

## Mp3 Players



Yes, the Geek Squad from Best Buy are coming. They will explain all there is to know about Mp3 players.

Should you get an iPod, a SansaFuse, or another brand and what is the difference among the various brands?

Do you own a Mp3 player or thinking of buying one?

Do you know what they are capable of?

How do you load the darn thing and how you do make it do what you want it to?



If these are some of your questions, make sure to mark the date and attend the meeting on October 6. ♦



On page 2 [Editorial Notes] you'll find one of the ways I use my computer. We'd like to hear how you use your computer. Do you keep a budget using Excel? Do you have an album of photos? Do you just surf the Web? Are you into games? Whatever keeps you pounding those computer keys, we'd like to know about it. Send us a paragraph or a full page—in Word, Word Perfect, or plain .txt format and we'll publish it in the newsletter. We can include your name, if desired, or keep it anonymous if you'd prefer. Just let us know. Send to [editor@mvpcug.com](mailto:editor@mvpcug.com).

**Tuesday, October 6, 2009 - 6PM**  
**Whitesboro High School cafeteria**



# explorer

The MVPCUG *EXPLORER* is published monthly from September through June by the Mohawk Valley Personal Computer User Group, Inc. (MVPCUG), PO Box 586, Marcy NY 13403-0586.

Opinions expressed herein are the writers and are not reflective of the MVPCUG, nor are they considered substantiated by inclusion in this newsletter. All articles are copyrighted by their respective authors but may be reprinted by other User Groups provided credit is given to the author and this publication.

The MVPCUG was founded in 1981 by individuals interested in IBM compatible computers. This non-profit organization consists of volunteers whose expertise range from novice to professional.

Regular meetings are held on the first Tuesday of the month at 6pm, usually at the Whitesboro High School, Route 291, Marcy NY. A typical agenda consists of discussion of business affairs and a demonstration of computer related products. Meetings are open to the public.

Initial membership fee for an individual is \$25. Annual renewal dues are \$20.

## OFFICERS and DIRECTORS

### President

Jerry Finkelstein. . . . . 797-5296  
..... [president@mvpcug.com](mailto:president@mvpcug.com)

### Vice President

Lisa Britt. . . . . [vicepresident@mvpcug.com](mailto:vicepresident@mvpcug.com)

### Treasurer

Bill Gorrell. . . . . 853-3256  
..... [treasurer@mvpcug.com](mailto:treasurer@mvpcug.com)

### Secretary

Helen Russell. . . . . [secretary@mvpcug.com](mailto:secretary@mvpcug.com)

### Program Chair

Patricia Bruno. . . . . [director3@mvpcug.com](mailto:director3@mvpcug.com)

### Directors-at-Large

Jim Pease ['09]. . . . . [director1@mvpcug.com](mailto:director1@mvpcug.com)  
open ['10]. . . . . [director2@mvpcug.com](mailto:director2@mvpcug.com)  
Patricia Bruno ['11]. . . . . [director3@mvpcug.com](mailto:director3@mvpcug.com)

Our internet presence is at

<http://www.mvpcug.com>

### Web Master

Lisa Britt. . . . . [webmaster@mvpcug.com](mailto:webmaster@mvpcug.com)

### NEWSLETTER STAFF

Jerry Finkelstein. . . . . [president@mvpcug.com](mailto:president@mvpcug.com)  
Donna Gorrell. . . . . [editor@mvpcug.com](mailto:editor@mvpcug.com)  
John Hunter. . . . . [johnhunter@mvpcug.com](mailto:johnhunter@mvpcug.com)

## Meeting Agenda

- 5:30. . . . . Meet and Greet
- 6:00. . . . . Business Meeting
- 6:30. . . . . Program, Part 1
- 7:10. . . . . Break
- 7:20. . . . . Program, Part 2
- 8:15. . . . . Drawing for Prizes
- 8:30. . . . . Adjournment

## Editorial notes . . .

Remember when we were kids and back to school meant writing an essay on what we did on summer vacation? Well, I spent the summer working on my genealogy since most of the time was either too wet or too cold to be outside.



What a wonderful thing computers have brought to me—access to the world. My family is from Illinois and Bill's family started in Pennsylvania and moved to Ohio. So we have no local ancestors. Twenty years ago I would have been forced to go to libraries or court houses in the areas where these ancestors lived. Now I am fortunate to be able to sit at my computer and correspond with relatives all over the country—sending photos and documents back and forth. I'm also able to research census forms and birth and death certificates, all online.

Hopefully your computer serves you well and that you find it helps make your life easier.

Stay connected . . . to the MVPCUG  
Mohawk Valley PC User Group, Inc.  
\$25 for initial sign-up - \$20 for renewal

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ NY  
 Zip \_\_\_\_\_ Phone \_\_\_\_\_  
 E-mail \_\_\_\_\_

Please mail this application with a check payable to MVPCUG to  
M V P C U G  
PO Box 586  
Marcy NY 13403-0586

**Minutes of September 10, 2009**  
 — HRussell, Secretary

The MVPCUG general meeting was held at the Whitesboro HS cafeteria. President **Jerry Finkelstein** called the meeting to order at 6:05 PM. There were 23 persons in attendance.

**BUSINESS MEETING**

Jerry started the meeting by giving a brief talk on the new M/S Windows 7 system. He also cited that one day, in the future, most of the daily newspapers will become a pay for viewing on our computers. Next Jerry opened a discussion and description on Flash Drives also known as Thumb Drives. He demonstrated on using the Flash Drive and its effectiveness. He answered many questions from the members on the practicality use of this small device.

Jerry then asked Bill to give a treasury report covering for the month of 6/01/09 to 8/31/09, to the attending members. Those that are interested in the full treasury report can check either with the secretary or Bill Gorrell.

**PROGRAM**

For tonight’s program “Ask the Gurus” , we were treated with three experts, Chris Urban, Greg Hasseler and Nick Gasparovich. Many questions were asked by the members and the gurus came to the rescue with their answers. Chris Urban handed out sheets on tips to speed up your windows PC. He also stressed the importance of backing up your data. He especially recommended getting Carbonite as the best place to store your important files. It was an interesting, informative and helpful session.

**DOOR PRIZES**

[Furnished with club funds]

Flash Drive 4gb. . . . . George Purpura  
 Photo Paper-4X6. . . . . Donna Gorrell  
 USB 2.0 Cable. . . . . Jim Pease

[Donated by Rod St. Clair]

Book-Project Mngt. . . . . Bill Brunnett  
 12-CD Cases. . . . . Don Pianka

[Donated by Que Publishing]

Google-Pedia Book. . . . . Ed Sajdzikowski

[Donated by Microsoft]

Ball. . . . . Richard Eades

[Donated by Pearson Education]

Facebook ERA-Book. . . . . Rod St. Clair

The meeting adjourned at 8:17 PM.

Helen Russell, secretary



Rick Broida of *PCWorld* says it’s possible to tweak the Start menu so that options like Documents, Pictures, Computer, and Control Panel produce fly-out menus when you mouse over them. This is an easy way to access your files.

With fly-out menus, mouse over the desired option, then choose the item you want. Here’s how to do it. [This example is for Vista, but it’s virtually identical in XP. A few of the Start menu items have slightly different names.]

1. Right-click the Start button, and then click Properties.
2. In the Start Menu tab, click the Customize button. [XP users should then switch to the Advanced tab.]
3. You’ll see entries marked Computer, Control Panel, Documents, Games, Music, and so on. For any or all of them, enable Display as a menu.
4. Click OK twice to exit.

Now, when you go to Start, you’ll see that these items have little arrows. Mouse over one [or click it] and you’ll see the associated options in a fly-out menu.

Your hint, or tip, or review of a program could appear here next month. Send an article that you feel would be of interest to other club members to [editor@mvpcug.com](mailto:editor@mvpcug.com) and you might gain an extra door prize ticket.



## Tips to Speed-up Your PC — by Chris Urban

1. Start by cleaning out your Startup folder . . . find it in C:\Documents and Settings\*username*\StartMenu\Programs\Startup, where *username* is your Windows logon name.

- A. Delete the shortcuts of any programs you don't want to run on start-up. As with any shortcuts, when you delete them, you're deleting only the shortcut, not the program itself.
- B. You can also clear out the start-up items by going to Start | Programs | Startup, then right-clicking items you want to remove.
- C. Check the Startup folder once a month.

2. Run MSCONFIG . . . specific instructions are found at the following link:

<http://netsquirrel.com/msconfig>

3. Remove all spyware from the computer by using free programs such as AdAware by Lavasoft and Malwarebytes. Once these programs are installed, be sure to check for and download any updates before starting your search.

- A. Open a browser and go to <http://lavasoft.com> and click the green "Download AdAware Free" button in the upper right corner.
- B. Follow the prompts for installation . . . **update and run once a week.**
- C. Open a browser and go to <http://malwarebytes.org/> and click the blue "Download Free Version" button on the left.
- D. Follow the prompts for installation . . . **update and run once a week.**

4. Disable the file indexing.

- A. Open My Computer [double click the "My Computer" icon]
- B. Right-click on the C: Drive
- C. Select Properties
- D. Uncheck "Allow Indexing Service to index this disk for fast file searching"
- E. Apply changes to "C: subfolder and files", and click OK

Note: if a warning or error message appears [such as "Access is denied] click the "Ignore All" button.

5. Run a disk cleanup once a month.
  - A. Double-click the My Computer icon
  - B. Right-click on the C: Drive
  - C. Select Properties
  - D. Click the Disk Cleanup button—it's just to the right of the Capacity pie graph—and delete all temporary files
6. Defragment your disk . . . here's how by using the "Properties" of "Your Local Disk"
  - A. Open My Computer [double-click the "My Computer" icon]
  - B. Right-click the local disk volume that you want to defragment and then click Properties
  - C. On the Tools tab, click Defragment Now
  - D. Click Defragment . . . **run once a month**

7. Clean your registry by using a freeware application such as:

[http://download.cnet.com/TweakNow-Regcleaner/3000-18512\\_4-10262639.html?tag=1ia:rcol](http://download.cnet.com/TweakNow-Regcleaner/3000-18512_4-10262639.html?tag=1ia:rcol)

[or use this link: <http://tinyurl.com/lr6a9e> ]

Remember to backup your files before doing anything to your Registry. ♦

Chris Urban, along with Nick Gasparovich and Greg Hassler, all from SUNYIT, appeared on the "Guru" panel at the September meeting. They answered our many questions and Chris came prepared with a hand-out sheet in anticipation of the question of how to speed up our computers. He graciously agreed to allow us to print the information so that all of us can benefit. He agreed to the addition of the last sentence which does not appear on the printed copy he handed out. He did preach throughout the meeting the importance of backing up your data files. Chris, Nick and Greg all use the online backup service from Carbonite, available at: <http://www.carbonite.com/>. There is a fee for this service [currently \$54.95 per year], but all three of these gurus highly recommend it.

As always, a Thank You note is sent to each presenter after the meeting. This is just part of the contact and follow up that are jobs done by the volunteers of this club.

**This 'n That . . .**

—Donna Gorrell

Some nifty add-ons for browsers:

**IE7Pro**

Go to <http://tinyurl.com/14ylk8> to download this add-on for *Internet Explorer*. It is an ad blocker, tab manager, can automatically scroll Web pages, automatically refresh pages, and recover if IE crashes. Read the reviews at the bottom of the page before downloading.

**Google Preview**

Go to <http://tinyurl.com/2zbubs> to download this *Firefox* add-on. A thumbnail of each site is given in the Google search results. You can then see if it's a site you want to go to. The add-on also offers site thumbnails when you search using Yahoo.

**MiniMap Sidebar**

Go to <http://tinyurl.com/2963qc> to download this *Firefox* add-on. Open it as a Firefox sidebar, then drag and drop address names or links to it, and a map of them will open right in the sidebar. You have your choice of map services including Google Maps, Yahoo Maps, and others. You can then zoom in or out, get directions—pretty much anything you can do on the mapping site itself. In fact, you can even do more because Mini Map Sidebar includes some nice extras such as traffic information. Read the “more about this add-on” by scrolling to the bottom of the page.

**FireFTP**

Go to <http://fireftp.mozdev.org/> to download this add-on for *Firefox*. FTP stands for File Transfer Protocol which is needed to transfer files from your computer to your web site. FireFTP is a free, secure, cross-platform FTP client for Firefox which provides easy and intuitive access to FTP servers. Once installed, FireFTP appears in the Tools menu. Click it and a new FTP tab opens up, offering a simple two-pane system that lets you easily copy files between your desktop and your remote site.

**FeedsPlus**

Go to <http://www.enhanceie.com/ie/feedsplus.asp> to download this add-on for *Internet Explorer 7*. If you

like the RSS blog reader built into *IE 7*, you need this program. It adds two useful new features—the ability to read all of your feeds from a single location, instead of having to read a feed at a time, and it alerts you when your favorite feeds have new content. This program does not work with *Internet Explorer 8*. ♦

~~~~~

## MICROSOFT TIPS

**WORD 2007****Add or Remove Styles from the Quick Style Gallery**

The Styles gallery on the Home tab in Word 2007 includes several built-in paragraph and character styles by default, such as Normal style, Heading styles 1 and 2, and Title. However, you can customize that gallery for any document or template to include just the paragraph and character styles you need to access most quickly. To display the Styles pane, click the dialog launch icon in the lower-right corner of the Styles section (or press CTRL+SHIFT+ALT+S). To remove a style from the Quick Style Gallery, right-click the style name where it appears in the gallery, and then click Remove from Quick Style Gallery. To add a style in the Styles pane to the Quick Style Gallery, right-click the style name, and then click Add to Quick Style Gallery. (Note that, if the style is already in the gallery, the option to remove the style from the gallery also appears here.) You can also add or remove a style from the Quick Style Gallery through the Add to Quick Style Gallery check box in the Create New Style... or Modify Style dialog boxes.

**EXCEL****Format Chart Elements Just Like Shapes**

In Excel 2007, charts have as much data-crunching power as ever. They're also part of the new Microsoft Office graphics engine, so you can format charts with the same flexibility as other Microsoft Office drawing objects, such as shapes. To apply a style of formatting to the entire chart, on the Chart Tools Design tab, select an entry from the Chart Styles gallery. Or to apply custom formatting, select a chart element (such as a data series), and then click the Chart Tools Format tab for the option to apply shape styles, fill, outline, or effect formatting. From the Chart Tools Format tab, you can also apply WordArt formatting to the text of selected chart elements, such as the legend, axis labels, and data labels. ♦

## Sites to Visit on the 'Net

— by John Hunter

### Who Are You? And What Are You Doing With My Money?

Next to spam alerts and various web attack warnings, identity theft is probably the biggest worry we face related to our computers and our personal financial lives. Horror stories abound of people finding themselves in debt for items they never purchased, checks they never wrote and credit cards they never authorized. Many companies, for a fee, offer to help you either prevent identity theft or to help dig your way out of the financial chaos identity theft causes. Should this happen to you, you don't have to worry or pay additional money to clean up the mess. The following web site provides free advice and assistance to those facing identify theft issues.

[IdentityTheftResourceCenter.org](http://IdentityTheftResourceCenter.org) provides many services to those in need. Click on the URL and the homepage pops up. Along the right margin, current identity theft news scrolls up: 372 data breaches to date in 2009, for example.

Across the top, various buttons will lead you to Data Breaches, Victim Resources, Consumer Resources, State & Local Resources, Scams & Consumer Alerts and Teen Space. Down the left side of the page, buttons appear listing About ITRC, ITRC Sponsors, Business Solutions and so on with additional links to Spanish and Chinese language resources as well.

At the bottom of the Homepage, a "Help I'm an Identity Theft Victim" appears. Click the button and specific advice comes up telling you what to do first. The site stresses that help is free and you are able to talk to a staff person by telephone or email for individual assistance. The site also provides fact sheets listing the steps you must take to clear up the financial mess and letter templates you may use to contact businesses, credit bureaus and so on. So, if help is needed, help is available. Good luck.

### Drug Assistance Programs

We all know about the high cost of prescription drugs. We also know that many individuals lack the resources to pay for the drugs that keep them well. There are several web sites that will provide you with information that may help lower your prescription drug costs. Although many assistance programs have income requirements, don't think that you can't

qualify for assistance because your income is too high. Many agencies consider requests for help on an individual basis. Partnership for Prescription, [pparx.org](http://pparx.org) is a network of drug companies and professional medical organizations that are able to match you to more than 475 public and private patient/drug assistance programs that provide drugs at low or no cost.

At my visit, the home page provided an 888 telephone number that you may use to call for assistance. When I clicked on the patient resource button, up came a page listing helpful sites for medicare drug coverage, patient assistance programs where you search by drug name, company name or program name, co-payment programs, a free or low cost clinic finder and drug savings cards. Most large pharmacy chains have low cost drug programs as do some retail chains such as Wal-Mart and Wegmans.

The Co-payment programs list begins with the American Kidney Fund and goes through Patient Services Inc. A thumbnail explanation of each provider indicates what will and will not be provided.

Other helpful sites include: RX Assist, [rxassist.org](http://rxassist.org). This site provides databases you may search for patient assistance programs. Another helpful site is NeedyMeds at [needymeds.org](http://needymeds.org). This site also provides lists of drug assistance programs as well as links to state sponsored programs.

The pharmaceutical industry also provides direct assistance through the site, Together Rx Access, [togetherrxaccess.com](http://togetherrxaccess.com). Income levels are \$45,000 for individuals, \$60,000 for a family of two and \$105,000 for a family of five.

For those taking generic drugs, there are several helpful sites. These include Rx Outreach at [rxoutreach.com](http://rxoutreach.com) and Xubex Pharmaceutical at [xubex.com](http://xubex.com). These sites provide good deals on generic drugs with no income qualification.

For price-conscious shoppers who wish to cut to the chase, click on [destinationrx.com](http://destinationrx.com) and register for free. Type in the drug you are looking for and click on "Compare Pharmacy Prices" for a cost comparison of online, mail-order and local pharmacies. The comparison provides the lowest and highest cost for each individual drug.

Since we all have computers, these sites are easy to access. What do the poor without computer access or the computer phobic do to save money on drugs?

Until next time . . .



## Did You Know . . . — Donna Gorrell

. . . that holding down the Ctl key and using the mouse wheel in Firefox will cause the web page to zoom in or out?

. . . that you could also open a new link by clicking it with the mouse wheel? If you have programmed your mouse to do something special with the wheel this trick might not work. The default in Firefox, Internet Explorer, and Google Chrome is to open the clicked link in a new tab.

. . . that there is an easy way to make a record of the files in a folder? Chose the folder you want and select all [Ctrl-A], then right click any file. Choose Send To and select Mail Recipient. This opens your default mail program. The list of files should show up in the body of an email, which you can then copy and paste into a word processing or any program you desire.

. . . that you can find out the size of a folder and how many files it contains? Select the item, press ALT-ENTER and look on the General tab. Or, more simply, right-click on the folder and choose Properties, then look on the General tab.

. . . that double clicking a Window's Title Bar can maximize the window? Double click it again and it restores to original size.

. . . that you could restrict the size of the photos or graphics that you insert into a Word document? Create a text box [click Insert and Text Box or Simple Text Box in 2007]; copy and paste an image into it and the image automatically resizes to fit within the confines of the text box.

. . . that Gmail is not an email client but a *service*? Download Gmail Notifier [[tinyurl.com/2egw2q](http://tinyurl.com/2egw2q)], a free application from Google that adds functionality to Gmail. Notifier sits in your System Tray and will check your Gmail account for new messages, alert you when they arrive, display a synopsis of each message, and sets itself as your default email client. Then when you click on an email link, it opens Gmail in the browser of your choice. It's not supported on Vista and you can't use it with Google Toolbar. ♦

## Byting Remarks — Jerry Finkelstein

Everything gets easier. You never did have to know much to use the computer in a very basic sort of way: type out a document, do email, surf the Internet, land on a Website. You need not touch-type, you can use just two fingers, or one. Nowadays you don't have to weigh yourself down with a camera or two, an video camera, a cell phone to make and receive calls, a radio, an iPod, a laptop for movies and to keep you in touch with the wide world of the Net. It's all in one gadget now, it looks like a cell phone to me.

A friend of mine showed off his pictures of Spain stored on his cell phone. A bit dark, somebody was posing in front of a church, I think it was a church. I think the person posing was my friend. Also on his cell phone were pictures of his grandchildren. Twins, he said. The pictures were small and the babies were tiny itty-bitty things. You can hardly make them out. But he said they were his grandchildren and because he is my friend I believed him. He's the kind of guy who enjoys watching Ben Hur on his cell. He also reads books. On his cell. Not audio books but the kind you use your eyes to read the words. On his cell.

GPS is built in, so he's never lost. He has a very large family and loads of friends and he's in touch with them at least four or five times throughout the day. He always seems to be telling them exactly where he is at. And I wonder who, really, needs to know when I am getting into the car, getting out of the car, what aisle I'm in at the store. One of my friends always lets me know when he's in the driveway. I've noticed lately, at the movie house, lots of people checking their cell phones in the lobby, then again just before the movie starts, then once more right after the movie ends. I feel sure they are checking it again as they get into their cars. If you ever watched the TV series, 24, you know that there is no show without a cell phone. Just about all the action takes place on the cell phone. Just like real life.



Well, the cell phone is a way to keep in touch with family, friends and, literally, with millions of strangers. Just about everybody is on Facebook, and it seems like everybody twitters. It's now easy to have the world at your fingertips. It was very interesting to hear our guest speaker saying at our last general meeting that he didn't own a cell phone. Why not, I asked. He said, "Because I don't want to be found". ♦

# explorer

## Mp3 Players

Tuesday ♦ October 6, 2009 ♦ 6:00 PM ♦ Whitesboro High School



| what's.com/ing                                                                               |                                                                                                     |                                                 |           | October 2009 |        |                                                                                                    |
|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------|-----------|--------------|--------|----------------------------------------------------------------------------------------------------|
| Sunday                                                                                       | Monday                                                                                              | Tuesday                                         | Wednesday | Thursday     | Friday | Saturday                                                                                           |
|                                                                                              |                                                                                                     |                                                 |           | 1            | 2      | 3                                                                                                  |
| Oct 13 1775 - US Navy established<br>Oct 16 - National Boss Day<br>Oct 24 United Nations Day |                                                                                                     |                                                 |           |              |        |                                                                                                    |
| 4                                                                                            | 5                                                                                                   | 6 Monthly General Meeting 6:00 PM Whitesboro HS | 7         | 8            | 9      | 10                                                                                                 |
| 11                                                                                           | 12 Columbus Day  | 13 Board of Directors Meeting 6:30 PM           | 14        | 15           | 16     | 17                                                                                                 |
| 18                                                                                           | 19                                                                                                  | 20                                              | 21        | 22           | 23     | 24                                                                                                 |
| 25                                                                                           | 26                                                                                                  | 27                                              | 28        | 29           | 30     | 31 Halloween  |