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**Web address:**  
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# June 2008

The Newsletter of the Phoenix Personal Computer Users Group  
"Users helping users to understand computers"

**Note: West Side meeting locations have changed !!**

PHOENIX PC USERS GROUP  
5555 N 7TH ST STE 5 PMB 101  
PHOENIX AZ 85014-2575

# Sandboxie

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By Hank Pearson,  
Phoenix PCUG Vice-President

You've heard it is possible to get malware just surfing the web. What if you could browse to your heart's content, and when you finish, just discard anything written to your hard drive? Your computer would be returned to the state it was in before you started, even if you did encounter a dangerous site.

You can do that. You can play in a sandbox. The sandbox software sets aside a special area called the sandbox. You decide which programs to run in the sandbox. Anything written by the programs in the sandbox is written only in the sandbox, leaving your regular hard drive area unchanged. Nothing written in the sandbox is recovered to outside the sandbox unless you specifically request it.

The sandbox is great for testing. Even if your antivirus program misses a virus in the program you are running in the sandbox, you are safe (unless you recover the files), since all writing occurs in the sandbox.

Sandboxie is one of many sandbox systems. It is free, and is easy to use. Download it from <http://sandboxie.com/>, and install it on 32-bit Windows 2000, XP, 2003, or Vista.

You can run any program in Sandboxie; programs do not automatically run sandboxed. Although Sandboxie provides shortcuts to run your browser, Windows Explorer, or any program in Sandboxie, another way to run any program or file in Sandboxie is to right-click the file or shortcut (including Start Menu entries) and click Run Sandboxed.

Any disk output from programs running in the sandbox is saved in the sandbox; any output from programs running outside the sandbox is saved outside the sandbox.

So, in general, when you finish playing in the sandbox, any changes you made are "lost", unless you recover the files to a hard drive area outside the sandbox. When you recover from the sandbox, you can recover into the same folder, or any folder on any drive.

To explain, the hierarchical structure of the folders in the sandbox matches the structure of the folders outside the sandbox. The sandbox does not contain all the folders in all your drives - just the folders being used for output by the programs running in the sandbox.

For example, let's say to test a new photo editor, you run it in a sandbox, edit a picture, My Pictures\Vacation\picnic.jpg, and save it as picnic2.jpg in the same folder. Outside the sandbox, you use Explorer (Windows Explorer) to look in the folder. You see picnic.jpg but not picnic2.jpg, because the new file is saved in the sandbox. You right-click the Vacation folder and Run Sandboxed. Now you see picnic2.jpg, and you double-click it to open it in IrfanView, your favorite viewer, the program you have associated with the file type .jpg. IrfanView is running in the sandbox, by the way, since you opened the file in the sandbox. You close IrfanView and close the Explorer window. In Sandboxie, you recover picnic2.jpg to the same folder, and then open an Explorer window again, unsandboxed, and look at the Vacation folder. The picnic2.jpg file is there now because it is now recovered (outside the sandbox).

In the process of testing the new photo editor, you observed that it reported it built a huge database and new thumbnails of all your pictures. You decide you just wanted an editor, you do not like the program, and you will not keep it. Although it created thousands of new files, no damage has been done, because all that writing occurred in the sandbox.

In Sandboxie, you can view the list of programs  
***Sandboxie continues on page 15***

June 2008

The June 2008 main meetings will be

**West Side .....Tuesday, June 17**

*NEW Location !*

CollegeAmerica, 6533 N Black Canyon Hwy, Phoenix, room 2

**East Side ..... Wednesday, June 18**

University of Advancing Technologies  
2625 W Baseline Rd, Tempe  
(one block west of Fry's Electronics)

**Fountain Hills .... Thursday, June 19**

Fountain Hills Library, 12901 N La Montana Drive,  
Fountain Hills

**The topic for the main meetings this month is:**

**Backing up Your Computer**

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### Contact Information

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**Check our Website at [www.phoenixpcug.org](http://www.phoenixpcug.org)  
to verify subject matter and time for  
ALL meetings!**

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# Users Group News

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## June 2008 General Meeting Topic

All Meeting locations:

*Backing up Your Computer*

## Coming in July

All Meeting locations:

*Not Yet finalized*

*See Our Website*

[WWW.PhoenixPCUG.org](http://WWW.PhoenixPCUG.org)

General Meetings start with Questions and Answers at 6:30 PM. This is followed by the general topic of the meeting. The meetings finish by 9:00 PM

# CALENDAR

Check our website for room and time information and to check for last minute changes

## June 2008

Thursday, June 12 (General Interest SIG).....Library  
Tuesday, June 17 West (Backing up your Computer)..... CollegeAmerica  
Wednesday, June 18 East (Backing up your Computer) ..... UAT  
Thursday, June 19 Fountain Hills (Backing up your Computer)...Library  
Wednesday, June 25 (Photo SIG)..... CollegeAmerica  
Wednesday, June 25 (Video SIG)..... CollegeAmerica

## July 2008

Wednesday, July 2 (Board Meeting)..... TBD  
Thursday, July 10 (General Interest SIG) .....Library  
Tuesday, July 15 West (TBD)..... CollegeAmerica  
Wednesday, July 16 East (TBD) ..... UAT  
Thursday, July 17 Fountain Hills (TBD) .....Library  
Wednesday, July 23 (Photo SIG) ..... CollegeAmerica  
Wednesday, July 23 (Video SIG) ..... CollegeAmerica

# Cryptography Myths 2:

## Some things that go wrong

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*By Bruce Jacobs*

*Phoenix PCUG newsletter editor*

Last month I discussed some common myths about cryptography, specifically the idea that there are programs/systems/governments that can break any code. This month I will attempt to explain how some code systems don't work and the basics of how some codes are broken.

You may not think encryption affects you. This is not true. Not only is encryption used to keep information secret, it is also used increasingly to control what you can do with your computer. If you have had problems with Vista drivers, some of the problems may be related to these issues.

Like last month, if you get confused by what I say, struggle through a couple more sentences and things should get clear.

Some terms I will use:

**Encryption:** changing information to control who can read the information or increasingly to control what can be done with the information

**Plain text:** The information in a human accessible form. The message either before it is encoded or after it is decoded. In this case an example would be: "bogus bank account 1234-567890 password: sillysilo" Because encryption is now used to protect many different types of information, this "Plain Text" could be a movie, music or something else.

**Encryption method:** The algorithm (process or formula) used to secretly encode the data. An example method would be to simply shift each letter of the original message (plain text) to

following letter in the alphabet. The first word of the above message would become: "cphvt"

**Key:** this is a number or pattern that is used by the algorithm (method) as part of the process to produce the coded message. In our bogus method above the key is +1. Instead of just pushing things down on letter in the alphabet we could have pushed them down by three. "b" would become "e" and our key would be 3.

So now that we agree on terms what are some of the ways things have failed in the past.

**Security By Obscurity:** All codes work by keeping something hidden from the people you want to protect the plain text from. However the concept in this approach is that we will protect things by keeping the **method** secret. Historically this has proven to be a very bad idea. If what you want to say is not that important and you are not going to be sending a lot of messages you might get away with this for a while. But the method will get out eventually.

Because you are keeping the method secret nobody gets to look at the method and let you know you have made a mistake. If your enemy breaks your code they are unlikely to announce that they have done so. Frequently when people try this approach they use very simple/stupid methods and rely entirely on the obscurity of the method. One major company used a slight variation on my sample method above to protect documents.

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## *Myths continues from page 7*

**Give the decoding tools to your enemy:** This seems like it would easily be avoided. However let me put you in the shoes of a system designer.

You are going to be making DVD movies. You are going to be selling these disks to the general public. You want to keep people from editing the movie. So you encrypt the data and put it on the disk. Because you want people to be able to watch the movie, you give them a program that can play the movie if they put the movie in there computers DVD drive. Sounds like we should be able to do this safely. A couple of major problems however. the Program you give out with the disk must have the key and method of decoding the movie inside it. Now the "bad guys" have everything they need. It is not simple, but there are ways of watching computer programs as they run to see how they work.

This has lead to an arms race where companies have tried to get some software tools banned and may have lead to some of the problems in Vista. A major goal in Vista was to keep the "bad guys" from being able to break protections like the above.

**Giving away the plain text:** The last potential failure I will discuss today is providing the "Plain Text" to the people you are trying to protect it from. This really sounds dumb. Why would I provide the plain text to someone I was trying to protect it from? Lets look at my DVD movie example above. Commercial DVDs are encrypted. This is not really done to keep you from viewing the movie. It is done in part to keep the movie from being copied. Mostly it is done to control what you can do with the movie.

The movie is of no value to me if I can not watch it. however, I might be the person the movie maker is

trying to protect the movie from. I could play the movie and video tape the screen. Because the movie was unencrypted there is nothing the movie maker could do to stop me. The quality would probably be poor. It is posible to run the wires that would have gone to a computer monitor directly to a device that records with much better quality.

There is software on your computer that tells your computer how to talk to the monitor. It is possible on XP to modify that software so that the movie does not go to the monitor but to a disk drive.

Still not a very big deal. However, we are now starting to see digital monitors. If I can capture a digital version of the output I could make a copy with the same picture quality as the original. Some of the problems Vista has had with drivers have to do with keeping "bad guys" from installing modified drivers so they can copy the content of movies. There is code in Vista to attempt to prevent this from happening.

There are other methods of shooting yourself in the foot and if interest is expressed I can write more. ♪

**Want your own 15  
minutes of fame?**

**Write an article for your  
newsletter.**

- ◆ Explain Something
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# Google Offers Free Medical Records Service

*By Ira Wilsker, APCUG Director; Columnist, The Examiner, Beaumont, TX; Radio & TV Show Host  
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## WEBSITES:

<http://www.google.com/health>  
<https://www.google.com/health/html/privacy.html>  
<http://www.keyt.com/news/local/19222464.html>

Google recently opened for free public access the beta version of its "Google Health" service at [www.google.com/health](http://www.google.com/health). This service offers users access to a comprehensive user created database where the user can selectively store medical records. In addition to the storage of personal medical records, Google Health also allows for the importation of medical and prescription records from a variety of services, and the voluntary exportation of medical records to several diagnostic services. Google Health allows user approved physicians, hospitals, pharmacists, and other healthcare services to access the medical records.

To open a free account at Google Health requires registration; users with existing Google accounts may use their existing usernames and passwords for access. Once registered, opening the website at [google.com/health](http://google.com/health) offers the users an intuitive menu. The primary links in the center column of the page are:

"Add to this Google Health profile (Learn about your health issues and find helpful resources)"; "Import medical records (Copy and get automatic updates of your records)"; "Explore online health services (Find online tools for managing your health)"; and "Find a doctor (Search by name, location, and specialty)". On the left column of the opening page are hyperlinks to personal profile information, and the right

column displays a profile summary.

Clicking on "Add to this Google Health profile" opens a menu with the headings "Conditions", "Medications", "Allergies", "Procedures", "Test results", and "Immunizations". Under "Conditions" a condition or symptom can be entered in the search box, or the user can click on any condition in a lengthy alphabetical list to "Add" that condition to the user's profile. Many of the conditions have a "Reference" link that will provide more information on the condition, as well as any symptoms and treatments.

The "Medications" heading allows the users to enter both prescription and non-prescription medications, vitamins and minerals, as well as herbal products. The search box displays selections as the product name is typed, or an alphabetical directory can be accessed. "Allergies", "Procedures", "Test results", and "Immunizations" are entered in the same manner as "Medications" and "Conditions", with a search box or alphabetical menu.

The main page selection "Import medical records" allows the user to securely import medical and prescription records from a variety of sources, including clinics, laboratories, and pharmacies. Included on the currently short list of such resources are Beth Israel Deaconess Medical Center, Cleveland Clinic, CVS Minute Clinics, Quest Diagnostics, Medco, RX America, Longs Drugs, and Walgreen's.

It is clear in reading about the service that this small listing is in its infancy, as Google Health is trying to sign up additional partners. To experiment with importing data, I clicked on the link for the prescription manager Medco, which is utilized by my health insurance plan. Clicking on the "Link to profile" icon under the Medco listing opened the secure Medco website where I had to enter the username and password I use at Medco. Seconds after approving the transfer of

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# Buying a Mouse - More Important than You Might Think

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*By Vinny La Bash,  
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The average computer user recognizes how important the mouse is to getting things done. Mice have been part of the computer scene for over twenty years and with rare exceptions are simple devices to operate and control. That doesn't mean that people who use them are necessarily familiar with all their features and functions. That's not as bad as it may sound. Most automobile drivers don't have a clue how the internal combustion engine inside their auto engine works. Yet they usually manage to drive from one place to another without incident.

Selecting a mouse is much simpler than choosing an automobile, but there are things you should know before laying out money for a device that if not properly designed, may result not only in poor computer performance, but may cause you injury.

The mouse may be the most common of the tracking technologies used in modern computers, but it is not the only one. There are trackballs, touch pads, and for ThinkPad users, track points. They all have their advantages and drawbacks. We will focus on the mouse.

Mechanical mice, those with the rolling balls on the underside, are obsolete. They have a tendency

to gather debris on the underside, and require cleaning. Moving parts are their most serious weak spot because they will break down sooner than devices that rely on other technologies. Newer optical mice suffer no such defects. They generate a beam of light that combines with an optical sensor providing a screen pointer that is well suited for meticulous graphics or serious game playing. No moving parts mean less maintenance and lighter weight. Optical mice will work on any smooth surface; a mouse pad is unnecessary.

Look for a mouse with a USB connection. It will probably be difficult to buy a mouse that does not have this type of connection today. Make sure it is compatible with USB 2. The mouse is not considered a high speed device so this caution may be unnecessary.

You may want a wireless mouse for no other reason than to reduce desktop clutter. There are many generic wireless mice on the market that will perform adequately, but doing this on the cheap comes with a price. You will have a mouse that requires AAA batteries. Save your pennies and get one with an integrated rechargeable battery. High end wireless mice include receivers that double as battery chargers, so your mouse will never suddenly expire in the middle of an important project.

Most rodents on the market today feature at least two buttons and a scroll wheel. The right button is used mainly for bringing up menus or lists of options. The left hand button activates functions or commands. The scroll wheel, as its name

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my prescription history, it appeared on my Google Health profile under “Medications”. The information transferred to Google Health by Medco was not just the prescriptions I ordered from Medco, but also recent prescriptions I filled at local pharmacies where insurance was claimed. Medco can automatically update my profile as new prescriptions are entered and filled. Items filled at local pharmacies under their respective \$4 or \$5 generic program, where no insurance was filed, did not appear on the Medco list.

The menu item “Explore online health services” opens a list of over a dozen services that offer online personal health services. These health services which can be linked to Google Health and utilize the information provided to Google Health (but only with the express consent of the user!) include such well known services as the Cleveland Clinic, the American Heart Association “Heart Attack Risk Calculator”, “MyCareTeam- Diabetes” diabetes management system (requires monthly or annual subscription), and several other services. While several of these personalized services are free, others are fee based. Most of the services listed require some form of registration in order to utilize those services and integrate them with the users’ Google health information.

The “Find a doctor” link opens a simple pair of search boxes, the first (left) of which is a directory of specialties, and the second box (on the right) is where the user can enter a zip code, city, or other information in order to generate a listing of physicians, chiropractors, and specialists that meet the selected criteria. The listings provided included physician or practice name, address, and phone number, as well as links to the practice website (if any), driving directions from Google Maps, and a link to “Save to medical contacts”.

Once information is entered, a personal profile is created, and several analyses are made by Google Health. One that may be critically important shows up in the left column on the main page with the label “Drug Interactions” with a red exclamation

point if there is a potentially dangerous interaction between prescription and non prescription drugs, vitamins, and herbals. On my personal page there is one advisory about a synergetic effect between two of my medications that says “Discuss with your doctor soon” (this effect is desirable in my case), and another interaction between three of my non-prescription medications that is labeled with a red icon “Requires immediate attention” (I already checked, and it is OK in my case).

In its privacy statement ([www.google.com/health/html/privacy.html](http://www.google.com/health/html/privacy.html)), Google Health explains the confidentiality of the information entered, and how it will not be released or shared with any third party without the express consent of the user. By my personal choice, I would be willing to allow my personal physician (if he participated), as well as any specialists or hospitals that I visit, to access my information. It could be a great time saver to allow them to access my medical records online, rather than me having to complete hand written forms at each office I visit. Because of its inherent completeness, this online “Personal Health Record” (PHR) can also be a life saver by providing healthcare establishments instant access to medical histories, medications, and allergies. By having a voluntary service, such as Google Health, Microsoft’s upcoming competing service “HealthVault”, or “Revolution Health” (bankrolled by AOL’s co-founder Steve Case), which can be securely accessed by health care providers, it becomes easy to create and maintain an accurate health profile for both the benefit of the user and healthcare providers approved for access by the user.

It should be noted that there are always security and privacy risks of posting sensitive information, such as health records, online. It is quite conceivable that hackers could penetrate the security of any establishment or server that contains or has access to sensitive personal information. While I know that they are not perfect, I basically trust Google Health with my information.

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# The Art of Keeping Cool Part 2: Non-fan Computer Cooling

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*By Jerry Goldstein, Vice President & Newsletter  
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Last month we went into how to cool off your desktop PC with fans. In Part 2 we look at alternative and leading edge ways to cool your computer. We also discuss how to keep your laptop from frying.

To reduce computer noise pollution computer designers have come up with many solutions to reduce the heat. Strangely, liquids have proven successful in cooling computers. Liquids provide two benefits over air cooling your computer. Liquid computers run quieter than fan cooled ones and water is better than drawing out heat than air. For complete submersion of computer parts manufacturers have immersed the computer in a variety of oil, synthetic motor oil works well but cooking oil is also used. The oil is low conducive so the electrical parts are not damaged. Complete submersion is typically only used on extreme density computers made for business purposes. One problem with oil is that it evaporates so proper maintenance of topping off the oil must be done.

You may say water and electronics don't mix (go ahead and say it, no ones around) but computer designers have worked out a way. The water flows inside tubes through the computer passively pulling the heat off the components of the computer. It works the same as your cooling

system in your car. A number of computers hit the market last year using water cooling systems. The obvious problem is leaks but since water cooling has proven successful with gamers, due to waters increased heat absorbing ability over air cooling, you'll probably see more computers next year cooled by water. Just make sure you don't change a water cooled computers parts in excess of the manufacturer's parameters or you may overheat the computer and cause a pipe to leak or burst.

To assist in reducing CPU heat sinks are used. Heat sinks are the fins you see rising above the CPU. Often the CPU fan rests on top of the fins as well. The heat sink works by giving additional square footage for the heat to dissipate. Kind of like when you spread out to cool off in a summer breeze. The extra space lets the air get to the heat.

Laptops pose a unique cooling problem as they are tightly packed and sit flat and horizontally and compared to the desktop's vertical tower. Heat likes to rise but, with the laptops configuration the heat gets trapped and needs to be blown out the bottom or sides. Laptops are more to user error as people tend to forget the laptop sides need to be kept free of anything that could block the exhausts. No exhaust equals a fried computer.

When this happens it may be cheaper to buy new laptop than to try to fix the parts. Than again it may be better for you to avoid laptops if you can not remember to keep them clear of blockage.

A common mistake laptop users make is to use  
***Cool continues on page 14***

# Two Months Left

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Our Editor is retiring!

Well, not exactly, but he won't be available to produce our award-winning Newsletter anymore. So we need a replacement. Would you like to assist the Group? Spend a few hours a month putting together the articles, ads, etc. that make up the newsletter? We have a volunteer for the printing and mailing side of the project - we just need a person who can create something to print and mail!

As part of the Association of Personal Computer Users' Groups (APCUG), we get articles every month from other Users' Groups around the nation. Sometimes our own members write articles, too. So the Editor's job is to select articles, lay them out in the available space around our calendar, meeting info, etc., and get it to the printer! It's as easy as that! And our current Editor (Bruce Jacobs) will be around to help you through the first couple of issues if you need him. So you wouldn't be just tossed into the job without a net! If schedules can be worked out he will even walk you completely through the first month.

It would be fun, it would be a learning experience, it would look good on your resume, and you'd be providing a valuable service to the Phoenix PC Users' Group. What more could you possibly want?

We can probably provide software and other resources as needed if that is your concern.

The September newsletter will be produced as a joint project with the new editor so do not delay!

For more information contact :  
Editor@PhoenixPCUG.org.

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## *Mouse continues from page 9*

implies, is used to scroll up and down screens. Sometimes the wheel can function as a third button activating instructions. Advanced scroll wheel functions allow left to right scrolling which can be very useful in wide spreadsheets or large graphics. Used in conjunction with the keyboard, the scroll wheel can zoom in and out of some applications, and can be used to make text appear larger.

Mice do not come in a one-size-fits-all product. Enlightened companies such as Logitech manufacture mice that are specifically contoured to fit a wide variety of hand sizes. Logitech was among the very first companies to recognize that different sized people have different sized hands. Choose a mouse that is ergonomically designed to fit your individual hand size. This will go a long way to reduce the probability of developing carpal tunnel syndrome or some other crippling ailment.

A mouse is a simple device by computer standards, yet it seldom gets the attention it deserves. Take the time to find a good ergonomically designed mouse that suits the physical characteristics of your hand along with suitable options for your personal computing preferences. Productivity and good health are not mutually exclusive.

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# Make Your Wireless Network Safe

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By Marjie Tucker, Editor  
Mountain Computer User Group  
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Wireless networks are becoming more and more popular, but they do add some additional security risks. You need to spend a little extra time to ensure that your data and your identity are secure.

## What are the Risks?

Because wireless networks don't require a cable between the computer and your Internet connection, it's relatively easy for someone else to use your Internet connection for free, to hijack your messages, or to sneak into your computer and view or steal your data.

## So What Should I Do?

There are several important steps that you should follow to protect yourself and your computer:

1. Don't use a default password on your wireless equipment. Most networking devices are pre-configured by the manufacturer with a simple password to simplify the setup process. This is the password that allows you to access the router configuration. These "default" passwords are well known by anyone who has used a similar device and they are available online, eroding any protection they might have provided. Check the instructions that came with your device and immediately change the password.

Remember that the best passwords contain both upper and lowercase letters as well as numbers. And, always shy away from passwords that can be easily guessed by your friends - such as the names of your children or your dog.

Experts suggest using a poem to derive a "pass phrase." You merely take a line from a poem or poem title and use the first letter of each word. For example, using the poem "Mary had a little lamb" you would use the letters from the first line - Mary had a little lamb; its fleece was white as snow - mhallifwwas. Add at least one uppercase letter by capitalizing the M for Mary - Mhallifwwas. Next add at least one number by changing some of the letters to numbers, such as making the first letters for little and lamb into 1s. Now we have a phrase (Mha11ifwwas) that is reasonably secure and very easy to remember.

2. Restrict your network to only your computers. Every computer device has an embedded address on it called a media access control (MAC) address. Wireless access points and routers can be configured to exclude all other MAC addresses.

3. Encrypt the data on your network. Encryption prevents outsiders from viewing your transmissions. There are two methods of ensuring that your information is adequately protected, Wired Equivalent Privacy (WEP) and Wi-Fi Protected Access (WPA). Because WEP has several security issues associated with it, WPA is considered the more effective method, if it is supported by your equipment. However, since

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### ***Cool continues from page 11***

them in bed. The laptop sits ensconced in the bedding getting all nice, warm, and cozy. That is until they fry. If you want to use your laptop in bed buy a laptop writing pillow. These are pillows with a hard surface on one side to keep the laptop free to breathe. Then you only have to make sure you don't fall asleep with your finger on the delete key erasing your "great American novel".

To assist the cooling of laptops you can buy a laptop external fan. These are powered off the laptop's usb and some even come with additional usb ports so you don't lose the port. These fans blow cool air on the bottom of the laptop helping to drop the temperature. You can also try to save some money by buying a notebook stand that will raise your laptop a bit off the desk to give the laptop a bit more air space below it to cool off. I find that the stands are being penny wise and pound foolish though. The money you invest in the laptop fan will save you more in the long run giving your laptop added longevity

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### ***Wireless continues from page 13***

this is another area where a secure password is important, you should use a passphrase like I described in item #1.

4. Choose a unique SSID. Your equipment may have a default name that identifies your network, called an SSID. Be sure to setup a unique name and, if

possible, avoid broadcasting that name. That will make it harder for outsiders to find your network.

5. Install a firewall for your network. Microsoft Vista and XP both provide a firewall that is designed to protect your computer, but your network itself will be safer with its own firewall. A host based firewall is easy to obtain (some of them are free over the Internet) and can be installed directly onto your wireless device.

6. Install and regularly update both anti-virus and anti-spyware software. You can keep attackers at bay with these protective programs. However, remember to update both of them on a regular basis. New viruses and spyware attacks are being developed daily; so your software must be updated to be effective.

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### **Editors Note:**

### **Friends you did not know you had!**

Somewhere in the administration pages for every router there is a page listing the clients computers who have been supplied setup information by your router. If your router is not secured and you have neighbors within range or live on a busy street do not be surprised at how many friends you have. I secured a router for a friend who had 12 people use his network the day before we locked it down.

It is possible for bad people to keep their computers off of this list. The list is not a security measure just information.     ψ

## *Sandboxie continues from page 2*

running in the sandbox, and you can view your files and folders in the sandbox. You can leave the sandboxed files and folders intact, or you can delete the sandbox.

Even if you do not intend to use Sandboxie for testing, you will likely feel more comfortable at least browsing in Sandboxie. Just be aware that any files saved or downloaded stay in the sandbox unless you recover them. That includes cookies. Often that is exactly what you want. But if you want some trusted sites to save cookies and anything else, without your needing to recover the files, then you might want to do that trusted browsing outside the sandbox.

You can have your cake and eat it too, inside and outside the sandbox.      ♯

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## *Google continues from page 10*

While there are many other “PHR” systems and services in use, often administered by corporations for their employees, others are offered by health insurance companies, as well as some regional PHR services, Google Health has the reputation and distribution (as well as the deep pockets) to create and securely maintain such a system, and sign up participating partners who are willing to allow the sharing of medical records.

I knowingly volunteered to post my medical records on Google Health. I hope the project succeeds, and more local physicians, pharmacies, labs, and hospitals partner with the service. As more healthcare providers transition to purely digital medical records, it will become easier to securely share this vital information.

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## **SIG Notes**

### **Digital Photography**

**Bill Funk** runs the Digital Photography SIG.

The Digital Photography SIG meets monthly to discuss issues related to digital photography.

If you're on the Digital Photography SIG mailing list, Bill will let you know where the meeting will be. If you're not on that list, but would like to be, let him know:

Bfunk @ pippina.com

### **Video**

**David Yamamoto** leads the Video SIG, which meets right after the Digital Photography SIG.

### **General Interest**

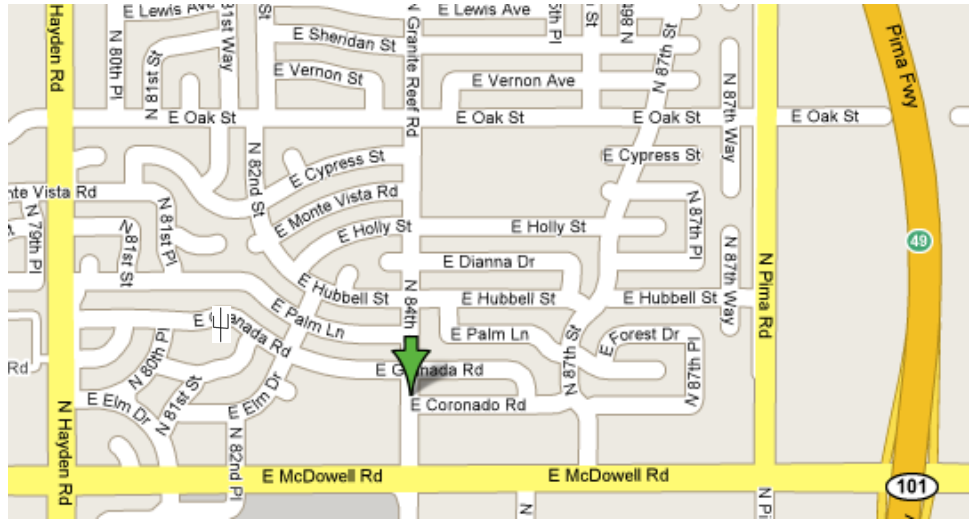
**Chuck Lewis** leads the General Interest SIG.

This SIG meets in the Fountain Hills Library conference room. Email for this SIG can be sent to [genint@phoenixpcug.org](mailto:genint@phoenixpcug.org)

Contact SIG leaders by e-mailing [SIGs@phoenixpcug.org](mailto:SIGs@phoenixpcug.org) for more information.

**The Official Policy of the Phoenix PC Users Group is that we do not condone software piracy in any form.**

Granite Reef Senior Center  
1700 N. Granite Reef Road,  
Scottsdale



## Phoenix PC Users Group Membership Application

First: \_\_\_\_\_ Initial: \_\_\_\_\_ Last: \_\_\_\_\_

Address: \_\_\_\_\_

City, State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Ext: \_\_\_\_\_

Please note: We DO-NOT share phone numbers outside the club, and will generally only use your phone information, if we cannot contact you in timely fashion, via e-mail, or the club web-site

Release my address to vendors?  Yes  No Note: Phone numbers **will not** be listed.

E-mail address: \_\_\_\_\_

May the club share your e-mail address with other members only?  Yes  No

With club approved vendors?  Yes  No

Please do not share my e-mail address

Receive Electronic newsletter ONLY

Yes  No

Mail this completed form with payment to:

**Phoenix PC Users Group**  
5555 N. 7th Street, Suite 5  
PMB101  
Phoenix, AZ 85014



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The Phoenix PC Users Group News, a newsletter, is published monthly, with article submission deadlines occurring the 29th of each month. This publication is mailed with the intention of reaching members before the monthly meeting of issue date. The Group is not responsible for lost or destroyed newsletters, other than replacing an issue lost in the mail. Notify the group Membership Coordinator at least four weeks in advance of change of address when moving.

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Submissions to the "News" should be in MS Word, RTF or unformatted text.

Articles, photos, screen shots may be e-mailed over the Internet directly to the editor at [jacobsbd@cox.net](mailto:jacobsbd@cox.net). Please include the author's

name, address, phone number and e-mail address on the first lines of the article.

All materials submitted will be considered for inclusion in the "News", but the Editor reserves the right to edit as necessary, to maintain standards of literacy, grammar, and length requirements. No materials will be returned unless arrangements are made in advance.

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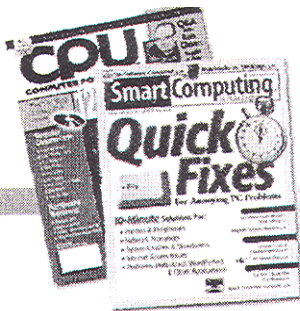
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# Smart Computing Magazine

There is a way you can support your user group. Smart Computing Magazine will give a gift subscription to the Phoenix PC Users Group to be used as a door prize, raffle, etc., for each five subscriptions received from our group. Subscriptions can be applied for with the subscription coupon below or by phone as long as you use our group's unique source code number (8305) when beginning the subscription.

For each paid subscription using the source code 8305, our user group will be credited one credit. Results are calculated each quarter, and credits will accumulate until the group reaches five paid subscriptions, at which time they will contact the PPCUG.

In the event our group does not reach the five paid subscription mark by the end of the quarter, credits will be carried over into the following quarter until the amount reaches five paid subscriptions, at which time a free subscription will be issued.



Smart Computing & CPU

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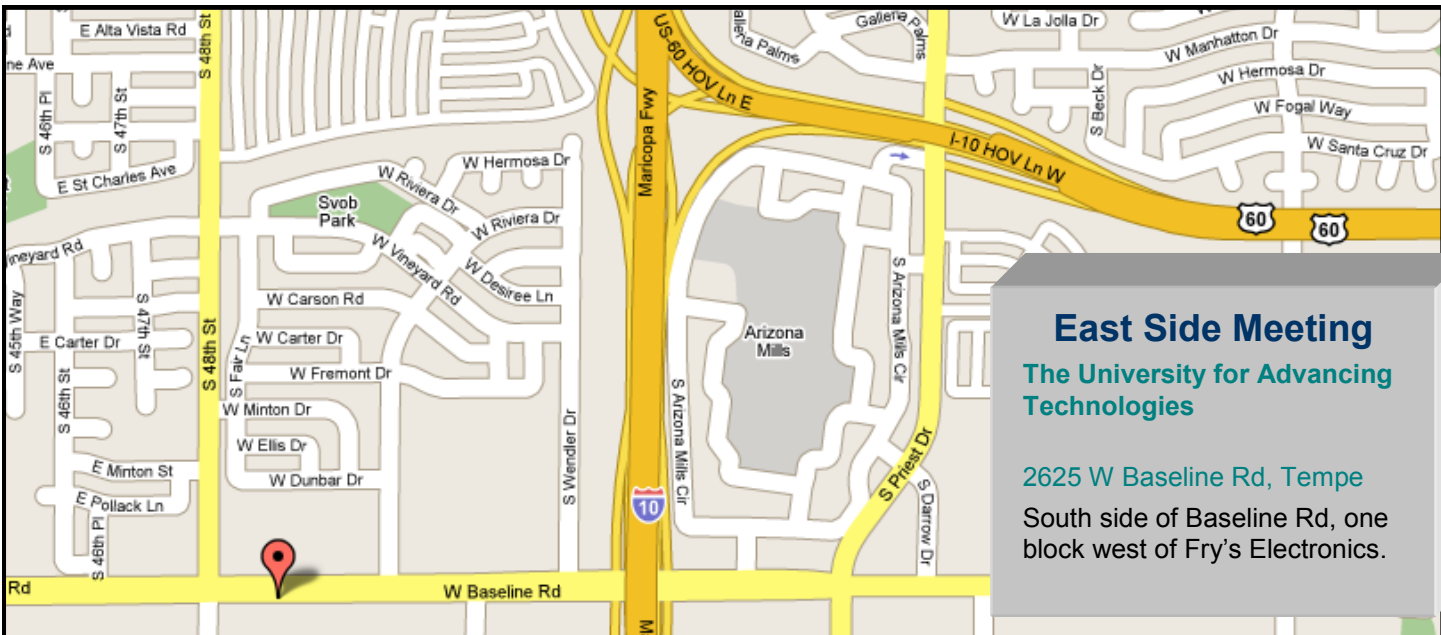


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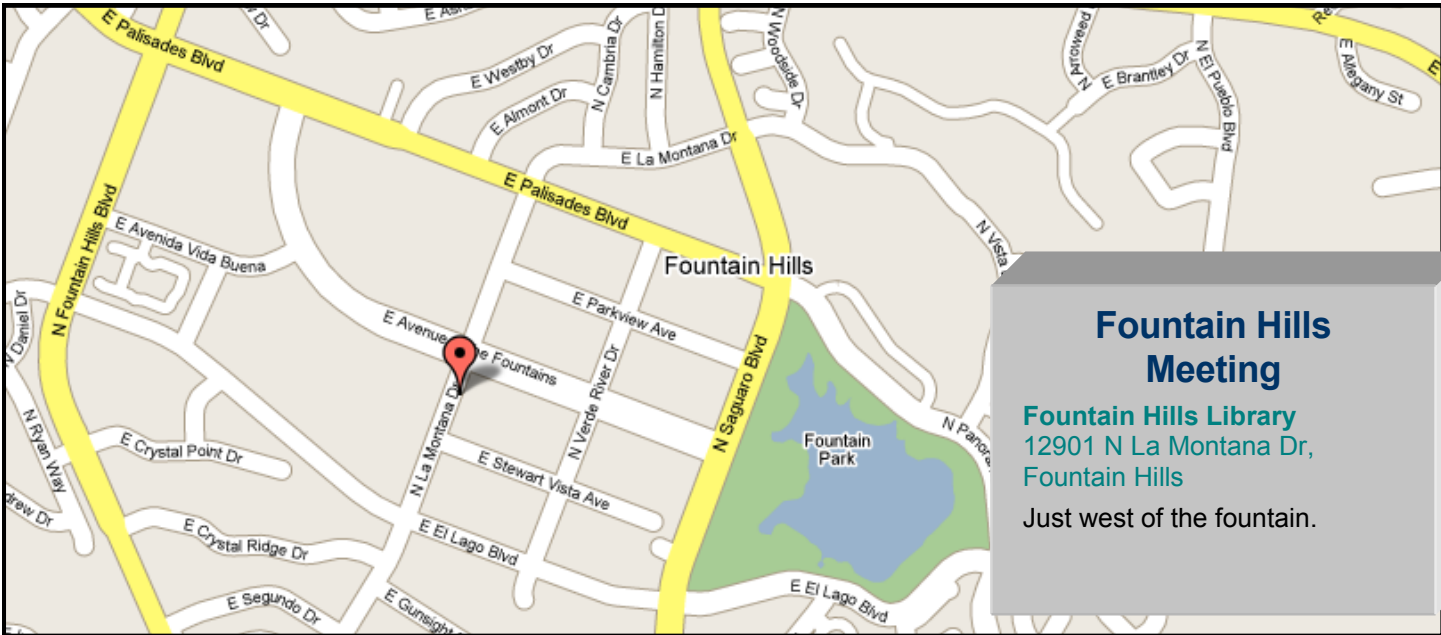




**West Side Meeting**  
College America Room 2  
6533 N Black Canyon Hwy  
Phoenix  
Turn right (east) on McLellan Blvd.  
Immediately turn right (south) into parking lot..



**East Side Meeting**  
The University for Advancing Technologies  
2625 W Baseline Rd, Tempe  
South side of Baseline Rd, one block west of Fry's Electronics.



**Fountain Hills Meeting**  
Fountain Hills Library  
12901 N La Montana Dr,  
Fountain Hills  
Just west of the fountain.

# Board of Directors Election West Side at College America

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Elections will be held at this month's West side meeting, so now's your chance! If you would like to help the Group by volunteering as an officer, send an e-mail to [Nominations@PhoenixPCUG.org](mailto:Nominations@PhoenixPCUG.org) today!

If you know any other Group member who would like to volunteer, send his or her name to [Nominations@PhoenixPCUG.org](mailto:Nominations@PhoenixPCUG.org) today! (Ask first, though, to be sure he or she is really willing to volunteer ...)

As an officer you'll be the first to know when new things are planned for the Group. You'll be part of the "in crowd". You'll be up on all the new events and issues. And it's free! We don't charge anyone anything to be a Group officer. Sure, you still pay your membership dues, but you were going to do that anyway! So volunteer today and be a part of steering the Phoenix PC Users' Group into the future.

[Nominations@PhoenixPCUG.org](mailto:Nominations@PhoenixPCUG.org)

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## Proposed Bylaws

The bylaws committee and the board of directors of the Phoenix PC Users Group have completed the proposed bylaws, available at [phoenixpcug.org/bylaws](http://phoenixpcug.org/bylaws). You are encouraged to review the bylaws before the meetings this month, and address any comments to [bod@phoenixpcug.org](mailto:bod@phoenixpcug.org). We will discuss the bylaws in the meetings, and vote on them in June.

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## Annual Dues are Due This Month

This is the month we collect dues for the year. Please fill in the membership form and mail it in with your payment. Membership forms will be available on the club website or you can find a copy on page 16 of this issue

Thank you for your support