

SPAUG



Print Screen

Post Office Box 20161, Stanford, CA 94309-0161
Vol. XXIII No. 2 - Newsletter of the Stanford/Palo Alto Users Group for PC
A Non-Profit / Educational Organization - <http://www.pa-spaug.org>

How to UnScrew Windows XP

Jim Dinkey, January, 2005

1. Establish need and make backup as possible:
 - a. *.WAB (Address Book)
 - b. *.DBX (OE e-mail)
 - c. IE Favorites
 - d. User files
 - e. Anything unique to the old computer (such as fonts that you want on the new one).
2. Check BIOS level against current standard. Update only if necessary.
3. Copy old Hard Disk Drive (HDD) to new HDD.
4. Install new HDD as Master and old HDD as Slave.
5. Format and verify entire set of HDD..
6. Install XP onto the drive 0 HDD.
7. Without going out onto the net, accomplish the following:
 - a. Install all you have of Microsoft (MS) patches from CDs.
 - b. Install Anti-Virus (AV) from CD. Trend Micro – one month trial? AVG?
 - c. Install Zone Alarm from CD if not Trend Micro AV.
 - d. Install AdAware from CD and set timer.
 - e. Install SpyBot from CD and set timer.
 - f. Copy for availability the following raw loads from pre-made CD:
 - 1) 2xExplorer
 - 2) **AdAware ***
 - 3) Adobe Reader
 - 4) BelArc
 - 5) WinPoet
 - 6) ECleaner
 - 7) **FireFox ***
 - 8) **Gibson Research Tools ***
 - 9) **MailWasher ***
 - 10) OutlookExpressQuickBackup
 - 11) **Popup Stopper (PanicWare) ***
 - 12) RegClean
 - 13) RegVac
 - 14) SpaceMonger
 - 15) **SpyBot ***
 - 16) **ThunderBird ***
 - 17) ZoneAlarm
8. After installing the items with (*), update all and immediately disconnect the RJ-45 plug.
9. Install as many of the * updates as possible.
10. Import e-mail, Address Book, and Favorites.
11. Transition all of these to FireFox and Thunder-Bird for security.
12. Allow new computer to go onto the net.
13. Install Acronis and backup your hours of work onto another HDD.
14. Install and run non(*) programs as needed.
15. Install programs such as Office or Open Office as desired.

General Meeting @ Elks Lodge - Wed. February 9 @ 7:15 PM
4249 El Camino Real - Palo Alto (directions on page 3)

Optional Dinner at 4290 Bistro, in the Cabaña Hotel, 5:45 pm (see page 3).

12 January General Meeting Notes by Stan Hutchings

Administrivia

- Kudos to **Richard Sweet, our publicist**, who figured out how to get an announcement for our meeting in the Mercury News, which resulted in several guests this month.
- Other guests came as a result of the Newsletter posting, the Saturday Clinic, the golf course. There were about 7 or 8 guests.
- SPAUG currently has 107 members.

CrossTalk/Random Access

- The **technical notes sent out by Jim** are greatly appreciated.
- **Should the Microsoft firewall and ZoneAlarm be running at the same time?**
Yes, ZA is compatible with Microsoft, and can be used instead of the MS firewall. ZA controls outgoing traffic, which MS does not, and this gives greater protection against zombies' attacks from your computer. Jim recommends Trend Micro's firewall, malware/spyware remover and virus checker. For a while, Amazon.com has a rebate that will give you Trend Micro for free. Trend Micro will shut down the Microsoft firewall, so you don't have to worry about doing anything.
In response to a member's question, Jim said he likes Trend Micro better than Symantec and McAfee antivirus products because it works as well (or better), is cheaper, doesn't consume much resources, and doesn't require as much attention. Jim has an expanded response here. [N.B. - *PC World* reviews agree, see the February 2005 issue, page 50, Internet Security Suites Face Off <<http://www.pcworld.com/reviews/article/0,aid,118792,00.asp>>; it works seamlessly with WinXP SP2.]
- **Using the AOL update does not like fire-**

walls running. How can you find out what firewalls are running, so you can turn them off?

You can look in Processes to see what is running (use Ctrl-Alt-Del to access Task Manager, then click the Processes tab). One of the first things to do when any problem occurs is go to the MMC Event Viewer. (Right click My computer and choose Manage open the System Tools and then Event Viewer) Look at both your System and Application logs - they usually will go back for a week or sometimes much more. Try to determine if anything abnormal is going on, especially the Errors, around the time you started having problems. There are many other sources of information about your computer here; look through the folders for suspicious entries. Also check System Information - Software Environment - Running Tasks or the Task Manager's processes to see if one of these is a resource hog, or an unknown and possibly malevolent process (if you don't recognize a name, Google it). The Loaded Modules folder will give you the name and manufacturer, and lots more information, about the DLLs that are running. From DOS, IPCONFIG will tell you what IP addresses you have, which is useful for investigating network or Internet connection problems; but won't give information on firewalls.

- **SBC/Comcast DSL seems to want to control your use of browsers. Only their proprietary browser seems to work, not IE and Firefox.**
There has been advice given not to load the extra junk SBC and Comcast want to push on you. Here is another reason to install just the DSL, and skip the other stuff. One member called their tech support to remove it after installation, and was successful in getting it off his computer. Another member has two icons, one is DSL and one is

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Meeting Day: Wednesday, February 9

General Meeting

Elks Lodge,
4249 El Camino Real, Palo Alto

Meeting time is **7:15 pm**

Asaf Degani,
Human Factors Researcher, NASA

Speaking about:
The Human-Technology Interface

The Elks Lodge is on the North (bay) side of El Camino Real, 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 to let you in.

Typical 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

Optional pre-meeting no-host dinner

Join us for dinner before our General Meeting at —

4290 Bistro, at the Crowne Plaza Cabaña Palo Alto

Located across El Camino Real from the Elks' Lodge, at the "Dinahs Court" intersection. Traffic signals at that intersection should make it easy to enter and leave the Cabaña property. The restaurant (4290 Bistro) is located near the center of the ground floor, easily accessed from the front or rear parking lot.

The SPAUG Meal Deal: \$15 CASH gets you: salad, choice of entrée (beef, chicken, or fish), dessert, coffee, tea, or soft drink. No juice or alcoholic drinks at this price.

Dinner time is 5:45 pm

Note the **location** for
this month's dinner.



Questions and Answers

Name	Area Of Expertise	Phone	Hours	e-mail
Jim Bailey	DOS, quickbooks 6, Quicken 98	650 494 0631	9AM - 9PM	gobi@pobox.com
Jim Dinkey	All Windows versions	650 493 9307	9AM - 9PM	jimdinkey@jimdinkey.com
Bill Goldmacker	DOS	650 691 0911	6PM - 9PM	gold@svpal.org
John Sleeman	UNIX, UNIX Utilities, Awk, HTML, XML, Perl	650 326 5603	9AM - 8PM	sleemanj@earthlink.net

“SPAUG 501(c)(3)”

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.

Stanford/Palo Alto Users Group for PC (SPAUG) annual membership dues are \$35, payable to SPAUG, at PO Box 20161, Stanford CA 94309-0161.

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.

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SBC-Yahoo. Using DSL allows IE and Firefox to run; SBC-Yahoo runs the proprietary browser. Some special Yahoo sites can only be accessed by their browser, but generally the DSL is fine, no problems.

- **A member tried to turn off his computer, and got an error message "application failed to initialize because the Windows station was shutting down", then watched as the icons disappeared slowly one by one and had to finally use the power button to shut it off.**

Apparently a program was just trying to start as the computer was shutting down. There may be something else going on: it is time for a check for virus, spybot, and registry entries. There is a virus that shuts down computers at random intervals.

- **At Amazon.com for \$40 Windows XP Inside-Out, includes SP2, so is quite current.** It has lots of useful information, including how to backup the Out-

look Express database, which can then be transferred to another computer. Outlook stores output where you tell it, so is not so hard to find and back up as Outlook Express. You can get the book for \$30 at Amazon.com <<http://www.amazon.com/exec/obidos/tg/detail/-/073562044X/103-5240257-9826238?v=glance>>.

- **Microsoft has issued patches for January.** If you aren't on automatic update, do it manually. And while you're at the Microsoft site, update Office, too. Office is not automatically updated, you have to do it manually, and there are some important updates.
- **After cleaning up and deleting Outlook Express email, the space used actually increased; I would have expected a sizeable decrease. Also, my Recycle Bin disappeared.** It's possible the Bin was hidden somewhere, and right-click the screen and choose Arrange Icons - by

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Name or Automatic will return it to view. If that doesn't work, right-click the screen and choose Properties. On the Effects tab, there are choices for icons. Click the Recycle Bin icon and then Default Icon (or Change Icon, and set it to something else). Use Tweak UI to restore the Recycle Bin. You may need to fix the registry. Remember to empty your Outlook Express Deleted Items folder. It's a good idea to empty it automatically on program exit. Also, the files may have been compacted or archived, and it may take a manual compact or archive to clean them up. One thing to try is to right click the screen, and arrange the icons one way and then another.

- **My screen icons were rearranged, how did that happen?**
Safe mode will resort your icons. If not Safe Mode, there may be a virus or spyware or other problem. You might try renaming the icons to start with 01, 02, 03 and so on, so if they do get disarrayed, you can use the Windows Arrange Icons - By Name command to re-array them.
- **A hardware router is recommended even if you have only one computer connected to a DSL or Cable modem.** Hank Skawinski sells a router for about \$30, and will help you set it up if necessary. But it's pretty easy to set up if you just follow the instructions.
- **There is a possible SP2 "bug". After installing SP2, if you have an internal removable drive, turn it on or pull it partially out so it's not connected while off.** This is for internal "shoe" drives, not the USB external drives.

Presentation

Thomas N. Tworek Photographer and Teacher was our speaker once again; this time he discussed photographic capture of the perfect im-

age, workflow pertaining to Digital photography, image editing, and some Adobe® Photoshop® techniques pertaining to RAW files. He showed how to use the capabilities of Photoshop® to change a great photo into a work of art. If you missed the presentation, check here. <<http://goldcoastgalleries.com/>> For 25 years as a nature photographer, Thomas N. Tworek used many techniques and processes, both in black and white and color, to achieve the spectacular. Then, about ten years ago, he started working in digital photography. His website bio <<http://goldcoastgalleries.com/Pages/Bio.htm>> provides more detail about his journey learning to achieve digitally the effects he had previously created in his lab. At our January 12 meeting, we got to see and hear more about what he has learned and how we might improve the results of our own digital photography.

19 January Planning Meeting Notes by Stan Hutchings

- The meeting was held at Bev Altman's house; attendees: Jim Dinkey, Dick Delp, John Sleeman, Bev Altman, John Buck and Stan Hutchings. The attendees enjoyed the refreshments served.
- Review of **topic vs. attendance**: interesting topics result in better attendance. We'll try to schedule speakers with good draw.
- **WebSIG** activities and schedules - next Tuesday [25 Jan] 7:30 at Stan's

Linux interest - Dick Delp presentation - scheduled for February; John Sleeman will present in March. They will be demos of interesting and useful applications.
- Individual reports and suggestions

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- **Finances** - We're in good shape. Spent \$350 for a replacement projector bulb, Bev handed in \$285 meeting proceeds.
- Status of **SPAUG CD** - burn more, or wait and take orders? We have 5 left, just enough for the next 5 presenters. Probably best to take orders, and burn on demand.
- **Future speakers & pre-meeting dinner location** -

Feb - Asaf Degani/Taming HAL (Crowne Plaza Cabaña)

Mar - Jotspot/Wiki (Cibo)

Apr - Smart Computing magazine (where?)

May - John Buck will ask Gary Sasaki to report on the recent CES (supercomputing will be postponed)

Jun - Nancy Blachman/Google

Jul - SBC or supercomputing

Aug - tbd
- **extra projector bulb** was purchased
- **Clinic activities and changes**
John Buck was very pleased with the clinic support and help after his old computer died. He is up and running with a new, modern computer, and got a lot of assistance from Jim and Bruce Benz.
- **Input of found material for Richard Sweet and Publicity** - Richard was in an accident on the way to the meeting; he is OK, and will talk to Jim later. Jim gave 5 pages of contacts to Richard, obtained from Nancy Helming. Although it dates from

1995, much should still be current, or at least give some guidance.

- **Other items that came before the Committee**

The **door prizes ordered from CNet arrived**, Bev will handle their distribution at the meetings.

Perhaps future door prizes could be inexpensive applications, like Paint Shop Pro - John Buck can obtain for about \$50. We can get a non-profit discount from www.techsoup.org/stock <<http://www.techsoup.org/stock/>>, big name software nearly free. Another possibility is USB drives, 256 MB drives can be found for \$15 at Buy.com <<http://enews.buy.com/cgi-bin/5/DM/y/ebpt0HRtFd0FO80Bgw70GR>> or similar.

Should we do more cooperative deals with **Silicon Valley Computer Society (SVCS)**? We have a link to their site on our Other Web Sites - PC User Groups web page. We could put a link on our Table of Contents page, below or above DISIG. The DISIG is a joint venture. Perhaps more joint presentations would be good? More cross-reference?

A few words of advice:

OEQB is a great program for backing up MS Outlook Express. With it you can back up, or transfer to another computer, the email messages and address you've accumulated.

Upgrade to Acrobat 7, it fixes some security problems with earlier versions.

February 2005 SPAUG News

SPAUG CALENDAR						
Always subject to change; verify event with host or Jim Dinkey						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			2			5 Clinic
		8	9 5:45 pm Dinner (Optional), 4290 Bistro (in Cabaña Hotel) 7:15 pm General Meeting Elks Lodge Spkr: Asaf Degani			12 Clinic
		15	16 7:15 pm Planning Meeting, Bev Altman's			19 Clinic
		22 7:30 pm WebSIG	23			26 Clinic
		1	2			5 Clinic

Saturday Clinic

Two slots are available each Saturday.
Contact Jim Dinkey at jimdinkey@jimdinkey.com or 650-493-9307 for an appointment.

SPAUG's SIGS

Name	Description	Usual Date, Time	Location	Coordinator	e-mail
WebSIG	Web Page work	Tuesday following planning meeting, 7:30 pm	Stan Hutchings' Home, near Page Mill and Alma, PA	Stan Hutchings	stan.hutchings @LMCO.com

Planning Meeting

Planning meetings are held on the **third 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: Wednesday, **January 19**, 2005 at 7:15 pm, at **Bev Altman's home.**

Contacts

Jim Dinkey
jimdinkey@jimdinkey.com
President (650) 493-9307

John Sleeman
sleemanj@earthlink.net
Vice President (650) 326-5603

Maury Green
mauryg3@attbi.com
Recording Secretary (650) 493-5914

Nat Landes
natlandes@aol.com
Treasurer (650) 851-2292

Beverly Altman
bevaltman@aol.com
Membership (650) 329-8252

Stan Hutchings
stan.hutchings@LMCO.com
co-WebMaster (650) 325-1359

John Sleeman
sleemanj@earthlink.net
co-WebMaster (650) 326-5603

Dick Sweet
rgsweet@sbcglobal.net
Publicity (650) 858-1647

Susan Mueller
samueller@worldnet.att.net
Newsletter Publisher (650) 691-9802

John Buck
jbuck1467@mindspring.com
Newsletter Editor (650) 961-8859

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

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

**hosted by
[http://www.
montereynet.
net/](http://www.montereynet.net/)**



General Meeting Wed. February 9, 7:15PM

Elks Lodge, 4249 El Camino, Palo Alto (bay side of El Camino, between Dinahs and Charleston)

SPAUG
PO Box 20161
STANFORD CA 94309-0161

February 2005

First Class Mail

PC USER GROUP Meeting

WEDNESDAY

Feb 9

7:15 PM

Elks Lodge, 4249 El Camino Real, Palo Alto

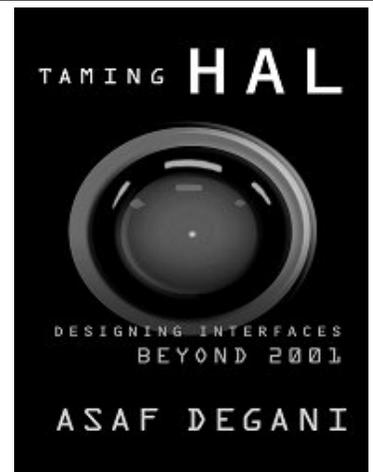
Hosted by: SPAUG (Stanford Palo Alto User Group for PC)

Topic: **Human–Technology Interfaces**

Speaker: **Asaf Degani,**
Human Factors Researcher, NASA

Too often, our interactions with technology are irritating or confusing. A VCR recording the wrong show can be trivial, but a mistake with a critical system--like an autopilot or medical device--can mean life or death. At our Feb 9 meeting, we'll hear about why interfaces between people and machines all too often do not work and what needs to be done to avoid potential tragedies.

Taming HAL author **Asaf Degani** is a research scientist at the Computational Sciences Division at NASA Ames Research Center. He has conducted experiments on human factors aspects of cockpit design, procedure usage and development, and automated decision aids. His current work is on application of formal methods for analysis and design of human-automation interaction. He holds a maritime master ticket, a private pilot license, and a Ph.D. in Industrial and Systems Engineering from Georgia Tech.



Note our
dinner
LOCATION
and TIME

You are invited to join us for an optional no-host dinner
before our meeting, at **5:45 pm**, at
4290 Bistro, in the **Cabaña Hotel**, across ECR from the Elks Lodge

Remaining 2005 meetings:
2/9, 3/9, 4/13, 5/11, 6/8, 7/13, 8/10, 9/14, 10/12, 11/9, 12/7

SPAUG — Stanford Palo Alto Users Group for PC

PO Box 20161, STANFORD CA 94309-0161

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

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

STANFORD PALO ALTO USER GROUP FOR PC (SPAUG)

MEMBERSHIP FORM

To become a member of SPAUG—

1. Provide the information requested on this form.
2. Send this form and a check for \$35.00, payable to **SPAUG**, to the address on the right:

SPAUG
PO BOX 20161
Stanford, CA 94309-0161

Date: ____ / ____ / ____

Your Name _____
Last, First

Your mailing address: _____
Number and Street, PO Box, etc.

City, State, ZIP

e-mail: _____

Phone: _____ Fax: _____
(Area Code) Number (Area Code) Number

Areas of expertise you would be willing to share with SPAUG:

Areas of special interest:

What are you hoping to find in SPAUG?

How did you learn about SPAUG? _____

Your Occupation: _____

NOTE:

Bring a printout of our online Membership information page < <http://www.pa-spaug.org/main.htm#newmember> > to a meeting, and you can join SPAUG for \$30 for your first year of membership, a saving of \$5 off the regular membership rate!