

User Friendly

JULY 2017



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JULY GENERAL MEETING

Speaker: **U. A. Garred (Garry) Sexton, M.D.**

Evidence-Based Medicine and the Internet

Dr. Garry Sexton's presentation will cover how medical information is evaluated, the strength of the studies, the number needed to treat to make the study valid, and how you can make the information useful for yourself.



He will also go over a lengthy list of websites that can help us make sure we are looking at medical and health websites that will give us the most up-to-date and valid information. This document will be available as a hand-out for attendees.

Meet Our Presenter

In addition to being the president of the Greater South Bay PC Users Group forever, and the long-time Southwest Technology Conference lead tech, U. A. Garrard (Garry) Sexton, MD, is a board-certified preventive medicine physician. He has certifications and licenses in Occupational and Aerospace Medicine. He has been practicing medicine for over 40 years.



www.apcug2.org
www.facebook.com/APCUG
www.twitter.com/apcug
www.youtube.com/apcugvide

Tuesday, July 11, 2017, 7:30 - 9:00 PM
Fellowship Hall, 8065 Emerson Ave.
Westchester, L.A. 90045

An informal Computer Forum meets from
6:30 to 7:20 to answer individual questions
 Refreshments and Socializing at **7:00**
 More info: www.lacsps.org
 or at 310-398-0366

All are welcome.



GENERAL MEETING REPORT

June 13, 2017

By Leah Clark, LACS Editor

Wearable Technology

Speaker: Judy Taylour, APCUG

Santa Clarita Valley Computer Club

Judy explained that this presentation came about because of a meeting review in the Quad Cities Computer Society newsletter. Their president, Judi McDowell, gave a presentation on wearable technology. The pace of technology is changing so fast! Wearable devices of all different kinds are the in-thing for groups of all ages, not just for kids. They are perfect for seniors.



Wearable devices started in China during the Qing Dynasty with the abacus in a ring. The pedometer dates back to 1780. Leonardo de Vinci envisioned a mechanical device for counting steps. In 1780, a Swiss man modified his self-winding watch to measure steps and distance traveled when walking. The lie detector, developed in 1921, electronically measures your pulse, blood pressure, and other changes to determine if you are telling the truth or lying. In 1961, a professor wanted to be able to track walking for health, so he developed the pedometer.

Car technology came in 1971. The development of air bags brought the creation of the accelerometer to measure change in direction, to tell when the car has stopped suddenly to deploy the air bags.

Mechanical watches have been around for a long time. 1972 brought the world's first electronic digital watch, the Pulsar.

In 1974, technology was needed to help us to enjoy and become part of the gaming experience. Now we were able to play Zelda, Donkey Kong, and the rest.

The next development was in 1998, in sports training monitoring, to measure athletes' heart rates. In 1999, stationary bikes with visual feedback showing how fast we were going

were popular. Now we had a way to track movement.

In 2000, we had GPS and Bluetooth headsets. Now there was an earth-wide means of tracking movement. The first Bluetooth-enabled mobile phones had those wonderful Plantronics headsets.

Then in 2013, there were Google Glasses attached to a head-mounted computer in a glasses frame. You could see information floating just above your right eye. People thought you looked dorky with it, and they were concerned with privacy issues because they didn't know when someone was taking their pictures. Then there came Google Cardboard in 2014. You downloaded the app to your smartphone, then laid the phone in a slot. 2016 brought the Snapchat spectacles. The camera is on one side, and a light goes on to show when it's recording.



Put everything together from 1644 to 2007. A company put many of these functions into a small wearable device in 2009. **That company**



was Fitbit. Now, with wearable technology, we can monitor heart rate, sleep, how many steps we take, you name it. We can be much healthier people! If it does nothing else, it motivates us to a healthier lifestyle. Judi

McDowell of the Quad Cities Computer Society bought a Fitbit Charge. She likes it because it monitors her steps, heart rate, and has the time on it. It is recommended that you wear it two fingers above your wrist bone. Judi's model also has caller ID, so when she configured it with her mobile phone, she knew when she was getting a call. It comes with a USB charger and a dongle you place in your computer so you can upload data to your Fitbit page online to record your activity. It comes out like an Excel spreadsheet. The Fitbit Charge monitors your sleep. The current health advice strongly says you probably need to get more sleep.

If you purchase a premium subscription to Fitbit service, a personal trainer will devise an exercise plan just for you. We all want to improve our health status, and devices of this nature will help us move toward this goal.

(Continued on Page 4)

ANNOUNCEMENTS**No Basics & Beyond SIG Meeting in July**

What would you like to learn at future meetings? Is there something you would like to present at a SIG meeting? Contact the SIG leader.

Email Lists

Only about 100 members, out of about 140, are on our two main mailing lists. If you are not on these lists, you will miss out on meeting announcements, online events like APCUG's excellent quarterly virtual conferences and technical help. Please email Karl at mailguy@lacspsc.org if you have questions about getting on the lists. Only members may join these lists.

You may opt to receive daily digests of email. If you are not on the LACS email lists, please tell someone on the board why not. Maybe your concerns can be resolved. Don't miss the benefits of LACS!

A Ride Sharing Coordinator Needed

This is very important and is needed ASAP. Some of our members can't get to the meetings because they can't drive at night. Consider that you may be in that boat someday!

Publicity Chair Needed

We need a member to coordinate meeting flyers, *User Friendly*, website, Meetup, and social media announcements. To attract new members and to bring people to our meetings, we need to be seen out there. We can't attract good presenters if the audience is small.

LACS Website

www.lacspsc.org, posts back copies of the color version of *User Friendly*, calendar information, and podcasts of most of our general meetings. URLs are clickable in the online version of *User Friendly*.

Give Away Table at General Meetings

Cleaning out your old computer stuff? You may give away or sell computer software, or provide the serial number, without violating copyright law. You may also recycle via Craigslist.com and other recycling sites.

FROM YOUR EDITOR**Let's Get To Know Our Members**

I hope more of our members will introduce themselves with a short biography for *User Friendly*. Each of you is unique, has a different background and has a lot to offer. We want to get to know you. See pages 4 and 5 of the May, 2017 issue.

Tech Terms

Have you ever been curious about the origins of tech terms? Here are a couple I recently looked up.

Cookie

The term "cookie" was coined by web browser programmer Lou Montulli. It was derived from the term "magic cookie," which is a packet of data a program receives and sends back unchanged, used by Unix programmers. "Magic cookie" in turn derives from "fortune cookie", a cookie with an embedded message. See page 6 for more about cookies.

Spam

We all know the canned meat known as SPAM (whose name comes from *spiced ham*), but how did it become associated with junk mail?

Surprisingly, it's derived from a 1970 Monty Python sketch (featuring Vikings, no less.)

In the sketch, a group of Vikings interrupt the conversation in a cafe by loudly singing, "Spam, spam, spam, spam. Lovely spam! Wonderful spam!" and drown each other out. The song embodies the essence of spam: repetitive, annoying, useless words.

A famous ad from PC Magazine said "Blessed are the Pessimists, for they hath made backups."



(continued from page 2)

Fitbit has an online blog with lots of good information.

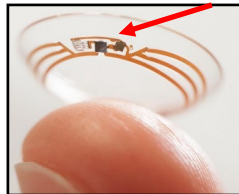
Fitness trackers are used as evidence in courtrooms by proving a defendant was or wasn't at the scene of the crime. They are like a "Black Box" for humans.

Health care is transforming. The shift is from treatment to prevention. Skin-worn patches, smart wristbands, watches, clothing, headbands, eyeglasses, belts, and necklaces contain sensors that gather data fed to a database for analysis, either to your smartphone or directly to your doctor. There is greater personalization of care instead of the one-size-fits-all approach. The amount of medication prescribed can be customized to the individual. They can give you medication reminders.

A family member with Alzheimer's, who may wander, can be tracked.

There is an asthma management kit, with sensors to let you know when you should be using your inhaler. ECG electrodes detect and record heart rate, temperature, breathing rate, and sudden movements like falling off a bed.

There are Google smart contact lenses for diabetic patients who wear glasses. Your glucose level can be measured through your tears, via sensors, with the data going to your phone or your doctor. You have the technology on your eyeball!



There is a little clip that you can wear in your hair or on your shirt to measure your sun exposure. Program in your skin pigment type, and it'll tell you when you have been in the sun long enough. It is synchronized with the weather forecast.

Judy told us about Helen, who got an Oticon Streamer along with her new hearing aids. She is so pleased that she can hear everything. She wears it around her neck. It has an antenna on it that enhances the sound. It connects separately to her TV and radio, and she hears much better at meetings, so it's easier to participate. It is fantastic that she has found wearable technology that has enhanced her life so much.

Speaker: Carolee Montgomery

Judy introduced Carolee Montgomery who explained how she uses, and what she does with, her Fitbit. Carol thinks she is the least techy person in the room. She got her Fitbit strictly as a motivator to get herself up and moving. We are told that we should walk 10,000 steps per day. Sometimes Carol hits 9,900, but other times only 3,000. She has the basic model that tells her the number of steps she takes, calories burned, and how she's sleeping. Her cholesterol and triglycerides are way down. The Fitbit can sync with the iPhone and Android. Carol likes watches, and she likes the different bands she can buy for her Fitbit to match her outfits and the seasons.



Carol's brother was getting up several times a night. He started recording his sleep pattern and took it to his doctor. He learned he had sleep apnea. Now he's doing much better with a CPAP machine.

Several audience members told us about the devices they use. Besides Fitbit, they have Garmin Wearables, the Pacer Walker app, and the Bally Total Fitness Tracker. The latter is only \$29.99 at Fry's, has seven functions, and works very well. A bathroom scale gives the weight and the body fat and water percentage, and links to a cell phone. Members enjoy the Oculus VR system. People asked how these devices would work for people in wheelchairs.

Listen to the podcast at www.lacspsc.org to hear the entire presentation and all of the audience comments. ♦



Maurice Stephenson, Stephanie Nordlinger, Judy Taylour, Paula Van Berkomp, Carolee Montgomery

DAYTIME SIG REPORT

By Leah Clark, LACS

Here are some of the topics that we discussed at the May 23, 2017 meeting. The attendees were reminded that Jim McKnight's website at www.jimopi.net has most everything we need to know. There are articles on backing up, how to have a stress-free PC, and details for setting up and using Sandboxie.

In addition to running your internet browser sandboxed, you can right-click on any program and select "Run Sandboxed" from the context window. Open your browser in Sandboxie via the icon in the taskbar. Run a malware scan



when in the sandbox, then empty the sandbox to get rid of any crapware found. See Jim's website for more info.

You can change the yellow border around a sandboxed site to another color. Sandboxie can be set to empty the sandbox automatically.

Jim warned that messages you don't expect may be fake. Make your decisions in Sandboxie, then you will be able to keep what you want.

If you go through an email client like Thunderbird instead of your browser, you will be able to avoid all the ads, access all your email providers in one place, and open your email in Sandboxie from a desktop icon. Thunderbird can be set to put every email from someone not in your address book into the junk folder. Open and view full header to report fraudulent email.

When you change your email signature, be sure to click on the Save button on the bottom.

In Gmail, an address can be blocked, and you can select a message to send to the blocked email address. Gmail can be set up with mail going into just one box. Gmail offers many options and services.

Microsoft provides a free client to replace Outlook Express and Windows Live mail called the Windows 10 "MAIL" app. This MAIL app is pretty crude, and Jim does not like it. He recommends Mozilla Thunderbird or Microsoft Outlook, a part of Office.

Los Angeles Free-Net (LAFN) is soon going out of business. You can buy a domain name and fix it up to forward your email to it. Go Daddy tries to sell you stuff, but they have good phone service. Hover.com may be easier to use.

Robots can figure out email addresses.

Members were concerned about ransomware after the recent WannaCry attack. Be safe with Carbonite, an automatic cloud backup. It can also be set to backup to an external hard drive. Jim can remove ransomware, but that won't get your data back. The best protection from ransomware is Sandboxie.

Jim thinks free anti-viruses are fine.

To save a Read Only file, make a copy of it and paste it into a document.

Malwarebytes has value pricing for multiple computers. It does a good job.

The Creators' version of Windows 10 makes it harder to control themes. The scroll bar is very narrow. "Night Light" makes it possible to change the color temperature of the screen.

System Restore restores system files, but not 100% of the data. It is turned off on Windows 10 when you get it, but it can be activated. An image backup, like Acronis, is better.

There were nine members at this meeting.

If you have questions or want more details about any of the topics mentioned in this report, or about anything else, come to the next Daytime SIG on June 27. ♦

BASICS AND BEYOND SIG REPORT

By Leah Clark, LACS

Paula Van Berkom introduced several helpful topics.

• Organizing Files and Folders

With many files accumulating in My Documents, it can be challenging to find what you need. Paula demonstrated making sub-folders within folders. These sub-folders can be given names that will be meaningful to you, so you can easily find things. She suggested names like "Work Documents," "WordData," "SIGs," "PowerPoint," etc. You choose names that are useful to you. Right-click on a folder to rename it. You can sort folders by name, date, size, etc. In My Documents, go to View to decide if you want to display the contents by large or small icons, just a list, or details like date modified, date created, type (i.e., a Word or Excel document) or size. You can add more columns to show more de-

tails. The control key plus capital N will add a new folder. If you don't give a new document a name, it will take the first few words of the document. Go to File→Options→Save to set a default folder to save a particular file type, i.e., Word documents into a WordData folder. Paula then showed some techniques for Libre Office.

- **Hide a Folder**

In case you don't want someone who may use your computer to see a particular folder, you can hide it. Go to Documents and right-click on the folder. Then select properties and click on Hidden, Apply, and OK. Then you can go to Control Panel→File Explorer Options→View→Don't show hidden files and folders.

- **Encrypt a File**

To require a password to open a file go to File→Save As→Tools→General Options. Check "Need password to open or to modify." Jim McKnight uses VeraCrypt to encrypt files.

- **Change Folder Icon**

To change a folder icon to something easier to recognize, right-click on the icon→Properties→Customize→Change Icon. Then select a new icon.

- **Spell and Grammar Check**

Misspelled words are usually underlined in red, possible misuse of a word in blue, and grammar errors in green. Right click on a word to see suggestions for corrections. Click on the Review tab, then on the Spelling & Grammar tab, the Thesaurus tab, or the Translate tab for further corrections or suggestions, or to translate to another language.

- **Format Painter**

Use the Format Painter to quickly copy formatting from one place in a document to another. Select what you want to copy, click Format Painter, then brush over where you want to copy the formatting. This can be very handy in Excel.

- **Caps Lock Key**

- Because the Caps Lock key is so close to the A and Shift keys, it's easy to hit it accidentally, resulting in typing with all capital letters. Paula showed us a method to relocate it to another key. You download and install the Windows Resource Kit. The default folder

- will be: C:\ProgramFiles(x86)\Windows ResourceKits\Tools.

Look for the remapkey.exe file. This can be tricky because it edits the registry.

But it worked. One should back up the registry first for safety. Paula did have some trouble undoing it again. She'll try it again when she has some time.

Print from a Website

Select/highlight what you want to print. Do a Control-C to copy. Open a Word document and do a Control-V to paste it. To copy a file to a flash drive, do Control-C on the file, then click on the flash drive icon and paste with Control-V.

Eight members were present at this meeting. Beginners and geeks took home new knowledge and ideas to try. ♦

WHAT ARE COOKIES?

By **Melanie Birnbaum**

Century Village Computer Club, Florida

<http://www.cvcomputerclub.com>

First, and contrary to popular belief, cookies are NOT programs. They don't do anything at all. They are simple "text files" which you can read using the Notebook program on your PC. Typically, they contain two pieces of information: a site name and unique user ID.

How do they work?

The first time you visit a site that uses cookies, a cookie is downloaded onto your PC. The next time you visit that site, your PC checks to see if it has a cookie that is relevant (that is, one containing the site name) and sends the information contained in that cookie back to the site. The site then "knows" that you have been there before, and in some cases, tailors what pops up on the screen to take account of that fact. For instance, it can be helpful to vary content according to whether this is your first ever visit to a site – or your 71st.

The good thing about cookies...

Some cookies are more sophisticated than others. They might record how long you spend on each page on a site, what links you click, even your preferences for page layouts and color schemes. They can also be used to store data on what is in your "shopping cart," adding

items as you click. The possibilities are endless, and generally the role of cookies is beneficial, making your interaction with frequently-visited sites smoother with no extra effort on your part. Without cookies, online shopping would be much harder.

...and the bad

So why the paranoia? The answer probably depends on how you feel about organizations storing information about you. There is nothing especially secret or exceptional about the information gathered by cookies, but you may just dislike the idea of your name being added to marketing lists, or your information being used to target you with special offers. That is your right, just as others are entitled to go along with the process.

When cookies first started to appear, there was controversy. Some people regarded them as inherently sneaky — your PC was being used (without warning) to store personal information about you, which could then be used to build a picture of your browsing habits.

Most modern websites use cookies in some way, and it is unlikely that the majority of internet users even notice cookies working away in the background as they browse from site to site. Until now, it has been up to individual users to either block or to allow cookies using settings in their internet browser.

Most sites will now draw your attention to their cookie policy when you first visit the home page. Don't be put off by this; you were probably sharing details with the site before without even knowing it. In many cases, you can click to say you understand the cookies policy but in many instances, you can just ignore the announcement and continue browsing as normal.

Sites will continue to use cookies and the information they store to make your online browsing an easier, more enjoyable experience. Cookies are nothing to be scared of, even if the new prompts seeking your consent might seem a little off-putting for the cautious internet user.

You can change how cookies are stored on your machine by using the **Tools, Options or Settings** menus in your internet browser. ♦



INTERESTING INTERNET FINDS

By **Steve Costello**

Boca Raton Computer Society, April 2017

Editor (at)brcs.org

<http://ctublog.sefcug.com/>

In the course of going through more than 300 RSS feeds, I run across things that might be of interest to other user group members.

Four of the Best Alternate DNS (Domain Name System) Services You Should Use

<https://www.maketecheasier.com/best-alternate-dns-services/>

If you use the DNS server provided by your ISP (Internet Service Provider), you should read this post and use an alternate DNS server.

Most ID Theft Victims Don't Need a Police Report

<https://www.consumer.ftc.gov/blog/most-id-theft-victims-dont-need-police-report>

Check out this post from the Federal Trade Commission, and learn about reporting identity theft with <https://identitytheft.gov/>. They are streamlining the process so that you no longer need a police report in most cases. The post also outlines the process and when you need to have the police report in those other cases.

Kindle Collections – How to Organize Your Kindle Books Easily

<http://www.wonderoftech.com/kindle-collections-books/>

I am an avid reader. I have hundreds of books on my Kindle. Before working with Kindle Collections, it was hard to find what I wanted to read next. Now, they are organized by genre, and whether read, unread, or abandoned. (Yes, I sometimes just can not get into a book for some reason.) Check out this post to find out how to easily organize your Kindle books.

Delete Destinations From Toyota Navigation System?

<https://www.askdaveytaylor.com/delete-destinations-toyota-navigation-system/>

If you travel a lot and use rental cars, you should clear your information from the navigation system. This post explains how to do that with the Toyota navigation system, but they should all be similar.

The posts are under Creative Commons licensing. ♦

WELCOME ALL**George Wolkon**

Database Manager, LACS

New Members (0)**Renewals (9)**

Larry Abe

Cecilia Ball

Barbara Benjamin

Janet Chesne

Roxanne Goodrich

Wade Huie

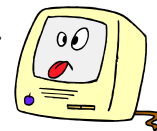
Richard Presky

Judith Sakahara

Masahi Sakahara

**LACS NOTICES****FIX YOUR PC FOR FREE?**

Jim McKnight has an open offer to all LACS members to diagnose, repair, disinfect, or upgrade members' PC's for free.



There are certain limitations to Jim's offer, so see the details by clicking the "Fix my PC for Free?" link at www.jimopi.net.

Non-members can wisely invest in a one-year LACS membership (\$40.00), and Jim will fix your PC problem, too.

HOW TO CHANGE YOUR CONTACT INFORMATION

Go to www.lacspc.org. Click on **Member Forms** in the bar under the picture. Under **Membership Update**, select **Click Here** for either the DOC or PDF form. Fill it out and bring it to a meeting or mail it. Or email your changes to membership@lacspc.org.

GENERAL MEETING PRESENTATIONS

July 11: Evidence-Based Medicine and the Internet

August 9: Property Taxes and the Assessor's Website and Other Tax Websites

Note: This schedule is subject to change. Check email and *User Friendly* for updates.

LACS HAS JOINED MEETUP

Our Meetup group is called:
"Los Angeles Computer Society and Technology Meetup."

Go to <http://www.meetup.com/Los-Angeles-Computer-Society-and-Technology-Meetup/> and click on **"Join Us."** Also, **RSVP** for our general meetings. Please join - it's free. If others see that a lot of people are interested, they will be encouraged to join LACS. We hope this will result in new members. We need someone to contact those who have expressed an interest, but have not come to a meeting.

PODCASTS

Listen to the podcasts of our general meetings. Go to <http://www.lacspc.org/category/audio-files/>. Click on the session you want to hear.

GENERAL MEETING SNACK SCHEDULE

By **Sylvia Q. Davis**, Hospitality Chair
 Refreshments and socializing will be at **7:00**, with the meeting starting at **7:30**. Please bring refreshments at **7:00**.

July 11:	T through Z
August 8:	A through D
September:	E through I
October:	J through N
November:	O through S
December:	Holiday Potluck



Bring **finger-food** treats such as fresh fruit, veggies, nuts, cookies, cold drinks and the like. LACS provides hot drinks.

See your email for updates and reminders.


LACS IS ON TWITTER

On **Twitter**, follow us at:

https://twitter.com/LA_CompSoc

The LACS board voted to discontinue the **Facebook** page for now.

JULY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Board Meeting 7:00 PM	4 	5	6	7	8
9	10 No Basics & Beyond SIG	11 General Meeting 7:30 PM	12	13	14	15
16	17	18	19	20	21	22
23 31	24 Digital Photo SIG 7:00 PM	25 Daytime SIG 1:00 PM	26	27	28	29 30

Watch your email for the dates of possible future meetings at the Microsoft Store.

This Calendar may change.

Check your e-mail or with the SIG leader before attending a meeting.

General Meeting: Fellowship Hall on the 2nd Tuesday of the month at 7:30 PM.

Most SIGs meet at the Santa Monica College Bundy Campus, room 235, unless otherwise noted.

The **Daytime SIG** meets at the Felicia Mahood Senior Center.

The **Board** may meet at Charlotte Semple's home or at Santa Monica College. Members in good standing are welcome to attend.

SPECIAL INTEREST GROUPS (SIGs)

SIG meetings are led by and for LACS members. Visitors are welcome to attend.

For information about a SIG, check your e-mail or call the contact person.

Basics & Beyond SIG	Paula Van Berkom	310-398-6734	2nd Mon. 7 PM SMC, Bundy Campus
Daytime SIG	Jim McKnight	310-823-7829	4th Tues. 1 PM, Felicia Mahood Ctr.
Digital Photo SIG	Nancy Cattell	310-452-2130	
"	Elliot Silverstein	310-670-1544	4th Mon. 7 PM, SMC, Bundy Campus

New SIGs can be created if there is sufficient interest and leadership.

ADDRESSES

Felicia Mahood Senior Center, 11338 Santa Monica Blvd., West LA 90025 (at Corinth)

Fellowship Hall, Westchester United Methodist Church, 8065 Emerson Ave., Westchester 90045

Santa Monica College Bundy Campus, 3171 S. Bundy Drive, LA 90066 (west on College Dr., 1 block South of Airport Avenue, 2 blocks North of Rose.) Our room number may change each semester. Look for it on a sign opposite the elevator on the first floor.

MEMBERS HELPING MEMBERS

LACS members volunteer to help other members solve hardware and software problems by telephone during the hours listed below. Select the topic from the list and then call a person whose number is listed next to it. Or you may use a Helper's e-mail address, found in your LACS Roster. We hope that you find this free service useful. ***If you are experienced using a particular program or topic, please volunteer to be a consultant. You don't have to be an expert.*** To volunteer for this list or to make corrections, please e-mail or call Leah Clark at Leahjc (at) sbcglobal.net or at 310-677-2792. More Quick Consultants, and more categories are always needed. You may decline or postpone a call if it comes at an inconvenient time.

Adobe Creative Suite: PDF,
InDesign, PhotoShop, etc. - 17
Android Smartphones - 5
Apple devices - 15
Anti Malware - 12
Digital Imaging, Editing - 8, 14
Digital Photography - 8, 14
Dragon Naturally Speaking - 4
Genealogy - 5, 7
Hardware - 12
iPhone, iPad, iPod - 15

LACS Mail List - 6
Linux - 11
Lotus Word Pro, Approach - 12
Mozilla Firefox - 12
MS Excel - 3, 15
MS Word - 3, 4, 10
MS Outlook - 5, 15, 17
MS PowerPoint - 15
MS Publisher - 2, 7
Open Office - 16

Photoshop - 17
Picasa - 14
Quicken - 3, 5
Thunderbird - 12
Visual Basic - 13
Websites - 13
Win 7 - 16
Windows - 5, 12
WordPerfect - 5

No.	Name	Preferred Phone for Calls	From	To
2	Mercer, Bob	310-837-5648	9:00 AM	10:00 PM
3	Wilder, Joan	310-472-8445	9:00 AM	9:00 PM
4	Hershman, Irv	310-397-9453	11:00 AM	11:00 PM
5	Nordlinger, Stephanie	323-299-3244	5:00 PM	10:00 PM
6	Springer, Karl	424-646-3410	10:00 AM	10:00 PM
7	Clark, Leah	310-677-2792	9:00 AM	5:00 PM
8	Silverstein, Elliott	310-670-1544	10:00 AM	10:00 PM
10	Beckman, Loling	310-471-7893	10:00 AM	6:00 PM
11	Hughes, Bill	424-259-1818	Any	Any
12	McKnight, Jim	310-823-7829	8:00 AM	7:00 PM
13	Ialongo, Gilbert	310-641-7906	9:00 AM	5:00 PM
14	Schneir, Jerry	310-451-4140	9:00 AM	10:00 PM
15	Van Berkomp, Paula	310-398-6734	9:00 AM	5:00 PM
16	Johnson, Carol	310-372-8535	10:00 AM	9:00 PM
17	Rozek, E. J.	310-823-3811	Noon	8:00 PM

OFFICERS, DIRECTORS AND LEADERS

Title	Name	Term	Telephone
President	Stanley Johnson	2017	424-216-6984
Past President	Maurice Stephenson	2017	310-625-0450
Vice President	Stephanie Nordlinger	2017	323-299-3244
Secretary	Lee Freehling	2017	310-837-4022
Treasurer	Charlotte Semple	2017	310-398-5052
Director	Leah Clark	2018	310-677-2792
Director	Jim McKnight	2018	310-823-7829
Director	E. J. Rozek	2018	310-823-3811
Director	Paula Van Berkom	2017	310-398-6734
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360 VIDEO CAMERAS

By **Len Nasman**, Editor
Bristol Village Computer Club, OH
BVCC Newsletter, May, 2017
<http://www.bvres.org/bvcchome.html>
bvclub (at) bvres.org

Ever since the early days of photography designers have been working on ways to show the world in three dimensions. At one point, many households owned a stereoscope that simulated 3D scenes.

The trick used with the stereoscope was to take two pictures at the same time with two camera lenses that were spaced about the same distance apart as the average human eyes. Then, if you looked at each picture with a different eye, your brain would merge the images into a kind of three-dimensional view.

BTW, did you know that if you only have one eye, you do not have depth perception? Want to test the concept? Point your two index fingers at each other and, holding them at arm's length and with one eye closed, make the fingers touch.

Photographers roamed the world taking stereoscope pictures to sell. The pictures gave people a chance to see sights beyond their limited locale.



Here is a picture of my third cousin John Anderson with his stereoscope camera. He had a trading post near the Rosebud Sioux reservation and took many classic pictures of Native Americans. You might remember someone in your family who, back in the old days, had a collection of the stereoscope pictures.

The same two-picture 3D technique was used by the ViewMaster. Pairs of pictures were mounted on a circular holder, and as you clicked a lever the next pair of pictures were rotated into place. The ViewMaster made it easy to focus each eye on a different picture, thus providing the 3D effect.



The stereoscope and the View-Master required

special cameras to create the pictures, and it was not very common for the average person to make their own 3-D picture pairs.

3D still photography has been around for a long time. Inventors were making stereoscope devices in the mid 1800's. Creating 3D movies, was another story. Inventors struggled with using the two-eye trick in movies. One frequently used technique was to have the viewer wear glasses with two different colored lenses. Pictures were made with two different colored filters... red and blue.

When you looked at the pictures without special glasses, you would see fuzzy red and blue versions of the image. But,



through the colored lenses, your brain could merge the images and make them appear to have depth. If you look at the tiger picture (next page) with red-blue glasses, the tiger appears to be jumping out of the page.



A similar trick was to replace the red and blue images with polarized light. The special glasses would have the lenses alternate the polarization to again fool your brain into seeing 3D.

There have been many attempts to market 3D movies and 3D television sets. Although there have been a few hits, popularity has declined. One problem is that forcing your brain to merge two different images from your eyes is a bother. Some folks soon get headaches, and the effect can be lost when a person's pupil-to-pupil distance does not match the separation distance of the two cameras.

360 Photos

The processing power of computer chips together with very sophisticated image display software has created a whole new approach to creating 360 degree views of the world. If you have used Google Street views, and have panned around and up and down on a view, you are familiar with 360 still photos.

Pictures are taken using a camera with a fish eye lens. The picture will, of course, look distorted when viewed normally. However, through some magic mathematical image processing, a normal appearing image can be viewed, and the direction point of the image can be manipulated by the user. New cameras have gone beyond a single fish eye lens. The cameras used to take Google Street Views have 9 different lenses. The images are stitched together with some very sophisticated software.



Google Earth Pro allows people to upload 360 photos and pin them to Google Earth locations. For example, a Google Earth Pro view of Stockholm shows markers for both regular and 360 view images. The red markers



The red markers

in the Google Earth Pro view of Stockholm are links to pictures taken with 360 cameras.

Here is a 360 view of the historic ship Vasa



found in Stockholm. When you are viewing this in Google Earth you can use your mouse to change your viewing direction. Download the free Google Earth Pro software.

<https://www.google.com/earth/download/gep/agree.html>

360 Videos

The next step in 360 visualization technology is to apply the principles to full motion video.

YouTube has a whole section devoted to 360 videos.

<https://www.youtube.com/channel/UCzughhs6NWbgTzMuM09WKDQ>

360 Cameras

The early 360 cameras were either experimental or expensive professional devices, like the Google cameras. Now, however, the technology has followed the familiar path of better quality and lower prices.

You can find 360



360 cameras

cameras with various resolutions and features for prices from under \$200 to many thousands of dollars. There are versions for underwater, versions that look like cell phones, versions for mounting on vehicles, versions designed for security systems, and very portable versions that you can wear on your hat.

For viewing, there are virtual reality glasses available so that you can view your 360 pictures anywhere. ♦

“FROM” SPOOFING

How Spammers Send Email that Looks Like it Came from You

By Leo Notenboom, *AskLeo!*, May 31, 2017
<https://askleo.com>

OK, I know that spammers can send email spoofing the **From:** address to make it look like it came from me. But how? How do they gain access to my account to do that?

They don't.

“From” spoofing means faking the “From:” address in an email to make it look like it came from you. To do it, spammers don't need access to your account at all.

In fact, I'd say that 99.99% of the time it has *nothing at all to do with your account*, and your account is quite safe.

They only need your email address.

While your email *account* and your email *address* are related, they are not necessarily the same thing.

Accounts versus Addresses

Let me say that again: your email *address* is one thing, and your email *account* is another.

- Your **email account** is what you use to log in and gain access to the email you've received. In most cases, it's also what you use to log in to be able to send an email.
- Your **email address** is the information that allows the email system to route messages to your inbox.

The two are related only to the extent that email routed to you using your email *address* is placed into the inbox accessed by your email *account*.

I have a more detailed article discussing the relationship here: *What's the Difference Between an Email Domain, an Email Account, and an Email Address?* at <https://askleo.com/whats-difference-email-domain-email-account-email-address/>

To see how spammers get away with what they do, we start with a look at sending email.

Addresses, Accounts and Sending Email

Let's take a quick look at how you create an account in an email program like Microsoft Office's Outlook.

When you add a new mail account, you provide three key pieces of information.

- **Your Name:** Called the *display name*, this is used as the name that will be displayed on the *From:* line in emails you send. Normally, you would want this to be your own name, but in reality, it can be whatever you like.
- **Email address:** This is used as the email address that will be displayed on the *From:* line in emails you send. Usually, you would want this to be your email address, but in reality, it can be whatever you like.
- **User Name:** Along with the password, this identifies you to the mail service, grants you access to your mailbox for incoming mail, and authorizes you to send email.

“From” Spoofing

To send email appearing to be from someone else, all you need to do is create an email account in your favorite email program, and use your own email *account* information while specifying someone else's email *address*. And that – or its equivalent – is exactly what spammers do.

Caveats

Before you try spoofing email from Santa Claus yourself, (see screen shot on next page) there are a few catches:

- **Your email program might not support it.** For example, most web email services don't have a way to specify a different email address to send from, or if they do, they first require you to confirm you can

access email sent to that address. However, sometimes you can connect to those same services using a desktop email program, like Microsoft Office Outlook, as I've shown above, and configure it to do so.

- **Your email service might not support it.** Some ISPs check the *From:* address in an outgoing email to make sure it hasn't been spoofed. Unfortunately, with the proliferation of custom domains, this approach is falling out of favor. For example, I might want to use the email *account* I have with my ISP to send email *From:* my askleo.com email address. The ISP has no way to know whether that's a legitimate thing, or whether I'm a spammer spoofing that *From:* line.
- **It's probably not anonymous.** Yes, you can set the "From:" field to whatever you like, but you should be aware that other email headers (which you don't normally see) may still identify the *account* you used to log in when you sent the email. Even if it's not in the actual email headers, your ISP may well have logs that indicate which account sent the email.

It might be illegal. Depending on who you try to impersonate, your intent, and the laws in your jurisdiction, it's possible that misrepresenting yourself in email could run afoul of the law. Spammers don't care and bypass all

anonymous, as the spam is exceedingly difficult to trace back to its origin.

Where'd they get my email address?

So you might be asking yourself, if they didn't compromise your account, where did they get your email address?

Everywhere spammers get email addresses: public postings, emails forwarded by friends without removing your email address, less-than-reputable companies, some kinds of bulletin board postings and more. Spammers get your email address from wherever they can. They just don't need your account to do it.

The "From" spoofing take-away

There's nothing special about the *From:* address. It's just another field which, like the *To:* field, can be set to any value you like. By convention – and sometimes automatically – we set it to our own email address when we send mail so that we get any responses. But there's nothing that says it has to be that way. And often there's nothing that forces it to be that way.

Similarly, since it's just a setting on outgoing email, seeing a particular "From:" address doesn't imply any relationship to the actual account that would receive email that is sent to that address. Spammers don't need access to the account to make it appear in a *From:* line – all they need to do is effectively type it in the "From:" line. Nothing more. That spam didn't come *From:* that address at all.

Read more:

<https://askleo.com/someones-sending/>

Email spoofing is rampant. Spammers often send email that looks like it came from you. And there's little that you can do about it.

<https://askleo.com/how-can-i-trace-where-email-came-from/>

A good rule of thumb is to begin at the bottom and work your way up in the headers to determine where an email is from.

<http://askleo.com/where-are-these-viruses-coming-from.html>

Email viruses come from many sources, often from other machines infected with a virus. There are clues in email headers, but that's often incomplete. ♦

that. They use so-called "botnets" or "zombies," which act more like full-fledged mail servers than mail clients (Microsoft Office Outlook, Thunderbird, and so on). They completely bypass the need to log in by attempting to deliver email directly to the recipient's email server. It's pretty close to being

HOW TO DESTROY YOUR COMPUTER IN JUST MINUTES

Why You Should Avoid Installing PUPS (Potentially Unwanted Programs)

By **David Kretchmar**

Computer Hardware Technician

Sun City Summerlin Computer Club, NV

GigiBytes Gazette. April 2017

<http://www.scs-cc.com/>

tomburt89134 (at) cox.net

There are plenty of new computers being used that are performing much more slowly than they should. One of the quickest ways to turn a fast, new computer into a slow system crippled by malware is to start downloading software from the wrong sites. Or by downloading the wrong software from what appears to be the right site.

Newer computers being slowed by unwanted programs is a bother, but the damage done by PUPs can be much more serious. PUPs can be responsible for programs that make it impossible to access any of your files, or otherwise ruin your system.

your clicking on that virtual button that starts the whole process.

Bing and Google searches often can take you where you don't want to go. When searching for popular software, sponsored search results (which result in unwanted programs) often appear at the top of the search results page, along with links from the actual software source sites. Often those ad links try to install software on your computer that you do not want. It could be anything; it could be a fake driver update program or a scam system cleaning program. Note that my Bing search for VLC media player (left) first showed 4 sites NOT associated with VLC – BAD SITES.

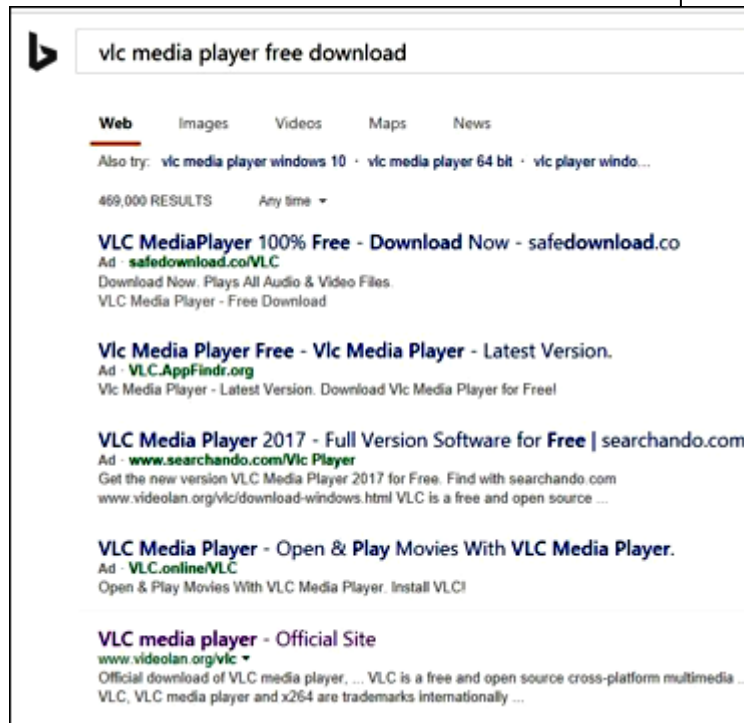
Testing Misleading Advertisement links

How bad is it? To find out, I installed a fresh Windows 10, plus all Windows updates, on a freshly formatted hard drive. I downloaded and installed the free version of Avast! Antivirus software that brought a hitchhiker of its own - Google Chrome. I wanted Chrome, but not every user would, so I considered this an invasive act by a program I downloaded for protection.

I used Edge, Firefox, and Google Chrome and started using Google and Bing search engines to start searching for popular free programs. The programs I sought are often the first programs that get installed on a PC: Firefox, Google Chrome, OpenOffice, iTunes, Adobe Flash, Java, Adobe Acrobat, VLC, and WinZip. Then, I carelessly clicked on ad results, which appeared above or on the same first page as "real" search results. These paid ads were identified by notes and highlighted in a very pale color to differentiate them (slightly) from the actual search links that appeared nearby.

The ads didn't appear after every search and the ones that appeared varied among searches and were different for different browsers. Sometimes, the first paid ad link actually took me to the software's true source site (i.e. searching for Google offered www.google.com first). Often

Avast would block a download it recognized as harmful, but Avast did not catch many problems. For all of the searched for programs, I was able to bring up more questionable sponsored



Every time you download anything from the internet, you first issue permissions that enable the opening of a conduit or vector between the internet and your computer. The series of complex events is mostly invisible to you, except for

search results within seconds of repeated searching. Misleading results showed up in all search engines, and I could not determine that any browser offered better or worse protection than others.

For each ad link, I clicked through and installed the respective programs via the link or button provided. Instead of delivering just the application I was looking for, all of the paid links attempted to tack on unwanted programs. In some cases, if I was careful to read all of the fine print and uncheck boxes, I could get the files I was looking for without a bunch of extra "added value" software, but it was very difficult.

For the purposes of this article, I acted as an inexperienced user (or an experienced user who's not paying attention), and clicked my way through ads and dialogue boxes that looked like the End User License Agreement (EULA) we're used to seeing through when installing software.

And ... They Got Me!

After installing just a few programs this way, I started accumulating browser toolbars (Bing, Yahoo, and Google), and noticed my search engine and home page had been hijacked to something unwanted. As I continued the process, Windows started slowing down to a crawl.

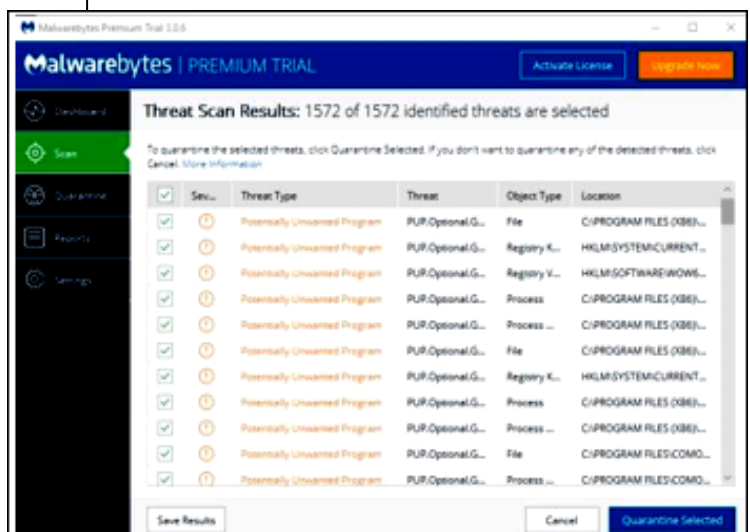
After installing all of the programs on my list, I opened Windows 10's Programs and Features

launched, and a couple that flashed warnings windows and offered fixes if I registered and/or upgraded to the full paid version.

Remember this was originally a clean install of Windows 10 that needed nothing.

Within a few minutes my computer became noticeably slower, plagued by numerous popups, and was becoming essentially unusable.

All of these were nasty; if even a small fraction of them were, I would be in real trouble.



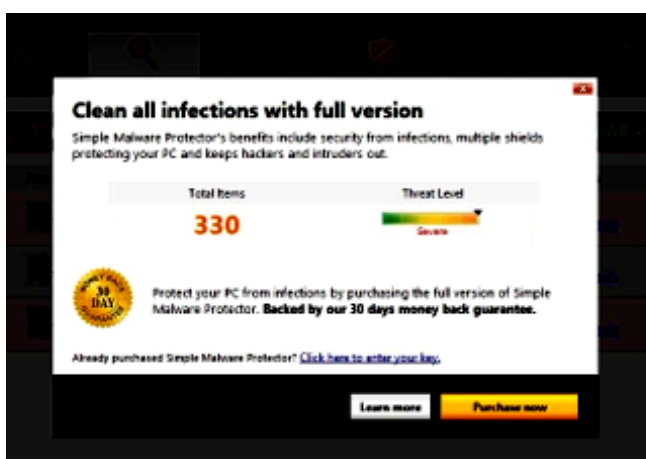
Conclusions and Recommendations

Most of us will have to download some third-party (non-Microsoft) software from the internet. This does not have to be dangerous if you pay attention that the software is being offered from the true home site of that product. NEVER download software from any sponsored link, unless the desired software creator is the sponsor.

Do not depend on your anti-malware programs to protect you. It will catch some issues, but not all. ♦

Editor's note: Our own Jim McKnight has frequently counseled LACS members to test and try new programs within Sandboxie to prevent unauthorized changes to our computers. See his write-up at www.jimopi.net. Go to Sandboxie under Malware Topics.

Jim also recommends www.ninite.com as a source of clean software.



and each browser's extensions and add-ons and counted 39 items that had been installed in addition to the programs I intended to get. On rebooting, three new programs launched popup windows at startup, including two that started running virus/registry scans as soon as they

CASH FLOW

As of May 31, 2017

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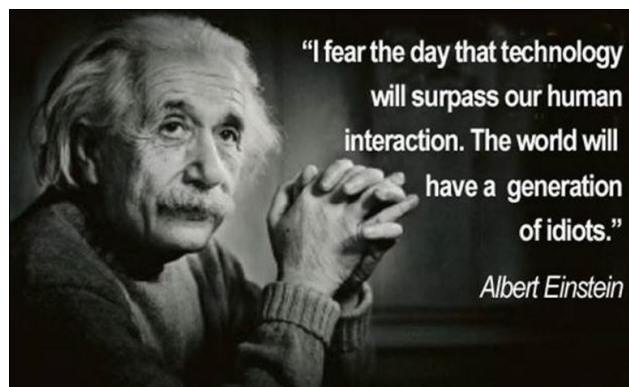
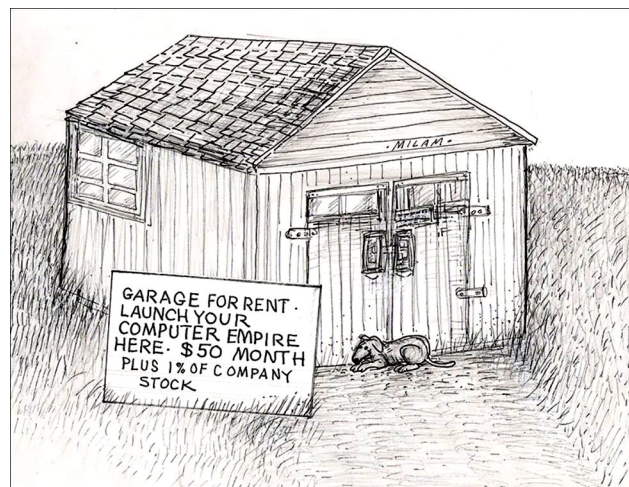
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The Editor of *User Friendly* will accept contributions of any suitable length from members. Send articles to Leahjc (at) sbcglobal.net as plain text in an e-mail message or as a Word document. The deadline for submitting articles is the **20th of the month.**

LAUGHING OUT LOUD**Mission Impossible**

'There is a problem with your
Internet connection.

Please search our website for a
solution.'

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