



# NEWSLETTER

The Best Accessory  
for your PC!



## MAIN MEETINGS

**West Side.....Tue, Jan 17**

CollegeAmerica, 9801 North Metro Pkwy E, Phoenix

**East Side.....Wed, Jan 18**

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

**Fountain Hills.....Thu, Jan 19**

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

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Vice President: Allen Hunt  
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### Steering Committee:

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

### Presentation this month:

**Gene Barlow will be at all three Meetings .  
His presentation covering the latest in backup procedures is  
always interesting and instructive.  
This is one meeting you will not want to miss.**

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

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## THOUGHTS FOR THE MONTH

### FROM YOUR PRESIDENT

Hau'oli Makahiki Hou - Happy New Year! 2012 finally. I sure am glad 2011 is gone, whew. I hope this is a great year for everyone. Remember we vote for Officers at the Westside Meeting. Any member can run.

Gene Barlow is back at all three meetings this month. Let's give him a great welcome, invite your friends, neighbors, etc. to a great discussion and his presentation. Besides his great backup info, let's make a solid effort to use his sandbox info to 'box-in' those pesky & vile malware once & for all. A great new years resolution for everyone.

CES 2012 - Consumer Electronics Show - just Google. Don't forget Leo Laporte's - live.twit.tv as well as CNET, PCMag, Spike TV, Infoworld. Send us your favorites!

I forgot to wish everyone last month, 'Mele Kalikimaka' - Merry Christmas in Hawaiian, a clue as of favorite remake of a classic TV show I enjoy on CBS - 'Hawaii Five-0'. It is so nice to view on the web our favorites, as well as news, sports, computers & electronics of course and so on. We live in a great time! I often surf while also viewing the tube (what an old term) and record another.

I'm doing some teaching part time and observing that some skills are slipping in general - such as work ethic, memorization skills, handwriting, attention spans and mental computation. Some means for motivation, such as kids getting some solid rewards, not just 'brownie points' as well as putting real consequences for negative stuff need improvement in my opinion. Kids are often disconnected from the real world including work. That was never a problem on our farm!

However, computers in classrooms - with the right software and safe web sites - with games, lessons, wide content can be a powerful motivator. Unfortunately, much of the power of the Internet is ignored because Youtube, etc. are off limits or require too much bandwidth. Maybe this could be overcome in some way. Skype is getting some usage - which I plan to report on later. Recess - some running would help a lot to burn off energy, build stamina & brain blood flow.

Word, Excel & PowerPoint & Internet basic skills are introduced in my district from 7th grade. One way many students access YouTube is on their own smartphones. This is very common by high school and very rapid gestures, surfing, email and of course texting and sending their camera phone photos is routine.

### FROM YOUR PUBLISHER

Michael has been under the weather this month with what he thought was flu but turned out to be pneumonia. Get well soon Michael! The only bright spot in Michael's illness; if there is one, is I get to do his column this month.

I went through some of the columns I did when I was editor and several recurring themes were apparent.

First each year we lose more old members than we gain new ones. Like the Federal Government we can identify the problem but fall short on the solution. Our greatest source of new members has always been present members inviting friends to attend a meeting. Let's work on that in 2012.

Another theme was the Newsletter has a good record of keeping us current with what is going on in the PC world. Originally we were almost the only source of current information but now the media is full of sources. What we can do to offset this change is to consolidate all the enormous amount of PC information that is out there and bring it to you monthly.

Finally I always liked to add information on freebies I use. For example back in May of 2009 I suggested reading an article on the use of DriverMax. If you wish to keep your drivers up-to-date try this—  
<http://www.retrevo.com>

I am always looking for Electronic Manuals so I find the following site valuable.  
<http://innovative-sol.com/drivermax/> Next month Michael will be back.

*Bill*

---

One district from 5th grade, gives their students laptops, another private school requires Toshiba Tablet PCs running Windows 7 & MS Office 2010.

Finally, may this year be a good one for those seeking political office. Some of us have very strong opinions, so speak up! I like the debate formats much more this year too. (Be sure to vote in November!) I'll comment on the January newsletter online too.

Smart ideas for taxes in February and a visiting beginner PC user author. Sound ok to you? Bring buddies & lots of questions! If you have not paid your Dues remember they are due in January. See you soon.

*David*

## MEETINGS

# CALENDAR

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

## *PRESENTATION THIS MONTH*

Gene Barlow will be at all three Meetings .  
His presentation covering the latest in backup procedures is always interesting and instructive.  
This is one meeting you will not want to miss.

## *GENERAL MEETINGS*

WEST SIDE: CollegeAmerica (see map page 18)

- Tuesday, Jan 17, 2012
- 6:00 PM - Steering Committee and Election of Officers
- 6:30 PM - Q and A
- 

EAST SIDE: University of Advancing Technology (see map page 18)

- Wednesday, Jan 18, 2012
- 6:30 PM - Q and A
- 

FOUNTAIN HILLS: Fountain Hills Library (see map page 18)

- Thursday, Jan 19, 2012
- 6:30 PM - Q and A
-

## BILL'S PONDER THIS

- 
1. I looked up the word "politics" in the dictionary, and it's actually a combination of two words; "poli," which means many, and "tics," which means "blood-suckers."  
Jay Leno
  2. I must say that I find television very educational.  
The minute somebody turns it on, I go to the library and read a book.  
Groucho Marx
  3. Men and women belong to different species, and communication between them is a science still in its infancy  
Bill Cosby
  4. I've always followed my father's advice: he told me, first to always keep my word and, second, to never insult anybody unintentionally. If I insult you, you can be god-damn sure I intend to. And, third, he told me not to go around looking for trouble.  
John Wayne
  5. Forgive your enemies, but never forget their names. John F Kennedy
  6. Some people see things that are and ask, Why?  
Some people dream of things that never were and ask, Why not?  
Some people have to go to work and don't have time for all that shit. George Carlin
  7. There is never enough time, unless you're serving it. Malcolm Forbes
  8. Education is what remains after one has forgotten everything he learned in school.  
Albert Einstein
  9. You show me something that doesn't cause cancer, and I'll show you something that isn't on the marketplace yet. George Carlin
  10. There never was a good war or a bad peace. Ben Franklin
  11. The Supreme Court has ruled they cannot have a nativity scene in Washington, D.C.  
This wasn't for any religious reasons. They couldn't find three wise men and a virgin.  
Jay Leno
  12. He may look like an idiot and talk like an idiot, but don't let that fool you -- he really is an idiot.  
Groucho Marx
  13. The price of greatness is responsibility. Winston Churchill
  14. Politics is the art of looking for trouble, finding it, misdiagnosing it, and then misapplying the wrong remedies. Groucho Marx
  - 15 I was married by a judge. I should have asked for a jury. Groucho Marx
  16. The heart of marriage is memories. . Bill Cosby
  17. Behind every successful man is a woman, behind her is his wife.  
Groucho Marx
  18. I don't believe there's any problem in this country, no matter how tough it is, that Americans, when they roll up their sleeves, can't completely ignore. George Carlin
- Collected from various undisclosed sources  
By Bill Aulepp

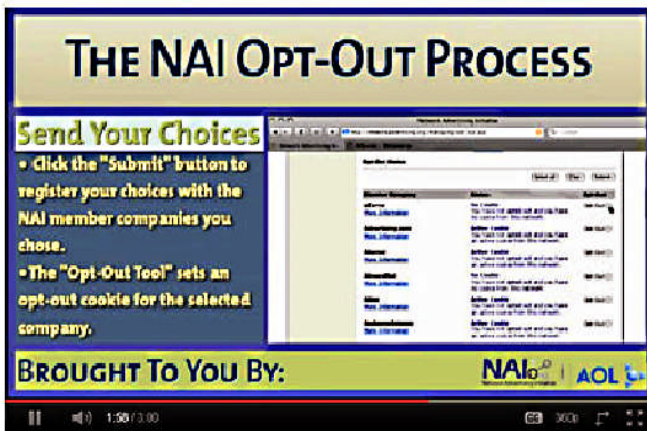
# ARE YOU BEING FOLLOWED?

## ARE YOU BEING FOLLOWED?

By Linda Gonse, Editor/Webmaster, Orange County PCUG, California  
 December issue, nibbles & bits  
[www.orcopug.org](http://www.orcopug.org)  
 editor (at) orcopug.org

You may not even suspect you are being followed. But, as many as 60 ad networks may be tracking you on the web right now! What's more, they may be selling personally identifiable details about you.

If this disturbs you, you can put a stop to it. You can quickly opt out from advertising networks —each has multiple clients! — with just a few mouse clicks.



The National Advertising Initiative (NAI) is a cooperative of dozens of online ad networks that track you. An NAI statement says it developed an Opt-out Tool "in conjunction with our members for the express purpose of allowing consumers to 'opt out' of the behavioral advertising delivered by our member companies." To this end, NAI offers a YouTube video on their home page showing you how the Opt-out Tool works. (You can also see the enlarged video before you go to their site at <http://bit.ly/ruQt9S>)

Basically, the Opt-out Tool, which will not be installed on your computer, examines cookies (small text files) on your computer and identifies those member companies that have placed an advertising cookie on it.

When a member company's cookie is identified by the Opt-out Tool, you simply check the box next to the company name. If you are strongly motivated (or highly frustrated), check the "Select All" box! Then,

click the "Submit" button, and you're done. The cookies will be removed for the selected companies and your opt-out status will be automatically verified.

Go to the NAI website at <http://bit.ly/sNMIj0> to get the opt-out process started.

There are two caveats. 1. Opting out of a network does not mean you will no longer see online advertising. But, the network from which you opted out will no longer be tracking you personally and displaying ads that are "tailored to your web preferences and usage patterns." Isn't that the idea? 2. Networks voluntarily allow opting out. It isn't a legal mandate. Also, technical glitches may occur. Cookies from any of these networks may reappear. So, use the Opt-out Tool regularly.

Quantcast Measurement and Advertising does not participate in the National Advertising initiative, but also offers you the ability to opt-out of their ads based on your interests.

Quantcast claims it doesn't store your IP address or any other personally identifiable information. "But, if you prefer not to receive interest-based content and advertisements enabled by Quantcast and not to have Quantcast measure your pattern of website visits or other online media consumption, you can opt-out by using our opt-out tool" at <http://bit.ly/vNAXOB>.

Opting out is the only way you can avoid being tagged, tracked and tempted by advertisers who know your purchasing history. By opting out you can end hunting season by advertisers who are determined to bag your money.

<b>Criteo</b> <a href="#">More Information</a>	<b>Opt-Out Cookie</b> You have opted out of this network.	<input type="checkbox"/> Opt-Out
<b>Cross Pixel Media</b> <a href="#">More Information</a>	<b>No Cookie</b> You have not opted out and you have no cookie from this network.	<input type="checkbox"/> Opt-Out
<b>DataLogix</b> <a href="#">More Information</a>	<b>Active Cookie</b> You have not opted out and you have an active cookie from this network.	<input type="checkbox"/> Opt-Out
<b>DataXu</b> <a href="#">More Information</a>	<b>Opt-Out Cookie</b> You have opted out of this network.	<input type="checkbox"/> Opt-Out
<b>Detonics</b> <a href="#">More Information</a>	<b>Active Cookie</b> You have not opted out and you have an active cookie from this network.	<input type="checkbox"/> Opt-Out
<b>Dedicated Networks (AppNexus)</b> <a href="#">More Information</a>	<b>Active Cookie</b> You have not opted out and you have an active cookie from this network.	<input type="checkbox"/> Opt-Out
<b>Dedicated Networks (DoubleClick)</b> <a href="#">More Information</a>	<b>Opt-Out Cookie</b> You have opted out of this network.	<input type="checkbox"/> Opt-Out

A few of the networks that may have placed one or more cookies on your computer.

## DO YOU "YOUTUBE"?

## POWERPOINT PLUS

**DO YOU "YOUTUBE"?**

By Elaine Szaniszlo, Editor, Northeast Ohio PC Club  
December 2011 issue, Nybbles & Bytes  
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I had always thought that YouTube was a site that had lots of fun videos. Well, it does, but read on!

I was on a trip recently and the fuses blew on the car power outlets. We needed to replace the fuses as our plug-in GPS would not work otherwise. Of course, everyone knows the fuse box is located under the dashboard, right? But did you know some cars have another fuse box under the hood? We found that out on youtube.com. We typed in the car make, model and year, and fuse box, and up came a very nice video showing where the fuses were in the engine compartment, how to get the cover off and showed there was a fuse puller included (a very useful tool, indeed!). Now we would never have known that.

A friend told me he was going to replace a garbage disposal. He went to YouTube. Again, there was a detailed video explaining how to do that. Other ambitious folks I know have used YouTube to get videos on repairing clothes washers, too.

I used YouTube once to get some cooking information, but never realized the wide scope of informative videos that was available. So the next time you want to solve a problem or get information on any do-it-yourself project, check out YouTube. It may make YOU happier.

**WE WANT TO INCREASE  
OUR MEMBERSHIP  
IF EACH MEMBER  
BROUGHT JUST ONE  
INTERESTED GUEST  
TO A MEETING  
WE WOULD ACCOMPLISH OUR GOAL**

**BEYOND BULLET POINTS.** Using Microsoft PowerPoint to Create Presentations That Inform, Motivate, and Inspire

By Cliff Atkinson, Microsoft Press / O'Reilly  
Reviewed by Greg West, Vice President, Sarnia CUG, Canada  
APCUG Advisor, Regions 6 and International  
Gregory (at) alternatcloud.com

All of us have had, or were forced, to sit through a PowerPoint presentation wishing we were somewhere else. The speaker was so boring, the presentation slides were cheesy and extremely confusing, and our insides screamed for us to get up and leave the room.

Beyond Bullet Points is designed in such a way that this will never happen when you give your next presentation. This book takes us through the proper steps in creating the most interesting and very definitive presentation possible. Here is where we learn the importance of telling a story with our slides. Layout is another import issue that is fully covered in Chapter 4: "Planning Your First Five Slides." This is where you learn how to grab your audience right away and keep them focused on your presentation.

You will learn why graphics are so important and how they can make or break a presentation. Chapter 8 is where the fun begins as you learn how to add graphics to various areas within your slides. You will learn how to use the graphics you already have on your computer, and how to get graphics from "Stock Photography Web Sites".

Your PowerPoint presentation comes together in Chapter 9: "Delivering Your...Presentation". The amateur presenters are separated from the professionals. This chapter prepares you for the delivery of your presentation. Here you are shown the basic ground rules for removing distractions, prompting a dialogue and how to enhance your presentation effectively.

A real treat is found in Appendix A where ground rules and checklists act as an overview ensuring you have created a very professional presentation. Added features: This book comes with website links for "Companion Content" with key tools and a bonus Chapter 11, introducing a "Visual Improv," PDF version of the ground rules and checklists. You also get a voucher for your free online version of this book. For anyone who is serious about their presentations, this book is a keeper.

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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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## REPLACE A DESKTOP WITH A LAPTOP?

### REPLACE A DESKTOP WITH A LAPTOP?

By Bob Rankin

<http://askbobrankin.com/>

"I'm thinking about getting a new computer, because mine is several years old. My friends seem to love their laptops, but I'm not sure they can fully replace my trusty desktop computer. Can a laptop really do everything, and are they as fast and powerful as desktop computers?"

Share This 332Can I Replace My Desktop With a Laptop?

Desktop computers have several advantages over laptops. It doesn't matter if you're PC or Mac fan. You tend to get more computing power and features for your money. Desktops are more expandable than laptops. Parts and service are cheaper, and more readily available. But of course, it's much harder to take a desktop with you. Try lugging yours into a Starbucks and you'll get some pretty funny looks.

If you live a mobile lifestyle, you can simplify your life by ditching the desktop and using one powerful laptop for all of your needs. You may have to get used to a smaller screen, a cramped keyboard, and a touchpad instead of a mouse. But switching to a laptop won't limit what software you can run. If your favorite software or game runs on a desktop, it will work just the same on a laptop.

The only exception to that rule comes into play if you switch from a Windows-based desktop PC to a Macbook laptop, or from a desktop Mac to a PC laptop. Generally, software written for Windows doesn't run on a Mac, or vice versa. But there are some clever solutions that let you run Windows programs on your Mac desktop. See my related article [Run Windows on Mac](#) for details on that.

#### Laptop Features to Look For

Desktop replacement laptops are the most powerful of their breed. The best desktop replacement laptops come with features usually found only in desktops, like dual hard drives, expansion ports, and extra-large screens (up to 20 inches diagonally). For gamers, near-full sized keyboards and ports for mice or other analog controllers are essential.

Portable power comes with a price, of course. Desktop replacement laptops are several times heavier

than the average laptop, in some cases weighing as much as a bowling ball. Battery life is generally limited to a couple of hours. And a maxed-out desktop replacement can cost more than three MacBook Air laptops.

Toshiba's Qosmio X775-3DV78 is the latest in the company's line of massive desktop replacements. It features a quad-core Intel Core i7 processor, Nvidia GeForce GTX 560 graphics, and dual hard drives with a combined 1.25 TB capacity. It's equipped with a Blu-ray drive and a 17-inch, 1,920 x 1,080-pixel display. It weighs 8 pounds and costs nearly \$1,899, though.

For Mac users, the MacBook Pro is the way to go. The 15-inch model starts at \$1799, and sports a 2.5GHz processor with 4GB of memory. The 17-incher bumps the price tag up to \$2499. Avoid the MacBook Air, if you're trying to replace a desktop. It's a fine ultra-light laptop, but the biggest screen is a 13-inch, and it's also light on hardware specs.

The Alienware M18x (\$1,999) comes with an 18-inch screen, an 2.5 GHz Intel Core i7 processor that can be overclocked to 2.8 GHz, two 750 GB hard drives, and 16 GB of 1,600 MHz DDR3 RAM. It also sports 5.1 speakers for tooth-rattling sound effects. Ports include 2 USB 3.0, 2 USB 2.0, 1 eSATA/USB, and an SD card reader. Networking capabilities include Ethernet, 802.11n WiFi, and Bluetooth. All of this weighs nearly 13 pounds without the AC adapter.

The Dell XPS 17 3D is a more modestly priced desktop replacement at \$1,199. (The non-3D version actually starts at \$899.) Its 17-inch screen is large enough for gaming without adding too much bulk or weight. A 2.0 GHz Intel Core i7 processor with 8 GB of RAM make the XPS a speedy system. Twin 500 GB hard drives provide plenty of storage. At 8.4 pounds withough AC adapter, the XPS is reasonably portable for short distances.

If you're looking for advice on buying a more powerful business-class machine, see my article on [Seven Great Laptops for Business Travelers](#).

#### Other Hardware Considerations

Here are a few other practical considerations for those thinking about replacing a desktop PC with a laptop. A laptop may not have enough USB ports to plug in all your external devices, such as a printer,

*(Next Column)*

## REPLACE DESKTOP

## BACKUP OR IMAGE ?

scanner, external hard drive, full-size keyboard, or mouse. It may not have a DVI or HDMI video port, if you want to plug in an external monitor, or connect it to a TV screen.

Many laptops, especially less expensive models, no longer have CD/DVD drives. If installing software from a CDROM, burning a CD or DVD, or listening to music CDs is important, look for a laptop that includes a combination CD/DVD drive. You may also need to consider a Blu-ray drive if you have movies on Blu-ray discs. External CD/DVD drives and Blu-ray players are also an option, assuming you have a free USB port to connect them.

If you don't have wifi at home, you'll also need a network jack so you can connect a network cable from the laptop to your Internet router. Oh, and if you need to send or receive faxes over a phone line, make sure there's a standard RJ-11 phone jack on your laptop. (For a better way to send faxes over the Internet, see my article Free Internet Faxing.)

On the up side, adding or replacing RAM memory sticks is much easier on a laptop. There's no need to open up a cavernous system unit filled with scary-looking wires, electrical components, and sharp metal edges. On a laptop, you just remove an access panel on the bottom, and snap the memory stick in or out. It's pretty much the same for hard drives. Loosen a screw on the access panel, and laptop hard drives slide right in without any wires or power cables to mess with.

So as you can see, there are tradeoffs that you'll have to consider if you want to replace that clunky desktop PC or Mac with a portable wireless laptop. Unless you're willing to shell out big bucks, desktop replacement laptops are generally not business class machines. They're usually built with students and gamers in mind, and will probably not satisfy the budget minded or the power user.

Read more: <http://askbobrankin.com/>

Note: Bob covers almost every PC area in his many articles. Well worth checking out.

**BACKUP OR IMAGE, WHAT'S THE DIFFERENCE?**

By Phil Sorrentino, President, Sarasota PCUG, Florida December 2011 issue, Sarasota PC Monitor

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

president (at) spcug.org

This topic can be very confusing because of the similarities and the differences between backups and images. Backups and Images are similar in that they are both copies of something. The difference is in the "what" and the "how". Normally, a backup is thought of as a copy of a file or a folder or a collection of files and folders (that is the "what"). The backup copy is just a copy, an exact duplicate and is not processed in any way (the "how"). The backup files can be used by any programs that could use the original files. The reason for having a backup file is to restore a file if it is accidentally destroyed or deleted.

An Image, on the other hand, is a copy of the Operating System and all of its components (referred to as the Operating Environment), as they exist in the memory of your operating computer (that's the "what"). The Image can only be created by an imaging program (the how), and the image created can only be used by that same imaging program. The reason for having an image is to be able to re-install your "Operating Environment" if, or rather when, a virus or hardware problem makes your system unusable.

The topic can also be confusing because people, and even the literature, often use the terms backup and image in confusing ways. Often you will see or hear the term "backup image" which is meant to refer to a copy of an image. Well, an image is already a copy of something, so is this an image or is it a copy of an image? In order to keep things straight, I have tried to use the term "backup" to mean an ex-

*(Continued on page 10)*

## BACKUP OR IMAGE, WHAT'S THE DIFFERENCE?

*(Continued from page 9)*

act copy of a file that needs to be saved. (I know that sometimes backup copies are "zipped" or compressed to save space, but those files are no longer exact copies of the originals and are not directly usable, so I would not call them backups, I would have to call them "zipped backups" or "compressed backups", to be accurate.) And I use the term "image" to refer to the resultant file (or file collection) that is produced by an imaging program such as Ghost, or Acronis True Image, or Macrium Reflect, or even Windows 7.

To be completely protected against potential problems (viruses and/or hardware problems) you have to address both issues, backup and image. You have to backup all of your important files, those that you really do not want to lose, and you have to have an image of your Operating Environment for re-installation when needed. (Just as a point of interest, Windows 7 includes the ability to do both, via the Backup & Restore Control Panel.)

The files to backup are those that you have created or collected, such as your pictures, music, videos, Word documents, and spreadsheets. Any file that you would really be hard pressed to reproduce, if it was lost, is a good candidate for backup. How often to backup is dependent on the file in question. Files that are changing daily should probably be backed up daily, but files that don't change need only be backed up on some weekly or monthly schedule. For backups, in general, follow "Chicago Politics" advice and backup early and often.

Also, be aware that there are many ways of backing up your files since it is only a Copy operation. However, there are many programs that make the job quick and easy. If you have a folder of pictures and you only add a few pictures to the collection weekly, then there is no need to copy all of the pictures each week, you only need to backup the new pictures. Backup programs such as Microsoft Synctoy, and Synchronagic, check the collection of files to be backed up against the last backup and only copy the

new files or those that have changed since the last backup. These programs make the backup process quick, efficient and so easy that you will probably do it often enough. By now you are probably feeling that you have got the idea of backup, but where do you put these backup files? The best place for backup files is on an external hard drive that is normally not connected to the computer. Right before you are ready to backup your file collection, connect the external hard drive and fire-up the backup program and run the backup task. After the backup is finished disconnect the external drive and put it away in a safe place.

Creating an image is a little more difficult than creating backup files because imaging is not just a simple Copy operation. Because an image is a copy of your operating computer memory, the program must know a lot about the architecture of the memory. This is very specialized knowledge and is the essence of an imaging program. The imaging program must be installed on your computer for use in creating an image. And, it must create a bootable disk to be used when your system is not operating correctly. The image it creates can usually be put on a system drive (other than the C: drive), or an external hard drive, or a number of DVDs. The image created is usually a very large collection of files that may total from 20 to 60 GB. The imaging process can take many hours depending on the size of the image and the amount of compression that is selected. Imaging is a very lengthy process, and it creates such large files, so you probably only want to do it when absolutely necessary. A new image is only necessary when the Operating Environment changes, when you add or delete programs, or when you update your operating system. You may not add or delete programs very often, but the operating system is updated, at least monthly, so you might want to create a new image every 3 or 4 month or whenever a big change is made to the Operating Environment.

So you can see there is a great difference between Backup and Image. But, both are necessary if you hope to completely recover from a future hardware failure or malware infection.

# SANDBOXIE TO SAFELY BROWSE THE INTERNET

## USING SANDBOXIE TO SAFELY BROWSE THE INTERNET (Based on ver 3.60)

[www.sandboxie.com](http://www.sandboxie.com)

By Jim McKnight, Director, Los Angeles Computer Society, California

December 2011 issue, User Friendly

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GENERAL:



Once Sandboxie is set up, all you have to do is click the Sandboxie Icon on the desktop and your regular Internet Browser opens safely in a sandbox.

Sandboxie uses your regular Internet Browser to go on the Internet without the fear that you will be tricked into infecting your PC by malicious websites, or by infected downloads.

Although Sandboxie does some amazing things with many kinds of programs, this article focuses on using the Sandboxie program to make your Internet browsing safe from malware infections.

The tips in this article are for the FREE version of Sandboxie. The paid version offers many bells and whistles, but for safe Internet browsing, the FREE version is adequate.

Be aware that some programs do not play well with Sandboxie. For details, see:

<http://www.sandboxie.com/index.php?KnownConflicts>

**NAG SCREEN:** The only downside to the FREE version of Sandboxie is that 30 days after installation, a Nag screen pops up most every time you use it with a 5 second delay telling you that the Nag delay will go away permanently if you buy Sandboxie. (Currently about \$42.00 for a lifetime license that works for all your PC's (as an Individual owner).

## HELP AND TUTORIALS:

For an overview of what a sandbox is, go to the <http://www.sandboxie.com> home page.

Also see the Sandboxie Help pages at: <http://www.sandboxie.com/index.php?HelpTopics>

See this Tutorial video set (3 parts; About 20 min total). It is very good:

<http://www.securitytube.net/video/578>

You can get to the 6-part "Getting Started" tutorial for the Sandboxie program at any time as follows: (Double-click the Sandboxie Control Icon on the Task bar > Help > Getting Started Tutorial)

## DOWNLOAD AND INSTALL SANDBOXIE

You can download the SANDBOXIE program from: <http://www.sandboxie.com>

During the installation, you may be notified of software compatibility conflicts between Sandboxie and some other program/s. You will be asked to give permission to automatically change some configuration settings to fix it. Just click OK. Note: You can get to this screen anytime: (click Sandbox > Configure > Software Compatibility).

## SETTING UP SANDBOXIE TO "AUTO-DELETE" FILES:

By default, Sandboxie does NOT Auto-delete anything. Everything is saved in the sandbox until you delete it.

I highly recommend setting up Sandboxie to "Automatically delete contents of sandbox" when the sandboxed browser is closed. This will delete all browser changes, add-ons, downloads, and program installs (including malware) each time you close Sandboxie.

To set up Sandboxie to always Auto-Delete:

- 1) Double-click the Sandboxie Control Icon in the System Notification area.
- 2) In the Sandboxie window;

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# SANDBOXIE TO SAFELY BROWSE THE INTERNET

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(click Sandbox > Default Box > Sandbox Settings > Delete > Delete Invocation).

3) Click to check the box for  Automatically delete contents of sandbox, and click OK.

NOTE: "Auto-delete" usually does not include manually downloaded files. They are kept in the sandbox until you manually either Recover them or Delete them.

**MANUALLY DELETE EVERYTHING IN THE SANDBOX:** Double-click the "Sandboxie Control" system tray Icon, then; (click Sandbox > Default Box > Delete Contents) Close the Sandboxie Control window.

**SAVE (RECOVER) DOWNLOADED FILES:**

Sandboxie offers you the opportunity to save "for real" any downloaded files both after you download the file and when you close the browser. If you do not save them, they disappear when you close Sandboxie (but by default stay in the sandbox for you to recover or delete later). Saving for real is called Quick Recovery.

Each time you download files to the Desktop, you are usually (but not always) prompted to "Quick Recover" that file (save for real).

If you download files to anywhere other than the Desktop, you will NOT be prompted for "Quick Recovery". Later, you can get to the Quick Recovery (save for real) screen by double-clicking the Sandboxie Control Icon in the notification area, then select (Sandbox > Default Box > Quick Recovery). Click on the desired Item/s (to highlight them), then click either "Recover to Same Folder" or "Recover to Any Folder".

Last resort: If you are still having trouble saving a file "for real" AND if you trust the download website AND if you trust the file: Close sandboxie, browse to that site without Sandboxie, and download your file. Scan it for malware before using.

**EXPLORING DOWNLOADED FILES**

It is best to explore downloaded files that are in the sandbox by using the "Sandboxed" version of Windows Explorer:

1) Open the Sandboxie Control program by double-clicking its Icon in the System Tray.

2) Click (Sandbox > Default Box > Run Sandboxed > Run Windows Explorer) .

Now as you explore the system using Windows Explorer in sandboxed mode, you will see your downloaded and sandboxed files right alongside regular files in the same folder where you downloaded them. This can be confusing so hang in there.

**CHECK DOWNLOADED FILES FOR MALWARE**

There are two ways to scan downloaded files for malware:

1) You can get to the file using the sandboxed Windows Explorer shown above, then right-click the file and run your normal Anti-malware program scan on it to make sure it is safe before "Saving it for real".

2) Everything that is sandboxed is actually hidden in a folder called C:\Sandbox. Your antivirus scanner can be run against that folder and will inspect all the files in it for malware. It should then be safe to save those downloaded files "for real".

**HOW DO YOU KNOW IF ARE RUNNING IN THE SANDBOX? Two ways:**

Look for # (pound signs) before and after the Browser's name in the Title Bar.

Hover the mouse pointer near the top of the active browser window. If you are running in the sandbox, the window frame will be outlined in a YELLOW border.

**MAKING E-MAIL LINKS OPEN IN A SANDBOXED BROWSER:**

My preferred way is to first open your default browser in the sandbox. Then if you click any links in

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## SANDBOXIE TO SAFELY BROWSE THE INTERNET

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your e-mail, they will open in the sandboxed browser.

If the default browser is not already open in the sandbox when you click an e-mail link, then the link will open the default browser WITHOUT being sandboxed.

### RUN A DIFFERENT BROWSER "SANDBOXED"

The Sandboxie Icon (Free version) always uses the system's "Default" browser. You cannot specify different browsers for the Sandboxie "Sandboxed Web Browser" Icon. (The paid version of Sandboxie has more flexibility).

If you want to use a different browser with Sandboxie, you have two choices:

1) Right-click the desired browser Icon (Context Menu), then select "Run Sandboxed".

Note: Depending on your Operating System, the context menu option for Sandboxie may not show up.

(IE: Quick launch Icons or the Start Menu Favorites Icons). It does always work with the Desktop Icons.

2) Change the Default browser:

- a. Close the sandboxed browser.
- b. Change the default browsing program to the one you desire. The method varies for different operating systems.
- c. Double-click the Sandboxie "Sandboxed Web Browser" Icon. The new browser should now open.

### CHANGES TO THE BROWSER:

With Auto-Delete turned ON, Sandboxie will NOT save your Browsing History or any added Bookmarks, or any other changes to the Browser when Sandboxie closes.

With Auto-Delete turned OFF, your Browser changes will be remembered, but only within the Sandboxie browsing session. If you open the Browser without Sandboxie, the changes will not be visible.

**PERMANENT CHANGES:** Any Browser customizations such as (Add-ons, Favorites, Bookmarks, Toolbars, etc.) that you want to be permanently changed in your Browser must be installed by opening the Browser WITHOUT using Sandboxie, and then making the changes. Otherwise, any changes you make will be sandboxed and will disappear.

**PRINTING:** Yes, you can print stuff as usual from your Browser (even PDF's from the sandboxed Adobe Reader).

**BROWSER IS SLOW TO CLOSE:** This is normal from time to time. Make sure there are no open windows hidden behind the main browser window awaiting user action.

**DESKTOP "INTERNET" SHORTCUT ICONS:** If you like to use various different browsers to go on the internet, be aware that your regular Desktop Internet Browser Icons do NOT use Sandboxie to open them. To create new Desktop Internet Icons that WILL use Sandboxie to open a specific Browser program, try this:

Open the Sandboxie Control program by double-clicking its Icon in the System Tray. Click (Configure > Windows Shell Integration > click the "Add Shortcut Icons" button.).

Click OK a couple times until you get to the window titled "Sandboxie Start Menu Default box" and select "Desktop".

Click to highlight the desktop Icon you want to duplicate. The new Icon will immediately appear on the Desktop.

Be sure to rename each Icon after you create it. This is so Sandboxie will not overwrite it when you create another Icon.

## ICE YOUR CELL PHONE - SAVE YOUR LIFE

### ICE YOUR CELL PHONE—SAVE YOUR LIFE

By Sandy Berger, CompuKISS  
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www.compukiss.com

You may have never heard of the ACEP, American College of Emergency Physicians, but their new consumer website is one you might want to visit. With the number of emergency room visits growing rapidly, this organization has put together a website where patients can access health information, share stories, and get involved in advocacy efforts. [www.acep.org](http://www.acep.org)

Visits to the emergency department hit a new high in 2006. A record 119.2 million people, up from 115 million, were recorded by the Centers for Disease Control, with an average of 227 visits per minute. The American College of Emergency Physicians (ACEP) predicts those numbers will only keep rising.

According to the report, age groups with the highest visit rates were infants under 12 months of age and those over the age of 75. In fact, people aged 65 and older are the fastest growing segment of the U.S. population and are the most likely to be admitted to the hospital of all emergency patients. Researchers conclude that visits for patients between 65 and 74 could nearly double from 64 million in 2003 to 111.7 million by 2013. Despite these numbers, emergency departments continue to close - causing delays for people with serious medical conditions like heart attacks.

In honor of its 40th anniversary, ACEP will be making available video clips featuring emergency medicine pioneers, vintage photographs and radio public service announcements. In addition, the organization is launching a new consumer website, [EmergencyCareForYou.org](http://EmergencyCareForYou.org), which features extensive public information. The year-long campaign is sponsored in part by General Motors OnStar, Ultra-sonix and ZOLL Medical Corporation.

The [EmergencyCareForYou](http://EmergencyCareForYou.org) website is a comprehensive site that you will want to visit. It has information on everything from "how to tell if it is an emergency" to "family disaster preparedness".

One important section of this website talks about how "ICE" and Your Cell Phone Can Help Save Your Life.

The website states, "Emergency physicians are recommending that people with cellular phones add "ICE" entries into their cell phone address books. This stands for "In Case of Emergency," and medical professionals are using it to notify the person's emergency contacts and to obtain critical medical information when a patient arrives unconscious or unable to answer questions."

I didn't know about this, yet it sounds like a great idea! Check it out. It may save your life. More information can be found at the [ICEforHelp](http://ICEforHelp.com) website. [www.iceforhelp.com](http://www.iceforhelp.com)

**DID YOU KNOW  
YOU CAN GET  
YOUR NEWSLETTER  
ELECTRONICALLY EACH  
MONTH ?**

**JUST GO TO OUR  
WEBSITE  
AND CLICK ON THE  
NEWSLETTER PAGE**

**OR**

**IF YOU WANT A PRINTED COPY  
MAILED TO YOU EACH MONTH**

**JUST SEND AN EMAIL TO:**

**[members@phoenixpcug.org](mailto:members@phoenixpcug.org)**

**MAKE SURE YOU INCLUDE YOUR  
EMAIL  
AND ADDRESS  
OR**

**check the box on your  
membership application when paying  
your dues**

## TOO MANY COMPUTER CHOICES

### TOO MANY CHOICES

By Wil Wakely, President, Seniors Computer Group, California

December 2011 issue, Bits and Bytes

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Choosing a computer used to be relatively easy: Do you want a desktop with a tower or a flat unit that fits under your monitor? This is no longer true. Now we have a plethora of choices: Desktop, Laptop, Notebook, Tablet, Smart Phone, and smart e-Book Reader. Perhaps I have missed a late comer; if so, forgive me. Let's review the features, pros and cons of each.

#### Desktop

For a fixed location, non-portable computer a Desktop is the best choice. It is the least expensive computer and can be easily customized to whatever your computing needs might be. It is a necessity for gamers and heavy-duty computing such as photo and video processing, CAD (computer-aided design), and data processing. There are wide choices of software and hardware which results in lower costs and greater availability of these items. Larger displays, multiple ones if desired, are available along with specialty multi-function keyboards and a variety of mice, all of which can be easily attached. More powerful computer chips, memory chips, video processors, large, multiple hard drives and powerful wireless adaptors are choices only available with Desktops.

The choice between proprietary brands such as Dell or HP vs. a "plain vanilla" custom machine depends upon your budget and how much technical support you may need.

#### Laptop

Portable laptop computers come in a variety of sizes, prices and features. Many of the more expensive ones rival some Desktop machines in capability. The display screens are smaller than Desktops and the keyboards with the integrated touchpad mouse are not as user friendly as those on Desktops. Newer models have built-in Wi-Fi for connection to the Internet, whereas older models required a USB Wi-Fi adapter. Most

Laptops have a built-in video camera for video messaging with friends via Skype. For equivalent features, Laptops are always more expensive than Desktops as are any repairs or upgrades. However, if portability of a powerful computer is a requirement, a Laptop is a good choice. An auxiliary USB external hard drive or large thumb drive (flash drive) is useful for backup and storage for Laptops.

#### Notebook

The Notebook is just a smaller, lighter version of a Laptop with a smaller screen and keyboard. It is not recommended for heavy duty use, but is fine for travel and is less expensive than Laptops, Tablets or Smart Phones. Most of the Laptop features are also found in Notebooks. Some Notebooks come with electronic memory instead of hard drives. This memory is faster and lighter, but holds much less data than hard drives. The Chrome by Google is a Notebook that utilizes the Cloud for much of its power and capability.

#### Tablet

A Tablet has no external keyboard, but the screen is touch sensitive so a virtual keyboard on the screen is provided instead. However, the touch-screen eliminates much of the standard keyboard activity. The availability of software for Tablets is growing rapidly, but there is nowhere near the number of titles available for the computers described above. For casual use, Tablets are fine for email, Web browsing, limited word processing and spreadsheet work. Most Tablets are less expensive than Laptops, but often cost more than Notebooks. Tablets also have e-Book reading capability. They have no hard drive but Cloud storage via the Internet somewhat replaces this function. The iPad by Apple seems to be the leader in Tablets, but many competitors are coming on-line with similar features at lower prices.

#### Smart Phone

There are two major varieties of Smart Phones: iPhone and Android. The iPhone is a proprietary operating system by Apple and is more expensive than other Smart Phones, but is claimed to be more user friendly. The Android phone is an "open source" op-

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## TOO MANY CHOICES

## INVISIBLE SHIELD

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erating system developed by Google and as such has many more Apps, (software applications). The major drawback to these phones is the small display screen. They have touch screens in lieu of a keyboard. However, they are cell phones, which none of the above are. They are also connected to the Internet for email and Web browsing and can play music and video. The phones can be quite inexpensive because the carriers (Verizon, ATT, etc.) require signing a two year contract for the reduced cost. Breaking the contract early can be very expensive. There is a basic cost for the phone service and an equivalent monthly charge for Internet service. There also can be an additional service charge for data usage. Look for unlimited data-use contracts, if available.

### Smart e-Book

Older e-Book readers were just that — monochrome digital book readers, e.g., early models of the Amazon Kindle. Newer Readers such as the Amazon Fire and Barnes & Noble Nook have full color touch screens with Wi-Fi along with their e-Book reader function. The Fire also has free Internet connectivity via Sprint. So the e-Books are now competing with the Tablets, having similar features but with a display size intermediate between Tablets and Smart Phones. Look for e-Book Readers to become even smarter in the near future.

So what's next? I predict expanded speech recognition and generation will soon be incorporated in most computers, as an alternate to touch-screen, mouse and keyboard. A larger selection of Apps will become available as software programmers jump on this lucrative bandwagon. Faster Internet connections are already available in selected locations and will come to your area soon. Look for LTE, 4G, 5G and even faster connections. Better displays that don't wash out in sunlight are being developed and we should see them soon. Lower prices and enhanced features due to competition favor the consumer and should happen very quickly. Decisions, decisions...

Stay tuned!

### INVISIBLE SHIELD

By George Harding, Treasurer, Tucson Computer Society, AZ December 2011 issue, eJournal  
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If you have a smart phone, MP3 player, tablet or other portable device, you need a durable covering for the faces of your instrument. ZAGG has a solution for you.

Why have a covering? Many reasons:

First, you want to protect the surfaces from scratches. Plastic scratches very easily and even glass can be marred.

Second, it's easier to clean than the natural surface.

Third, even the corners and curves are protected.

Fourth, the covering is easier to hold onto, so you're less likely to drop it. And last, it's invisible.

The product is specific to each device, since it must have the proper cutouts for the device you're going to protect. ZAGG has a product for just about every device known to the tech world.

The Invisible Shield product has a lifetime guarantee. If it gets damaged, ZAGG will replace it for free. You can't get better protection than that!

Installation is carefully done. First, wash your hands (didn't think of that, did you?). Unplug or turn off your device. Wipe it clean with a lint-free cloth. The kit comes with a small bottle of spray. You spray your fingertips with it. Then remove the paper backing from the clear plastic overlay for the surface you are working on (there are overlays for all sides of your device). Then spray the overlay.

Next, place the overlay on the surface you're working on and make sure it's aligned properly. If necessary, remove the overly, spray it again and realign it. You can lightly spray the non-adhesive side of the overlay to make the squeegee move more smoothly. The squeegee (supplied) is then used to push out the bubbles and excess solution. Soak up any excess solution with a clean cloth. You'll want to set your device aside for overnight to let the solution dry and cure.

The overlays won't scratch, tear or become damaged and should last for the lifetime of your device. If you encounter a problem, contact Zagg for replacement of the Invisible Shield.

About: Invisible Shield  
Vendor: ZAGG

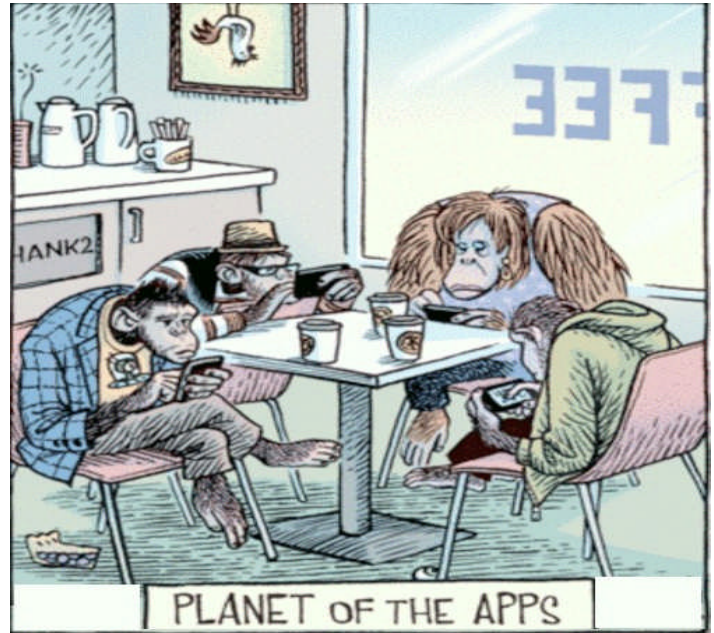
## Short Circuits...zzzt!

**Fake Bills.** It didn't take special training for workers in South Dakota to spot the fake \$20 bills that were being passed off as real money. Police say the phony bills were simply low-tech color photocopies. Police said the reason someone was able to get away with passing off about \$200 worth of the bills is that he wrapped the phony ones inside of a real one, then rushed out the door before employees could stop him. The bills were used at more than a half-dozen businesses before police arrested a suspect -- inside a hotel room he allegedly paid for, in part, with a fake bill. The man is being held in jail. The Secret Service will determine if he'll face federal charges. *Associated Press* Dec. 13, 2011

**Fake calls.** A family in New York City is expressing relief after the arrest of a neighbor accused of making more than 150 fake 911 calls using their address. The calls went on for nearly two years. Many were in the middle of the night. The claims included fake fires and gunshots. In recent months, emergency responders had sometimes gone to the Manhattan home twice a day. Fire marshals charged the neighbor with numerous counts of falsely reporting an incident and reckless endangerment. Although they're glad the ordeal is over, the victims say they still might move. *Associated Press* Dec. 6, 2011



"Now that they're sending our bills by e-mail, I think we should get a slower Internet connection."

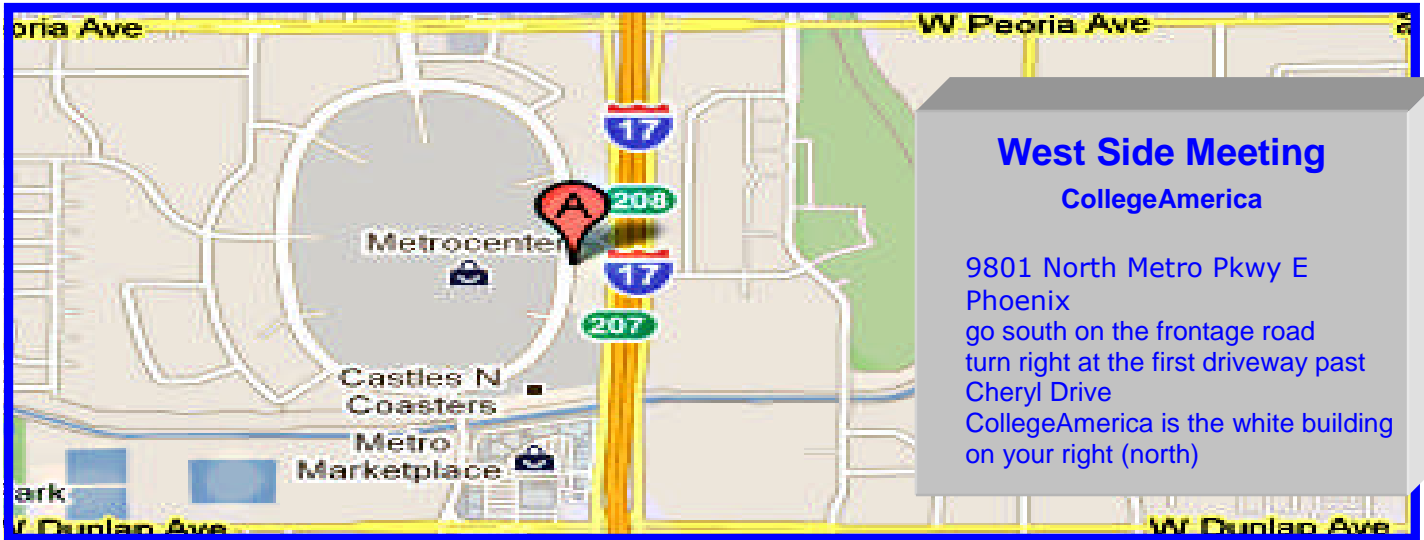


**Fake expert.** A veteran County Sheriff deputy in Tennessee is back on the job -- with a firearms refresher course completed -- after he accidentally fired a shot inside a convenience store. The officer was demonstrating a Glock pistol to another deputy when the weapon discharged, firing a bullet through a computer monitor and the wall of a walk-in freezer, where it lodged in a pack of frozen bologna. No one else was in the store at the time and neither officer was hurt. The shooter was suspended for 18 hours and had to take a weapons safety course. He and the other officer split the cost of replacing the video monitor. *Associated Press*. Dec. 13, 2011

**Fake rocket car.** The guys known for creating colorful geysers from Diet Coke and Mentos candies say they've set a distance record for **vehicle** with soda-and-candy-powered propulsion. They created a single-seat rocket car powered by 54 bottles of Coke Zero and 324 Mentos. The Mark II traveled 239 feet, improving upon last year's 220 feet with only half the fuel. They posted video of a 209-foot attempt online. *Associated Press* Dec. 9, 2011

*These Items are based on articles from the noted sources and have been adapted by the Editor.*

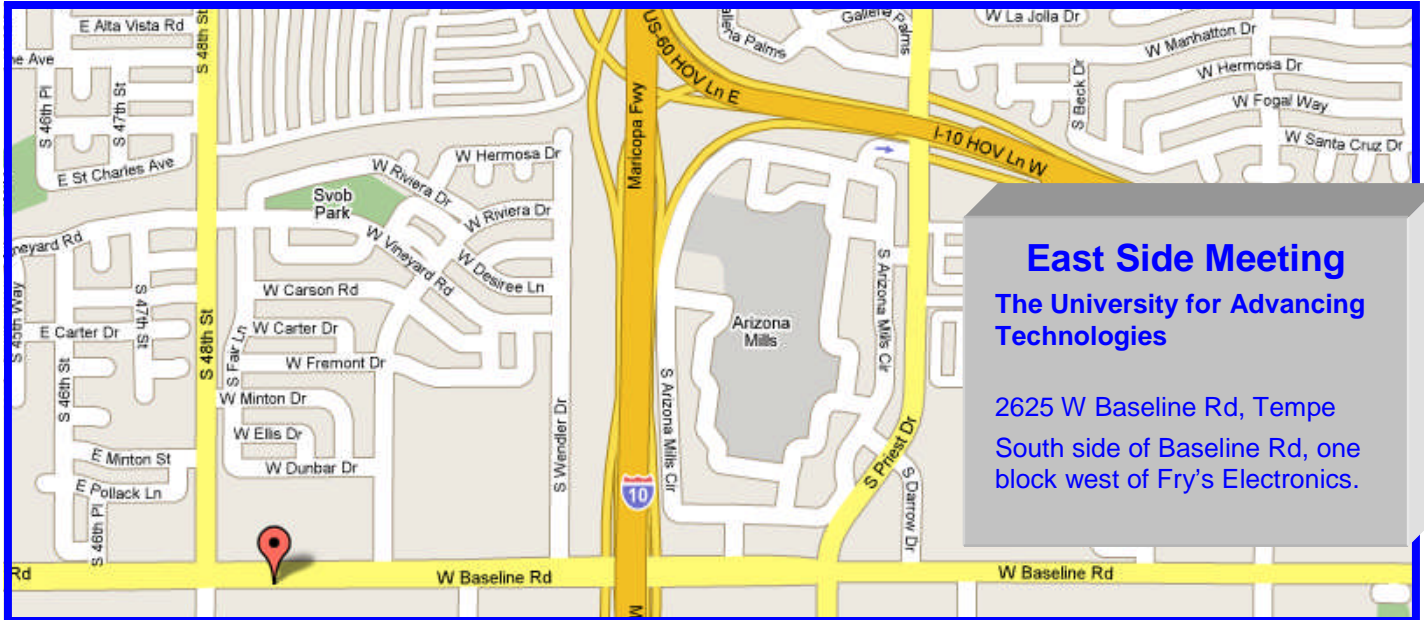
# HOW TO GET THERE



## West Side Meeting

CollegeAmerica

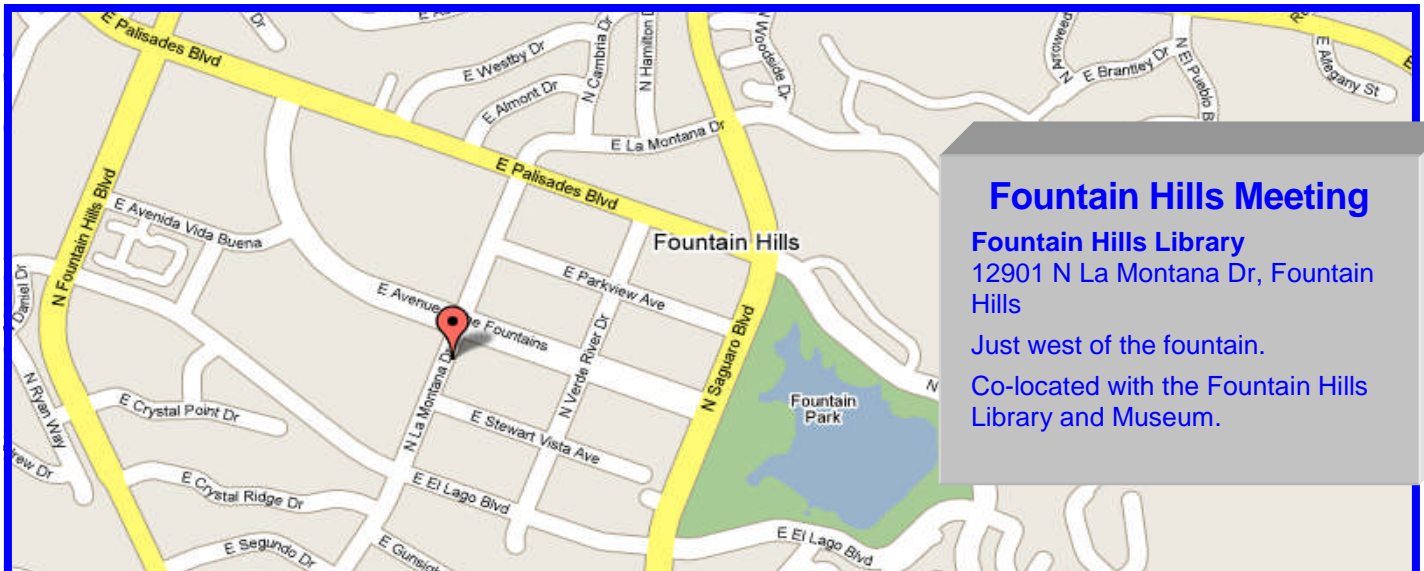
9801 North Metro Pkwy E  
 Phoenix  
 go south on the frontage road  
 turn right at the first driveway past  
 Cheryl Drive  
 CollegeAmerica is the white building  
 on your right (north)



## 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  
THROUGH  
DEC 31, 2012*

## Phoenix PC Users Group Membership Application

First: (Print Legibly) \_\_\_\_\_ 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

Receive Electronic newsletter in place of printed one:  Yes  No

E-mail address: \_\_\_\_\_ (Print Legibly)

Signature \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

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

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

Mail this completed form with payment to:

**Phoenix PC Users Group**  
PO Box 45451  
Phoenix, AZ 85064—5451



*The Best Accessory  
for your PC!*

Web address:  
[phoenixpcug.org](http://phoenixpcug.org)

# January 2012

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

PLEASE NOTE OUR NEW ADDRESS

PHOENIX PC USERS GROUP  
PO BOX 45451  
PHOENIX, AZ 85064-5451

STAMP