

New Style

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Newsletter of the LaCrosse PC Users' Group

volume 21 number 2

February 2001

This month: Feb. 28, 7 PM

President Shane Lambert presents **Windows File Management**, see the second column of his message, to the right, for more information.

Credit where due

This newsletter is almost exclusively Carol's work. Along with her regular duties, she selected the articles.

Address change

OK, I didn't get your attention last month.

Due to the volume of messages on the list server our mailbox is getting too full to keep track of.

From now on, please use the following e-mail addresses (all @aol.com):

lacrossepcug if you have an article or review to submit, or have a question or comment about the newsletter. In the future, all correspondence about the newsletter should go to this address.

donaldeatkinson to reach me personally
carolmfrank to reach Carol.

Notice that these changes are also on the back page of this newsletter.

Tax Time

Yes, the IRS is a kinder and gentler organization now. I understand you now can have your choice of regular or filtered when they give you your last cigarette.

Rather than try to go it alone, buy a tax preparation program. Which one? Check out last April's newsletter for reviews by Arlene Wiese and myself of the two major programs: Kiplinger's Tax Cut and Intuit's Turbo Tax.

Don't have a copy handy? Download an Acrobat version from the website!

President's Message

Shane Lambert

I would like to apologize to all of our members for the recent problems with my own e-mail and the down time of the mailing list. A savvy computer hacker was able to work his way into my server using a recently discovered exploit and really messed things up. This is also the reason for my short letter this month as I have had my hands full trying to fix things. The good news is we caught the hacker who will now spend up to 10 years in prison as well as several thousands of dollars in fines and restitution to myself and owners of other servers he hacked. Our web site is now on a new server with better protection and we should have no further problems.

I would also like to thank Ernesto Brauer for his great presentation on Palm type appliances at our January meeting. I think he really opened a lot of our eyes as to exactly how powerful these little machines really are.

Ernesto Brauer shows one of his "vintage" Personal Digital Assistants.

I have yet to purchase my Palm and as I take a bit of time to decide exactly what I need.

This month I will present a program called **Windows File Management**, where I will take you through the basics of working with files under windows. I will try to cover items such as renaming, moving and deleting files, using zip compression, e-mail attachments and more. If you have questions about managing your files, be sure to attend the next meeting and don't be afraid to ask them. The only dumb question is the one not asked.

We are still looking for more topic ideas for this year. If you have an idea for a topic, or if you or someone you know would be kind enough to present something to the group, please let me know so we can make the necessary plans.

Thank you all for bearing with me during this very trying time. It's been a roller coaster this last few weeks, one that I am glad to finally be off of!



Visit our homepage at <http://www.lcpconline.com>

Treasurers Report and Meet New Members

Gary Stelzig, treasurer

The club checking balance as of 2/13/2001 is \$626.57. January transactions include: Income of \$160 from three new members and five renewals. Expenses of: \$9.50 for copies for the January newsletter, \$6.81 for stamps, \$50.00 to APCUG for our annual dues to the national organization.

The three new members are: Brian Hopkins, Kathryn Urban, and Marlene Stolpa, welcome.

Renewals were received by: Ken Buckley, Marian Havlik, Robin Alexander, Paul Shie, and Gary Stelzig - thank you.

Renewals for February include: Dr. Earl Heartt.

Past due include: Don/Carol Atkinson, Chris Hornbeck, Jack Storlie, and Bill Brockmiller.

Below is some information about **new member—Marlene Stolpa**:

I am currently working part-time as a receptionist and office clerk for First Union Securities in downtown La Crosse for the past 5 years. Before that I worked for Trans Union (Credit Bureau of La Crosse) for 12 years where I was supervisor of the mortgage credit reporting department. I enjoy working with the public and making new friends.

My hobbies include quilting, genealogy research, gardening, reading and enjoying my grandchildren and great-granddaughter. The monitor I am using at the present time is a CTX with a Pionex computer. It is my first home PC and was given to me by a sister when she purchased a new one. Even though I have worked on computers previously, they were all geared to the business that I was employed in. I took a beginners computer class at WWTC in the fall of 1995 and learned quite a bit; I still feel like a new comer and will probably have lots of questions to ask at our meetings.

In the future I may be able to share problems, etc with the LCPC User Group. My initial reason for joining the group is to become more proficient in the world of cyber space.

The discussion on Palm last month was very interesting and I look forward to this month's agenda

New Member—Brian Hopkins. I just recently joined LCPC, but I have visited your meetings a few times over the last year or

two. I am a La Crosse native. My wife and our two girls, ages 11 and 14, live in the Barre Mills Area. I work in a machine shop in La Crosse. I have been involved with computers since the early 1980s, starting out on Apples IIs. Now I have a Windows ME and 98 at home, and Windows 95 along with several specialized DOS systems at work. These computers range in speed from 66-700 Mhz. The meeting at which I joined was about the Palm handhelds.

I bought a Palm IIIxe just a few days after the presentation. I love it and will have to buy at least one other for my family.

One thing I would like to see at the meetings would be more time discussing individual problems in smaller groups. Several different problem areas could be brought up and 20 minutes spent discussing them in 2-3 smaller focus groups.

I am looking forward to the next meeting.

The list server is up and running well, so this will be the last time that the complete list will be printed in the newsletter. In the future it will only include updates.

Member E-mail addresses

Please check over your e-mail address carefully for accuracy. If it isn't right let us know!

The LCPC Home Page:

<http://www.lcpconline.com>

Robin Alexander—

Alexande.Robi@uwlax.edu

Don Atkinson/Carol Frank—

deapublish@aol.com

Barb Barghahn—vannilee@aol.com

Keith Barghahn—xhawk@aol.com

John Benton—bentjohn@means.net

Kevin Blum—kevin@aclslax.com

May Borgedahl—borgie@fflax.net

Ernesto Brauer—ebrauer@execpc.com
or ebrauer@gundluth.org

Bill Brockmiller—

web4web@charter.net or
web4web@earthlink.net

Lita Bower—minipux@aol.com

Shirley Bryhn—shirlbuns@aol.com

La Vonne Buchner—LB54650@aol.com

Ken Buckley—kcbucone@aol.com

Dick & Shirley Dahlby—ddahlby@cs.com

Lisa Doherty—doherty@wi.freei.net

David Donskey—dondav@mwt.net

Joseph Doucet—josdoucet@aol.com

Ralph Dupae—rdrboats.msn.com

George Frisch—gfrisch@means.net

Alvin and Monica Fritz—

almfritz@aol.com or
almfritz@juno.com

Kathy Gallagher—kgalla1019@aol.com

Darrell Garner—dygdablur@aol.com

Dennis Graves—taa_8105@hotmail.com

Bob Gueggenbuehl—rguggen@aol.com

Bob Hansen—rjhansen@aol.com

Dr. Earl Heartt—ww5@earthlink.net

Mike Henderson—AsterPlace@aol.com

Marian Havlik—havlikme@aol.com

Brian Hopkins—HandiGadgets.com

Chris Hornbeck—

chrismh@centurytel.net

Chuck Hosler—cmhosler@charter.net

Shane Lambert—shane@couleeweb.net

Mike Larson—mikewl007@aol.com

Ted & Jean Latham—

tedjeanlatham@centuryinter.net

Ed Leitzow—eslietow@msn.com

Betty Mullenbach—toots_001@msn.net

Paul Pfaff—pop1635@juno.com

Robert & Mary Pluntz—rpluntz@aol.com

Peter Schaettle—n9xvg@fflax.net

Paul Shie—

paulshie@reinhardtfoodservice.com

Gary Stelzig—gstelzig0@aol.com

Delaine Stolpa—das439@aol.com

Marlene Stolpa—LAXwiAngel@aol.com

Jack Storlie—jStorlie@charter.net

Kathryn Urban—jkUrban@aol.com

Chuck Whalen—cw@centurytel.net

Jim and Sandy Wheat—swheat@fflax.net

Arlene Wiese—awiese@fflax.net

Leon Wolfe—wolfie@centuryinter.net

Palm-Uses only limited by your imagination"

Carol Frank, secretary

This meeting was the first with Shane Lambert as president. First, new people introduced themselves, Scott Sloan, Rusty Ross, Katy Urban, Brian Hopkins, Marlene Stolpa and Arlene Baker.

Leon Wolfe mentioned new software CD Record Studio II that can record LPs onto CDs. He just got this and already discovering it is a great program. It can also "clean up" the recording and change record speeds.

There was discussion on Windows ME. Shane advises you to buy the full version and install it yourself, the version that comes installed on a new computer has given him nothing but grief. It wouldn't shut down completely. This could be because of all the software he is running at the same time.

ME can also cause inconvenience with HP printers. Shane had to turn bi-directional printing off in order to print. Bi-directional printing is communication between printer and computer that monitors printer status.

Delene Stolpa also appears to have HP printer and ME problems. Her new printer won't print any color. It was suggested that she take the printer back to the store.

Robin Alexander also has his problems with windows ME. It doesn't connect to NT networks, scanner doesn't work and the HP printer gives an error message. Shane recommended to disable bi-directional printing.

The presentation was on Personal Digital Assistants, (PDA) with an emphasis on Palm.

Ernesto Brauer is an expert on using and teaching these devices at Gundersen Lutheran. He gave a quick review on the history of PDAs and showed some of his "vintage" devices.

Ernesto has found the Palm to be a great help in the practice of medicine by having databases instantly available. The short list of other professions and trades that found PDAs useful are teachers, farmers, repairmen, meter readers, paramedics, inventory managers and salesmen.

It can also be applicable to any hobby that needs a database for instant reference.

To use a PDA just for addresses, phone numbers and a to-do list is using only a small fraction of the capabilities.

Palm is extremely fast, programs are extremely small, inexpensive and rarely crash. The programs are between 40 to 100 K.

There are over 100,000 program developers and there should be programs for just about any need or interest, if not, there soon will be.

There are several different models of Palm. Palm 3c is the one Ernesto uses. It can fit into a shirt pocket and has an infrared port that can beam information to any printer in the hospital and print out a report. This has allowed him to get immediate information while on rounds.

The Palm is instantly on. There is no loading of the Operating System, no dlls to load. Some of the basic applications that come with the Palm Operating System are calculator, date book, expenses, mail. There are applications for any interest that can be found on the internet that are free or inexpensive.

The Hippocrates application is an example of the "new" economy. This is a free database on medications. A doctor on rounds can have instant reference to information that is normally sitting in his office in a 1600 page book.

Marian asks if a PowerPoint presentation can be downloaded into a Palm. Ernesto answers it depends on the device model. They all have different capabilities. To find out the difference between models, Gundersen Lutheran has a web page devoted just to Palm. www.gundluth.org/palm. This site also describes the various security systems available.

By the use of an emulator to run on Windows, Ernesto can show audiences how to use various models of Palm. To use a Palm, the user has a stylus, (quite inexpensive, so have extras if you lose one) to

point and click on the touch sensitive screen. There are three ways to input information: Point and click on an onscreen keyboard, use "graffiti" a method of writing letters that the Palm recognizes, or a special fold-up keyboard. This keyboard is full size but can fold up into a pocket size. Each model of Palm has a keyboard available.

To save time making reports, certain common phrases can be preloaded to flesh out the data entered.

To share information between the Palm and the PC, there is a HotSync cradle for USB or serial ports. The Palm sits in this while recharging and exchanging information. The software for using this comes with the Palm and there are other software that can translate between the Palm applications and Windows applications such as Quicken and Word. Palm Operating system can be

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The Palm emulator in action



Defeating Spam

By Betty Strohm, reprinted from *The Digital Viking*, Newsletter of the Twin Cities PC Users' Group, July 2000

What is Spam?

There are two distinct products that answer to this name. The spicy little meatloaf that comes in a can from the Hormel Meat Company is called Spam. It may not be your favorite item on the menu, but it is an excellent product when used for the purpose intended, that of supplying an abundance of calories to hungry people who are more interested in eating than complaining about the cuisine.

The second variety of spam is deliberately flooding the Internet with many copies of the same message in an attempt to force the message on people who would not otherwise choose to receive it

Spam #2

Why do we get so upset when we receive email which was not requested? Because much of it is nothing but garbage! All the spam messages I've ever received have advertised products or services of the most questionable value, ranging anywhere from merely useless to illegal or even dangerous.

Email spam costs the sender very little compared to regular advertising rates anywhere else, but the recipients and carriers get stuck with all the costs. People with measured phone service receive their e-mail while the charges for their phone services are running up. The closest comparison I can think of would be some telemarketer with an autodialing telephone making junk phone calls to cellular phone users; you can imagine how favorably that might be received.

It costs money for ISPs to transmit spam and these costs are handed off directly to subscribers. But, you may say, "My e-mail service is free. I don't have to pay a penny for it."

Not every cost is measured directly in dollars, perhaps, but when your e-mail transmission is so slow because the phone lines are clogged with spam, the waiting is costing you time that might better be spent on something more productive, at least, less exasperating. How long does it take you to sift through all those messages to find the very few that are worth keeping? How much more

legitimate advertising space will your ISP have to sell to finance the extra bandwidth needed to provide you with an acceptable level of "free" service?

To avoid blocks that many systems have placed against mail coming directly from known spammers' systems, some spammers send most or all of their mail via intermediate systems. This fills the intermediate system's networks and disks with unwanted spam messages and takes up their managers' time dealing with all the undeliverable spam messages. Then these managers are subjected to complaints from the recipients of spam who conclude that since the intermediate system delivered the mail, they must be in league with the spammers.

Many other spammers use "hit and run" tactics, where they get a trial account under an assumed name at an Internet provider for a few days, send thousands of messages, then abandons the account (unless the provider notices what they are doing and cancels it first), leaving the unsuspecting provider to clean up the mess. Many spammers have done this regularly, forcing the providers to waste staff time both on the cleanup and on monitoring their trial accounts for abuse.

Spammers know that what they are doing is highly annoying, if not downright illegal, and generally put fake return addresses on their messages so that they will not have to bear the cost of receiving the undeliverable messages they send out. As fast as the spammer can be shut down by an ISP, he or she is up and running again under a new name with a different forged header for his messages.

Another nasty stunt that some spammers pull is sending spam to mailing lists (public or private e-mail discussion forums.) Because many of these lists permit only their registered members to post messages, spammers will use automated software tools to subscribe to as many mailing lists as possible—all under assumed names. Their purpose is to grab the lists of addresses, or use the mailing list as direct targets for their attacks.

There are too many more scams to list all of them here, so let's talk about a few things you can do to avoid receiving unwanted spam. The following paragraphs are quoted directly from the spam Recycling Center website. Find it at www.choseyourmail.com/antispamthings.cfm

Spam Relief

Here are six simple measures you can take to minimize the amount of spam you receive

* *Never respond to spam*

Oh sure, they say they'll take your name off their list, but they're lying. What they really want to do is to confirm they've got a live address. Also, if you respond, they'll sell your address to every other spammer on the planet, meaning that you'll soon be flooded with even more spam

* *Never post your address on the website*

It seems like a good idea at the time, but posting your e-mail address on your personal home page is just an invitation to spammers. Spammers and the people who sell spamming as a business have software that "harvests" e-mail addresses from the Net. This clever software crawls through the Net seeking text strings that are something@something-something.

Like a snake, when it finds one, it catalogs it on a database of other e-mail addresses to be used to receive spam.

* *Use a second e-mail address in newsgroup*

Newsgroups are the great email address-gathering ground for spammer (If you post to a group, you're going to get spam, it's just a matter of when does it start. So then, how are you supposed to participate? Use a different e-mail address than the one you usually use to talk to friends and relatives. In other words, have a public address and a private one. You'll just have to deal with the spam on your public account.

* *Never give your email address without knowing how it will be used!*

If a website is asking you for your e-mail address, they want to use it for something. Be sure you know what. Read the terms of use and privacy statements of any site before telling them your address. Ask yourself some simple questions. Are they going to share or sell my address? Do I want e-mails from this Website? Can I trust them? Is it worth the risk? If you can't answer these questions satisfactorily, if you can't find their privacy statement, don't tell them your address.

* *Use a spam filter*

While there is no such thing as a perfect filter, anti-spam software can help keep spam

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from *The Digital Viking*, newsletter of the Twin Cities PC User Group, July 2000

Creating an Email Signature

Luann Veness

There are a few simple rules to remember when creating signature files.

Consider these more as guidelines than cast in concrete rules;

- 1 Signatures should be six lines or less, eight to ten lines is the highest tolerable limit
- 2 It's OK to include your name and e-mail address, but unless you are a business, don't include a phone number and address in a signature file
- 3 Unless you are looking for trouble, be polite in your signature
- 4 Most people don't display more than 80 columns of text. Keep your signature to 75 columns or less to insure that most people will see it the way you want them to see it.

Signature files are nothing more than an ordinary text file. To create a text file, you can use Notepad or even the MS-DOS Editor. Macintosh users have equivalent programs to these at their disposal. Whatever program you use, the only real requirement is that it must be capable of producing a plain ASCII file. No formatting or font controls can be in the signature file

Using the editor of your choice, create a signature for yourself. Once you have the signature laid out the way you want (Remembering the column size limitation), save the file to a location where will be relatively safe (i.e. In a place where you don't periodically go in and wipe out everything). Remember the directory name and the filename you gave your signature file!

Now for the final step in setting up your own personalized signature, you need to tell Navigator E-mail and Explorer E-mail where to locate the signature file on your local hard drive. Follow the steps below for your browser/e-mailer

Navigator

- 1 Select the "Options" Menu
- 2 Choose Mail/New Preferences
- 3 Click on the Identity Tag to call up the identity dialog box.
- 4 Locate the space provided for the signature file. (It's the last text box in the dialog)

- 5 Enter the complete path and name of the signature file (i.e.
C:\mystuff\keep\sign.txt)
- 6 Close the dialog box by clicking on the OK button, then select options again, only this time select "Save Options."

Explorer

- 1 From either Explorer or from the task bar, invoke the e-mail program. (From Explorer go to the "GO" menu and select "Read Mail.")
- 2 Select the "Mail" menu from the e-mail program.
- 3 Pick the "Options" entry in the menu.
- 4 Click on the "Signature" tab to change the dialog to the signature editor. This dialog contains a simple editor capable of creating a signature for you. Or you may elect to make the email program get the signature from a file you have created using your text editor.
- 5 Should you elect to use a file enter the complete path and name of the signature file (i.e. c:\mystuff\keep\sign.txt) You will activate the file location box when you select "File" as the source the signature.
- 6 Close the dialog box by clicking on the "OK" button.

As a final test, wait for the next time you want to send e-mail, only this time make sure your own e-mail address in the CC (carbon copy) field so that you receive a copy of it.

Anna Kournikova virus

Last week's Anna Kournikova virus did no damage to infected machines, merely generating millions of bogus e-mail messages.

It's been reported that the creator wanted people to be aware of the importance of having anti-virus programs and keeping them up to date (McAfee programs since last August could detect and stop the program).

Let's hope that this civic minded individual doesn't decide to move on to a campaign of publicizing the importance of having home fire extinguishers and working smoke detectors by setting a string of arson fires.

Spam—Continued from page 4

at manageable levels. Some of it is cumbersome, some works better than others, some even require that you let your e-mail messages go through another system for storage and cleaning. But, right now, that's the way it works.

*** Never buy anything advertised in spam**

The reason some people spam is to make money. They make money like all advertisers, by convincing people to buy a product. If no one buys the things advertised in spam, companies will quit paying spammers to advertise their products.

Even if you faithfully do all of these things, you could still get spam. If you do get it, remember that most of the headers nowadays are forged, and you can't simply complain to the postmaster of the ISP where the message is said to have originated.

What you CAN do is to send it (with the complete header information) to the spam Recycling Center at:

spamrecycle@choosyourmail.com and let them forward it to the Federal Trade Commission and to the legitimate software companies that develop spam filters.

Reprinted from the Central Texas PC Users' Group Newsletter; March 2000

Meeting—Continued from page 3

backed up on the PC and if there is a problem reloaded back into the Palm.

There are several considerations in choosing a model:

1. How does it look, feel, weigh.
2. Batteries disposable or rechargeable?
3. How visible is the screen under various lighting conditions, especially outdoors.

Ernesto has been so impressed by Palm that he is now a shareholder. As a shareholder he received a discount in buying one.

The Wireless Future is upon us and Palm is on the forefront.

LCPC Board

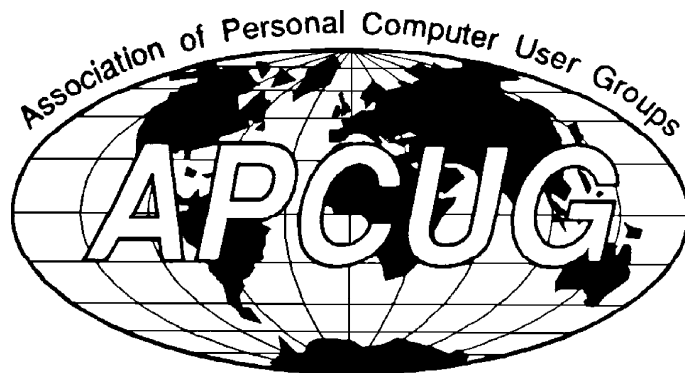
Shane Lambert—President, Board 784-5445
shane@couleeweb.net

Marian Havlik—Vice-president, Board ... 782-7958
havlikme@aol.com

Gary Stelzig—Treasurer, Board 788-7075
gstelzig0@aol.com

Don Atkinson 784-0150
Newsletter editor and publisher donaldeatkinson@aol.com

Carol Frank 784-0150
Secretary, Board, newsletter, programs
carolmfrank@aol.com



WWW.APCUG.ORG

LCPC is a member of APCUG

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General meetings are held the last Wednesday of Jan-Oct in the Overholt Auditorium at the Lutheran Hospital. The combined November-December meeting is held the second Wednesday in December.

Thank you, Gundersen-Lutheran, for making this wonderful facility available.

Meetings begin around 7:00 PM. Everyone is welcome, attend a meeting or two with no obligation to join.

Dues are \$20 for one year following payment. Membership entitles you to attend meetings, tap into the corporate wisdom, receive special user group discounts from publishers and others, receive (and contribute to) this newsletter. You may also obtain software provided by publishers for review of the product. Unsigned articles are by the editor.

Other user groups are welcome to reprint with proper credit.

The newsletter is printed the Wednesday before the meeting, please submit articles by the 13th of the month. Upload to:

lacrossepcug@aol.com

Commercial advertising rates available upon request. Member's personal ads are free.

LCPC

P.O. Box 2991

LaCrosse, WI 54602-2991