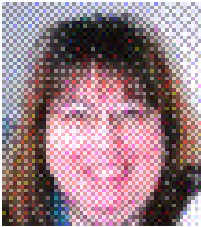


THE PREZ SEZ...



Welcome to February!

Well, a lot of interesting things have been happening over the past few months. The one thing that has effected us the most is the loss of our Computer Lab space at the Kay Cenicerros Community Center. With the loss of usable space there, they just were not able to keep the room's use exclusive to us. We are still talking about alternatives, but that may not happen.

I attended a meeting on Friday where our new Supervisor Jeff Stone was a guest speaker. I was able to talk to him and let him know about the service we provide to our community, and about our loss of a home. I am hoping his office will be able to help us to find a place for us to continue. In the meantime, we need to continue to look for other possibilities. I am heartbroken about this whole thing. I know how very much what we do means to our community, and how much our members have put into creating this lab. Right now, we have about 60 people on our waiting list wanting to learn With no way to do it. I will do my very best to make sure we continue.

On a positive note, I have been contacted recently by a few companies Who would like our user group to test their software and review it for them, in return for a free copy of the software and usually a discount to our members on the purchase of it. Usually these requests come between our meetings. I will be using our message board to post these opportunities. If reviewing software is something that you might be interested in, (all different types are offered) please make it a habit to check the message board on our website. The first person that is able to meet the specifications for the review, that responds to me, will get a free copy of the software and the opportunity to try something new. I will post the opportunities as they are received.

February is International Friendship Month, so when you're out and about, say hello to someone and make their day. You just may make a new friend.

Have an AWESOME Month!
Joannie



"Grant Hanson

We are sorry to hear of the passing of Grant Hanson, a respected member of our Club. Our thoughts and/or prayers are sent to his Family, wife Patty, and children Alec, Jeremy and Rachel. Cards or thoughts may be sent to:

The Grant Hanson Family

28910 Biarrrity Court

Menifee, CA 92584

Or by e-mail to menifeemama@yahoo.com

He is in our hearts

Lon's Freeware of The Month

.lwhis@hotmail.com

CCleaner

CCleaner searches through several programs and removes useless files. It cleans temporary files from a number of applications, including Media Player, eMule, Firefox, Kazaa, Google Toolbar, Netscape, Office XP, Nero, Adobe Acrobat, WinRAR, WinAce, and WinZip. An advanced Registry scanner removes old and unused entries, including file extensions, ActiveX Controls, uninstalls, shared DLLs, fonts, help files, application paths, icons, and invalid shortcuts.

Version: 1.15

HOW TO STAY YOUNG

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Newbies

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Microsoft Word, Excel &

PowerPoint Help

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Newsletter

E-mail your articles, comments

and suggestions to:

fbporter@yahoo.com

Web Page Address

www.ccmv.net

Take a look and take the poll

Meeting Time and Place

2nd and 4th Tuesday

9:00 a.m. to 11:00 a.m.

Seventh-day Adventist Church

29885 Bradley Road

Sun City, CA

Remember, there is no way you can look as bad as that person on your drivers license.

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay them.

2. Keep only cheerful friends. The grouches pull you down.

3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. " An idle mind is the devil's workshop." And the devil's name is Alzheimer's.

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath.

6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.

7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

11. Don't sweat the petty things and don't pet the sweaty things.



Scam Alert—"Phishing"Fraud

The term Phishing is used to describe fraudulent attempts to steal an individual's identity, frequently including Social Security and credit or debit card numbers, through e-mail and phony, or "spoofed" web pages. Phishing e-mails often attempt to create a sense of urgency with a message that financial accounts will be closed or access denied if the recipient doesn't respond right away.

Neither Smith Barney nor the Citibank affiliate sends e-mail requesting that clients verify card account information online. More information about fraudulent e-mails, Phishing, and ways to protect yourself online is available from the Smith Barney Access homepage at www.smithbarney.com.

If you suspect that an e-mail appearing to be from Smith Barney or Citygroup is fraudulent, please forward it to Spoofer@citicorp.com. An Internet Security Specialist will investigate. If you have replied to an e-mail with personal information, and now think the email was fraudulent, contact your Financial Consultant.

The above information applies to all Financial Institutions.

Computer Classes

All computer classes are suspended until we find a suitable place to conduct the classes.

APCUG MEMBER DISCOUNTS

CCMV is a member of APCUG and as such are eligible for User Group discounts at certain stores and online. The current list of participating vendors can be found on our website. (www.CCMV.net)

Please read the discounts and instructions carefully to be sure you get your discounts when purchasing products from these companies. Enjoy!

The goal of that mouthful of words is to understand folding, protein aggregation, and related diseases. Proteins are the basis of how biology gets things done. As structural elements, they are the main component of our bones, muscles, hair, skin and blood vessels. As antibodies, they recognize invading elements and allow the immune system to get rid of the unwanted invaders. In order to carry out their function (eg as enzymes or antibodies), they must take on a particular shape, also known as a "fold". Proteins are truly amazing machines: before they do their work, they assemble themselves! This self-assembly is called "folding". How folding works is not understood.

When proteins do not fold correctly, diseases such as Alzheimer's, cystic fibrosis, Mad Cow disease, an inherited form of emphysema, and even many cancers are believed to result from protein misfolding.

Before we get to [Folding@Home](#) I need to explain what distributed computing is. The best analogy I can think of is imagine that President Joannie wanted to make a very large quilt which has 1,000 squares (a lot of sewing). President Joannie would come to a monthly meeting of ccmv and ask 50 people to each sew 20 squares of fabric and she would collect them at the next meeting and then she would only have to sew 50 squares of material. We could call that distributed quilting. It is the same principle in distributed computing. Very large computing projects can be completed by giving portions to many different personal computers.

[Folding@Home](#) is a distributed computing project run by Stanford University which studies protein folding, misfolding, aggregation (when proteins do not fold but clump together, many times in the brain which is believed to be the cause of Alzheimer's) and other related diseases. Stanford uses large scale distributed computing to simulate timescales thousands to millions of times longer than ever achieved before. [Folding@Home](#) is a small program that you download from Stanford University. The program then downloads a Work Unit, known as a WU, which runs in the background on your pc and uses your unused Central Processing Unit (CPU) time to complete the WU. The only time you are online is when you either download a WU or upload a completed WU. Very few people ever use 100% of their CPU so you are in effect donating your unused CPU time to cancer and other disease research. Each WU has a "point value" and teams compete against each other if they so desire. As of today Stanford University has between 160,000 and 170,000 home computers all over the world running [Folding@Home](#). I personally have [Folding@Home](#) running 24 hours a day, 7 days a week, in other words, I never turn my computer off. In Southern California it costs approximately \$6.00 per month to run a computer 24/7. Most of the information in this article comes from the Stanford University website. If you would like more information about [Folding@Home](#) the website is <http://folding.stanford.edu/>
Submitted by Jesse Maher

Department Leaders

Membership

Dee Morris

Material Distribution

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deewoodee@aol.com

Cue Card Production

Art True
artrue@aol.com

Cue Card Distribution

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&

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Computer Instruction

Dean of Computer School

Joannie Lenz
joannie@RainbowFlair.com

Registrar

John Cope
phone 672-6505

Teachers & Assistants
Various CCMV Members

Sign Up for a Class TODAY!

Bobby SAYS: Daddy, how was I born?

DAD SAYS: Ah, my son, I guess one day you will need to find out anyway!

Well, you see, your Mom and I first got together in a chat room on MSN.

Then I set up a date via e-mail with your mom and we met at a cyber-café. We sneaked into a secluded room, where your mother agreed to download from my hard drive.

As soon as I was read to upload, we discovered that neither one of us had used a firewall, and since it was too late to hit the delete button, nine months later a blessed little Pop-Up appeared and said:

You've got Male

Making a Table in Word By Frank Verrano

1. Open a blank Word document.
2. Get in the Print Layout View (third icon from the lower left of the Word window, or click on View and then Print Layout)
3. Hit the + key once, then the space bar for as many times as the column width you want. For practice purposes make it 5.
4. Hit the + key once again, then the space bar for as many times as the column width you want. For practice purposes make it 10.
5. Do it again but this time make it 15 spaces wide.
6. Hit enter on the keyboard. You have a one-row table with two columns.
7. Now hit the Tab key and you will make a second Row like I have in the example below.
8. Type something in the first row like I did here. (I'm taking a survey of all the babies in the club!)
9. Isn't it clever?

You'll get something like the attached file which is a word file.

#	M/F	AGE
1	M	2 ½

What famous Corporate Geniuses Said By Frank Verano

1. "Computers, in the future, may weigh no more than 1.5 tons."
-- Popular Mechanics, forecasting the relentless march of science, 1949.
2. "I think there is a world market for, maybe, five computers."
-- Thomas Watson, chairman of IBM, 1943.
3. "I have traveled the length and breadth of this country, and talked with the best people, and I can assure you that data processing is a fad that won't last out the year."
-- The editor in charge of business books for Prentice Hall, 1957.
4. "But what is it good for?"
-- Engineer at the Advanced Computing Systems Division of IBM, 1968, commenting on the microchip.
5. "There is no reason anyone would want a computer in their home."
-- Ken Olson, president, chairman and founder of Digital Equipment Corp., 1977.
6. "This 'telephone' has too many shortcomings to be seriously considered as a means of communication. The device is inherently, of no value."
-- Western Union internal memo, 1876.
7. "The wireless music box has no imaginable commercial value. Who would pay for a message sent to nobody in particular?"
-- David Sarnoff's associates in response to his urgings for investment in the radio in the 1920s
8. "The concept is interesting and well-formed. But, in order to earn better than a 'C,' the idea must be feasible."
-- A Yale Univ. management professor in response to Fred Smith's paper proposing reliable overnight delivery service. -- (Smith went on to found Federal Express Corp.)
9. "Who wants to hear actors talk?"
-- H.M. Warner, Warner Brothers, 1927
10. "I'm just glad it will be Clark Gable who is falling on his face and not Gary Cooper."
-- Gary Cooper on his decision not to take the leading role in "Gone With The Wind".
11. "A cookie store is a bad idea. Besides, the market research reports say America likes crispy cookies, not soft and chewy cookies like you make."
-- Response to Debbi Fields' idea of starting Mrs. Fields' Cookies.