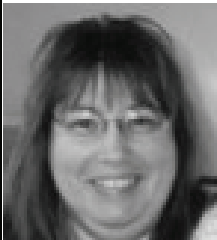




## THE PREZ SEZ...



WOW! Our classes are back and running in our new computer lab at The Cherry Hills Club. It's a bit smaller than our last room, but students seem to have no problems packing into the room, and are excited to be learning again! Many thanks to Bill Oberg who is again teaching a Basic XP Class, and to Jim Richardson who just started an evening XP Course. I also have a Basic Word Class that's running on Saturday mornings. Most of all... Congratulations to the STUDENTS who are taking our classes. Your interest in expanding your knowledge is helping to support the great work that CCMV does in our community. Keep signing up!

I received an email from Pastor Vadim at the Church who has graciously allowed us to use their Hi Speed internet connection. This meeting will be the first time we try to log on so hopefully all will go well and we will now be able to ZIP around the internet at our meetings. What an awesome tool the Internet can be. It will be fun exploring and learning.

Don't forget to bring any topics you would like to explore to myself or Jim Richardson. We have been taking some time during each meeting before the break to look at some basic computer functions that some of us have forgotten and others are excited to learn about. Share your thoughts and ideas with us so we can bring you the information that's helpful to YOU. Happy Computing!

Joannie

## A Weird XP Experience

By Frank Varano

I had been merrily rolling along with XP, having only a few instances when I had to resort to the restore function. They were obvious situations that called for a Restore. However, recently I had a different experience. For no *apparent* reason my E Machine would freeze after 10 to 20 minutes of operation. The time varied. Each time I had to force a shutdown. One of the reasons I didn't use the Restore is that it would not stay unfrozen long enough to do a Restore.

I had no idea what the problem was. The built-in error reporting (to Microsoft) kept telling me two things. One, upgrade the bios. Two, go to Realtek and get new drivers. (Sound system.) Reluctant to follow the advice, I continued working, thinking that I had some spyware or virus.

With that in mind, I ran Adaware, then Spybot. But it still froze. I went to Trend Micro to do a thorough scan there (for spies and viruses) also but it froze before the scan could complete. I did it again and successfully completed it before it froze. Fortunately Trend Micro's Housecall does fix things as it scans.

I didn't do any testing but I did a anti virus scan with AVG also. The problem cleared up after this but I truthfully don't know if it was the Trend Micro scan or my own scan with AVG. I wanted to leave you with an "Aha! So that's it" but I can't. I suspect it was House Call.

In the Club I help a lot of people (somewhere between 20 and 40) with their computers, bailing them out of trouble. But when I have trouble, where can I go? I don't think that my computer pays any attention but I hang my rosary on the tower. *Need all the help I can get.*

with it but eventually by working very fast I restarted the computer after one of those forced shutdowns, headed for the website and downloaded (to My Downloads folder) an 18 mb file from Realtek before another forced shutdown.

### Board of Directors

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*Treasurer*

Chet Hartley  
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*Director at large*

Jim Semanek  
jim@semanek.net

### Help lines:

#### **Windows XP Help**

Bill Oberg  
672-3387  
wobergr@verizon.net

#### **Microsoft Word, Excel & PowerPoint Help**

Joannie Lenz  
301-6226  
Joannie@RainbowFlair.com

#### **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

## BE VIGILANT ABOUT SCAMS

From The Californian by Don Edrington

I just received an e-mail purported to be from eBay, which claimed that it had a message from a member who said, "If the item you listed is still for sale, I'm online and can pay you now", with a link to click for completing the transaction. This, of course, was just another identity theft scam, by which the crook hopes you will supply personal data with which he can empty your bank account.

A more common variation purports to be from your bank, which says, "Due to fraudulent attempts to access customers' accounts, we need you to update your personal information, etc."

Another variation notifies you that "you have won international sweepstakes" of some kind.

Probably the oldest and still most prevalent con is the "Nigerian scam," in which a widow/son/daughter of a prominent Nigerian/Kuwaiti politician tells you the person died suddenly and wanted to leave all this wealth to a "a good Christian/philanthropist who would use the money for godly purposes."

More information about this sort of thing can be found at [www.scambusters.org](http://www.scambusters.org).

As the Internet gets bigger, it becomes more useful every day. However, it also becomes more dangerous, as the bad guys find new ways to infect your PC with all kinds of malware. You need a firewall to keep out hackers and an onboard antivirus program to intercept infections of various kinds. Some depend on a router to be a mechanical firewall that keeps hackers at bay, but I prefer ZoneAlarm, which also monitors attempts by software on my PC to access the Internet.

What software? Well, programs such as RealPlayer constantly try to access their own sites so they can sell you various things, such as software upgrades and/or music files (which only work on "Real" media players).

As for "spyware" and "adware," it's everywhere on the Internet nowadays, and if you do any surfing at all, you need to use a program such as Ad-Aware every day to look for and remove the insidious stuff. ZoneAlarm, Ad-Aware and AVG Anti-virus are free programs whose links can be found on my home page.

Windows Defender is an onboard anti-spyware program that is free from [www.microsoft.com](http://www.microsoft.com).

Personally, I prefer daily scanning with Ad-Ware to having Defender running full time in the background. Why? Well, every program that runs in the background uses system resources and tends to slow down your computer. This can mean balancing a trade-off between ongoing malware-scanning against doing it manually.

The biggest source of viruses continues to be clicking on unrequested e-mail attachments, while the main source of spyware is clicking on suspicious "get-your-free smilies-here" and other "must-have-this -goodie" links one encounters online.

More security information can be found on Don Edrington's Web site at [www.pcdon.com](http://www.pcdon.com), and calls are welcome at (949) 646-8615.

## A Retiree's Day

Submitted by Frank Verano

OF COURSE YOU KNOW ALL THIS BUT THIS IS JUST A REMINDER.....

**Question: How many days in a week? Answer: 6 Saturdays, 1 Sunday**

**Question: When is a retiree's bedtime? Answer: Three hours after he falls asleep on the couch.**

**Question: How many retirees to change a light bulb? Answer: Only one, but it might take all day.**

**Question: What's the biggest gripe of retirees? Answer: There is not enough time to get everything done.**

**Question: Why don't retirees mind being called "Seniors"? Answer: The term comes with a 10% percent discount.**

**Question: Among retirees what is considered formal attire? Answer: Tied shoes.**

**Question: Why do retirees count pennies? Answer: They are the only ones who have the time.**

**Question: What is the common term for someone who enjoys work and refuses to retire? Answer: NUTS!**

**Question: Why are retirees so slow to clean out the basement, attic or garage? Answer: They know that as soon as they do, one of their adult kids will want to store stuff there.**

**Question: What do retirees call a long lunch? Answer: Normal.**

**Question: What is the best way to describe retirement? Answers: The never ending Coffee Break.**

**Question: What's the biggest advantage of going back to school as a retiree? Answer: If you cut classes, no one calls your parents.**

**Question: Why does a retiree often say he doesn't miss work, but misses the people he used to work with? Answer: He is too polite to tell the whole truth.**

**Share this one with all the retirees that you know. I'm sure they can relate to some of them! AND, if you have not yet retired, look what you have to look forward to.**

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*Material Distribution*  
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### Computer Instruction

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*Teachers & Assistants*  
Various CCMV Members

**Sign Up for a Class TODAY!**  
**at**  
**Any Computer Club meeting**  
**or the**  
**Kay Cenicerros Center**

**Computer Club Class**  
**Room Located at**

**Cherry Hills Country Club**  
**At the West End of**  
**Cherry Hills Blvd**

Verboten and not Verboten Files  
By Frank Varano

Of course, you know that Outlook does not block documents such as these useful extensions: .xls, .doc, .ppt, and .txt files, since most people use them to get work done. However, keep in mind that these files can contain macros that have the potential to spread viruses. So whenever these come to your Inbox, be sure to save and scan them first with a third party antivirus program. But what about the blocked file extensions?

Here's a neat trick: You can always rename the blocked file to include a temporary file type that is not on the above list. Or for example, you might rename the file "program.exe" to "program.exe\_ok". Now the system does not see the "exe" extension. You can attach the file to the e-mail message. But be sure to include instructions in the message for the recipient to save the file with the correct name, "program.exe". not "program.exe\_ok"

It goes without saying that you should only open files that you *expect* from someone. Yeah, yeah, yeah but it is a pain in the butt.

You also can zip the files before you attach them to your e-mail message. In your message, you can include instructions explaining how to extract the files from the package to make it easy for recipients to access the files. Yeah, yeah, yeah, that is another pain in the butt.

ABOUT CELL PHONES  
An e-mail from someone

A REMINDER....In less than two weeks, all cell phone numbers are being released to telemarketing companies and you will start to receive sale calls. YOU WILL BE CHARGED FOR THESE CALLS...

To prevent this, call the following number from your cell phone: 888-382-1222. It is the National DO NOT CALL list.

It will only take a minute of your time. It blocks your number for five (5) years. HELP OTHERS BY PASSING THIS ON TO ALL YOUR FRIENDS OR GO TO:

Www.donotcall.gov

Did You Know?  
By F. Varano

In MS Outlook, normally you enter an address in the To: box by finding the address in your Address Book. And you do this by typing a few letters of the last name (assuming that your entries are sorted by last names). MS Outlook finds the address, then you click To: and the address appears in the To: box of the email. Yeah but!. Did you know that if you type the first few letters of the last name *directly* in the To: box of the email, the Address Book will replace it with the Display name?

Of course, you must have your Address Book entries done right in the first place. Unfortunately many are very sloppy about entering names and addresses in the Address Book.

Summer Schedule

At the June Board meeting, the summer meeting schedule was discussed and will remain the same.

Websites

Jim Richardson has requested that you send a list of your favorite websites to him:  
SeniorSource@man.com

Treasurer's Report for April 2006  
By Chet Hartley  
Monthly Income and Expenses  
5/1/2006 through 5/31/2006

INCOME:	
Contributions	\$69.25
Bank Interest	\$1.45
Shareware/Freeware Sales	<u>\$8.00</u>
Total Income	\$78.70

EXPENSES:	
Church Usage	\$200.00
Newsletter Expenses	\$14.01
Tuition Refund	<u>\$50.00</u>
Total Expenses	\$264.01

Income less Expenses	-\$185.31
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