



# NEWSLETTER

*The Best Accessory  
for your PC!*

## MAIN MEETINGS



**West Side.....Tuesday, June 16**

CollegeAmerica, 6533 N Black Canyon Hwy, Phoenix

**East Side .Wednesday, June 17**

University of Advancing Technologies

2625 W Baseline Rd, Tempe

(one block west of Fry's Electronics)

**Fountain Hills ..Thurs, June 18**

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

### Phoenix PC Users Group

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Vice President: David Yamamoto  
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#### Steering Committee:

**Officers and Members who are present  
at the 6:00 P.M. West Side meeting.**

**This month's presentation is both a combination  
slide show and live look at your PC's File Folder  
and its History.**

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

### *Inside this Issue...*

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# THOUGHTS FOR THE MONTH

## FROM YOUR PRESIDENT

During the past several months we have been requesting presentation topic ideas from our members. The response has been excellent. This list is a live list so we want all members to feel free to add topic ideas to the list. The more users know about how their computer works, the more useful it becomes. To say nothing about less painful when something goes wrong. How much do you want to know? Let us know.

This month the topic is on Windows File Systems which, by the way, was the second most requested topic. This month's presentation is both a combination slide show and live on screen. We will look at a brief history of the File, Folder (directory for you old timers) and how it is stored. How to setup the computer for best performance in your own work environment. We will also look at some ways to setup your folders for quick, reliable access. Just using the computer as it came out of the box is not your best bet!

Attendance at our Special Interest Groups, SIG, has been falling for some time. We would like to discuss the future of those groups in the Steering Committee this month. Do they no longer serve a useful purpose? Do we need to move them to a different location? Different SIG topics? How can we serve you? If you cannot attend the Steering meeting, drop me an email.

Electronic Newsletters are available online. For example, the April issue:

<http://www.phoenixpcug.org/newsletters/2009-04.pdf>

Have a great summer season.

*Dean*

## FROM YOUR EDITOR

Summer is here so welcome to the seasonal activities that it brings.

This months Newsletter hopefully has something for everyone . For those of us that are basically interested in what you can do and what is new with your PC we have articles on Twitter, PC Maintenance and Drop Box.

If you are into the more advanced area of what is "under the hood" in your PC Hank Pearson does a wonderful article on Base64 Encoding. Read his Members Ask article and you will learn there is more to your emails than you thought.

This is your Newsletter so both Dean and I welcome your feedback by email and at the meetings.

More than one person has questioned me on the bold looking font used for the Newsletter's articles. It's too heavy as one person put it. This month you may note we are using a new lighter font that may make the Newsletter more readable. Until next month.

*Bill Aulepp*

### **SIG (Special Interest Groups)**

#### **GENERAL INTEREST:**

Chuck Lewis leads this SIG.

At present it is on hiatus

#### **DIGITAL PHOTOGRAPHY:**

Bill Funk leads this SIG

At present it is on hiatus

#### **DIGITAL VIDEO:**

David Yamamoto leads this SIG.

Meets: After Photography Sig.

# MEETINGS

## CALENDAR

For room and time changes,  
check your website: [phoenixpcug.org](http://phoenixpcug.org) .

### GENERAL MEETINGS

WEST SIDE: CollegeAmerica (see map - page 16)

- Tuesday, June 16, 2009
- 6:00 PM Steering Committee
- 6:30 PM - Q and A
- Followed by Presentation - Windows File Systems

EAST SIDE: University of Advancing Technology (see map - page 16)

- Wednesday, June 17, 2009
- 6:30 PM - Q and A
- Followed by Presentation - Windows File Systems

FOUNTAIN HILLS: Fountain Hills Library ( see map - page 16)

- Thursday, June 18, 2009
- 6:30 PM - Q and A
- Followed by Presentation - Windows File Systems

### SIG MEETINGS

ALL SIG MEETINGS ARE ON HIATUS FOR THE SUMMER

# TWITTER

## **Twitter**

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We hear about politicians who use Twitter, celebrities who use Twitter, and maybe more than a few friends. What's the big deal?

Twitter ([www.twitter.com](http://www.twitter.com)) is a simple tool. You type a description of what you are up to, right at that moment, using 140 characters or less. Twitter sends that information to all of your friends, family, and co-workers who sign up to follow your updates. (They generally see your Twitters on a special Web page.) This bare-bones idea seems to have captured the imagination of the Internet.

Twitter relies on cell phones for much of its spontaneity. That's where the 140-character rule comes from—it's close to the typical mobile phone text message limit. You can send your "tweets" to Twitter via text messaging on your cell phone or by filling in a form at the Twitter Web page. Third-party sites can also feed Twitter by email.

The goal is to make it easy for you to update your Twitter status anywhere, anytime. You've never been so well-informed about what your friends do all day. What's more, you can get those updates wherever you go. You can view other users' updates via text messages that are delivered to your phone; you can read them at the Twitter Web site; or you can view them through a variety of other applications.

Not all users update constantly about mundane goings-on. Some users send out periodic witticisms or use Twitter as a short-form entertaining blog. Many people don't understand the point of Twitter, and that's OK. It probably depends on whether other people you know use Twitter. It

can be a fun way to keep in touch with a close-knit bunch of family members or friends.

## **Twitter Time**

Try out Twitter for yourself by heading to the site and clicking the Get Started Now button to sign up. Enter your name and email address and choose a user ID and password. The next page will search Twitter for the contacts stored in your email account, if you are comfortable with handing your email password over to Twitter. If not, you can skip that step and locate friends one at a time.

Next, the site suggests some actual Twitter users you could begin following (automatically receiving tweets from them) to get in to the swing of things. Often, these are famous folks you probably do not know personally.

Just as you can follow other Twitter users, celebrity or otherwise, Twitter users can become your followers. Generally, you only see tweets from people you follow, and only your own followers see what you send. To start following friends, click Find People near the top of the Twitter page. Here, you can locate people already on Twitter or send emails inviting others to try Twitter.

Once you're set up, go to the main page and type out your first update. Even if you don't have any followers, it will show up on the Everyone tab along with, well, everyone else's tweets.

## **Focused Conversation**

Along with the standard tweet blasts, Twitter lets you send other types of messages. You can send a reply to someone by beginning your

*(Continued on page 13)*

# SMART COMPUTING MAGAZINE - SUPPORT



***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.



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# MEMBERS ASK

## Base64 Encoding

### Question:

When I wonder whether to open an email message because it could contain a threat, I look at the source. Occasionally I can't read the code because it is "base64 encoded", according to the HTML. What does that mean, and are there tools I could use to view the source?

### The Short Answer:

Base64 is a way of coding email in plain text which appears to be random characters.

Among the many decoders available, Shell Tools offers a particularly simple online form:  
[http://www.shell-tools.net/?op=base64\\_dec](http://www.shell-tools.net/?op=base64_dec)

Just copy the encoded text (easy to spot, often ending with equal signs), paste it into the input box, and click Submit. The web page then displays the source in plain text.

### Base64 Details

Base64 is a scheme of representing data as plain printable text to avoid modification and side effects which could occur if special characters such as in foreign languages were interpreted as control characters during transmission.

The process of common base64 email encoding involves considering each block of three bytes (24 bits) as four codes of six bits each, which are then output as four bytes. Thus, the length of the encoded text tends to be a third larger than the original, and cannot be justified in terms of space conservation.

A byte is eight bits - a character, as we used to say. (A bit is a binary digit, either 1 for true or 0 for false.) Nowadays, in Unicode, multi-byte characters, such as four-byte characters, are common in some alphabets.

### Layers of Code

Note that base64 is encoding of some other encoding which could be Unicode. (And the Unicode is typically encoded HTML (HyperText Markup Language) which is the code used in most web pages.) Although UTF-8 (Unicode Transformation

Format 8, the most common email Unicode) is capable of handling variable-width characters, US English UTF-8 is plain text.

And although base64 can be used to encode any type of data, such as images, the question above concerns HTML source code, which already tends to contain only plain text for messages in English. In such cases, when there is no technical justification for encoding, base64 is sometimes used to elude less sophisticated spam filters, since the text does not appear to contain any words that can be recognized.

### A Base64 Example

An example of an email message in UTF-8 English base64 came from Acronis, the maker of the excellent True Image Backup program. The subject is 'Webinar: Government Sets Hard Deadline for Healthcare IT'. For more information, see [www.acronis.com/pr/2009/05/26-05-51.html](http://www.acronis.com/pr/2009/05/26-05-51.html)

Thunderbird, as any modern email client should, does a fine job of decoding the Acronis message. But the question above is about viewing the source before opening the message, since this message is not about Acronis products, and could conceivably be a phishing scam.

The Acronis message includes  
ICAgQXJIHlv  
dSBsb29raW5nIGZvcilBleHBlcnQg  
which is code for  
' Are you looking for expert'

The four bytes ICAg represent the three leading spaces, which might not be intuitive at first glance.

### Numeric Conversion

As the name indicates, the base64 encoding scheme uses the base 64 numbering system.

(The decimal system is base 10, and contains ten digits: 0-9. The binary system is base 2, and contains two digits: 0-1. The hexadecimal system is base 16, and contains 16 digits: 0-9 and A-F.)

*(Continued on page 7)*

# MEMBERS ASK

(Continued from page 6)

For email encoding, the base 64 numbering system contains the 64 digits represented as the 26 capital letters, the 26 lowercase letters, the 10 decimal digits, the plus sign, and the slash:

A-Z    a-z    0-9    +    /  
 0-25   26-51   52-61   62   63

Each base 64 number is a six-bit binary number ranging from 0 to 63 (binary 000000 - 111111).

In addition to the characters corresponding to the base 64 numbers, encoded data may be padded with equal signs (=), which must be included as input to decoders.

The table below shows the first four bytes (ICAg) of coded text, the binary representation, the hexadecimal, the base 64 number (ICAg), the decimal index codes, the six-bit binary equivalents, the same 24-bits considered as three bytes, the equivalent hexadecimal, and the decoded text (three spaces):

coded text	I	C	A	g
binary	01001001	01000011	01000001	01100111
hexadecimal	49	43	41	67
base 64	I	C	A	g
decimal index	8	2	0	32
6-bit binary	001000	000010	000000	100000
8-bit binary	00100000	00100000	00100000	
hexadecimal	20	20	20	
decoded text	space	space	space	

Note that the binary form of the coded text does not match the binary form of the base 64 index.

The next four bytes (QXJI) of code represent the word 'Are':

coded text	Q	X	J	I
binary	01010001	01011000	01001010	01101100
hexadecimal	51	58	4A	6C
base 64	Q	X	J	I
decimal index	16	23	9	37
6-bit binary	010000	010111	001001	100101
8-bit binary	01000001	01110010	01100101	
hexadecimal	41	72	65	
decoded text	A	r	e	

## Free Downloads

In addition to many online forms for encoding and decoding, there are numerous free programs that can be downloaded. I tried a couple.

The Elcro Base64 Encoder/Decoder requires no setup:

<http://elcro.com/base64encdec.aspx>

When I ran the program, my firewall (in Eset Smart Security) alerted me that the program was trying to communicate with a site in Croatia. Since there is no reason for the program to contact a server, I checked Remember, and Deny (to never connect). The program works fine without connecting.

The Base64 De-/Encoder by Fatih Kodak also requires no setup:

<http://f2ko.de/English/>

This is a command line utility, which can be quite useful in setting up custom tools. The site contains several programs that might be interesting to Do-It-Yourself fans.

Many sites offer source code for code tools written in various computer languages, for incorporating into your own applications.

## Decoding is Easy

Encoding is an annoyance, but whether used for technical reasons or obfuscation, can be read as plain text.

*by Hank Pearson*

**MEMBERS ASK**

**is a Monthly Feature.**

**So email your questions**

**to Dean at:**

[president@phoenixpcug.org](mailto:president@phoenixpcug.org)

# BUSINESS CARDS



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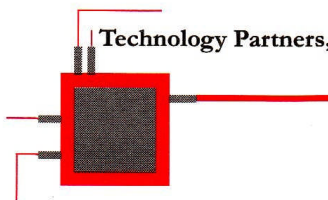
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For questions please contact David Yamamoto 602 418-1249 or write to above.

Submission deadlines are the 25th of each month prior to month of publication. Prices subject to change without notice.



# TECH MOTIVATORS

Gear That Gets You Going  
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I will eat healthier. I will exercise more. I will feel better.

With the Nike + iPod Sport Kit, you can sync your workouts with NikePlus.com where you can set fitness goals, build routines, and track your progress. This has been my New Year's resolution for the past five years, and I know I'm not alone. Every January, I see new members joining my gym, and for the first few months, it's hard to find an open treadmill.

By May, the crowd thins out, and yoga class attendance is down. I am as guilty as the rest of them.

I have one major distraction when it comes to reaching my fitness goals: I simply get bored. Excuses, excuses. But, I need to mix up my routine to stay interested. So, I've started integrating tech devices into some of my workouts. iPod tunes certainly help jumpstart my workout sessions, but I've found other fun ways that inspire during that last lap. If you, too, need a little motivation, here are a few ideas that might help give you that extra push.

ThinQ. If you enjoy walking, a pedometer really motivates you to take those extra steps. Each pedometer is a little different in the way you wear it and the information it measures, but all

are designed to track steps and distance. I like Sportline's ThinQ (\$29.99; [www.sportline.com](http://www.sportline.com)). About the size of a credit card, it's designed to fit in your pocket rather than clip to your waistband. I like this concept

*With the Nike + iPod Sport Kit, you can sync your workouts with [Nike-Plus.com](http://Nike-Plus.com) where you can set fitness goals, build routines, and track your progress.*

because I know it's there, but no one else does. The ThinQ tracks steps, distance, and calories burned. If you've never worn one, I encourage you to try a pedometer—you might be surprised at the number of miles you're putting on every day.

Nike + iPod. I'm counting on the Nike + iPod Sport Kit (\$29; [www.apple.com](http://www.apple.com)) to help me complete my first half-marathon this spring—and so far, I'm not disap-

pointed. Compatible with all iPod nanos and the iPod touch (second generation), the kit includes a sensor that you place in the sole of a Nike + shoe (shoes sold separately). The sensor communicates with a receiver attached to your nano (the 2G iPod touch has built-in support, so no receiver is needed). You select from a list of workouts and receive audible feedback of your distance, pace, time, and calories burned. Once a workout is completed, you connect your nano or touch to your computer, which will sync with iTunes and send your workout information to NikePlus.com where you create an account to set your goals and track your progress. Overall, this kit is a great motivator; plus, it's a great excuse to buy a new pair of kicks.

Wii Fit. My roommate is the proud owner of a Nintendo Wii (\$250; [www.nintendo.com](http://www.nintendo.com)), and Wii Fit (\$89.99) was one of the first accessories

*(Continued on page 15)*

# GOOGLE'S ANDROID

## **Google's open source operating system**

## **THE REALITY**

There is a new laptop operating system on the horizon that just might give Microsoft some serious competition. It is a re-make of Google's open source Android operating system presently used on Mobil Phones.

Because the Android Laptop operating system is just starting I have left the supposition of where it will go for the end of this article. In a year or less a re-examination of this article will tell if I got it right.

## **THE HISTORY**

In 2005 Google acquired a small Palo Alto Co. called Android. This company made software for mobile phones. This started rumors that Google was going to expand into the mobile phone business. While it was unclear just what Google would do in this market, the rumors persisted.

In 2006 the news media reported Google was working on ways to get its search application on mobile phones. The rumor was that Google was working on a Google phone as a prototype for manufacturers.

In 2007 Google launches Android. It turns out that their interest was focused on a mobile phone operating interface with all of the software to run a mobile phone instead of an actual Google phone.

In 2009 Google makes available Android's open source operating system for laptop manufacturers.

Acer the number two laptop manufacturer puts Android on its Aspire netbook.

**ANDROID**  
 An automaton  
 possessing  
 human like abilities.

Android is a complete software platform working with any number of hardware configurations. Its only cost to the manufacturer is the configuration programming to work on their laptop hardware plus the addition of the applications they wish to include. Once done there is no licensing fee to Google and the whole operating system can become proprietary.

Google's free Android operating system will be on the market in time for the Thanksgiving/Christmas shopping season. This will place it in direct competition with Microsoft's Windows in the netbook arena.

Based on News Media reports: [Acer](#), the world's second-largest laptop maker, will release an Android based Aspire One netbook in the third quarter. The Android-based Aspire One netbook will be cheaper than the Windows XP model, though the two products will have the same electronic components. Soon to follow will be other manufacturers Android-based netbooks on the market in the third quarter.

## **THE SUPPOSITION**

[Google Inc.](#)'s free netbook operating system will grow in importance because:

The Android software is powerful enough to replace Windows, which runs about 90 percent of the world's personal computers.

[Acer Inc.](#), the world's second-largest laptop maker, will force other competitors to use Android to compete pricewise. Acer sells products under its four brands. Acer, Gateway Inc., eMachines and Packard Bell BV worldwide.

Google can provide developers with very strong financial backing.

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# NEWSLETTER POLICIES

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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:

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

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 made in advance.

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## PREVENTIVE MAINTENANCE

## GOOGLE'S ANDROID

*Preventive Computer Maintenance*

Written by Stuart Rabinowitz, Editor-in-Chief, the PULP, newsletter of the Hartford User Group Exchange, CT  
[www.huge.org](http://www.huge.org)  
 s.e.rabinowitz (at) att.net

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The single most important maintenance item that should be done on a regular basis is BACKUP YOUR DATA. What the schedule is depends on much data you can afford to lose. Try daily/weekly to an external hard drive and monthly to a CD/DVD, or use a backup application. Make sure that your software is updated; primarily the operating system and your primary browser.

Use utility software: get a sense of how your computer operates when it's operating correctly. For the Mac use 'Activity Monitor' or 'Tech Tools'. On the PC (in the control panel) administrative tools/performance. You can also check your internet connection speed at: <http://reviews.cnet.com/internet-speedtest/?tag=ont.int.band>

For the PC users--do regular spyware/virus scans. Make sure the definitions are up to date. Primarily for PC users--Defragment your hard drive (this may take a while). Mac users do not really need to do this since OS X (10.3+) does it automatically.

Free up some space on your hard drive (PC users can use disk cleanup; Mac users can use CacheOutX). Clean out old files that you don't use, after you've backed them up. Uninstall those programs that you don't use. Apple recommends that you have at least 10% free, a bit more for PCs, this will improve virtual memory and may improve disk performance.

*(Continued to the right)*

*(Continued from page 10)*

It may provide developers with financial incentives to spur innovative applications such as the Androids Developers Challenge held in 2008 a contest with \$ 10,000,000 in prizes to develop over 50 of the most promising applications.

Google's popular Gmail will also be the icing on the cake.

Android may cause Microsoft to cut the price of Windows 7 which will ultimately compete with the free open source operating system.

As history has proved nothing in the computer world is a slam dunk but keep your eye on Android. It might be in your future.

---

Clean the Hardware -- to clean the monitor and keyboard use a dry microfiber cloth (be sure the computer is turned off) and gently (don't press hard) wipe the monitor, unplug the keyboard and wipe. If there are hard to clean areas, spray the cloth lightly with a vinegar/water solution and then wipe. For an optical mouse wipe the bulb gently. You'll need to open a mechanical mouse to clean the rollers. Use a cotton swab with isopropyl alcohol.

If your computer case is easy to open (i.e. not an iMac or Mac Mini), then open it up (after shutting down and unplugging it) and use compressed air to blow out the dust. Do not use a vacuum since it may create a static charge that could damage the electronics. After closing the case you can clean out the fan in the back.

You'll also probably want to have the following tools:

Screwdrivers--standard, phillips, and torx in different sizes (especially the small ones)

Nutdrivers--1/4" and 3/16"

Pliers, part grabbers, and tweezers

Compressed air

Microfiber cleaning cloths

Antistatic strap--especially if you want to put your hands inside the computer

## WEB TOUR

## TWITTER

This month we provide just one program that is a Swiss Knife for freebie Web Tour aficionados. From this Site you can find many, many free download applications. The Web Site describes itself as follows:

Freewareupdater is a small, yet powerful software management tool to help you keep track of the most popular Freeware and Open Source applications. It is provided to you absolutely free. It provides you an interactive list of applications, which you can install just with a click. Currently, Freewareupdater contains about 200+ Freeware and Open Source applications that are presented in a user-friendly interface to ease your search and installation of free software.

[FreeWareUpdater.com](http://FreeWareUpdater.com)

If you have favorite Web Sites please email us at:

Editor@PhoenixPCUG.org

*REMEMBER: All of the Web Tour sites are archived and instantly available on our website. Don't waste time typing the site address when you can get there with a simple "click" at:*

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

*(Continued from page 4)*

message with "@username," where "username" is a Twitter ID. Maybe your friend Bob sent out a tweet complaining about the rain. You might respond with "@bob I agree!" Your message can be read by all of your followers, and it will show up on Bob's main page, as well as his @replies tab. You can send @replies to someone who does not follow you.

A more private type of communication is the direct message. Start a message using the format "d+space+username" (for example: "d bob where are you?"), and only that user will be able to see the message. Unlike @replies, you can send direct messages only to your followers.

Twitter is popular enough that it attracts some spam-like posts. We added some of Twitter's suggested users to our lineup and quickly found ourselves "followed" by several advertisers. You can protect your tweets by requiring your approval before anyone is allowed to follow you. Just click the Settings link and look toward the bottom of the Account tab for the checkbox. It's a good way to keep track of who's keeping track of you.

by Alan Phelps



HELP INCREASE OUR MEMBERSHIP.  
BRING A GUEST TO THE NEXT MEETING

# DROP BOX

## Dropbox

Written by Ed Richard, Leader of the Open Source SIG, Cajun Clickers Computer Club, LA [www.clickers.org](http://www.clickers.org) / <http://cccclinuxsig.pbwiki.com>  
edslinusbox (at) cox.net

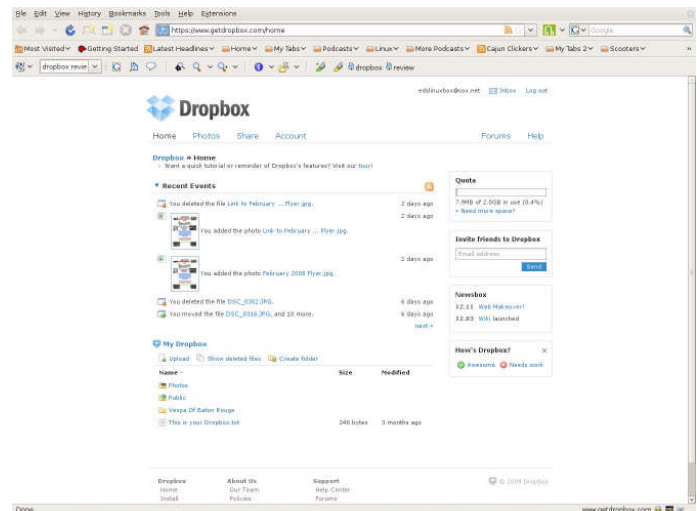
This article has been obtained from APCUG with the author's permission for publication by APCUG member groups; all other uses require the permission of the author (see e-mail address above).

So just exactly what is Dropbox, you might ask? Have you ever needed to sync files between two or more machines? Have you wanted to also have an off-site copy of those files? Have you needed to sync files between Windows, Linux and Macintosh machines?

Have you wanted to have a public photo album to share pictures with your friends and family? Have you needed a shared on-line file repository for collaborating with co-workers? Are you tired of carrying around a pocket full of thumb drives? Dropbox is all of these and even more. It is cross platform so it runs on Linux, Windows and Mac computers.

After installing the Dropbox application on one machine, you create an account and link that machine to the account. Then, any file that is placed in the My Dropbox folder (which in Windows lives inside the My Documents folder, and in Linux lives in your user folder, the Linux equivalent of My Documents) gets automatically synced with your Dropbox folder on all other linked machines. This is what my Dropbox looks

like on my Ubuntu Linux machine:



If you only have Dropbox installed on one machine, it becomes an off-site backup service. Dropbox uses Amazon's S3 service behind the scenes to house your data. So files placed in

An awesomely simple and elegant online storage solution and so much more!

your Dropbox folder are automatically uploaded to the Dropbox servers.

Should you delete them on your local machine or suffer data loss, they can easily be retrieved from the Dropbox servers by installing Dropbox on a replacement machine, or Directly from the Dropbox website.

Dropbox also supports shared folders that allow anyone you invite to the folder to have access to the files in that folder. This is a great way to collaborate and share files with coworkers. There's also a folder specifically configured to hold photos. Any images placed there are automatically turned into a photo album with a publicly accessible URL you can give out. Go here to see a photo album of pictures in my pictures folder: <http://tinyurl.com/cafvvh>

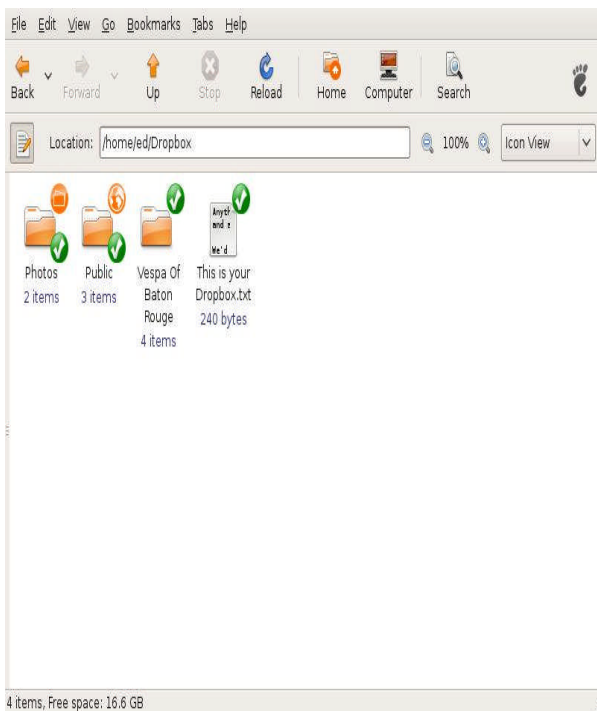
(Continued on page 15)

## DROP BOX

## TECH MOTIVATORS

*(Continued from page 14)*

There is also a Public folder that is accessible to anyone and a web interface that allows you to access files on machines that don't have Drop-box installed. Here's what my Dropbox homepage looks like:



You can also access previous versions of files from the web interface. So if you foul up that file and need to go back to last week's version, you can.

To learn more about Dropbox go to:

<https://www.getdropbox.com/screencast#screencast>

Watch the video.

and watch the video.

*(Continued from page 9)*

we agreed to add. Wii Fit includes a wireless balance board on which you perform exercises, and there are more than 40 activities to choose from. It features four training modes: yoga, strength, aerobics, and balance. To begin, you create a virtual character and take the Body Test to measure your body's performance level. You can then log your workouts and chart your progress. Those who have never tried it might falsely label Wii Fit as just another game, but it's a fun way for people of all ages, including families, to work toward healthy lifestyles.

Web sites. I've come across a few Web sites that offer handy tools to set goals and track progress, personalize diet plans, view workout demos, and connect with others who share similar goals. Here are a few on my Favorites list: SparkPeople ([www.sparkpeople.com](http://www.sparkpeople.com)), Gyminee ([www.gyminee.com](http://www.gyminee.com)), American Heart Association ([www.americanheart.org](http://www.americanheart.org)), and traineo ([www.traineo.com](http://www.traineo.com)). And, if you own an Apple iPhone, it's worth looking into some of the many health and fitness apps available from the Apple App Store ([www.apple.com/iphone/appstore](http://www.apple.com/iphone/appstore)).

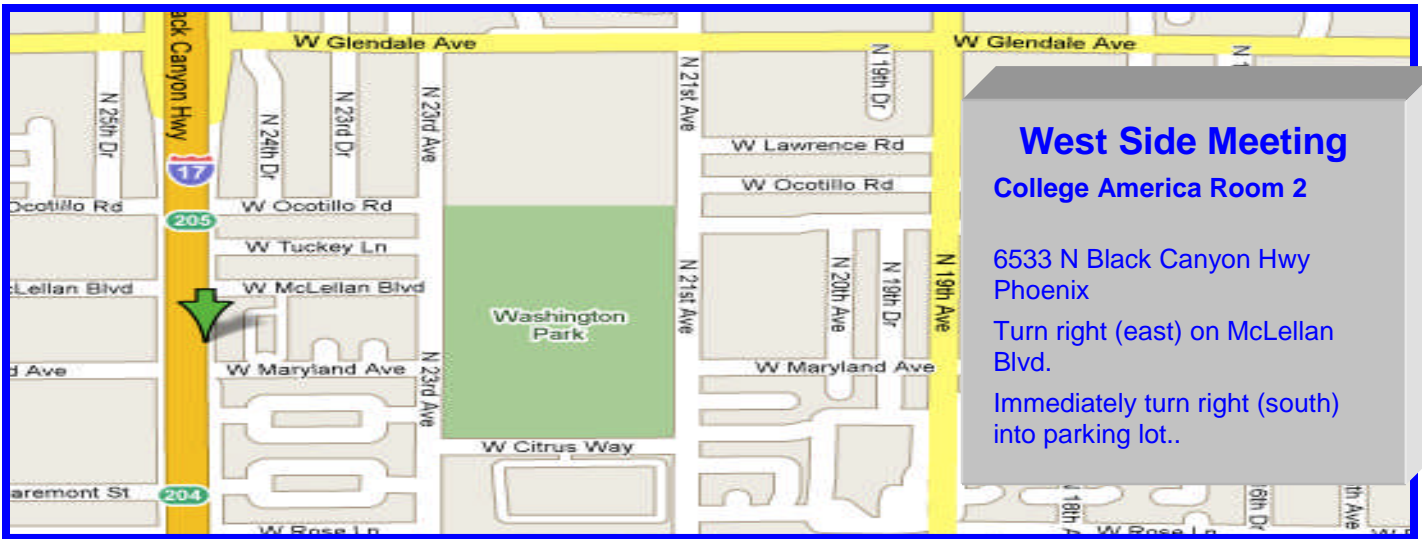
These fitness tools have elevated the intensity level of my workouts and boosted my self-improvement goals, but my collection just barely scratches the surface. With the help of this gear, maybe next year my resolution will finally change. I wonder if there's a tech gadget to help with compulsive shopping habits.

Linné Ourada

Send your comments to

[Linne@smartcomputing.com](mailto:Linne@smartcomputing.com)

# HOW TO GET THERE



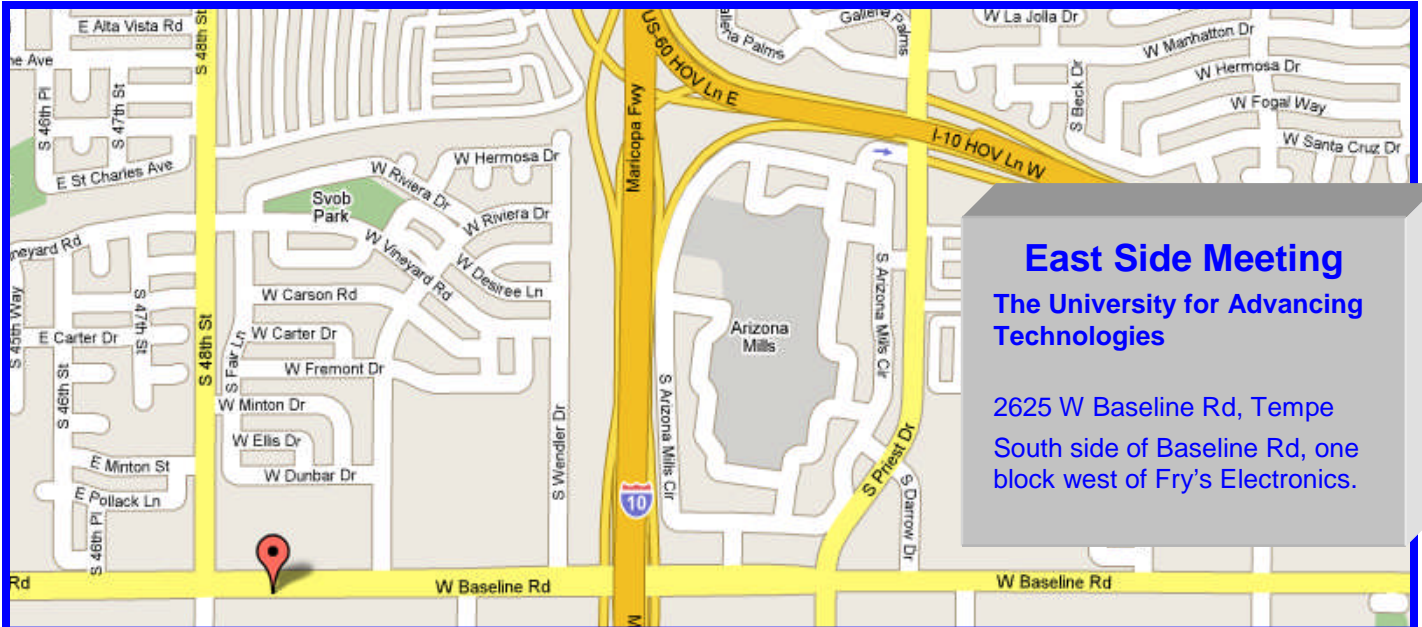
## West Side Meeting

### College America Room 2

6533 N Black Canyon Hwy  
Phoenix

Turn right (east) on McLellan  
Blvd.

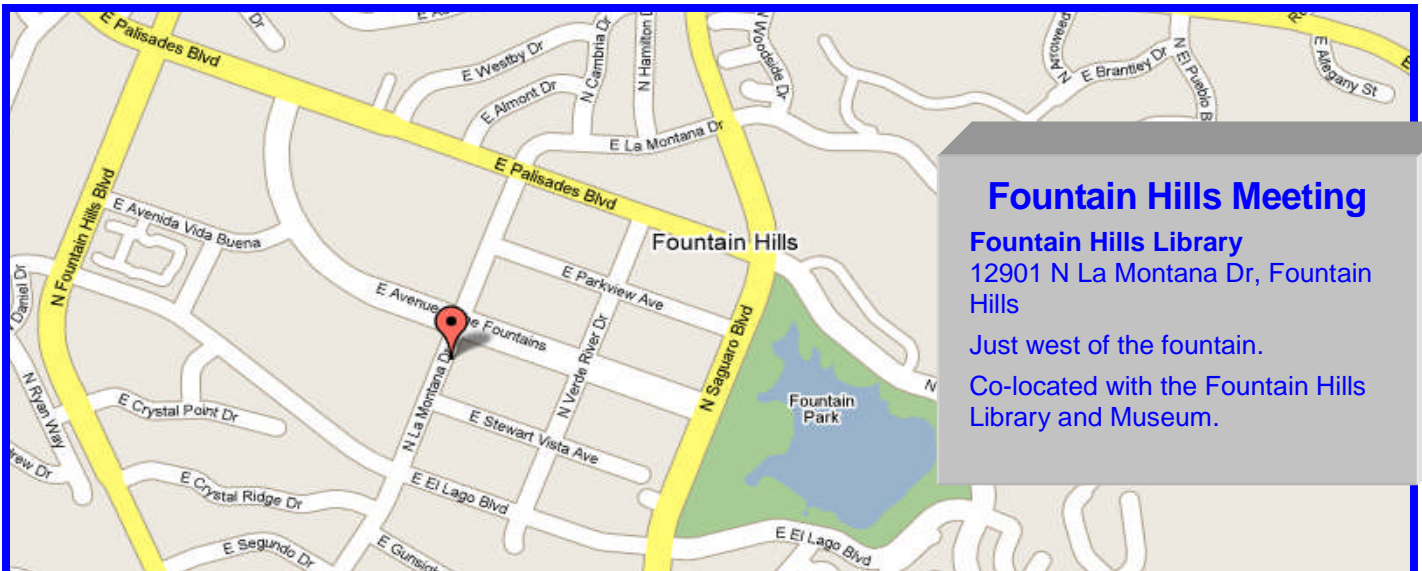
Immediately turn right (south)  
into parking lot..



## 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.

Co-located with the Fountain Hills  
Library and Museum.



# MEMBERSHIP DUES

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

*DUES  
\$36 FOR YEAR.  
JAN 1, THROUGH DEC 31, 2009*

## Phoenix PC Users Group Membership Application

First: (Please Print) \_\_\_\_\_ 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: \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

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 in place of printed one  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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[phoenixpcug.org](http://phoenixpcug.org)

# June 2009

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

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