

SPAUG



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Vol. XIX No. 3 - Newsletter of the Stanford / Palo Alto Users Group for PC
A Non-Profit / Educational Organization - <http://www.pa-spaug.org>

Jim Dinkey - Notes From the Prez

This month I need to discuss firewalls: intrusion detection and control.

The subject is not because it is the "in" this to do but because, in the past few months, there has been a tremendous surge in break-in capabilities and the seriousness of the resultant effects.

It used to be that kids would break into a machine and merely tell the world that they had been there. Now they are modifying your hard disk or deleting files at will, which is really very expensive in time and money to recover from.

Don't for a minute think that the fact that you are using a dial-up modem is going to protect you from an intrusion. Forget it. While the risk is somewhat less, the interface to the rest of the world is identical to the interface presented by a DSL or cable modem – just slower. I expect that the hackers will begin to target the modems even more earnestly.

My reaction to finding a virus on my NT machine wasn't happiness. The virus had three pages of instructions on how to rid the machine of the virus. Since, as I was setting up a new machine, I needed to take heroic actions to assure that I did not allow any viruses to arrive on that machine.

The first attempt to install a firewall didn't work out well. It is well known that a Linux machine can act as an effective firewall -- all it takes is two Network Interface Cards (NIC). Unfortunately, when I ran into problems, I could not establish where the problem was, so I abandoned the project.

Meeting Agenda.

- 7:15 "Boot up"
- 7:30 Announcements.
- 7:35 Guests introduction.
- 7:40 Random Access (Crosstalk)
- 7:50 Break
- 8:00 SPEAKER
- 9:15 SIG Reports
- 9:20 Raffle
- 9:30 Adjourn

**General Meeting @ Elks Lodge - Wed. March 28 @ 7:15 PM
4249 El Camino Real - Palo Alto (directions on page 4)**

So I started in again by dumping McAfee and buying a copy of Norton Anti-Virus. While some things have to be said for McAfee, the poor performance on handling a virus made my decision easy.

The Norton Anti-Virus was NOT loaded as part of any other package. You want to install the program from a stand-alone package because the packaged wrap-around products often cause more problems than they are worth – especially Crash Guard that seems to make machines crash..

The scheduler of Win 98 is used to automatically update the virus files at 7 p.m. each night and the machine has all of its files scanned automatically at 3 a.m. I am not aware of all of this – it is all automatic.

By putting in place the above procedures, you can, with impunity, go about your computer-related activities and ignore the sea of hackers and kids playing with your life through the Internet.

Regards,

Jim

Planning Meeting Notes

3 Jan 2001

by Stan Hutchings

Attendees: Jim Dinkey, Nat Landes, Bev Altman, John Buck, John Sleeman, Robert Mitchell, Mildred Kohn, Kendric Smith, Stan Hutchings.

Jim Dinkey announced some up-coming meeting speakers: Gilman Louie in August, Jan Altman in May. We still need a March speaker - suggestions included PayPal, Palm Computer, Microsoft, Intuit.

There was a discussion of Newsletter editing policy.

Our Treasurer, Nat Landes, is still trying to get signature authority. He is working with Jim Dinkey. Bev Altman turned over \$658 from the last two months, a lot of that was CD sales.

A package of CorelDraw 8 was turned in to Bev. It will be auctioned at an up-coming meeting.

It would be good to demonstrate some of the Club CD contents, to give members a better idea of what is available, and perhaps how to use the programs. We are asking for volunteers to take a program and develop a short presentation. It was suggested the CDs be displayed prominently at the sign-in table, with price conspicuously posted so guests don't mistake it for a "freebie". Jim Dinkey will try to get some jewel boxes for the CDs from Jim Bailey.

Robert Mitchell will be given a \$200 advance to cover publishing the Newsletter.

General Meeting Notes

31 Jan 2001

by Stan Hutchings

Our scheduled speaker didn't show up, so Richard "Dick" Kratt, Secretary of the Palo Alto Elks Lodge (www.paloaltoelks.org) gave an interesting talk about his system that allows him to function as secretary despite being paralyzed. Dick had come to the meeting to hear the scheduled speaker, who in 1994 started helping Dick get hardware and software to overcome his handicaps. Dick's system consists of: an electric wheelchair, maintained by the VA, which cost more than \$15,000; computer system; Dragon Naturally Speaking Pro to convert his words to text; a Shure microphone; a cell phone (with special connection for disabled persons); a Medenta tracker, to track head movements and convert to mouse movements; a "sip-puff" controller; a 9-button input device controlled by tongue; an X-10 controller, which controls many things around his home; and other hardware and software acquired and adapted over the years since being paralyzed by a fall in 1992.

Jaime Alvarez talked briefly about his company Tiqit Computers. It is a spin-off of the Stanford Wearable Computer Lab, specializing in miniaturizing the PC technology. The Matchbox PC, at only 5 cubic inches (84 cc) and 3.3 oz (93 g), is the world's smallest full-function x86 PC. Tiqit Computers (www.tiqit.com/)

(Continued on page 5)

Questions and Answers

<i>Name</i>	<i>Area Of Expertise</i>	<i>Phone</i>	<i>Hours</i>	<i>e-mail</i>
Jim Bailey	DOS , Quick Books 6, Quicken 98	650 494 0631	9AM - 9PM	Jimby@pobox.com
Jim Dinkey	Win NT/Win 98	650 493 9307	9AM - 9PM	jimdinkey@jimdinkey.com
Bill Goldmacker	DOS	650 691 0911	6PM - 9PM	gold@svpal.org
Robert Mitchell	ZIP managers, Win 95/98, MS Publisher 2000, ZIP drives	650 941 5792	4:30PM-9PM	Rfmitch702@earthlink.net
John Sleeman	MS Publisher, UNIX, Fortran, Perl	650 326 5603	9AM - 8PM	sleemanj@earthlink.net

Arlan Kertz - "SPAUG 501(c)"

This is to remind you that SPAUG is a non profit organization registered with the IRS under Internal Revenue Code 501(c)(3). In this regard, your dues (except for \$12 for the newsletter) are deductible. Also, any additional cash and or other non-business assets donated to SPAUG are also deductible.

Elks Lodge, 4249 El Camino Real, Palo Alto, CA 94306-4496

The Elks Lodge is at 4249 El Camino Real on the North side of the street, between Charleston and San Antonio Road, but very close to Charleston. It is next to Ricky's Hyatt House, which is on the corner.

Park your car in the parking lot at the front of the lodge, and proceed to the center door. This is a keycarded door so we will have someone at the door to let you in. Proceed to the Lodge Room straight ahead and to the left.

If you cannot get in the center door because you are late, press the wireless doorbell that will be in place for each SPAUG meeting, and someone will come

(Continued from page 3)

corporate.html) was started in March of 2000 by Stanford professor Vaughan Pratt and his Ph.D. student Greg Defouw to bring the Matchbox PC to market and to develop follow-on mobile and wearable technology. Their current location is at 111B Independence Drive in Menlo Park. Niche markets for the Matchbox PC include embedded automation systems, aerospace, wearable computers, remote datalogging, etc. where the advantages of small size, light weight, low power, reliability, and silent operation are a necessity.

The Matchbox PC features: tiny, low-power embedded form factor Fully VGA and Internet Capable Serial, Parallel, and Ethernet connectivity On-board flash and mass storage up to 1 GB

CrossTalk

Jim Dinkey reported a bad experience with AT&T/ISP Channel. He reported satisfaction with Earthlink DSL. Jim recommends using a firewall, he uses a LinkSys router that also acts as a firewall. An alternative is a software firewall, such as ZoneAlarm, which has the advantage of being free. Maury Green added that the ISP Channel's Cable modem uses a quasi-static IP address, so he prefers it over Earthlink, which forces IP address change. His Cable modem conversion went well, once the set-up was accomplished. He did say that AT&T is noted for poor customer service and lots of problems, if you aren't one of the lucky ones whose conversion is problem-free. The consensus was, if you have a static IP address

and "always on" service, you're well advised to use a firewall and make sure your system is not vulnerable to hacker attacks. If your service is DHCP, you are safer, especially if you disconnect when not actually using the Internet.

The utility winipcfg will tell you your IP address, and other info. Access it from Start - Run Open: winipcfg.

A question on how to change margins in different parts of a Word document was answered by advising use of Insert - Break... - Section breaks and choose the type. Section breaks also separate different column-width or number of columns, using Continuous to inhibit Page Break, and New Page to force Page Break. How do you turn off the Office Assistant help (e.g., the Paperclip) in Microsoft apps? Different versions have different procedures. One solution is to change from the Paperclip to another icon you find more compatible (in Word help index, type Office Assistant). Or to remove it completely, in Office Assistant (use right-click on the wizard when it opens), click Options, and clear the Help with wizards checkbox, if this option is available; otherwise, try Herb Tyson's suggestion: Right-click on the Office Assistant and choose Options. Click to remove the check next to Use the Office Assistant. Choose OK. Now, it'll only pop up when you choose Help - Show the Office Assistant. If this doesn't work, you'll have to run Setup again, and specify not to load the Wizard help). This may help: www.addbalance.com/word/officeassistant.htm

Is there a way to compare two files to see just the differences? For example, two Word or Excel documents? Try this from Mikhail Zhilin (MVP MPS-D): There are many programs that can do that. I use shareware Windows Commander www.ghisler.com that can do much more; if you have Norton Utilities installed -- you can find an utility NCOMPARE.EXE there. One of the freeware programs -- CsDiff, www.

Planning Meeting

Planning meetings are held on the first Wednesday of each month, usually at Beverly Altman's home at 7:15 pm. All members are welcome, and encouraged, to attend. Please phone Jim Dinkey or Bev Altman to confirm venue.

Next meeting: April 4th, 2001 at 7:15.

(Continued from page 5)

componentsoftware.com/csdiff (if this link does not work -- try to find this utility on Tucows, one of the many mirrors -- tucows.fundy.net/win95.html , or on Nonags -- nonags.com). Or this from Walter Clayton: Install the Win98 res kit that should be on your system CD. You'll find the instructions for installing windiff, which should work. Or this from Rick: Goto www.symantec.com and download their 30 day "try before you buy" version of Norton Utilities, among the many useful tools is File Compare.

One user recommended Opera as a small, fast, stable browser. It is available on the Club CD, and online.

Microsoft dot.net is trying to implement LINUX as an OS, according to Infoworld. Corel portings of LINUX to dot.net as condition of Microsoft investment in Corel.

Tech Support.

Don't overlook the list of members (on page 4) who are willing to offer help and advice on their areas of expertise. It's free so there are no guarantees! However, it provides one-on-one help, and more time than the ten minutes of Random Access at the General meetings.

If you have questions on subjects not listed, try calling Jim Dinkey. If he can't help, he may know who can.

Jim also maintains a laboratory in his home which is available to SPAUG members when intractable problems arise. Call (650) 493-9307 to make an appointment, which would normally be on a Saturday morning. This service is also available to non-members, but at the cost of a suitable donation to the Club's coffers. (That alone should be an inducement to join - any appropriate contribution would be more than the annual membership, but less than you would pay a commercial outfit. Tell your friends.)

AOL 6.0 may not support AIM (the Buddy list contact application). It is supposed to handle graphics better than previous versions. Upgrade with care, is the advice.

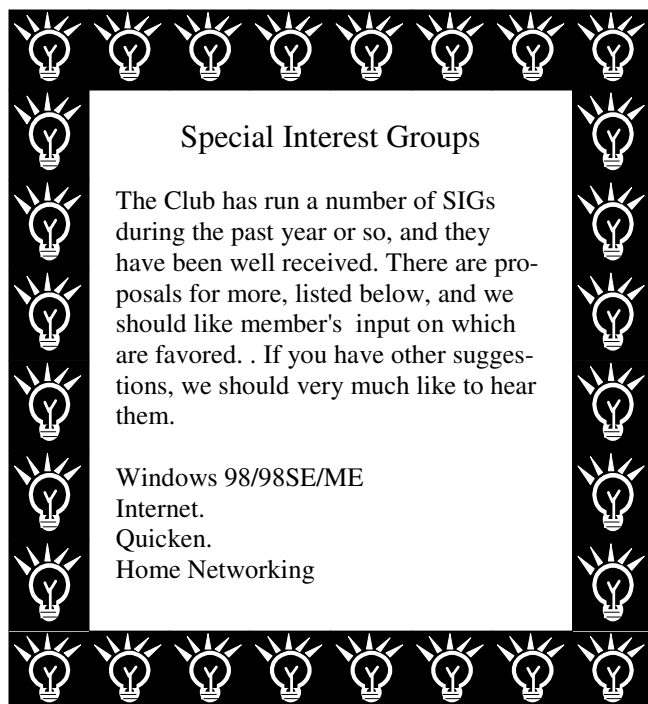
Halt VBS Worms and Viruses in their tracks

submitted by Jim Dinkey

The Kournikova virus is a VBS-based (Visual Basic Scripts) worm bug, and while the spread of this virus has tapered off, another VBS pest could appear at any time.

Fortunately, there's an easy way to halt VBS bugs from running their malicious scripts.

1. In Windows Explorer, open Folder Options under the View menu (Tool menu in Windows ME).
2. Select the File Types tab and scroll to VBScript File.
3. Click on the Edit button (Advanced in Windows ME). A new window will open



Special Interest Groups

The Club has run a number of SIGs during the past year or so, and they have been well received. There are proposals for more, listed below, and we should like member's input on which are favored. . If you have other suggestions, we should very much like to hear them.

Windows 98/98SE/ME
Internet.
Quicken.
Home Networking

showing the possible file actions, with the default action shown in bold face type, which is likely to be set to Open.

4. Highlight instead the word Edit and click on the Set Default button. Edit should now appear in bold face. If you have an older system and the Edit function doesn't appear, select the New button and enter Edit in the action field and Notepad.exe in the application field. Once Edit appears, make it the default action.

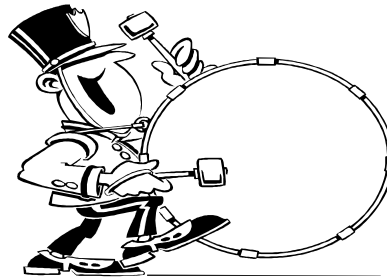
5. While you're in the file-type screen, make sure the boxes for Always Show Extension and Enable Quick View are checked.

6. Click OK to close the open windows.

Making this change will cause the VBS file to harmlessly open in Notepad, rather than execute the script and activate the virus.

Thanks.

We should like to express our continuing gratitude to the Elks Lodge for the use of their room.



Field Trips.

The Club has run a number of popular field trips during the past year, and more are in prospect (see below) after the winter hiatus. We should welcome suggestions for other trips; please pass on your idea to the Prez, Jim Dinkey.

Recent & prospective trips:

- Hornet Aircraft Carrier – Alameda
- Bevatron – UC Berkeley
- Intel Museum Chip Manufacture
- Ames Museum of Computer History
- Palo Alto Power Distribution Center

Stanford/Palo Alto Users Group for PC (SPAUG) annual membership dues are \$35, payable to SPAUG, at PO Box 20138, Stanford CA 94309-0138.

Please include your name and address, and optionally an e-mail address and any special interest group (SIG) you want more information about.

Questions? Call Beverly Altman (650) 329-8252 or Jim Dinkey (650) 493-9307.

The SPAUG Web Page
available at
<http://www.pa-spaug.org>

General Meeting
Wed. Feb 28,
7:15PM
at Elks Lodge,
4249 El Camino
Palo Alto



Listserver

spaug-list@cloves.montereynet.net

Any member on the spaug-list can send messages to all other members on the list automatically by sending e-mail to this address. This list is intended for announcements of interest to all SPAUG members. Please avoid excessive or trivial announcements, since some members are paying for connect time. Additions or corrections can be sent to:
info@pa-spaug.org

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SPAUG
PO Box 20138
STANFORD CA 94309-0138

PC USER GROUP Meeting

WEDNESDAY

Mar. 28

7:15 PM

Elks Lodge, 4249 El Camino Real, Palo Alto

Hosted by: SPAUG (Stanford Palo Alto User Group for PC)

Topic: **Computer Innovations for the Handicapped**

Speaker: Neil Scott, Chief Engineer,
Archimedes Project, Stanford University
Center for the Study of Language

Archimedes Project Mission: "Project Archimedes seeks to promote equal access to information for individuals with disabilities by influencing the early design stages of tomorrow's computer-based technology."

—archimedes.stanford.edu/

About Our Speaker: "Neil Scott, the developer of TAP technology is featured in San Francisco Magazine as one of 15 people reinventing how we will live in the new millenium."—archimedes.stanford.edu/ngs/

You are invited to join us for an optional no-host dinner at 5:45 pm,
at Su Hong Eatery, W. Meadow and El Camino Way, Palo Alto

We meet on the last Wednesday of most months.

Our remaining meetings for 2001 are: 3/28, 4/25, 5/30, 6/27, 7/25, 8/29, 9/26, 10/24, and 11/28

SPAUG — Stanford Palo Alto Users Group for PC

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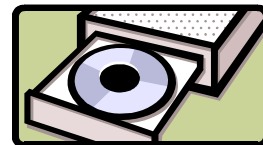
<http://www.pa-spaug.org>

Jim Dinkey, President, 650-493-9307 jimdinkey@jimdinkey.com

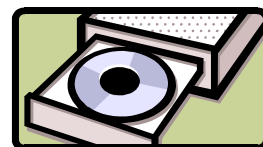
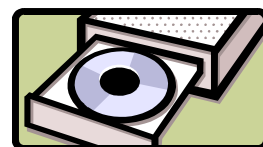
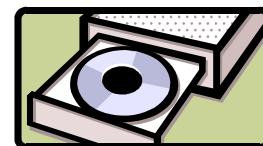
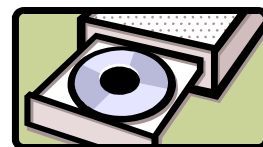
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AdobeAcrobat	Reader for PDF Files
AdOffNT	Gets rid of ads if you are running NT
AdSubstract	Get rid of banner ads from Web Sites
AmazingBlocks	A Tetris style arcade game
Arachnaphilia40	HTML Editor
AtomicClockSynch	Synchronizes PC Clock with Internet Time Servers
Bounce Spam Mail	Lets you send fake bounce messages to spammers
BusinessCards	Two programs for designing business cards.
CatWalkingAround	Cat walks around your screen doing cat things.
Christmas	Several programs for Christmas
Coco Calculator	Scientific Calculator
Communicator476	Netscape476
Cookie Pal	Block and control cookies
CuteFTP	FTP program
Desk Menu	A simple but flexible desktop launcher
Diskkeeper Lite41	Disk defragger for NT
DropZip50	A drag and drop program for zipping and unzipping files
Eudora Lite50	E-mail program
EZMacros	The ultimate keyboard macro utility
File Splitter	Split large files into smaller files to fit on floppies
FindItEasy	A Java applet to search and retrieve records
MahJongg	Game
MS Media Encoder7	Converts sound files to Media format
MS Media Player7	Media Player
MSN_Explorer55	All-in-One Software, browse, e-mail, music, with current ISP
NistTime	Synchronize computer clocks via the Internet
Opera402	Smaller, faster web browser
OptOUT	Internet Spyware Detection and Removal
PaintShopPro7	Easy-to-use photo editing, painting, etc.
PowerToyTutorial	Tutorial for PowerToys
RoboType	Insert blocks of text using a shortcut word
ScreenShotPrograms	Three programs to choose from.
SlidesandSound20	Prepare slide shows with sound from camera or slides
SnagIt32	Screen capture, etc.
WebWasher221	Gets rid of banner adds.
WinZip8	WinZip utility
WS_FTP Lite508	FTP Program



In addition, there are 40 files from the August 23, 2000, *PC Magazine* "Finalists in the Shareware" categories of: (1) Business Applications, (2) Desktop Accessories, (3) E-mail, News Readers & Chat, (4) File Utilities, (6) Graphics & Multimedia, (7) HTML Editors, and (8) Internet Utilities.