

## E-Waste

The computers and electronics that we use everyday contain toxic materials such as lead, mercury, cadmium and other heavy metals. We do not think about what is in them, until they have to be disposed or recycled. Many electronics contain elements—lead, mercury, and cadmium for example—that are safe when the items are used as directed, but can be hazardous if disposed of in the trash and compacted at landfills. Televisions, computer monitors and other CRT's [cathode ray tubes] contain an average of four pounds of lead and could contain double that amount depending on size and make. Mercury from electronics has been cited as a leading source of mercury in municipal waste. The largest source of cadmium in municipal waste is rechargeable nickel-cadmium [NiCd] batteries, commonly found in laptops, cell phones and cameras. In an effort to provide many user-friendly environmentally sound disposal and recycling options for the residents and businesses of Oneida and Herkimer Counties, the Authority has developed an Electronic Waste Recycling Program.



David Lupinski, Director of Recycling for the Oneida-Herkimer Solid Waste Authority will present a program on the Authority's Electronics Recycling Program. Mr. Lupinski was appointed the first Recycling Coordinator in Herkimer County in November of 1988 and became the Director of Recycling for the Oneida-Herkimer Solid Waste Authority in 1993. David has an A.A.S degree from the State University of NY, College of Environmental Sciences and Forestry.

In addition to the above program there will also be a surprise showing of . . . well, you'll just have to come and see for yourself!

### Going, Going, Gone!

Check page 3 for the list of equipment the club has for sale. These items will be auctioned off at the April meeting. If you are interested, please attend the meeting where you can view and/or bid on any of the items. Be prepared to pay for and remove the item that evening.

**Tuesday, April 7, 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.

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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.

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## Meeting Agenda

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

## Editorial notes . . .

It was no April Fool's joke that our website was out of commission for over two weeks. We have switched hosts and are now back online. You can find us at the same URL address [[WWW.MVPCUG.COM](http://WWW.MVPCUG.COM)]. Some things that have changed are the email addresses. Please note the new addresses for officers and board members.



Last month we used the new laptop for the first time. Bill has been busy loading programs and getting things set up. On page 3 of this issue you will find the specs for the new computer.

Also on page 3 is a list of items that will be auctioned at the April meeting. We are doing some "housecleaning" and in line with our program this month, we hope to recycle our old equipment.

If you have equipment you'd like to sell, we offer the space, but you must assume all responsibilities.

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 March 3, 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 39 persons in attendance.*

**BUSINESS MEETING**

Jerry started the meeting by requesting a treasury report from Bill Gorrell for the period of Feb.1 to Feb. 28, 2009. The club received \$200.49 in revenues and spent \$177.95 leaving a net income for the month at \$22.54. Account balances as of Feb. 28, 2009 includes \$29.89 in the checking account and \$2,529.69 in the money market for a total of \$2,559.58.

Next Bill announced that the club’s website on People PC has been discontinued. The website is still [www.mvpcug.com](http://www.mvpcug.com) but is being hosted by another service. This service is priced at \$3.95 monthly, thus a saving of \$6.00.

Jerry announced that the school will be closed for our Sept. 1<sup>st</sup> meeting. He than asked the members if it would be agreeable to hold it on a Thursday [Sept.10]. The members agreed and Jerry will check with the school for approval.

Next our presenters, Beverly Choltco-Devlin and Ruth Cosgrove told of a funding budget cut for the library services. They asked the members to sign a petition that will be sent to Albany protesting the cuts.

Patty Bruno, our Program chairperson, said that the April program will consist of E-waste management. The speaker will be Dave Lupinski, from the Oneida-Herkimer Solid Waste Authority.

**PROGRAM**

Tonight we have the return speaker, Beverly Choltco-Devlin, assisted by Ruth Cosgrove. Their topic was on Google and its many features it has to offer. Beverly handed out several pages of information on Google to the members. The sheets consisted of numerous search features, communication, show and share with others.

Beverly also announced that starting April 1<sup>st</sup> all the libraries in the United States will be available 24/7 to answer any questions by using your computer. We all look forward to seeing Beverly and Ruth again. Their presentations are always enjoyable and interesting.

**DOOR PRIZES**

[furnished with club funds]

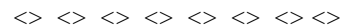
- Flash Drive-1g. . . . . Don Pianka
- Photo Paper, 8-1/2X11. . . . . Rod St Clair
- 25 pack -DVD+R. . . . . Kay Janowsky

[Donated by Que Publishing]

- Learning Excel-2007. . . . . Patty Bruno
- Computer Basics-Vista. . . . . Bob Humphrey

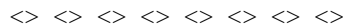
[Donated by Rod St. Clair]

- 10 CD Cases. . . . . Fred Schmandt
- The meeting adjourned at 8:30 PM.  
 Helen Russell, secretary



**THE SPECS FOR OUR NEW LAPTOP**

- Vostro 2510, Intel Core 2 Duo T5670, 1.8GHz, 800MHz FSB, 2M L2 Cache
- 15.4 inch Widescreen WXGA+ LCD
- 3GB, DDR2, 667MHz 2 DIMM
- 256MB NVIDIA GeForce 8400M GS Graphics
- 250GB 7200RPM SATA Hard Drive with Free Fall Sensor
- WINDOWS XP PRO SP3 with Windows Vista Business License
- CyberLink PowerDVD 8.0 DVD Playback
- External USB Modem
- Adobe Reader 9.0
- Roxio Creator Dell Edition 9.0
- 18X DVD+/-RW with double-layer DVD+/-R write capability
- Integrated High Definition Audio 2.0
- Dell Wireless 1395 802.11g Mini Card
- 1Integrated 1.3 Mega Pixel Webcam and Digital Microphone
- Web cam Software
- McAfee Total Protection 15- Month
- 16-cell Lithium Ion Primary Battery
- Microsoft Works Plus 2008
- Laptop Carrying Case - Black Red
- Wireless Laptop Optical Mouse 3000



**ITEMS FOR AUCTION**

Computer [CPU only, no monitor] with two 30G hard drives, mouse, keyboard, modem, speakers, floppy drive, Zip drive + discs, CD-ROM. Has **WindowsXP Pro** installed, and the installation disk, which alone is worth \$100.

- Printer - Compaq IJ700
- Speakers, large, no amp
- Hard drive 40GB in remove-able tray
- Remove-able tray - no HD

## Microsoft Office 2007 Tips

### OFFICE 2007

#### 2003 to 2007 Document Information Panel

When you pause your mouse on your document in Windows Explorer, does it list the author as someone you worked with five years ago? If you started with an existing document, the document property information is probably out of date. With Office 2003 documents, most people don't take the time to right-click the file in Windows Explorer, click Properties, and then edit the document information. With the Document Information Panel in Office Enterprise 2007 and Office Professional Plus 2007, you can edit document properties directly in the program. Click the Office button, and then click Prepare. Click Properties. The Document Information Panel appears below the Ribbon. Enter the appropriate information and save the document. Keep in mind, search engines like the ones included in Windows Vista and Office SharePoint Server 2007 use document properties to deliver search results that are more relevant. So if you want to make something easier to find, make sure your document properties are up to date.

### POWERPOINT

#### Customize Your Pictures

You can apply style, shadow, and crop effects to the pictures that you add to your presentations. You can create great-looking effects with just a few clicks. On the Insert tab, click the Picture icon to browse for a picture to add to your slide. After selecting your picture, go to the Picture Tools Format tab to see the available formatting options. Pause on the items in the Picture Styles gallery to preview each of the prebuilt options. If you find a style you like, click it to apply the formatting to your picture. If you want to apply custom formatting, select options from the Picture Shape, Picture Border, and Picture Effects galleries.

#### Save PowerPoint Picture to Picture Files

To save a picture from a PowerPoint 2007 presentation in any popular picture format Right-click the image, click Save as, and then click Picture.

### EXCEL

#### Customize the Appearance of Conditional Formats Such as Data Bars, Color Scales, and Icon Sets

When you need conditional formatting in your Excel 2007 worksheet, try one of the new data visualization options, including color scales, icon sets, and data bars. You can apply these formats with just a click from galleries of preset options, or customize your own conditional formatting rules. To access the new conditional formats, on the Home tab, in the Styles section, click Conditional Formatting, and then point to Data Bars, Color Scales, or Icon Sets. Or to create a custom rule for one of these formats, at the bottom of the Conditional Formatting menu, click New Rule. In the New Formatting Rule dialog box, select the rule type Format all cells based on their values to use the new data visualization tools. In the lower half of the box, you can then choose among data bars, color scales, and icon sets; specify conditions for each formatting type; and customize colors for data bars or color scales.

**Note:** In Excel 2007, it's also possible to edit existing conditional formatting rules. To access existing rules for editing, at the bottom of the Conditional Formatting menu, click Manage Rules.

### WORD

#### Upgrade Old Documents to 2007 Versions

If you receive a document from a colleague who is not yet running the 2007 Office system, Office 2007 will automatically open it in Compatibility Mode. However, not all the new features will be available to you. When you close the document, it will be saved in its original format. If you want to upgrade the file to the 2007 Office system: Click the Office button, and then click Convert. In the Word dialog box, click OK, and then click Save. **Note:** You may want to make a backup copy of the file before you upgrade it. To see when you are working in Compatibility Mode, look at the top of the screen. The phrase Compatibility Mode will appear in brackets to the right of the file name.

### VISTA

#### Get your old menus back

Are you missing File, Edit, View and the other old stagers from Windows Explorer in Windows XP? Just press Alt and they'll appear. ♦

## What's Happening!!!

— Patty Bruno

~ **GREEN -GREEN- GREEN** ~  
**Everything is about going GREEN!!!**

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### April 22<sup>nd</sup> is Earth Day

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#### Recycle CFL's and rechargeable batteries

Compact fluorescent light bulbs (CFLs) are energy efficient and cost effective lighting alternative to regular incandescent light bulbs. A compact fluorescent light bulb fits in a regular light bulb socket or can be plugged into a small lighting fixture. CFLs are typically used in homes and are increasingly used by businesses. They use 75% less energy than incandescent light bulbs and last up to 10 times longer. Every CFL can keep more than 400 pounds of greenhouse gas emissions out of the atmosphere.

~Check out your local **J Kay Lumber** store~

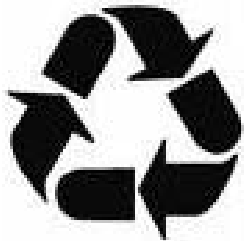
[http://www.usawood.com/jk\\_specialoffers.cfm](http://www.usawood.com/jk_specialoffers.cfm)

You can also recycle them at the Home Depot Stores  
<http://www6.homedepot.com/ecoptions/index.html?>

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#### ~Oneida-Herkimer Solid Waste Authority~

Managing the waste our region generates is everyone's responsibility. Preserving the environment through recovery and disposal is our mission. That's why years ago Oneida and Herkimer Counties voted to create a comprehensive solid waste management system.



#### SCHOOL RECYCLING PROGRAM

Go Green School Recycling Program provides classroom recycling bins to schools that need containers to make their program successful.

#### RESIDENTIAL CONVENIENCE STATIONS

In an effort to provide as many user-friendly, environmentally sound disposal options for residents of Oneida and Herkimer Counties, the Authority developed residential convenience stations. These convenience stations work in concert with a wide

range of public and private solid waste collection systems by providing convenient disposal options for special or one-time waste. ~ If you have any questions or concerns about recycling a specific item.

Check it out !!! [www.ohswa.org](http://www.ohswa.org)

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#### ~Meyda Tiffany Lighting~

Yorkville, NY-based Meyda Tiffany has opened a Recycling Center that will recycle and reuse your clean Styrofoam, bubble wrap, and packaging materials **FREE OF CHARGE** and save you money on trash removal. Help avoid overuse of our landfills. Meyda Tiffany is offering this service as part of its environmental conservation program and public service efforts. Meyda Tiffany is the nation's leading designer and manufacturer of Tiffany lamps, decorative and custom lighting. [www.meyda.com](http://www.meyda.com)

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#### ~Utica ZOO~

**April 22nd- Earth Day** - Come join the local Girl Scouts and learn how to live gentler on the Earth. Check it out under the events location at [www.uticzoo.org](http://www.uticzoo.org)

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#### ~Earth911~

**Earth 911.com** has a variety of information to help you be more GREEN. When you log into the site, on the top of the page there is a **START RECYCLING** box, you can enter what you want to recycle, and enter your zip code. Check it out!!!

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#### ~Google Gadget ~ Energy Saver~

This is a plug in for your desktop, it allows you to see the savings of energy you have save by downloading the plug in. As well as all the other users who have it. <http://desktop.google.com/plugins/i/energysaver.html>  
 Check it out!!!

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#### ~Just a Bit of Info~

UTICA, N.Y. – The Hannaford Charitable Foundation announced its donation of \$10,000 to St. Elizabeth Medical Center in Utica to improve patient safety and security by helping to fund the installation and deployment of a wireless network. YIPPEE!!!



## Sites to Visit on the 'Net

— by John Hunter

### Choose Menu Items Carefully

Most of us enjoy seafood. And seafood is good for us because of, among other things, a higher level of Omega-3 fatty acids and lower fat and cholesterol than red meat. But not all fish should wind up on our dinner plates according to some environmental groups.

The Endangered Fish Alliance at [endangeredfishalliance.org](http://endangeredfishalliance.org) lists four fish species that should never be eaten because these particular fish suffer from overfishing: Chilean Sea Bass, Swordfish, Orange Roughy and Caviar (Black Sea sturgeon are an endangered specie). Many high end restaurants offer Chilean Sea Bass as well as Blue Fin Tuna, Swordfish and Monkfish, also on the endangered species list.

In fact several months ago, actor Robert Di Nero raised environmentalist ire by serving endangered Blue Fin Tuna at his restaurant chain, *Nobu*. When confronted by activists, the chain manager argued that an asterisk placed next to the menu item alerts diners to the status of the fish.

To find out more about the threat to fish caused by overfishing visit [edf.org/seafood](http://edf.org/seafood) and download a pocket-sized PDF file that lists fish species to eat as well as fish species to avoid. The multi-colored pocket Seafood Selector lists best fish choices, ok fish choices and worst fish choices. The EDF encourages consumers to use the guide to select seafood that is good for you and good for the oceans. Bon Appetit.

### More Food Choices

Further healthy food choices can be found at [www.eatwild.com](http://www.eatwild.com). This site touts the benefits of grass fed beef, bison, lamb, and chicken. According to the site, these meats are lower in calories, fats and higher in beta-carotene and vitamin C, among other healthy food elements. These foodies contend that grain-fed animals not only contain more bad fats and more calories than grass-fed animals, but feed lot animals also contain antibiotics and growth hormones that may hurt you in the long run.

Many sites on line indicate where you can purchase grass-fed meat. Several sites include the following: [www.lacensebeef.com](http://www.lacensebeef.com); [www.highplainsbison.com](http://www.highplainsbison.com); and [www.grassfedtraditions.com](http://www.grassfedtraditions.com). This last site offers

beef, bison, chicken, turkey, butter and cheese and grass-fed pet food items available for the most concerned consumers.

These foods are more expensive than the usual supermarket fare, so if cost is a concern, beware. Some supermarkets offer grass-fed products so ask your meat manager about the cost and availability of these foods.

### More Green Topics

School bus manufacturer IC Bus is sponsoring a contest to find America's Greenest School, at [www.AmericasGreenestSchool.com](http://www.AmericasGreenestSchool.com). The goal of this contest is to teach students about environmentally friendly ideas that will make their schools more "green". Interested students should write a 500 word essay that describes what makes their school "green". The deadline for entries is April 30<sup>th</sup>.

The winning school will receive a plug-in hybrid bus worth \$200,000. The winning student will receive a \$5,000 scholarship and the sponsoring teacher will receive \$3,000 to use for the purchase of educational materials.

### Traveling Helps

[WWW.dontforgetyourtoothbrush.com](http://WWW.dontforgetyourtoothbrush.com) will help you develop planning and packing checklists to ensure that you don't forget to lock the house or to pack your necessary medications.

When I visited the homepage, the site required I log in at the *start your list* button on the right side of the page. Once logged in you will begin to develop your planning list depending on the type of trip you plan to take: cruise, camping, foreign travel, beach holiday and so on.

Once in you will click on "packing lists" and receive a downloadable list of suggested items to take and a list of helpful web sites to help you out. Check the items you want to include and print out the list. Email reminders will be sent automatically sent to you to insure that you have a stress-free vacation.

### Choosing a College?

If you have a high school junior at home and are beginning the college search, click on [www.collegeclickTV.com](http://www.collegeclickTV.com). This site will help you make good choices by viewing a list of unscripted videos produced by students that feature college reviews. 30,000 videos from more than 200 colleges help make choosing college easier.

Until next time . . .



## Did You Know . . . — Donna Gorrell

. . . that you can disable annoying context menu javascripts? These are the scripts that prevent you from using a right-click menu. In Firefox, click on Tools in the Menu, then choose *Options*. Highlight the *Content* tab at the top. Then find the *Advanced* button on the right side, opposite *Enable Java Script*. It should be the third one down. From this dialog box you can uncheck the option for “Disable or replace context menus”. Now **your** context menu will work on the web page. You can also prevent websites from resizing your browser window if you uncheck “Move or resize existing windows”. And, this is where you can check to block pop ups. That’s the first item in the *Content* tab. It should be checked. **Note:** By disabling this setting you may prevent customized context menus from working on sites like Google Docs.

. . . that scanning photos can take a lot of time? Instead of scanning each photo individually, lay as many photos on the scanner glass as can fit. You can then make one scan and print out the page and cut each photo. Or you can lay out the photos and crop each photo by using the tool on your scanner. I crop around each photo and then save that portion [one photo] as a file. Then go on to the next photo and repeat. Less wear and tear on the scanner and you don’t have to fiddle with individual photos each time.

. . . that there are some terms that you should know in order to be a competent computer user? A *Dialog box* is a pop up box that gives you information or options. A *Context menu* is what provides you with choices when you right-click on something. A *Drop-down* list is just that—a list that drops down with a list of options. The *Taskbar* is the small area at the bottom of your desktop which includes the *Start* button. The *System Tray* is that part of the taskbar that is located at the right side. It displays the clock, volume icon, and depending on your system, a host of icons that show what utilities are running. The *Quick Launch* toolbar is between the Start button and the area that shows what programs are active. This is where you can place icons for quick access to your favorite programs. This is not part of the Taskbar, you must right-click the taskbar and choose QuickLaunch toolbar to activate it. ♦

## Byting Remarks — Jerry Finkelstein

Soon after Beverly gave us her wonderfully informed talk on all things Google, *The New York Times* devoted a number of pages evaluating Google’s newest enterprise, Google Voice. Apparently, it is destined to be a real challenge (and threat) to lots of existing telecommunications systems.

Google Voice is an update of GrandCentral, a free service that offers many goodies, but in the main helps you manage more than one phone number. Let’s say you’ve got a home number, a business number, a cell number, a private number, etc. Google Voice offers a single number and when somebody calls that number all your other numbers ring, all at the same time. Your voice mail messages land in a single voice mail box (on the Web). There’s voice mail transcriptions, which means that recordings are converted into typed text. The *Times* reports that “You can search, sort, save, forward, copy and paste voice mail messages.” Not all is well, however. Apparently, Google’s software-based transcriptions are rarely perfect. Punctuation, for instance, is lousy, and there are errors in transcriptions of cell phone conversations.



Google Voice offers many other interesting services. It seems that not all of your phones need to go off at the same time; you can specify which phones would ring when certain people called. Hmm. I’m sure we will all hear more about Google Voice in the very near future.

Also in the news, *PC World* reports that buyers of used PCs are buying computers loaded with Windows XP. Purchasers of these used PCs say that their older copies of applications typically don’t run properly on newer Vista-based PCs.







Keeping up with the news, your club will be auctioning the club’s old PC **loaded with Windows XP** at our next meeting. Other goodies will be auctioned too. Along with our regular program it’s going to be a great **green** evening. ♦

# explorer

## E waste ~ Go Green

Tuesday ♦ April 7, 2009 ♦ 6:00 PM ♦ Whitesboro High School



what's.com/ing				April 2009		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April Fool's Day - April 1 Palm Sunday - April 5 Passover - April 8 Easter - April 12			1	2 O & A SIG 6:30 PM Whitesboro HS Room 527	3	4
5 	6	7 Monthly General Meeting 6:00 PM Whitesboro HS	8  <i>Applying the Blend</i>	9	10	11
12  Easter	13	14 Board of Directors Meeting 6:30 PM	15  W-2 1040 U.S. Individual Tax	16	17	18
19	20	21	22  Take Care of the Earth	23	24 	25
26	27	28	29	30	Tax Day - April 15 Earth Day - April 22 Arbor Day - April 24	