

SPAUG

Vol. XXVI No. 9

# PrintScreen



Newsletter of the Stanford/Palo Alto Users Group for PC  
A Non-Profit / Educational Organization - <http://www.pa-spaug.org>  
Post Office Box 20161, Stanford, CA 94309-0161

## Notes from the Prez by Jim Dinkey

There are several items in this month's message—

- Windows XP with SP3
- Remote operation via CrossLoop
- MS Office version compatibility problems—so let's get to it.

### Windows XP with SP3

There are two situations in which you may be installing Windows XP Service Pack 3 (SP3)

- **When upgrading a working XP system** (that already has SP1 and SP2 installed)
- **When reinstalling XP** because the originally-installed version is not working.

### *Upgrading a working XP system to SP3:*

1. Before you begin, you should:—
  - a. Assemble the materials you will need
  - b. Review the procedure you will be using.
  - c. Install patch KB953356 if running an AMD CPU computer before installing SP3.

- d. SP2 must be installed or present before the KB953356 patch can be installed.
2. Identify any files that need to be backed up; make full back-up if possible. Run a verify run on the resultant backup. Assure that the version number of Acronis is made a part of the name of the backed up file. Assure that you have a bootable CD of Acronis of the same version that made the backup.
  3. Assuming that you have made a full backup on either a second partition on the Hard Disk Drive (HDD) or on a USB HDD:
    - a. Install new HDD as Master and old HDD as Slave or make old drive USB-attached if you want to upgrade computer.
    - b. Copy old Hard Disk Drive (HDD) to new HDD using Acronis or Ghost.
  4. Clean up your computer by (assumes a running XP load):
    - a. On "C:" Right Click for Properties/Disk Cleanup to get rid of unnecessary files.
    - b. Run CCleaner to get rid of even more unnecessary files.
    - c. Defragment

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**General Meeting @ American Legion Post—Wed. September 10 @ 7:15 PM**  
**347 First Street, Los Altos (directions on page 3)**

**Optional Dinner at Aldo Los Altos, 388 Main Street Los Altos**  
**One block west from American Legion Hall, 5:45 pm (see page 3)**

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- d. Run: Google and search for [ WINDOWS LIVE SAFETY SCANNER ] and run the resulting program. This will clean up the registry and look for rootkits, and lots of undocumented cleanups.
5. Without going out onto the net, unless necessary:
    - a. Install SP3 - use CD (317 MB) if available, else allow download about 61 MB from IE/Tools/Windows Update.
    - b. Run Microsoft patches (TOOLS/Windows update) after SP3 install is completed to fix any SP3-induced errors.
    - c. Install AVG (free) or equivalent anti-virus.
  6. Connect to the Internet and Run Secunia to establish how much of your software is obsolete. Update as needed.

### ***Full reinstall of an XP operating system to the SP3 level***

1. Before you begin, you should:—
  - a. Assemble the materials you will need
  - b. Review the procedure you will be using.
  - c. Install patch KB953356 if running an AMD CPU computer before installing SP3. SP2 must be installed or present before the KB953356 patch can be installed.
  - d. Print out or write down the Mail Client ACCOUNTS data if any. Plan, if you can before you start the reinstall, capture all data that you can such as email passwords and server addresses, bookmarks, favorites, and all personalizations that will make your life eas-

ier when you are initializing a newly-loaded program(s).

2. If possible do full back up with a program, such as Acronis, that will permit selecting individual files from the backup. The Acronis Bootable Recovery CD which you should have created, can backup a dead computer's HDD by using the CD mentioned (Acronis Bootable Recovery CD) to make a full backup of your computer without involving Microsoft at all. While it will run slower, Acronis Bootable Recovery CD will do both backups and restores from a program that resides on the CD.
3. If using Outlook Express, backup email files using Outlook Express Quick Backup (<http://tinyurl.com/6ppc9h>) and save your them for easy recovery when you are restoring the email from Outlook Express. The reason for singling out Outlook Express email files is because they are encrypted by Microsoft and are not easily transferred to the new load, but Outlook Express Quick Backup will make the files available without the compression and encrypting that Microsoft imposes.
4. Do the install of XP onto your HDD. Choose carefully whether you want (need) to format the disk or use the REPAIR option. The REPAIR option is designed to reinstall only the operating system, leaving the balance of the HDD alone – and sometimes it works!
5. For AMD CPU owners only, install patch KB953356 on computer before installing SP3. SP2 must be installed or present before the KB953356 patch can be installed.
6. Immediately install SP3, preferably from CD for speed reasons; else go out on the net to get the 61+ MB.

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## Meeting Day: Wednesday, September 10

### General Meeting

American Legion Post  
347 First Street, Los Altos

Meeting time is 7:15 pm

Andy Kogelnik, PhD  
Speaking about:  
Improving Healthcare  
through Informatics

The American Legion Post is in downtown Los Altos, on the North (bay) side of First Street, between San Antonio and Main Street. It's directly across First Street from Draeger's Market.

The American Legion Post does not have its own parking lot. All off-street parking close to the hall is private, and only for use by customers or tenants of the respective properties. The closest public parking is on the street and in the public lot West of the hall, behind the Main Street businesses. Consider carrying a flashlight, it's dark in downtown LA after our meeting.

Our meeting place is the back room of the AL Post, directly accessible via a door on the West side of the building.

### 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 —

#### *Aldo Los Altos*

388 Main Street, Los Altos; (650) 949-2300

**directions:** One block west from American Legion Post

**map:** <http://tinyurl.com/6hm3ga>

**menu** (via waiter.com): <http://tinyurl.com/57hhgc>

**reviews:** <http://tinyurl.com/5laoug>

Dinner time is 5:45 pm

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

◀ (Continued from page 2)

7. Go to TOOLS/Windows Update and bring down updates.
8. Install from the SPAUG CD those programs you need/want for your computer. Don't bother to put the source files onto your computer – you already have them on the CD.
9. Import e-mail, Address Book, and Favorites from backup drive as needed. Transition all personalizations for Firefox and Thunderbird or Eudora etc.
10. Allow new operating system to go onto the net.
11. Install desired programs such as Office or Open Office as desired.
12. Install Acronis and backup your hours of work onto another HDD (USB drive?).
13. Enjoy your “new” computer.

### Remote access via CrossLoop

CrossLoop continues to be a valuable tool for providing support to those who do not have problems significant enough to bring their computer to the Clinic but still isn't working totally correctly. Usually a phone call starts the process and, by mutual agreement, CrossLoop is installed on the target computer. Usually the install is accomplished in a minute or two and the session begins with connection to the receiving computer. Telephone contact is usually maintained.

### MS Office Compatibility Issues

By using 4-letter suffixes (example: docx vs doc), beginning at Office 2007, Microsoft changed the output of Office programs in a way that makes them incompatible with earlier versions.

To handle this problem, Microsoft has released the *Compatibility Pack for the Office 2000 Office System* that lets you read Office 2007 output using your older Office programs. To get a copy go to: < <http://tinyurl.com/2zpc5q> > . If you install the Compatibility Pack, be sure to **use Windows Update and the separate Office Update** to obtain all of the patches that the install causes to the original Office package.

If you are using an Office 2007 program, one way to create files that are compatible with older versions is to “save as” the older version, with appropriate three-letter extensions.

### Backups onto USB are simple

If you have not been doing your weekly backups because it is too complicated, then it is time to purchase an external USB drive. Complete with the drive inside ready to go, USB drives are under \$100 and usually have a backup program included; although some are easier to use than others. Acronis is compatible with all of them. Be sure you understand how to set up for a restore in case your hard drive takes a vacation.

## Planning Meeting Minutes

August 20, 2008

Maurice Green, PhD, Recording Secretary

**Present:** Bev Altman, John Buck, Jim Dinkey, Maurice Green, Nat Landes, John Sleeman

### 1. Upcoming programs:

- a. **Sept 10** – Andy Kogelnik, Flexis – medical information systems
- b. **Oct 8** – Victor Sheinman (unconfirmed) – Robotics

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- c. **Nov. 12** – Hank Skawinski
  - d. **December** – NO MEETING
  - e. **Jan 14** – an evening at the Computer History Museum
2. **August general meeting review** – the program was favorably received.
  3. **Website transition** – the new SVUGA website is expanding. A full version of the August meeting lecture has been published there.  
< <http://www.svuga.org/opensource> >
  4. **CD sales** – suggested that we do short demos of the programs on the CD as part of RAM at the beginning of the meeting.
  5. **SIGs report** – Maury reported on upcoming topics for the various SIG meetings.
    - The **Windows/Office SIG** (Kevin Lynn) is an informal discussion group.
    - **DISIG** has lectures,
    - **WebSIG** is an ongoing class and
    - **MultiMedia SIG** will be an ongoing class in basic video editing taught by Milt Kostner.
  6. **Membership** – we had 2 new memberships, 11 renewals and 1 drop. We currently have 126 members.
  7. **Dinner location** – we will continue with **Aldo's for the foreseeable future. Everyone is pleased** with the food and the service.
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### Filler by John Buck

#### Firefox download dialog box “Run” button

Working with Jim Dinkey on his article for this issue, I learned that the basic Firefox Download dialog box doesn't have a “Run” button—you're expected to save the file of interest and then run it after it's been downloaded. Well, it turns out that since Mozilla encourages outside development of add-ons, there's one that adds the “Run” button. You learn about it here—

< <http://tinyurl.com/6f47r3> >, see more comments here—< <http://tinyurl.com/6ytn7s> >, and Google™-search for more info here—< <http://tinyurl.com/68nufc> >.

#### Customizing Opera

I got tired of trying to accurately click on the little triangle in Opera's left border to display or hide the panels that give easy access to bookmarks, notes, recently-visited urls, etc., so I figured out how to give myself a larger

target to aim for—two of 'em, in fact. See the next page for an illustration showing how to accomplish this, and some other very handy Opera browser customizations.

BTW—I've since learned that I can click just about anywhere along Opera's left border to display or hide the panels access, but that's still an awfully narrow target to hit consistently.

#### Quick Resolution Changer

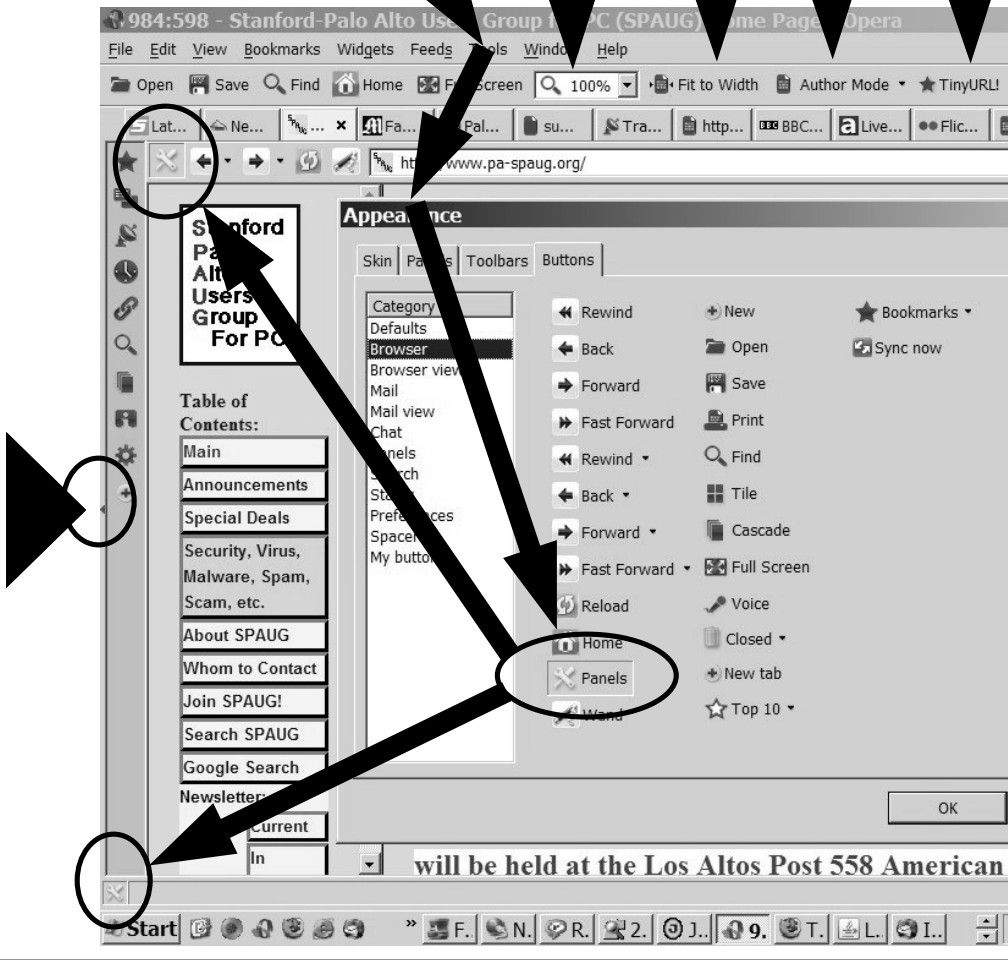
My normal display resolution is 800 x 600. However, when I want to add or edit an entry in Thunderbird's Address Book, I need to go a higher resolution in order to be able to use the controls at the bottom of that window. The quickest, easiest, way I've found to do change display resolutions is via MultiRes < <http://tinyurl.com/32497> >, which I learned about via a Lincoln Spector article in *PCWorld* < <http://tinyurl.com/6xcnqr> >. It's one of those “Microsoft should have ...” things.



Click on the left-column link and follow the instructions farther down the TinyURL page

Tools  
Appearance  
Buttons  
Browser

Tools  
Appearance  
Buttons  
Browser View



## September 2008 SPAUG News

SPAUG CALENDAR						
Always subject to change; verify event with host or Jim Dinkey						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i><b>Labor Day</b></i>	2 7-9 pm Micro Center	3 Multi-MediaSIG			6—Clinic, by appointment only
	8 7-9 pm WinSIG Micro Center		10 5:45 pm Dinner (Optional), Aldo Los Altos, 388 Main, LA 7:30 pm General Meeting Amer. Legion Post, 347 First St, LA Spkr: Andy Kogelnik, PhD			13—Clinic, by appointment only
	15 7-9 pm DISIG Micro Center		17 7:15 pm Planning Meeting, Bev Altman's			20—Clinic, by appointment only
	22 7-9 pm WebSIG Micro Center		24			27—Clinic, by appointment only
	29		1			4—Clinic, by appointment only

### Saturday Clinic

Clinics usually are held when needed. **Call Jim Dinkey** to make a reservation.

Contact Jim at jimdinkey at jimdinkey.com or 650-493-9307 for an appointment.

### SIGS

**MultiMedia SIG—1st Monday** each month, at Micro Center, Santa Clara

**WinSIG—2nd Monday** of the month, at Micro Center in Santa Clara

**DISIG—3rd Monday** of the month, at Micro Center in Santa Clara

**WebSIG—4th Monday** of each month, 7-9 pm, at Micro Center in Santa Clara

These SIGs are coordinated by **Maury Green**, mauryg3 at comcast.net

### Planning Meeting

Planning meetings are usually held on the **third Wednesday** of each month 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, **September 17, 2008 at 7:15 pm**, at **Bev Altman's home**.

SPAUG  
PO Box 20161  
STANFORD CA 94309-0161

September 2008

First Class Mail

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## General Meeting—Wed. September 10, 7:15 PM

*Amer. Legion Post, 347 First St., Downtown Los Altos, across from Draeger's (betw. San Antonio and Main)*

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### Listserver

**spaug-list at svpal.org**

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 at pa-spaug.org**

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

hosted by

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





# ***PC USER GROUP Meeting***

**WEDNESDAY**

**Sep 10**

**7:15 PM**

**American Legion Post, 347 First Street, Los Altos**

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

*Topic:* **Improving Healthcare through Informatics**

*Speaker:* **Andy Kogelnik, PhD**

Andy will touch on the collision of personalized medicine with evidence-based guidelines, quality metrics, and how informatics can be used to translate knowledge to clinical application and further the ideal of individualized medical treatment.

Andy's background comes from a base in computer science overlaid with biology and medicine. He has a PhD in bioengineering (Georgia Tech) and MD (Emory University). He has worked in medical informatics for 17 years, and founded a company (Flexis) in 1997 to address data exchange and quality improvement in healthcare.

You are invited to join us for an optional no-host dinner before our meeting,  
at **5:45 pm**, at **Aldo Los Altos**, 388 Main Street Los Altos,  
One block West from American Legion Post

Upcoming meetings (2008): **9/10**, 10/8, 11/12

(2009): 1/14, 2/11, 3/11, 4/8, 5/13, 6/10, 7/8, 8/12

**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 at jimdinkey.com**

**Dues: \$35 for 12 months**

# 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: \_\_\_\_\_ (Area Code) Number  
Fax: \_\_\_\_\_ (Area Code) Number

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

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Areas of special interest:

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What are you hoping to find in SPAUG?

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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!