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**CADDO-BOSSIER
 WINDOWS
 USER GROUP**

Shreveport – Bossier City
 Louisiana

Volume 11 No 11

Caddo-Bossier Windows User Group Newsletter

November 2009

October Meeting

By Glenda Conradi



C-B WUG Group

Some of the subjects covered by Bernie Conradi at the October meeting were suggestions from Microsoft dealing with the pros and cons of leaving your computer turned on at night or leaving it on. It seemed to imply that this is really just a personal decision by the user. Bernie spent some time

demonstrating some new things available with the new operating system, Windows 7, and showed some short videos that covered some of these features, including the XP mode that allows you to load and run programs that ran in XP but are not compatible in 64 bit versions of Windows 7.

November Program

During our November program we will have an open session and cover a lot of interesting computer related subjects. There will be plenty of time for people to ask questions, and get answers for some problems

they may be having, or share some solutions they may have found.

Your questions are encouraged, someone usually has the answer.

Please join us and bring a friend. Everyone is welcome.

MEETINGS

Thursday Nov. 12, 2009

Thursday Dec. 10, 2009

Podnuh's Bar-B-Q

1146 Shreveport-Barksdale Hwy
 Shreveport, Louisiana

Meetings 2nd Thursday of each month

7 p.m.



MARK YOUR CALENDAR



Bernie Conradi

We want to thank Bernie Conradi for presenting the October program and leading the Q & A Session.

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THE WINDOW

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Membership Dues.
 Full: \$12.00 a year
 Spouse: \$6.00 a year
 Student: \$6.00 a year.

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~Thank You~

We want to express our gratitude to:

Podnuh's Bar-B-Q 1146 Shreveport-Barksdale Hwy for letting our group hold our monthly meetings in a private dining room in their restaurant.

BancorpSouth on Youree Drive for providing us with a checking account at no charge.

~A QUICK TIP~

Changing Text Color On Web To Make It Show Up

If you are viewing a Web page or document that has dark text on a dark background, or light text on a light background, making it difficult to read, try pressing the A key while holding down the Ctrl key to select everything on the page. The selected text will show up in another color that will probably make it easy to read. You may also try copying the text and pasting it into a word processing program, then select the text and change its color if necessary.

President's Page



Caddo-Bossier Windows Users Group October Meeting

We started the meeting with the usual announcements and attention to the door prizes for the month. Our question and answer session started with a question from Carole White about a card reader giving the computer the BSOD when a card is plugged in. She then stated that when the computer restarts that everything boots properly with the information on the card appearing in the Windows Explorer. It was suggested by many that she check her drivers and make sure she has the latest. We also had a question about options for setting the touch pad on a laptop computer. Joe Blasé as about an item called MRU that shows up when he runs his Adware program.

The program for this month started with a reading of a topic from Microsoft with a subject of "Do You Need To Turn Off Your PC At Night". This article told about how much energy can be saved or used. It was the conclusion that this is a personal preference based on how you use your computer and how often you use it during the day. Bob Franklin told about the web site www.grc.com as a place to go to run the program "Shields Up", to determine if you have open ports on your computer for a hacker to access. The remaining part of the program we show some of the new features of the new Windows 7 that is due to be released on October 22, 2009. We showed small videos that demonstrated the Libraries feature, the Jump List feature, the Snap feature, the XP Mode feature, and the Windows Management features. We had a lot of fun demonstrating some of these items and I think these items are very convenient and easy to use.

The door prizes for the evening were a 4 gig thumb drive won by Bob Franklin and a desk lamp donated by the Franklins won by Fred Kocher. Congratulations to our winners. And as you know, the winners have to get their picture taken for next month's newsletter.

Bernie Conradi, President Caddo-Bossier Windows Users Group.

Meet The Meters

by Jay Graff

As you know if you have read any of my articles, I take full advantage of the Windows Sidebar that is in Vista and Windows 7. I admit that I don't use all of the gadgets, but the ones I do use, I really enjoy. Actually, I only have three and one of those does not belong to the Sidebar per se, but that is another story. One of the ones I have come to depend upon is the CPU meter. The problem with the one that comes standard with Vista did not really do what I wanted. It reads like the speedometer of your car and gives you the CPU usage on a rotating gauge. There is another one that is similar, but that is for the memory used. For awhile, I thought this was the best there is, until one day I realized that both of my computers were not single core....one is a dual core, the other a quad core. Simply put, the reading I was getting was a composite of both on one and four on another. I discovered very shortly that I wanted to see what was going on individually. Now, finding a CPU meter is as close as your nearest browser. I would venture to say that there are thousands of them out there, but I did not even have to look that far. The first thing I did was get rid of my speedometer gauge. It served me well, but it was now time for something newer and better (at least as far as I was concerned). I heard about one called Multi-Meter from a friend and tried that one and it did not seem to work the way I wanted to. As it turned out, I needed to configure it, but by the time I found that out, I found a much better one. I did a search in Windows Sidebar for additional Sidebar Gadgets online and found one that I think was perfect for me. It's called All CPU Meter. It was a bit larger than my old one, but it shows each core (I call them pipes) individually and independently. Each one is a different color and the memory is a blue line. There is a little graph at the bottom that shows how

they are all working in relation to each other. In other words, it was exactly what I was looking for. Before, I could tell there was CPU activity because the one gauge went up at times. But I had no idea which pipe was more active, even though I can't tell the true significance. Now, I seem to spend time looking at them, especially while I have other programs working. Actually until I got this meter, I did not appreciate the benefits of multi-core processors. If you have a single core processor, you probably have no need for this one. But if you have a dual core or greater, click on the plus in the sidebar. It will open up a window of everything that came with vista. Down in the bottom of that window, there is a line that says get more gadgets online. Click on that and do a search for CPU meter. There are a number of them. I found exactly what I was looking for and I'm sure you will too.

GETTING STARTED TIPS

Magnifier In Windows 7

If you are running Windows 7 on your computer, and the Aero desktop is enabled, pressing the plus or minus keys while holding down the Windows key, activates the Magnifier.

You can then zoom in on the entire desktop or, if you prefer, open a rectangular magnifying lens to zoom in and out of parts of your screen.

You can customize the Magnifier options to follow your mouse pointer or keyboard cursor. Keep in mind that so far, the Magnifier only works with the Aero desktop.

You can exit the magnified screen by pressing the Windows key and the Esc key at the same time.

Door Prize Winners for October 2009 Meeting



Bob Franklin and Fred Kocher

The October door prizes were won by Bob Franklin, a 4 GB Thumb drive and Fred Kocher, an all in one lamp. All Caddo-Bossier Windows User Group club members in attendance are eligible to win door prizes at the monthly meetings.

Windows Greatest Security Risk...

By Bob Franklin

How do you keep Cyber crooks from breaking through your Windows? No, burglar bars is not the answer. Let's take a look at how we can lock down Windows. Windows XP is dead; it just hasn't started to smell yet, so everything here will apply to Vista and Windows 7.

You've heard this a thousand times, but here we go again. Windows Automatic Updates should be turned on. You also need an anti-virus program installed and running in the background, with it set to auto update the virus definitions. It really makes no difference what program you choose to use. I like AVG Free, enough said.

Vista and Windows 7 comes with its own firewall, make sure it is turned ON. There are lots of third party firewalls out there, you don't need them... just something else to bloat and slow down your system. I highly recommend you check your system for open ports. This is where a hacker can gain access to your computer via the Internet. Go to Gibson Research Corporation website <http://www.grc.com> and run the ShieldsUp test. Your system should have a perfect "TruStealth" rating. If the test failed and you have open ports, you must take measures to close those ports. I recommend all users run through a properly configured cable/DSL router; this will give your system a "TruStealth" rating.

Microsoft introduced User Account Control (UAC) feature in Vista, hated by millions of users and has ultimately led Microsoft to make UAC less powerful by default in Windows 7. From a security standpoint turning off UAC or reducing its effectiveness is just plain stupid. UAC should be set at the highest level of security. In

Vista the default is the highest level, however Windows 7 users will have to raise this to "Always notify" level.

The next step in locking down Windows is how you log into Windows. If you punch the on button and Windows loads to the desktop with no other action by you, well let's just say, that's not a secure way to login. You should have only one Administrator account with a strong password. You can name the Administrator account anything you like; I use "root" but it's up to you. Only login to this account to do admin task, make the desktop bright red to alert not to casually use it for non-administrative task. Setup Standard user accounts with strong passwords for all users. You should do all computing task in this Standard account; UAC will alert you for the Administrator account password when elevated privileges are needed.

All major browsers protect against malware by tracking sites containing infected files and warning you before your browser opens them. Google Chrome offers added protection against exploits because it uses a built-in "sandbox" feature. A sandbox is a security method used to run an application in a restricted environment. I have Google Chrome set as my default browser and use Internet Explorer 8 only for task that require ActiveX controls.

Is this a totally secure Windows system? No, but it should provide you with a system free from virus and malware unless you give UAC the permission to install it. With strong user account passwords set and all ports in stealth status, it is highly unlikely to be hacked via the Internet. Basically Vista and Windows 7 are secure within itself, now this leads us to its greatest security risk.... you the user.

~Web Sites~

Windows 7 Upgrade Advisor

<http://www.microsoft.com/windows/windows-7/get/upgrade-advisor.aspx>
(If you are considering upgrading to Windows 7, and download and install the Windows Update Advisor to determine if your computer and its components will run the new operating system. Print out the results to refer to later.)

Kids.Gov

<http://www.kids.gov/>
(You do not have to be a kid to enjoy this site. It is Government oriented and contains lots of learning activities and games as well as a teachers corner with hand-outs and workbooks to print for the kids .

Time and Date

<http://www.timeanddate.com/>
(Get the Current Time, The World Clock, Time Zones, Search for city, Time Zone Calculators, Time Zone Converter, Day and Night World Map, Sunrise and Sunset Calculator, Moonrise and Moonset Calculator, Moon Phase Calculator Solar and Lunar Eclipses, International Dialing Codes, Distance Calculator Clock for Your Site or Blog, Free Digital Clock , Duration Between Two Dates What Date Is It in X Days? Countdown to Any Date, When Are You 10,000 Days Old? and more...)

Reverse Dictionary

<http://dictionary.reference.com/reverse/>
(The reverse dictionary lets you go from a concept/idea/definition to words and phrases used to describe that concept. You can enter a single word, phrase, or a few words and hit the "Reverse Search" button.)

**DID YOU KNOW?**

In most Web browsers, you can use Ctrl-F to search. all you have to do is hit the key combination **CTRL + F**. This will bring up the search box where you can input the phrase you are looking for. You can also go to **Edit > Find**, if you like using the mouse.

Happy Thanksgiving!