

Quite Possibly The World's Easiest Computer

This month, a computer For The Rest Of Us. Michaela Sweatt from Telikin is here to show us a computer designed and built with us, um, older types in mind. If you've ever tried to introduce a non-technical friend or relative to the fun and benefits of using a computer, you're going to love the Telikin. This computer is packed full of built-in features, and yet, it's so easy to set-up and use that everyone from kids to seniors enjoys getting online with the Telikin.



Right out of the box, its stylish design and screen displays easy navigation to email, address book, Skype video chat, Facebook photo sharing, Web surfing and much more. The TechBuddy feature allows a designated friend or family member to access the Telikin remotely from another computer to help the Telikin owner. Because Telikin is built on a Linux platform, virtually all chances of getting a computer virus are eliminated. Come see for yourself. Take a test drive.

Michaela Sweatt is President of Nurture Connect where she leads the company's marketing, education and product/service strategy activities.

For over 20 years Michaela has worked with technology companies at every stage of development from early stage companies seeking funding to some of the best-known technology and software companies including Intuit, Disney Interactive, Lucent, and at Microsoft's WebTV where she had

her first experience working with a "senior technology" product and service. As Chair of The Aging Technology Alliance Education Committee, she continues a lifelong focus of educating others about technology. She has a Masters in Communication from San Diego State University.

Remember, there'll be good fun, good food, and good friends all around. See you at the Main Meeting!

Raffle!

This month, a Patriot Signature 32 GB Class 10 MicroSDHC Flash Memory Card PSF32GMCSDBC10 -- The Patriot flash memory card offers blazing performance for mobile devices, meets the latest SD Association specifications and provides a minimum sustained write speed of 10MB/s. Fast enough to record High Definition video and keep up with the most demanding hardware. Remove the bottleneck of slow memory. Capture every image or video without missing a moment. AND, it's YOURS for the price of a ticket.



Tickets are \$5 each, available where you sign in. Need not be present to win.

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About PC Community



EDITOR
Elsie Smith
 lcms@pacbell.net

Associate Editor: Jan Fagerholm

Online Editor: Diane George

Contributors: Bayle Emlein, Jan Fagerholm, Diane George, Chuck Horner and Elsie Smith.

Deadline: Copy must be submitted no later than the second Saturday prior to the Main Meeting. Check the Newsletter calendar for the date. Submissions should be made by e-mail to the Editor, **lcms@pacbell.net**. Advertising rates are available from the Editor.

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 PCC News

PCC Officers and Staff

- President — Chuck Horner**
 churck@comcast.net (510) 589-9677
- Executive Vice President — Sally Holt**
 nole62@pacbell.net (510) 785-3593
- Treasurer — Tom Smith**
 smith-tf@pacbell.net (510) 545-2077
- Secretary — Bayle Emlein**
 pcc@ix.netcom.com (510) 652-1726
- VP Clubhouse — Sidney Jordan**
 sjordan321@aol.com (510) 886-8188
- VP Marketing — New VP Needed**
 you@righthere.com (510) 123-4567
- VP Membership — Jan Fagerholm**
 pcc4me@gmail.com (510) 213-8421
- VP Newsletter — Elsie Smith**
 lcms@pacbell.net (510) 545-2077
- VP Programs — New VP Needed**
 you@righthere.com (510) 123-4567
- VP Special Projects — Bayle Emlein**
 pcc@ix.netcom.com (510) 652-1726
- Webmaster — Diane George**
 digeorge38@hotmail.com (510) 538-2449
- APCUG Representative — Diane George**
 digeorge38@hotmail.com (510) 538-2449
- Network Coordinator — Paul Cooper**
 paulc2553@yahoo.com (510) 733-2613
- Projector Coordinator — Jan Fagerholm**
 pcc4me@gmail.com (510) 213-8421

Board of Directors

- Bayle Emlein**
 pcc@ix.netcom.com (510) 652-1726
- Jan Fagerholm**
 pcc4me@gmail.com (510) 213-8421
- Sally Holt**
 nole62@pacbell.net (510) 785-3593
- Chuck Horner**
 churck@comcast.net (510) 589-9677
- Elsie Smith**
 lcms@pacbell.net (510) 545-2077

Clubhouse Information

Please check page 3 for information regarding the Clubhouse. Communication with the Clubhouse should be directed to PC Community, P.O. Box 55513, Hayward, CA 94545-0512.

PC Community is a computer users group for people who wish to expand their knowledge and experience of personal computers and software. This is accomplished through monthly general meetings of the full membership where major industry vendors present information, and through smaller focus groups (Special Interest Groups, or SIGs) where members meet to share common computer interests. The group's monthly Main Meeting takes place at Calvary Baptist Church, 28924 Ruus Road, Hayward, at 7:30 P.M. on the first Friday of each month.

PC Community is dedicated to community service, providing enabling technology to people with special needs, working in the community to obtain computer equipment, and working with other computer groups to help people extend their lives through computer technology.

PC Community has a Web site at <http://www.pcc.org>.

Membership dues are \$35.00 per year. \$20.00 for educational and seniors(65 and over), and \$45.00 for family per year. Call 510-213-8421 for more information, or write to PC Community at the address on this page.



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Thanks to PCC Member *Chris Yager*,
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 iceman@prado.com - (510) 317-5900



PCC is a member of the Association
 of Personal Computer User Groups
 (APCUG)

PCC Announcements

O'Reilly - Books and Media

Review a Book: Review an O'Reilly book and get published in the PCC Newsletter and on the PCC Web Site. Find a book that interests you at www.oreilly.com, e-mail me the name of the book and ISBN so I can order it for you. PCC requires a deposit from you

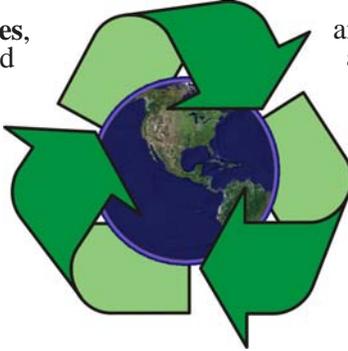


in the amount of the User Group price, a 35% discount. You have 60 days to complete the review, at which time the deposit is refunded and you keep the book.

Elsie Smith - PCC UG Representative to O'Reilly
lcms@pacbell.net or 510-545-2077

PCC Recycle Program is Back, Bigger and Better!

Your used **toner cartridges**, old **cell phones**, used **inkjet cartridges**, old **PDAs** and defunct **iPods** are valuable. Don't toss them in your trash to be used as landfill. They are worth something to PCC and other groups, either in the form of exchange or as discount on products at some local retailers. This not only helps PCC, but also helps our community. You can drop



any of these items off at a Main Meeting or an EC Meeting. Do your part for PCC and your community! Keep the environment clean by taking a few extra moments to recycle these items with PCC.

contact:
Chuck Horner
churchk@comcast.net
510-589-9677

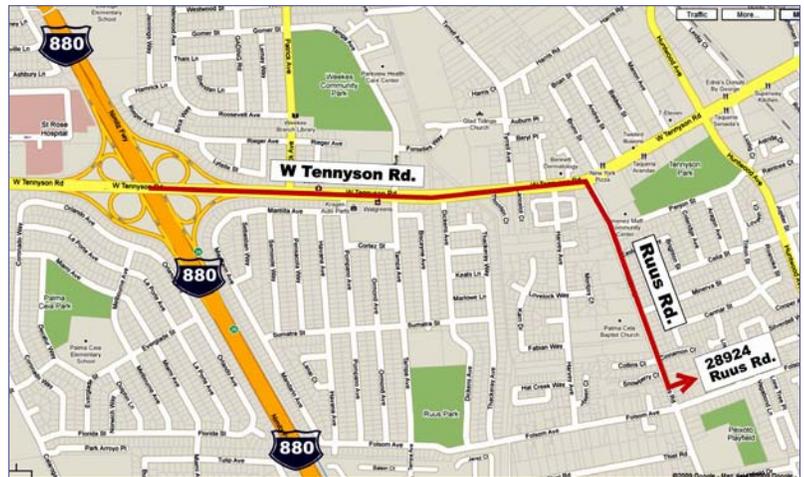
Directions to the PCC Main Meeting

From All Directions: take 880 to the Tennyson Road exit in Hayward. Take the exit toward the hills. Proceed northeast on Tennyson Rd. about 0.7 mile to the 5th stoplight. This will be Ruus Road.

Turn right on Ruus Road and proceed southeast for about 0.4 mile. Look for Calvary Baptist Church on your left.

Turn left into the driveway into the parking lot. Parking is available anywhere from the driveway to the back of the lot.

Look for the PCC signs.



PCC Clubhouse Seeking House!

PCC's Clubhouse is temporarily without a -- house. With extraordinary effort, Clubhouse VP **Sid Jordan** and clubhouse regulars **Tony Cozzette**, **Don Feist**, **Bruce Hevelin**, **Charles Landsmerer**, **Bob McGearry**, **Del Parton**, **Ted Rosaro**, **AC Robinson**, and **Michael Wong** cleared out years of accumulation and took it to the recycle center for cash. Their efforts added \$800 to PCC's finances.

That's the good news. The bad news is that the Clubhouse is temporarily homeless. We are working on a temporary

location from which the refurbishing activities can continue, but we are still seeking a larger facility from which the Clubhouse's full set of activities can continue. We are setting up a contact phone number where you can call and find out about Clubhouse progress.

If you know of a facility that can house our Clubhouse, (think of the old Clubhouse for size) contact anyone on the Executive Committee and let them know. Contact information for the E.C. is on page 2 of this Newsletter, or go to www.pcc.org and click on Contact Us.



Internet Forensics

Author - Robert Jones

Book Review by Robert Kyle, PCC Member

Do you like solving real-life mysteries? Do you have a budding interest in, or have you personally been the target of, Internet scams, malware, spam, phishing attacks, or identity theft and wondered how you might identify and/or expose the culprits? Then this book might be a place to start.

The author of this book, Dr. Robert Jones of Craic Computing, defines Internet forensics as the application of scientific methods toward criminal activities on the Internet as a whole. This book might be considered an introduction on how to find and follow clues while overcoming techniques the bad guys often use to hide their crime and identities. It might also be considered a primer for those interested in computer security because if you know how they do it, you have a better understanding of how to identify and fight it.

A paraphrased outline of the book might be as follows:

1. Overview of the threat and how to begin.
2. How bad guys use e-mail, scripts, attachments, hidden URLs, redirection, forgeries, pirated Web sites, and more.
3. Tools and techniques for tracing back to the source and overcoming obfuscation.
4. Investigating Web sites and their host servers.
5. Slicing and dicing collections of data looking for telltale patterns, signatures and points of commonality. One source of this data for the author was his own filtered spam collecting on his home computer.
6. Extracting hidden information and detecting forgeries in on-line documents and images.
7. Looking for clues about the perpetrators and point-of-origin.
8. Real case studies.
9. How to take action.

I especially enjoyed the authors step-by-step accounts of several actual investigations he and others have successfully

conducted. For example the author summarizes why a particular e-mail caught his attention, how he safely explored the related Web site's underlying directory which led him to images stored on the site. Those images proved the hoax and linked this site to a number of other phishing and check-cashing scams. The author also references successful investigations by others. One very interesting reference, WhoWroteSobig.pdf, is available for free download on the O'Reilly.com Web site. This is a

detailed report on how a team tracked and identified the probable author of a major virus.

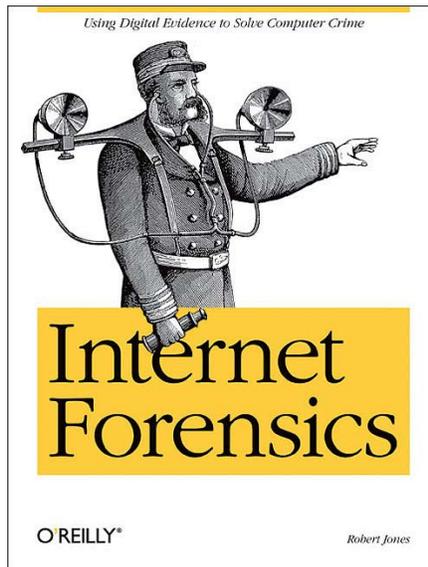
The forensic process is not simple but it can be very educational. The author guides us through the process with a bag of tips and tricks: which operating system and browser should you use when investigating, how to protect your own anonymity with *tor*, free investigative software tools, Perl scripts he has developed and other resources he found useful. For example, are you aware of a Web site that allows you to possibly turn back the clock and see what a particular Web site looked like in the past? This can be a very formidable tool against

bad guys that like to execute their con and then erase their Web site before they can be investigated and identified.

He also provides wise advice on where caution is advised. For example, you should use great caution when investigating child pornography sites because law enforcement may be monitoring your actions and identify you as a suspect. One well-known musician was temporarily identified on a Sex Offenders Register despite his defense that he was only trying to help fight child abuse.

Although the book can get a bit technical, I found it readable and educational. This book is available in two forms:

soft-back and e-book. If you intend to actually use the book extensively in your own research, you might consider buying the e-book form which would allow you to cut and paste the pearl script examples.



Product Information

Internet Forensics

By Robert Jones

Book \$39.95 or Ebook \$31.99

O'Reilly Media, Inc.

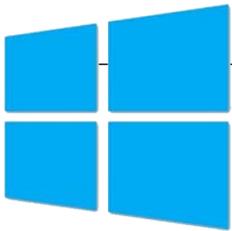
<http://www.oreilly.com>

800-998-9938

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oreilly.com



Windows 8 Pains 'n' Gains

Notes From The Bleeding Edge. . .

by Jan Fagerholm, *Metro Masochist*

This will be the last in the Windows 8 reports. Windows 8 has gone gold, and the RTM (Release To Manufacturing) was released on Microsoft TechNet and MSDN (Microsoft Developers Network) August 1st. This gives time for the OEMs to work out their installations and have machines ready to sell by the announced October 26th "official" release date.

Those brave enough (or foolish enough) to go ahead and download it can burn it to DVD and install it. Count me in that camp, though I'm not ready to move my Windows work applications to Windows 8 yet, as so far I haven't found any Windows 8 activation servers online.

Metro is finalized, and --oops, we have to stop calling it "Metro". According to an internal memo leaked to the Internet, somebody in Microsoft's legal department didn't do due diligence in their name research. A German company, Metro A.G., presently holds the international trademark on the Metro name and has told Microsoft to stop using the name Metro. So Microsoft held a big press conference and told everybody to stop calling Windows 8 "Metro". They now bill the product as "Windows 8" and refer to the interface as "Modern UI" Oh, well, I suppose that's the best they can come up with on only two weeks' notice. . .

Final changes in Windows 8: Say goodbye to Aero, the semitransparent window frame technology that has been with us since Vista. My take is that it is simply too hardware intensive for Windows 8 target hardware, tablets and the like. They lack the fancy graphics hardware because it uses too much power; after all, Microsoft's target audience is tablets and smartphones, and they require simpler graphics, both for reasons of hardware and to make the smaller screen more comprehensible. Also gone is any sort of traditional menus. When you go where the Start button used to be, you are sent to the "Modern UI". Navigation is fairly simple on both multi-touch screens and conventional keyboard and mouse. I use a mouse with a ball in place of a scroll wheel (this allows both vertical and horizontal scrolling with the ball) but the Start interface does not recognize the mouse's horizontal scroll command, so I have to resort to the scrollbar on the

bottom of the screen. This is just a mouse driver problem, so I am sure that this will be fixed soon. If you don't have a multi-touch screen, try setting up mouse gestures. This will get you most of the same effects.

I'm presently running the Windows 8 Professional version, and as with previous Professional versions you do not get any games by default. (I guess "Professionals" aren't allowed to relax.) This is fixed by going to the Store, where they now offer for download Microsoft approved versions of Solitaire and Mahjongg, as well as many others. The Store is beginning to look populated, though you can tour the entire contents of Store in about five minutes. It's no

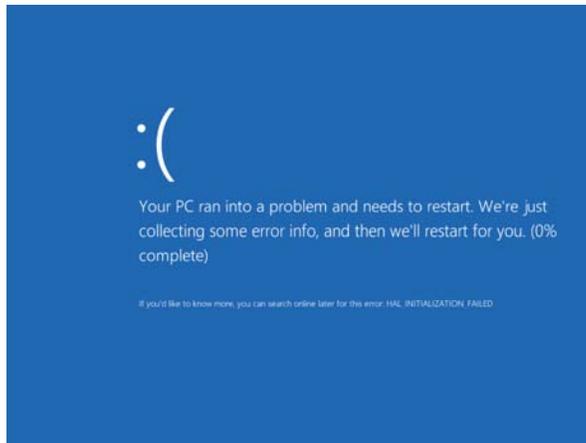
Apple store, though I'm sure that will change. (BTW, don't rush to Store if you are still running Consumer Preview -- Store knows this and doesn't make the Microsoft applets available unless you are running RTM.

One warning; If you happen to have one of those Windows 7 tablets and are looking to Windows 8 for improved performance, save your money. Most of these devices have screen resolutions of 1024 x

600 (this goes for a lot of Netbooks, too) and Windows 8 apps will simply refuse to run on any screen that doesn't have at least 768 pixels of vertical resolution. Line up at the brick-and-mortar Microsoft store for a whole new tablet or netbook.

Final thoughts: this is not a casual upgrade for the desktop or laptop user. You are going to have to learn a whole new way to find and launch apps, for starters. Customizing the interface to your preferences requires a great deal of exploration, research and head scratching -- for that matter, so does simply finding a lot of stuff. O'Reilly Books and others are going to make a lot of money selling third party manuals for Windows 8. On the plus side, optimizing Windows 8 for simpler hardware has forced Microsoft to streamline the system code considerably; this translates to a much snappier interface across the board. If you are running less-than-new hardware that is a bit pokey with Windows 7, you will welcome Windows 8 improved response. This goes triple for Vista users.

It's here. It works. Time to decide.



New, Improve BSOD. Months in the making.



Kidz Gear Wired Headphones for iPod, iPad, iPhone

By Bayle Emlein, PCC Secretary

News flash: Children are not short adults, though they are often expected to cope with a one-size-fits all (over the age of 18) world. They climb stairs that are steeper than the entire length of their legs. They get plonked in front of iPads and told to be quiet and play a game, watch a movie, or listen to music while fighting to keep a supersized headset from blocking their view or strangling them.

KidzGear headphones bridge the size divide. The model reviewed here is wired, there is also a wireless Bluetooth model which costs slightly more.

Several of the reviews I read online complained about headsets breaking fairly early in the product life. These were all dated a year or so ago, so it might be that quality control has improved. Only two reported trying to take advantage of the lifetime warranty; one of the two made a single attempt and gave up, the other reported a cheerful replacement after finally making contact.

Perhaps the problem lies on the documentation page, a single one-sided sheet of paper. The entire page is printed in what I'd generously estimate to be 3 point sans serif: anyone with eyes good enough to read it is too young to know what "Lifetime Warranty" means, and the paper will get tossed with the clamshell plastic and cardboard.

However, those instructions are important. The button on the volume control switch between + and - which directs forward, reverse, and skip is pretty much invisible on the actual device. It is pictured much larger and in contrasting color on the manual sheet. Once you know where to look, it's not so hard to find.

Onward to the actual headphones. Not concert quality, as some complaints have noted, but well within expectations for something under \$25. And how much fidelity does Angry Birds require?

And how much volume is needed? Noise/Sound level is an increasing concern as a cause of hearing loss among a younger and younger

population. The KidzGear headphones claim a maximum volume of 90 decibels. Safe for adult ears for a few hours according to Internet audiology. (Chamber music probably peaks at about 85 dB, a full orchestra at closer to 140.) There appears to be an assumption that the tykes will have the sound on for fewer than 8 consecutive hours. It would be a good idea for them to get up and walk around a bit, too. That's a whole different area for discussion.

KidzGear also offers a volume limit cable that keeps decibels below 95. For \$9.99 list price, it claims to work for any stereo headset. It's just a simple jack connector, so anyone who really wanted to could unplug and remove it without parental knowledge and crank the volume up to instant hearing damage.

In addition there is a KidzGear carry bag for your headset and related paraphernalia, list price \$5.99. It's a nice, lightweight nylon bag with a plush lining. Of greater interest, if you buy two headsets, a splitter is included at no additional price. Nice touch.

You don't expect me to wear Tiger Woods' shoes. Why would you expect me to wear his headset? Most headsets are too big for me. KidzGear offers an affordable alternative, especially for travel. Adults with larger heads or big hair will find them unworkable.

I work with several just-married 30-Somethings who have entered the baby-focused phase of their lives. KidzGear headphones are a nice alternative to bring to the shower. They are gender-neutral and the prospective kid will be plugged in long before the diaper service subscriptions are used up.

It's not too early to be thinking about holiday shopping, and these are ideal for summer travels, where keeping kids occupied in the back of the car or on a plane can make or break a trip.

If you have young children in your life, KidzGear headsets deserve your attention. They give the child something desired while demonstrating adult responsibility for the health and welfare of the tykes involved.



Product Information

Kidz Gear Wired Headphones

\$19.99 online price

Kidz Gear
El Dorado Hills, CA
916-933-7858

www.gearforkidz.com



EMERGING DISPLAY TECHNOLOGIES CONFERENCE



DISPLAYSEARCH
AN NPD GROUP COMPANY

AUGUST 13-14,
2012
HYATT REGENCY
SANTA CLARA, CA

Report by Bayle Emlein, PCC Secretary

How can you spend two full days just with the look and feel of your device display? Try “A Magazine is an iPad that Doesn’t Work” or “A Magazine is a Broken iPad” on YouTube. Or for the full-blown, deep dish, techie geek explanation, go to the Emerging Display Technologies Conference put on by DisplaySearch, an NPD Group Company. This year it moved from San Diego to Santa Clara and provided a venue for developers and market leaders to show off what’s new and what is in the pipeline for the next few years, as well as a bit of how we got to where we are now. How techie is this conference? While the staff is all female, the attendees are not; of the 150 or so of us who came, fewer than 10% are women: the line was in the Men’s room and we all had space in the Ladies’.

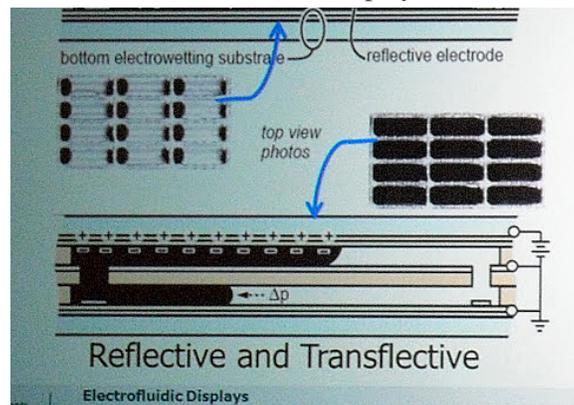
I’m not quite old enough to remember when it was news that pictures could move. But I do remember when Technicolor shared star-level billing. And when the screen moved into our homes! In a console the size of a PDP-11 computer and a screen the size of an iPad, right there in the neighbor’s living room right on our very own block.

How far have we come, and where are we going? For answers with more education than guess behind them, tune in to the Emerging Display Technologies Conference, sponsored by DisplaySearch, August 13 and 14, 2012 at the Santa Clara Hyatt Regency, just up the street from the Great America theme park. Touch displays have evolved even faster than other screen display and input strategies. From iffy, recalibrate with each use, bezel-based IR technology to system-embedded input based on actual physical touch, hand and arm gestures (wave “Bye-bye” to turn it off).

It’s the Wild West in touch screen technology as developers look beyond expensive, complicated, toxic fabrication based on Indium Tin Oxide. The world is not flat anymore, power-saving reflective display? A buyer needs a degree in chemical engineering to adequately evaluate the choices.

OLED (Organic Light Emitting Diode) displays and lighting are moving into the marketplace. Read that, into

our homes. Haptics is the study of the touch and feel of something. It is leading to “displays” that address more than vision. Already on the market--and so common as to be a subject of everyday humor--vibration, as in getting a massage when your cell phone has a message for you. Instead of a buzz and a jolt, how about a change in the shape of the dial of your watch, or a change in pressure from the back of your earring (mostly ladies)? Right now you can play games that provide varying force feedback depending on how you drive; you can download an app that plays the maracas when you shake your iPhone.



Are you ready for droplet-driven displays? They belong to a class or technology called electrowetting—a name with so much potential, I hope the technology makes it into the retail market just so I can use it in the epithet for a New Yorker contest cartoon. Could you—with a straight face—say “My doctorate is in Electrowetting?” Quantum Dots have an equally

entertaining name and potential uses in improving the end-user experience.

Next to vision, tactile information is the most important sense in human development. Current displays engage the visual sense but offer a flat, uniform plane of physical interaction. In development, a tactile keyboard that raises keys according to the software you’ve called up (QWERTY for word processing? Remote for TV viewing). Imagine, only one device to lose, that changes its keyboard. You can put your fingers on one of these Tactus products today. According to CTO Micah Yairi, texture differentiation that would let you distinguish between wool and cotton on your smartphone is about 5 years out.

Malcolm Thompson of the FlexTech Alliance added some final words regarding Flexible Displays, Lighting and Solar Cells. Focusing on flexible materials, they coordinate the strengths of member companies and provide real, financial backing for projects and equipment. “Today’s Collaboration Builds the Infrastructure for Tomorrow’s Products. . . Tomorrow, the world will be healthier, safer, simpler, and smarter because of advancements in flexible electronics.”

Door Prizes

Congratulations to all the members who won door prizes at the Main Meeting!

General Drawing:

- Acoustica Spin It Again v.2 Dan Peterson
- Aurora calculator Lola Hunter
- CloudLock tee shirt..... Verne Perry
- Haiku mug..... Diane George
- Loft picture frame Chuck Horner
- O'Reilly ebook certificate.....Joy Somerville
- PRC notepad George Kornbluth
- Vivitar camcorder case..... Michael Wong
- Webucator voucher Yorkman Lowe
- Wrox Beginning CSS..... Bill George

Raffle Prize:

- Patriot 16 Gb 3.0 Flash Drive Michael Wong
- Maxell Wireless Optical Motion Mouse Bayle Emlein

Door Prize Donations

O'Reilly Media generously donates the books for our door prizes. Go to www.oreilly.com and pick books you'd like to see on our door prize table. E-mail the names and ISBN of the books you want me to request.

Elsie Smith
lcms@pacbell.net

dominique
& co.

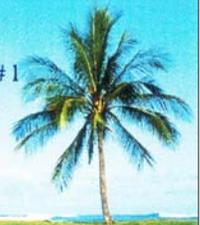
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Membership Dues

- Regular.....\$35.00
 - Family (same household).....\$45.00
 - Educational, Seniors.....\$20.00
 - Corporate (maximum 5 memberships)...\$100.00
- Make a check payable to PC Community in the amount listed above to:
PC Community
P.O. Box 55513
Hayward, CA 94545-0513

Dues Expiring This Month!

The following members dues expire this month:

Robert Kyle
Seth Springer

Special Interest Group Meetings



Del Parton - (510) 276-4292
delpa@pacbell.net
Saturday after Main Meeting: 8pm



Dan Dolgin - (510) 895-8845
dandolgin7@comcast.net
3rd Monday of the month: 7:30pm
<http://www.pcc.org/mobile>



David Graham - (925) 997-9646
dmgraham98@yahoo.com
3rd Monday of the month: 7:30pm
<http://www.pcc.org/mobile>

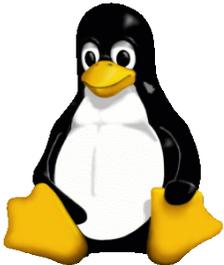


Bud Gallagher - (510) 269-3623
budgall@comcast.net
2nd Saturday of the month: 1pm

Room for more
SIGs here-
start one!



Jan Fagerholm - (510) 213-8421
pcc4me@gmail.com
Last Saturday of the Month: 2pm



The Penguin Partition Linux for Human Beings

by Jan Fagerholm, PCC Penguinista

Penguinistas live in exciting times. After years of KDE 3 and Gnome 2 dominating the desktop,

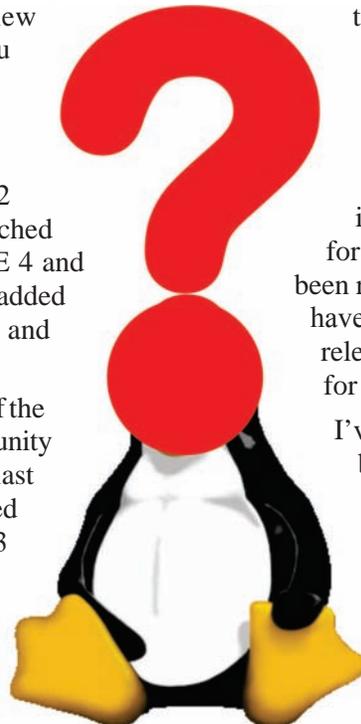
everyone reached out and created new desktops with KDE 4 and Gnome 3. Ubuntu added Unity and Mint added Cinnamon, both unlike the other two and each other.

Penguinistas live in frustrating times. After years of KDE 3 and Gnome 2 dominating the desktop, everyone reached out and created new desktops with KDE 4 and Gnome 3. Ubuntu added Unity and Mint added Cinnamon, both unlike the other two and each other.

No, that is not an echo. It is the two sides of the discussion taking place in the Linux community about desktop developments over the last two years. Back then everyone agreed that the two dominant desktops, KDE 3 and Gnome 2 needed updating to take advantage of hardware and software developments that improved desktop usability. KDE responded with KDE 4, which, more than anything else, fussed up the interface to the point of making navigation more, not less, difficult. Gnome 3 was slow in coming, and Ubuntu, (at the time the leading distro) didn't wait. They took their

desktop Unity. Mint, previously basing their desktop on an enhanced Ubuntu, departed and provided two interfaces; one based on the controversial Gnome 3 and another, called Mate, based on the familiar Gnome 2. Not satisfied with this, Mint created their own desktop called Cinnamon, where they returned to what they euphemistically call a "more traditional" interface. Mint has been my distro of choice for quite awhile, but Cinnamon seems to have been released too soon, as it has several bugs that have not yet been fixed months later. Mate was released as a separate distro, and is the choice for a simple-to-navigate, unfettered interface.

I've favored Gnome-based desktops for awhile, but all this splintering of the Gnome desktop has made me take an extended look at KDE 4 again. KDE 4 is in its 6th iteration and the whole system has been smoothed out a lot. I still think the menus are clumsy, but it has the customization that we lost with Gnome 3, and the ability to tailor the system to your needs and wants is a large part of Linux's utility. I installed it alongside Cinnamon and can switch desktops at the login screen. Cinnamon is only a keystroke away without the need to reboot. More on this later.





PCC Main and Executive Meeting Highlights



Secretary — Bayle Emlein
pcc@ix.netcom.com

Treasurer — Tom Smith
smith-tf@pacbell.net

Main Meeting Highlights

August 3, 2012

The meeting was called to order at 7:35 p.m. by President Chuck Horner. Lola Hunter at the Ticket Table has raffle tickets, door prize tickets, and 3" x 5" cards to write questions for discussions/answers at the end of the Meeting. This month we have 2 separate raffle prizes: a 16 GB flash drive and a Maxell wireless mouse.

We need folks willing to help out coordinating programs and with publicity.

SIG Announcements:

The Spectacular Linux SIG meets at 2 p.m. on the last Saturday of the month. In August that will be the 25th. There is no agenda for August yet. In the fast-moving world of Linux, there will be late-breaking developments. Stay tuned to your email box to get news closer to the meeting date.

The PCC Mobile SIG is on vacation.

As usual, the Hardware SIG will meet the evening after the Main Meeting at 8 p.m. at the Smith's house. Come to get help with your hardware or learn how to fix someone else's if your world is running with no glitches. Be sure to bring all the documentation you can find. Even when it's a hardware problem, software is usually involved. Call the Smiths if you need directions. The phone number is in your Newsletter.

Diane George said that the PCC Web site is set up with a content management system called Joomla. She would like to set up a class/short-term SIG 1) because it's fun and 2) because she'd like to have some backup for managing the Web site.

Presentation:

Manu Kalia is a physical therapist. His topic is how to not get hurt while using your computer.

He will email Elsie a chart that shows proper positioning of the keyboard, monitor, etc. An audience member asked about use of hormone supplementation. Manu explained that low testosterone can lead to increased body fat and decreased muscle mass. Oral supplementation is not

very effective; a qualified physician needs to monitor intramuscular administration.

Another person asked about working with a laptop on your lap. Manu said that the radiation is probably unhealthy. The biomechanics of hunching over a laptop are definitely unhealthy.

The common orthopedic and neurological issues that Manu sees in his work at St. Rose Hospital are neck, shoulder, back, carpal tunnel and other hand/arm problems up the arm to the elbow and shoulder. Prolonged sitting is a major cause of problems. People need to do something that reverses the hunching over posture encouraged by staring at the monitor.

The second issue that Manu finds is that prolonged sitting leads to stiffness in the hips. This causes hunching and the head tipping up, pinching the back of the neck.

Stress plays a huge role in injuries. Underlying physical and psychological stressors need to be addressed. It is not just the external event, but also the individual response and resilience. Psychological stress impacts the ability to heal.

Workload, stress, and regular exercise need to be addressed. Manu discussed sitting. No one kind of chair works for everybody. Trial and error is the only way to identify physical solutions. He likes "ball" chairs.

An audience member described slow deep breathing as a way to relieve stress. Manu noted that this supports getting the nervous system out of sympathetic fight or flight mode to relaxed parasympathetic mode as a goal. He recommended a book, *Why Zebras Don't Get Ulcers*, by Robert M. Sapolsky.

The goal is not to be like someone else but to be the best you can be. From their parents, people have different basic genetic gifts. We cannot all handle the same level of work or stressors.

A weak body leads to a sluggish mind. People need to get moving and get their circulation going.

The basic seating position includes sitting all the way back in the chair and having feet flat on the floor. The top of the screen should be at eye level. After a while a computer user begins to slump and the upper body joints

Main Meeting Highlights

Continued from page 10

get stiff. The head-forward position becomes exaggerated and nerves in the neck and shoulders can be compromised. Standing for computer work or varying between sitting and standing helps some people. Working at home, you can put the computer on a counter and put something under it to raise it high enough.

When seated, hips should be higher than knees. That puts the load on the legs. Sitting with the knees higher than the hips makes slumping inevitable. Strengthening and flexibility exercises will prevent or postpone injuries. Sit with the feet apart widens the base and tilts the pelvis forward. This causes the middle and upper back to straighten and the head to move more over the shoulders and torso instead of thrust in front. Crossing legs or sitting with the feet together is a bad idea. The keyboard should be close enough so that the elbows never leave your side. Lower arms should be parallel to the floor.

Get up and move around at least every 30 minutes. If you can, move for 5 minutes. If not, at least get a glass of water or go to the bathroom.

Many people slump back when they drive, resulting in the head-forward position. This predisposes your disks to herniate. It also makes you more vulnerable to injury in case of an accident.

Adjustable keyboard trays can be added to a desk to position a keyboard properly. Dycem© or nonskid shelf paper will keep a keyboard and mouse from sliding. You can put a keyboard in your lap, on a pillow if necessary, to get it to the right height.

Manu showed using his chair to stretch the front of the hips. Search for his name in YouTube to find demonstrations of exercises. He suggested alternate nostril breathing to relax the nervous system. Squatting as much as possible will help to build strength. Think of football players and sumo wrestlers who stand with their feet wide apart to give a wide base. Knees are slightly bent and their back is relatively straight, avoiding hyperextension of the low back and keeping the head in line with the spine.

Relax your hands. Float your fingers above the keys. That will keep your wrists flat and relaxed. Then gravity will help your fingers strike the keys and you will be able to use less force.

See his Web site: www.tridoshawellness.com

Q&A: There was a question from someone who installed a new program and is getting a report from the system that the system is Windows 2000, although it is an XP system. This is because of a Registry problem. Cleaning out the Temp directory in each account might help. If

the problem is the result of a conflict with a Microsoft update, going back several System Restores might also help, but that will wipe out any installations including updates and patches.

Back up the Registry before starting anything with it.

The meeting was adjourned at 9:47 p.m.

Respectfully submitted,
Bayle Emlein, Secretary

Executive Committee Meeting Highlights

The EC Meeting was on summer vacation in August. Business conducted by e-mail.

President's Report - Chuck Horner: No report.

Executive Vice President – Sally Holt: No report.

Treasurer - Tom Smith: As of August 29, 2012:

Checking Account	\$1,620.63
Total	\$1,620.63

Tom forecasts that as of December 31 we will have about \$900 in the bank.

Secretary - Bayle Emlein: No report.

VP Clubhouse - Sid Jordan: No report.

VP Marketing – Position open:

VP Membership - Jan Fagerholm: Member count as of August 18, 2012.

Type	Number
Regular	22
Senior	19
Student	2
Associate	2
Total	45

VP Newsletter - Elsie Smith: October Newsletter submission deadline is September 15, 2012.

VP Special Projects - Bayle Emlein: No report.

Webmaster - Diane George: No report.

Calendar: See the Web site for the latest updates and changes in SIG meetings.

Programs -

September: Telikin

October: Avast?

Fund Raiser: Patriot Signature 32 GB Class 10 MicroSDHC Flash Memory Card

New Business: None

Date and Time of Next Meeting: Saturday, October 20, 2012 at 2:00 p.m., 28924 Ruus Road, Hayward.

PCC NEWS

www.pcc.org

PC Community
 P.O. Box 55513
 Hayward, CA 94545-0513



September 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Check the calendar at www.pcc.org for up-to-date information!			See Page 9 for SIG Meeting information.			1
2	LABOR DAY 	4	5	6	7:30 pm Main Meeting	8 8 pm-Hardware SIG
9		11	12	13	14	15 1 pm-Windows 7 SIG 2 pm-Exec. Committee Mtg.
16	17 7:30 pm- Mobile Computing SIG	18	19	20	21	22
23	24	25	26	27	28	29 2 pm-Linux SIG
30						

The **October 2012 Main Meeting** will be at 28924 Ruus Road, Hayward CA, on **October 5, 2012** at 7:30 P.M.