight maintenance, or simply eating healthier. Keep track of the foods you eat and what types of nutrients they offer. A pie chart shows you the percentages of carbohydrates, fats, and protein you consume. **If you're concerned about a particular food type, such as carbs or fat, you can set a stoplight that alerts you when you've gone over a limit that you choose.**

A healthy living plan isn't complete without exercise. In addition to

monitoring your food intake, you can also manage your physical activities, from sports such as swimming or running to daily activities such as vacuuming or gardening. For an even more specific log of your diet and exercise habits, you can write notes in your food diary and record your mood. And with the ability to add multiple profiles, you and your family members can grow healthier together.

To download the free trial, visit the site and choose Download Free Trial at the top of the page. The next page explains that you can download the Nutrinote software to your hard drive or to a USB flash drive so you can take your food diary with you wherever you go. Click Download under the For Private Users box and save the file to your preferred location. When the download completes, double-click the file to start the installation. If you want to buy the software, simply click the Buy Now option at the top of the home page, choose **which edition you'd like (\$39.95 for Standard and \$49.95 for Premium)**, and follow the on-screen directions to place your order.

Compiled by Kris Glaser

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VINTAGE MICROSOFT HUMOR

For all of us who feel only the deepest love and affection for the way computers have enhanced our lives, read on. At a computer expo (COMDEX), Bill Gates reportedly compared the computer industry with the auto industry and stated,

'If GM had kept up with technology like the computer industry has, we would all be driving \$25 cars that got 1,000 miles to the gallon.'

In response to Bill's comments, General Motors issued a press release stating:

If GM had developed technology like Microsoft, we would all be driving cars with the following characteristics (and I just love this part):

1. For no reason whatsoever, your car would crash..... Twice a day.
2. Every time they repainted the lines in the road, you would have to buy a new car.
3. Occasionally your car

would die on the freeway for no reason. You would have to pull to the side of the road, close all of the windows, shut off the car, restart it, and reopen the windows before you could continue. For some reason you would simply accept this.

4. Occasionally, executing a maneuver such as a left turn would cause your car to shut down and refuse to restart, in which case you would have to reinstall the engine.

5. Macintosh would make a car that was powered by the sun, was reliable, five times as fast and twice as easy to drive - but would run on only five percent of the roads.

6. The oil, water temperature and alternator warning lights would all be replaced by a single 'This Car Has Performed An Illegal Operation' warning light.

I love the next one!!!

7. The airbag system would ask 'Are you sure?' before deploying.

8. Occasionally, for no reason whatsoever, your car would lock you out and refuse to let you in until you simultaneously lifted the door handle, turned the key and grabbed hold of the radio antenna.

9. Every time a new car was introduced car buyers would have to learn how to drive all over again because none of the controls would operate in the same manner as the old car.

10. You'd have to press the 'Start' button to turn the engine off

PS - I'd like to add that when all else fails, you could call 'customer service' in some foreign country and be instructed in some foreign language how to fix your car yourself!!!!

SAUK COMPUTER USER GROUP

will be at Northland Mall on Saturday October 3rd

10:00a.m. to 3:00p.m.

See a demonstration of the newest Microsoft
operating system - Windows 7.

Also on display will be computers running Windows Vista and Windows XP.

A special club CD may be obtained for a \$1.00 donation. This entitles you to free membership in the club for the remainder of 2009 if you purchase a paid membership for 2010.

Annual dues are \$20 for an individual and \$26 for a family under one roof.

Whiteside County Senior Center Computer Lab personnel will be present to tell you about their free-to-use high speed internet computers and available computer classes, all of which are designed for the very beginner.

If you have an interest in the latest operating systems for computers or simply want help with the computer you use only for solitaire, then we hope to see you at the mall.

Sauk Computer User Group
User Helping User
3406 E. 19th St.
Sterling, IL 61081

There will be a Question & Answer
Session starting at 1PM.
Bring any questions you have about
your computer or problems you may
be having. It will be conducted by:
Neal Shipley & Art Bedeck



Notice

The next meeting of the Sauk
Computer User Group will be

Sep 12, 2009

Workshop: 1:00 P.M.

Business: 2:00 P.M.

Program: 3:00 P.M.

Place: **Whiteside Senior Center**
1207 West 9th Street
Sterling, Illinois 61081

SEPTEMBER'S MEETING THEME: WIN 7 BY ROB TOOLE FROM
UNIQUE COMPUTER