

Official Newsletter
SouthEastern Michigan
Computer Organization, Inc.

DATA BUS

30th
Anniversary
Issue

Volume 31

May 2006

Number 5

IN THIS ISSUE

SEMCO 30 th Anniversary Meeting	3
Deals Column, by Bob (The Cheapskate) Click	5
The Shadow Knows Backups, by Ira Wilsker	7
Malware Evolution, by Alexey Zernov	10
Organize Your Computer Media and Data Files, by Ira Wilsker	11
SEMCO on WJR Radio	12
Reliable Online Health Information, by Ira Wilsker	13
Anti-Spyware Basics, by Dave Gerber	15
What Your Computer Really Does When Idle, by Vinny La Bash ..	16
Board Meeting Minutes, by Carol Sanzi	18
Windows Media Player, by Dave Gerber	18
SIGs: IBM, IBM Intermediate, Advanced, & Novice IBM Topics	19
DATA BUS Deadline	19
Other Groups Calendar	20
Special Member Benefits	21
Computer Resource People	21
SEMCO CALENDAR OF EVENTS	22
MAP, ArvinMeritor Building, Troy	23

SEMCO OFFICERS

President	Gary DeNise	(248) 634-7514
Vice President	Richard Jackson	(248) 546-3694
Secretary	Carol Sanzi	(586) 739-7256
Treasurer	Bette Gay	(248) 641-7799
Members at Large of the Board of Directors		
	Bob Clyne	(810) 387-3101
	Chester Blechinger	(248) 338-2653

NEWSLETTER STAFF

Publications Committee Chair	Tom McNorton	(586) 293-7421
Editor	Tom McNorton	(586) 293-7421
Associate Editor	Bob Clyne	(810) 387-3101

SIG (SPECIAL INTEREST GROUP) CHAIRPERSONS

SIG-IBM: CoChairman	Tom Callow	(248) 642-5770 (9-5)
CoChairman	Warner Mach	(313) 326-0733
SIG-IBM INTERMEDIATE	Carl Massie, Jr.	(586) 482-0053
NOVICE-IBM GROUP	Rotating Hosts	
SIG-ADVANCED	Franz Breidenich	(248) 398-3359

The SouthEastern Michigan Computer Organization, Inc. (SEMCO) is a non-profit, 501(c)(3), group dedicated to providing information, education and a forum to computer users (professional and amateur) and other interested individuals. Membership in SEMCO is open to all individuals 18 years or older. Persons under 18 years may become members through the sponsorship of a parent or guardian. Dues of \$30/year include monthly DATA BUS and free personal ads.

All SEMCO correspondence should be addressed to

SEMCO - P.O. Box 707 - Bloomfield Hills, MI 48303-0707

Website: <http://www.semco.org>

E-mail: semco@semco.org

General information: (voice) answering device in Royal Oak **(248) 398-7560**

DATA BUS is published monthly by SEMCO as its official newsletter. **Mail DATA BUS newsletter copy to: Tom McNorton, 31420 E. Wind Dr. Fraser, MI 48026; or e-mail: mcnortontl@ameritech.net.** Editor is responsible for contents and control of the DATA BUS. Materials published herein may be used for non-commercial purposes only, without further permission of SEMCO or the authors, except as noted, providing credit is given to the author and source, i.e. DATA BUS, and issue date. Entire contents copyright © 2006 SouthEastern Michigan Computer Organization, Inc.

SEMCO does not condone in any way the illegal copying of copyrighted material and will not tolerate such practice at any SEMCO function.

Your mailing label and membership cards list the month and year your membership expires. Newsletters will not be sent after the month of expiration. Back issues may not be available. Renew your membership as early as possible to avoid missing any newsletters.

This publication was created using Adobe PageMaker 6.5 Plus, donated by Adobe Systems, Inc.

SEMCO 30th Anniversary Celebration

Sunday, April 9, 2006

Steve Yuhasz, former SEMCO President, moderated a Panel Discussion: "Computer Technology: What has improved and what has gotten worse over the past 30 years."

Many subjects were addressed. It appears that the most common problem, from the aspect of the panel, is the problem of completing "sound proof" software before it is released to the public.



Steve Yuhasz conducting the panel discussion. Panel members, from the left are: Jim Rarus, Bob LaJeunesse, Tom Callow, Warner Mach, Ken Jackson, and Al Huberty. Carl Massie, Jr. video recorded this session. Panel appeared to agree software needs to be better written.

Jim Rarus, on the next page, reviewed the last 30 years of SEMCO. It was interesting learning what members had accomplished and the depth of their PC experience and knowledge. Shown are Jim's assistants, Steve Yuhasz and Tom Callow operating the audio/video system.



Jim Rarus presenting "30 Years of Personal Computing"



Some refreshments & part of the antique computer display



DEALS COLUMN

from the DealsGuy

Greater Orlando Computer UG

by Bob "The Cheapskate" Click

I am a bit more settled this month because I'm on new blood pressure medication and this one seems to be helping, but I was sure worried last month when the BP would intermittently go up in the 190+ range. That is not good and serious things can happen as many of you mentioned. My heartfelt thanks to the readers who were concerned. I even heard from folks I have not communicated with for a few years. I have four months to go yet on the Coumadin so it won't be any walk in the park the way it makes me feel. My cardiologist says I should stay on it for life, but my MD disagrees. I was surprised at how many others take Coumadin and learned things from my readers.

Due to the lack of ambition, as well as time, the column content has changed a bit lately. I am using some announcements sent to most user groups for new products and most officers do not have the time or interest to pass them on to the members. Some friends say I am not doing the readers any favor by passing that "junk" (their words) on since most of it is unfamiliar company names. I am not of that opinion and feel some of those products are interesting, but I seldom find the time to try them even though it would be easy for me to get a review copy. I'd like your opinion so I'll know whether to use them or try finding other things. I only use announcements that offer user group discounts in the column and I'm still on the lookout for other deals. The other announcements are posted

on my Web site as I get time to post them.

A Great Weekend With Friends

We enjoyed attending the spring FACUG <<http://www.facug.org>> convention. I was told that 149 attendees enjoyed it, down just a bit, and 29 of them were first time attendees. About 44 user groups were represented. As you might have guessed, sponsor support was down, as is the trend. I feel we should stop asking for free meals at these events so sponsors can afford to help us. After a number of conversations with attendees, I am of the opinion that while a few would probably no longer attend if they didn't get the freebies; most still would if the hotel and meal price was kept reasonable. The Tech Session roundtables were always well attended, which gave us a good chance for exposure to some fine products. I was feeling bad at that time, but since it was only an hour drive from my home, I really needed to see my friends. It was well worth the effort.

A Reminder

Gene and Linda Barlow were at the FACUG convention and Gene did his usual great job. They have long been user group people's best friends and now offer some 18 outstanding products at great prices. They also have bundles that reduce those prices. Check their secure Web site at <<http://www.ugr.com>>. Order code is UGFEB06.

I mentioned to Gene my unorthodox backup plan to put certain files on a flash drive and just copy them to my other machines at times to update certain Eudora and other files, and he told me about a product he offers called SmartSync Pro 2.10

that will automatically sync designated files to other machines once you put them on the flash drive. He also stresses his personal tech support for the products along with the vendor support, but sometimes you must be patient. He described their new home location in south Utah, and it sounds like a dream spot. He said they got tired of “snow” in northern Utah. Their new home is not far from a wealth of beautiful national parks and it rarely snows in St. George.

Name Your Drive

Have you tried putting a label on a flash drive? Good luck keeping it on! Memorex has introduced TravelDrive ID that has a small LCD screen good for eleven characters to name the drive or its contents, and shows how much memory remains <<http://www.memorex.com>>. (Click on Travel Drives) Prices start at \$80. I only mentioned this product because it is unique.

Automate Your Tasks

Make Any Manual Operation on Your PC A Fun Ride with RoboTask 2.4!

NeoWise Software released RoboTask 2.4, a Windows-based application that automates routine operations. It now offers new features and enhancements suggested by end users. Set up automations right out of the box without the need to create complex scripts or batch files. RoboTask provides a visual interface and over a hundred actions that can be selected and combined into a task in a point-and-click fashion.

RoboTask has acquired a new plugin for work with a POP3 server and analysis of email messages, and its actions let you easily organize, for

example, a server that will receive commands by email. Also added are “Import Registry” and “Export Registry” actions that expand the backup abilities. Customers will discover new actions to synchronize a task with other tasks and processes called “Wait for File”, “Wait for Process.”

You can automate file operations like copy, move, rename; manage automatic backups; also schedule and run FTP and Web server operations. These jobs may be launched manually, scheduled to run automatically, or can be configured to be triggered by a wide array of changes in your PC.

Read more information at <<http://www.robotask.com/forum>>.

RoboTask 2.4 runs under Windows 98/Me/2000/XP/2003 and costs \$99.95 (USD) for a single-user license. NeoWise will provide a 25% discount to user group members at <<http://www.regsoft.net/purchase.php3?productid=75129&pc=7043J>> (3.26 MB). Registered customers are entitled to free upgrades to minor versions, considerable discounts on upgrades to major versions, and priority technical support. <<http://www.robotask.com>>.

The following announcement offers a discount on the product, but did not responded to my e-mail asking how to get it. This is the fourth vendor who did not respond and I am at my deadline. Perhaps you’ll have better luck than I did if you like the product.
NeoWise Software (Edited)

NeoWise Software has released version 1.8 of Express Thumbnail Creator (ETC), a web photo album creation tool for Microsoft Windows. ETC lets anyone, regardless of their

knowledge of HTML or CSS, create a compelling, high impact gallery for sharing digital memories with other people over the Internet. The ETC's wizard-style interface takes you through all the stages of gallery creation in a step-by-step fashion and gives a total control over its every detail. Use default settings or choose from 30 exclusive pre-built templates to help you jumpstart your project in a couple of minutes.

Simply follow the five steps of gallery building, adding images, selecting and applying a style to your gallery, specifying the look for thumbnails and full-size images. Customize the size of tables on index pages, set titles, colors, links, and captions used on index and image pages and you can generate and save the gallery project in HTML format. It is then ready for publication online and can be uploaded to your website.

ETC Pricing and Availability
Express Thumbnail Creator 1.8 runs under Windows 98/Me/NT4/2000/XP and costs \$39.95 (USD) for a single-user license. Registered customers are entitled to free upgrades to minor versions, considerable discounts on upgrades to major versions, and priority technical support. User group members receive a 25% discount by e-mailing Alexey Surkis <alexey@neowise.com>. Additional information on the product, a set of sample albums, as well as a 30-day fully functional evaluation version of ETC is available from <<http://www.neowise.com/etc>>. No privacy statement on the Web site, so be careful.

For more information, visit <<http://www.neowise.com>>.

Direct download link: <http://www.neowise.com/ftp/etc_setup.exe> (4.1 MB)

That's it for this month. Meet me here again next month if your editor permits. Be sure to check for new announcement pages on my Web site. This column is written to make user group members aware of special offers or freebies I have found or arranged, and my comments should not be interpreted to encourage, or discourage, the purchase of any products, no matter how enthused I might sound. Bob (The Cheap skate) Click <bobclick@mindspring.com>. Visit my Web site at <<http://www.dealsguy.com>>.

The SHADOW Knows Backups

By Ira Wilsker

Sadly, many of us find that painful experiences are the best teachers. Many of us found out last summer following the catastrophic hurricanes and other disasters that victimized many of us, that while our homes, businesses, and personal possessions could be replaced in time, our critical data was often irreplaceable. I may be eccentric, but last summer while preparing to evacuate from an oncoming Hurricane Rita, I performed a full backup of my hard drive to an external drive, that external drive being the first thing I packed to take with me!

In the weeks that followed hurricanes Katrina and Rita, several callers to my radio show on KLVI commiserated about the damage to their computers, asking how family photos (digital images), tax files, important

word processor documents and spreadsheets, and other critical files could be recovered from their machines that suffered a variety of calamities. Hardly a week goes by that other callers to my show do not refer to a crashed computer containing critical information. Lacking a current backup of those files, callers suffer a significant personal loss. Conversely, I did have one caller last fall who was very happy that she had a current backup of all of her critical files, and was able to get back into operation very quickly following the storm, as she had used an automated backup utility, Shadow version 2 from NTI Software <www.ntius.com>.

NTI has just released new editions of its automated backup software, Shadow version 3 for Windows, Mac, and U3 smart devices, as well as a “Dragon Disc” variant that can automatically backup data to optical media, including all current CD and DVD types and formats.

There are several features that make Shadow 3 unusual when compared to the many types of backup software currently on the market. One is that it backs up files in their native formats such that no special software or boot discs are required to recover the data. Another is that it runs continuously in the background (when so configured), and does not consume large amounts of performance robbing system resources while it continuously backs up files to the chosen media as the original files are created and saved to the hard drive. Since files are continuously backed up, no intervention is required to perform backups, saving time, as well as insuring that critical files can be

recovered as needed. This real-time backup feature overcomes one common obstacle to periodic backups, which is the time it takes to complete those backups; since Shadow performs continuous backups, no additional time is needed, and all critical files are always recoverable from the backup media. Also, since the files are saved in their native formats, rather than some proprietary compressed format used by many other utilities, files can simply be copied and pasted from the backup media to the computer. This drag and drop feature requires no additional software to recover files.

Shadow 3 offers several backup options as to when files are backed up. My personal preference is to back up files continuously, every time the source data is modified, but there are other options. Selectively, the user can choose to backup new files at any specified elapsed time, either minutes, hours, or days, meaning that if the user wanted to backup all files new or modified in the past 30 minutes, rather than continuously, that is the users’ option. Some users may instead elect to backup files on user selected days and times; if the user decides to perform automated backups at midnight on Sunday, that is also the users’ option.

Most of the time, I choose to backup my data to an external USB 2.0 hard drive which can be stored apart from the computer, and transported when necessary (such as a hurricane evacuation). Some users choose to have an additional internal hard drive for backup purposes, while others prefer to backup to a networked device or drive. Now that USB flash drives, mobile drives, and even MP3 players sometimes have very large capacities,

they may be a backup destination of choice. Shadow v3 supports all of the above media choices. For those who would like to backup to an optical device, such as a CD or DVD disc in any format, the Dragon Disc version of Shadow 3 supports all currently available types of optical storage. For those of us who are sometimes forgetful, Shadow 3 has an intelligent USB device detection that will only execute the software when the USB device is connected to the system. Users of U3 devices will especially appreciate the version of Shadow 3 that supports U3 smart devices.

What is especially nice about Shadow 3 is the ability to set the number of older file versions that may be saved. Choices available in the Shadow setup allow the user to save all versions of a file, a limited number of versions (one to ten), or only the latest version of a file. I recommend that the user save several older file versions both in terms of redundancy, as well as the easy ability to go back to an older file version if that is ever necessary

Another feature which may be selected to save storage space on the backup media is to specify which file types should be automatically backed up. Categories of files that may be selectively backed up include data files, photos, music, video, or custom file types. For those unsure about what to backup, and how often, a wizard included in the Shadow 3 setup walks the user through the setup process. Shadow 3 is available in versions that run on Windows (2000 or XP), Mac OS X (10.2.8+), and U3 smart devices.

Ira Wilsker is an APCUG Director; Columnist, The Examiner, Beaumont, TX; and a radio & TV show host. Contact him at <iwilsker@apug.net>.



BOOKS

Bob Clyne has two books, “**Dude, You can do it! How to build a Sweet PC**” and “**Podcasting Pocket Guide**” that are available for any SEMCO member to borrow. Contact Bob Clyne <clyne@lodden.com> if you want to borrow one. Some members may find the Podcasting Pocket Guild useful since the WJR/SEMCO show was “podcast.”

MALWARE EVOLUTION

By Alexey Zernov

Kaspersky Laboratories

Kaspersky Laboratory, a leading developer of secure content management solutions that protect against viruses, Trojans, hacker attacks and spam, has published its second quarterly analysis of contemporary trends in cyber threats: "Malware Evolution: April - June 2005". This report by leading Kaspersky Lab virus analysts offers insights into the activity of the computer underground, and contains detailed analysis of the technologies and techniques currently being used by cyber criminals.

The report offers readers professional analysis of the latest developments in information security: changes in network attack vectors, with a shift from wide range scanning of Internet segments towards targeted attacks on major nodes. Many major financial institutions have recently suffered from such attacks.

In addition to the above, the report highlights worrying trends such as the continued evolution of adware (such programs have now crossed the line between merely undesirable to actively illegal) the emergence of new virus technology, and many other issues. The quarterly report covers the following topics:

- Changing network attack trends
- Site hacking
- Adware
- The return of virus technology
- Cyber hostages
- Politics and viruses

You can find the latest quarterly report on cyber threats from Kaspersky Lab <<http://viruslist.com/en/analysis?pubid=167244347>>.

Part II

Kaspersky Lab, a leading developer of secure content management solutions that protect against viruses, Trojans, worms, hacker attacks, spyware and spam, presents the second part of "Malware Evolution 2005".

Yury Mashevsky, a Kaspersky Lab virus analyst, provides an overview of the criminalization of the Internet, looking at issues of relevance to both end users and IT professionals with an interest in malicious code. Topics examined include the changing focus of criminal groups, interaction between criminal groupings and the antivirus industry, and technologies such as rootkits used to increase profits through cyber crime. The report also includes an extensive list of recommendations for users. The report concludes, by stating that "2005 shows that cybercriminals are likely to continue to focus on mobile devices and the financial sector. However, rootkits, botnets, cyber blackmail and other criminal activities are likely to remain widespread."

<Malware Evolution 2005, Part II> is available here <http://www.viruslist.com/en/analysis?pubid=182974451>.

Information contained in the report may be reproduced as long as the source and the author are cited.

**Kaspersky Lab, 10, Geroyev
Panfilovtsev St, Moscow, 125363,
Russia**

**E-mail: info@kaspersky.com
<http://www.kaspersky.com>;
< <http://www.viruslist.com> >**

Organize Your Computer Media and Data Files

By Ira Wilsker

Our personal computers, which have been traditionally used for computing tasks such as word processing and web surfing have, for many of us, become a center for our digital media. If your computer is as cluttered as mine, you probably have thousands of digital photos or other images, thousands of music files, and some videos interspersed with your data files. Sometimes it becomes difficult to locate what we are looking for due to the sheer number of files that we have to search in order to find what we want.

To help solve our quandary, InterVideo, the publisher of several of the top selling DVD utilities has introduced its MediaOne Gallery, self-described as “The all-in-one digital media solution.” This software will scan the hard drive for media and data files, and automatically organize and track those files, making it easy to locate wanted data, photos, music, videos, and other files. If any files are modified or otherwise updated, this software will automatically update the library listings. Once desired files are located, MediaOne Gallery can write the desired files to CD and DVD discs. The library created by MediaOne Gallery organizes the files in an easy to use and intuitive directory where the files can be tagged, organized by subject, rated, or otherwise categorized. An integral utility, Scene Match 2, can locate and categorize images, video, and audio with similar backgrounds, allowing comparable content to be clustered for easier manipulation.

MediaOne Gallery comes in two versions, “Gold” and “Platinum”. Both

can organize and manipulate pictures and other images, music, video, documents, and data. Both versions also contain an internet search utility to find desired media on the internet. Both versions can capture video and create MPEG2 files, and play back DivX and MPEG4 video files.

Since digital cameras have become almost universal, and many of us take digital photos far more freely, now that we no longer have any film or photo finishing expenses, we have stored countless images on our hard drives or other media. Both automatically organized and classified making them easy to search and locate. Documents can be burned to CD or DVD, emailed, and backed up with this software.

MediaOne Gallery Gold and Platinum require PCs with Windows 2000 or XP installed as the operating system, and a decent processor with 128 megs of memory at a minimum; of course better systems will perform much faster and more efficiently with a fast processor and 256 megs or more of memory. Free trial versions of both are available for download from the InterVideo website at <<http://www.intervideo.com>>. If you like those, the full registered versions are available for download for \$49.95 (Gold), or \$69.95 (Platinum). The software is also available at retail in the same price ranges on CD, packaged in InterVideo’s familiar red boxes. OEM versions of MediaOne Gallery are now packaged with some ASUS deluxe motherboards, and with several models of computers.

Another iteration of a different InterVideo product is the new Platinum H.264 edition of InterVideo’s very popular DVD Copy 4. This product is

the latest in a series of DVD copying software that can copy DVDs in three simple steps, select the source, select the target, and select the format, and the backup of the DVD is created. What is new with this H.264 version is the ability to utilize advanced video conversion utilizing compression and the ability to copy videos to the new digital video devices.

The new version of DVD Copy 4 can create videos in the modern DivX media format. DivX video is a high quality format that maintains original subtitles and audio tracks, and allows the creation of interactive navigation menus. The H.264 video is a fairly new compression method that can store full featured video in less space.

What is especially interesting about this new version is the ability to copy movies to a Sony MemoryStick which can be played anywhere on a Sony PSP device. Another new feature is the new support for video iPods, where almost any video or movie can be saved in the iPod video format, making them playable on the millions of compatible iPods. You may have seen commercials for the new 3G (Third generation) cellular phones that can play movies; this new version of DVD Copy 4 Platinum H.264 Edition supports those new mobile phones so selected movies can be played on a phone! Free trial versions of both the classical DVD Copy 4 Gold, and the newer Platinum H.264 edition are available for download from the InterVideo website, and require Windows 2000 or XP. The full versions can be purchased on CD in the familiar red box, or downloaded from InterVideo for \$49.95 (Gold), or \$79.95 (Platinum H.264).

Ira Wilsker is an APCUG Director; Columnist, The Examiner, Beaumont, TX; and a radio & TV show host. Contact him at [<iwilsker@apcug.net>](mailto:iwilsker@apcug.net)

SEMCO ON WJR RADIO

On Saturday, April 23, SEMCO was the featured subject from 8 pm until 10 pm. Steve Yuhasz, former SEMCO President, and Carl Massie Jr. represented SEMCO on the show with Foster Braun of WJR who moderates the show.

If you did not have a chance to listen to the broadcast, please take some time before the next SEMCO meeting to listen to it. Go to [<http://www.internetadvisor.net>](http://www.internetadvisor.net) under "podcast."

The podcast of the SEMCO/WJR broadcast is an MP3 file. Because of this it is possible to listen to this broadcast on your computer. Simply go to the site listed and use the Windows Media Player or your favorite audio player to listen to the two hour broadcast. An advantage listening on the computer is you can skip some items or repeat items which you find interesting.

There was ZERO rehearsal for this show and no indication of what questions Steve and Carl would have to answer. Good work Steve and Carl!

**CONGRATULATIONS
SEMCO'S 30th Anniversary
Meeting shows
what can be done when
members
work for a common cause.
CONGRATULATIONS!!!**

Reliable Online Health Information from Medline Plus By Ira Wilsker

I recently visited a relative who was a patient at a hospital in a distant state. This hospital was somewhat progressive in that it had a small library available for visitors to research any terminology used by the healthcare professionals. Being one to utilize the internet for research, rather than the volumes of texts available in the library, I of course migrated over to the lone computer in the small room. One of the icons on the desktop of the library computer was to a site that I had not previously visited, MedlinePlus.

MedlinePlus is a website listed as “A service of the U. S. National Library of Medicine and the National Institutes of Health,” and found at <http://www.medlineplus.gov>. The heading at the top of the page says in a large font “Medical Encyclopedia,” followed by a ubiquitous search box. An icon at the top of the page indicates that the page is also available in Spanish.

On the left edge of the main page is a hyperlink labeled “Health Topics—Start here with over 700 topics on conditions, diseases and wellness.” That link connects to an alphabetical directory as well as a menu of broad health topics. The categories are headed, “Disorders and Conditions—Body Location/Systems;” “Diagnosis and Therapy;” “Demographic Groups;” and “Health and Wellness.” Under each of the headings is a list of relevant topics. On the bottom of the page is a link “List of All Topics” listing hundreds of individual topics ranging from “Abdominal Pain” to “Zoonoses.”

Also on the health topics page are several icons linking to other features, including interactive health tutorials (links to over 165 slideshows complete with sound and pictures); “Easy-To-Read” (health information in plain language); “Especially for Low Vision Users” (hundreds of links to pages in large fonts, easy-to-read language, and audio); and “health Check Tools” (quizzes, calculators, and self tests).

Also on the left of the main page is the link to “Drugs and Supplements”. This link opens a directory page searchable by name brand or generic drug name, as well as information on herbs and supplements.

Under “Directories” on the left edge of the main page is the link to a medical encyclopedia. MedlinePlus has the A.D.A.M. medical encyclopedia containing thousands of medical topics as well as a library of medical photographs and illustrations.

“Other Resources” connects to a Merriam-Webster medical dictionary. The dictionary page is simple and uncluttered and features a search box where a medical term can be entered, and the entry displayed. If the user is not sure of the spelling, partial words or the first few letters can be entered which will produce a listing of possible responses.

For those who want the absolute latest in health news, another link on the left of the main page is “Current Health News”, which opens a page displaying hundreds of health related news articles sorted by date and title, covering the most recent 30 to 90 day period, depending on the original source. News articles can also be searched by topic.

Another directory on the left of the main page is a resource to locate doctors, dentists, and hospitals. "Other Resources" links to local health services, other medical libraries, health related organizations, international health sites, and other resources.

The right side of the page at medlineplus.gov has four more interactive icons. The first of these icons links to the 165 interactive tutorials, which include slideshows complete with audio and pictures.

The second link on the right of the page links to a resource that may possibly provide ideas on potential new drugs or other innovative medical procedures at <<http://ClinicalTrials.gov>>. This site is easily searchable, and has information on clinical trials utilizing human volunteers, including who may volunteer to participate, locations of clinical trials, and contact information. There is a strong proviso that the information provided at ClinicalTrials.gov should only be utilized in conjunction with advice from qualified health care professionals.

The next link on the right side of the main page connects to the NIH Senior Health website at <<http://NIHSeniorHealth.gov>>. In consideration that many "seniors" have vision problems, this page offers an option to display the text in larger fonts, change the contrast on the page, and turn on an audio speech function to read the pages to the viewer. Topics covered are primarily of interest to seniors, and those taking care of seniors, and comprise dozens of headings including Alzheimer's disease, arthritis, cataracts, diabetes,

glaucoma, heart failure, osteoporosis, prostate cancer, and other topics especially of interest to seniors. Medicare prescription drug coverage information is also available on this page.

For those interested in viewing surgical procedures in order to get a better understanding of the process, videos of surgical procedures are available from the last link on the right side of the main page. Hundreds of videos are available for viewing, sorted by the area of the body, topic, and the type of procedure. Videos include such topics as brain surgery, heart surgery, Caesarian sections, pediatric surgery, men's health operations, transplants, and women's health procedures.

In summary, I was quickly able to find the information I was seeking at MedlinePlus.gov. Unlike some of the commercial medical websites, no personal information was solicited, and there were no advertisements for topic related items. I found the site very comprehensive, easy to use, and apparently reliable with unbiased information. This site provides a valuable service to anyone, consumer or healthcare professional, seeking the latest in comprehensive and accurate medical information.

WEBSITES:

<<http://www.medlineplus.gov>>

<<http://www.ClinicalTrials.gov>>

<<http://NIHSeniorHealth.gov>>

Ira Wilsker is an APCUG Director; Columnist, The Examiner, Beaumont, TX; and a radio & TV show host. Contact him at <iwilsker@apcug.net>.

Anti-Spyware Basics

By Dave Gerber

Director, Sarasota PCUG, Florida

www.spcug.org

You've just come home with your new computer. How delightful! Now you're ready to surf the web and download some music—legally of course - and send out a few emails to family and friends.

As you're about to plug in the newworking cable you remember something the sales associate mentioned. "Be sure and get some anti-spyware an security stuff." "Bah," you figure. The guy is just trying to sell you more that you don't want or need, right?

Onward you go, dismissing the comment and salivating as Google pulls up page after page of amazing information about things you never knew existed. Need to know about livestock birthing? No problem! Have a hankering for finding just the right flap setting for your Cessna?" Piece of cake!

But wait, what's with these 'extra' windows that keep popping up and obscuring your view? And why is it that your homepage is now set at www.somePornSite.com? "Hmmm," you wonder, thinking back to what the sales associate said.

Welcome to the Net! You have just been hijacked and had your first "drive-by" install. No—not the type of drive-by from the gang downtown, guns a' blazing, tires screeching – it appears to have come from that "friendly" website who just happened to be pushing some 'extra' software onto unsuspecting users such as yourself.

The scenario above is an all too common occurrence—though, more

than likely, excluding both of those searches via Google. And if you did actually perform those searches, you are indeed unique to say the least. Just don't write me if you're a farmer transporting a pregnant cow in a Cessna. ;-)

And so, some basic security info is at hand. At least, enough to get you down the road to securely surf the Web with confidence.

Here's a list of things you should do before plugging into the Net:

1. Be sure you have both a firewall and anti-virus protection. Without either, it could be literally only 10 or 15 minutes before your system is compromised. Typically, free products give you bare bones applications, which is fine if you're not going to do any heavy surfing. Going to be online 3, 4, 5 hours a day? Make the investment and get a few extra perks.

2. Now that you have a firewall and anti-virus installed, you can go online. Make sure the operating system that came installed by the reseller has all critical patches from Microsoft installed. This single event, should it be skipped, could be the most damaging. You see, malware writers know all the exploits and vulnerabilities in the OS, and write accordingly to take advantage of them to deliver their bundles of joy.

3. Find a dependable source for anti-spyware. Many of the most respected applications on this category are free, with some very nice paid versions as well.

Now doing those three simple basic things will get you started. You still need to read up about tweaking Internet Explorer, to help tighten its out of the box security (kind of like adding extra

stuff to a new car). Then deciding what kind of security settings or software to use for e-mail.

Hopefully you're not overwhelmed just yet. My purpose is to inform on a basic level for the new user. Once you're up and running, other subjects delving deeper into technical issues can be addressed.

Dave Gerber, Dave's Bits & Bytes, A Periodic Newsletter for the members of the Sarasota PC User Group and the World!, can be found at: <<http://davebytes.com/>>

There is no restriction against any non-profit group using this article as long as it is kept in context with proper credit given the author. The Editorial Committee of the Association of Personal Computer User Groups (APCUG), an international organization of which this group is a member, brings this article to you.

What Your Computer Really Does When It's Idle

By Vinny La Bash

vlabash@home.com

**Member of the Sarasota
Personal Computer Users
Group, Inc, Florida**

<http://www.spcug.org>

You're sitting at your machine, thinking about what to do next, when your disk drive starts whirring and the light flashes, indicating that something is going on. What is your machine doing? Your hands are nowhere near the keyboard or the mouse, and you can be relatively certain that neither telepathy nor telekinesis is at work.

One possibility is that your system is loading automatic updates from

Microsoft.com because you set your system to download updates automatically. The same could be true for anti-virus programs, firewalls or any application software that offers this type of automated service.

The Task Scheduler may be running a background utility. Your automatic backup may be kicking in, or an online subscription service is delivering requested information as part of a service it provides. Any number of similar operations could be going on. There is a dark side to this. You may be infected by a spyware program reporting back to its master over the internet. Most spyware blabs about your web surfing habits to a commercial entity so that it can tailor ads to your individual tastes. Many people consider this annoying or intrusive. Nevertheless, the designers of these programs have no desire to hurt you. They want only to sell you something.

However, something far less benign could be going on. A program could be attempting to steal your banking information, PIN's, credit card records, social security information, and other financial data with the intention of draining your bank account.

A Trojan horse program may be downloading spam to retransmit from your machine making it look to recipients that you are the spammer. Other programs make your machine a "zombie" or a node in an array of machines designed to launch a Denial of Service (DOS) attack on a web site.

Worst of all, there have been instances reported of stealth programs downloading child pornography and retransmitting it to another machine. These programs make it look like you

are the culprit, making you subject to arrest and incarceration. This kind of frighteningly malicious activity has been rare, but the danger is real.

If you are concerned about this, and you should be, Windows XP offers a solution:

Click Start.

Click Run.

In the text portion of the Run dialog box, type `cmd` and click OK. This brings you to the Command Interpreter, which starts out by displaying the Version of XP that's running on your machine and some copyright information. Now enter the command **netstat -o**, which displays network statistics about your current active connections.

There are five columns of information displayed. The **Proto** column tells you what communication protocol is being used for a particular process. In most instances this will be TCP (Tele-Communications Protocol). This is irrelevant for our purposes.

Local Address is your machine.

Foreign Address is the **IP address** and port number of the machine the process is communicating with.

State informs you if the communication session is sending or receiving, waiting, acknowledging or finished.

PID (Process Identifier) is the piece we need, because it identifies the process (program) that is controlling the communications session from your computer.

4. Perform the Ctrl+Alt+Del keystroke sequence to bring up the Windows Security window.

5. Click Task Manager.

6. Click the Processes tab.

7. Click the **PID** column. This sorts the information, making it easier to find the

program you're looking for.

Note: If the **PID** column is not displayed, you can activate it from the View menu.

Examine the **PID** list until you find the **PID** number(s) you found with the `netstat` command. If it's `msnmgr.exe` or `iexplorer.exe`, there is nothing to worry about. These are normal Windows XP processes and no cause for concern. There are many other legitimate Windows XP processes that are likely to be listed in the Task Manager.

How do you tell the good from the bad? Unfortunately, Windows itself isn't much help in showing what any given process is doing and you can't shoot them all and "let God sort them out." A search of Microsoft's web site won't yield useful information.

A great place to find valuable information about common Windows processes is: <http://www.liutilities.com/products/wintaskspro/processlibrary/>.

This site contains information about all common Windows processes, and the site administrators do an excellent job of keeping posted information current.

Knowing what's going on in your system is good, but the best protection against intruders is to keep your anti-virus, firewall, and other specialized protection programs up-to-date.

There is no restriction against any non-profit group using this article as long as it is kept in context with proper credit given the author. The Editorial Committee of the Association of Personal Computer User Groups (APCUG), an international organization of which this group is a member, brings this article to you.



BOARD MEETING

4/9/2006

Carol Sanzi

BOARD MEMBERS PRESENT

President Gary DeNise, Vice President Richard Jackson, Treasurer Bette Gay, Secretary Carol Sanzi, SIG-Advanced Chairman Franz Breidenich, SIG-IBM Co-Chairmen Tom Callow and Warner Mach, SIG-IBM Intermediate Chairman Carl Massie, and Member-at-Large Bob Clyne. Also attending were Chuck Moery, Paul Cervero, and Thomas McNorton. The meeting was called to order at 12:22 p.m.

OLD BUSINESS

Bette Gay reported that there is now \$7,333.79 in the treasury with \$71.79 outstanding. The membership stands at 80. It is time for Jean Blievernicht, Lee Helms, and Terrance N. Todd to renew their memberships.

Bette Gay moved to reimburse Warner Mach \$151.56 for expenses from the Anniversary budget. Bob Clyne seconded the motion and it was carried. Bette Gay moved to reimburse Gary DeNise \$48 for the purchase of Bill Agnew's plaque. Bob Clyne seconded the motion and it was carried.

NEW BUSINESS

Bob Clyne moved to appoint Thomas McNorton as Publications Committee Chairman. Tom Callow seconded the motion and it was carried.

Bob Clyne reported that the Audit has been completed and is satisfactory.

Carol Sanzi moved to adjourn. Franz Breidenich seconded the motion and it was carried. The meeting adjourned at 12:39 p.m.

Windows Media Player

Although Media Player blew it badly by not being able to create MP3 files, at least it plays them. To listen to an MP3 file - whether you downloaded it from the Internet or created it with a different program - follow these steps:

Open Media Player

If you don't see its icon on your desktop or near your Start button, click on the Start button, choose Programs, and click on Windows Media Player from that menu.

Choose Open from the File menu

The Open box appears, ready for you to root through your folders for the appropriate file.

Locate your MP3 file

Open the folder that holds your MP3 file.

Having trouble finding your MP3 file? Then choose Search from the Start menu, choose For Files or Folders, and type *.mp3 into the box called Search for files or folders named.

Click on the Search Now button, and all your MP3 files appear in the Search Results window. Double-click on the MP3 file you want to hear. Media Player immediately begins playing the song.

Media Player lets you create playlists of your favorite tunes.

To hear several MP3 songs in a row, hold down Ctrl while clicking on MP3 files. Then, when you click on the Open button, Media Player plays all the selected files.

Although Windows Media Player does a decent job of playing MP3 files, the program's just too huge. For a more versatile and slim player, check out WinAmp.

This tip from Dave Gerber <<http://www.davebytes.com>> via APCUG.

SPECIAL INTEREST GROUPS (SIGS)



SIG-IBM
Tom Callow
Warner Mach



May 14: Windows Vista: SIG-IBM Co-Chairman Tom Callow will discuss the upcoming newest version of Microsoft Windows, including what it will look like, how secure it will be, and what is new for the user.



SIG-IBM INTERMEDIATE
Carl Massie, Jr.

May 14: Home Networking with Protection, Performance and Safe Sharing: Sig-IBM Intermediate Chairman, Carl Massie Jr., will present techniques for having a home network that offers protection for client computers, while maintaining performance and allowing safe sharing of resources.

NOVICE-IBM GROUP **Rotating Volunteer Hosts**

May 14: Help A Q & A:
Discussion directed by the audience.
No question is too simple!!



SIG-ADVANCED
Franz Breidenich

June 5, 2006: (First Monday), 6:45 pm, at the Oak Park Library. The library is located at 14200 Oak Park Blvd., Oak Park, MI. Phone: (248) 691-7480.
Topic: Wide ranging discussion of computers and computing.

June 2006 DATA BUS DEADLINE (7th day after meeting)

SEMCO Input and Members' Ads — Deadline: Sun., May 21, 11:59 p.m.

Members' personal ads are free. To mail, use [Editor address on Page 2](#); e-mail address: [<mcnortontl@ameritech.net>](mailto:mcnortontl@ameritech.net). PLEASE send to arrive sooner than deadline.

Business Ads - Deadline: Second Friday monthly. Contact the [Editor \(address Page 2\)](#).

Tom McNortonmcnortontl@ameritech.net

(to post monthly computer group info)

**CALENDAR-OF-EVENTS
OTHER GROUPS****AAICI (American Association of Individual Investors, Computerized Investors)**

Date varies–Saturday, 10am; W. Bloomfield Twp. Library, 4600 Walnut Lake Rd., 1 mile west of Orchard Lk Rd. Jack Lockman at thunder@tir.com or 313-341-8855.

COMP (Computer Operators of Marysville & Port Huron)

June 7–Wednesday, 7pm (1st Wednesday); St. Clair County RESA, 499 Range Rd., Marysville, Admin Building, Jane Wheatly 810-982-1187 <<http://www.bwcomp.org>>. Topic: Presentation software demo (PowerPoint/Impress.)

DCOM Computer Club

May 13–Friday, 6:30–8:30pm (2nd Friday); Henry Ford C.C., Patterson Tech Bldg, Ford Rd/Evergreen, Rm T143, Parking Lot C. Info: Doug Piazza 313-582-2602.

FACE (Flint Area Computer Enthusiasts)

June 13–Tuesday, 6:30pm (2nd Tuesday); Kettering Univ. Academic Bldg. Rm I-817 (enter Security Door, back of building by parking lot). <<http://www.gfn.org/FACE/>>.

MacGroup Detroit

May 21–Sunday, 3pm–5pm; Birmingham Temple, 28611 W. 12 Mile Rd., Farmington Hills. Info: Terry White, <terry@macgroup.org> or 313-571-9817. <<http://www.macgroup.org>>. Topic: Tips from the Genius Table and Member Presentations.

MacTechnics, (MAC User Group)

May 20–Saturday (3rd Saturday); 11:00 am main meeting (SIGs at 9:30); Ann Arbor Open School, 920 Miller Ave., Ann Arbor. <<http://www.mactechnics.org>>. Cassie at <cassiemic@yahoo.com> or 313-971-8743.

MDLUG (Metro Detroit Linux User Group)

May 13–Saturday, 12:30–2:30pm, (2nd Saturday); MDLUG meetings will be at The Gaudior Academy located at 27100 Avondale Avenue in Inkster. Web: <<http://www.mdlug.org>>. Info: Richard Jackson 248-546-3694.

Michigan Apple Computer User Group

May 11–(2nd Thur) 7:30pm, General meeting; Fraternal Order of Eagles Hall in Clawson, 174 Bowers St. (one block North of 14-Mile and one block East of Main). Avi Drissman 248-232-7865. Web: <<http://www.themichiganapple.com>>.

Oak Park Computer Club

Meets every Friday, 10:15am at Oak Park Recreation Bldg, Oak Park Blvd. west of Coolidge.

SHCC (Sterling Heights Computer Club)

June 6–Tuesday 7:30pm, (1st Tuesday); Macomb Community College South Campus, Bldg. K, 14500 E. 12 Mile Rd. Don VanSyckel at <Don@VanSyckel.net>, 586-731-9232; Web: <<http://www.SterlingHeightsComputerClub.org>>. Topic: Internet Security for the Home User

Wayne State U. Mac User Group

May 13–Saturday, 10:00am–Noon (2nd Saturday); at Mich.com, 21042 Laurelwood, Farmington. Information: Lorn/JoAnn Olsen 248/478-4300 or Denny McLampy 248-477-0190.

Visit the SEMCO website <<http://www.semco.org>>

Meeting information is posted there before you receive your DATA BUS and any changes will be posted there. The "Hot Links" page contains links to many other sites which have still more useful information. (If you have any suggestions for additional links for this page, let us know.) Information about the Board members is posted in the Board Members page. The DATA BUS is also posted on our website in PDF format and the links are "live" so you can just click on them instead of typing them into your browser. Some of the material is in color.

There is more, check it out!



April REFRESHMENT DONORS

Warner Mach, Coordinator
Al Bochenek
Roland Maki
Carol Sanzi
Tom McNorton
Bette Gay

Your **SEMCO** membership card is good for a **\$1 discount** (not valid with any other offer) on admission to

A1-Super Computer Sales shows. See

www.a1-supercomputersales.com

or www.a1scs.com

for show schedule.

COMPUTER RESOURCE PEOPLE

This is a list of members willing to be resources for other members to call when they have hardware or software questions.

Are you willing to help members learn?

Which software programs are you familiar enough with?

It is not necessary to be an expert, but just have some familiarity with the program and be willing to help someone starting to learn it. Please give this some thought and volunteer at the next group meeting.

Almost Anything: Vander-Schrier

AutoCAD: Comptois

Genealogy: Cook

IBM PC Hardware Issues: Clyne, Yuhasz

Operating Systems: Callow, Clyne, Yuhasz

MAC Hardware and OS Issues: Yuhasz

Security: Bader

MS Office for Windows: Callow

MS Word: Clyne

Networking: Callow

Novell Netware: Yuhasz

Quicken: Clyne

Geocaching: Cook

Bader, Mike—586-573-7330, 9am–8pm mbader@flash.net
Clyne, Bob—810-387-3101, 9am–10pm clyne@lodden.com
Callow, Tom—248-642-5770 9am–5pm tcallow@monaghanpc.com
Comptois, Jerry—248-651-2504, anytime jerrycandotoo@juno.com
Cook, Stephen—313-272-7594, eves scook48227@ameritech.net
Vander-Schrier, Jack—586-739-7720, 12–8pm jvanders@myself.com
Yuhasz, Steve Help@yuhasz.org



**SOUTHEASTERN MICHIGAN
COMPUTER ORGANIZATION, INC.**

SEMCO CALENDAR—May/June

ArvinMeritor Building

2135 West Maple Road

Troy, Michigan

May 14—SUNDAY (Meet 2nd Sunday)

SEMCO Board Meeting at 12:00 noon. For Officers and SIG Chairpersons.
Other members are invited to attend.

SEMCO General Meeting at 1:30 pm.

Special Interest Groups (SIGs)

SIG-IBM 1:45 pm. **Program: Windows Vista:** SIG-IBM Co-Chairman Tom Callow will discuss the upcoming newest version of Microsoft Windows, including what it will look like, how secure it will be, and what is new for the user.

SOCIAL PERIOD 3:15 pm. Refreshments! (Reminder: We must continue to maintain a neat environment.)

NOVICE-IBM GROUP 3:45 pm. **Program: Help From An Expert With Discussion Directed By The Audience.**

SIG-IBM INTERMEDIATE 3:45 pm. **Program: Home Networking with Protection, Performance and Safe Sharing:** Sig-IBM Intermediate Chairman, Carl Massie Jr., will present techniques for having a home network that offers protection for client computers, while maintaining performance and allowing safe sharing of resources.

SIG-ADVANCED, **June 5, 2006—MONDAY, 6:45 pm**, (First Monday), Oak Park Public Library, 14200 Oak Park Blvd., Oak Park, MI. Phone: (248) 691-7480. Directions: Oak Park Blvd. is 9 1/2 mile Road; library is west of Coolidge. Info: Franz Breidenich 248-398-3359. **TOPIC: Wide-Ranging Discussion Of Computers & Computing.**

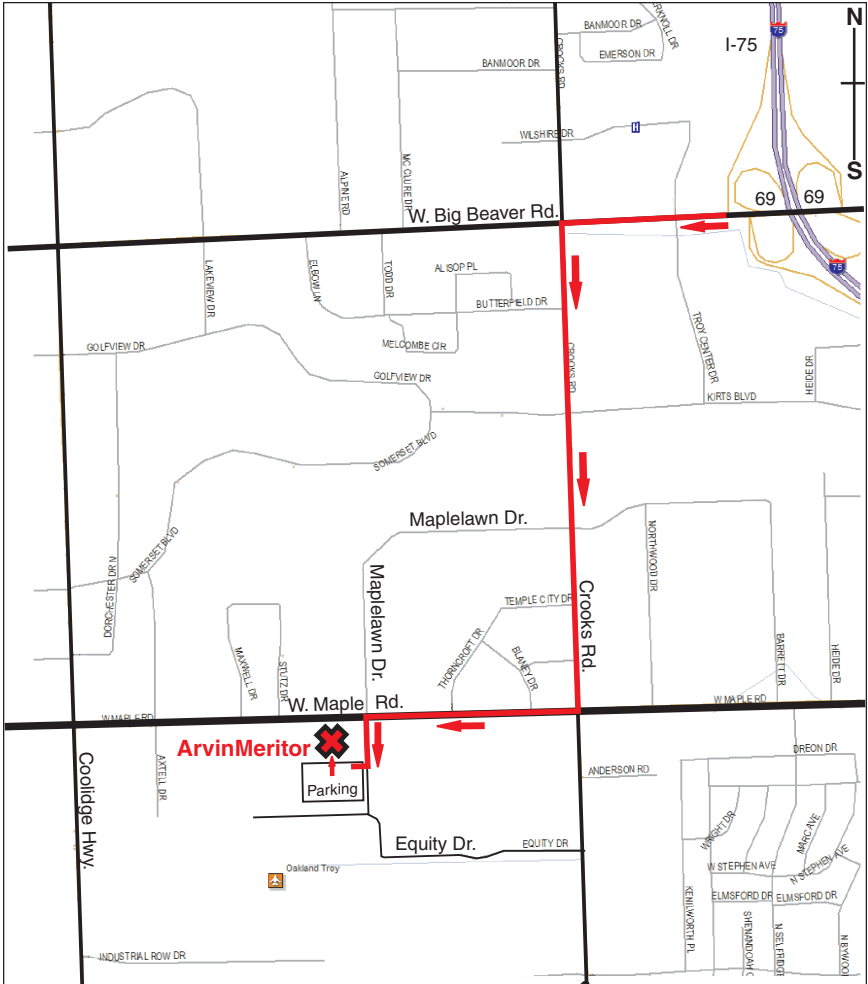
June 11—SEMCO SUNDAY

<http://www.semco.org>

PUBLIC INVITED

(Please copy this and the next page to post on your bulletin board)

SEMCO Meetings at [ArvinMeritor](#)
2135 West Maple Road, Troy



DIRECTIONS

From I-75, take Exit 69 to westbound Big Beaver Rd. (16 Mile). Turn left (south) on Crooks Rd. Turn right (west) on Maple Rd. (15 Mile). Turn left (south) on Maplelawn Dr. Turn right into the parking lot at the rear of the ArvinMeritor building. The building is shaped like an X. Park. Enter the building at the entrance at the center of the rear of the building. Follow the “SEMCO” signs.

SEMCO thanks the [ArvinMeritor](#) Corporation for their hospitality in providing their facility for our meetings.



**SouthEastern Michigan
Computer Organization, Inc.
P.O. Box 707
Bloomfield Hills, MI 48303-0707**

SEMCO (future meetings)

May 14

June 12

FIRST CLASS MAIL

Dated Material

**SEMCO: A Community Organization
Helping People for the 21st Century**