The Outer Edge

The Friendly Computer Club Helping Make Computers Friendly. On the Web at www.cipcug.org

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★★★★★★★★★★★★★★★★★★★★★★★★
Attendance at the
December general meeting:
49 members and guests.
★★★★★★★★★★★★★★★★★★★★★★★★

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Mailing Address: P.O. Box 51354, Oxnard, CA 93031-1354

On the Web: cipcug.org
On Facebook: Facebook.com/groups/cipcug

Officers and most board members can be contacted through the following aliases:
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    …….…......webmaster@cipcug.org
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COMMAND.COM
By Sandy Tsutsui-Trujillo

I want to start with expressing our gratitude to Richard McMurray's estate for the generous donation for equipment and express our sympathy to his family.

Also, I want to express our sympathy to Norma Maidel's family for their loss. She was a member of our club. Her husband, Mark, is a member.

I personally like the printed newsletter. We need our membership's assistance. The current projected budget will put our 2014 operating budget in the negative. The cost of postage and printing has caused most clubs to change to electronic only. I would rather keep our printed newsletter that I can put into my bag and read at my leisure. If you have a recommendation, please send it to the board.

Tsutsui-Trujillo

We are a nonprofit organization. I look at purchasing $10 to $20 in monthly raffle tickets as a donation and consider any winning a bonus.

I've noticed a big increase in phishing attacks. The fake Amazon.com, FedEx, Walmart and credit card alerts have gotten much better. Everyone should pay attention to the sender and subject. I never have the links automatically enabled on my e-mail. If I see something that could be a real alert, I check the company's website, such as Amazon.com.

There was an interesting short article about "Avoiding Social Engineering and Phishing Attacks" at http://www.us-cert.gov/ncas/tips/ST04-014 and a longer article, "SPEAR Phishing Understanding the Threat," at http://www.cpni.gov.uk/documents/publications/2013/2013053-spear-phishing-understanding-the-threat.pdf?epslanguage=en-gb. (Pages 6 and 7 contain good defense guidelines)

Root Directory

AWARDS

2004 APCUG: Large groups first place for website.

2006 Southwest User Group Conference: second place in both the newsletter and Web site contests.

2011 APCUG first place in the newsletter contest (medium groups).

2012 APCUG first place in the newsletter contest (medium groups).
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Channel Islands PC Users Group
CIPCUG mailing address:
P.O. Box 51354, Oxnard, CA
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Executive Committee
(Elected members of Board of Directors)
President………......Sandy Tsutsui-Trujillo
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Immediate Past President
………………………….........James Brown
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Lois Evans de Violini…………...1989-1991
Terry Lee………………………..1991-1993
Jerry McLoud……………….…..1993-1995
Robert Provart……………….….1995-1997
Toby Scott……………………….1997-1999
George Lakes …………………...1999-2001
Andy Toth……………………….2001-2003
David Harris…………………….2003-2005
Lois Evans de Violini 2005-2007
Paul Westefer…………………...2007-2009
Rick Curry………………………2009-2011
James Brown…………………….2011-2013

(With the exception of the immediate past president, past presidents are not board members.)

Life members
Frank Segesman*
Toby Scott
Lois Evans de Violini
Art Lewis
Helen Long
*Deceased

CIPCUG NEWS AND EVENTS

Trials and tribulations

T his was an interesting issue to prepare. For a while, it looked like we weren't going to get the list of links promised by our December speaker, Dr. U.A. Garred Sexton. The flash drive he gave Toby Scott had only his PowerPoint presentation on evidence based medicine and not the separate file with the links. He was apparently away from email for a while because the links did not arrive until late on Jan. 1, which was past the deadline I had set for this issue. Fortunately, because we met on the third Saturday in December, I had a little time to fudge so I pushed the deadline. This is being

Editor's corner

Weigle

written on Thursday morning, which should give me plenty of time to finish things and send the issue to our printer.

Two regular features are missing this month, however: minutes of the board meeting and the Penguin's Lair. The December board meeting was so short that Secretary Diane Mortensen-Henderson suggested combining the minutes with next month's, and I agreed. Bill Wayson, the Penguin's Lair author, asked for a holiday break, to which I readily agreed. I think this is the first, or maybe the second, time he's missed a column in the time I've been editor.

Coincidentally, APCUG sent a batch of articles from other user groups that included a discussion of the problems with the Affordable Health Care Act Web site, so it's included in this issue starting on page 15.

Dr. Sexton's talk was originally billed as "Health Care not Obama Care," which turned out to be a bit misleading, but it included a lot of useful information. For those who would like more information about him, here's an expanded biography he provided:

"Dr. 'Garry' Sexton is board-certified in occupational medicine and aviation medicine. His need to stay current with the ever-changing practice in medicine requires his constant search to find current information and to read and evaluate medical literature. His presentation is concerned with how his listeners can effectively use their computers to read and evaluate medical literature along with providing legitimate sources of information.

"Dr. Sexton was in private practice for 14 years as a family practitioner; then for 20 years he combined his interest in flying with medicine and worked in the Federal Aviation Administration as regional flight surgeon. After retiring from the FAA, he went to work for American Airlines as area medical director in Los Angeles. Following his retirement from American Airlines, he started working part time in industrial medicine and continues this to date. He is also the president of the Greater South Bay User Group in Torrance.

— **John Weigle, Editor**

Coming events

2 grand jury members to speak in January

Programs

Two members of the Ventura County Grand Jury will speak at the Jan. 25 meeting at the Camarillo Boys & Girls Club, 1500 Temple Ave. (Ponderosa Drive and Temple Avenue), Camarillo (see the map on the last page).

Barring unusual problems, the doors will open at 8 a.m. and the meeting will start at 8:45 a.m., with the pre-meeting SIGs on the Internet and connectivity and on Android devices and their apps. The business meeting will start at 9:30, followed by the Q&A session at 10 a.m., coffee break at 10:30 a.m. and the program at 11 a.m.

Dates of other coming meetings:
Feb. 22
March 22
April 26
May 24
June 28
July 26
Aug. 23

Door prizes

We have two types of raffle tickets: one for prizes offered by the presenter and one for club-provided prizes. The tickets for the presenter's prizes are free and limited to one per member.

The tickets for the club-provided prizes are $1 each, $5 for six tickets, $10 for 13 tickets, $15 for 20 tickets and $20 for 27 tickets and are available to anyone. Those who can't stay until the drawing may sign their tickets and give the person selling the tickets a list of the prizes they would like in the order they'd pick them. Winners' prizes will be held until the next meeting.

Consignment table

A consignment table is set up at every meeting. Anyone can buy, but only members can sell.

The club gets 10 percent of the sales price. Sold items must be picked up at the end of the day's meeting.

Any items not picked up will become the property of CIPCUG and will be subject to disposal at the club's discretion.

CIPCUG is not responsible in any way for items bought or sold at the table. Each item is sold as-is unless otherwise stated.

Meeting, SIG notices

If you would like e-mail notices of regular meetings and SIGs, go to www.cipcug.org, where you'll find a link on the home page to sign up. The URL is cipcug.org/listserv.cfm.

You will need your membership number, which is on the back cover of TOE, to complete the sign-up.

General SIG, Q&A
Email aliases, Facebook posts and virus dangers

Pre-meeting SIG

Because of the small number of people present at the start of the meeting, the SIG became a general question-and-answer session. Several questions have been taken out of order and combined under a single subheads to keep related information together. — Editor

Email aliases

Q: You have mentioned email aliases. Would you discuss what they are and how they're used?

A: Every email user has a primary account, such as joeuser@cipcug.org. You can ask your email provider(s) to provide aliases, which are really just forwarding addresses. Someone who sends an email to an alias address does not ever see your primary address unless you provide it. Messages to the alias appear in your inbox or whatever folder you direct them to.

People use aliases to register at sites they don't want to get a lot of email from or to make it easy to sort mail as it arrives. When they get too much mail to the alias address, they can burn it down — that is, delete it — and create a new alias. I'd encourage you to have at least two

aliases. I created an "obscure@scotts.net" but then used it for lots of the providers we use at Ventura County Computers so can't delete it now. I'm trying to remember all the passwords and accounts I set up so I can go out and change them and then burn this account down. Use something like "goodstuff@fubar.com" and "junkstuff@fubar.com."

Q: What does an alias cost?

A: Nothing.

Q: I have four accounts for this. What's the difference between that and having aliases?

A: The main advantage is that you have to work with only one account. This might not make a lot of difference if you have just a desktop, but if you're working with several devices and trying to coordinate them, multiple accounts are more difficult to handle. If you change an alias, you don't have to create another account in your email program and plug in a lot of new settings for it. Also, Internet service providers don't like to have lots of email accounts because there's work involved in setting them up, running them and deleting them.

Q: What do you mean by "burn

down"?

A: That just means deleting the alias.

Q: Don't some providers limit the number of aliases you can have?

A: Probably, but you don't need 100 of them.

Comment from audience: I believe Yahoo limits you to one.

A: Yahoo mail is screwed up. Yahoo keeps making changes that many users don't like.

Michael Shalkey went to the Yahoo site and created five aliases for an account there. He could have created more, he said.

Facebook

Q: I want to comment on Facebook about a picture that I got in email. After I type my comment in Facebook I get an "are you sure you want to leave this page" message. What do I do to make sure my message stays?

A: Hit Post to post the picture and comment, and then you can leave the page.

(From audience comments and Toby Scott): Hit the Post button to post the reply. If you go to Facebook directly, you

More on coming events ...

Sept. 27
Oct. 25
Nov. 15 **(third Saturday)**
Dec. 20 **(third Saturday)**

SIGs

Special Interest Groups (SIGs) are sponsored by CIPCUG and led by volunteer club members. The SIGs are free to CIPCUG members.

Other than those presented during or just after the regular meeting, the SIGs run from 6:30 to 8:30 p.m. at Ventura County Computers, 2175 Goodyear Ave., Unit 117, Ventura; phone 289-3960. From the 101 Freeway, exit at Telephone,

take Telephone south to McGrath, turn left and go one block. Turn right on Goodyear and right again into the second driveway. Unit 117 is the back, right corner of the building.

The pre-meeting SIGs are at 8:45 a.m. at the Boys & Girls Club.

The general schedule:
Fourth Tuesday: Linux.
Fourth Saturday (or the regular meeting day): Internet and Connectivity SIG (Toby Scott) and Apps for Tablets and Smartphones (Jessica Scott), 8:45 a.m.

The January and February schedules:

January
Saturday, Jan. 25: Pre-meeting SIGs on Internet and Connectivity and Tablet and Smartphone apps at 8:45 a.m.
Tuesday, Jan. 28: Linux SIG. Moderator Bill Wayson. The topic will probably be general questions and banter.
February
Saturday, Feb. 22: Pre-meeting SIGs on the Internet and Connectivity and Tablet and Smartphone Apps at 8:45 a.m.
Tuesday, Feb. 25: Linux SIG. Topic TBA. Bill Wayson, moderator.
Be sure to check the calendar on cipcug.org for updates on event programs, dates and times.

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type or paste whatever you want to put in, hit Post and then you're OK. If you're commenting on something that's already there, you just have to hit the Enter key to post it. If you want to make a paragraph in your post, use Shift + Enter.

Q: On the Facebook picture question. You can copy and paste a picture and put it anywhere, including the Comment box.

A: That's correct. Be careful about posting pictures from cell phones because they often imbed information showing exactly where you were when the picture was taken. This might not be much of a problem for members of this group who are posting pictures of ourselves, but be careful about posting pictures of children, grandchildren, etc. who might be targets for predators.

Get ruthless about unfriending people you don't know.

Virus dangers

Toby Scott: Another warning: The No. 1 source of viruses today is a request to friend someone on LinkedIn. If it's a name you don't recognize or don't really care about, just ignore it. If you really want to link to the person, go to the site (https://www.linkedin.com) directly and sign in there.

Michael Shalkey: Again, heed the warnings not to click on links in email and not to open attachments unless you first download them to your hard drive and scan them for viruses. It's really, really easy to fake a return address. The message from Bill at Microsoft.com that says "I'll send you $5 every time you forward this message" is still a phony and is not from Bill.

Toby Scott: The top three email virus sources right now are messages that are purportedly from Linkedin, Federal Express and United Parcel Service.

Q: I got an email from a friend with a link to a Dropbox file.

A: That would probably be legitimate, but if you have any doubts, either email or call the person on the phone to confirm that the message is really from the person it purports to be from.

Internet Explorer 11

Q: I had a problem with Yahoo Mail on IE 11. Going back to IE 10 solved it.

This month's topics

SIG
Email aliases
Facebook
Virus dangers
Internet Explorer 11
Pareto
Vanguard password request
Email issue

Windows 8.1
Intel vs. AMD chips

Q&A
Uses for 9-year-old PC
Monitor for TV
Office 2013
Cloud security
Private email

A: There have been a lot of cases of people upgrading to IE 11 and finding that many websites don't display properly. Go the gear at the upper right corner of IE 11, select the Compatibility View settings and add the problem website(s). If you have Windows 8, you can't go back to IE 10.

Michael Shalkey: It's best not to use Yahoo Mail on IE. Internet Explorer and Yahoo are having a fight right now. Every time Yahoo changes something, it can also break something.

Pareto

Q: I have Pareto on my machine and am not sure what it is.

A: It's a legitimate program, but you might not want it because it runs in the background all the time. It keeps things up to date, but I don't like it. The company's website is http://www.paretologic.com/products/index.aspx.

Q: I couldn't delete it and ended up deleting the folder from Programs.

A: That's not a good way to remove a program. Use Add or Remove Programs in the control panel because you can break other things by just deleting the folder. That method does not remove registry entries that might redirect certain functions.

Q: It wouldn't delete that way. What should I do now?

A: Go to the company's website and look for a tool to delete it. At this point you might have to reinstall it and then uninstall it properly. One of the dangers in simply deleting the folder in Programs is that some programs interrupt basic Windows functions so they can operate properly. If you delete the folder, all those pointers to it in the registry are still there, but they point to non-existent locations. For example, an antivirus program makes so many changes to let it work that

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you'd probably end up having to reinstall Windows if you simply deleted the folder.

Audience comment: IE 11 is not working well with some of the tax programs we use. They said to go back to IE 9 or 10.

Also, I got an email supposedly from American Express saying that my card had been used for $7,500 in purchases at Disneyland but that the person didn't have the card and asked me to confirm the purchase and provide lots of other information. I'm also getting such emails from Wells Fargo, where the CIPCUG account is.

Audience comment: When you remove a program, you might get a message saying that some files might be used by other program; do you want to delete them? Take it from me; don't delete them because you might end up with lots of problems.

Vanguard password request

Q: I got an email from Vanguard that told me that someone was trying to answer my security questions and couldn't. It asked me to log in and change my password by clicking on the link in the email. I called Vanguard, and it was a scam.

A: The people who write these emails are getting better and better at making them look legitimate. As always, if you get such an email or phone call, go to the site in question using a known valid uniform resource locator (URL) and see if the message or warning is on the website. If it isn't, don't worry about it and delete the message. I have a Bank of America account and get lots of messages from the bank, including notices of deposits, which I expect.

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(Continued from page 5)

Q: Don't the hackers need the answers to your security questions to get to the account?

A: No, not to spoof an email address. If hackers have hacked your email account, they might use the "I forgot my password" choice. Don't ever think you have to do something because of an email. Check the applicable website.

Q: I got a letter from them.

A: That's more likely OK, but still it's best to call and ask just to be sure.

Audience comment: It sounds like your password worked. They didn't say it was broken.

A: If I was told something was broken on my account, I'd go look at the account and check the password. If there was a problem, I'd change the password.

Audience comment: When I do security questions, I do something illogical, like use a color when it asks for a name.

Michael Shalkey: You don't have to tell the truth on your security questions. Just use something that fits the format of the question. For instance, if it asks for your mother's maiden name, you can use the name of your first pet. If it asks for a birth date, use some other date. If it asks for a name, use a color. Of course, you might have to write down the answers you use so you can find them again if you ever need the answers. Again, don't use the links in emails. Use a known good address. On the latest break-in, the most popular password was "123456," second was "123456789," third was "password," and fourth was "1234."

Email issue

Q: I was talking to a customer service person who tried to send a confirmation to a Gmail account, but it never came. He tried several times, and I finally gave him a different address. The message arrived there. Any ideas?

A: I can give you a probability but not a certainty. You might have iYogi, which we've discussed before. It's a borderline legitimate technology help site but is mostly just a source of viruses. Many companies have farmed out tech support to companies in other countries, and some of the companies' employees do some bad things to some callers. Google might have had complaints about the site and simply blocked the domain. As I said, I don't know that's what happened. If your warning lights go on and the people ask to get on to your computer, just pass on it.

Windows 8.1

Q: Michael talked me into downloading Windows 8.1 for my Surface RT. It wanted to add lots of apps that I didn't want and wanted me to have a Microsoft account. Can I go back to Windows 8?

A: No, and you really don't want to.

Michael Shalkey: You can block the Microsoft account, but you might not want to do that. Go to the lower left corner of the screen and you'll find a tool that will let you use it without a Microsoft account.

Toby Scott: I'd encourage those of you getting a laptop or smartphone with Windows to have an account. You can register any email account and get 7 Gigs of free cloud storage. I used it for my OneNote information yesterday when I was out of the office and was asked a question I didn't remember the answer to. I went to OneNote and found what I was looking for. If you're using multiple Windows devices, I'd get the account. If you're using Google devices, get a Google account. Stay on one ecosystem for all your devices to make it easier on yourself.

Q: It looks to me like a person buying a new computer with Windows is stuck with Windows 8.

Michael Shalkey: We still install Windows 7 if buyers want it.

Toby Scott: Big box stores are pretty much out of the Windows 7 market. All you can get with Windows 7 is closeouts, remnants and returns. Manufacturers have pretty much stopped putting Windows 7 on new computers.

Intel vs. AMD chips

Q: Is Intel still considered better than AMD?

Michael Shalkey: It depends on what you need. Intel chips are best for heavy duty gamers and people who do lots of video editing and similar resource-demanding work. AMD chips are cheaper but good for people who don't do the kind of work that requires lots of resources. It's only on the edge that it makes much difference. You need Intel for the big games, and you also need a high-level graphics card.

Regular Q&A

Uses for 9-year-old PC

Q: I bought a PC nine years that is running Windows XP. I understand that it's probably not reasonable to upgrade it. Are there things people do with such a machine?

A: Microsoft is ending support for XP in four months, meaning there will be no more security updates. People who monitor the hacker boards say the hackers are holding off on new attacks until then. The XP machines are a tremendous target for hackers because they make up 30 percent of the website hits. Hackers will use them to send spam, ransomware, denial of service attacks and more. After April 8, you cannot reasonably use XP machines on the Internet because you'll never know if you've been hacked. The hacked machines can be used as servers.

The NSA will know who you are if your machine is used to hack it, and the federal government might take your XP machine and all your other computers and devices to be sure hackers aren't also using them. If you use an XP machine on the Internet, you'll be taking a big risk and not being a good citizen on the Net.

You could get an old Linux distribution that will run on the 9-year-old machine, and some of the new smaller distributions will also run on it. Tiny Linux will run on almost anything. If you have a more recent machine, you can probably upgrade to Windows 8 even if you couldn't use Windows 7 because Windows 8 is a smaller program.

If you remove the gateway to the Internet from the machine — we'll do a SIG on how to do that — you could use it as a backup machine on your home network. You could also do your accounting on it if your accounting program will run on XP. Understand that you can't just say "I won't go on the Internet with the machine" because you'll have some programs calling home for updates or other reasons that you don't even know about.

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Even now XP is seven times more likely to be infected than a Windows 7 or 8 machine, and Windows 8 is way less likely than Windows 7.

Monitor for TV

Q: I like having TV in my computer room. Can I use my monitor for the TV?

A: It depends on the monitor and the TV, and the connections they have.

Q: I'd consider buying another monitor to use on both the computer and TV.

A: Then the answer is yes. You might have the computer on VGA and the TV on HDI.

Michael Shalkey: Remember what you did with your computer before the Internet? You can still do all of those things, like word processing and creating spreadsheets. You just don't want to go to the Internet with an XP machine after support ends.

Office 2013

Q: I have a question on the Office 2013 license. I understand I need a Microsoft account. How many machines can I put it on?

A: Office 2010 could be put on a desktop and a laptop, but that was removed in Office 2013. Office 365, which has a monthly subscription, is for one user login, but you can use it on up to five devices, such as a desktop, laptop and smartphone, but not at the same time. The price varies depending on what Office programs you need.

You can reinstall Office 2013 if your hard drive crashes. Office 2013 comes in two versions, retail and OEM (Original Equipment Manufacturer). The OEM version is tied to the box. The retail version is more expensive, but it can be put on one machine at a time as you change equipment. If you need an office suite and know you're going to be changing computers soon, don't buy the OEM version; buy the retail version.

Q: What about the free Office that comes with SkyDrive?

A: You can have a copy on your computer and one in SkyDrive. The SkyDrive version can be the backup.

Q: Can I create a file in the SkyDrive Office version only on my hard drive and not on SkyDrive? Is that Office a slimmed down version?

A: You can save only to your computer if you want to, but it's difficult because if you lose the file, you'll blame Microsoft, and Microsoft is trying to prevent that.

The SkyDrive version is slimmed down. For instance, if you have a lot of macros in Excel, they won't run. The SkyDrive version is also considerably slower because it's all in the cloud.

OneNote

Q: I'm using OneNote and created a password-protected page in it that doesn't work in the free version.

A: I didn't know that. It's probably a script function.

If you don't have Office but have heard us discuss OneNote and would like something like it, Evernote (http://www.evernote.com) is almost as good. Both programs are good for keeping track of all the miscellaneous facts in your life.

Michael Shalkey: Google Docs is also a good free office suite.

Toby Scott: It's very comparable to Microsoft Office. If you've never used Microsoft Office, you'll probably like Google Docs. If you're immersed in Microsoft Office use the online version.

Everyone should probably have a Microsoft or Gmail account.

Q: I got Office 2013 Pro, which is licensed for both a desktop and a laptop. It was cheaper than the other versions.

A: It might just stop working for you suddenly. Big companies often buy a batch of licenses but don't install as many copies of a program as they expected. One of the technical people sells some of the licenses to someone else. Then the company tries to install the program for new employees and is told no more licenses are available. The company demands an audit, and when machines that aren't part of the company are found with the software, the software is disabled.

Cloud security

Q: How secure is the cloud environment?

A: If you're talking about storing data, it's entirely possible that your data could be stolen by a hacker, but it's more likely to be taken off your computer than from cloud storage. The chances of a cloud server being compromised are slim. Someone could get your login and password and get just your data.

Private email

Q: Have you heard about a new, really secure email company?

A: The two biggest ones were served by the government and rather than comply with the demands, they shut down.

Michael Shalkey: One was Hushmail. If you want this kind of service, you have to go outside the U.S. because the companies in the U.S. must follow U.S. law.

Toby Scott: If you don't want the NSA and other such agencies to track you, you're probably better off with Microsoft mail or Gmail because that's where the unwashed innocents are. Microsoft and Gmail produce so much data, there's no way the government can process it.

The NSA has a tap on the backbone of the Internet. If a company says it's NSA-proof, that's where the agency will go first. I think it's a big mistake to use those email providers if you aren't doing something like Edward Snowden, who revealed so much information about the NSA.

Michael Shalkey: There's also PGP (Pretty Good Privacy), but it's geeky.

Toby Scott: For many of us, the best security is looking as normal as possible.

Michael Shalkey: Don't surf the Internet in a trench coat and sunglasses.

Q&A reminder: Please wait for the microphone to ask, answer or comment on a question so the information can be recorded for use in TOE. When you get the microphone, hold it close to your mouth all the time you're talking.
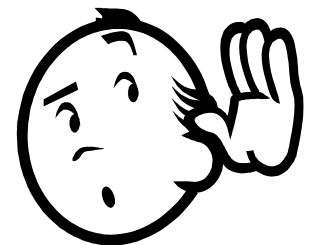
Program: Medical Information on the Internet
Physician shows how to find valid health data

By John Weigle
jweigle@vcnet.com

Patients are half the team for their own health care, Dr. U.A. Garred Sexton said, and the doctor is the other half — but that doesn't mean patients must simply accept everything they're told.

"The problem with medicine," he added, "is that when you go see the doctor because you're asking him to take care of your most valuable possession, which is your life, you kind of hope he was doing his job. 'One aspirin and call me tomorrow' won't cut it. … Your doctor is only as good as his memory or what he knows. If he never heard of it, lots of luck."

"It's your life, and it's your body," Sexton added.

Sexton's talk — originally billed as "Health Care Not Obama Care" but delivered as "Medical Information on the Internet" — was split into two parts: a discussion of medical evidence and a long list of credible websites covering health care and medical issue. The list of links starts on the next page. An expanded biography of Sexton is included in the Editor's Corner on page 3.

For years, the general public evaluated medical practices based on several ideas: it's always been that way, custom, infomercials, fellow workers, Internet and the health care provider. The problem with the Internet, he said, is that "you can't figure out the baloney from the BS, but it's current, new stuff."

Physicians based their practices on similar factors: historically it was done this way, it's always done this way, observation, it worked before (anecdotal), Koch's postulates; and experimentation. There were no scientific evaluations of claims or treatments, he said.

Sexton did not list all of Koch's postulates, but Wikipedia does. They are:

"1. The microorganism must be found in abundance in all organisms suffering from the disease, but should not be found in healthy organisms.

"2. The microorganism must be isolated from a diseased organism and grown in pure culture.

"3. The cultured microorganism should cause disease when introduced into a healthy organism.

"4. The microorganism must be re-isolated from the inoculated, diseased experimental host and identified as being identical to the original specific causative agent."

All of these turned out to have weaknesses, the article says.

Today, we have advanced to what is called "evidence based medicine," which Sexton described this way: "EBM is taking all the available data on a particular question, synthesizing it, reviewing it, putting it into the context of what it really means, and then taking it and applying it to the patient."

Evidence based medicine began with the computer, which allowed correlation of, and easy access to, thousands of printed studies.

Evidence based medicine is based on studies, but it's important to know more about a study than just its reported results, Sexton said.

There are various types of studies: anecdotal (my mother got better with this), observation, cohort (nurses agreed to keep track of what they did in their lives for a long period), random, random controlled and random controlled double blind.

"Random studies do not control for my prejudice, so if I like him and I think this is going to work, he gets it. If I don't like her, she gets the other," Sexton said. Random studies also don't take the placebo effect in consideration.

Also important are the size of the study and the confidence level in the results (what are they testing and do the conclusions fit the test?). When reviewing a study, be sure to read the title, the summary and the last paragraph to be sure they agree with each other, he said.

Summaries can be written to indicate much more impressive results than the details of the study justify. And, he added, people making such studies tend to report successes, not failures.

Statistically, he said, if a test is 98 percent accurate and 98 percent sensitive and the occurrence of the disease in the population is 10 percent, "a positive screening test has a 50/50 chance of being correct." That means second tests are often a good idea.

"We don't want to treat the lab work," he added. "We want to treat the individual."

Evidence based medicine goes from the general to the specific, and we're all different — some people are allergic to strawberries or aspirin and others aren't, for example. People who were involved in the study might not be representative of the general population, he noted. There are a multitude of unknowns.

Evidence based medicine has its own set of problems, he continued. There can be a two-year delay between the end of a study and the time it's published. And someone has to pay for all this, so a study of sassafras tea might not get published because "you cannot patent something that is a natural product," he said.

He recommended that everyone read the article on "number needed to treat" at http://en.wikipedia.org/wiki/Number_needed_to_treat.

It's a difficult topic to cover in limited space, but the article says: "The NNT is the average number of patients who need to be treated to prevent one additional bad outcome (i.e. the number of patients that need to be treated for one to benefit compared with a control in a clinical trial)."

Before going to the list of links , Sexton said: "Quick summary: You're all different. You're going with a specific problem that you're concerned about. You're going to somebody who's 'the expert' and you hope he remembers or he knows about it in the first place."

CIPCUG NEWS AND EVENTS

Internet health and medicine resources
Revised 5/7/2013

Search engines
http://www.google.com
http://www.ask.com/
http://in.search.yahoo.com/

     Can search for review articles

Health Information sites
http://www.medmatrix.org/index.asp
http://www.yahoo.com/health
http://www.webmd.com
http://www.arthritis.org/access-to-healthcare.php
https://www.makingyourwishesknown.com
http://www.healthcarebluebook.com
http://www.uptodate.com/

OTHER HEALTH DATABASES
http://www.nlm.nih.gov/medlineplus/
    Search for journal reference with links to records with full text version. Links to Toxnet, clinical trials, consumer health sites, and clinical alerts

http://www.cochrane.org/
    Review of the best randomized controlled trials on specific clinical questions
    Abstracts only free
http://library.nymc.edu/
    Books and links to other web sites
http://www.acponline.org/journals/
    American College of Physicians Journal Club free recent issues
http://www.bmj.com/
    British Medical Journal free full text

Government Agencies
http://www.ahrq.gov/   Agency for Health Care Policy and Research
http://www.cancer.gov/   CancerNet: Nation Cancer Institute

http://www.cdc.gov   Centers for Disease Control
    CDC prevention guidelines
http://www.cdc.gov/nchstd.dstd/STD98TG.HTM
    CDC treatment guidelines for Sexually Transmitted disease
http://wwwnc.cdc.gov/travel/ /
    CDC health information international travel
http://wwwnc.cdc.gov/travel/page/yellowbook-2012-home.htm
http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf
http://www.fda.gov/   Food and Drug Administration
http://www.nih.gov   National Institutes of Health

CIPCUG NEWS AND EVENTS

(Continued from page 9)
Others
http://www.cancer.org   American Cancer Society

http://www.aap.org/en-us/Pages/Default.aspx
   Review of Internet resources for pediatricians
http://www.merckmedicus.com/pp/jsp/home.jsp
   Good place to look up and link to other areas

Free Patient information
http://healthhotlines.nlm.nih.gov/
   List of organizations with address and phone numbers to help patients with various diseases
http://www.womenshealth.gov/
   National women's health information center
http://www.healthfinder.gov/
   Good source of reliable consumer health information web sites
http://www.nlm.nih.gov/medlineplus/
   Links to resources with medical information
http://www.nejm.org/
   New England Journal Medicine on line
http://www.quackwatch.org/

INFORMATION ABOUT OSTIOPEROSIS TREATMENT
http://decisionaid.ohri.ca/
http://www.uptodate.com/patients/index.html
http://effectivehealthcare.ahrq.gov/

ALTERNATIVE MEDICINE
http://naturaldatabase.therapeuticresearch.com/home.aspx?cs=&s=ND
http://www.nccam.nih.gov/

DRUG INTERATIONS
http://healthtools.aarp.org/drug-interactions
http://www.drugs.com/
http://www.nlm.nih.gov/medlineplus/medicines.html
   Drug interactions and side effects

Information about a doctor
California: https://s1.fsmb.org/docinfo/
   History of any discipline for a fee 9.95 certified check or credit card
http://www.mbc.ca.gov/lookup.html
   Look up your doctor

INFORMATION ON HOSPITAL PREFORMANCE
http://www.hospitalcompare.hhs.gov/

CONTACT FOR POSSIBLE HELP WITH COST OF MEDICATION
Helping Patients: http://www.pparx.org/
Benefits Checkup: http://www.benefitscheckup.org/
Medicare: http://www.medicare.gov/default.aspx
RxAssist: http://www.rxassist.org/default.cfm
Needy Meds: http://www.needymeds.com
                      http://www.aarppharmacy.com

CIPCUG NEWS AND EVENTS

For Veterans: To apply for health care benefits, you will need a copy of your discharge papers and will need to fill out a form called 1010EZ. The form can be downloaded from https://www.1010ez.med.va.gov/sec/vha/1010ez/ or you can call 1-877-222-VETS and ask to have one mailed to you.

http://www.nabp.net/programs/accreditation/vipps/
　　Information on buying drugs on line

BUYING DRUGS FROM CANADA
http://www.canadarx.net/
　　CanadaRX is not an accredited pharmacy. 7.50 U.S. dollar handling fee is charged on each individual prescription item Rx and shipping 18.50 minimum; seems to have very good prices even with fees

BUYING DRUGS FROM MEXICO
http://www.sharpmeds.com/

Drugs That Interact With Grapefruit Juice
Here are some drugs that interact with grapefruit juice. Check with your doctor or pharmacist if you're concerned about any of your medications. The effect of grapefruit lasts about 24 hours. The effect is to alter an enzyme the blocks the absorption of the drug so there will be increased absorption with increase effects and also side effects

Condition	Medications
Anxiety	Xanax, Buspar, Versed, Halcion
Depression	Luvox, Zoloft
Allergies	Allegra
Abnormal heart rhythm	Cordarone, quinidine
Heart disease/stroke/blood clots	Coumadin
Epilepsy	Tegretol
Cancer	Cyclophosphamide, etoposide, ifosfamide, tamoxifen, vinblastine, vincristine
Cough	Dextromethorphan (found in many over-the-counter cold medicines)
HIV	Agenerase, Crixivan, Viracept, Norvir, Fortovase
Prostate enlargement	Proscar
Heart disease/High blood pressure	Coreg, Cardizem, Plendil, Cardene, Adalat, Procardia, Nimotop, Sular, Covera, Calan, Vere lan
Erectile dysfunction	Viagra, Cialis
Asthma/Emphysema	Theophylline
High cholesterol	Lipitor, Lescol, Mevacor, Zocor
Pain	Alfenta, Duragesic, Actiq, Sufenta
Infection	Biaxin, Sporanox, erythromycin, troleandomycin

Patients should check with their doctors about specific interactions between grapefruit juice and medication.

Medicines that interact with calcium
Azole antifungals (e.g., ketoconazole),
bisphosphonates (e.g., alendronate),
certain cephalosporins (e.g., cefpodoxime),
iron,
mycophenolate,
quinolones (e.g., ciprofloxacin),
sodium polystyrene sulfonate,
tetracyclines (e.g., doxycycline),
thyroid hormones
because their effectiveness may be decreased by Calcium Carbonate/Vitamin D
Alendronate — Calcium may interfere with the absorption of alendronate, a medication used to treat osteoporosis. Calcium-containing products should be taken at least 2 hours before or after alendronate.
Antacids that contain aluminum — When calcium citrate is taken with aluminum-containing antacids, the amount of alumi-

CIPCUG NEWS AND EVENTS

num absorbed into the blood may be increased significantly. This is a particular problem for people with kidney disease, for whom the aluminum levels may become toxic.

Blood pressure medications — Taking calcium with a beta-blocker (such as atenolol) may interfere with blood levels of both the calcium and the beta-blocker. Study results are conflicting, however. Similarly, it has been reported that calcium interferes with calcium channel blockers (such as verapamil), but these study results are also controversial. If you take a beta-blocker or calcium-channel blocker, do not take calcium supplements without your doctor's supervision.

Cholesterol-lowering medications — A class of medications known as bile acid sequestrants (including cholestyramine, colestipol, and colesevelam), used to treat high cholesterol, may interfere with normal calcium absorption and increase the loss of calcium in the urine. Supplementation, therefore, with calcium and vitamin D may be recommended by your health care provider.

Corticosteroids — If you take corticosteroids on a long-term basis, you may need to take calcium supplements.

Digoxin — High levels of calcium may increase the risk of a toxic reaction to digoxin, a medication used to treat irregular heart rhythms. On the other hand, low levels of calcium cause digoxin to be ineffective. If you take digoxin, your doctor should monitor your calcium levels closely.

Diuretics — Different types of diuretics interact with calcium in opposite ways.
   ● Thiazide diuretics (such as hydrochlorothiazide) can raise calcium levels in the blood.
   ● Loop diuretics (such as furosemide and bumetanide) can decrease calcium levels.
   ● Amiloride (a potassium-sparing diuretic) may decrease the amount of calcium excreted in the urine (thus increasing calcium levels in the blood), especially in people with kidney stones.

Estrogens — Estrogens may contribute to an overall increase in calcium blood levels. Taking calcium supplements with estrogens improves bone density significantly.

Gentamicin — Taking calcium during treatment with the antibiotic gentamicin may increase the potential for toxic effects on the kidneys.

Antibiotics — Different types of antibiotics interact with calcium.
   ● Quinolones: Calcium can interfere with the body's ability to absorb quinolone antibiotics (such as ciprofloxacin or Cipro; levofloxacin, norfloxacin or Noroxin; and ofloxacin). Take calcium supplements 2-4 hours before or after taking quinolone antibiotics
   ● Tetracyclines: Calcium can interfere with the body's ability to absorb tetracycline antibiotics (including doxycycline, minocycline, and tetracycline). Take calcium supplements 2-4 hours before or after taking quinolone antibiotics.

   Anti-seizure medications — Some seizure medications, such as phenytoin (Dilantin), carbamazepine, phenobarbitol, and primidone, may lower levels of calcium in the body. Some doctors recommend vitamin D along with anti-seizure drugs to try to keep calcium levels up. In addition, you should take doses of calcium and anti-seizure medications at least 2 hours apart, because each interferes with the absorption of the other.

Drug Interactions:
Alendronate Blood Pressure Medications Cholesterol-lowering Medications Corticosteriod Medications Digoxin Diuretics Estrogen-containing Medications Metformin-containing Medications Phenytoin-containing Medications uinolones Tetracycline
Read more: http://www.umm.edu/altmed/articles/calcium-000945.htm#ixzz23kNtrDzz

http://www.cebm.net/index.aspx?o=1044
   Source of information about EBM terms and examples of calculations

Recent headlines from our Facebook page

Here are some recent headlines from our Facebook page: (https://www.facebook.com/groups/cipcug)
U.S. struggles to keep pace in delivering broadband service
Disruptions coming in 2014: Extremely smart watches and wearable TVs
Content Insider #318: Clean-up crew — Google Drive
Brainlike computers, learning from experience
Chromebooks' success punches Microsoft in the gut
Practical tips and tricks to take your tech gear and computing skills to the next level
Top 10 keyboard shortcuts you didn't know about
Content Insider #317: Planet of the Apps — Google Drive
Securing XP PCs after Microsoft drops support
Turn your smartphone into a caroling karaoke machine with this Google Easter Egg
Meet Valkyries; NASA's superhero-like walking robot unmasked
Office 365 bug allows hackers to steal credentials

CIPCUG NEWS AND EVENTS

Deceased member leaves CIPCUG a $5,000 gift

Richard McMurray, a long-time member of CIPCUG who died Oct. 27, left the club $5,000, asking that the money be set aside for equipment purchases.

Treasurer Art Lewis announced the donation during December's business meeting.

This generous gift comes at a good time. CIPCUG has a bigger-than-budgeted deficit, and we know we need to replace our projector and some parts of a new sound system. It also gives us a break in the continuing discussion of whether to convert The Outer Edge to an electronic-only publication. The TOE printing and mailing cost is the biggest single expense the club faces.

McMurray was born in 1948 and died after a long illness. He grew up in Oxnard and graduated from Oxnard High School. In the late '70s he moved to Camarillo while working at Power-One as a test technician.

He enjoyed his CIPCUG membership and learning and playing computer programs.

We thank Judy A. Elens, trustee of the Richard McMurray Revocable Trust, for notifying us of the bequest and giving us the check and thank Richard and his family for the gift.

Computer tune up coming up in March

It looks like the next computer tune up will be in March. Keep tuned for details later when the sign-up sheet is posted.

Bits & Bytes

Long

We are not doing so well with cartridge recycling. I am not getting very many cartridges. Guess we have to wait for the IRS to get any of the toner cartridges in April. Do let me know, Art, because we were able to turn in about 20 of them last year. But get those ink cartridges in. Please!

The January program will feature two members of the Ventura County Grand Jury — at least one of whom is a techie — who will discuss the role of the Grand Jury, explain how members and answer questions (current investigations are probably off limits).

> **Back up, back up, back up ... and test the backup to be sure it worked.**

Treasurer's report for November 2013

By Art Lewis
treasurer@cipcug.org

Lewis

11-1-13 through 10-30-13

Category Description

INFLOWS	
Coffee Income	-26.00
Membership Income	
New members 80.00	
Renewals 350.99	
TOTAL Membership Income	430.00
Raffle	148.00
TOTAL INFLOWS	**552.00**
OUTFLOWS	
Corporate expense	20.00
Raffle prizes	127.09
Rent Paid	200.00
TOE	205.44
TOTAL OUTFLOWS	**552.53**
OVERALL TOTAL	**-0.53**
Unrestricted Funds	3,443.76
Restricted Funds	0.00
Bank Balance 11-30-13	**3,443.76**
Year to Date Income	2,473.15
Year to Date Expense	3,410.74
Net Year to Date	-937.59

2014 contributors to The Outer Edge

Your name can appear here, too. Share your knowledge with other members by sending an article, a letter or a computer tip to editor@cipcug.org.

Helen Long
Toby Scott
Michael Shalkey
Jim Thornton
Sandy Tsutsui-Trujillo
John Weigle

CIPCUG MEMBERS
Ken Church
Art Lewis

APCUG
Sandy Berger

CIPCUG NEWS AND EVENTS

Membership report

Is it time to renew?

By Ken Church
email address: *membership@cipcug.org*

Welcome back: Jerry Kiess

CHURCH

Attendance at the December 2013 general meeting: 49 members and guests (who signed in)

Total membership: 175

MEMBER RENEWAL INFORMATION
$30 for single membership,
$35 for two or more family membership.

NEW MEMBER INFORMATION
$40 first year for single membership,
$55 first year for two or more family membership in same household.

Please send your payment to:

**CIPCUG MEMBERSHIP
P.O. BOX 51354
OXNARD, CA 93031-1354**

Or bring your payment to the sign-in table for the Jan. 25, 2014, meeting.

November 2013 renewals payment due:

Mbr#	Last Name	First Name	Pd to
0915	Clayton	Phil	201311
1155	Cronkite	Bob	201311
1212	Hollander	Gary	201311
0789	Knauer	Wolfgang	201311
0145	Lee	Bill	201311
0863	Zapf, D.P.M.	Michael	201311

Dec 2013 renewals payment due:

Mbr#	Last Name	First Name	Pd to
1044	Cohen	Jerry	201312
1130	Hollingsworth	Don	201312
0037T	Hosford	Victor	201312
0993	Ladd	Craig	201312
1079	Schrum	Jerry	201312
1001	Toth	Andy	201312
1048T	Ulam	Frederick	201312
1237	Wishon	Bill	201312

Jan 2014 renewals payment due:

Mbr#	Last Name	First Name	Pd to
0835	Brown	George	201401
0554	Muskat	Vel	201401
0753	Otterson	Dick	201401
0834	Oxman	Howard	201401
0950	Skultety	Tony	201401
0836	Willett	Dr. Nancy	201401

Obituary: Norma Maidel

CIPCUG member Norma Maidel died Dec. 25.

The following information was provided by members of the Ventura County Women's Forum and the American Association of University Women.

The first email is from Kim Stephenson:

"With great respect and sadness, I share with you the passing of Norma Maidel. Norma was a founding steering committee member of the Ventura County Women's Forum. In fact, she invited me to my first VCWF meeting in 2006.

"One of her demonstrated passions was building bridges between cultures and generations for the greater good through travel, the sharing of ideas, and activism. I personally experienced her passion around World Affairs Council, AAUW, VCWF, and CSUCI. She led by example with poise.

"The message below from the AAUW Camarillo branch president demonstrates that. It also outlines a way to contribute to a CSUCI scholarship in her honor.

"I will share information about funeral arrangements once I get them.

"Please keep her husband, Mark, in your thoughts as well. He frequently joined Norma at forums, meetings, and travels, actively contributing and asking thought-provoking questions, no matter the topic nor how many women (or how few men) were in the room."

Mark Maidel is also a CIPCUG member and for several months assisted Jessica Scott with the SIG on social media and tablets and smartphones.

The second email mentioned above, is from Vanessa Otto of the AAUW

"It is with great sadness I relate the passing of Norma Maidel on Dec 25.

"This is a great loss to our branch.

GENERAL NEWS AND COMMENTARY

Programmer examines Affordable Care website

By Sandy Berger
Compu-KISS
www.compukiss.com
sandy (at) compukiss.com

We have heard the word "glitch" over and over again in reference to the government's new health care website, Healthcare.gov. As a person who has personally coded thousands of lines of code and run several websites, I can assure you that what we are seeing with this website is not a bunch of small glitches. It is a fundamental failure. Read on for my take on it all.

How did we get here? First of all, with any Web project, especially one as large as this, clarity of purpose is essential. The first thing you do in such a project is to decide definitive objectives and plot out a program of how to get to those desired results.

At 1,900 pages, the size of H.R. 3962, the Affordable Health Care for America Act, is overwhelming. It crashed my computer several times before I was able to download the PDF. Add that to the fact that no one in Washington knew exactly what it contained when it was passed and you can understand why there was no clarity of purpose in developing the website.

Also consider the fact that outdated procurement and bidding processes for governmental work have become so over-whelming that only those companies who know how to manipulate the system can be successful in gaining these government contracts. The people who get the contracts are not necessarily the best and the brightest, but rather, those who can play the political game the best.

So we wound up with several contractors, led by CGI — the largest tech company in Canada. Although I have nothing against Canadians, it seems to me that something that we Americans will rely on so heavily would be better served by an American company. After all, we still have a very high standing in the technology world. What ever happen to "Made in the USA?"

And, as you know, cost overruns are rampant. The initial CGI contract was awarded at $93.7 million and their work has already raised the bill to almost $300 million. Would Apple, Amazon, or others allow such outrageous cost overruns when such lack of results have been shown?

I would like to also take a moment here to suggest that the U.S. government be honest with the American people. When I look at the statistics for my Com-puKISS.com website, I can tell you exactly how many visitors we've had, where they are located, how many sign up for each form, what browsers they are using and a wealth of other information. Anyone who deals with websites knows these statistics are available. So for them not be able to tell us how many people have signed up is simply more political posturing. This is not a Republican or a Democratic issue. It is a political issue. Didn't we learn from Watergate that the cover up is usually worse than the original act?

And, unfortunately, it is obvious in this case that politics have driven the technology rather than the technology being driven by the customer. The user interface is terrible. A wealth of problems seem to have occurred because the government insisted on customer verification against IRS rolls instead of simply allowing the user to see the programs and costs before they signed in with personal information. While I can't be sure without actually seeing the code, I suspect that other last minute changes and political posturing also led to many of the current problems.

With everyone asking if, and when this can be fixed, I will add my take as an "old programmer" who worked on several large financial team programs and who also worked to make sure that several banks were ready for Y2K. As a programmer, I can tell you that finding all the "glitches" in 5 billion lines of code is not an easy job. And translating the data to be able to communicate with state agencies as well as hundreds of insurance companies is a monumental job. Add that to the fact that hardware issues, server

More on Norma Maidel ...

Norma was the heart of kindness and enthusiasm, the soul of ethics and compassion, her hands always reaching out to help others accomplish good things. She was the president of the branch in 2003-2005 and served on the board ever since, most recently as director of public policy. She gave a spirited speech at our Author's Luncheon in November, and at that time had positive encouragement from her doctors about treatment of the recurrence of her breast cancer in the stomach.

"It's hard to accept that so soon after that she is gone from us.

"I didn't know her in the days she was a teacher, but I am convinced that she was truly awesome in that role. Certainly she continued to teach by example all the best qualities of a woman of our times. Norma brought out the best in everybody.

"Funeral arrangements have not yet been announced."

"The branch board has proposed scholarship at CSUCI in honor of Norma. If you wish to contribute in this calendar year, send your check payable to AAUW Camarillo, note the Norma Maidel fund, and mail to P.O. Box 862, Camarillo 93010."

CIPCUG expresses its sympathy to Mark and other family members.

General news and commentary

capacity, load balancing, and other highly technical issues have to be taken into consideration.

While some modules of code for this new website may be able to be rescued and reused, the best situation is to start over again with a plain clear plan and no political maneuvering.

There is one main reason that I suggest this. A nest of system problems like those found in this website, ALWAYS translates into security issues. Poor programming leaves loopholes that hackers can expedite to perpetrate identity fraud, phishing, and other vicious plots. Bogus websites with names similar to healthcare.gov have already popped up ready to steal your personal information as you enter it.

Anti-virus software maker Trend Micro also reports that hackers and scammers are also already trying to capitalize on the health care confusion because you can not only sign up at healthcare.gov, but also at several state and third-party sites. They write, "When a person starts looking through sites to find one, at this time, they're faced with the challenge that there's no official marking or labeling that they can look at on a site to know that it's an officially sanctioned site … a survey of state and third-party sites also shows that official sites aren't required to provide the ability to verify the site using SSL (a security verification system): many of them don't provide it for site verification at all, though the Federal site does." It seems that many things were overlooked when this system was created and at least some of those will also cause security problems for end users.

With this new health care system, we are trusting the government with much of our personal and private information. Patching the current system is almost certain to be tried for political expediency. Making it useable may solve the immediate problems, but is sure to cause security problems in the future. This point is not being made in most of the media, although for me, it is a major concern.

And it should be for you, as well.

Computer tune up planned at March meeting

The CIPCUG board has decided to offer computer tune ups at the March meeting.

Details, including the cost, are pending, but if past practice is followed, a sign-up sheet will be posted on cipcug.org. Reservations are needed because of the limited time available during the meeting.

Rick Smith and Michael Shalkey of Ventura County Computers will examine the computers and make simple changes. If more difficult repairs are needed they will explain what's involved and recommend a visit to the shop.

GENERAL NEWS AND COMMENTARY

Norton Utilities, PC Doctor reviewed

By Jim Thornton
jasthorn@gmail.com

There are several good computer programs that can identify any problems that are on your computer. We will compare two of the better programs, Norton Utilities and PC Doctor.

Norton Utilities is a very good program for technically analyzing, configuring, maintaining, and optimizing your computer. You have a choice of several individual services that you can perform, including Disk Cleaner, Performance Test, Registry Cleaner, Registry Defragmenter, Service Manager, and Startup Manager

Disk Cleaner cleans your disks by removing all history information, Internet tracks, and other responsive data from your disks. Cleaning your disks gives you the ability to boost your security level by removing the sensitive data listed.

Performance Test maintains and repairs your disks.

Registry Cleaner cleans your registry by scanning it for any problems and will list all problems found. When you click on Repair, Norton Utilities will fix all the problems. Registry cleaning is the process of searching your Windows registry looking for invalid entries. Invalid entries can cause problems in the performance of your computer and become more noticeable when you install and remove software from your system. This process safely repairs or removes the invalid entries, which can improve the performance of your system. It does create a backup of your registry if you need to restore an entry.

Registry Defragmenter defragments your registry and removes all corrupt keys, all gaps, and wasted space from your registry.

Disk Cleaner cleans your browser settings, plugins, custom items, and Windows settings.

Service Manager examines Windows programs called services that run in the background, and provides different configuration options to improve the performance and setup of your Windows services. Here there are three options. The first is the Recommended Services, which provides a combination of performance and functionality and will enable all core services and a selection of other services to provide balance between features and speed. The second is the Minimal Services, which will give you raw performance and faster boot times and will enable only internal Windows Services. Finally there is Restore Services, which will restore your services to a last known good setup.

Startup Manager tunes up your services and improves the performance and setup of your Windows services.

Monitoring your system provides you with the tools to ac-

Members' classified ads

For sale
I have the following Free/For Sale (contribution to CIP-CUG):
 I have the following For Sale (contribution to CIPCUG):
2 each Microsoft Mouse, $2 each
Internet Scrolling Mouse (COMP USA), $2
Video Selector Switch (5 inputs/2 outputs), $5 — David Minkin

—

Contact Richard Quint, rquint@rain.org
1. Canon LiDE 30 scanner. USB supplies data and power. $10
2. Canon PIXMA iP1600 printer, still sealed in box, plus extra black ink cartridge (PG-40). $20.
3. NETGEAR DG8346 DSL Modem/Wireless G router combination with all accessories. $10
4. D-Link ADSL2+ modem unused, in opened box with all accessories. $20.
5. D-Link DIR-655 "XTREMEN GIGABIT ROUTER" still in shrink-wrapped box. $30..

Wanted

Other categories as needed

The Outer Edge is printed and prepared for mailing by:

General news and commentary

(Continued from page 17)

tively watch drive/space usage, processes, system performance, and system information. Through this, you can optimize your system and defragment your hard drives for faster performance

Norton Utilities provides a Health Report on your computer. The report lists the status of your Registry Health and the dates of the last scan and the last compacts and a list of the problems found; the status of your Privacy Health and the dates of the last Run History, Document History, and Bleach Free Space and the list of items repaired and the status of the Disk Health and the date of the Disk Repair, Disk Defray, and Boot Optimize.

Having Norton Utilities perform a weekly scan of your computer's physical disk and file systems will help keep your system healthy. The Norton Utilities is availability at the Norton website at http://www.symantec-norton.com/Norton_Utilities_p73.aspx. The price is $29.99. The program comes with a 30-day free trail period and may be used on three computers. The local Fry's store has it posted on its website for $39.99.

PC Doctor

PC Doctor for Windows is a very good program for technically analyzing your computer by identifying services that are not working properly. The program is also called a hardware diagnostic tool. It automatically tests these devices: audio, communications, storage, system, video, and other devices. For example, its audio list of items tested includes your microphone and sound card; its communications list of items is your network card; its storage list of items is your card reader, DVD-RW drive, and hard drive; its system list of items is CPU, memory, motherboard, ready boost, USB, and USB ports; its video list of items is your AVI (Audio Video Interleave), monitor, video capture, and video card; and your other devices listed are your HID (Human Interface Device), keyboard, mouse, and printer. It performs more than 200 diagnostic tests.

You may easily run PC Doctor by opening your Start menu from your Windows desktop, select All Programs, select PC Doctor for Windows, and click PC Doctor for Windows and follow the instructions on the screen. Since the PC Doctor program runs detailed tests of your computer, its test may take one hour or longer. In addition, you can select individual devices to test rather than testing everything. I have it scheduled to perform its complete testing every Sunday between the hours of 7 and 9 a.m. When I come back to my computer after 9 a.m., displayed on my monitor's screen is a list of all the tests that it performed and the status of each test.

The corporation that manufactures PC Doctor originally developed and produced diagnostic programs for use by PC manufacturers, component vendors, PC repair professionals, support organizations, and end users. PC Doctor for Windows was introduced in July 2012 and supports all current Windows versions. A free version is available at the website http://www.filefacts.com/pc-doctor-for-windows-info. The latest version supports Windows 7, XP, and Vista. Some other websites sell PC Doctor for Windows for $29, and you might even find that PC Doctor for Windows came installed on your computer.

Again ,PC Doctor does an outstanding job of identifying all your computer problems so you can either repair the problem yourself or have a technician do it.

Web help sites

(Verified 8-7-13)

DSL reports: www.dslreports.com
Steve Gibson: www.grc.com
Kim Komando: www.komando.com
Leo Laporte: www.leoville.com; techguylabs.com/ (among others)
Jeff Levy: www.jefflevy.com
Linux distributions: www.DistroWatch.com
Microsoft: www.microsoft.com
OnGuard Online: www.onguardonline.gov
PCMag: www.pcmag.com
PC Pitstop: www.pcpitstop.com

PC World: www.pcworld.com
Recalled products: www.recalls.gov
SANS Institute — Computer Security Education and Information Security Training: www.sans.org
Spyware Warrior: www.spywarewarrior.com
User Group Relations (Gene Barlow): www.ugr.com
Ventura County Computers (Rick and Toby's shop): www.vccomputers.com
Virus Bulletin: www.virusbtn.com/index
Windows Secrets: www.windowssecrets.com
Windows The Official Magazine (UK): www.officialwindowsmagazine.com/

If you have a favorite help site on the Web, please forward it, so we can expand the section. If you find a link that doesn't work, please tell us that, too.

Beware of messages purportedly from your bank, PayPal or other financial sites asking for personal information, such as your login name, password or Social Security number. They are almost certainly from scammers. If in doubt, go to the site of the institution <u>by typing in a known URL, not by clicking on the email link,</u> and look for messages there.
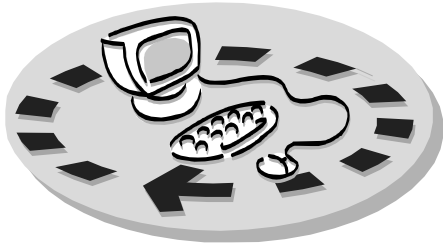
Why join Channel Islands PC Users Group (CIPCUG)?

Every month, members of the Channel Islands PC Users Group have access to:

♦ The Outer Edge newsletter.

♦ The general meeting, featuring a question-and-answer session and program on software or hardware.

♦ Special Interest Groups (special meetings held each month). The alternative devices SIG (tablets, smartphones, etc.) is held before the regular meeting. The Linux SIG meets on a different day.

♦ Door prizes and raffle at the regular meeting.

Other benefits include:

♦ Special user group discounts on books and software.

♦ A flash drive containing many useful freeware programs.

♦ A chance to make friends with people who have similar interests.

♦ The ability to put your knowledge to good use by helping other members. The whole concept of user groups is members helping members.

Please clip the coupon below and send with payment to CIPCUG-Membership, P.O. Box 51354, Oxnard, CA 93031-1354.

Please make checks payable to CIPCUG.

Dues for new members

Individual member, $40.

Family membership (same address), $55.

Renewals are $30 and $35 per year respectively.

TOE subscription only (in the U.S.), $20.

CIPCUG E-MAIL ADDRESS

Members who would like to have an email address through CIPCUG in the form of YourName@cipcug.org may obtain one for $20 per year.

CIPCUG MEMBERSHIP APPLICATION

Can you help the club as a volunteer? If so, what would you be interested in working on? Please list below or on a separate sheet if necessary.

Amount enclosed: _____

Please Print the following information:

Name: _____

Address: _____

City: _____,

State:_____ ZIP Code: _____

Phone (Home): _____(Work): _____

E-mail address: _____

User level: Novice _____; Intermediate _____;

Advanced _____

For CIPCUG use:

Date _____

Member # _____

# Channel Islands PC Users Group Inc.

P.O.Box 51354
Oxnard, CA: 93031

DATED MATERIAL
Please Do Not Delay

DUES REMINDER

If the code above your name is 2014 JANUARY, your dues are payable this month.

January 2014 meeting
of the Channel Islands PC Users Group

The map shows the easiest route to the Boys & Girls Club, but if you prefer, you can take the Carmen Drive offramp to Ponderosa Drive, which leads to Temple Avenue.
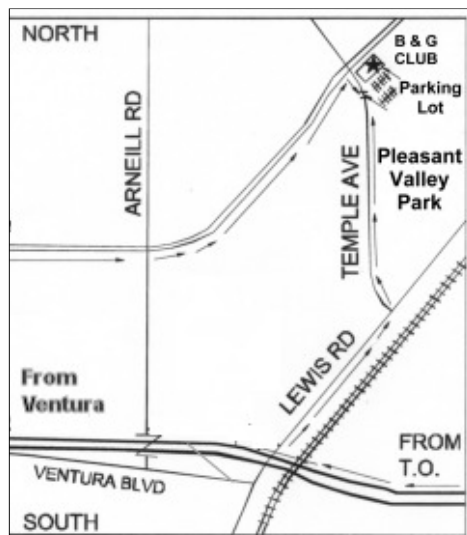
Saturday morning, Jan. 25, at the Boys & Girls Club, 1500 Temple Ave. (Ponderosa Drive and Temple Avenue), Camarillo.

Meeting schedule:

8:00 a.m.	Doors open
8:45	SIGs (Internet and connectivity; Tablet and phone apps)
9:30	Business meeting
10:00	Q&A session
10:30	Break
11:00	Program: Ventura County Grand Jury Drawing