

August 2017

User Friendly



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Summer

Member of

An International
Association of Technology
& Computer User Groups

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

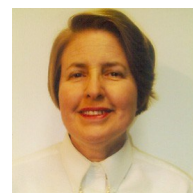
AUGUST GENERAL MEETING

Explore the Internet: Property and Other Taxes Speakers: **Carol Quan and Stephanie Nordlinger**

Carol Quan will discuss using the Assessor's and related L. A. County websites to handle your property taxes now, and how to avoid future property tax increases when passing on real property to others. What is a change of ownership? When will it result in a reassessment of the property and higher (often much higher) property taxes? A series of initiatives since 1978's Proposition 13 has expanded the people who can get a transfer of real property without paying a higher property tax. But a gift to your "significant other" or perhaps to a grandchild will probably lead to more property tax due.



In the last part of the meeting, Stephanie Nordlinger will speak briefly about doing research on the IRS's website (IRS.gov), the Franchise Tax Board (FTB.CA.gov), and the LACity.org (local business license fees) websites, as time permits. Every taxing agency has a website. State laws and local ordinances are on the web. But remember that Do-It-Yourself estate planning can lead to quite unpleasant results. Consult a professional – it will pay in the end.



Meet Our Presenters

Carol is a Special Assistant for Public Affairs for the Los Angeles Office of the Assessor.

Stephanie, our LACS vice president, is an Attorney at Law.

Come for some practical advice that may save you or your heirs some money.

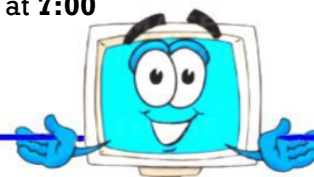
Tuesday, August 8, 2017, 7:30 - 9:00 PM**Westchester United Methodist Church
Fellowship Hall,****8065 Emerson Ave., Westchester, L.A. 90045**

An informal Computer Forum meets from

6:30 to 7:20 to answer individual questions.Refreshments and Socializing at **7:00**More info: www.lacspsc.org

or at 310-398-0366

All are welcome.



GENERAL MEETING REPORT

July 11, 2017

By Leah Clark, LACS Editor

Evidence-Based Medicine and the Internet

Speaker: **U. A. Garred Sexton, M.D**

Preventive and Occupational Medicine

Physician, President of the Greater South

Bay PC Users Group

Dr. Sexton emphasized that when you talk to your doctor, you are not talking to God. You must be involved in the discussion. It is your body, your problem; you have control to make decisions. Remember that we are each unique in many ways.

The goals of this presentation were to explain Evidence-Based Medicine, how to evaluate information, the strength of studies, the number needed to treat, how to make it useful, and websites that can help.

Much of our medical history came from the ancient Greeks. They did not do any lab work, nor any dissections on the human body. Belief often blocked learning. Individuals were reluctant to change, and communication was slow. After it was discovered that soap and water were the best preventatives for infection, it took 50 years to convince people to wash their hands before operating. Up until recently, the lag between discovering something and getting it out to the public was ten years. If you got a current textbook, its information was ten years old! In the past, Grandma was the source of medical information. Custom, infomercials, fellow workers, the internet, and health care providers are some of the current providers of medical information.

Now, the buzz word is **Evidence-Based Medicine** (EBM). How do you evaluate the information? Somewhere in the drug inserts, you'll find a little about how they arrived at the information, how many people were in the study, etc. We began to get scientific in about the 1800s when Koch came up with his postulates. If a microorganism showed up in everyone who had a disease, then it caused the disease. And every person or animal who was given the organism got the disease. However, these postulates didn't always hold true.

Types of Studies

- **Historical** – It was always done that way.
- **Anecdotal** – Based on individual experience
- **Observation** and assumptions
- **Cohort** – A group of like people
- **Random** – Medicine given out without trying to define who got it.
- **Random Controlled** – Random trials with control groups
- **Random Controlled, Double Blind** – Neither the evaluator nor the subjects know who's getting the controls.

What do we need to do?

We need to look at the **size of the study** and the **confidence level**. The confidence level is a term a statistician uses to express the percentage of samples that can be expected to include the true population parameter (the standard deviation). Be sure of what they are testing, and if the conclusions fit the test. If a test is 98% accurate, it means that 98% of those who have a problem will test positive, and a 98% sensitive test means that 98% of those testing positive have the problem. If a positive screening test has a 50/50 chance of being correct, don't treat - do the test again.

How Do We Go from General to Specific?

What is your body telling you? There are a whole lot of confusing factors. One is how fast you metabolize a drug. If a drug is supposed to last for 12 hours, but you get rid of it in four, it is not working well for you. If you get rid of it in a month, all bets are off. Some drugs will block out others and interact with others. We are all so different! Pay attention to your body! Just because it says that this is a normal dose, it doesn't mean it's the normal dose for you.

The problem with EBM is that somebody has to fund it, someone needs to think that it is valuable enough to fund, and it has to be published. This all takes time.

Another concern is the **placebo effect**, which can be very powerful. If a mother kisses a child's boo-boo to make it better, and the child stops crying, that's the placebo effect. A placebo is supposed to have everything in it except the drug. One may be allergic to the container so that side effects may be from the container –

(Continued on Page 4)

FROM YOUR EDITOR

Publicity Chair

It is with much pleasure that we welcome our new Publicity Chair, Annette Tossounian. She will coordinate meeting flyers, *User Friendly*, website, Meetup, and social media notices. Please let her know if you have any possibly helpful ideas for making LACS better known.

NOTE

There will be no Digital Photo SIG in August.

Jere Minich's Tips

While trying to find something to fill in a small space on page 17, I perused Jere Minich's Tips on the APCUG website. Go to <https://apcug2.org/jerestips/> to see his many tips. I'm sure you will find something useful.

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! If you may be interested or have questions, contact a board member or email to contactus@lacspsc.org

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.

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!

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*.



Virtual Technology Conference

**Saturday, August 19, 2017
10:00 AM to 1:00 PM PDT**

For Conference description and to Register, go to:

<https://apcug-summer-2017-vtc.eventbrite.com>

A lot of work goes into putting on these conferences. We hope a lot of our members take advantage of it.

Tech Terms

Booting

This familiar term for starting up one's computer is short for "bootstrap," as in, to pull oneself up by one's own bootstrap." This phrase highlights one's self-reliance. In the 19th century, the phrase meant doing something impossible. The term is believed to have derived from the 1785 book, Baron Münchhausen's *Narrative of His Marvelous Travels and Campaigns in Russia*, the source material for Terry Gilliam's 1988 film, *The Adventures of Baron Munchausen*. The title character uses his own hair to pull himself out of a swamp.

Cursor

In Middle English, *cursor* denoted a runner or running messenger. It comes from the Latin, *cursor...*, for *runner*. Its use for the 'sliding part of an instrument' dates from the late 16th century. The first device to bear the name *computer* was the slide rule in use since the 1600s. Back then, a sliding cursor kept the user's place while he or she crunched the numbers, and also pointed toward the mathematical solution. Several hundred years later, the mouse cursor serves a similar function on our electronic computers.

Discount Offers for User Groups

I'm sorry that O'Reilly Media has discontinued their User Group discounts on books. Over the years, I have frequently taken advantage of their half-price offers.

See page 18 for other offers for user group members.

(General Meeting Report)

(continued from page 2)

not the drug. One may be allergic to what the capsule is made of, like gelatin made of pork.

There are unknowns, like a doctor doesn't know what food you're eating. We all eat a little differently. You're taking a thyroid medication that's supposed to be stored in a cool, dry place, and taken on an empty stomach. You store it in a warm, moist bathroom, and grab a cup of coffee after taking it! Some drugs interact with grapefruit or calcium. Statins have a lot of side effects.

Dr. Sexton discussed the **Number Needed to Treat (NNT)**. This is the inverse of the **Absolute Risk Reduction (ARR)**. The ARR is the change in the risk of an outcome of a given treatment in relation to a comparison treatment. You need to know the composition of study groups, and the number who drop out. As for the optimal size of a study, more is usually better. But you may get false results if the number is too big.

If you have final orders, and you go to the hospital, those orders do not go with you. They don't exist! Make sure your doctor, family, and the Lord have copies. There is a website where you can download your final wishes. Dr. Sexton will send it to you if you email him. uags@aol.com

There are websites to compare the costs of procedures. The price for an MRI can vary from \$130.00 to \$6,000.00. So do some looking around if you are footing the bill.

The *British Medical Journal* and the *New England Journal of Medicine* are two of the medical journals with high standards.

If you are a veteran, you may sign up for medications with the VA without being treated there.

Consumers Reports is beginning to do a lot of research on how to determine how good your physician is and how safe a hospital is.

Buying drugs from Mexico sounds wonderful, but there is absolutely no control. A person can make anything and label it anything. With a camera and a printer, you can make a package look like the original. You need a copy of your prescription for some, and not for others, to get drugs from Canada. Dr. Sexton hasn't heard a lot of bad things about drugs from Canada.

If your doctor interrupts you, it is time to go. If you don't understand terminology, or anything the doctor says, make your doctor explain it.

In answer to a question, Dr. Sexton said that exercise and diet are most important for good health. He answered many other interesting questions from the attendees. Google and Wikipedia may be the best sources for definitions of medical terms.

How to make this information useful to me?

Be an active team member, get involved, know if a condition occurs in your family.

Ask questions.

- What else am I doing to protect my health?
- What do I think my personal risk is?
- Is it worth it?
- What if I do nothing?

Dr. Sexton gave out very comprehensive handouts with many websites and other references for medical information. All the websites on the handouts are free. We thank E. J. Rozek for printing out the handouts. You may email Leah Clark to request a .pdf copy. It is also on www.lacspc.org. ♦

ACRONIS TRUE IMAGE BACKUP

Review by **George Harding**

Treasurer, Tucson Computer Society

www.aztcs.org

georgehardingsbd (at) earthlink.net

There are many programs for saving your vital data and programs. Some are separate programs, and some are built into the operating system. One which has been around for many years is Acronis, a program provided by a Swiss company. Acronis has had a backup program for many operating systems, providing new versions as operating systems have changed. The result is a proliferation of different versions, each doing essentially the same job. The most recent version, however, does backup and considerably more. The newest version, with the just-released True Image New Generation features, offers:

- Protection from ransomware
- Notary which assures that data you've backed up is authentic and unchanged
- Security which makes sure that data is secure against intervention or alteration
- Cloud backup and Mobile backup

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DAYTIME SIG REPORT

By Leah Clark, LACS and
Jim McKnight, LACS

The first issue discussed at the June 27 meeting was how to enlarge the icon text on the desktop in Windows 10. Microsoft continues to make it more and more difficult for users to customize text and other features for easy reading. For details, see the write-up called: "Windows 10 - IMPROVE DISPLAY READABILITY" at www.jimopi.net. The routines that Jim uses do not always work, but give it a try. It seems that after the "Creators Edition" of Windows 10, the only way to enlarge the text may be to lower the screen resolution.

Leah was confused about running anti-malware programs against newly downloaded files in Sandboxie. Jim downloaded Ccleaner from FileHippo.com to demonstrate. He scanned the Ccleaner file while it was still in the sandbox. Anything deleted from the sandbox is deleted from the computer. For details, see the Sandboxie write-up at www.jimopi.net.

Barry Katz (a visitor and long-ago member) said he had downgraded his Windows 10 PC back to Windows 7 some time ago but now wishes to go back to Windows 10. Jim said that since Windows 10 was previously installed on the PC there is no problem. He can either do the Windows 10 upgrade again, or just install Windows 10 from the DVD or Flash drive. Note: Microsoft will remember that Windows 10 had been installed on the PC before. Jim always recommends that before you make any big change to your computer you do an image or data backup. For more information, Google, "Update to Windows 10."

Another visitor asked about Twitter. Twitter can be set up to either send or not send Tweets to your phone. Paula will talk about Twitter at the Basics & Beyond SIG coming in August.

Facebook has the option to send notifications to mobile devices, but you must have the Facebook app installed on your phone.

How to close a Facebook (or other social media sites) account when someone passes away: If you have the email address and password, just go to "Delete my account." If you don't have that information, you will need to submit a special request for the necessary requirements. Before you die,

you can choose a legacy contact to notify people of your passing and to manage your account. (See page 13.)

Helen Karagozian wants to buy a new laptop and asked where would be the best place to buy a Lenovo. Any store like Fry's, Best Buy, Staples or Office Depot would be good. Be sure to get a laptop with an Intel processor and at least four GBs of memory. The hard drive is the slowest part of any laptop. Solid State hard drives fix that issue, but most stores don't sell laptops with SSD hard drives installed, but if you can find one, get it.

A question was asked about all-in-one computers and using the display as an external monitor for a laptop. Probably not possible, but would depend on the brand and model. All-in-one desktops are nice, but they can limit your flexibility in many ways. Jim said to google "All-in-one PC" to learn about them.

When Helen Karagozian makes a table in Word, she would like to make a full row of cells black. Paula Van Berkomp explained that you click to the left of the row you want to select to highlight it. Then click on the down arrow next to the paint bucket icon in the home tab ribbon and choose your color.

A member took a Microsoft training course on a cruise ship. He said he learned a lot.

AT&T Yahoo has been sending out notices about upcoming changes. Verizon has bought Yahoo including all past and present email users of all Yahoo providers (including sbcglobal.net, att.net, yahoo.com, etc.) Supposedly your email address will continue to work OK. That said, Jim still recommends changing your address to a Gmail account. Gmail does the best job of synchronizing emails between all devices. In Gmail, click on the gear to get all of the settings options. Gmail is also very security conscious.

Each email provider has a different way of doing things when accessed via your Browser. An email client like Thunderbird or Outlook, can list all your email addresses on the left (including emails from various providers), each with its own inbox. There are no ads. Any email client blocks all the ads. If using your browser to see your email, Adblock Plus is a help, but it does allow certain ads to go

through. To try Thunderbird, just Google, "Get Thunderbird". If you use Gmail (or other IMAP providers,) you will still be able to access all your email from anywhere. For details, see the Thunderbird write-up at www.jimopi.net.

Jim doesn't like the new Windows 10 mail app called MAIL (*Microsoft's replacement for Outlook Express and Windows Live Mail*); he says it's awful. Outlook comes with Office and is fine. Thunderbird does a good job, and it is free.

If you want to avoid changing your email address in the future, buy a domain name from someplace like GoDaddy. Cost is only \$20.00 per year or less.

There is a directory of all government agency phone numbers. I found it at: www.usa.gov/federal-agencies/.

If you receive what appears to be a fraudulent email, you can report it to the company who is being spoofed. Be sure to check the full email header and do Ctrl-A to select all to get a lot of information to copy and send to them. If you just forward the email, they don't get all the info. You need to be cautious handling spam phone calls and emails. Be careful clicking on any pop-ups. They can be phony and install malware. Anti-malware programs are helpless if you click on a pop-up. A window you think is a survey may be ransomware. Carbonite saves older versions of all your data, so if you get hit by ransomware, you can access all your good files from before the date of an infection that encrypted your files. Sometimes websites make it difficult to close a window or go back to a previous one. Even legitimate sites do this. One trick is to right-click the back arrow and choose a page way back. Worst case, you have to close the browser or restart the PC.

There were ten members and visitors at this meeting. ♦

DIGITAL PHOTO SIG REPORT

By **Elliot Silverstein, LACS**

The subject of the June 28, 2017 meeting was Portrait Photography. The presenter was Chris Van Berkom.

Chris brought a circular fluorescent light source, and several cardboard sheets for use as

backgrounds and light reflectors. He wanted to demonstrate the effects of reflected lighting around the face to help eliminate shadows and to make the lighting more uniform.

Several people in the audience posed for portraits under various lighting conditions, while other participants took portrait photos with their personal cameras. Some of the lighting effects achieved by varying the positions of the reflectors were subtle, but noticeable.

Chris instructed us to take the photos from a distance of about two feet from the subject. He recommends and uses a good quality 50mm lens on his Canon 35mm single lens reflex camera, or one may use the 35mm equivalent of that focal length on cameras with sensors smaller than 35 x 24 mm. Other photographers often recommend a 70 mm focal length (or its 35 mm equivalent) for portraits, in that this allows one to be farther from the subject, thereby reducing any effects of apparent enlargement of the nose relative to the ears or the rest of the face due to the relative distances of the camera from different facial features.

One useful suggestion made by Chris is to use a white reflector under the chin of the subject to reduce the darker shadows in the neck region. And when possible, such as under studio conditions, place lights above and to the sides of the subject to control the distribution of the illumination.

The camera's flash unit is commonly used as the light source, or is used as a fill light source when other lighting is inadequate. Here, one should be careful to minimize the red eye effect when the bright flash is reflected off the retina at the back of the eye. Reducing the size of the iris of the eye, for example by exposing the eye to a bright light prior to taking the photo, will often reduce the red eye effect. Red eye can also be reduced by post-exposure editing.

It is often desirable to intentionally use non-uniform lighting to show one side of the face brightly lighted, but with other parts of the face in shadow. Professional photographers often make effective use of this technique.

If one plans to make prints smaller than about 8 by 10 inches, or perhaps, 11 by 14 inches, the resolution of a quality point and shoot camera, or of the camera on a modern cell phone, is

usually sufficient. But it can be useful to rest the camera on a solid surface or tripod to minimize camera motion or vibration. If one intends to make larger prints, it can be useful to use a camera with a larger sensor. And one advantage of

the availability of larger sensors and larger numbers of pixels is that one can then crop the photo if needed without unduly decreasing the quality of the final print.

Ten participants seemed to enjoy the interactive nature of this meeting. ♦



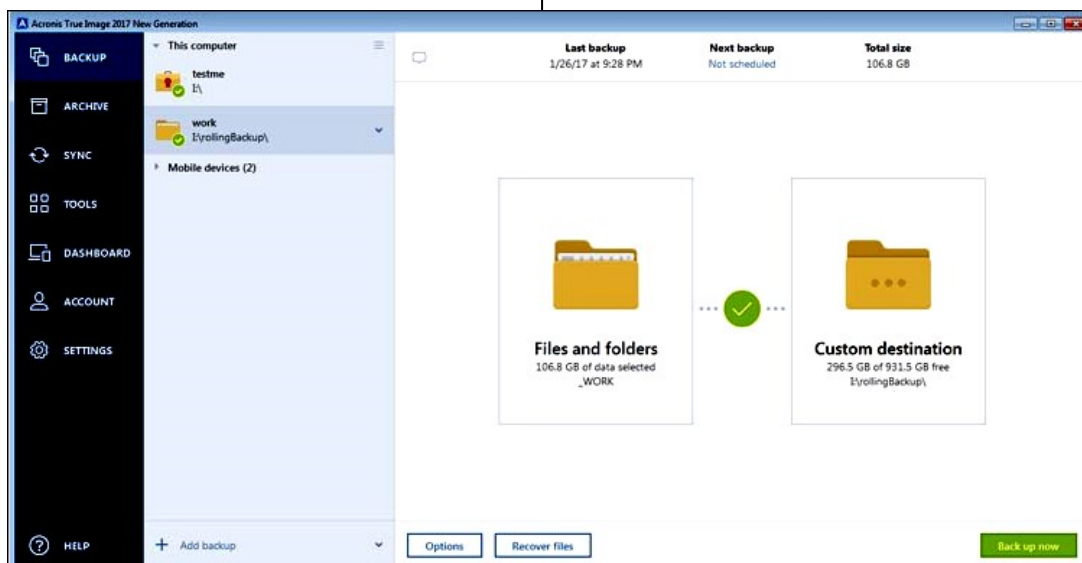
Acronis True Image Backup
(Continued from Page 4)

This program does a lot, and yet it is easy to use. A free trial is available at www.acronis.com.

Acronis True Image New Generation

Price \$80 for one year

Check out the user group half-price offer from User Group Relations: gene or linda (at) ugr7.com ♦



LACS NOTICES

WELCOME ALL

George Wolkon

Database Manager, LACS

New Members (1)

Barry Katz

Renewals (11)

Paul Cooley Heshmat Laaly *

Lee Freehling Jim McKnight

Angie Jacobs Penny McKnight

Eugene Jacobs Robert Swarthe

Carol Johnson Susan Umeda

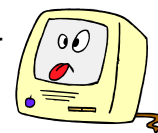
Helena Karagozian

* Contributor



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 Regular LACS membership (\$40.00), and Jim will fix your PC problem, too.

GENERAL MEETING PRESENTATIONS

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

September 12: Picking the Best Backup Approach

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

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.

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**.

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.

AUGUST 2017

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

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	LACS Mail List - 6	Photoshop - 17
Android Smartphones - 5	Linux - 11	Picasa - 14
Apple devices - 15	Lotus Word Pro, Approach - 12	QuickBooks - 18
Anti Malware - 12	Mozilla Firefox - 12	Quicken - 3, 5
Digital Imaging, Editing - 8, 14	MS Excel - 3, 15	Thunderbird - 12
Digital Photography - 8, 14	MS Word - 3, 4, 10	Visual Basic - 13
Dragon Naturally Speaking - 4	MS Outlook - 5, 15, 17	Websites - 13
Genealogy - 5, 7	MS PowerPoint - 15	Win 7 - 16
Hardware - 12	MS Publisher - 2, 7	Windows - 5, 12
iPhone, iPad, iPod - 15	Open Office - 16	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	7:00 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
18	Semple, Charlotte	310-398-5052 M-F	9:00 AM	5:00 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
Director	George Wolkon	2017	310-459-2671
APCUG Rep.	Leah Clark		310-677-2792
Car Pool Coordinator	Vacant - Please volunteer		
Change of Address	Karl Springer		424-646-3410
" "	George Wolkon		310-459-2671
Corporate Counsel	Stephanie Nordlinger		323-299-3244
CCSC Computer Lab	Loling Beckman		310-471-7893
Hospitality Chair	Sylvia Davis		213-924-4927
Asst. Hospitality Chair	Vacant - Please volunteer		
Membership Database	George Wolkon		310-459-2671
Newsletter Editor	Leah Clark		310-677-2792
Program Chair	Stephanie Nordlinger		323-299-3244
" "	Stanley Johnson		424-216-6984
Publicity Chair	Annette Tossounian		310-559-2847
Publicity - Press	Mark Presky		310-398-0366
Quick Consultants	Leah Clark		310-677-2792
SIG Coordinator	Vacant - please volunteer		
Webmaster	Paula Van Berkom		310-398-6734
Welcome Chair	Irene Mussack		310-672-3077
Asst. Welcome Chair	Linda La Roche		310-645-4546

Contact Information

Website	www.lacspc.org	Newsletter Editor	Leahjc (at) sbcglobal.net
Voice Mail	1-310-398-0366	Webmaster	sitemaster (at) lacspc.org
e-mail	ContactUs (at) lacspc.org	Change of Address	membership (at) lacspc.org

The **ContactUs (at) lacspc.org** address goes to our **president** and **vice-president**.

If the message is for another board member, they will forward it to the correct person.

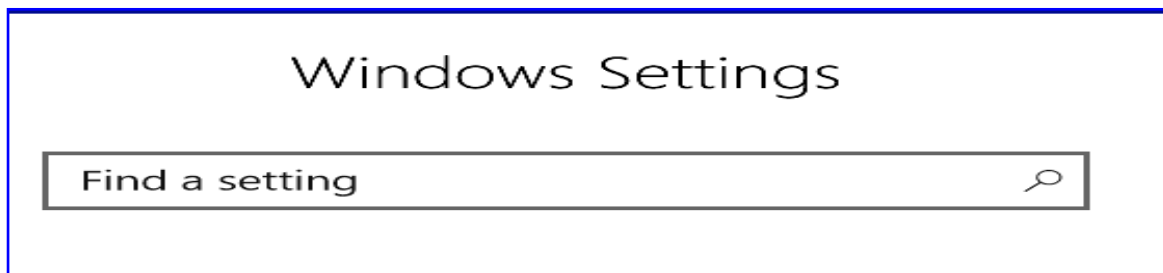
To contact other officers, directors, leaders or members directly, members may use our roster for phone numbers and e-mail addresses.

WINDOWS 10 CORNER

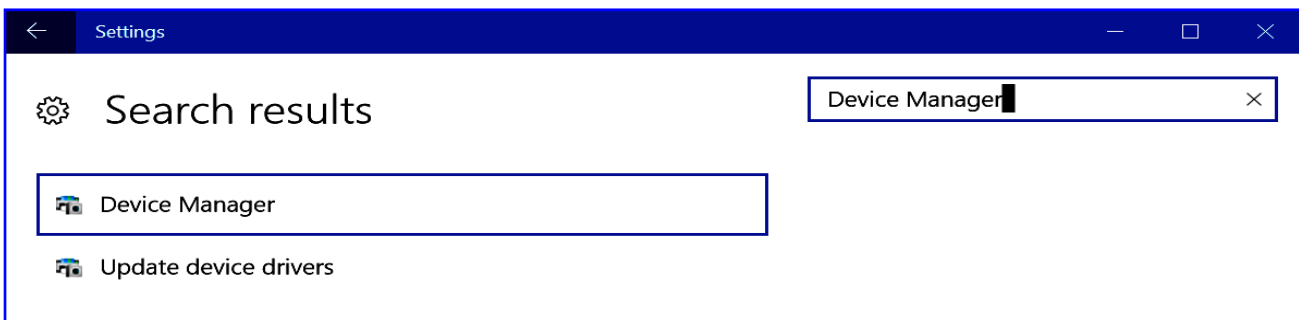
By **Rosita Herrick**, Windows 10 Forum Host and Windows 10 Apps Teacher
The Sarasota Technology Users Group, FL STUG Monitor, May 2017
www.thestug.org, hrosita (at) aol.com

With Windows 10, Microsoft keeps moving targets. Just as you thought that you were familiar with both the Settings page and the Control Panel display, items have been moved. Of course, this is not totally unexpected because it was stated that the Control Panel would eventually go away at the time Windows 10 was released to the public. However, thanks to my favorite blogger, Ed Bott, www.zdnet.com/blog/bott, I can write about a tip to get to any item regardless where it resides.

Start the Setting app, and just type the name of the item you are looking for in the search box. Here is one example:

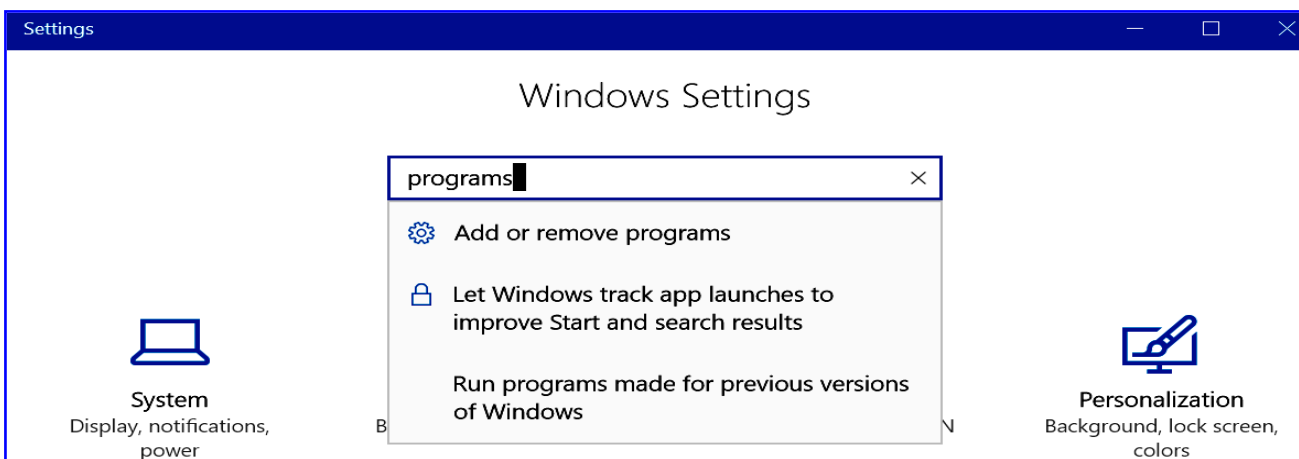


After typing Device Manager in the box, this page is displayed:

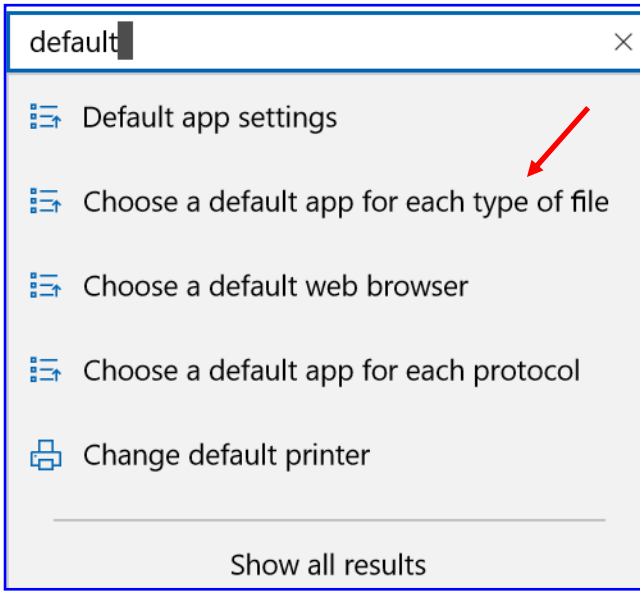


Both items displayed are links so the user can click on either one, depending on the item required.

Here is another example. When I typed Programs in the search box, I got a choice of links.



While opening our newsletter, the *STUG Monitor*, I found out that after the update, all PDF files are opened by Microsoft's PDF Reader. For those of you that would rather have Adobe's Acrobat Reader open PDFs, here is how to do it:
 Open the Settings app and in the search box type default.

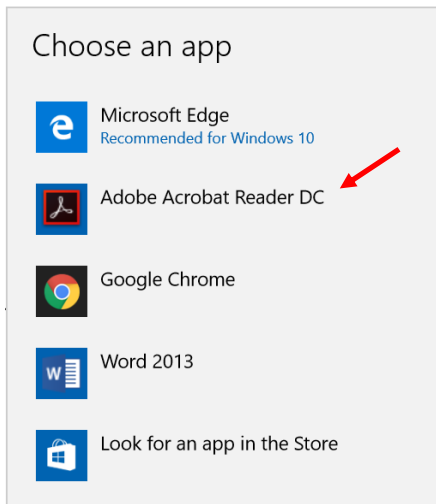


Click on the link "Choose a default app for each type of file."

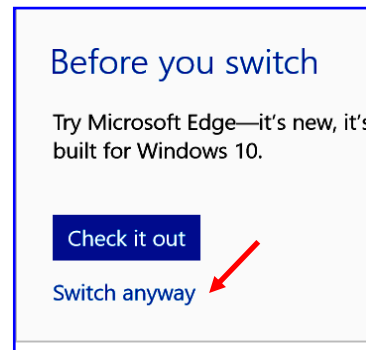
The resulting page is a long list of file types. Page down to .PDF as shown below.



Click on the Edge icon, and this Window will pop up:



Click on the Adobe Acrobat icon, and in the next popup you will be asked:



If you are sure you want to change the default, click on Switch anyway, and in the future all PDF files will open with the Adobe Acrobat Reader.

By the way, this procedure will work with any file type you want to change. Personally, I change JPG (photo) files to be opened by the free program Irfan View instead of the Microsoft Photo app. ♦

WHAT HAPPENS WHEN I DIE?

BY LEO NOTENBOOM

"The Best of Ask Leo!" - A weekly selection from the archives of Ask Leo!.

If you're not around to unlock all the digital data you take such care to secure, who will be able to access it, and how?

Making technology both convenient and secure is a problem we deal with daily. We make trade-offs and use techniques that we hope strike an appropriate balance.

A more difficult dilemma that we rarely think about, however, is death. If something were to happen to you, would the people you leave behind be able to access the information they need? What happens to your encrypted data, online accounts, social media, online finances, pictures, and digital-whatever-else if for some reason you're not around or able to access it?

I regularly hear from people *frantically* trying to access important, sentimental, or critical data that a recently deceased or incapacitated friend or family member has locked up tightly. It's not particularly pleasant to think about, but

with all the security measures we put in place to keep bad people out, it's worth having a plan for letting the good people in.

Left behind

The wife of a military member killed overseas wanted access to her husband's email account to retrieve critical information, as well as get a glimpse into the last days of his life. The service was a free email account with no customer support. There was nothing I could do to help.

The children of an elderly gentleman needed to access his password-protected computer to retrieve the only copies of some very important family pictures. Fortunately, there are ways to break into many (though not all) Windows machines, if you have physical access.

These are just two examples of scenarios I hear regularly. Sometimes I can help. More often I cannot.

These are also scenarios I worry about myself. I have a large amount of encrypted data and do many things online that require secure access. If something were to happen to me, what would my wife do?

At odds with security

This kind of disaster planning is at direct odds with the conventional wisdom that says "never share your password with anyone." That's exactly what you *must* do in case something were to happen.

It's not an easy scenario to solve, and not all solutions work for every person. But solve it you must.

It's critical for those of us who would leave behind a confusing, encrypted, password-protected digital mess to ensure that the right people can access and make sense of it all.

Who do you trust?

As with so many things, it boils down to trust. Who do you trust?

And are you confident that, trusting them today, you will still trust them a year from now? Five years from now? Twenty years from now? How many friendships, relationships, and even marriages last that long?

Fortunately, you don't have to commit to twenty years of trust. A timely password, set up properly, can protect you when trust is lost. But

the fact that trust *can* be lost must be built into the system.

Whenever the answer to "do I trust them *this* much?" changes, it's time to take action to protect yourself, and then find a new trustee.

It's not always easy, but it is important.

What do you trust them with?

Once you have someone you trust, what is it, exactly, you give them?

On the one hand, you don't want it to be every single password to every possible account or encrypted thing you have. It's a maintenance nightmare, as you'd have to update your friend every time you add or change a password, without fail. Chances are you won't, and the passwords held by your friend would quickly end up out of date.

You *definitely* don't want to use a single password everywhere. While easier to maintain with your trusted friend, it would also make it easier for a hacker to have access to *everything instantly*, should that password ever leak out.

The ideal solution is to give them access to exactly one thing – one account or one encrypted file – in which you either automatically or periodically keep your information up-to-date.

One approach: LastPass

Using a password manager such as LastPass can help in a disaster situation.

You keep information in your LastPass vault up-to-date simply by using it. You can even add secure notes to LastPass for items that aren't covered by its online log-in-focused database.

All you need to share with your friend is your LastPass master login ID and password. The only time you would need to update this is if either of those two things changes. Should you ever lose trust, simply change the password. That's it. When disaster strikes, your trusted contact has access to *any* of your online accounts maintained in LastPass.

Another approach: explicit encryption

In the past, my approach to disaster access used explicit encryption in the form of a TrueCrypt volume I used every day.

Anything important was stored inside the encrypted container. Once again, simply mounting and using it – which was a side effect of simply using the computer – naturally kept the contents up to date.

All I needed to share with my trusted friend was the location of the container, and the passphrase to open it up. Once inside, everything was there, including files containing additional instructions. And once again, should trust be lost, simply change the passphrase.

There are a variety of encryption tools that work well in this scenario, including VeraCrypt, Ax-Crypt, BoxCryptor, and others.

How do you trust them with it?

Simply giving someone complete access to your password manager, or your entire collection of personal files, can feel scary – and rightfully so. It's not something to do lightly.

To be honest, if you're not sure a specific individual can be trusted with the information, it's likely they shouldn't be. You want someone that you can really trust.

One way I've found that helps just a little is to provide that critical information on paper in a sealed envelope. The implication is that you could ask for the envelope back, and, seeing it still sealed, know your trust was not misplaced.

Two-man variation

A variation of this approach is to use what's called a "two man rule". With this approach, you never give a single person your complete password, but instead, select two (or more) individuals, and give each of them a portion of it. Only when they are in agreement can they assemble the pieces and gain access.

A lengthy password (or a *passphrase*) is ideal for this, as long as the phrase is nonsensical. You should not be able to guess a missing piece of the phrase with only the portion you've been given. "Correct horse battery staple" is a good example of this, since – aside from its notoriety as an example passphrase – the words are completely unrelated to one another.

A little documentation and a lot of trust

It all boils down to a little documentation and perhaps a couple of simple additions to your existing routine. You should already be making sure that your data, passwords, and identity are

secure. Chances are, building in a secure mechanism for disaster recovery isn't going to be all that difficult.

Trusting the right person should be the part requiring the most thought. The rest is, essentially, just paperwork.

Responsibilities of "the keeper of technology."

My view is that as the "keeper of the technology" for your family or business, you have a *responsibility* to make sure that if something happens, they're protected.

Your needs might be different. Your solutions might be different. A CD in a safety deposit box might be enough. Perhaps keeping certain information with a family lawyer is right for you.

Or perhaps the password-sharing approach I've outlined above works for you.

But most important of all is to realize what *not* to do.

Don't leave your family, friends, or business without access to the information they might need should you not be available.

That could elevate a tragedy into an even worse disaster.

Read more:

- Reflections on life – https://askleo.com/reflections-on-life/?awt_l=84pLT&awt_m=3vSvrRRdTSCj5bL
Some reflections on life resulting from the untimely deaths of two of my internet entrepreneurial friends.
- The problem with current online safety advice is keeping track of multiple different passwords. LastPass – https://askleo.com/lastpass_securely_keep_track_of_multiple_passwords_on_multiple_devices/?awt_l=84pLT&awt_m=3vSvrRRdTSCj5bL

With one secure password, LastPass not only does that, but does it across multiple devices, and very securely.

Footnotes and references

If, like me, you use two-factor authentication, make certain that your friend is likely to have

access to your second factor, *and/or* provide a few of the one-time passwords that should be set up to access your account should your second factor ever be lost. Most two-factor solutions provide this ability.

Comments & updates at: *What Happens When I Die?*

https://askleo.com/what-happens-when-i-die/?awt_l=84pLT&awt_m=3vSvrRRdTSCj5bL

This is a major update to an article originally posted on September 8, 2008

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DATABASES - THEY'RE ALL AROUND US

By **Phil Sorrentino**, Contributing Writer,
The Computer Club, Florida
The Journal of The Computer Club, Inc.
<http://sccccomputerclub.org>
Philsorr.wordpress.com
[philsorr \(at\) yahoo.com](mailto:philsorr@yahoo.com)

Think about it; during the course of the day we might use a telephone directory, a dictionary, an encyclopedia, an airline flight guide, a bibliography. All of which are databases. We use databases that store all kinds of knowledge that we use on a regular basis. At home or in your office, the paper filing system you have set up is really a database. But as the computer has become more a part of the fabric of our homes and offices, we use more databases that are resident on our home computers. Databases are one of the reasons that make home computers so useful. Databases show up in many places and are at the heart of many computer software programs or Apps. Many of our databases are “online”, available only through the use of a browser on your home computer. Some of these databases include your Healthcare Providers Formulary, the Library of Congress Online Catalog, and Facebook.

Your contact list is a database, as are your col-



lection of MP3 music, and your collection of friends (in a social media environment, such as Facebook, or LinkedIn, or Twitter). We all use a multitude of databases, most of the time without knowing anything about the database details or operations. Software applications allow us to use the database and extract the information that we are looking for. For example, take Google. Google has created an enormous database of locations on the internet and through its application, at www.Google.com, allows a user to search the database and come up with websites that might provide answers to their questions. Many years ago, I authored a Nutrition Analysis program that provided the totals of 21 nutrients for a person's one day food intake. The basis of this App was a Food Nutrition database that held the amounts of each of 21 nutrients for each food. At that time, the database was only available in handbook form, so the 21 values for each of around 2500 foods had to be entered into a computer database so that the App, “Nutriplan”, could extract the values when the user selected the particular food. The App provided the answers and reports, but the database held all of the possible nutrition information for each individual food.

Just as background, a database is an organized collection of data. Data, in the home computer sense, are words, numbers, images, (and maybe even moving images, a.k.a. videos), represented in a structure, possibly tabular or graphical. Spreadsheets are an easily understood representation of databases. A typical spreadsheet represents something of interest in the real world, on the computer as rows and columns. Usually, for an item database, the rows are the items and the columns are things that describe the item. So, to expand on my example of the Food Nutrition database, let's say the rows are the food names, and there are 21 columns for the nutrients. The rows might be “Apple”, “Pear”, “Peach”, “Banana”, etc. Each column would be another nutrition component; for example, column 1 might be protein, column 2 might be vitamin A, column 3 vitamin C..., I think you get the idea, all the way up to column 21, maybe fiber. You could even add a column that had a picture of the food, or a recommendation for how the food



could be prepared. Once the database is defined, a clever programmer could develop all sorts of Apps that could produce useful nutritional evaluations once the user had input the day's food intake.

This type of row and column database is typically referred to as a **flat file**, maybe because it seems to have two dimensions, row and column. A more powerful database organization is called a **relational database**.

Flat File Model

	Rate No.	Mins	Activity
Row#1	1-05	12	Overly
Row#2	1-05	05	Pushing
Row#3	08-00	05	Cooking

A relational database is a collection of data items organized as a set of tables. The tables are connected by "keys" or key variables. The "keys" allow data to be accessed quickly and efficiently. Software that uses or manipulates a Relational database is called a **Relational Database Management System (RDBMS)**. Access and Oracle are examples of an RDBMS. These complex database systems are typically manipulated by using SQL (Structured Query Language), a database language, which has become the standard (circa 1987) for defining, manipulating and managing Relational Databases. (For those of you who have been around computers since the beginning (circa 1982), you might remember dBase II. dBase II was the first widely used database management system for microcomputers. dBase II included a database engine and a database language all in one package. dBase II was around before SQL, and coincidentally lost favor as the industry switched to SQL as it became the standard for relational database manipulation. By the way, there never was a dBase I; the developer thought the II in the name of the software package would make it more acceptable (read that salable). The II was just a marketing trick. "Ah, marketing, where the rubber meets the sky.")

Access and Oracle are both examples of an RDBMS, but are at the extreme ends of size and complexity. Each uses SQL as the managing software. Oracle is a professional system designed for very large, critical use, databases where rapid, multiple accesses are anticipated. Access, although a very capable RDBMS, is designed for smaller database projects (possibly those projects that can be easily handled by a small group of clever programmers). Access is on many busi-

ness systems, and is ubiquitous because it is part of the more expensive version of Microsoft Office.

So, you see, databases are at the core of some very simple Apps, like Nutriplan, and some very comprehensive Apps, like Google.com. Undoubtedly, due to the size and scope of the data involved, Google probably employs the Relational database model. Nutriplan, on the other hand, because of its relative simplicity, worked very well with the flat file model. ♦

JERE'S TECH TIPS

Tips from Jere Minich, APCUG Advisor

<https://apcug2.org/jerestips/>

WHAT IT WILL TAKE FOR CYBERSECURITY TO BECOME COMMON SENSE –

Changing your password needs to become like washing your hands after using the bathroom — a habit. We're a long way off from that. Look both ways before you cross the street. Wash your hands before leaving the bathroom. Put a seat belt on when you get in the car. Don't eat the yellow snow. These are all common-sense tips for safety that people have learned, whether from parents or one really embarrassing moment in the winter. But when it comes to cybersecurity, common sense is rare. Thanks to Jim Fromm, the Hawaii group's editor/webmaster, for sending this CNET article. Take the test to see how you compare to the average American. Read more at: <http://cnet.co/2teQFLR>

THE BEST PASSWORD MANAGERS

Everyone Needs a Password Manager – once you start one, you will love it. You know that you should use a different password for every website, and that each one should be strong and un-guessable, but it's just so hard! Just install a password manager, and help it learn all your existing logins. Then go through and start upgrading those passwords so that each is a different, random collection of characters. The software should help you by generating those new passwords for you. PCMag has evaluated dozens of password managers to help you make an informed choice.

Go to this [pcmag.com](http://bit.ly/2sH79Zq) web page and get started. <http://bit.ly/2sH79Zq> ♦

CASH FLOW

As of June 30, 2017

Charlotte Semple, Treasurer

Total Assets	\$	8,467.84
Receipts		
Total Gross Receipts	\$	-
Expenses		
Newsletter		191.25
Facilities Rental		60.00
Verizon Wireless		50.08
Meetup		45.94
Business Expense		33.00
Total Expenses	\$	380.27
Current Total Assets	\$	8,087.57

SPECIAL OFFERS

Go to the APCUG website

<https://apcug2.org/discounts-special-offers-for-user-groups/> for discounts and special offers for User Groups Members. Avast Anti-virus and Acronis True Image, as well as several book, media and training sites, offer discounts, including the two mentioned below.

Members can save at the **Pearson Technology** websites: InformIT, Cisco Press, Pearson IT Certification, Que Publishing, Adobe Press, and Peachpit Press.

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photography, gaming, animation, film and video, post-production, audio, music technology, broadcast and theatre from [Routledge | Focal Press](#) today! They offer discounts to User Groups.

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The columns, reviews and other expressions of opinion in *User Friendly* are the opinions of the writers and not necessarily those of the Los Angeles Computer Society. LACS became a California non-profit corporation on July 17, 1991. Its predecessor was the UCLA PC Users Group.

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**Hello! Gordon's Pizza?**

- No sir, this is Google's Pizza.

Did I dial a wrong number?

- No sir, Google bought the business.

OK. Can you take my order please ...

- Well sir, do you want the usual?

The usual? You know me?

- According to your caller ID, the last 12 times you ordered pizza you ordered it with extra cheese, pepperoni and thick crust.

Okay! That sounds like it...

- May I suggest to you this time - ricotta, spinach and dry tomato?

No, I hate vegetables!

- But your cholesterol is high.

How do you know?

- Through the subscribers guide, we have the results of your blood tests for the last 5 years.

Okay, but I do not want this pizza, I already take medicine.

- You have not taken the medicine regularly. Four months ago, you only purchased a box of 30 tablets at Discount Pharmaceuticals.

I bought more from another pharmacy.

- It's not showing on your credit card.

I paid cash.

- But you did not withdraw that much cash according to your bank statement.

I have another source of cash.

- This is not showing on your last tax return. So you got it from undeclared income source?

WHAT THE HELL? Enough! I'm sick of Google, Facebook, Twitter, WhatsApp.**I'm going to an island without internet, where there is no cell phone line, and no one to spy on me.**

- I understand sir, but you need to renew your passport as it expired 5 weeks ago.

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**MEMBERSHIP
INFORMATION**

Annual membership Dues:

Regular New and Renewal, Printed Newsletter	\$ 40
Electronic Newsletter	30
Family-Associate	12
Students	18
Contributing	50
Supporter	75
Benefactor	100

A subscription to *User Friendly* is included with membership.

Associate members are those who live in the same household or work for the same company as a regular member; they do not receive their own subscriptions to *User Friendly*, but may read it on the LACS website.

Students must prove full-time status.

In addition to monthly general meetings, members enjoy these special benefits:

-- **Monthly Newsletter** *User Friendly*. We publish your article submissions or free classified ads to buy or sell your computer items.

-- **Get FREE help** by phone from knowledgeable members who are Quick Consultants listed in *User Friendly*.

-- **Get help by email** by using our LACSLIST Yahoo Group Mail List. Send your questions by e-mail to lacslis (at) yahoogroups.com.

-- **Receive important news** and announcements via LACS's Yahoo Group e-mail lists.

-- Occasional **product discounts**, special offers, etc.

-- **Special Interest Groups** (SIGs) on various selected topics to help to you learn, to share interests, and to solve your computer problems.

-- **Information** on training, swap meets and trade shows.

-- Occasional **Free software and computer books**, if you review them for *User Friendly*.

-- **Rewards** for recruiting; LACS will extend your membership for three months for each new regular member you recruit.

-- **Annual Holiday Party**

-- **Field trips**

-- **Social Interacting** with others who have like interests in computers and technology.

-- **Computer Conferences**

-- **Virtual Technology Conferences**

LACS New or Renewal Membership Application

Please bring your dues and this form to a meeting or mail them to:

Los Angeles Computer Society, 11664 NATIONAL BLVD. #343, LOS ANGELES CA 90064-3802

New **Renewal** **Please PRINT Clearly**

With printed newsletter - \$40.00 Associate - \$12.00 Student - \$18.00

With electronic newsletter, not printed - \$30.00

Contributor - \$50.00 Supporter- \$75.00 Benefactor - \$100.00 Other \$_____

Name: First _____ Last _____

Name of Associate: First _____ Last _____

Address: _____

City, State, Zip + 4 _____

Day Phone: _____ Evening Phone: _____ Do not publish in roster

Email Address _____ Email Address of Associate _____

Did a member of LACS invite you to join? If so, who? If not, how did you hear about LACS?



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DIRECTIONS TO GENERAL MEETING

Westchester United Methodist Church Fellowship Hall
 8065 Emerson Ave.
 Los Angeles CA 90045

From the North:

Take Sepulveda Blvd. SOUTH to W. 80th St. Turn WEST/right. Go about one mile to Emerson Ave. Turn SOUTH/left. Go one long block to W. 80th Place. It is on the Northwest corner of Emerson and W. 80th Place.

From the South, East or West:

Take Manchester Ave. to Emerson Ave. Turn NORTH. Go about eight blocks to W. 80th Place. Fellowship Hall is on the Northwest corner of Emerson and W. 80th Place. There is street parking and a small parking lot West of the church.

