

User Friendly



**September
2003**

Next Meeting

Wednesday, September 10, 2003

Kevin Murray

How to Determine the Best Computer for You

In this Issue

President's Message (p.3)	Barry Robbins
Sanitize Your Hard Drive (p.4)	Cal Clichard
Requiem for A Mouse, (p. 6)	E.M Hazell
Stay Informed (p.7)	
The Best Laptops (p.7)	
Another Opportunity for Training (p.9)	Jerry Moore
Shutdown in Windows (p.9)	Herbert Sax
Giving Aid, Staying Alive (p.10)	
"Send To" (p.10)	Herbert Sax

Departments: Answers To Questions (p. 9), Web Surfer (p. 10), Tips and Tidbits (p. 11), Tech Mart (p. 12)

Palmia Computer Club



President: Barry Robbins
Vice-President: Doug Harley
Secretary: Ali Tabikh
Treasurer: Ralph Lazar
Webmaster: Jerry Moore
APCUG Rep: William Reinholtz

User Friendly

a publication for members of the Palmia Computer Club & the Palmia Community.

Published monthly, January through June, September and October. Combined issues are published July/August and November/December.

Managing Editor: Ali Tabikh
Technical Editor: Herbert Sax
Advertising Editor: Joe Lebovitz
Editorial Staff: Joe Lebovitz
Lee Okerblom and Ruth Tabikh
Circulation Manager: Eva Schmidler

Guidelines

Articles (1) must be submitted to the Managing Editor no later than the 10th day prior to the month of publication; (2) should be no longer than 1,000 to 1,500 words (approximately three columns), although longer articles may be published; (3) may be edited by staff for clarity, spelling and grammar, and should be relevant to its readers. The choice of articles to be included in any issue is solely the prerogative of the Editorial Staff.

Advertisers' Information

Full Page \$35.00
Half Page \$20.00
Quarter Page \$12.50
Business Cards \$ 7.50
"For Sale" Ads for members only:
..... per line \$0.50

To place an ad contact:

Joe Lebovitz
(949) 581-3136
jlebov1@aol.com

Computer Club Special Interest Groups

SIGs meet from 3:30 to 5:00 P.M. on the specified Fridays unless noted otherwise:

- 1st Friday** - Computer HardwareRichard Jenkins
(*Notice: New SIG Leader*)
- 2nd Friday** - Email and the InternetJerry Moore
- 3rd Friday** - MS Office (Word, Excel)Barry Robbins
(*Notice: Special Time 4 to 5:30 P.M.*)
- 4th Friday** - Photo Editing & Scanning Don Yenche

There is also a "HELP" SIG! This SIG is intended for beginners to answer your basic questions relating to computers (This is not a class). It meets on the first, third and fourth Mondays of each month at 10:00 A.M. The SIG leader is Joe Lebovitz.

Contacting Board Members and Officers

All Board members and officers are available for help or information via their email addresses as follows:

Barry Robbins, President - drdisk@cox.net
Doug Harley, Vice President - dharley01@cox.net
Ali Tabikh, Secretary - alitabikh@cox.net
Ralph Lazar, Treasurer- ralphrhea@juno.com
Jerry Moore, Webmaster - jerryamoore@cox.net
William Reinholtz, APUG Representative - fbblue@fea.net

User Friendly Newsletter:
Ali Tabikh, Managing Editor - alitabikh@cox.net
Herbert Sax, Technical Editor - saxsr1@cox.net
Joe Lebovitz, Advertising Editor - jlebov1@aol.com

Please Help

Your User Friendly newsletter needs a back-up, or co-editor, to Ali Tabikh who is not in good health. This fine publication must continue to serve everyone. So many members rely on it to stay up-to-date on computer developments. This is a learning opportunity for someone willing to help as well as a fine way to help the Club. **Please call Ali at 699-1962 or Herbert Sax at 455-1315.**

The Palmia Computer Club meets in the Palmia Ballroom the second Wednesday of each month, except July and August, at 7:30 p.m. The doors open at 6:30 p.m. for Q&A and socializing. For visitors from outside our Palmia community the address is: 21455 Monterey, Mission Viejo, CA 92692. The parking lot is just past the gate on the left side of Monterey. Telephone: 949-472-5075

From the President's Desk

By Barry Robbins

To Be Or Not To Be...That Is The Question!!!

The past year has been a transitional year for the Palmia Computer Club. Our membership has shrunk. It has become more difficult to get speakers for our meetings. The number of people in attendance at both our formal classes and our SIG groups has significantly declined. The number of members attending meetings is usually less than 40, but we have a membership of around 150. I attempted to appoint a chairperson to head our nominating committee, but could not find a volunteer on the board to do so. ***So now the big question is: does the Palmia Computer Club continue its existence or has the Club run its course and is it time to cease operation?***

I agreed to become president last year because no one else wanted to serve. I have a full time job, yet still find time to volunteer. Many of our members are retired, but volunteerism in the Palmia Computer Club has become non-existent. We have asked for volunteers to do specific jobs, but no one has come forth. The editor of our User Friendly newsletter, Ali Tabikh, has been in poor health for about a year. We have repeatedly asked for help with User Friendly, but again no one has stepped up to the plate. I finally recruited a non-Palmia Computer Club member to take over the newsletter in January when Ali steps down.

So, do we continue the Club, or is it time to say goodbye?

I would like to hear from you. I am usually home Wednesday & Thursday evenings, but the best way to communicate with me is by email: drdisk@cox.net. Please let me hear from you so we will know whether or not to plan meetings for 2004. I do not want to ask vendors to commit dates to us unless we are going to be around after December.

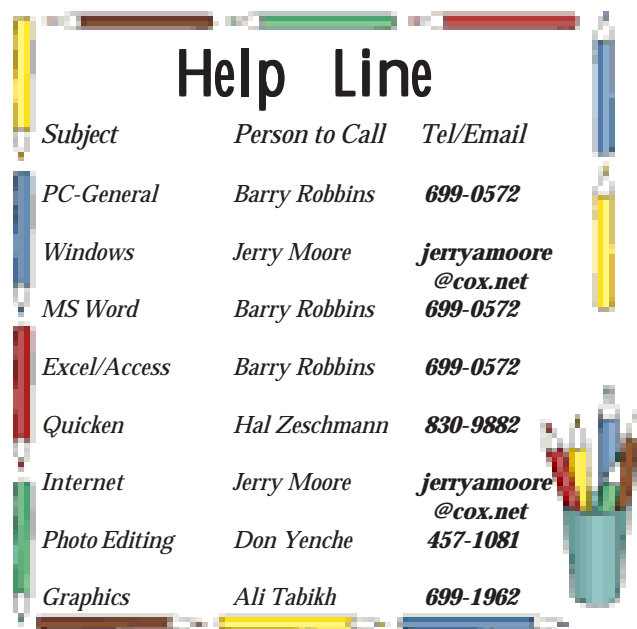
On a more positive note, our next regularly scheduled meeting will be held on Wednesday, September 10th. The meeting starts promptly at 7:30pm. The featured speaker will be Mr. Kevin Murray whose topic will be: "How to Determine

the Best Computer for You". He will focus on what type of computer a new user should consider and what existing users should consider when deciding to fix/upgrade or replace their existing PC. He will talk about the different usages of computers (email, digital photographs, Internet, financial record keeping, word processing...) and the impact these applications have on the choice of a personal computer.

Prior to the meeting from 6:30pm to 7:15pm, Doug Harley will moderate a Q & A period so you can get your computer questions answered.

One last thing: the high speed internet connection is up and running without problems since Doug Harley moved all of the equipment from the library back into the Computer/Crafts room and hard wired the computers to the router. This seems to have eliminated the problems that we have been having with the wireless network constantly going off line. If you need a high speed internet connection, please avail yourselves of the computers that are connected to the network.

I look forward to seeing all of you at our September meeting. Also, I hope to hear from you whether or not we should continue the Club, and if so, your suggestions for getting more members involved in running the Club.



Help Line

Subject	Person to Call	Tel/Email
PC-General	Barry Robbins	699-0572
Windows	Jerry Moore	jerryamoore@cox.net
MS Word	Barry Robbins	699-0572
Excel/Access	Barry Robbins	699-0572
Quicken	Hal Zeschmann	830-9882
Internet	Jerry Moore	jerryamoore@cox.net
Photo Editing	Don Yench	457-1081
Graphics	Ali Tabikh	699-1962

Sanitize Your Hard Drive

By Cal Clichard

Smart Computing, September, 2003

Merriam-Webster.com defines sludge as “a muddy or slushy mass, deposit, or sediment.” Hard drives are sensitive components that won’t tolerate the accumulation of actual dirt and grime, but they can fill up with what some folks like to call digital sludge, those files and remnants of old programs that you no longer need. At the very least, such digital sludge reduces the amount of space you have available for storing the programs and files you truly want to keep and use. At its worst, however, this sludge can create quite a drag on your computer, causing it to function slowly, deliver error messages when you’re in the middle of completing a task, or even make your system crash. Let’s look at some of the steps you can take to clean up your hard drive. Every task we describe applies to Windows 95/98/98SE/NT/Me/2000/XP, unless otherwise stated

Not so fast . . . Before leaping into the process of deleting files, make sure you’re deleting them for the right reasons. First determine your motivation for wanting to clean up your hard drive. If you’re absolutely certain that a bunch of unnecessary files are clogging the works, and you’re confident that removing them won’t cause any problems, you may well be in good shape to start deleting files. If, on the other hand, you’re witnessing strange events (say, for example, your hard drive makes a rattling noise whenever you open a large file, or your system operates more slowly than it used to), you need to make sure there aren’t other problems that, if fixed, could restore your computer to its former glory (or close enough, anyway).

Noisy hard drive. If you suspect that your hard drive might be failing, try a diagnostic program or online diagnostic service such as Western Digital’s Data Lifeguard Online Diagnostics <<http://support.wdc.com/dlg>>. The service is free but requires that you have an active Internet connection and that you register before using it. Data Lifeguard Online Diagnostics works with Win9x/NT/Me/2000/XP and most hard drives, and it alerts you to any physical hard drive problems. If you find you’re going to need a new hard drive, see the

“Add A New Hard Drive To Your System” article in the September 2003 issue of *Smart Computing* for a walk through the hard drive installation process.

Sluggish system. Generally, slow computer performance can have any number of causes, many of which aren’t related to the hard drive. If, for example, you’ve installed numerous programs over the years, and your computer slows to a crawl when operating multiple programs or when using a big graphics design program, a simple memory upgrade should help. If you’ve ruled out non-hard drive causes, try defragmenting the drive. Defragmenting your drive is a free and relatively painless process. You will find Disk Defragmenter by clicking Start+Programs+Accessories+System Tools.

Freezes & crashes. If you are using an older computer (perhaps one that was built when Win95 was the OS [operating system] of the day) with a small-capacity drive (say, 10GB or less), you may be trying to do more than your hard drive can handle. Deleting unnecessary files and defragmenting the drive can help, but you might need to replace the hard drive or install an additional drive. Before you rush off to the store, however, try adjusting your PC’s virtual memory (space reserved on the hard drive for the processor to use as RAM when actual memory becomes limited or depleted). You’ll find more information on this topic in “Virtually Yours” in the April 2003 issue of *Smart Computing*, pages 30 and 31, or by clicking Start+Help, and typing Virtual Memory in the Search field.

Send keepsake files packing . . . If you have even the slightest pack-rat tendency, you know what we mean by “keepsake files.” We’re referring to those digital photos, video clips, documents, PDF (Portable Document Format) files, and anything else that you can’t bear to part with but that you rarely, if ever, open and spend time perusing. In recent years scanning documents for archival purposes has become a common practice among home and business users. And despite the ever-

Sanitize Continued from page 4

increasing capacity of each new generation of hard drive, many of us run out of hard drive space to store all these old files.



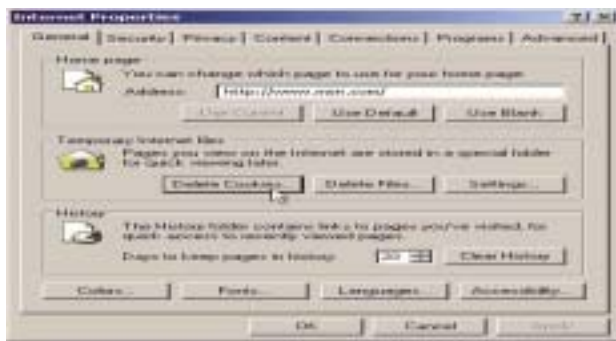
Searching for certain file types that are safe to delete (such as temporarily backup files with a .BAK extension) is just one way you can clear

There are a variety of storage devices on the market that will help you get those old files off your hard drive for safekeeping elsewhere. Most computers have a 3.5-inch floppy diskette drive, which is OK for storing smaller files; each floppy holds as much as 1.44MB. Tiny USB (Universal Serial Bus) drives plug into your computer's USB port; a typical 256MB model runs about \$150. Iomega Zip drives are also an option; 2GB models cost around \$250, but a single removable 2GB disk costs about another \$100.

The most popular archival storage method nowadays is burning files to CD-Rs (CD-recordables) or CD-RWs (CD-rewriteables). Each CD-R/RW holds 650MB. If your PC already has a CD-RW drive, you're ready to go. If not, you can find a good internal CD-RW drive (that is, one you can install inside your computer) for \$50 or more; reliable external models start at a shade more than \$100. External hard drives are yet another option, but a high capacity model (one that holds 200GB or more) can cost more than \$300.

Time for a cookie break. . . Whenever you surf the Web using Internet Explorer, numerous files begin piling up on your hard drive. Many Web sites place cookies (small text files containing information that helps the Web site identify you when you visit the site again in the future) on your hard drive when you access or log into a site. Cookies are generally innocuous and are sometimes even helpful.

Subscription sites, for example, use cookies that contain your username and password so that the site can log you in automatically every time you visit, thereby saving you the trouble of typing your username and password each time. But it's possible to have too much of a good thing. Even though cookies are small (most are 1KB, and some exceed 4KB), it's easy to accumulate hundreds upon hundreds of them.



You can use your PC's Internet Properties settings to get rid of cookies and other unnecessary Internet files that might be taking up too much hard drive.

To remove cookies from your hard drive, click the Start button, Settings, and Control Panel (WinXP users click Start and Control Panel). Double-click the Internet Options icon (WinXP users might have to click the Switch To Classic View link to see the Internet Options icon) to open the Internet Properties dialog box and select the General tab. You can delete all cookies by clicking the Delete Cookies button and then clicking OK when the confirmation box appears. You may not want to delete all cookies, however, because doing so will get rid of cookies containing usernames and passwords that let you access subscription sites more quickly. To delete cookies selectively, click the Settings button and the View Files button and find cookies you want to get rid of (cookies are text files with file names that begin with the word Cookie). For each cookie, right-click it, select Delete, and click Yes.

If you'd like to change the settings that control how your computer will handle cookies in the future, select the Privacy tab and click the Advanced button. Check the Override Automatic Cookie Handling checkbox (if it's already checked that means some customized controls are already in place). To

Requiem For A Mouse

By E. M. Hazell

It had served me faithfully, that little mouse, for at least a year. And in this time and place of throwaway societies one year is considered a long long time as far as faithful service, rendered by a mechanical device is concerned. That little mouse was of the bobtail variety. It was referred to as wireless and could travel quite a distance from that desktop village of mine. Of course sometimes the cats thought of making off with it, but I usually discouraged that. That little mouse died quietly. It just left that little cursor stranded in the middle of the monitor and nothing short of crashing the computer could persuade that cursor to move. When Faye called I was just about in the middle of a temper tantrum. I hate it when mechanical devices get the best of me.

“Did you say the mouse is wireless?” Faye asked.

“Yes, “ I responded.

“Did you check the batteries?” Of course I hadn’t. Bright and brilliant Mensa person that I am, whatever made me think that the wireless mouse and keyboard needed some source of energy, like maybe a few batteries. I thanked Faye for that helpful assist. Then I called the Guru just in case it could be something more serious. He agreed with Faye. He did, however, remain on standby just in case something else was wrong. I had promised Faye to have my column in, and in order to do that, I had to have access to my village.

“How long have you had that wireless set,” Clarence inquired. By now I was beginning to be sort of hesitant about giving out any more information about my latest debacle.

When Clarence asks a question, a truthful answer seems to be well, shall we say mandatory? Lies, even little white lies are not the stuff that good relationships and solid friendships are made of. I value Clarence as a friend as well as a computer guru.

“Since Christmas,” I said.

“Since Christmas and you never once wondered where the energy for that mouse comes from?” He didn’t say anything about that Mensa thing but I could read his mind even from a dis-

tance.

“Where did you buy it?”

Actually I hadn’t bought it, it had been a Christmas gift from my son; a totally unexpected Christmas gift. I hadn’t been unhappy with my long-tailed mouse. I set out the following morning to purchase batteries. The mouse wasn’t the only critter at this establishment dining on batteries. Faye and Clarence had been correct about pointing out to me the importance of changing batteries. As it turned out, batteries could not resuscitate my bob-tailed mouse. Something more serious was wrong in that entire wireless set up. “Where is that old keyboard and mouse?” Clarence asked as he was about to attempt to get things straightened out again. “I think I might have accidentally sort of given it away,” I replied. That was a lie; accidentally was stretching the truth a little. And now it was time for another lesson. That lesson is clearly imprinted on my mind: ALWAYS KEEP A BACKUP HANDY.

I’m writing this column on Clarence’s backup device. I still have another lesson to learn, like how to purchase the kind of device most suitable for my own personal computer needs. But in the meantime I’m having to compose a proper requiem for my fallen comrade. “Whoever heard of a requiem for a mouse, and a mouse as a sidekick is laughable,”. Nor was it thinkable that I should get by with anything here without Grandmama putting in her penny’s worth of opinion. But this time I had her. “Walt Disney died a rich man because of a mouse in his desk drawer.” “I don’t see you getting rich with your mouse!” “That’s a different mouse!” “A mouse is a mouse is a mouse; a mouse is a varmint and the only good mouse is a dead mouse.” As far as Grandmama was concerned, that was an absolute. Mice usually ate into the profit as far as the farmer was concerned. I conceded. Grandmama would always be right. Still, there was that brave little mouse that responded to my every click.

“Last time it was that brave little Umax. Now it’s that brave little mouse. Maybe you starved it to death when you didn’t provide those ‘batteries.’ Any plans for some demise next month?” I took a moment before I responded. “I’m thinking of having my office exorcised to keep the spirit world

Requiem, Continued from page 6

away.” “Didn’t I tell you I had myself immunized against exorcisms? “ There seemed to be a gentle breeze and she was gone. I could have sworn it was a kiss on the cheek. I could never bar her from my own private little kingdom. Life would be so terribly dull without her. Of course, there was still the matter of a requiem for my bobtailed mouse. A

few bars of Beethoven entered my mind. And as I hummed along I thought: Why not. I’m certain Beethoven wouldn’t mind.

*“The ICON” Online Newsletter, December 2002
Interactive Computer Owners Network*

This article is brought to you by the Editorial Committee of the Association of Personal Computer User Groups (APCUG), an international organization to which this user group belongs.

Stay Informed

Groups fighting unsolicited commercial e-mail operate Web sites to share information about their efforts to reduce the clutter in everyone’s inbox. These groups include:

- Spam Abuse
- Coalition Against Unsolicited Commercial Email (CAUCE)
- Privacilla
- Network Abuse Clearinghouse

Next Steps: Here are some online resources you can use to help reduce spam while continuing to enjoy all that the Web has to offer.

- Get a free MSN Hotmail account to use for Web site registration and other online activities
- Add an e-mail account in Microsoft® Outlook® for Web activities
- Learn about the e-mail blocking, filtering, and managing features in:
 - Microsoft Outlook
 - Microsoft Outlook Express
 - MSN 8
 - MSN Hotmail
- Review the FTC’s tips for fighting spam
- Forward any deceptive or unwanted e-mail to the FTC at <uce@ftc.gov>

The Best Laptops

Hot off the press is the Consumer Reports ratings of laptop computers. The top rated four are as follows:

A. Windows Models - Desktop replacements

1. Gateway 600, 2.4GHz, 15in. XGA, \$1,775, battery 3 hrs.
2. Toshiba Satellite Pro M15-5405, 1.4GHz, \$1,900, battery 5 hrs.
3. IBM Thinline A31 2652, 1.9GHz, 15in. SXGA, \$1,830, battery 2 hrs.
4. Dell Inspiron 5100, 2.6GHz, 15in. SXGA, \$1,300, battery 3.5 hrs.

B.Windows Models - Lightweights

1. Gateway 450, 1.4GHz, 15in. SXGA, \$1,600, battery 5 hrs.
2. Dell Inspiron 600, 1.4GHz, 14in. SXGA, \$1,420, battery 3.75 hrs.
3. IBM Think Pad, 231 2672, 1.4GHz, 12in. XGA, \$2,170, battery 4.25 hrs.
4. Compaq Presario 2100, 2.4GHz, 15in. SXGA, \$1,500, battery 2.75.

C.Mac OS Models

1. Apple Power Book, 867MHz G4, 15in. SXGA, \$2080, battery 2.25 hrs.
2. Apple iBook 900 Combo,900MHz G3, 14in. XGA, \$1,580, battery 3.50 hrs.

For details refer to Consumer Reports, September, 2003.



Continued from page 5

make it so your system will no longer accept any cookies, select the Block radio buttons under First-Party Cookies (those sent from a Web site you're visiting) and Third-Party Cookies (those sent from third parties, such as advertisers, that have content on the Web site you're visiting). Or select the Prompt radio buttons so you'll have the option to accept or decline a cookie each time a Web site tries to place one on your hard drive. If you'd like, you can also put a check in the Always Allow Session Cookies checkbox (session cookies are placed on your hard drive, as well, but are removed as soon as you close IE). After making your selections, click OK.

Internet buildup. . . While you still have the Internet Properties dialog box open, there are a couple more clean-up tasks you can accomplish. IE temporarily saves copies of the pages on every Web site you visit, so the next time you access the site the pages will load more quickly. As you can imagine, these files can also accumulate rapidly on your hard drive. To delete them, click the Delete Files button under Temporary Internet Files. In the Delete Files confirmation box, check the Delete All Offline Content checkbox and click OK. IE also saves shortcuts to Web sites you've visited recently. To delete these shortcuts, click the Clear History button.

Search & destroy. . . As you may have gathered, there are plenty of useless files that can accumulate on your hard drive. There are some files that you can track down and safely remove from your computer altogether. Backup files (those with a .BAK file extension), for instance, are backup files that a program creates while it's running but doesn't need after it's closed. It's also safe to delete temporary files with a .TMP extension.

Programs, such as Symantec's Norton SystemWorks 2003 (\$69 <www.symantecstore.com> and Iolo Technology's System Mechanic (\$59 <www.iolo.com> help you find and delete unnecessary files. If you use the Windows search feature to find and delete these files yourself, make sure the Confirm File Delete confirmation box appears, asking you whether you want to send the file(s) to the Recycle Bin. Then, if it turns out you still need a deleted file, you can open the Recycle Bin, select the file(s), and click the Restore button. If you use Win2000/XP, click Start, Programs (or All Pro-

grams), Accessories, System Tools, and Disk Cleanup to launch the Disk Cleanup utility, which locates many expendable files that you can then delete.

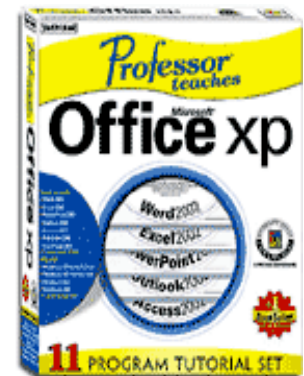


Another Opportunity for Training

By Jerry Moore

In the April 2003 issue of User Friendly, there was a software product review of Professor Teaches Windows XP and Office XP by Individual Software Incorporated. Your club is pleased to announce that this software has now been loaded on PC #14 in the Crafts Room and is available for use by our membership.

When you boot up PC #14 and Windows 98 loads, you will see a folder icon in the middle of the desktop labeled "Training". Click on this folder to open it and you will be presented with a list of over a dozen self-paced training courses you may take.



Each training course is organized into logical groups of lessons that summarize the objectives, identify the number of pages in the lesson and an estimate of the time required for completing this lesson. Another nice feature of this software is that you can stop at any time and when you re-start, the program will remember who you are and where you left off. This means that several people can take lessons on the same computer, each proceeding at his or her own pace.

So please stop by the Crafts Room and give this training a try. If enough of our membership finds this method of training to be desirable, we will add these lessons to more computers.

Answers to Questions

Submitted by Don Yenche
Article source *Chicago Tribune*

Question

I read your column about taking digital photos on your recent vacation, and I noted that you talked about how you burned each day's picture files onto a CD each evening, but you didn't elaborate.

I have been worried about a solid repeatable archiving procedure for digital for some time, with no solution. So, I need a reliable procedure with documentation that leads the user through a step-by-step process to archive digital images. Is there a book, article, Web site or a "Coates" solution to which I might refer?

Answer

The best way to get guided step-by-step through the process of burning a collection of photo files onto a blank CD-ROM is your own computer.

It's this simple: Slip a blank CD into your machine running Windows XP, and something pretty unusual happens. The operating system recognizes you have inserted a blank disc and pops up with a menu of choices to show you the ways to use it.

At the top of the list is a command to make the CD drive a writeable disc just as your floppy drive is a writeable disk. You just click on the My Computer icon on the desktop and a window pops up, just as one does with the familiar floppy disk. If your photos are in the default My Pictures directory, simply click the My Documents icon, and then use the mouse button to highlight the My Pictures folder.

With the mouse button still pressed down, drag the folder holding the pictures to the CD window. The computer will prepare the CD to receive those My Pictures files in a matter of seconds.

When you are ready to finish your CD, click on the command in the upper-left corner of the window that says "write these files to CD." This summons the Windows wizard software designed to walk you through the burning. The first wizard window lets you type in a name for the disc. I use dates the photos were made or the subject.

The software checks to make certain there is enough space on the blank CD (usually 702 megabytes) to hold the files you have dragged aboard.

Shutdown in Windows XP

by Herbert Sax

How many steps does it take you to shut down your computer? Until I read a tip in PC Magazine Online it took me three mouse clicks: Click Start, then Turn Off Computer, and finally a choice among Stand By, Turn Off and Restart. Now I do it with just one. Here's how you can do it too.

Create a shortcut on your desktop by right-clicking in a blank area of the desktop, and then clicking New, and finally clicking Shortcut. The Create Short-



cut dialog box will pop up.

In the field under "Type the location of the item:" type "`c:\windows\system32\shutdown.exe`" and click Next. Name the shortcut "shutdown", and click Finish. You will now be back on the desktop. Right-click on the shortcut, and click on Properties. The Shutdown Properties Dialog box will pop up.

The target for the shutdown will be shown as "`c:\windows\system32\shutdown.exe`." To this you must append one or more command line switches. These will tell the program not only to go to shutdown.exe and execute



Giving Aid, Staying Alive

Elderly helpers have longevity advantage

Science News, July 26, 2003

The old saying that it's better to give than to receive may be true, at least when it comes to social support. Over a 5-year period, a new study shows, seniors who provided either a lot of practical assistance to friends, relatives, and neighbors or regular emotional support to their spouses displayed a higher survival rate than those who didn't provide such help.

In contrast, recipients of plentiful social support showed death rates similar to those of their peers who got little or no such support, say psychologist Stephanie L. Brown of the University of Michigan in Ann Arbor and her colleagues.

Nearly all previous attempts to link social contacts and physical health have focused only on whether individuals receive support from others. Results have been mixed. "Giving support may be an important component of interpersonal relationships that has considerable value to health and well-being," Brown's group concludes in the *July Psychological Science*. It's not yet known whether programs that teach ways to provide support to others would boost long-term survival rates, the researchers add.

The scientists examined data previously collected from 423 married couples living in and around Detroit. The couples were part of a larger prospective study of coping and grief reactions in the elderly. Each husband was 65 years of age or



older at the start of the study in 1987; most wives were slightly younger. Over the next 5 years, 134 individuals died.

Statistical analyses of various subgroups revealed a lower death rate, by as much as half, for participants who reported in initial surveys that they had been providing either of two types of social support. One type involved helping people other than one's spouse with errands, housework, child care, or other daily tasks. The other centered on listening to one's spouse when he or she needed to talk and making that person feel loved and cared for.

"SendTo"

By Herbert Sax

A few months ago I learned of a little program from <www.langa.com> called SendTo. It implements a new option on the Windows right-click context menu, under the "Send To" option. The new option, "Any Folder," allows you to send files which you select in Windows explorer to any location on your hard drive, by either moving or making copies of them. You can also send files and folders to FTP servers and applications on your computer. It's free, and can be downloaded from <www.trogsoft.com/products/sendto>.

When you right-click a file or group of files you will see a context-sensitive menu. It may contain some or all of the following:

- Open
- New
- Print
- Open With
- **Send To**
- Cut
- Copy
- Create Shortcut
- Delete
- Rename
- Properties

Note that "Send To" is a standard option when you right-click a file or group of files. The program: SendTo adds Any Folder to the already existing options. Just click Send To, then Any Folder, and you will be able to do any of the following:

- Copy the files/folders to another location.
- Move the files/folders to another location.
- Create shortcuts to the files/folders in a location you specify.
- Create a zip file containing the files/folders.
- Upload the files/folders to an FTP server on the internet.
- Send the files (but not folders) to an application on your computer.

SendTo works on Windows 95, 98, ME, NT4, 2000 or XP

Web Surfer

By Jerry Moore

Would you be interested in testing out some new software on your computer? Are you curious as to what are the most popular downloads at the current time? Pay a visit to www.downloads.com to see what's available.



Are you considering the purchase of a new computer, camera, television or other costly item and want to make an informed decision? A visit to the web site at www.epinions.com may save you a lot of grief and running around. Not only can you find product reviews written by consumers like yourself, this site also allows you to do some price comparisons from major on-line vendors.



Until next month – happy surfing!

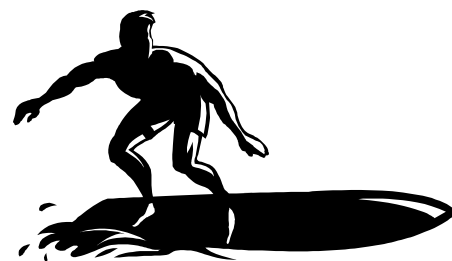
The Editorial Committee wishes to thank all those who contributed articles and/or other assistance to the production of this issue of the newsletter. Please keep up the good work.

Shutdown Continued from page 9

that command, but it will also allow the program to perform one or more functions that will modify the primary command.

If you wish to just shut down the computer, click inside the Target field, press the End key on your keyboard, add a space and type “-s” (that’s a minus sign and the letter “s” without the quotes). If that’s all you do, then your shortcut will work, but you will be faced with a 30-second countdown before the shutdown action takes place. If you want instant obedience, as I usually do, you will need another command line switch. After you type the “s”, add another space and type “-t” (that’s a minus sign and letter “t” without the quotes), another space, and a two digit number ranging from 00 to 99. This will instruct the program to wait anywhere from zero to 99 seconds before shutting down. Click OK and the completed shortcut will be on the desktop ready for activation.

If you want to Restart your computer, rather than shutting it down completely, you will need “-r” (that’s minus sign and the letter “r” without the quotes) instead of the “-s” shown above. You won’t have to go through all these steps again to create the Restart shortcut. Right-click on the “shutdown” shortcut, click Copy, right-click in an empty area of the desktop, and click Paste. Right-click the new shortcut, click Rename, and rename the shortcut “restart”. Right-click the “restart” shortcut, and in the Target field delete the “s” and substitute “r”. Click OK and you’re finished.



Tech Mart

At least five major cell phone manufacturers have recently released or announced phones with digital photo capabilities. The five—Sony/Ericsson, Nokia, Samsung, Sharp, and Handspring—take different approaches to the combination, but all add the same basic new function to cell phones: You can take relatively low resolution digital photographs (640 by 480 is the common best resolution) and send them to other phones, or to e-mail accounts, directly from the combo phone. .



The AT&T Wireless plan, called mMode Pix, makes use of the Sony/Ericsson T68i wireless phone (\$200) and matching MCA-20 CommuniCam (\$130) in conjunction with an AT&T Wireless GSM voice calling plan.

In the U.S., Sprint offers two telephones with photo capability: The Samsung N400 (\$200) and Samsung A500 (\$300) each accept a Samsung camera attachment sold separately for \$100. In all of these standard offerings, 640 by 480 is the maximum resolution, a quality that's fine for digital snapshots but far below the resolution offered by even mid-range dedicated digital cameras.

How many photos you could transmit within the 2MB allowance varies with the size of the picture. However, the carriers say that a compressed photo ranges from 10KB to

75KB, depending on resolution, so you could send, on average, something like 50 pictures before incurring additional charges.

Two other cell phone/camera combinations are available to U.S. customers. A high-end option is Nokia's 9290 Communicator, priced at \$599. This phone/PDA/Internet terminal hybrid accepts images from the Nokia EyeQ camera (an additional \$150). Unlike other cameras that attach to the cell phone by cable or accessory port, the 9290 and EyeQ communicate via an infrared link—a link the camera can also use to send 640 by 480 images directly to a PC or PDA.



Another combo device is available from Handspring, in the form of the Treo 270 and Treo 300. Both personal digital assistants have cell phone circuitry built in. Based on the Palm OS, the Treo units combine PDA tasks, cell phone functions, and the expansion capability of the Springboard port. That port can accept the EyeModule camera (about \$50) for taking low-resolution images that you can send to a PC during synchronization or shared via cell phone connection.

"Camera phones will be an essential tool in driving handset replacement rates in the next five years," says Neil Mawston, a senior analyst with the Strategy Analytics Global Wireless Practice. The research organization expects initial growth to be in Asia.

The analysts expect the market to hit 147 million—20 percent of the total cell phone market sold in 2007.

THE PRINT ZONE — Your Ultimate Source for Printing & Graphics

GRAPHIC DESIGN, MAC/PC
HIGH SPEED B/W & COLOR COPYING
COMMERCIAL PRINTING
FULL SERVICE BINDERY
MOUNTING & LAMINATING

FREE PICK UP & DELIVERY

We Can Print From Your Digital Files On All Types of Media

Call us now for a quick, accurate and honest estimate for your next print job.

THE PRINT ZONE

(949) 779-3998
FAX: (949) 778-4488

800-704-PRINT
21098 Taha Parkway, #106, Lake Forest, CA 92630

www.theprintzone.com