



range Bytes

Award Winning News Magazine of the North Orange County Computer Club *

Vol 29 • No 4

APRIL 2004

NOCCC MEETINGS - April 4

9:30 AM Irvine Hall
NEW TECHNOLOGIES

Vance Jochim
3D Home Architect

See Page 4 for details

1:00 p.m. Irvine Hall
MAIN MEETING
Smart Computing Magazine

See Page 4 for details

8:30 a.m.

Visual Programming I *Science 109*
Visual Basic and Visual Basic Script for Beginners

9:00 a.m.

Autocad *Science 203*
Computer Essentials *Science 111*
Beginning lessons for beginners (3hrs)

Linux for Desktop Users *Wilkinson 111*
Visual Programming II *Science 109*
Visual C++ and Visual J++ for Beginners

9:30 a.m.

NEW TECHNOLOGIES *Irvine Hall*
3D Home Architect

Computer Aided Investing *Wilkinson 221*
Member Investment Strategies, Techniques and Software

Linux (intermediate) *Wilkinson 111*

10:00 a.m.

Linux for Server Administrators *Wilkinson 111*
Visual Programming III *Science 109*
Intermediate and Advanced Visual Basic

11:15 a.m.

Computer Security *Science 203*

Linux Programming Concepts *Wilkinson 111*
Macintosh *Wilkinson 221*
Office Suites *Wilkinson 210*
Office suites applications

PC Q & A - Jim Sanders *Irvine Hall*
Most Qs A'd, some problems solved, assorted demos done

Understanding Operating Systems *Science 306*
Get Help with DOS, Windows 3.1, Windows 9x, OS/2, etc.

Visual Programming IV *Science 109*
Office 97 VB for Applications programming.

12:00 Noon

PIG SIG *Argyros Hall Cafeteria*
A lunch get together and talk. See SIG Reports

1:00 p.m. Main Meeting, Irvine Hall

See box above

2:30 p.m.

Digital Photography *Irvine Hall*
All about taking, modifying, and printing digital photos

Genealogy *Science 111*
Discover your family history with modern tools

Hardware Essentials *Science 109*
No meeting this month!

OS/2 News and Installation *Science 203*

NOCCC web site:
<http://www.noccc.org>

Future Meetings
April 4, May 2, June 6, July 11, Aug 8

Table of Contents

| | | | | | |
|--|---|---|----|---|----|
| Pig SIG Open To ALL | 3 | WhiteCanyon's WipeDrive 3.0 and SecureClean 4.0 | 10 | PCQ&A SIG | 17 |
| April 4th Meeting Preview | 4 | Online! The Book | 11 | Preparing a Review Article for the Bytes | 18 |
| Upcoming Intel and AMD Processors: New Sockets to You | 6 | Ulead's DVD Pictureshow for Mac .. | 11 | Guidelines for Submittal | 19 |
| Web Blogs Defined, Explained and Understood | 7 | Leo Laporte's 2004 Technology Almanac | 12 | Main Meeting | 20 |
| IRS Again Offers Free Online Filing Services | 8 | McAfee's QuickClean 4.01 | 12 | Computer Aided Investors SIG | 22 |
| Computer Memory | 9 | Programming Visual Basic for Palm OS - 2nd Edition | 12 | Macintosh SIG | 22 |
| Virtual Reality for Your Animal Companion | 9 | Adobe Acrobat 6 Tips and Tricks | 13 | Report on the New Technology SIG (Feb) | 23 |
| | | | | SIG List | 24 |
| | | | | NOCCC Help Line | 25 |



“Friends Helping Friends”



ORANGE BYTES STAFF

Publication Chairman

Jim Sanders • 714-636-5523 jsanders@ligasmicro.com

Editor - Oversees, edits, and makes final selections of the articles to be included in the Bytes.

Jim Sanders editor@noccc.org

Associate Editor/Production - Lays out and formats in PageMaker the articles received from the editor, prints, and submits camera-ready copy of the Bytes to the printer.

Jim Sanders • 714-636-5523 jsanders@ligasmicro.com

Contributing Editor

Timothy B. Everingham teveringham@earthlink.net

Editor/Reviews • Communicates with the vendors and the members who evaluate products and write the reviews. Rides herd on members to make sure deadlines are met. Also makes sure that a copy of the Bytes gets back to the vendor with the review that was done.

Ted Littman • 714-779-1936 tedlit@adelphia.net

Copy Editor • Does final proofing of Bytes for typos and misspellings. Ted Littman

Classified Advertising • Obtains members' computer-related non-commercial ads.

Jim Sanders • 714-636-5523 jsanders@ligasmicro.com

Help Line • Maintains the volunteer list, and the software and hardware subjects for which they are willing to answer questions.

Ted Williams • 714-639-1009 TedWilliams@alum.mit.edu

VOLUNTEERS NEEDED

for the following positions:

Circulation — Oversees the mailing and distribution.

Commercial Swap Meets • Distributes Orange Bytes and NOCCC material at swap meets.

Commercial Advertising • Obtains ads from both national and local vendors for the Bytes; the success of this helps our club finances.

President's Message

By Cathy Margolin

Happy 28th Anniversary NOCCC!

North Orange County Computer Club is now 28 years young! We are even older than (and just as rich!) as Microsoft. Come join us on April 4th at 12:30 for Cake to celebrate! At the 1pm meeting, our number 2 member **Larry McDavid** will briefly mention how we were started.



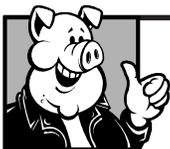
I just read a study from Nielsen that said that 3 of 4 people have Internet access at home, and that in the 35 to 54 age bracket, women who were using the Internet were a smidge higher than men (81.7 vs. 80.2%) while for the 25 to 34 age group, the average use was around 76% of this segment. It is interesting that the middle-aged (grin) folks are using the Internet more than the younger ones. Another survey by Pew (probably some relation to our Jim Peugh) stated that 63% of email users are now less trusting of email, because of the increase in spam and 77% stated that spam makes being online "unpleasant and annoying." I know that some including, Chris Pirillo, (<http://www.lockergnome.com/>) are advocating using news aggregators such as RSS instead of email. It is interesting to watch how this will all shake out.

Wasn't it great to have Steve Gibson talk at our last meeting? He always draws a crowd and is very entertaining with all the latest from the Internet Security and even a new version of Spinrite coming our soon.

Board Member George Margolin is heading up the Nominating Committee, so if you are interested in running for the Board of Directors, let him know at inventor@pobox.com. Come on, let's get involved!

Our summer schedule is now available: June 6, July 11 (2nd Sunday) and August 8 (2nd Sunday); so mark your calendars! We will have a summer pool party later in the summer also, so watch for the news of this fun social event!

Our April 4th main meeting will be **Smart Computing** magazine, who also does CPU and other magazines to get us involved in their magazine and tell us what is happening in the industry. This should be interesting. Vance Jochim will lead the New Technology meeting with a presentation on 3D Home Architect. ■



Pig SIG Open To ALL

Meet us in the Cafeteria in Argyros Hall around 11:30 am (until about 1pm). If you're hungry, there is a buffet lunch and snack bars open.

There are several sets of tables where NOCCC people gather, eat and chat. Just look for the badges, grab a chair, and join in! This is an informal group, so many different subjects are discussed. It's a great opportunity to mix, mingle and network. See ya there!

Membership Benefits

Member Discounts and Benefits

As a valued member, we bring you a section of discounts and offers as part of the entire "Benefit of Belonging." (Caveat - we are unable to endorse these companies, but make these offers available as a service to our members).

Orange Bytes on PDF earlier in the month!

Members ONLY- Watch your e-mail every month for the Password to get the award winning Orange Bytes much earlier in the month via PDF file on the www.noccc.org website. Make certain you let us know any e-mail changes (membership@noccc.org) so you can get the jump on all the great Reviews and Articles!

Cheap Webhosting and domains - Matt McCann, who you know about from previously being at Intuit, makes inexpensive web hosting (\$3.95 / mo with free setup) and domain name service (\$7.85 /yr using GoDaddy.com) available. Stop by www.ugpro.com and follow the links. You'll be glad you did!

Novatix is a great little company, (<http://www.novatix.com>), whose products we have reviewed with high marks. Novatix offers discounts for users groups: \$10 off on **ExplorerPlus** (MSRP=\$40) and \$5 off on **SendPhotos Gold** (MSRP=\$20). The special site can be found here: <http://www.novatix.com/Purchase/?P4774C>. Novatix Corporation, 4900 Nautilus Ct. N. Ste. 210, Boulder, CO 80301, ph: 303-516-1800 ext. 16, fax: 303-516-1801.

Jasc Software - <http://www.jasc.com/usergroups.asp> - UG pricing is available by calling 800 622 2793 between 9:00 AM and 5:00 PM Central Time and identifying yourself as a UG member. The Promo Code is UG.

CompuUSA Discount - Fountain Valley Only

One of our members, Joe Vezeau, Corporate Sales, has offered NOCCC members a discount. You have to call Joe and he will see if there is any discount available (some products are below cost and he cannot do anything) on the product you want. 714-965-4236 for Joe Vezeau).

Klassic Specialties - Don Baker offers NOCCC members a 5% discount on ink cartridges, etc on his website, www.klassicspecialties.com. Just put in the code NOCCC for the discount. Also 5% will be donated to the Club from your purchase.

VOPT XP - New Fast Defragmentation Program, is now out and will work with Win 95, 98, Me, 2000, and XP by Golden Bow software (www.goldenbow.com). Download a free 30 day trial to see how fast it will defragment your hard drive. Mention "Margolin" to get the \$30 user group discount or \$10 off the \$40 price.

PowerQuest - PartitionMagic v8 (List \$69.95) -\$39.00 - Drive Image v7 (List \$69.95)-Full System Backup Utility \$39.00. V2i Protec Desktop Ed v2 \$39. <http://www.ugr.com/order/> with group code UGFEBNOCCC. Phone 801-796-7370

VOPT XP - New Fast Defragmentation Program, is now out and will work with Win 95, 98, Me, 2000, and XP by Golden Bow software (www.goldenbow.com). Download a free 30 day trial to see how fast it will defragment your hard drive. Mention "Margolin" to get the \$30 user group discount or \$10 off the \$40 price.

O'Reilly Books - If you order directly from O'Reilly, <http://www.oreilly.com>, orders@oreilly.com, or 800-998-9938, you are entitled to a 20% discount (and possibly free shipping). User Group discount code is DSUG.

NewRiders Books Discount - Go to <http://www.newriders.com> and check out their Promo section for User Group member's discounts.

March Board Meeting Minutes



The board minutes are published in the printed version of the Orange Bytes which is mailed to members

April 4th Meeting Preview

MAIN MEETING 1:00 Irvine Hall

The main meeting presenter will be **Smart Computing** magazine published by the Sandhills Publishing family, which also publishes CPU-Computer Power User, PC Today, and other magazines. They want to get us involved in their magazine and tell us what is happening in the industry. This should be interesting. Be sure to bring your questions.

New Technologies - Vance Jochim

Vance will lead the New Technology meeting with a presentation on 3D Home Architect. Whether you are thinking about building a whole new house or designing changes to the one you have, the computer can help you draw up the plans and see what it will look like before you pick up that hammer.

Computer Essentials - Herb Wong

Herb's three hour session this month will be on "Beginning Word Processing." So if you, or someone you know, needs some help with word processing concepts, attend his SIG.

The Club Raffle main prizes this month will be a copy of Windows XP Pro (Full version, a \$300 dollar value) and a copy of Norton SystemWorks. In addition, there will be several lesser prizes. Last month, a brand new member won the grand prize!



Consignment Table

1. The consignment table is for members only. Only current members can place items for sale, but non-members are welcome to purchase items from the table. This is a great place to get some money for your surplus computer items, and help your Club at the same time.

2. The consignment table operates on a 90/10% basis — with the owner getting 90%, and the Club treasury 10%.

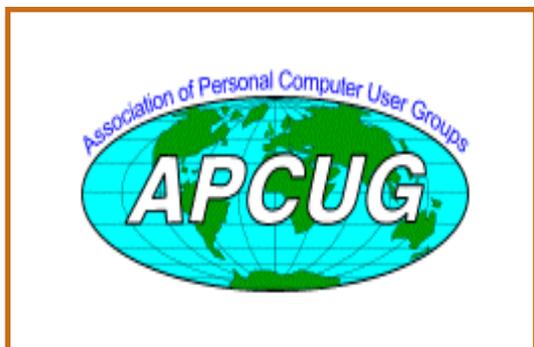
3. Fill out a tag on each item! It must contain: Seller's Name, NOCCC Membership Number, Item name, a short description and selling price.

4. Also, fill out the USER LIST with Name, Address, Phone Number. and a complete list of items and their selling prices.

5. All items and/or money may be picked up by the owner at any time, but MUST be picked up no later than 2 PM on day of sale.

6. Any items and/or money not picked up by 2 PM, will become the property of NOCCC and will be subject to disposal at the Club's discretion.

7. NOCCC is NOT RESPONSIBLE in any way for items bought and/or sold at the Consignment Table. Each item is placed and sold on an AS-IS BASIS.



NOCCC Officers

President

Cathy Grammer-Margolin .. 949-645-5950 inventor00@pobox.com

Vice President

John Johnson 714-991-3314 jrosjohnson@juno.com

Secretary

Alan Pearlman 714-828-5242 pearlmana@aol.com

Treasurer

Elise Edgell 714-544-3589 eliseme@aol.com

Directors

Ted Littman 714-779-1936 tedlit@adelphia.net

Dave Keays 714-821-4792 rdksoft@sbcglobal.net

George Margolin 949-645-5950 inventor@pobox.com

Else Olovsson 714-832-3155 eolovsson@msn.com

Gerry Resch 714-772-6667 gwresch@hotmail.com

Jim Sanders 714-636-5523 jsanders@ligasmicro.com

Herb Wong 714-968-7264 ... ocug@singularitytechnology.com

Past President

Alan Pearlman 714-828-5242 pearlmana@aol.com

Editor

..... Jim Sanders editor@noccc.org

Webmaster

Jim Peugh 909-948-5150 Webmaster@citivu.com

Volunteers, Committees, and Projects

Business Solicitations/Lecture Series

George Margolin 949-645-5950 inventor@pobox.com

Consignment Table

Cathy Shimozono 562-437-1463 shimca@charter.net

Classified Advertising (non-commercial, members only)

Jim Sanders 714-636-5523 jsanders@ligasmicro.com

Commercial Advertising

Editor editor@noccc.org

Help Line

Ted Williams 714-639-1009 ... TedWilliams@alum.MIT.edu

Membership Database

Elise Edgell 714-544-3589 eliseme@aol.com

Membership Chairman

Open

Programs

George Margolin 949-645-5950 inventor@pobox.com

SIG Coordinator

Herbert Wong, Jr. 714-968-7264

.....OCUG@SingularityTechnology.com

Public Relations

Else Olovsson 714-832-3155 eolovsson@msn.com

University Liaison

John Johnson 714-991-3314 jrosjohnson@juno.com

Upcoming Intel and AMD Processors: New Sockets to You

By Timothy Everingham, NOCCC
teveringham@acm.org

Many times, when people buy a new computer or motherboard, they think they will be able to upgrade their processor later on. They figure that at most they will have to download a free BIOS version upgrade for their motherboard and install it before replacing the processor with a faster one. However, that is based on the premise that the new processor will be using the same model of socket as on your current motherboard. However, Intel and AMD are about to *Socket To You*. Their new lines of processors coming out this year will be using different sockets than their current lines of processors.

For Intel, Socket LGA-775 will replace the current Socket 478. There will be no Pentium 4s above 3.4 GHz for Socket 478; however, there will continue to be new Celeron processors. The first LGA-775 processors will be out in the second quarter of this year and will be P4s from 2.8 to 3.6 GHz with 3.8 GHz processor coming out in the third quarter and 4.0 GHz coming out before the end of the year. Celerons will also be put out for the new socket later in the year. Another processor who will use SOCKET LGA-775 with a rumored code named of "Tejas" is supposed to have superior performance over the P4 and include the dual 32 bit/64 bit capability like the current Athlon 64 and FX lines. It should be coming out in first quarter of 2005, but rumors are that they could come out before the end of this year. (The Xeon processor that has this capability is called Nocona and it will be out in the second quarter of 2004.)

Of course, to get socket LGA-775 you will not only need to get a new motherboard, but a new case as well. The ATA motherboard form factor is being replaced by the BTX form factor. But, it is even more complex than that because the BTX form factor standard has 3 different motherboard sizes in the standard: BTX, MicroBTX, and PicoBTX. Full size BTX is for standard desktop systems. MicroBTX is for compact PCs. PicoBTX is for compact systems for entertainment, mobile, and industrial applications. You will be able to use ATA power supplies with BTX. The new chipsets will have PCI Express (replaces PCI & AGP) and the capability of using DDR2 RAM (the type of RAM used now on high-end graphics cards, which themselves will be moving to DDR3 this year.) Watch your chipset because Intel is coming out with 5 of them with different capabilities: 915G, 915GL, 915 GV, 915P,

and 925X (915 series is known as Grantsdale. 925 series is known as Alderdale.)

For AMD, the current Socket A (Athlon XP: 462 pins), Socket 754 (current Athlon 64), and Socket 940 (Athlon FX), things will be changing too. There will be no new processors for Socket A because the Athlon XP has ended its development in favor of the Athlon 64 and FX. For Socket 754, the highest expected processor for it will come out in April of this year, the Athlon 64 3700+. For Socket 940, the last processor released for it, the Athlon FX-53 should be out already. Socket 754 and 940 will be replaced in May of this year by Socket 939 using processors of the Athlon 64 and FX lines. AMD has said that its processors should include the SSE 3 instruction set now found on Intel P4 Prescott and Extreme Processors, but have not said when this will be starting and with which processors (probably starting with the Athlon 64 4000+ and Athlon FX-55, probably coming out in the fourth quarter of 2004 or the first quarter of 2005). Look for Socket 939 motherboards to be moving to BTX form factors, PCI Express, and DDR2 as the new Intel processor motherboards will be doing. Of course, this means new chipsets too.

Yes, Intel and AMD are about to *Socket To You*. However, many other changes will come too. So you have to look at doing some major upgrades or buying a new computer in the future rather than just upgrading your processor.

Timothy Everingham is CEO of Timothy Everingham Consulting in Azusa, California. Further information can be found at <http://home.earthlink.net/~teveringham>

Editor's Note:

Even though Timothy's clever play on words with the "Socket to You" phrase brought a smile to my face, he didn't go anywhere near far enough to explain just how hard and in how many ways the computer industry is going to "Socket to You." Not only are the new CPU sockets going to be different, almost every aspect of the new systems is going to be different. As already noted, the motherboard form factor is different and requires a new case. The new case uses a new power supply design, although some re-use of ATX power supplies is possible. The new PCI Express sockets, yes, that's plural, are different. The DDR2 memory sockets are different. Basically, when you go to build one of these new systems, plan on buying almost every thing new. The power cord is the same. For a much more extensive look at what the future is going to bring, <http://www.anandtech.com/showdoc.html?i=1876> is the site of a good article.

<http://www.tomshardware.com/motherboard/20040301/alderwood-01.html> is more detailed. ■



Web Blogs Defined, Explained and Understood

What are Blogs? Having heard the term previously but not having paid much attention most are just too afraid to show their ignorance and ask the question, what is a blog? Let's face it; the term blog does not conjure pleasant images.

Blogs are web logs that are updated regularly, usually on a daily basis. They contain information related to a specific topic. In some cases blogs are used as daily diaries about people's personal lives, political views, or even as social commentaries. The truth of the matter is that blogs can be shaped into whatever you, the author, want them to be.

Where Did Blogs Come From? The roots of blogging can be traced back to the mid 1990's. Who the very first blogger actually was is unclear, as the art of blogging did not really take hold until 1999. The original "weblogs" were link-driven sites with personal commentaries. The very first blogs were human guided Internet web tours. While initially thought of as diaries or online journals, blogs have evolved into the latest fresh web content.

The Future of Blogs A buzz word in techie circles, "blogging" is the wave of the future. Whether its a fad, or proves to be a new way to communicate with existing and potential customers it deserves at the very least a cursory look.

Why is Blogging Helpful to Businesses or Individuals? Just as animated .gifs were once cool, blogging is the trendy thing to do. That does not mean that it is not beneficial to businesses. Webmasters struggling to keep fresh, attractive content on their websites to lure visitors back have found blogs the answer. Content is a necessity for online businesses, both for purposes of being found by search engines but also because it gives visitors a reason to come back.

Now that we have established that blogs are not only trendy but also beneficial to businesses, it's important to understand how they can be used to your advantage. We currently manage and update two blogs on a daily basis. The first is our new business blog at: <http://www.notepage.net/blog.htm>

This professional business blog allows us the opportunity to tell potential, or existing customers' industry news, updates, or generally how mobile or paging software can be used in specific situations to alleviate problems. The bottom line is we control the content. Its updated daily, which increases the chances that search engines will spider on a regular basis and it helps with page rank because it's been submitted to all the blogging directories. Initially started on a whim we've found it beneficial to report tips, tricks or make visitors aware of new regulations related to the mobile or paging industry.

The second blog we manage is at:

<http://www.softwaremarketingresource.com/blog.html>

This blog is less formal and contains marketing tips or promotional advice for software developers or online marketers. We found that we had overflow from our monthly newsletter. Generating a daily blog would require very little effort and would assist us in creating fresh content which our readers told us was of significant interest.

Blogs & Your Business The bottom line is you need to determine how a blog will benefit your business, determine a schedule and adhere to it. Let your readers know what to expect and when to expect it. Blogs provide great supplemental content and direct attention to areas of your business that you want to showcase; you direct the content but let your readers guide you.

Creating a Blog There are numerous online tools that can be used to create a blog. We found that because of security concerns, it would just be best to use a standard html program. In our case we used Dreamweaver and create daily posts. It's really not much more complicated than typing an email. The content is then sent via FTP to a web server. If you want to test the waters there are online web-based tool that helps you publish to the web instantly. The most popular web based tool is likely Blogger <http://www.blogger.com/>

Other Advantages to Blogs: While you may initially create a blog for your existing customers, you may find that you can attract new customers by illustrating your expertise in a specific field. There are numerous websites that act as "blog search engines" so be sure to submit your sites to these websites to increase your exposure. This will also help with your page rank and possibly increase the likelihood you will receive decent

CONTINUED ON NEXT PAGE

LIGAS Microsystems

Custom Systems - Consulting - Service

*Cable and DSL services configured
Routers installed, sick computers healed*

jsanders@ligasmicro.com

714-636-5523

NOCCC member, Jim Sanders



Your Business Card would look good here!!

*For information about
advertising in the Bytes, contact:*

editor@noccc.org

WEB BLOGS

CONTINUED FROM PAGE 7

ranking with Google. You can also create an RSS feed in order to syndicate blog content and gain additional exposure.

ABOUT THE AUTHOR: Sharon Housley manages marketing for NotePage, Inc. <http://www.notepage.net/> a company specializing in alphanumeric paging, SMS and wireless messaging software solutions. Other sites by Sharon can be found at <http://www.softwaremarketingresource.com/>, and <http://www.monitoring-software.net/>

© 2003-2004 [NotePage, Inc.](http://www.notepage.net/) All rights reserved. Page design by BasicTemplates ■

IRS Again Offers Free Online Filing Services

By Ira Wilsker

We should have received all of our W-2's, 1099's, and other tax forms by now. Many of us struggle filling out tax forms manually, trying to decipher forms that have so many links and connections you feel that you have to be a genius octopus to connect all of the parts. Some of us use one of the popular tax software packages such as Tax Cut or TurboTax, and others use accountants or commercial services to prepare our most dreaded of forms. For those looking for an alternative, the IRS is again coordinating a variety of free online filing services.

The logical starting place is the IRS website at <http://www.irs.gov>. At the top of the page is a link "Free File – Start Here for Free Online Filing". Clicking on the link opens a new page with pre-filing tips, step-by-step instructions, and a "help center" with frequently asked questions. While the free filing services are coordinated and regulated by the IRS, the services themselves are provided by a number of individual profit seeking companies or non-profit organizations. Any company listed is prohibited from mandating the purchase of any additional services, and the listed services must be absolutely free to those qualified to use the services. The IRS site also states, "IRS Free File does not endorse Refund Anticipation Loans (RALs) or any other advance refund banking products." The site also states that your privacy and financial information will be protected by the providers listed, and that these providers must meet commercial privacy and security standards, and be certified as such by a recognized issuer of privacy and security certifications.

The process of getting started is a rather simple three-step process. First is the "Start Now" button on the "Free Online Filing" web page; second is a determination of eligibility, as different providers have different requirements; finally the third step is linking to the private provider's website, separate from the IRS site. If you find that you are ineligible for a particular

company's free offerings, simply return to the IRS site and repeat the process by selecting another likely service. It should be noted that while millions of us are eligible for these free services, many of us will find that we are ineligible for any of many reasons. Once a satisfactory service has been selected, then the tax return information is completed online, with the completed documents being "e-Filed", or electronically filed with the IRS.

Fifteen online providers of free filing services are listed. Each has its own requirements that may be based on residence, income, age, military status, and other factors. While some services are clearly for lower income individuals, some of the free services are available for individuals who have an adjusted gross income (AGI) of up to \$100,000. Some are available to residents of specific states, regardless of income level. None of the listed services offered free filing to Texas residents without regard to income level, though an even dozen of the services are available at no charge to Texas residents who meet other requirements. One of the services, FreeTaxUSA, is listed as available to all Louisiana residents at no charge. Several of the companies listed provide free service to all active duty military personnel, regardless of residence or income. Some services provide unrestricted service based on age, either younger than early 20's, or older than 62 years of age.

For those unsure about which service to consider, a button on the IRS page "Guide me To A Service!" uses a simple form to direct the user to appropriate services based on a short series of personal questions. These

questions are age, estimated adjusted gross income, state of residence, number of W-2 forms, possibility of using a form 1040EZ, probable eligibility for the "Earned Income Credit", and military service. Once completed, a list of likely service providers is presented, allowing for the user to easily choose a provider.

All of the providers in what the IRS refers to as the "Free File Alliance" provide for electronic filing of tax returns. E-Filing, as the IRS calls it is relatively safe and secure, and, according to the IRS website, can generate refunds in as little as 10 days, with faster refund service available to those who select having their refunds direct deposited to their bank or credit union accounts.

FREE COMPUTER CLASS

Santa Ana College (SAC) is offering a free PC computer workshop class. You can start attending at any time. The class covers just about all aspects of personal computing, software, hardware, building new machines, upgrading/fixing the machine you have. The class is held Monday, Wednesday, and Friday from 8 AM till noon in Hammond Hall room H201. Call the **Centennial Education Center** at (714) 241-5700, class #64200.09

Instructor: Jim Sanders

Virtual Reality for Your Animal Companion

By *Timothy Everingham, NOCCC*
teveringham@acm.org

There has been much talk about the potential benefits and problems of *virtual reality*. The promise is of visiting places you have never been without ever going there and experiencing fantastic adventures. But, how can this technology help our four-legged friends? That is right, I am talking about our pets and other domesticated animals.

I visited the laboratories of Unique Experience, that is researching this area. There I was met by the head of animal research, Dr Fred Feelgood. Dr. Feelgood explained the thoughts behind their research. “We believe that not only humans can benefit from virtual reality technology, but also animals. Animals can be put in virtual reality environments to increase pleasure, reduce stress, and help in training. Most of the applications of VR will be for domesticated animals, including pets.” The good doctor then took us to one of the laboratories. There were dogs and cats with classic VR helmets and gloves over their paws on small moving mats that could move any direction of the compass. A monitor next to each showed what the VR helmets were displaying to the animals and their vital signs. “This is more classic research, which we still do. However, we have found many animals do not take well to the VR helmet and gloves. Next I want to show you one area we are exploring to get around this issue.”

We moved to a room with all sorts of computers, displays, and monitoring consoles. The doctor pointed me to a large TV monitor mounted on the wall. It showed a large room with a continuously running mat. “The mat can duplicate the pace of any of the moving animals in our study group, in this case dogs and cats. The computers in this room are tied into sensors in the experimental room just down the hall and can sense the motion of the animal and can compensate by moving the mat in the exact opposite speed and direction of the animal so the animal will always remain in the center of the room. We have even perfected jump movement so when the animal jumps it will have no forward movement, but in reality will only jump straight up in the air. All surfaces in the room can project photo realistic scenes of real or artificially created environments and are coordinated with the motion sensors and the moving mat so the animal will have the illusion of wandering around a true environment. In addition to the mat being able to look like the ground or grass, it simulates the textures of the simulated ground or ground covering material.” At this point the surfaces of the room started to display a scene of an open meadow in the country. Then a male Great Dane entered the room. The dog started walking and the mat move accordingly in counter sync. As time went on the dog started to explore what it believed was its surroundings. Then it started to go towards a lone tree. The doctor then pointed to a monitor next to the first monitor, but

CONTINUED ON PAGE 17

While these services are freely available online at no charge to many, they may not necessarily be the best alternative. Even if eligible to utilize one of these free services, the onus of decision making is solely on the individual, as most provide no comprehensive tax advice, meaning that it is quite possible for the user to miss deductions or credits that he may be eligible for, thus overpaying. It is also the responsibility of the user to accurately and completely enter data, as there is no one to verify the accuracy of the data entered. To use an early cyber cliché, “GIGO”, which means “Garbage in – Garbage Out”, the final return can only be as accurate as the information entered.

Clearly, the free filing alternatives may be attractive to many individuals, but for many others the more traditional tax preparations resources may be a superior alternative. The choice is yours; choose wisely.

Ira Wilsker is the advisor for Region 8, APCUG Representative & Bylaws Chair for the Golden Triangle PC Club, a columnist for The Examiner in Beaumont, Texas, and has two radio shows. Graciously, he shares his articles with the APCUG editors. ■

Computer Memory

By *Brian K. Lewis, Ph.D.*

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

Occasionally the question arises as to how much memory can be put in a computer. The answer is “it depends”. It depends on just what you mean by memory (RAM or hard disk), what operating system you are using and the capabilities of your computer’s motherboard and its chipset. When I talk about memory I am not referring to the permanent storage of programs and data on the hard disk. Rather, I refer to the random-access memory or RAM. This is the memory provided by memory chips seated in slots on the motherboard of today’s computers. Anything stored in RAM disappears when the power is turned off, so it is referred to as volatile, or temporary, memory.

If you want to upgrade the memory in your computer you have to be able to determine the memory type as well as the size, pins and speed, the number of slots available on your motherboard and the maximum amount of memory that your system can address. In general, this varies with the age of your computer. So let’s look at these components in a little more detail. (Please note that although my remarks refer to Intel’s Pentium series central processors, they also generally apply to the equivalent AMD processors.)

Early Pentium based computers had a CPU bus speed of 66 MHz (megahertz) and a PCI I/O bus speed of 33 MHz. These values relate to the speed of data movement within the central processor and transmission to and from peripherals such as the memory bank. In some cases transfer to and from memory was

CONTINUED ON PAGE 16



WhiteCanyon's WipeDrive 3.0 and SecureClean 4.0

By Lloyd Mizer, NOCCC; lmizer@juno.com

WipeDrive and SecureClean are two programs developed by WhiteCanyon Software to protect the data stored on your hard drive from getting into the hands of people who want to do you harm. You should never give away or sell a computer or hard drive that is not properly sanitized. Norton System Works' Disk Editor or the free Disk Investigator can retrieve data from improperly cleaned hard drives. Everyone who has a computer should own SecureClean and run it on a regular basis. Everyone should run WipeDrive or its equivalent before getting rid of a computer or hard drive. A trial version of both programs can be downloaded from the web site below.

Something that is not obvious to most of us is when you delete a file, Windows does not remove the file from your hard drive; it moves the file reference to the Recycle Bin, where it can be recovered later if necessary. If you delete the file from the Recycle Bin, Windows will delete the reference to the file, but it does not overwrite the data. Whether you perform a low level or high level format, Windows will not sanitize your hard drive.

Internet Explorer keeps a record of locations you have visited (history). It will allow a web site to place a cookie on your computer unless you are set to high security, but then a lot of sites will not give you access. To make access to the Internet faster, Internet Explorer stores graphics from web sites you visit in a folder. There are programs that remove these items or you can delete these files from within Internet Explorer, but they do not clean the data from the hard drive.

Two MIT graduate students obtained 158 hard drives mostly from eBay auctions. 129 of these hard drives worked and of these 69 had recoverable files and 49 contained personal information. One drive had over 9,000 e-mails, another had 3,700 credit card numbers, and a third hard drive had a year's worth of transactions with account numbers from an ATM in Illinois. They also contained information about bank accounts, love letters, medical records, and pornography. A journalist purchased a used computer from a thrift store that had belonged to the United States Veterans' Administration. It still contained information about patients with mental health problems and AIDS.

Steve Elderkin, president of WhiteCanyon, was formally Vice President of AccessData a company specializing in computer crime investigation software.

SecureClean

It includes a SecureClean Scanner. When I ran it on my



computer, it came up with a list of hundreds of files that were not properly cleaned including income tax returns, e-mails, and bank accounts.

SecureClean will scan the hard drive for deleted personal data including bank records, credit card information, e-mail messages, temporary files, recycle bins, internet cache, history, and cookies. It can clean individual files and folders or SecureClean can scan and clean the entire hard drive.

It installs a special trash bin on the desktop for true drag/drop file deletion. It supports hard drives, ZIP, JAZ, diskettes, and multi-media cards. You can set up daily or weekly automatic cleaning schedules; or it can be set to automatically clean at shutdown. It will scan for previously deleted files on FAT and NTFS drives. It scans for hidden Internet history files not seen by Windows; it scans e-mail archives for deleted e-mail messages; and it supports AOL, IE, Netscape, Eudora, Outlook, and Outlook Express.

WipeDrive

This program will overwrite the operating system so you will need disks to reinstall the operating system. WipeDrive does not run from within Windows; it must be booted from the CD-ROM or from a floppy disk. This program is simple and easy to use. It meets the U.S. Department of Defense standards. It will take about 25 minutes to properly sanitize a 20 GB hard drive depending on computer speed and the number of times data is overwritten. It will permanently erase operating systems, program files, and data. It will erase all partition tables and drive formats - FAT 16, FAT32, NTFS, and Linux.

The basic program costs \$39.95 which allows for cleaning of 20 hard drives. The professional license is \$99.95 and it allows a technician to clean an unlimited number of hard drives. There are enterprise license options for organizations with larger implementation needs.

WhiteCanyon Inc., 873 South Orem Blvd, Suite 1, Orem, Utah 84058

<http://www.whitecanyon.com>; (801) 224-6420 ■

Please Share Your Expertise

We need articles in the *Orange Bytes* written by NOCCC members! Why don't you share some of your expertise with the rest of us by writing an article for our **Computer Talk** section?

Online! The Book

By *Steven M. Breitbart, NOCCC*

I have been using the Internet for several years. I regularly use the World Wide Web and e-mail. I do not use chatrooms, newsgroups or instant messaging. Until I read this book I thought I knew what I was not using. Now I know about a whole host of subjects such as Internet Relay Chat.

It is remarkable how much the Internet has changed in the last ten years. Books about technology-related subjects can become as dated as the technology itself. This book is a welcome update, providing a description of every aspect of the Internet as it is now. That is, it does not describe obsolete technology, yet, when appropriate, includes historical information about useful subjects such as shareware and viruses.

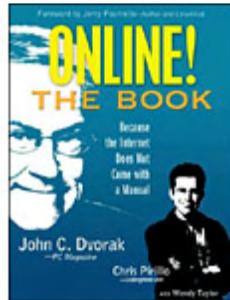
There are 28 chapters chock full of useful information: How to choose an ISP, e-mail, search engines, spam and viruses, setting up a web site, how to set up an online business, Internet marketing, content management and telecommuting; these are just some of the topics covered. The information is current; a chapter is included on using handhelds, phones and PDAs to access the Internet. The authors also address the legal issues that the Internet has raised for the music industry.

This is not a how-to book with step-by-step explanations of how to do anything in particular. Instead it is a set of instructions and guidelines about what can be done using the Internet, what questions to ask and how to avoid potential troubles and disasters. This is not a book for "dummies." While the authors try to explain everything using ordinary language, there are times when you need footnotes at the bottom of the page to understand all the acronyms. There are times when the subject matter is downright complicated, but these areas are covered appropriately, without excessive oversimplification.

There are several chapters that describe hardware; chapter 2 is on Hardware Basics. Other chapters have information on modems, webcams, networking and the hardware and software used for downloading music and burning CDs and DVDs.

If I were to offer any criticism, I would say that the arrangement of the chapters seems somewhat random. Some subjects are not where you would expect them or they are mentioned in several places. For example, Napster is casually mentioned in the Music chapter but covered in much more detail in chapters on peer-to-peer communication and Internet law. The styles also vary from chapter to chapter, probably a result of having three authors.

Do not judge this book by the cover or by the appearance of the tips inside. The cover has a somewhat ghostly looking image of Dvorak's head looming over a somewhat ghostly image of Pirillo's head and torso. Each of them also has tip boxes throughout the book. In Dvorak's tips, there is a photograph which is either Dvorak made up to look like Hulk Hogan or it is the professional wrestler himself. I can't tell. Pirillo's tips show the author as if his face is pressed up against a pane of glass. I can't help



wondering if it's real or a digitally manipulated image. No matter, the tips are helpful anyway. Overall, this is an excellent resource for learning more about the Internet.

Copyright 2004. By John C. Dvorak, Chris Pirillo and Wendy Taylor; Prentice Hall Technical Reference, New Jersey, 706 pages; MSRP=\$29.99; ISBN 0-13-142363-0. ■

Ulead's DVD Pictureshow for Mac

By *John Willner, NOCCCwillner@earthlink.net*

In the midst of all the free software for handling photographs and music from Apple, the question is, "What will this \$29.95 downloadable package do that isn't already available in some form?" After reading the short reviewer's guide and installing the application, some answers did emerge. It takes three steps to create television viewable slide shows with music and record to either a CD or DVD, so long as you have some kind of disc burner, a digital camera at almost any quality level, and access to music such as iTunes. The three steps are labeled Organize, Create Menu, and Burn. They are preceded by setting Preferences to NTSC or PAL format and choosing the type of media you plan to use.

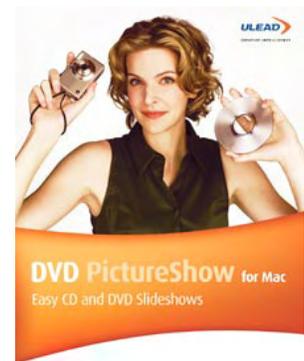
Organize means dragging and dropping slides to a panel where they can be sequenced and rotated if necessary. A minimal amount of photo manipulation is provided.

Create Menu allows one to select any of forty-three predesigned templates and add titles. This is where you set timing, add the music and select between CD or DVD discs. You also get to preview.

Burn means burn. Afterwards you take the disc to your DVD player and television for watching the whole show. The results on our analog television sets in common use today are quite acceptable.

A certain amount of versatility has been incorporated, although you must run under OS X. There are no OS 9 versions. However, either G3 or G4 computers can be used. Photo images can be JPEG, TIFF or BMP. Audio can be MP3, MPA or WAV, although direct AIFF will not work. Buffer underruns are eliminated and an anti-flicker filter has been added.

While not holding as much as a DVD, being able to record audio/video on a CD is a major asset. I would much rather store slide shows on such discs than leave them on my hard drive. For those interested, ULEAD Systems Inc. can be contacted at 20000 Mariner Avenue, Suite 200, Torrance, CA 90503, telephone (310) 896-6388, or online: <http://www.ulead.com>. ■





Product Reviews

Leo Laporte's 2004 Technology Almanac

By Frank Balazs, NOCCC

I was very pleased to see Leo Laporte's book available for review. I've watched his TV program for about a year and found he has a world of information. Since I'm new at computing, I can use all the help I can get.

His book is very unique because the book has a new lesson on each page of the 365 pages. He has written a helpful lesson for every day of the year. If someone could devote some time each day for a year and follow his lessons he/she would have no more trouble with their computer.

I've had trouble backing up the information on my computer, but with the help of Leo's book I've been able to save all my information. The very first lesson in his book describes the need and methods for backing up all my information.

The book has twelve chapters, a new topic for each month. There's information for the PC as well as for the MAC. There are topics about fixing your computer, games, World Wide Web, staying safe online, photography, troubleshooting, and a lot more.

In closing I think this is one of the best computer books I've ever read. I know it'll help me work with my computer for years to come.

The book is published by PeachPit Press (<http://www.peachpit.com>). MSRP=\$24.99. ■



such information could be stolen and cause you great deal of grief as well as financial and identity loss.

The software installed easily and quickly from its CD onto my computer (as did the previously installed and reviewed McAfee security programs). All of the features worked as advertised and some of them can be programmed to run automatically – a useful feature. A centralized interface provides clear easy access to all of QuickClean's components. Perhaps a future version will go further and integrate it with the McAfee Security Center.

Free 24/7 on-line support is excellent in my experience. There is a good 28-page printed User Guide that comes with the boxed copy to complement the Help Files and other information available at <http://www.mcafee.com>. QuickClean also can automatically check for updates when you are connected to the Internet.

The capability to remove unwanted applications goes beyond Windows built-in uninstaller accessed from the Control Panel. QuickClean will remove fragments and orphan files that Windows sometimes misses. And its Shredder can make sure that the deleted files are securely and permanently erased.

The McAfee Shredder also will eliminate file slack, free space, long file names, IE web cache, and Recycle Bin contents. It meets U.S. Government standard 7-pass wiping (and beyond – up to 99 shredding passes) specs to ensure the data are not recoverable.

My system is a Dell Dimensions EPS T500 (500 MHz) PC with 256 MB RAM, a cable modem Internet connection, and Internet Explorer 6.0.

McAfee QuickClean is priced at \$40 MSRP for a boxed copy (or you can download it from McAfee's web site as a 1-year subscription with free updates for \$25.) You can get a better deal if you buy a suite containing other McAfee security programs. The software is available world wide from the usual retailers and mail order firms. ■

McAfee's QuickClean 4.01

By Ted Littman, NOCCC

QuickClean is a nice complement to the McAfee Security "suite" of VirusScan, Personal Firewall Plus, and SpamKiller. It offers a number of features to help remove "clutter" from your PC and improve its performance. These include removing temporary files, deleting Internet trash, and shredding unwanted files to protect your privacy. Such files ("cookies," e-mail downloads, Internet cache, and surfing history) may contain personal information of a sensitive nature, particularly if you make credit card purchases on line. If a hacker gains access to your computer,



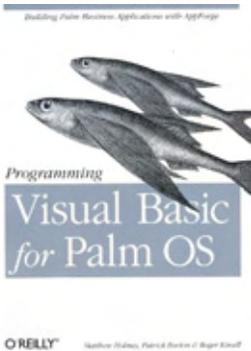
Programming Visual Basic for Palm OS 2nd Edition

(Building Palm Business Applications with AppForge)

By Vance Jochim, NOCCC

This is a specialized book for programmers with experience with Microsoft's Visual Basic (VB) who want to use those skills with a cross platform compiler called AppForge to create a business application that runs on Palm OS based handheld devices. The book is authored by Matthew Holmes, Patrick Burton and Roger Knoell and from O'Reilly Publishing.

The book covers various VB methods, but focuses on using the VB compiler, AppForge, that can be used for both Microsoft



Pocket PC and for the Palm devices. The book claims you can be creating running Palm applications within 1-2 days. Although VB experience is required for the book, Palm expertise is not required, since they explain that environment enough for the programmer to become proficient.

Part 1 includes three chapters on “Programming with AppForge”, with the first covering an overview of AppForge. Chapter 2 describes how AppForge interfaces with Palm application development, and Chapter 3 provides a review of the Palm OS database manager, how it works and how AppForge accesses it.

Part 2 of the book describes how to move data back and forth, including usage of the Palm Conduit Development Kit (the process of “synching” data between a PC and the Palm unit.). Chapters describe web access, SQL databases, and Palm’s wireless Palm.net functionality developed for the Palm VII wireless PDA.

Part 3 provides chapters on advanced topics, including:

- OS access
- Shared libraries
- AppForge’s Piedmont framework used for developing handheld device components such as building “ingots” which provide functionality like Windows ActiveX controls.
- Debugging techniques.

The “Required Software” to build all the application examples in the book is extensive, including VB 6.x, AppForge 2.x (now called AppForge MobileVB version 4.0), Palm OS Emulator, Palm Desktop software, MS SQL Server 2000, IIS 5.0, and even Metrowerks CodeWarrior for Palm OS and MS Visual C++.

You gotta be a Microsoft lover for this book!

Note: I visited the AppForge website, <http://www.AppForge.com>, and found that the product is now called AppForge MobileVB version 4.0 which now includes capabilities to develop common “mobile” applications that can run not only on Palms and Pocket PC’s, but also some mobile smartphones (Version 4.0 - For Palm OS, Windows Mobile 2003/ Pocket PC, Nokia Series 60/80, and Sony Ericsson UIQ Smartphone app development). You can get a complete version for \$899 that works with all the hardware devices, or a single platform version (“Solo”) just for your platform, such as the Palm for \$249.

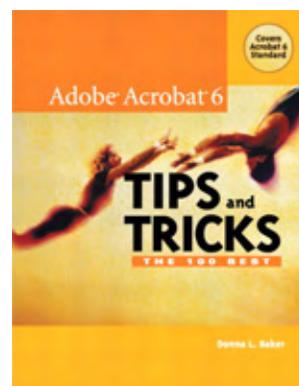
I recommend this book for anyone with Visual Basic skills who wishes to learn how to use AppForge to compile VB based applications for Palms, and maybe the other mobile devices listed above. But, a dedicated Palm developer might want to stick with the much simpler development tools that already exist just for the Palm. The book lists for \$40, but is available to NOCCC members at a 20 % discount with free S&H from <http://www.oreilly.com> or call 800 998-9938; user group discount code is DSUG

More details on Palms and book reviews can be located on

the website for the Orange County Palm User group at <http://www.webworks66.com>. Vance Jochim is President of the Palm User Group of Orange County, CA. ■

Adobe Acrobat 6 Tips and Tricks

By Ted Littman, NOCCC



If you want to take full advantage of the capabilities provided by the remarkable Adobe Acrobat Standard program, or even to just see what you may be missing, this 100 Best Tips & Tricks is the book for you – especially at its incredibly low price.

The book is divided into 100 easy-to-understand “How To” step-by-step tutorial-like instructions to perform each

action with graphical displays and expected results. There are ten chapters from “Getting Started” to “Touching Up a PDF Document” to “Making Your Documents Secure” plus three useful appendices on “Other Sources of Information,” “System Requirements,” and “Shortcut Keys.” As the book’s author states: “There is nothing ‘standard’ about Acrobat Standard” and “Acrobat does a lot more than display PDF files.”

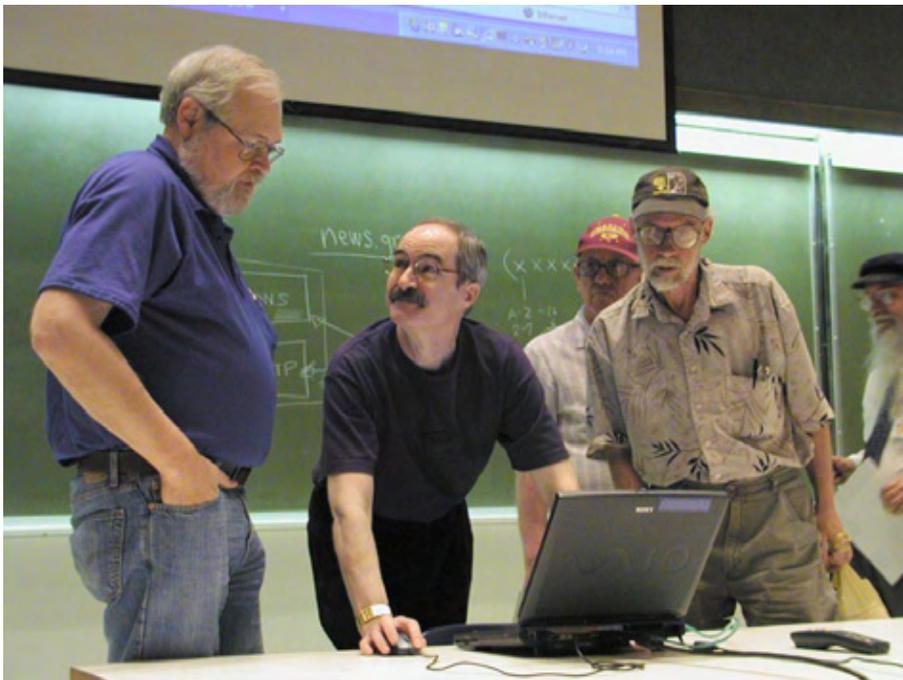
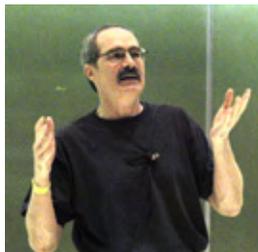
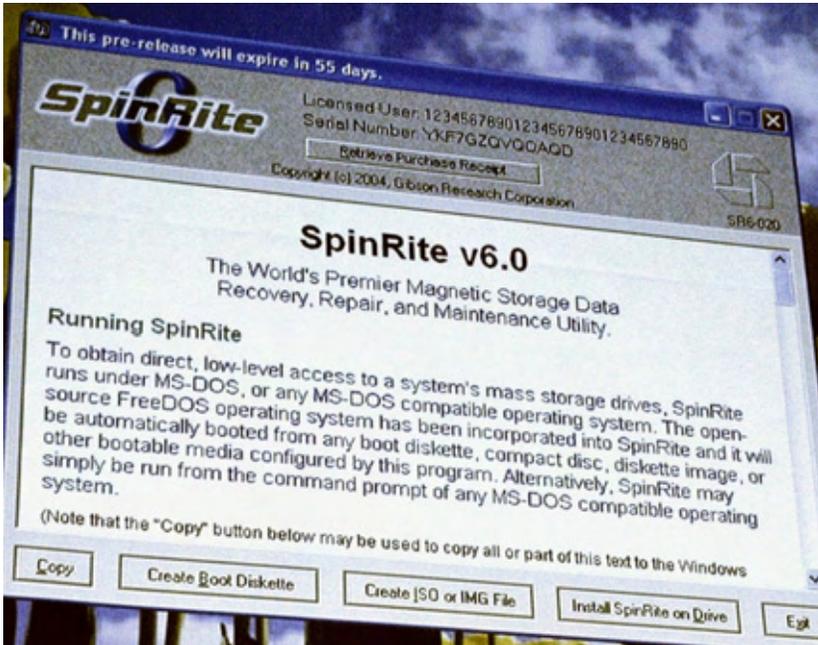
Even though I spent a lot of time going through the software’s tutorials, help files, and “How To” pane when I reviewed the program, I still had problems using some of its pertinent capabilities to help NOCCC Editor Jim Sanders with the on-line version of monthly Orange Bytes; that is, until I read this book!

Noteworthy for me was chapter eight “Controlling Documents with Links.” The instructions here, Tips 71 – 80, were most helpful in converting the print versions of Orange Bytes to PDF files for posting on NOCCC’s website, <http://www.noccc.org>. Now, we have links from each item in the “Table of Contents” to the individual articles as well as links to all web sites and e-mail address mentioned in the newsletter!

Although all of the figures in the book are in grey tone, they are sharp and sized for legibility. Sidebars are well written, adding useful guidance and instructions where appropriate.

The 336-page paperback book is authored by Donna L. Baker and is from Adobe Press (<http://www.adobeypress.com>) via PeachPit Press/Pearson Education (<http://www.peachpit.com>.) MSRP=\$15. ISBN: 0-321-22392-6. ■

March Meeting Photos



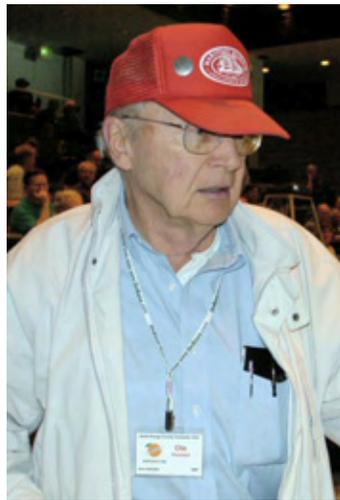
Cathy Margolin presenting at the New Technologies SIG

Photos by George Margolin and Jim Sanders

New member Tony Crowell joined the club and won the grand raffle prize all in one day



Steve Gibson
www.grc.com
spoke on
SpinRite and
Internet
Security



More raffle winners



Construction on campus is making progress



Computer Memory CONTINUED FROM PAGE 9

at 50 MHz. Pentium computers generally had four slots which were arranged as two banks. This meant that memory had to be installed in units of two. The memory chips were 72 pin DRAM (dynamic RAM) or SIMM (single in-line memory modules) modules. Many of these computers could support four DRAM modules of 32 MB (megabytes) for a maximum of 128 MB of RAM. There were some motherboards built for Pentium 5 systems that had 2 or 3-168 bit DIMM slots in addition to the 72 pin slots. However, you could not use both the 72 pin and 168 pin slots, only one or the other. These systems would support either 128 or 256 MB of memory. However, at the time, many Pentium/Pentium II computers were sold with only 16 MB of RAM and Windows 95. Later, with Windows 98 the basic memory was 32 MB. In both cases, this is a less than optimum amount of memory for these operating systems. The first Pentium computers had a 32 bit address space which was theoretically capable of addressing 4 GB (gigabytes) of memory. However, none of the motherboards manufactured for these computers carried any such memory capacity.

The next generation of computers carried faster CPUs and chipsets along with faster bus speeds. For example the Intel 440 series chipsets were capable of working with CPUs with speed of 233 - 333 MHz at a bus speed of 66 MHz or with 350-450 MHz processors at a bus speed of 100 MHz. These motherboards generally had 3- 168 pin slots and would support a maximum of 384 MB of RAM. As the address space of the CPU was increased to 36 bit, the maximum addressable memory was 64 GB. However, in practice some computers running Win98 would not recognize more than 256 or 384 MB of RAM. This problem has been ascribed to the chipset design and problem with the L-2 cache. So some caution is recommended if you intend to upgrade the memory in a Pentium II or older system. With some of the Pentium III class computers there was an additional increment in bus speed to 133 MHz. The motherboards had 2 to 4 168-pin memory slots. The maximum usable memory of such systems ranges from 512 MB to 1 GB. These motherboards for this CPU class are generally able to use 100 - 133 MHz DIMMs. The 133 MHz DIMMS are capable of working at the 100 MHz speed. The Pentium 4 motherboards came with a whole new array of chipsets and memory chip types and speeds. The maximum memory now ranges up to 4 GB. Intel's initial Pentium 4 motherboards required the use of RDRAM or Rambus DRAM memory chips. RDRAM is a serial memory technology that arrived in three speeds, PC600, PC700, and PC800. RDRAM designs with multiple channels, such as those in Pentium 4 motherboards, are currently the fastest in memory throughput, especially when paired with the newer PC1066 RDRAM memory. A Rambus channel is 2-bytes wide, so we get a maximum 1.6GB/s transfer rate for a single RDRAM channel using PC800 RDRAM or 2.1GB/s for PC1066. The other form of memory chip is the double data rate DRAM. Intel and other manufacturers now have motherboards and chipsets that can utilize these memory modules. They are less expensive than the RDRAM. DDR memory modules are named after their peak bandwidth - the maximum amount of data they

can deliver per second - rather than their clock rates. This is calculated by multiplying the amount of data a module can send at once (called the data path or bandwidth) by the speed of the front side bus (FSB). The bandwidth is measured in bits, and the FSB in MHz. Note that the RDRAM bandwidth is in bytes. One byte is equal to 8 bits.

A PC1600 DDR memory module can deliver bandwidth of 1600Mbps. PC2100 (the DDR version of PC133 SDRAM) has a bandwidth of 2100Mbps. PC2700 modules use DDR333 chips to deliver 2700Mbps of bandwidth and PC3200 - the fastest widely used form in late 2003 uses DDR400 chips to deliver 3200Mbps (3.2 Gbps) of bandwidth. You may see the term "dual channel" applied to memory. When properly used, the term refers to a DDR motherboard's chipset that's designed with two memory channels instead of one. The two channels handle memory-processing more efficiently by utilizing the theoretical bandwidth of the two modules, thus reducing system latencies, the timing delays that inherently occur with one memory module. For example, one controller reads and writes data while the second controller prepares for the next access, hence, eliminating the reset and setup delays that occur before one memory module can begin the read/write process all over again.

Consider a model in which data is filled into a container (memory), which then directs the data to the CPU. Singlechannel memory would feed the data to the processor via a single pathway at a maximum rate of 64 bits at a time. Dualchannel memory, on the other hand, utilizes two pathways, thereby having the capability to deliver data twice as fast or up to 128 bits at a time. The process works the same way when data is transferred from the processor by reversing the flow of data. A "memory controller" chip is responsible for handling all data transfers involving the memory modules and the processor. This controls the flow of data through the pathways, preventing them from being over-filled with data. Now that you are totally confused by all this memory type and speed terminology, let's look at the next question.

How much memory should you have in your computer? The answer is: probably as much as your motherboard and chipset can handle. For the newest motherboards, that may be excessive unless you are involved in digital video editing or graphic design. For most home users running WinXP or Win2K I would recommend 512MB up to 1GB. So why those figures? I have found that WinXP uses over 200 MB of RAM for its own files, if that much is available. So on a 256 MB system that leaves very little for other applications and data. The net result is a lot of swapping with the virtual memory space on the hard drive. That slows everything down. In WinXP the Windows Task Manager (bring up by pressing CTRL-ALT-DEL) shows your current performance and the amount of memory available in real time. With 512 MB and several programs running, I have over 300 MB of real RAM available. That greatly increases the responsiveness (speed) of the system as moving data to and from RAM is many times faster than using a hard disk. The Page File window shows you the virtual memory swapping your system is doing. At the moment, mine is zero.

You can do similar analyses on Win98/WinMe systems. The System Monitor application that comes with Windows can supply this information.

However, you may need to modify it to get the memory info you want. Go to Start-Programs-Accessories-System Tools and select System Monitor. If this selection is not available on your menu, then you need to install the program from your original Windows disk or from \WindowsOptions\Cabs file. You do that from the Control Panel (Add/ Remove Software) and Windows Setup. Once you have the system monitor you can ADD memory information by clicking on Edit, then add item. Select Memory Manager. The individual items that will be the most helpful are: allocated memory, unused physical memory, page files in/ out, swapfile in use or swappable memory. The kernel reading tells you how much of your CPU capacity is being used. Generally, Win98/WinME will do very well with 256 MB - 384 MB of RAM. You just have to be certain that your motherboard and chipset can support this much RAM. Most of the home computers I have worked on really don't have enough RAM for the most efficient operation. Does Yours?

Dr. Lewis is a former university & medical school professor. He has been working with personal computers for more than thirty years. He can be reached via e-mail at bwsail@yahoo.com or voice mail at 941/925-3047. ■

Virtual Reality

CONTINUED FROM PAGE 9

this monitor showed everything except the projections. He then said, "Look at how the simulator handles this." You could see from comparing the two monitors as the dog got close to the tree, a panel dropped down from the ceiling into the trees relative to the dog without the panel projecting the image of the tree. The dog thought he was moving toward the tree, but in reality the simulated tree was moving toward the dog. The dog sniffed the tree with its nose coming in contact with the tree. "There are texture simulators on the moving panel similar to ones on the mat, so the dog feels bark when her nose has contact with the simulated tree. Also, the dog smells the tree because scents of a tree are emitted from the panel. Of course, there are scent emitters on the walls and underneath floor mat so the room smells like a meadow." The dog then lifted one of its rear legs toward the simulated tree and urinated on it. "Success!" Dr Feelgood cried, "Did you see that? That dog behaved just like it would have with a real tree and marked its territory." The doctor composed himself and continued, "Think of a large dog that is normally locked in a Manhattan high-rise. For such an animal to experience running free in the country would have a beneficial psychological effect. To maintain this beneficial effect the experience would have to be repeated periodically. For cats and smaller dogs having an equivalent experience would also have similar benefits. Then think of all the dogs and cats in Manhattan. Such a population would be able to support a number of commercial installations of our VR simulators at a considerable profit."

As we set down in the doctor's office I asked Dr. Feelgood if he saw any problems with VR for animals. He said that it is more a problem of people using the technology for evil purposes or that they don't fully consider enough issues. I asked him if he had any examples of this. He said there was one research study using cats in a simulated farmyard environment. There were simulated dogs in the environment; but the simulation was not prepared for interaction between the cats and the simulated dogs. So whenever the cats got near the simulated dogs, the dogs would move away from the cats. One of the subject cats was then put out for adoption. When the cat wandered away from its owner's property it came in contact with a German Shepherd. Unintentionally the VR simulation had taught the cat that dogs were afraid of it. As a result the cat challenged the dog expecting the dog to run away. Instead the dog first was confused, but then became angered. The events following lead to the necessity of putting the cat in a full body cast.

I left the facility feeling that technology has perhaps gone too far. I wondered if some of our pets would start to become attached to simulated human beings and animals they found in a VR environment and distance themselves from the human beings who care for them and the animals they have contact in the real world. Of course there will be much hype about it when this hits the marketplace. But, it could be just hype and go by the wayside like so many Dot Coms.

Timothy Everingham is CEO of Timothy Everingham Consulting in Azusa, California Further information can be found at <http://home.earthlink.net/~teveringham> ■

PC Q&A SIG

By Jim Sanders, NOCCC

This month's SIG had a variety of small questions which I didn't take notes on and have already forgotten. After the questions, I went through a small discussion about cleaning your PC. Just as a reminder, the inside of your machine does get dirty. Especially if you have your computer sitting on the floor. The air intake is on the bottom front of the machine where the maximum amount of dust and dirt is stirred up by walking. This coats the components and acts like an insulating blanket and can cause things to over heat. It plugs up the fins on the CPU cooler and raises the temperature of the CPU. It covers the air flow holes in the power supply case. This reduces the overall air flow which makes the preceding problems even worse. The cleaning tool that I think works best is an air nozzle hooked up to a compressor. A second best choice is to hook up a crevice tool to the hose of a canister vacuum plugged into the output port.

CONTINUED ON PAGE 24

Reviews Editor's Corner

If you are an NOCCC member and write a review for the Orange Bytes, you may keep the item. If you would like to review a specific product (software, hardware, or book) not listed here, please let me know and I will try to obtain it. If you are interested, please contact me:

Ted Littman

NOCCC Reviews Editor

- (714) 779-1936
- TedLit@Adelphia.net
- reviews@noccc.org

PRODUCTS AVAILABLE FOR REVIEW

A number of products have been obtained from vendors for review by qualified NOCCC members. If you are interested in doing a review (which will be published in Orange Bytes), please call or send an e-mail to me and provide your membership number, phone number, and e-mail address. Remember, **YOU GET TO KEEP THE HARDWARE, SOFTWARE, OR BOOK!**

Currently available are the following:

Hardware

GrooMouse – A mouse cleaner from Vanlark useful for fixing mouse tracking problems and cleaning spin rollers. MSRP=\$10.

Boxed Programs and CDs

FlipAlbum 5 Suite – An excellent photo-album-maker from E-Book Systems allows you to create & share virtual photo albums on your PC, on CDs, or on the Web. MSRP=\$50.

Mavis Beacon Teaches Typing Deluxe v.15 – The latest version of this best-seller from Broderbund. MSRP=30.

Phone Works Pro 2002 – The “ultimate” Windows Personal Assistant software for telephone, voice mail, fax, & e-mail. Integrates with Outlook & Outlook Express. From Ring Central. MSRP=\$120.

Norton SystemWorks Pro 2004 – The industry standard for advanced problem-solving to maximize PC performance. Includes Norton's Antivirus, Utilities, Password Manager, GoBack Personal Edition, Cleansweep, and Ghost. MSRP=\$100.

Go Back 3 - Roxio's disaster-recovery program for all Windows' users.

Backup for Workgroups 1.0 – A new backup & disaster-recovery program from Lockstep Systems for small & mid-size businesses using a disk-based backup program with Windows for 3 clients. MSRP=\$299/3 Clients.

Easy Uninstall 2.0 – Aladdin System's easiest & most complete program uninstaller for Windows operating systems.

NotePager Pro 3 – Sends SMS and text messages to mobile phones, pagers, and handhelds. For Windows operating systems. Messages can be sent through a modem or the Internet.

NeuDesk Productivity Suite – A search engine for your hard drives, this program maps & characterizes every file so you can find it simply and easily by typing a few words into a single simple interface. From NeuTrino Technologies. MSRP=\$60.

SendPhotos Gold – “If you would like to e-mail photos without hassle, SendPhotos, from Novatix, is easy and fun to use.” - PC Magazine, April 22, 2003. MSRP=\$20.

PrintShop 20 Deluxe – Expand your creative horizons with this latest powerhouse tool from Broderbund/Riverdeep. Printshop delivers thousands of projects for creating greeting cards, calendars, photo projects, etc. etc. The software offers a huge number of templates, image/art/photo files. MSRP=\$50.

Programs to Download from Vendor's Web Site

RedBox Organizer 5.0 – Award-winning Personal Information Manager for Windows from Incline Global with a comprehensive set of simple-to-use utilities. MSRP=\$40.

Art Icons Pro 4 - A great solution for extracting, cataloging, and managing PC

computer icons.

Currently available are the following books

Adobe Photoshop CS one-on-one – This step-by-step book under the direction of professional trainer Deke McClelland features 12 lessons packed with entertaining real-world projects. The accompanying CD also provides 2 hours of video instruction. From Deke Press/O'Reilly. MSRP=\$40.

Hardware Hacking Projects for Geeks – This O'Reilly book is authored by Scott Fullam who has been “hacking” hardware since he was ten years old. It contains 15 amazing projects that range from the truly useful to the legendary and wacky. MSRP=\$30. **Degunking Windows** – Paraglyph Press book authored by Joli Ballew & Jeff Duntemann on how to rid your computer of accumulated “junk” that slows down performance. MSRP=\$25.

PC Hardware in a Nutshell, 3rd Ed. – O'Reilly's comprehensive guide to buying, building, upgrading, and repairing PCs. A desktop quick reference. MSRP=\$40.

CONTINUED ON PAGE 26

Preparing a Review Article for the Bytes

By Ted Littman, NOCCC Reviews Editor

The following suggestions for preparing a review article for the Orange Bytes were extracted from an ORCOPIUG article authored by Alan Jarrett and are intended as a guide only. As a reviewer, your audience wants to know your opinion (as an end user) of the product (hardware, software, book) you are reviewing. Please fully identify the product and its cost so that interested club members may be able to purchase it. After you have tested the product consider these questions:

1. What is the product's stated purpose and does it meet it?

2. Within its category of software (i.e., word processor, spreadsheet, database, etc.), does it stand out?

3. What are its major features?

4. Is it easy to use, even for a novice?

5. Can you quote or reference articles/reviews in the computer magazines? The following list contains more specific questions that apply to either software or hardware:

1. Requirements:

1. Operating systems?

2. Windows?

3. Memory?

4. Disk space?

5. Is a Mouse supported?

2. Installation (do not overemphasize details):

1. Was it difficult?

2. Copy or write protected?

3. Does it allow drive and directory selection?

4. Does it automatically configure system? Can you control it?

3. Information about your system:

1. Hardware?

2. Operating system? Version?

3. Memory?

4. Video display?

4. Documentation:

1. What is supplied? Manuals (paperback, electronic) Tutorial? Templates? Table of Contents? Index?

2. Was it clear, concise, helpful?

3. Is there a troubleshooting section?

5. Product Support:

1. How is the vendor's tech support?

2. Does it cost anything?

3. Is it a toll call?

4. Does the vendor provide Internet support?

6. About the product:

1. What comes with the product?

2. What is the cost? (list & street)

3. Version number? Release date?

4. How difficult is the learning curve?

5. Would you buy/use the product?

6. Do you recommend it?

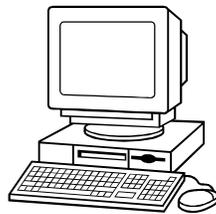
7. What don't you like about it?

8. What improvements or changes would you like to see?

9. Can the software be downloaded from the vendor's Web site; is there a free trial period before buying?

10. What warranty is there on hardware?

7. What are the Name, Address, Phone number (including 800#), and WEB address (e-mail & URL) of the vendor? After you have answered all these questions you should have enough information to write your review. Please be precise but do not make it so technical that only a few people can understand. Please advise the Orange Bytes Editor if you need graphics, pictures, or illustrations to get your point across?? ■



Guidelines for Submittal

Important! Please limit the length of your submittals. We request you limit general articles and software reviews to a maximum of 1300 words, SIG reports to 700 words, book reviews to 600 words, low cost CD-ROM titles to 600 words, and more sophisticated CD-ROMs to 1000 words. As far as the minimum is concerned, we'd just like to see you do justice to any general article or to any product that's reviewed. An **expensive** software package (\$300-700) deserves at least 1,300 words. An inexpensive program (\$50 or less) might have 500 words. Reviews must be completed within two months so that the Reviews Editor (Ted Littman) can, in a timely manner, send a copy to the vendor. If you

change your mind about doing the review, please call him (714)779-1936 ASAP to make arrangements for returning the product for reassignment. We hope you enjoy writing your review.

You can now e-mail articles directly to the Editor through the North Orange County Computer Club's Web Site: editor@noccc.org or just give the file on disk and printout directly to Cathy Margolin (President), Jim Sanders (Publications Chairman.), or Ted Littman on the next meeting day. If you e-mail your review, please send a copy to TedLit@Adelphia.net.

To transfer your article from your Windows word processor, click at the beginning of the article with your mouse, shift down arrow to the end of the article, then Edit Cut (^C), open your e-mail program, and Edit Paste (^V). This will convert the file to ASCII. If your article is too long to include in an e-mail, please save as ASCII file with a .TXT extension. Then zip the article and attach it to your e-mail.

All documents should have flush left margins, and double carriage returns (skip a line) between paragraphs. The editors will bold your paragraph headings, etc., in order to obtain consistent formatting throughout the Bytes.

Don't use CAPS for emphasis; that's like shouting at someone! We usually have to delete and retype them, which can be a lot of work. CAPS are reserved for computer commands or file names, like AUTOEXEC.BAT or KNOW.TXT. For titles of books and software, capitalize the first letter of each word. We will add the underlining in PageMaker.

Also please spell check your article, and try to follow the ordinary rules of grammar. Don't use columns, tabs, indents, justification, hyphenation or formatting codes. (If columns or tables are absolutely needed, send us a hard copy to guide us.)

We look forward to seeing your review in print and on the Web site. ■

Main Meeting

By Eric Saca, NOCCC



In March, we had a visit from old friend Steve Gibson, a well-known speaker, research scientist, technical columnist, and Internet security expert. He came to tell us about his latest projects and products, and to answer our security-related questions.

The meeting was opened by President Cathy Margolin, who had some sad news. Mary Chilton, wife of the late Jim Chilton who did our swap meets for us, had just passed away.

On a positive note, Richard Shimazono, who helps run the consentment table, is out of the hospital and recovering. Also, James Smith, former VP, and wife Kimber have a new addition to the family Corbin!

Gerry Resch announced the main prize for the day's raffle a **Canon color printer!**

Cathy introduced Steve Gibson, who started off by telling us about the forthcoming new version of his flagship product, **SpinRite 6.0**. This essential tool monitors your hard drive, fixes problems, moves data off bad sectors, and warns you of impending problems to help you protect your data. He had started his company, Gibson Research Corporation, 16 years ago with SpinRite. Since it was first released, customers have used it religiously on all their computers. It was so popular from the start that in its early days, Peter Norton had even tried to convince Steve to bundle it with Norton Utilities.

The current SpinRite, version 5.0, still works only on FAT partitions. Thus, loyal customers have avoided upgrading their disks to the superior NTFS, just to keep SpinRite running. Fortunately, 6.0

will be format-independent. Customers should now be able to run it on any type of partition FAT, NTFS, FAT32, Linux, and just about any other format out there. Also, like all of Steve's work, SpinRite 6.0 will be developed in 100% pure assembly language, so it will not depend on programming interfaces from any operating systems, like Windows.

Steve brought up his website on the screen <http://www.grc.com> to show us the useful FREE security-related content he offers. He recommended downloading his three most popular freeware utilities **UnPlug'nPray**, the **DCOMbobulator**, and **Shoot the Messenger** (all eloquently explained on the website). (Actually, Steve mentioned that Leak Test is currently his most popular download, but he isn't sure why, because it is basically obsolete.)

Steve recommended testing the security of your computers and firewalls with his powerful **Shields UP!** facility. He had been consistently upgrading it since its first release four years ago. Now it provides you with a lot more security information about your system. It can also test all your TCP/IP ports by sending Internet packets to them. You select a port and Shields UP! will tell you what it is normally used for and will be able to test it for you. (There are 65,535 ports that all systems running TCP/IP can communicate with.) A member asked if Shields UP! can force a port to close so it is not vulnerable to attack. Steve said that that is not a function of Shields UP!, you need to run a firewall for that.

Steve also showed us other useful items on his website. It contains documentation on all his projects past, present, and future so you can keep up-to-date on what he is doing. He recommended a free utility called **Wizmo**, a handy little Windows Gizmo that provides commands to enable you to power down monitors, instantly trigger screensavers, set the audio volume, and perform several other tasks. There are several informative newsgroups at <http://news.grc.com>. There is even a link farm newsgroup site, where members share links to dozens of other helpful and

interesting security-related websites.

Steve discussed viruses. He said that there are whole communities of people out there developing viruses together. In fact, as his research has shown, some communities appear to be fighting one another, developing their viruses to counter each other's and incorporating derogatory messages toward each other in their work.

Viruses are continuing to become more advanced. Now, viruses come with their own mini e-mail servers and they don't just search mail client address books anymore; they search ENTIRE hard drives for anything that looks like an e-mail address. Then they take the addresses they find and send themselves as e-mail to those addresses, or forward those addresses to the virus creators. (Strangely enough, they seem to avoid government and military addresses though. Perhaps the virus creators fear they will get into bigger trouble by attacking those addresses.)

Steve mentioned the chunk of Windows code which recently got released on the Internet by accident. In researching that code, hackers have already found a new way to exploit Windows. Now they can incorporate virus code in bitmap (*.BMP) files, which will be executed any time the bitmaps are opened. Virus-protection companies are scrambling to keep up.

Steve admitted that he really couldn't bash Microsoft's developers too hard, with regards to the ongoing security holes. When developers finish a piece of code, it is very difficult for them to turn around and analyze that code like a virus hacker. (Sometimes it is hard enough to make the code work by the given deadline.) As hard as Windows developers might try, they will never be able to write 100% hacker-proof code. No one could. This is simply a reality that we have to live with. There are malicious folks out there who will continue to analyze Windows (and other operating systems) for security holes to exploit. We will just have to continue relying on virus-protection software and firewalls to help us defend against

hackers. It's a new fact of life. Fortunately, these days, a great deal more attention is being paid to security than ever before.

Members in the audience asked Internet-security related questions. Does Internet-shared gaming open people up to possible security problems? Will Windows still run JavaScript through cookies in certain situations, even if that feature is turned off? Is it a security risk to allow ActiveX controls to display PDF files? Steve said that none of these types of issues should be a threat to you if you properly lock down your browser and run a good firewall.

Steve recommended configuring MAXIMUM security in Internet Explorer (or whatever browser you're using). He walked us through setting this, under the Privacy tab in the IE Internet Properties box. He suggested blocking most cookies from coming through, except from websites that you trust and you can specify those in the exception list. He showed that you can even reject ALL third-party cookies (from the Advanced button on the Privacy tab), which can cause many problems and do you no good.

When accessing PDF files on the Web, Steve recommended DOWNLOADING them to your PC first, then opening them with Adobe Acrobat. This is more secure than directly opening them from IE itself and it really takes no extra time. He also suggested blocking messages containing the HTML format because that is often used to launch viruses. His own website, <http://www.grc.com>, blocks HTML-formatted messages at the border. (Cathy can attest to that. She tried sending Steve an HTML-formatted message, which was instantly rejected.) Some of these suggestions will take extra time to implement and perhaps be frustrating at first but they are well worth it to protect your system in the long run.

Steve also discussed the spam problem. There are many facets to this issue. First, there's the problem of identity spoofing, in which spammers provide false credentials in their messages. They provide fake names and

in most cases, fake domain names (such as aol.com or earthlink.net). Service providers across the industry are starting to implement a new standard to combat this, a type of caller ID for e-mail. When a message server receives an e-mail, it checks the stated source IP address and domain of the e-mail. Then it actually contacts that domain's DNS server to verify that the given IP address really does come from it. If not, then the message has clearly provided a fake domain name and it is rejected by the receiving server. This concept is called *Sender Policy Framework* and is described at <http://spf.pobox.com>.

Another spam-related problem is the automatic store/forward feature of SMTP e-mail servers. In the Internet's humble beginnings, everyone trusted each other, goodwill was intended for all, and SMTP servers were designed to help each other by allowing temporary storage of e-mail for each other. If one SMTP server was getting overloaded and did not have enough disk space to hold its outbound e-mail, other servers would allow it to temporarily store messages on them. The storing servers were not involved with the e-mail in any way. They just acted as temporary storage points before the mail was sent out. They would also be kind enough to send it out for the source server.

Spammers are presently abusing this system. When target mail servers will not accept messages from spamming servers, the automatic store/forward feature is a way around the security. For instance, if SMTP server A is set NOT to accept messages from server B, but still DOES accept them from server C, then spammers from server B have a simple way around server A's security. They use the store/forward feature to get server C to send their messages to server A for them. Since server A still trusts server C, it happily accepts the messages forwarded from C.

Service providers are starting to combat this problem by turning off the automatic store/forward feature that could have been beneficial if it wasn't abused. Now, SMTP mail servers are being set NOT to accept messages that

aren't bound for their own domains. Thus, in the situation described above, if server C's administrator configures it to NOT accept messages that aren't bound for server C's domain, then it will not accept the messages from server B bound for server A. The spammers from server B will then have one less way to penetrate server A's security.

The main spam problem is the fact that it is so hard to use the Internet these days and hide your e-mail address from spamming entities. Any time you share your address with a friend, use it to make an online purchase or submit it to request further information, you run the risk of it falling into the wrong hands.

Steve is researching to develop a potentially PERMANENT solution to this problem. This solution will probably involve the fact that you can add comments by using parentheses WITHIN your e-mail address. These parentheses go just before the @ sign in the address, e.g., `username(comment)@hotmail.com`. The comment can include any text you care to enter. Steve is considering a program system that enables you to submit e-mail addresses with different comments to different people, track which comments went to which people, reject e-mail sent without a comment, and block addresses with specific comments. Such a system would be a powerful tool in allowing you to block messages from anyone who is abusing your address. It would also enable you to find out WHO is getting you spammed. If it is a friend, you can then politely ask that friend not to submit your address to any mailing lists.

A member mentioned that a similar concept is already being implemented at <http://www.spamgourmet.com> and it is pretty effective so far.

Cathy asked if Steve recommends any spyware checkers. He suggested using **Spybot** and **Ad-aware**. They are particularly effective when used together. **Opt-Out** is also good.

Cathy asked what personal firewalls he prefers. First, Steve recommends using a **NAT router** as a hardware

CONTINUED ON PAGE 22

Meeting Reports

Main Meeting FROM PAGE 21
firewall. Second, in his estimation, most products out there seem to be pretty effective these days **ZoneAlarm, Norton Internet Firewall, Sygate**, etc. The nice thing about Sygate is that it is pretty small. Other products are incorporating so many features that they have gotten fairly large and cumbersome.

Steve mentioned that Service Pack 2 for Windows XP will actually INCORPORATE a firewall. Also, the details released so far suggest that it will probably be pretty effective. (We have yet to see.)

As Steve is such a popular speaker among the members and as his information is so important in general, he was allowed to extend his talk for as long as he had the energy. The members finally ran out of questions at 330 PM.

Next Meeting *Smart Computing Magazine* is sending a representative to make us an offer that many of us won't be able to refuse. And we'll learn all about the magazine and its many informative articles. Be there; it will be worthwhile. ■

omen for technology and what looks like the start of a NASDAQ downtrend wiping out advances since the first of the year. A feature of these charts was the multiple time frames – daily, weekly, and monthly plots that helped to identify trends and put the variations in perspective.

This being an election year, we spent some time reviewing the stock market cycle patterns associated with the 4 year presidential election. Data collected over presidential cycle years back to 1897 showed that the 3rd year is the best year (average 15+%), and the 4th year performance slightly less (approx. 12+%), while the first 2 years provide minimal average growth (0 to 5%). These patterns plotted of the Dow and S&P500 indexes showed that the patterns did not have perfect timing intervals and the up legs of the cycle were faster than the down legs. Re-elected presidents have a greater positive impact on the market than when a sitting president is ousted. Reviewing these charts and a 30 year chart of the S&P500 indicate long term market trends (as measured by a 48 month moving average) should continue to rise for several years, but 2005–2006 could be flat as the 48M average goes through its inflexion point.

Trading systems using moving averages were presented. It seemed obvious from looking at long term charts, that crossing the moving average could be a safe signal for buying and selling stocks. Results were shown that profits depended upon several factors. The length of the moving average, the volatility of the equity, the strength of the long term trend can make or break one's return using this strategy. We discussed the 50-50 market timing strategy, which was presented in *Stocks and Commodities* March 2004 issue. This trading strategy uses the 50 and 200 day MA, and a 21day RSI to measure the strength of the trend to reduce whipsaws. Results were run using ProTA (Mac only) and were ok for selected stocks, funds, and ETFs – but not always good for every stock or fund. This strategy did reinforce a common buying rule – don't buy if the price is far above the 50day MA.

Selecting stocks to trade was discussed using Investor's Business Daily IBD 100 list. Checking out these stocks and analysis for buying was done using data from <http://www.investors.com>. We looked at several stocks in the top and middle portion of the list to see if we would buy them or not and why. Stock selection should be done with knowledge of how the overall sector performance is doing. The sector is identified in IBD's stock checkup screens. I like the weekly cheese charts (part of *Headsup Premium* at <http://www.lowrisk.com/>) to see how the sectors are doing.

Several sectors appear strong as current and near term opportunities: housing and construction, oil services, ocean engineering, European and Asian equities. ProTA Charts of ETFs covering these sectors were reviewed and there were many good buys. We will look at these and more next month, along with methods for selecting candidates to track, and use the members expertise to identify when to buy and why. ■

Computer Aided Investors SIG



By Bob Krishfield, NOCCC

Investors in the market should have made money this past month as long as they avoided technology and precious metals. We reviewed performance of the major indexes using charts from www.onthemoney.com, a subscription site run by Dennis Slothower. This site includes market charts and analysis and several portfolios of mutual funds and ETFs. Of significance is how strong the Russell 2000 has been, which indicates favorable market conditions, especially for small caps, and how relatively weak the NASDAQ index has been, a bad

Macintosh SIG

By John Willner, NOCCC
willner@earthlink.net

We had a lively discussion on Local Area Networks involving both Mac computers and PCs. Often there is graphical or tabular data downloaded onto a PC that needs to be used on the Mac. One can go the airport route, but also there are third party wired and wireless solutions. General speaking Virtual PC is losing its place in these scenarios, because the cost is as much as a low price PC. Wireless routers have done the job until heavy rains knocked out DSL (fortunately back up after three days). Several Remote PC solutions were mentioned.

A lot of people are still using

applications that run on OS9, as well as peripherals such as scanners. In most cases double clicking on the icon automatically brings up classic mode, and there is no special problem except when the computer runs on a low speed processors. Then the opening of classic mode is lengthy. Scripts to open directly under OS9 using a function key are available. The information can be obtained from Apple, although some work is involved. Of course one can preset the OS under system preferences, but that is bit tedious.

One of the great things that would enhance our meetings would be to have a hot spot in the meeting room for laptop computers with air ports. The area was tested using two different laptops, but no hot spot was detected. Alternatively, an internet connection would be fine. There is so much more information that could be presented if we had this capability to connect over internet with appropriate applications. We need to keep this conversation going, because demonstrating software is rather difficult if outputs cannot be seen.

A question about availability of state tax forms in Intuit was answered with a positive yes. They are most easily downloaded using a high speed network, but those without such connections need a disc. The IRS complicated matters by not making timely releases of certain forms, and some important ones were not available until near the end of February.

Techtools Pro for OS10 and maintenance procedures were discussed briefly. Generally speaking most Mac users are not too concerned with "defrag" utilities (as is the case for PCs), because the operating systems provide much assistance in this area and the hard discs are becoming larger. However, there are times when a cleanup is desirable. Techtools Pro happens to be one utility that appears to work well.

Next month we will continue to discuss useful utilities. ■

Report on the New Technology SIG (Feb)

By George Margolin, NOCCC

This meeting was designed to show and tell our members what we saw and learned at the CES (Consumer Electronics Show) held in Las Vegas last month, about the burgeoning world of DVDs. We had samples, photographs and even a six and a half minute film clip showing just how commercial Movie DVDs are burned, copied, produced and packaged. This movie was of course on a DVD that we had obtained just after CES.

We'll keep this film/DVD for our archives and could make it available for our members to view or, possibly, obtain.

These Movie DVDs come in two persuasions called DVD 5 and DVD 9. The 5 being a single layer containing 4.7 Gigabytes hereafter called GB, and a double layer commercially PRESSED and bonded 9 GB disk. Our film showed the making of both types.

Then we showed and told our members about the various types of RECORDABLE DVDs available today. They are DVD-R and RW, DVD+R and +RW and an oldie but goodie that's still hanging around for special purposes the DVDRAM.

To summarize what exists today and what is available now and coming soon

1. While there are Single Type (+ or -) DVD burners from many excellent companies, Sony, Philips, Panasonic, TDK, Iomega and Plextor to name the best known there are now, among these same companies, DUAL burners that produce both types of DVD output. Do NOT buy a single type DVD burner. You will be better off with one of the Duals.

2. Current burning speed of these devices are now 4X and the prices for internal burners are not much over \$125 for even the excellent brands listed

above. 4X burnable media of both + and are available for under \$1.50 each. With special pricing available at swap meets and as advertised specials at the major computer stores.

3. 8x burners are now available at higher but dropping prices, from some of the above makers. BUT there is virtually NO 8X +R Media available. YET. Perhaps SOOOOOOON (the more 0s the longer you can expect to wait).

4. **We recommended that you DO NOT buy White Box DVD media IF you are using it for long term archival storage of your data and personally important home movies and other important materials. There seem to be some questions and issues about the actual archival life of some of the cheaper media.**

5. External FireWire and USB2 housings are cheap (around \$60) for combination housings and under \$50 for units connectable to one of the two systems. With these housings you can plug the DVD writers into any of your computers with the proper USB2 or FireWire connectors. We try to set up all of our computers so they will connect to both types.

What's on the way in terms of speed and capacity?

While current DVD burners can write 4.7 GB on each one sided disk, a NEW unit from Philips was demonstrated that produced Dual Layer 8.5 GB one sided disks. And also shown at CED were units using Blue Laser Light, with its much shorter, 405 millimicron wave length which can produce 23 to 27 GB one layer disks. And soon will burn about 50GB two layer single sided disks. These technologies are called Blu-ray and Blue Laser or UDO (Ultra Density Optical). These two blue laser systems are, at this moment, incompatible with each other.

These units will also play and burn standard red (620 millimicron) disks so the older media will not become obsolete quickly. ■

SIG List

Those who have listed an e-mail address would prefer to be contacted by e-mail rather than by phone whenever possible

| SIG | Bldg | Room | Time | Leader | E-mail | Phone |
|---------------------------------|-------------|------|-------|------------------------------|--|--------------|
| Autocad | Wilkinson | 111 | 9:00 | Joe Mizer | jmizer@earthlink.net | 909-688-9848 |
| Computer Aided Investing | Wilkinson | 211 | 9:30 | Bob Krishfield | bobkrish@socal.rr.com | 714-532-3096 |
| Computer Security | Science | 203 | 11:15 | Dave Keays | rdksoft@sbcglobal.net | 714-821-4792 |
| Digital Photography | Irvine Hall | | 2:30 | Jack Donan | jfdonan@sbcglobal.net | 714-633-4084 |
| Genealogy | Science | 111 | 2:30 | John Johnson | jrosjohnson@juno.com | 714-991-3314 |
| Computer Essentials | Science | 111 | 9:00 | Herbert Wong | CESIG@singularitytechnology.com | 714-968-7264 |
| Hardware Essentials | Science | 109 | 2:30 | Herbert Wong | ocug@singularitytechnology.com | 714-968-7264 |
| Linux for Desktop Users | Wilkinson | 111 | 9:00 | Bob C. Ray | bobcray@pacbell.net | 714-634-7520 |
| Linux for Server Administrators | Wilkinson | 111 | 10:00 | Bob C. Ray | bobcray@pacbell.net | 714-634-7520 |
| Linux Programming Concepts | Wilkinson | 111 | 11:15 | Bob C. Ray | bobcray@pacbell.net | 714-634-7520 |
| Macintosh | Wilkinson | 221 | 11:15 | John Willner | Willner@earthlink.net | 714-838-1434 |
| New Technology | Irvine Hall | — | 9:30 | George Margolin | Inventor@pobox.com | 949-645-5950 |
| Office Suites | Wilkinson | 210 | 11:15 | John Heenan | jc_heenan@csi.com | 714-998-7660 |
| PC Q&A | Irvine Hall | — | 11:15 | Jim Sanders | jsanders@ligasmicro.com | 714-636-5523 |
| Understanding OS's | Wilkinson | 111 | 11:15 | Charlie Moore | mooreca@adelphia.net | 714-529-9071 |
| Visual Programming I | Science | 109 | 8:30 | Anson Chapman | aeccrccs@hotmail.com | 909-860-9515 |
| Visual Programming II | Science | 109 | 9:00 | Anson Chapman | aeccrccs@hotmail.com | 909-860-9515 |
| Visual Programming III | Science | 109 | 10:00 | Anson Chapman | aeccrccs@hotmail.com | 909-860-9515 |
| Visual Programming IV | Science | 109 | 11:15 | Anson Chapman | aeccrccs@hotmail.com | 909-860-9515 |
| | | | | Please report SIG changes to | Herbert Wong, Jr. ocug@singularitytechnology.com | 714-968-7264 |

PC Q & A SIG

CONTINUED FROM PAGE 17

The next item that I want to talk about is internet security. For a long time I have believed that people on dial-up connections were relatively safe from hackers. I have had to change my mind. I recently upgraded a customers machine to Win XP Pro SP1 and Office 2003 and NAV 2003. I didn't install ZoneAlarm because of the trouble she might have dealing with the warning windows.

I forgot to bring the latest NAV definitions and had to start the liveupdate through her dial-up connection. Twenty percent into the download the window in Fig. 1 appeared.

You have probably heard the phrases "can't win for losing", "insult to injury", and "catch 22." Those and several others, along with multiple expletives deleted, went through my mind. Due to the wonderful security holes in Windows, the Blaster and/or welchia worm located her machine while I was trying to download the updates to protect against that very problem. It took advantage of the RPC buffer overrun security hole and infected her machine. NAV said it couldn't fix the Welchia infection. I had to format the disk and start over at my office where I have broadband through a router with built-in firewall. That was the last time that I hook a machine to the Internet without installing a firewall first. ■

Fig. 1



NOCCC Help Line

The Help Line is in the true spirit of NOCCC, which is to help others to learn more about computers. The following is a list of Help Line Volunteers. The list is organized by the topic that each volunteer is willing to help you with. Please help us to keep this list current. Call or e-mail editor@noccc.org with additions, deletions, or corrections.



- AI
- Amiga
- Apple
- Apple II
- Apple/Educator
- C/C++
- Computer Boards
- Corel Draw
- Excel(IBM)

- Excel(Mac)
- Macintosh
- Macintosh
- Memory/Interrupts
- Modem Hardware
- Modem Software
- Neural Networks
- OS/2
- Pagemaker 6.0/6.5
- PC, Beginners
- PC Hardware
- Quicken 6.0
- Quickbooks 5.0
- Quicken 2000,2001

- Quickbooks

- Quicken Home & Business 2000, 2001

- Powerpoint
- Realtime Control
- Robotics
- Tcl/Tk
- Unix
- Windows 9X
- Windows 9X
- Windows 2000
- Word
- Word
- WordPerfect

The Help Line numbers are published in the printed version of the Orange Bytes which is mailed to members

FREE AD SPACE

If you are an NOCCC member, and have a computer-related, non-commercial ad that you would like to have placed on the Internet, visit the *Classified Ads* section of our website at: **www.noccc.org** or contact Jim Sanders at **jsanders@ligasmicro.com**

Club members are also welcome to post **“Wanted”** or **“For Sale”** notices on the kiosk, but please do not tape them on doors, windows, or walls.



New volunteers for the Help Line would be appreciated!
If you have an area of expertise to share, let us know.

Products

CONTINUED FROM PAGE 18

Upgrading Your PC, 2nd Ed. – New Riders book + DVD authored by Mark Soper. A good reference if you are planning to enhance your PC. MSRP=\$25.

Implementing CIFS, the Common Internet File System – An authoritative guide to the inner workings of Microsoft's Internet/intranet file sharing system from Prentice Hall authored by Christopher Hertel. MSRP=\$45.

TiVo Hacks – Another O'Reilly Hacks book. This one is on getting the most from your TiVo personal video recorder. MSRP=\$25.

C++ GUI Programming with Qt 3 – The first official Troll tech guide to Qt programming by Jasmine Blanchette & Mark Summerfield from Prentice Hall. MSRP=\$45.

The Art of UNIX Programming – Authored by Eric Raymond from Addison-Wesley, this book bring together philosophy, design patterns, tools, culture, and traditions for this best & most innovative software. MSRP=\$40.

Interprocess Communications in Linux – The definitive guide to Linux processes and IPF for programmers and system administrators by John S. Gray from Prentice Hall. MSRP=\$50.

Next Generation Application Integration – From simple information to Web services, this book by David Linthicum from Addison-Wesley is an indispensable resource for those responsible for managing or implementing application-integration middleware. MSRP=\$40.

Open Source Network Administration – Author James Kretchmar from MIT presents an extraordinary collection of open source tools for streamlining and improving virtually every facet of network administration. Publisher is Prentice Hall. MSRP=\$45.

J2EE Security for Servlets, EJBs, and Web Services – This book by Pankaj Kumar from Prentice Hall is the definitive guide to securing server-side Java and covers every significant J2SE and J2EE security mechanism. MSRP=\$50.

Effective XML – Elliotte Harold's book from Addison-Wesley on 50 specific ways for developers to improve XML. MSRP=\$45.

The Effective Incident Response Team – An Addison-Wesley

book by Julie Lucas & Brian Moeller. A complete guide for network administrators & managers on dealing with computer attacks by intruders, worms, & viruses. MSRP=\$40.

Malware: Fighting Malicious Code – Keep your Windows & UNIX systems from being controlled by the bad guys. An excellent book from Prentice Hall authored by Ed Skoudis & Lenny Zeltser, two experts in the computer security field. MSRP=\$45.

Biometrics for Network Security – Authored by expert Paul Reid, this book covers options ranging from fingerprint identification to voice verification to hand, face, & eye scanning from a practitioner's viewpoint. From Prentice Hall. MSRP=\$45.

Essential Check Point FireWall-1 NG – An installation, configuration, and troubleshooting Guide authored by Dameon Welch-Abernathy (aka "PhoneBoy") from Addison-Wesley/Pearson Education. MSRP=\$55.

A Field Guide to Wireless LANs for Administrators and Power Users – In this book, best-selling author Thomas Maufer explains how LANs work and how to make them work for you reliably & securely. From Prentice Hall. MSRP=\$40.

Real 802.11 Security, Wi-Fi Protected Access & 802.11i – An Addison-Wesley book by Jon Edney & William Arbaugh provides what you need to know on wireless LAN security. MSRP=\$45.

.Net Security & Cryptography – A book from Addison-Wesley by Peter Thorsteinson & G. Ganesh provides practical & comprehensive coverage on implementing cryptography and security in the Microsoft .Net platform. MSRP=\$50.

The Official Samba-3 How To and Reference Guide – This book is part of Bruce Perens' "Open Source" series. Authored by John Terpstra & Jelmer Vernooij, this is the practical, authoritative, step-by-step guide to cutting IT costs with Samba-3. From Prentice Hall. MSRP=\$50.

If you would like me to try to obtain a specific product (software, hardware, or book) to review, please contact me by phone or e-mail:

Ted Littman, NOCCC Reviews Editor (714) 779-1936
tedlit@adelphia.net



INTERNET
WORLD WIDE WEB
ADVERTISING

<http://www.citivu.com>
web-sales@citivu.com

- High quality Web pages at reasonable prices
- Fast images
- Take a look - you be the judge
- Lots of satisfied customers

(909) 948-5150

NOCCC Member
Jim Peugh

SibertSoft Computer Programs

<http://home.socal.rr.com/sibertsoft/>
E-Mail: csibert@socal.rr.com



Claud E. Sibert, Jr. Owner
11152 Wallingsford Road
Apt. 8M
Los Alamitos, CA 90720-9998
Telephone: (562) 431-4776

Orange Bytes is published monthly by:
 North Orange County Computer Club
 P.O. Box 3616, Orange, CA 92857
 (714) 998-8080

**Commercial Display Advertisements
 are Welcome**

Contact — Editor@noccc.org.

RATES

| | | |
|----------------------------|-------------------|-------|
| One Page Vertical | 7.0"x9.5" | \$200 |
| Half-page Horizontal | 7.0"x5.125" | \$110 |
| Half-page Vertical | 3.5"x9.5" | \$110 |
| Quarter-page | 3.5"x5.125" | \$60 |
| Business Card | 3.5"x2.125" | \$20 |
| Center Spread | | \$400 |

Deadline: Tenth of the month

If you are interested in advertising
 in the publications of multiple User Groups
 throughout the region or nationally,
 you can learn more by contacting
 the User Group National Ad Program
 Hal-PC Advertising—dj97@hal-pc.org
 Please tell our advertisers that you saw
 their ad in the *Orange Bytes*

Publication Information

All opinions expressed herein are those of the individual authors only and do not necessarily represent the opinions of the NOCCC, its officers, Board of Directors, the *Orange Bytes* newsletter or its editors. The NOCCC does not guarantee the accuracy or the correctness of advertising or articles in the *Orange Bytes*, nor does the NOCCC intend to endorse, rate, or otherwise officially comment on products available. Therefore, the readers are cautioned to rely on opinions presented exclusively at their own risk.

Trademarks/Copyrights—The mention of names of products in this publication without trademark or copyright symbols does not imply that they are not so protected by law.

Production—Camera-ready copy of this issue of *Orange Bytes* was produced with Adobe PageMaker 7.0

Type set with True Type: Times New Roman, Bauhaus 93, Arial and Humanist 521BT fonts

Printed by

**Windsor Enterprises
 PO Box 731**

Garden Grove, CA 92842

(714) 539-4373

Email: PrintingLady@aol.com



**Membership
 Renewal**

When you turn in your
 Membership Renewal
 check, PLEASE fill out a
 Membership Renewal
 Application.

Memberships may also
 be re-newed on our
 Website:
<http://www.noccc.org>

QUICK MEMBERSHIP APPLICATION/RENEWAL

Date: _____ I am a new member
 This is a renewal; my membership number is _____

PLEASE PRINT!

Name _____

Address _____

City _____

State _____ Zip _____ Phone _____

email _____

Fees: \$30 per year plus \$15 for each additional family member

Amount enclosed \$ _____

MC Visa _____ Expires _____

Please make check to **North Orange County Computer Club**
 and mail with application to:

North Orange County Computer Club
 PO Box 3616
 Orange, CA 92857

Are You an NOCCC Member?

Consider all that you get with membership and Join Now

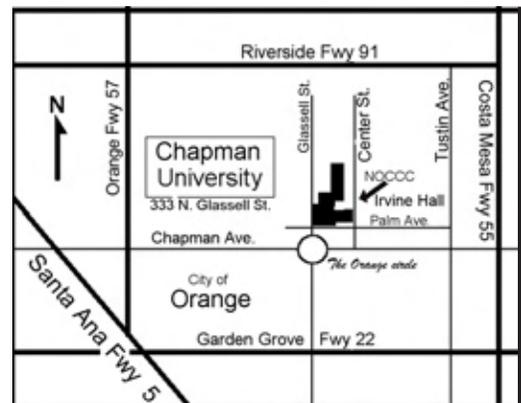
- **Meetings.** Keep up with what's going on in the computer world. Hear outstanding industry representatives make presentations of the latest and greatest in computer products.
- **Special Interest Groups.** Our 20 SIGs cover a broad spectrum of user interest; they invite you, whether you rank as beginner or seasoned computerist, to the lectures and demonstrations they sponsor, and to share computer knowledge.
- **Get help with your current computer problems.** In the Random Access portions of the meetings, you ask your question of the entire assemblage, and more than likely someone will have the answer.
- **The NOCCC HelpLine.** Some 20 NOCCC volunteers, experts in their fields, stand ready to assist with your problems, as close as your telephone.
- **The Orange Bytes Newsmagazine.** Our Award Winning newsmagazine mailed monthly to your address reports on current activities and gives you articles and reviews geared toward your needs.
- **Raffles.** We have distributed thousands of dollars worth of hardware and software raffle prizes at our New Technologies and General meetings.
- **Product Review.** Write a review for this newsletter and keep the software, hardware, book or CD. Members review several products a month.
- **Consignment Table.** We have a thriving consignment table on our regular meeting day in which we assist members to sell or buy all kinds of computer items.
- **Volunteer Work.** You are given opportunities to help our activities with interesting assignments. An all-volunteer organization, you can join with other members in a variety of activities, write articles for our newsletter, conducting a seminar, running a SIG, manning the help desk, showing new members around, help the membership committee, and more.

Parking Information — Chapman University's main parking lot is on the north side of the campus (enter from Walnut) and is free of charge for NOCCC's meetings on Sunday. Please feel free to park in the parking lots.

Parking is also free on the **campus-side** of the surface streets. The city of Orange's parking laws prohibit parking in front of residential housing which is across the street from Chapman University. **Expensive parking tickets will be issued to violators.**

The NOCCC Information Desk, Membership Desk, Reviews Desk, Consignment Table, and most of the meeting rooms are in Irvine/Hashinger Hall and the Science Center on the east side of the campus (near Center Street).

Become an NOCCC member by signing up at the Membership Desk on our general meeting day, usually the first Sunday of the month. Or simply fill out the form on the reverse side of this page and send it in!



For current meeting information, please call
(714) 998-8080 for a recorded message.

North Orange County Computer Club
PO Box 3616
Orange CA 92857

NON-PROFIT ORG.
U.S. POSTAGE
PAID
SANTA ANA CA
PERMIT NO 1588

Address Service Requested

Members:

Your expiration month and year
appear on your mailing label.
Please renew promptly, using
the application inside.

Dated Material - Please Expedite