

Glendora's Computer Club Gigabyte Gazette



February 2019, Volume 24, Issue 19
Editor: Judy T aylour

February 13, 2019

Meetings
2nd & 4th Wednesday
1:00 – 3:00 pm
La Fetra Community Center
333 East Foothill Blvd.
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www.gscclub.org/

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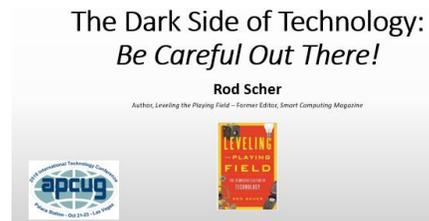
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Planning Meeting
after the 2nd Wednesday
membership meeting
All are welcome to attend

The Dark Side of Technology
A video presentation by Rod Scher, Former Editor, Smart Computing Magazine
www.thegeeklyweekly.com

We love technology, and we make good (and frequent) use of it. The advantages it brings are obvious and seemingly endless: powerful pocket-sized computers, 3D printed bones and prosthetics, drone-abetted crop planting, the Internet, GPS, and on and on. (And who knows? Can true hoverboards be far behind?!)

But we can't ignore the negatives. Every technology that can be used to help people can also be used to harm them: think of 3D printed weaponry, privacy problems, Internet bullying, etc. The technology we love can be used to level the playing field for people, but it can also be used to spread mischief, misinformation, and mayhem. There are dangers in these technologies, and we can't afford to ignore them. This presentation will concentrate on some of those dangers.



February 20
Hang Ten or Internet Surfing Tips
with Anmarie Hunt



President's Corner – Build a Wall

**By Greg Skalka, President, Under the Computer UG, CA
February 2019 issue, Drive Light
www.uchug.org / [president \(at\) uchug.org](mailto:president@uchug.org)**



Walls can keep things out. Walls can keep things in. Walls that do these well usually aren't so good at also letting some things pass from one side to the other.

Walls are meant to separate. You can't have separate things without some kind of boundary or barrier between them. Countries have borders that define the extent of their territories. Parcels of land have survey markers that define their boundaries. Our dwellings have their spaces defined by their walls, doors, windows, floors and roofs. Our bodies have skin and tissues that define what is within us and what is external to us.

Borders and boundaries can vary in permeability. Some need to be more porous, letting more things in or out. Others need to be more impenetrable, keeping most things out for protection or in for containment. In many cases a single barrier approach is not sufficient; a layered approach with many aspects to the boundary is more effective.

Our body's skin and hair help protect us, but they can't be too impenetrable, for without the ability to ingest food, expel wastes and exchange gases with the external world, we would quickly die. Our bodies must have a layered defense, with our immune systems helping to fight off infections that get past that initial outer boundary. We can also use technology to help, with clothing and sunscreen adding protection against solar radiation, for example. Our homes must follow similar border compromises, for while living behind blast doors in Cheyenne Mountain might provide great safety, we would lose easy contact with the outside world. Our home's windows let in desirable sunlight, but we must often draw the curtains to protect our privacy. Walls, while often essential, are seldom a one size fits all solution to boundary problems.

Our modern tech communication systems have given us the ability to easily exchange information instantly and at low cost with anyone on the planet. Unfortunately, we must erect barriers in these mediums to protect ourselves from offensive information and interactions, while still allowing us to send and receive the information we want. Just as in the physical world we might like to build a wall to keep away someone that has violated our "personal space" and tries to talk to us from six inches away, we need walls in our electronic interactions to protect us.

Our oldest form of electronic communications that is still in common use is the telephone; it has been around since the late 1800's. In the early days, the cost to use it provided a barrier to misuse. While the recent modernization of the system and its lower costs have benefited the user greatly, undesirable use has also greatly increased as a result. In addition to scam calls, legitimate businesses often overuse the system as it has become a cheap way to advertise and to solicit customers. Today most of the calls I receive on my home phone and my cell phone are unwanted. While I do receive some useful calls, such as medical appointment reminders and notifications that my prescriptions are ready to pick up, most are calls to try to sell me solar panels, get me to

refinance my home mortgage or solicit donations. Some are of criminal intent, trying to impersonate the IRS or some other entity, with hopes of convincing me to send them money. I've had to add technology and alter my behavior to try to wall these people out of my life.

For my home phone, an answering machine is an essential barrier in the communications chain. I don't have Caller ID, so unless I happen to be expecting an immediate call, I make it a practice never to answer when it rings. I allow all calls to go to the answering machine, which I use as a filter. Unless the calling party's message is compelling enough, I will simply delete the message. I think most scammers and many businesses are deterred by the answering machine barrier, as most calls I receive result in no message left. This wall seems to be working well, at least so far.

I also get unwanted calls on my smart phone, but here I have more layers of tech barriers to help. It has Caller ID, but the scammers can falsify the information transmitted about their identities, reducing its usefulness. My phone carrier is T-Mobile, which sometimes helps by identifying calling numbers as "Scam Likely."

I have done some phone programming to help me quickly identify those unknown callers trying to scale my tech walls. I have only added numbers to my phone's contact list that I truly wish to receive calls from. For each contact added, I have changed the ringtone for that contact to something other than the default for the phone. When my phone rings and I can't see the display (if it happens to be on the other side of the room), I can still tell that the caller is in my contact list, as it will ring with a ringtone that is different from the default. If it is the default ring, I know it is not one of my contacts and I don't need to get up to answer, as I'll just let it go to voice mail. Again, my border defense is multi-layered, with technology and my behavior helping to filter out the bad guys, while allowing me to easily communicate with those I like.

My smart phone also allows me to send and receive text messages, but I've yet to receive any unwanted texts. If I do, I'll have to come up with some kind of tech barrier to counter those intrusions.

There was once a time when receiving a letter in the mail was a cause for excitement; now we mostly receive junk mail and bills. Of the roughly 40 years we have had email, the early years had that excitement. Unfortunately, as costs came down and connections proliferated over the globe, email communications became primarily electronic junk mail and scams. I keep trying to find ways to make email great again, but it has proved to be a daunting task. I can't seem to find the right kinds of walls and barriers, as it is much harder to separate the desired from the undesirable in this medium.

One of the problems with barriers for email is that they are often swamped by quantity. I typically receive 50 to 100 emails to my primary personal account per day. I might get a few of personal correspondence, maybe some financial alerts and notifications, a bunch of advertising that I am interested in, a bunch of legitimate ads that I'm not, some scammy stuff and a few really odd ones. Most of my email appears to be safe. I have had phishing emails from time to time - emails from banks I don't do business with (and

a few that I do) asking me to click on a link. I've also received a few emails with suspicious attachments - who knows what malware they may contain.

Some email users swear by spam or junk filters. Some email providers have filtering capability, and there are also external spam filters that can be used. My provider does not provide filtering, my client (Thunderbird) appears to have some junk filtering but I've never tried it, and I'm not desperate enough so far to try external filters. I am skeptical of the effectiveness of email filtering programs. They may be able to filter off the very bad items, but I can usually spot those fairly easily anyway. My bigger concern is for items that I only want to see periodically, or that I have to investigate to see if I want. Sometimes I want to see the Fry's or Groupon emails, and sometimes I don't. I'm still looking for walls that work for my email needs; right now my walls are pretty low, and I do a fair amount of manual inspecting on what comes over.

The Internet is only about 35 years old and already has over half the people in the world using it. It and the World Wide Web allow people anywhere on the planet (and even in space, on the International Space Station) to get information and communicate with any of the other users. With this borderless medium, each user requires some boundaries be placed at the interface to their network for protection. An Ethernet router is the main line of defense, a wall between your network and the rest of the Internet. Making sure your router is configured correctly for maximum security will help block malicious intrusions into your network and computers, while allowing you to get the information you need. Setting up your Wi-Fi correctly is also an essential part of keeping your network safe and preventing the misuse of your internet connection.

In our electronic, interconnected world, boundaries are essential for keeping our communications secure and our personal data private, but just putting a wall around ourselves is not the answer. The barriers we use must be appropriate and configured for maximum protection with minimum restriction for the passage of desired data. A layered and evolving defense will usually be the most practical and have the most success.

Interesting Internet Finds for February **By Steve Costello** **scostello (at) sefcug.com**



While going through more than 300 RSS feeds, I often run across things I think might be of interest to other user group members.

The following are some more items I found interesting during January 2019.

Crank Your Password Strength Up to 11!



<https://askleo.com/crank-your-password-strength-up-to-11/>

Leo explains the current password strength recommendations. As you can probably tell from the post title, the most important one is the length of the password.

Using Macrium Reflect Boot Media

<https://www.tweakhound.com/2019/01/24/using-macrium-reflect-boot-media/>



This post explains how and why the author only uses boot media (USB in his case) to make operations system backups. Editor's Note: I use Macrium Reflect with the desktop application. But, after reading this am going to start using boot media instead.

How Do I Know When to Repair or Replace My Computer?



ASK DAVE TAYLOR

<https://www.askdave.com/know-when-repair-or-replace-computer/>

This is a common question regardless the operating system. Dave provides some basic answers depending upon the reason.

A reader asks: "What do I do with the USB drive that I found in a department-store changing room?"

Langa.com

<https://langa.com/index.php/2019/01/17/a-reader-asks-what-do-i-do-with-the-usb-drive-that-i-found-in-a-department-store-changing-room/>

Fred Langa answers this question with four choices. If you should happen to find a USB drive and don't know what you should do refer to this post for options. Note: This has happened to me and I have taken it to the front office in case someone realizes they lost it they can get it back.

Why Use A VPN At Home On Your Windows PC?



<https://reviews.thewindowsclub.com/why-use-vpn-windows>

Do you use a VPN on your Windows PC at home? I do. If you don't, check out this post for reasons you should too.

How to Get In-Ear Headphones to Fit Properly

<https://www.techlicious.com/how-to/tips-for-getting-in-ear-headphones-to-fit-properly/>



Have problems getting your in-ear headphones to fit properly? If like me you sometimes have a problem with this, check out this post.

I Cut Google Out Of My Life. It Screwed Up Everything

GIZMODO

<https://gizmodo.com/i-cut-google-out-of-my-life-it-screwed-up-everything-1830565500>

This post emphasizes how dependent we are on Google in our internet life. This post is included just because I found it very interesting. Note: I regularly use Gmail, Google

Calendar, Google Photos, the Chrome browser, and many other Google items, so this is not because this is a Google bashing thing.

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Cutting the Cord ???

By Phil Sorrentino, Contributing Writer,

The Computer Club Newsletter, FL

January 2019

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TV is definitely one of our favorite sources of entertainment. The entertainment is created by studios and TV networks and delivered by cable (coax), FIOS (fiber) or satellite (dish). The “cord” (or cable) is our connection to one of these providers. Usually, the same cord also connects us to the internet, and possibly even provides phone service. Much of what used to be available only as cable TV channels may now be available using the internet or by receiving local broadcast stations.

In an article I wrote a little over three years ago (7/15) I discussed the thought of “cutting the cord”, which if you’ll remember is basically eliminating the TV part of your cable service and therefore the TV expense from your cable bill. Most of us get both TV and Internet from our cable provider and some of us go one step further and have the “triple play”; TV, Internet, and Phone from them. So, in order to cut the cord, meaning leaving only the Internet, we would have to replace the TV service (and possibly the Phone service), with equivalent services. The Phone is pretty straight forward, just find a less expensive service that uses “Voice over the Internet” or VOIP, like Magic Jack or Ooma. The harder part is replacing the entertainment that we get from all the cable channels. Many cable TV packages can include 200+ channels with a lot of special entertainment like ESPN and the History channel, and premium movie channels like HBO and Showtime. Many of these special channels may not be able to be replaced. But if you don’t take advantage of these special channels and are not too demanding in your choice of entertainment, then cutting the cord may be for you. You may be able to satisfy your TV entertainment needs by local broadcast TV augmented by the addition of a streaming device to your TV.

Local “broadcast” TV channels may satisfy a good portion of your entertainment and local (and national) news needs. Local TV channels can be received by an antenna and a broadcast tuner. Most modern TVs have both a tuner for cable (probably the default) and a tuner for broadcast. In the TVs settings or setup, there is typically a choice of “cable” or “air” (or something that indicates broadcast TV, like OTA). The “air” choice uses the broadcast tuner. It may not be well known, but the modulation

schemes for these two transmission types are different. (Modulation scheme is the way the picture and sound is put on to a carrier signal for transmission.)

An indication of how successful you may be in receiving local broadcast signals can be found by going to the antennaweb.org website. Click “Click Here To Start”, and on the next screen enter your zip code, then click Submit. The resulting map will show you the broadcast stations that you may receive along with the distance to the transmitting antennas and the direction from your location. The distances and directions will help you decide if it is possible to receive the station and what type of antenna (indoor, outdoor, directional or omni-directional) may be needed. Here are the results for zip code 33573, Sun City Center, FL. All the major networks and a few local stations can be received using an indoor antenna.

If you want to take advantage of broadcast TV and prefer to time-shift your TV watching, TiVo, SiliconDust, and Tablo make DVRs (Digital Video Recorder) for recording your shows. Don't forget that you also need a “guide” so that you can schedule the recordings. The guide may be a monthly expense or it may be bundled into the cost of the device. Some DVRs even allow you to buzz through the commercials during playback.

In addition to local broadcast stations, some TV programs can be watched simply using a browser on your computer, or an APP on a Tablet or Smartphone. Many shows are available at www.abc.com, www.cbs.com, www.nbc.com, and www.fox.com. You can't always get every episode of every show, but usually you can get the last few episodes of all of the major shows. Unfortunately, you will have to watch the commercials attached to the shows.

Streaming devices, the other part of replacing the Cable TV channels, can provide access to a collection of current shows and a large assortment of movies. Streaming devices can be as basic as the Roku Streaming Stick and the Amazon Fire stick, or as elaborate as Apple TV or nVidia ShieldTV. Each of these devices provides the ability to use Apps (clients) that can access the major streaming services.

These streaming devices act as the “clients” in Client-Server Technology where the Server is the Cloud Service that the client accesses for the streaming entertainment. Streaming entertainment may come from Netflix, Hulu, Direct TV Now, Amazon Prime Video, HBO Now, Sling TV, or YouTube TV. And there are a host of lesser known services like, Philo TV, Fubo, and Tubi. Most of these require a monthly subscription fee in the \$10 to \$40 per month range. Most will give you a one-month free trial. Tubi advertises itself as a free service that provides movies and TV shows. (And by the way, you can even stream music with the Pandora or Spotify free streaming music services.)

A streaming device is fairly easy to set up. Just connect it to your TV via one of the HDMI inputs on the TV, and get it on to your Wi-Fi (yes, you'll need the Wi-Fi password). Once you have the streaming device set up, you might want to give Tubi (the free one) a try just to see how streaming works. And finally, if you don't mind TV

on a small screen, the Pluto TV Android App provides access to movies and some live TV channels.

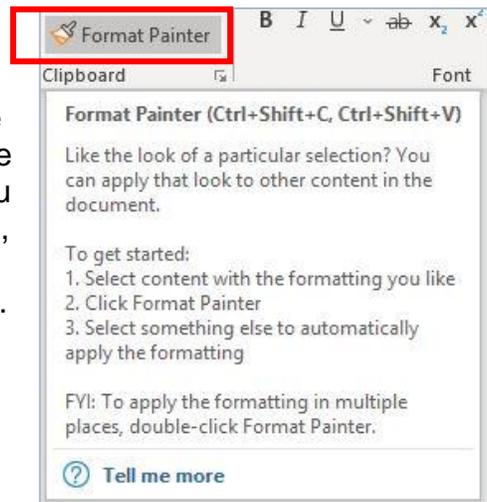
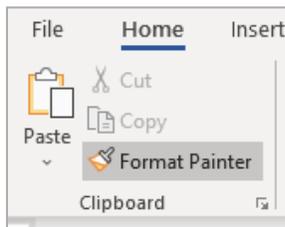
When all is said and done, I suspect that many of us feel that we pay too much for the TV part of the cable bill, because of the ever-increasing cable bills for a collection of cable channels that we hardly ever use. But, on the other hand, most of us have gotten used to the fact that the TV service is convenient and familiar - we don't have to learn anything new to use it. So although with the right combination of broadcast channels and streaming devices, cord cutting may be possible, is it the best thing for you to do? It's your choice.

Help is Only a Few Clicks Away in Word
By Nancy DeMarte, 1st Vice President
Sarasota Technology User Group, FL
December 2018 issue, STUG Monitor
www.thestug.org / ndemarte (at) version.net

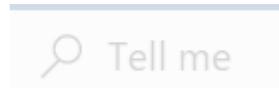
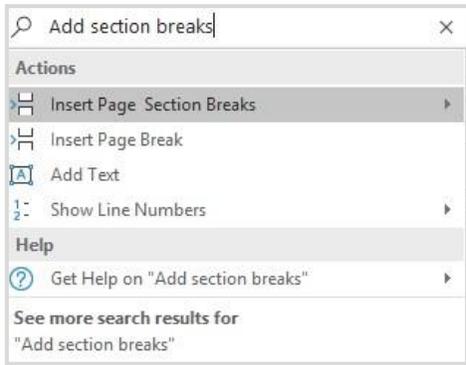


Microsoft Word has hundreds of tools to help us create professional-looking documents, with new tools being added all the time. Learning how to use these tools can be frustrating. Fortunately, Word has added ways to find help without leaving the application.

An example would be Format Painter, located on the Home tab on the left end of the Word ribbon. To learn the function of Format Painter, move your mouse pointer over its name on the ribbon, but don't click. You will see the keyboard commands, definition, and steps in using this tool, as shown here.



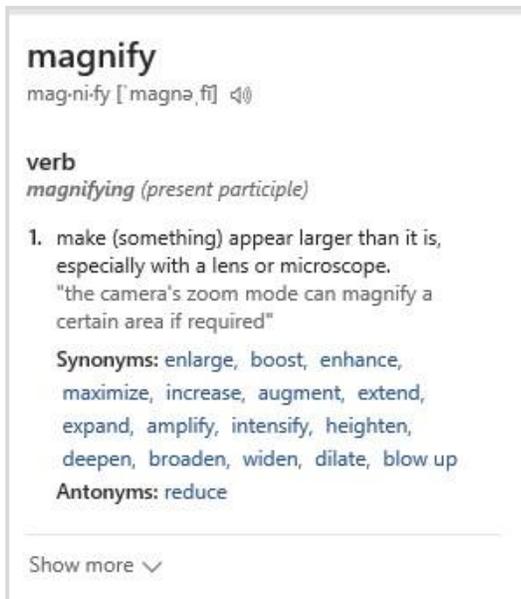
The "Tell me more" message below the definition offers more information. Click it to open a Help panel on the right side of the screen with more help on Format Painter. Here is a portion of the Help panel. Notice that the instructions have been expanded to offer even more help.



Sometimes we need help with performing a task in Word, like how to add section breaks to a page. On the right end of the ribbon's Tab row is a small magnifying glass followed by **“Tell me what you want to do.”** Click this sentence and type a short phrase, like “Add section breaks.” Press Enter to open the box below.

Clicking the highlighted line will take you to a gallery of page and section breaks with information about when to use each one. If that doesn't answer your question, try clicking **Help** or **See more search results for** at the bottom of this box.

Word and some other Office applications also provide help with content. If you are unsure about the spelling of a word, for instance, right click the word and click **Smart Lookup** which appears in the dropdown menu. The results include correct spelling, definition, synonyms, and other information about the word from Wikipedia.



A new addition which provides more extensive help is the Help tab on the ribbon, which may only be available in the subscription version of Office, Office 365. Here is what the Help tab offers:



These are only some of Office Help tools located within the related application. Some older versions of Word may not contain all of these, which may be one reason to update to a newer version. Office 2019 is already released for the

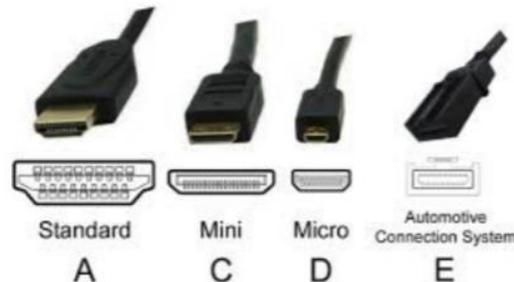
business version and will soon be available for home users. It will contain more recent tools than Office 2016 or prior versions.

HDMI Device Connections
By Jim Cerney, Instructor,
Sarasota Technology Users Group, FL
February 2018 issue, STUG Monitor
www.stug.org / jimcerney123 (at) gmail.com



HDMI means High-Definition Multimedia Interface and it is the current popular way to connect devices with a cable. In the old days of computers, not too many years ago, you would connect a monitor to your computer with a VGA cable connection (a 15-pin connector) which only transmitted the video signal. My first video projector was connected to my DVD player using THREE video cables (in a one-inch-thick cable) – one connector for each color: blue, red, and green. That was very inconvenient. The big advantage of HDMI is that it transmits not only high-definition video but also audio as well, in one comparatively thin cable connection.

HDMI comes in a “standard” size connector but there are also “mini” and “micro” sized connectors available (see illustration photo). I suppose as time goes on they will come out with smaller and smaller connectors for our devices.



Over the more recent years of increasing technology improvement (and increasing confusion for most of us) the HDMI cables have been improving as well. The latest (newest) HDMI cable (version 2.1) can transmit much higher video resolution much more quickly than older versions. So if you buy an HDMI cable to connect your devices, check to make sure you are buying the latest version. Older versions may work but may not transmit the higher volume of data to get the most of your newer devices. Remember when you bought a high-definition television and found out only a few channels were sending high-definition signals? It could be a similar situation. What about cost? It is my belief that there is little difference in the quality of cables (all kinds of cables) but they can be sold at very high prices because some people buy them. I would get the cheapest cable that would meet your needs and return it if it does not work when installed. Current prices on Amazon are around \$6 for a six-foot cable and around \$9 for a pack of three. If you need a cable over 10 meters long, you may need a “booster” to strengthen the signal. A 100-foot cable with a booster included was \$67.

When we view a video image on a device, we really don’t care how the image gets there; we just want it to work. But be aware that there are several things that can affect the image you see. In addition to the capacity of the HDMI cable, the device you are using, the source transmission of the video signal, internet capacity, modem, and other factors can all affect the quality of the image. The weakest link in the chain limits the quality. Your cable TV provider can come and check your TV and internet signal

(hopefully free of charge) to make sure you are getting the best possible. Once my provider checked my service and determined the underground cable on my property was losing (or “leaking”) a good part of my signal, so they replaced it. It made a big difference. Hopefully this short article will help you stay well-connected.

How To Download Video With Avast Secure Browser

By Terry Hollett, Daves Computer Tips

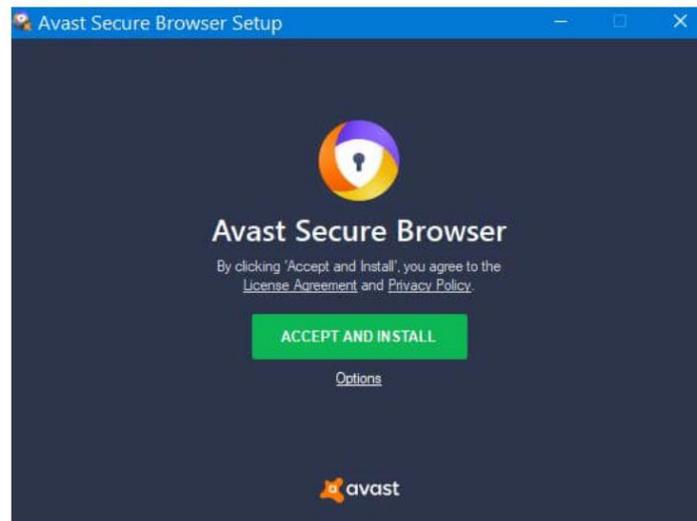
January 2019

<http://bit.ly/2TQcds0>

DavesComputerTips

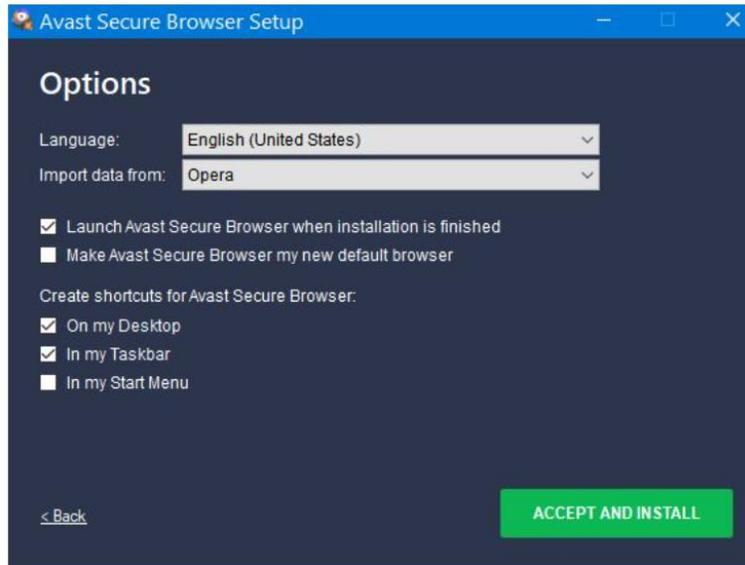
If you want to download videos and are concerned about the software and what is bundled in it, here’s a more secure way to do it. One commenter in a previous article suggested using Avast Secure Browser, so I decided to try it out.

Avast Secure Browser is basically a Chrome clone with a bunch of extensions installed for greater security. The installation offers a few options but no other bundled software. On the first screen under the big green ACCEPT AND INSTALL button, click on the word Options.



You can choose the language, Import data from, to launch the browser after installation, or the most important one– Make Avast Secure Browser my new default browser. The others concern shortcuts– your choice.

I wanted to check out the extensions installed first, so I clicked on the setting button (Three stacked dots in the top right-hand corner. Then go to More Tools, then Extensions.

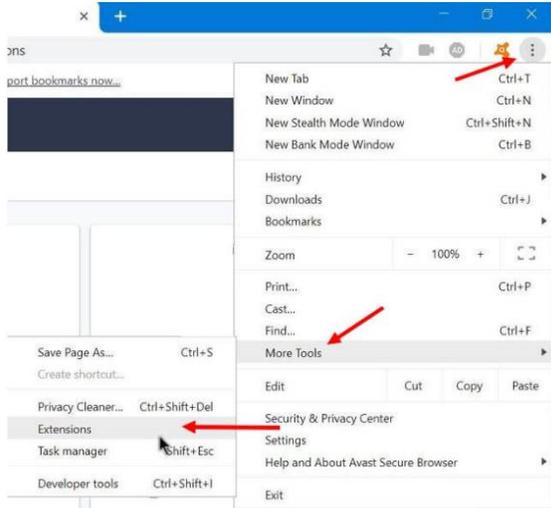


It just showed a blank page and claimed no extensions were installed. It was just a matter of clicking off that switch in the top right-hand corner that is labeled Developer mode. Now you can disable or enable extensions as you see fit.

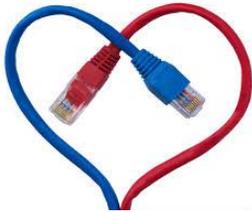
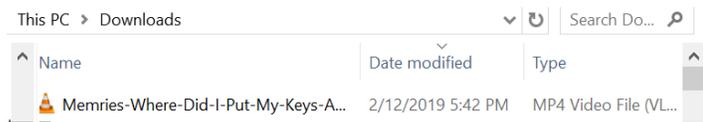
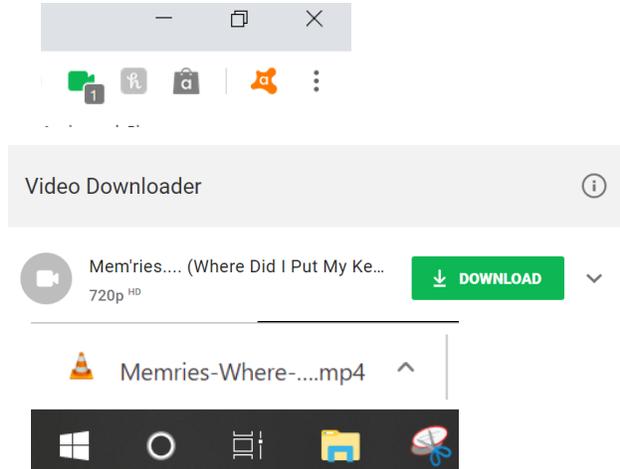
I went to YouTube to test out the downloader. I picked this one at random: <https://www.youtube.com/watch?v=4QDsqWkUvXQ>. To download, hover your mouse over the video (you can pause it if you want), and a green download option will appear in the top right-hand corner of the video. *I changed the video and added additional graphics on the lower right side of the article (Judy).* <https://www.youtube.com/watch?v=prfCkIOdeAc>



Mem'ries.... (Where Did I Put My Keys): A Cartoon from Walt Handelsman | AARP



You can click on Download and start the download immediately or click on the upside-down triangle to get a few more options. You can change the resolution if available or choose Audio. The last settings button doesn't seem to offer much.



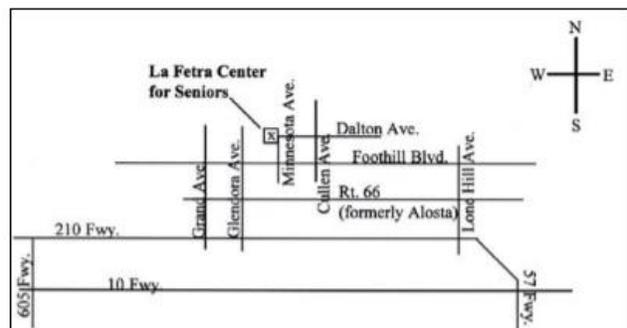
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