



THE PREZ SEZ...



Falling into October...

LOTS of stuff happening in October and into the autumn months. The first meeting in October will be our annual CCMV elections.

I would like to thank our nominating committee of Marge Silva, John Cope and Fran Nakayama for volunteering to serve on this committee. The offices we will be voting on will be President, Vice-President, Treasurer and Secretary. I would like to thank last year's Board, Gary Skill, VP; Chet Hartley, Treasurer; Georgiana Dols, Secretary and Dee Morris, Member at Large for their support and dedication to our club. They contributed extended hours and expertise to help keep our club running the past year, and made my job MUCH easier. THANK YOU! And thanks to you... our members who have supported your Board. I know you will show our newly elected Board the same support.

I will be offering several opportunities to members to evaluate some software in October. This is a great learning experience and is lots of fun, plus you get free software. So volunteer!

Don't forget... We have only ONE MEETING

ER because of the holidays. (is it really that time again?? Guess so) But for now... let's enjoy the fall!



Joannie



Lon's Freeware of The Month

lwhis@hotmail.com

Radio - Listen To Dozens Of Stations [4.78M] [Win98/ME/2k/XP] [FREE]

I am a person who likes to try new things every once in a while. When it comes to media, everybody seems to do it differently. That is why I was happy to find this little program called Radio. It allows anybody to check out dozens of stations from around the globe. This is an easy-to-use Internet radio with recording options. It is built to be a user friendly and an easy way to listen to radio stations all over the world. It has 26 predefined stations, and a growing list of radio station lists to use for those 26 channels. You can select by categories, like Country, Hits, Classical, Rock, Norwegian, etc. You can use this device to record the new things you might find, as well. After you record a radio session, the default format is .mp3 and the filename is output.mp3. Simply right-click the radio interface, select "Edit recorded material," and save the file as any name you choose. Remember to save each file with a different name as all new recordings will be named "output.mp3" and will overwrite previous recordings. So, feel like expanding your horizons today? Check out Radio and listen to what somebody else has to say for a while. Hear some new music you might have never heard before. Expand yourself in the culture of another location.



Board of Directors

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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
Get help on the Message
Board*

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

Where is the Printer Friendly Version?

By Frank Verano

I subscribe to Dr Weil's web letter and I like many of his recipes. I print out those I like and also save them as a file in My Recipes folder. But Dr Weil does not always provide a Printer Friendly version. I have to make my own "Printer Friendly Version". You can too. Here's how.

1. Place his web letter (remember this is an email) in the Forward window. Just click on Forward. You can edit it now.
2. In the Forward window scroll down to the text. Click on the embedded graphic and/or picture. You will notice that it becomes outlined in a box with little boxes at the corners.
3. Point inside the graphic or picture and delete it.
4. Keep clicking around where the graphics was located and you will see some more boxes, perhaps with nothing in them but nevertheless a well defined box. Delete each. (There are usually 2 or 3.)
5. You can do some editing here but I prefer to copy the remaining text to a Word Processor. To do this, carefully drag the mouse (holding down the left key) through the whole text to highlight it. It is often tricky to get a starting point for the selection so as to catch the title or the first line of text.
6. You can copy the text and paste it to a Word Processor (edit it.) and save it as a file if you wish. Or else, you can print after step 5 but make sure that in the Print window you click on "Selection" to tell the computer to print only what you selected. Got it?

TROJANS ARE PROBABLY BURIED IN SYSTEM RESTORE

Got a report from a guy that his Anti-virus program (AVG) finds two Trojans, but cannot delete them. He said he has attacked them with anti-spy ware programs, to no avail.

Anti-spy ware programs will not work against Trojans. So, forget that. AVG is an excellent program, so I would guess the Trojans are in System Restore. Anti-virus programs cannot clean this area. System Restore archives snapshots of Windows' system state. If your system becomes unstable, you can use it to shape up Windows.

However, it includes viruses and Trojans when it takes the snapshots. To clean it, you need to dump the Restore points. To do that, click Start>>Control Panel. Double-click System. Select the System Restore tab. Check "Turn off System Restore on all drives." Click Apply>>OK. Reboot. Open System Restore and remove the check. Click Apply>>OK. Run AVG again. The Trojans should be gone.

Department Leaders

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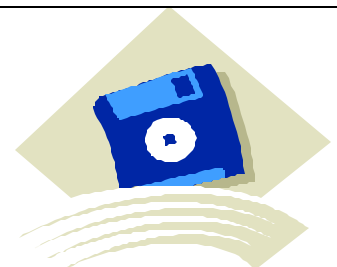
Computer Instruction

Dean of Computer School
Joannie Lenz
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Registrar
John Cope
phone 672-6505

Teachers & Assistants
Various CCMV Members

Sign Up for a Class TODAY!
at
Any Computer Club meeting
Sun City Gardens
Kay Cenicerros Center



Internet Explorer Tips and Tricks
by Richard O. Johnson, TUGNET
rj@theskillspool.org

Internet Explorer, despite inroads made by Firefox and other browsers, overwhelmingly remains users' browser of choice (perhaps because it comes bundled with all new Windows computers). The following pointers are designed to help you get the most out of your use of Internet Explorer. They're written with IE6 in mind, although most will apply to earlier versions, and some may apply to other browsers as well.

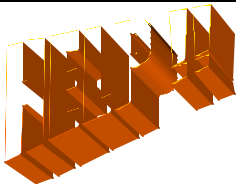
Use keyboard shortcuts

My regular readers will know that to increase efficiency I strongly encourage the use of keyboard shortcuts in preference to the use of the mouse. Here are my favorite IE keyboard shortcuts:

- Use Alt-Home to bring up your home page.
- Use Ctrl-H to open or close your history pane.
- Use Ctrl-I to open or close the Favorites pane.
- Use Ctrl-B to organize your Favorites
- Use Ctrl-N to duplicate the active page in a new window.
- Use Ctrl-F to find a word, partial word, or phrase on the current webpage.
- Use Backspace (or Alt-Left) instead of the IE Back button, to navigate back.
- Use Alt-Right to navigate forward.
- Use F11 to toggle full-screen mode.
- Use Alt-D to move to the address bar. (Or use Ctrl-O, and you won't need the address bar! See "Other" Tip 3, below, for details.)
- Once in the address bar, use Enter to bring up the specified webpage or Ctrl-Enter to first surround what you've typed with "www." before and ".com" after, and then bring it up.
- Use F5 or Ctrl-F5 to refresh a page. It's a good idea when refreshing to routinely hold down Ctrl (whether you're using the keyboard or the mouse), to bypass the IE cache and give you a more effective refresh.

Optimize the toolbar

Note from Editor: This is a portion of the article in the above web site. Go to the web site to read the remainder of it.



I need more articles from the club membership for our Newsletter. I have been the editor for nearly a year and only Lon Whistler, Frank Verano and Gary Skill have submitted articles. Joannie emphasizes this at our meetings.

Revisit Hybernation
By Frank Verano

The following was obtained from TechRepublic.com. I give it to you verbatim. See also an earlier article on assigning Hibernation to the Power switch.

"If you use the Windows XP's Hibernation feature on your laptop, you may want to delete the Hiberfil.sys file from the hard disk before defragmenting. When you put your computer in hibernation, Windows XP writes all memory content to the Hiberfil.sys file before shutting down the system.

.... when you turn your computer back on, the OS uses the Hiberfil.sys file to put everything back into memory, and the computer resumes where it left off. However, Windows XP leaves the Hiberfil.sys file on the hard disk, even though it's no longer needed.

The Hiberfil.sys file, which can be very large, is a special system file that Disk Defragmenter cannot defragment. Therefore, the presence of the Hiberfil.sys file will prevent Disk Defragmenter from performing a thorough defragmenting operation. Follow these steps to remove the Hiberfil.sys file from the hard disk:

1. Access the Control Panel and double-click Power Options.
2. Select the Hibernate tab in the Power Options Properties dialog box.
3. Clear the Enable Hibernation check box and click OK.
4. As soon as you clear the check box, Windows XP automatically deletes the Hiberfil.sys file from the hard disk. Once you complete the defrag operation, you can re-enable the Hibernation feature.

-Computer Classes
by Joannie

Evening Classes (5:00PM-8:30PM) held at
Sun City Gardens
28600 Bradley Rd—Sun City

A \$60 registration fee includes the two evening classes, instruction manual, and the opportunity to return and audit the class once again, to brush up on things you may have missed the first time, anytime the class is running for FREE! (space permitting)

Upcoming Classes

October 11 & 13	Intermediate Microsoft Word
October 18 & 20	Intermediate Microsoft Excel
October 25 & 27	Basic Microsoft Word
November 1 & 3	Basic Microsoft Excel
November 8 & 10	Microsoft PowerPoint
November 15 & 17	Intermediate Microsoft Word
November 29 & 30	Intermediate Microsoft Excel
December 6 & 8	Basic Microsoft Word
December 13 & 15	Basic Microsoft Excel

Moderating a Question and Answer Session
By Bud Bondietti, Editor, Modesto PC User Group
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A successful moderator, I have found, should practice two qualities:

- 1) The ruse of "Dazzle them with brilliance or Baffle them with bull" very seldom works. If anything it complicates the problem because the person doesn't get the right answers to solve the problem and
- 2) If you are hit with a question you or anyone in the audience doesn't have the answer for, politely ask the person to see you after the question and answer session so you can get the question written down for research. Then, follow up. Nothing will turn a member against the club faster than not having their needs met. Be careful not to get bogged down on one question. Time is short and you may miss someone else's need to have an important question addressed.

The moderator should make it a habit of repeating the question for two reasons:

- 1) It assures that the question is correctly stated and
- 2) It helps those who are hard of hearing know what the question is and the resulting answer. Utilize a microphone if need be, otherwise talk clearly and slowly. We often rush to get our answers and people miss the point. If there is more than one "expert" in the group, utilize their talents to help solve questions. Be aware of sideline discussions within the audience, they hamper others from hearing what's going on thus create a need to repeat the question and its answer. There is a wealth of knowledge in our groups, even from the novices. Above all, learn that patience is a virtue. When you show patience, more people will ask questions and the session will flow evenly, sometimes past the time to close discussions.

A Visit with the Fallbrook PC User Group

Five of our club members attended a presentation on COREL products at the Fallbrook PC User Group on September 22nd. It was very informative and they gave us a procedure for purchasing the COREL products online. Go to the Fallbrook website, www.fpcug.net and there's a link to COREL. They give a discount to PC user clubs.