



THE BUSSLINE

(BUSSLINE is the term for the complex multi-functional circuitry on a computer motherboard, a PC's heart.)

Vol. 114 No. 4

Newsletter of the Central Florida Computer Society, Inc. [Non-Profit, 501(c)3]

April 2014

Three Geeks are better than One*

Sunday, April 20: Rarely do you get the opportunity that you will have on Sunday, April 20, at 2:00 pm at the Central Florida Computer Society Meeting. You can get your questions answered during our "Ask the Geeks!" meeting, starring Hewie Poplock, Arvin Meyer, & Stan Wallner. All are respected and extremely knowledgeable in all aspects of computer technology, and certainly opinionated. Our user-friendly geek-experts will field questions from the attendees. Armed with their choice of weapons, be they computers, tablets, or phones, these modern day Knights in Geek Armor** will help you find solutions to your questions, voice their opinions, and make recommendations for your issues. There will be lots of laughs and information to make the afternoon well worth attending. Due to popular demand, Hewie will be placed between Stan and Arvin so he can referee when they get embroiled in the occasional argument. ***

Questions can be submitted in advance by sending them to: apcug@cfcs.org <<mailto:apcug@cfcs.org>>. They may be able to find more complete answers in advance if your problem is unusually complicated, so plan ahead.

Earlier on the same day of each presentation, the **WINDOWS Special Interest Group (SIG)** meeting is held. The WinSIG always meets at 12:30 pm, and is hosted by Hewie Poplock, former president of both CFCS and FACUG, and author of Hewie's Views and Reviews. Hewie will start at 12:30, just before the CFCS General Meeting. If you use or plan to use Windows, these discussions, demonstrations, and Q&A sessions will

(Continued on page 2)

** Geek armor preceded Roman armor, developed some time before the Trojan War.

*** Horses will be stationed in the parking lot if a joust is required to break a stalemate.

The Inside Stories:

2. Special Interest Groups
3. Now That XP is no longer...
- 4,5. CFCS Details, phone numbers, Member Renewal
7. My Fitness Pal Website
10. Free Spring Tech Conference
11. Heartbleed Vulnerability
12. Create a Link in Word
15. WAZE Travel & Routing
16. ...Digital Photographer
22. Helpline: Numbers to call for help
23. Calendar for the next fewmonths
24. **Directions to the monthly general meeting**

*Alternate Headline:
Beware of Geeks Bearing Rifts

be of immense value to you. Geared to intermediate level Windows users, tips, tricks, and information on all versions of Windows are discussed. An e-newsletter is sent periodically with meeting information and links discussed at the meeting. You need not attend both meetings, but many members do. Non members are always welcome. Sign up for the free e-newsletter at cfcs.org.

Sunday's Windows SIG topics:

- * How I changed Hard drives & up & running quickly & easily
- * How I determined which driver caused a Blue Screen of Death (BSOD)
- * Windows 7 & 8 Tips about Memory Dump Files
- * Tweaks available in Ultimate Windows Tweaker for Windows 8.1
- * Some Things that Every Windows PC Owner Must Do
- * Windows Sysinternals

Bring your questions about Windows or any computer questions to be fielded by a room full of computer enthusiasts. The questions will be answered during the Windows SIG or during the "Askit Basket" portion of the main meeting. We even have a few lurking Mac owners, and when we turn off the lights to better view the presentations, you may notice the glow of numerous iPods in the crowd. CFCS was the first to put the 'YOU' in USER-friendly!

Don't forget to list your items for sale on CFCS' new SIG!

Officially classified as a Special Interest Group (SIG) chaired by Mike Ungerman (whose brainchild it is), OUR NEW sig is actually a new Google Group email feature that will allow members (only) to post any items they may have for sale or items that they would like to purchase or trade. Similar to the existing CFCS Tech-SIG and CFCS iSIG groups, members of the group may send an email to the group address, and it will be sent out to other members either as an immediate email or as a daily digest of emails from that day.

Membership in the group is limited to CFCS members only, so we won't be getting spam listings. Any members desiring to take advantage of an offer or request will be doing so between themselves. CFCS is not a party to the transaction, nor a mediator if there is a dispute over an item or payment. There are no restrictions as to what a member may post to sell, so perhaps it's time to

clear out that garage, back room, attic, etc. You can even announce a garage sale if you want to get rid of a lot of stuff!

To join the group, click or enter this URL into your browser:

http://groups.google.com/group/cfcs_for-sale_wanted?hl=en

OUR OTHER SPECIAL INTEREST GROUPS (SIG)

The ACCESS, MS OFFICE, and SECURITY SIGs meet conjointly on the second Wednesday of each month from 7 to 9 pm at the New Horizons Learning Center at 1221 Lee Rd. Arvin Meyer, a Microsoft MVP (Most Valuable Professional), leads the SIG. <http://groups.yahoo.com/group/cfcs-access> This is a combination of three separate SIGs which now meet conjointly.

The VIRTUAL DIGITAL PHOTO & VIDEO SIG lead has been assumed by Ken Larabee and it meets on the 3rd Wednesday of every month, virtually. To register go to <https://apcug.ilinc.com/perl/ilinc/lms/event.pl> Choose Virtual Photo SIG.

The TECH DISCUSSION SIG meets on the fourth Tuesday of each month from 7 to 9 pm at the World Gourmet Restaurant, 800 E. Altamonte Dr. (436) SIG leader is Vice President Stan Wallner.

This SIG is a non-structured, open conversational group for CFCS members, that has no specific topic or speaker, but is simply a round table discussion. It is not an advanced group, but a place for people to come and discuss various tech subjects, such as new products and technologies, hardware, software, web-related, etc.

Bring in articles from magazines, newsletters, unusual problems/situations that have arisen, questions, etc. Also, new or ailing devices or notebook pc's are welcome, either for "show and tell" or discussion or demo of situations.

A screen and projector are available, but not always there. If you want it to demo something, please E-mail: tech-sig@cfcs.org a day or 2 ahead.

Another feature of this SIG is the Tech-SIG Yahoo Group mail. We now have 64 people communicating through this, with tips and tricks, "Ask-It Basket" type questions, etc. Also, a second, on-line VIRTUAL meeting of the TechSIG is being experimented with on the second Tuesday of each month. Co-hosted by Mike Ungerman and Stan Wallner, it may attract a long distance audience. Stay tuned to the e-Blast for times and details - it is not yet permanently scheduled, but will be announced in the e-BLAST and on the Tech-SIG Yahoo Group mail. If you are not on that list and want to be, please E-mail: tech-sig@cfcs.org

The iSIG meets on the third Monday of each month at 7:00 PM at Florida United Safety Council, 1505 East Colonial Drive, Orlando FL 32803. This building is located across from the Publix on Colonial Drive in the Colonialtown section of downtown Orlando. They have secured WiFi, and vending machines are available. The iSIG meetings cover the products that use the iOS, which includes the iPhone, iPad, and iPod Touch. This is a combined effort of the Central Florida Computer Society <http://www.cfcs.org> and the Florida Macintosh Users Group <http://www.flmug.com>. Other groups are invited to participate. Attendees are consumers, developers, consultants, and publishers, who find common interests and discuss how to handle topics from both the consumer & the developer perspectives. The SIG leader is Sean Kane, Certified Apple Technical Coordinator, long-time Mac and iOS user, and a technologist and consultant to [The Walt Disney Company](#).

The Recycle Bin

by Stan Wallner,
President Emeritus, CFCS



Stan, a CFCS member since 1984, has served in many offices over the years, and is now Vice President. Separately, he is a local IT consultant, "PC Doctors Make House Calls," offering his services on-site, at your office or home - for PC and Laptop Upgrades, WiFi, Networks, Virus & Spyware removal, Troubleshooting both hardware & software, at reasonable rates (discounts for CFCS members!). You can contact him at smwallner@yahoo.com or 407-862-2669.

Recycling is a MOST important issue regarding our environment, and can't be over-emphasized! It is an area that is changing frequently, so check for this column

regularly! When there are changes, we will print them. Meanwhile, check the website at cfcs.org for the column as it ran in the last issue of the BUSSLINE.

Now That XP is No Longer Supported, What Next?

by Ira Wilsker

WEBSITES;

<http://support.microsoft.com/gp/windows-xp-end-of-support>

<http://windows.microsoft.com/en-us/windows/help/what-does-end-of-support-mean>

<http://finance.yahoo.com/news/microsoft-xp-users-hang-225300265.html>

<http://origin-www.businessweek.com/articles/2014-04-04/end-of-windows-xp-support-means-added-opportunity-for-hackers>

<http://www.pcworld.com/article/2102606/how-to-keep-your-pc-secure-when-microsoft-ends-windows-xp-support.html>

<http://www.pcworld.com/article/2046839/zero-day-forever-move-away-from-windows-xp-now.html>

<http://www.mozilla.org>

<http://free.agnitum.com>

<http://www.comodo.com/home/internet-security/free-internet-security.php>

It should be no surprise to anyone that as of April 8, 2014, Microsoft has officially ended all support for the still popular Windows XP. According to the official Microsoft "Windows XP End of Support" website (support.microsoft.com/gp/windows-xp-end-of-support),



Sanford store is located at 1617 WP Ball Blvd. in the Marketplace of Seminole Town Center (407-688-7627). Near Target; between Bright Now Dental & Firehouse Subs

Apopka store is in Victoria Plaza, at 1087 W. Orange Blossom Trail. (407-814-3935) This is just past the 429, in the same Plaza as the Harbor Freight. Both open 9-7 Mon.-Sat. Closed Sundays

5% discount on most non-sale items for CFCS members, and 10% on service for CFCS members

"What does end of support mean to you? As of April 8, 2014, technical assistance for Windows XP will no longer be available, and you won't get automatic updates. This could mean your PC is more vulnerable to security risks and viruses." While the above was an official statement from Microsoft, there is some controversy about the impact and effects that the cessation of technical support for Windows XP means to the typical user.

Contrary to some massively forwarded emails, internet hoaxes, and urban legends, there is no "time bomb" in the XP that will cause XP to cease functioning at midnight April 8. If for some reason, a user's XP machine appears to crash or die precisely on April 8, it will be a coincidence, and not a part of some alleged vast Microsoft conspiracy to force XP users to upgrade to purchase a new PC with Windows 8. In recent days, I have received several emails from readers of this column who had heard that XP will cease to function on April 8, or they will immediately be subject to massive hack attacks to steal personal data, commit massive identity theft, or remotely crash the computer; these fears that were expressed are unfounded and without merit. Barring some other unrelated internal hardware problem, a PC running XP that is working fine on April 7, will likely continue to work fine on April 9. As long as the PC running Windows XP is functioning satisfactorily, and the user is still reasonably satisfied with it, there is no imminent need to rush out and purchase a new computer running Windows 8.1. Due to age, and the normal wear on the electrical and mechanical components of a PC running XP, it might be prudent to consider a new PC, but the decision to replace a functional XP machine with a costly new one running Windows 8 can be made in a timely fashion suitable to the user's personal circumstances, and not made in haste or in a panic situation.

According to several published sources, such as Investor's Business Daily (April 1, 2014), "Net Applications reports that 27.7% of PC users online in March were running the 12-year-old operating system. XP is the No. 2 PC operating system after Windows 7, which has 48.8% of the market." While Microsoft is effectively abandoning XP, the overwhelming majority of third-party software publishers are not presently abandoning the second most popular Windows operating system, which still has over one-fourth of the PC market. While there may be some truth in Microsoft's allegation, "As time goes on, more and more critical security holes will be found, and attackers will have free reign to exploit them," third party security software publishers will continue to see a large and profitable need that will continue

MEMBERSHIP RENEWAL

Membership renewal invoices will be e-mailed from treasurer@cfcs.org approximately thirty (30) days prior to your membership expiration. Invoices will be snail mailed to members for whom there is no e-mail address in the membership database and to those members whose e-mail was returned to treasurer@cfcs.org for any reason. Please help us by adding this address to your contacts list and setting your spam filter to let our message get to your inbox. We do not share your e-mail address with others (We hate that too!), but it is necessary for full participation in the Society, including receiving your newsletter.

Members will be requested to renew their membership by paying dues on time. Dues may be paid by cash or check at the meeting, by PayPal at <http://www.cfcs.org/membership/membership.php> or by mailing a check to:

CFCS

Address: PO Box 520084,
Longwood, FL 32752

If you do not receive a renewal invoice, lose it or have questions about your dues and or membership status, please inquire at the sign-in table or send an e-mail to: treasurer@cfcs.org.

Membership Cards: A new membership postcard with the membership card included for the next year will be distributed at the meeting following your renewal. The Cards will be mailed to those members who request same by e-mail to treasurer@cfcs.org.

until the numbers of XP users fall below some critical market share, which will not likely happen within the next few years. Just as happened with older versions of Windows, such as Windows 3.1, Windows 95, Windows 98, and Windows 2000, the 12 year old Windows XP operating system will almost certainly become totally obsolete and almost totally disappear from the PC scene, but this will not likely occur for a few more years.

The question now is, what should a satisfied user of XP do in order to maintain the functionality and security of his PC, now that Microsoft has abandoned him? Internet Explorer, Microsoft's ubiquitous web browser, will not be updated for XP users, even as new versions of a more secure and feature rich Internet Explorer are released for Windows 7 and 8; these newly updated and enhanced Microsoft browsers are explicitly not compatible with XP. This insecurity and obsolescence of the XP versions of Internet Explorer should really not concern XP users as Firefox (www.mozilla.org) and Chrome (chrome.google.com) will still (for the foreseeable future) continue to offer free, new versions of their respective browsers that are fully functional and more

(Continued on page 6)

THE CENTRAL FLORIDA COMPUTER SOCIETY is a charitable, scientific and educational, nonprofit organization, founded in 1976 and incorporated in 1982 to encourage interest in the operation and development of computers through meetings with free exchange of information and educational endeavors.

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THE CFCS Mailing Address:
 CFCS
 PO Box 520084, Longwood, FL 32752

Membership: CFCS membership includes participation in the Society's activities and subscription to this Newsletter.

Annual Dues Schedule:

- Individual**\$ 25
- Extra family member** 15
- Student (Full time)**..... 15
- Corporate membership**..... 100*

*Includes free business card ad

Members are responsible for sending a change-of-address notification (including e-mail) to:
membership@cfcs.org.

Gifts to CFCS are welcome, and because of the Society's nonprofit tax status, are tax deductible.

Meetings: CFCS meets each month on the 3rd Sunday at 2:00 p.m. at the **location described on page 24.** Guests and the general public are invited to attend. Special Interest Groups (SIGs) within the Society meet regularly. See Special Interest Groups listings on pages 6 & 7.

CFCS Web site: www.cfcs.org

Editorial: Articles for publication in the CFCS Newsletter should be *emailed* to the Editor at: editor@cfcs.org. Please use Microsoft Word format, Times New Roman font, 12 point, if possible. The deadline for submitting articles is the first of each month.

Articles by authors other than directors of CFCS and the Newsletter staff do not necessarily reflect the policies or sanction of the Society. Unless otherwise indicated, articles in the CFCS Newsletter may be reprinted in newsletters of other nonprofit organizations, without permission, provided credit is given.

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Then volunteer with CFCS! The programs and benefits that members receive would not exist without members also volunteering. There are vacancies for a Program Chair/Coordinator, Education Chair and Advertising Chair. Please contact Jack Pearson, if you have any questions, comments, or suggestions. president@cfcs.org

CFCS is associated with both International & Florida User Group Associations:



www.apcug.net

secure on older XP machines. Google has announced that new versions of its Chrome will continue to support XP at least for another year, and Mozilla has announced that it has no plans to discontinue support for XP in its upcoming new versions. As the Internet Explorer versions currently available for XP contain known security vulnerabilities well known to the hacker community, which Microsoft will not be patching, it will be prudent for XP users to totally abandon using Internet Explorer, and use one of the newly released versions of Firefox and/or Chrome instead.

As far as the security vulnerabilities that are currently in the actual XP operating system, which will no longer be patched by Microsoft, hackers will continue to exploit these vulnerabilities as they also seek additional vulnerabilities in the now obsolete operating system. Contrary to what some pundits are expounding, I must disagree that there will immediately be wholesale attacks on XP users. Some conspiracy theorists have expounded that that these threats to XP are predominately coming from Microsoft and the computer manufacturers in order to stimulate the declining sales of new computers with Windows 8, but I am not one of those believers. In my opinion, the typical XP user should continue to have and update modern security suites, a policy which I have deployed them to use for many years.

At present, all of the major security suite publishers, including the commercial (paid) products available from the local big box stores, and the several excellent free security suites, can provide substantial protection from the current hacker threats to XP, as well as most of the threats yet to be uncovered. Note that I said "security suite", and not antivirus software; as I have written in past columns, computer viruses are still common and threatening, but only compose less than one-fifth of the contemporary threats facing PC users. While there are inevitable differences among the offerings of the software publishers, a typical security suite contains antivirus software, a firewall, anti-spyware, browser protection, email security, and other protective features. The comprehensive security suites typically have some variation of a name including "Total Security," "Internet Security", "Maximum Security", or some other iteration in their respective names that indicates fairly complete security protection, and not just a simple antivirus product.

Commercial security suites are published by companies such as TrendMicro, Norton, McAfee, Kaspersky, Panda, BitDefender, and others. Each of these commercial publishers offer a variety of products that provide vary-

ing degrees of protection. For XP users, I would recommend one of the products that offers the highest level of protection available, as they are more likely to be capable of securing the current and future vulnerabilities in Windows XP. If needed, wise shoppers of security software should look for deeply discounted sale items at the local big box stores or online. Sometimes, some of the commercial publishers and sellers offer "free after rebate" or fully functional free downloads from some of the "deal" websites, such as ShareWareOnSale.com. XP users can also save money at renewal time by using one of the deals offered, rather than paying full retail to the publisher at renewal.

For those who for whatever reason prefer free security software, Gizmo's TechSupportAlert.com lists several free XP compatible security suites that can be downloaded and installed. The two top rated free security suites are OutpostFree, available for download at free.agnitum.com, and Comodo's Free Internet Security, available at www.comodo.com/home/internet-security/free-internet-security.php.

While any of the above security suites are adequate, XP users may enjoy an additional layer of security by using one of the supplemental security products that are explicitly designed to run on top of any security suite (or anti-virus program). My personal recommendations are SuperAntiSpyware (superantispyware.com) and MalwareBytes (malwarebytes.org). Neither of these products will interfere with most of the security suites, but will substantially strengthen the protection of XP users, as well as later operating systems. Both are available as fully functional free versions that offer manually updated scanning for malware, and paid commercial "Pro" versions that offer automatic updating and full-time memory resident protection that enhances and strengthens the protection provided by the primary security suites. Discounted deals on the "Pro" versions are periodically available, and often listed on daily deal websites such as dealnews.com.

I have to admit that one of my laptops is still running XP, and despite its age, is still in good operating condition; I have no present plans to replace it with a more modern laptop, but I am fully cognizant of its approaching functional obsolescence. If a user is content with Windows XP, and his PC is still in decent operating condition, he may continue to use it satisfactorily as long as the aged hardware remains functional. With the discontinuation of the release of new Microsoft security patches for XP, users must be aware of the potential security

risks that may be here now or coming in the future. Much of this increased risk can be mitigated by the judicious use of a comprehensive security suite, and possibly a supplemental additional layer of security.

As long as the user of XP is happy with it, the PC remains in operational condition, and proper security software is installed, there is no need to abandon XP and rush out to purchase a new PC.

Life Altering Website: MyFitnessPal.com

By Robert Black, Editor,
Central Florida Computer Society
BUSSLINE Newsletter,
Orlando FL
Editor@cfcs.org

You read a lot of hype about various websites, sometimes deserved, sometimes not. This one deserves it in spades.

I first heard about My Fitness Pal (MFP) from my wife, who heard about it from a girlfriend. My wife and I were both in the first week or so of trying to lose weight, but being unsuccessful thus far. MFP changed all that.

Six months earlier, I had been undergoing Proton Therapy* for prostate cancer at the University of Florida Proton Therapy Institute in Jacksonville, FL. (*Cancer breakthrough known for having fewer side effects than older chemo or X-Ray (IMRT) methods, it uses particle physics to aim the beam

more precisely than other methods, avoiding collateral damage to nearby organs.) I barely got into their wonderful program due to their weight restriction of 250 lbs. max. Weighing 245 at admission, I knew I needed to diet, but was prohibited during Proton therapy because a cast made for each patient's individual body is used when sliding you into the Cyclotron's nuclear Proton beam. But I planned to diet as soon as it was feasible. Immediately after my six month positive checkup, we started our diets together.

To start MFP, you make up a screen name and password,

The screenshot shows the MyFitnessPal website interface. At the top, the logo "myfitnesspal" is displayed with a stylized orange figure. To the right, it says "Hi, Samson98" with icons for messages and a profile. Below the logo is a navigation bar with tabs: MY HOME, FOOD, EXERCISE, REPORTS, APPS, and C. Underneath, there are sub-tabs: Home, Goals, Check-In, Mail, Profile, My Blog, Friends, and Settings.

The main content area features a section titled "5 Foods you must not eat:" with a link to "trimdownclub.com". Below this is a sub-header "Your Daily Summary" with a "2 DAY STREAK" indicator. The summary shows "970 CALORIES REMAINING" and a progress bar for "57 lbs LOST" with a "230" marker. A table shows: 1200 GOAL, 230 FOOD, 0 EXERCISE, and 230 NET. There are "Add Exercise" and "Add Food" buttons.

Below the summary is a "News Feed" section with a "View : Summary" dropdown. It contains a text input field "What's on your mind?" with a "Share" button. A post by "Samson98" is visible, showing a small profile picture and the text: "burned 350 calories doing 75 minutes of cardio exercises, including 'Walking, 2.0 mph, slow pace'". Below the post are links for "MapMyFitness", "Like", "Comment", and "11 hours ago".

My home page, showing me thin in my 30s doing archaeology in Greece. Screen name is Samson98. If I had known I was going to write this article, I might have chosen something else.

and enter your vital weight-related stats. I was entered at 235 lbs. because I had managed to lose 10 lbs. in the six months since my Proton therapy. Neck was 17", waist 46-48". Then you set goals, stating how much weight you want to lose. The site recommended a 1200 calorie per diem regimen, but slower losing options could be set at 1500, etc. We both picked 1200, which was very hard at first, but it helped that we were following it together, as each researched hints and tips on the internet, and neither of us ate tempting food in front of the other.

We started dieting on July 1 of 2013, and each quickly lost about 8-10 lbs. in 2 weeks, fairly easy to do at first, by losing mostly water. We were stuck on a plateau until my wife heard about MFP. We signed up (individually... it's free) on July 17. As of March 31, 2014 we had lost over 100 lbs. between us, and both came down many clothes sizes. She went from 14 to 4. My waist went from 46 to 36, neck to 15 1/2; weight is hovering at 178. Online BMI calculators say I should be 172 or less.

Your Food Diary For: ◀ **Wednesday, April 9, 2014** ▶ 

Breakfast

	Calories	Carbs	Fat	Protein	Sodium	Sugar	
Monster - X-Presso Coffee Energy(284ml), 9.6 fl(284ml)	100	18	2	3	227	18	
Great Value - Oatmeal - Instant - Bananas Cream, 1 packet	130	26	2	3	170	10	
Add Food Quick Tools	230	44	4	6	397	28	

Lunch

[Add Food](#) | [Quick Tools](#)

Dinner

[Add Food](#) | [Quick Tools](#)

Snacks

[Add Food](#) | [Quick Tools](#)

Totals	230	44	4	6	397	28
Your Daily Goal	1,200	165	40	45	2,500	24
Remaining	970	121	36	39	2,103	-4
	Calories	Carbs	Fat	Protein	Sodium	Sugar

When you're finished logging all foods and exercise for this day, click here:

[Complete This Entry](#)

Water Consumption

We recommend that you drink at least 8 cups of water a day. Click the arrows to add or subtract cups of water.



Today's Food Notes

[Edit Note](#) 

[View Full Report \(Printable\)](#)

The Food Screen shows how the data base works. You type a product's name in from its box and the database brings up all the details, then saves it to your history, making it easier to find the next time. Notice I haven't entered my water consumption yet. I drink a lot, more than recommended.

I stopped putting cream in my coffee (I had given up sugar years ago) and also eliminated orange juice, a huge calorie devourer. I settled on 100 calorie grits or 130 cal. oatmeal with skim milk at first, then soy, then nothing. My breakfast now is 200-230 calories, which gets me through the morning. The later I can do lunch the better, often at 3 or 4 pm. I have learned to collect 100 calorie bags of every snack imaginable from Aldi, Big Lots, etc. which tide me over in a crisis.

For lunch, I try for 300-400 calories (soup & crackers, frozen dinner, etc.) in packs which clearly state the calorie count. MFP is wonderful for both all brands and restaurants. It has what many reviews state is the biggest database

available, so when dining out, for instance, you simply plug in what you consume and it tells you not only the calories, but also carbs, fat, protein, sodium, and sugar. Notice that it shows sugar as -4 in red, in the previous chart. A glass of orange juice would have made that number -43! A smartphone MFP app lets you do reporting and checking from your phone.

The Food Screen, supported by an ad, shows how the data base works. You type a product's name in from its store package and the data-base brings up all the details, then saves it to your history, making it easier to find the next time. Notice I haven't entered my water consumption yet. I drink a lot

Your Exercise Diary for: Wednesday, April 9, 2014

Cardiovascular Minutes Calories Burned

[Add Exercise](#) | [Quick Tools](#)

Daily Total / Goal	0 / 30	0 / 217
Weekly Total / Goal	75 / 90	350 / 650

Strength Training Sets Reps/Set Weight/Set

[Add Exercise](#) | [Quick Tools](#)

Today's Exercise Notes [Edit Note](#)

[View Full Report \(Printable\)](#)



Exercise Page

Charts and Reports

Choose a report: Weight

Reporting period:

[Last 7 days](#) [Last 30 days](#) [Last 90 days](#) [Last 180 days](#) [Last year](#)



A weight report starting in July, 2013. It shows my weight dropping from 235 to 178. I had already lost 10 lbs. before starting with MFP.

more than the recommended 8 cups per diem.

Dinner is often a large salad, ingredients from Aldi, based on Spinach. The Popeye propaganda of my youth finally panned out.

The other obvious category is exercise, which is divided by MFP into cardiovascular and strength training. The site has links to a lot of fitness related apps on most platforms, so you can track your exercise, walking, workouts and have them report to MFP. You earn extra calories that way, which you can use for weight loss or just to eat a bit more. I use one called MapMyFitness, and a Samsung app called Walking Mate.

Here is a link to more apps that work with MFP:

<http://www.myfitnesspal.com/apps>

...or read more about the App Gallery on their blog:

<http://www.myfitnesspal.com/blog/mike/view/introducing-the-myfitnesspal-app-gallery-434827>

You will see with the above links that MFP links seamlessly with Withings, Fitbit, runtastic, Endomondo, Bodymedia and others. Although I like to keep things simple, you can get much more involved if you wish.

A year ago I was using a rollater to get around, now I am walking 3 miles a day, and using my Condo Complexes' small exercise room (9 Nautilus machines). As I write this, I am planning to try Planet Fitness for a few months to get additional training and expertise. Using MFP cost me no extra money, other than normal food, which I would buy anyway. My only cost was a \$15 digital scale, and when I sign up with Planet Fitness, \$10 per month with no commitment. When my weight gets below 172, I will switch to a maintenance level of diet, which can also be easily monitored by MFP, in about 10 minutes time daily.

APCUG's FREE 2014 Spring Virtual Technology Conference Coming May 3

APCUG's FREE 2014 Spring Virtual Technology Conference (VTC) will be held on Saturday, May 3, from 1:00 pm – 5:00 pm Eastern Time. The sessions are 50 minutes in length and offer attendees the opportunity to ask questions via a chat window. Videos from earlier conferences can be found on APCUG's YouTube channel www.youtube.com/apcugvideos.

To register for this VTC, please click on the below link:

<http://bit.ly/APCUG-2014-Spring-VTC-Register>

If you would like further information, send an email to virtualconferences@apcug.org

Below are the sessions that are currently scheduled.

This link is where you can view the presenter bios and, after the conference, you can download the handouts and

get links to the videos.

<http://bit.ly/APCUG-2014-Spring-VTC>

TRACK 1

Photoshop Elements

Jim Evans, APCUG Director, Vice President, Greater Cleveland PCUG

That picture has been photoshopped! Or maybe you have been photoshopped. Adobe Photoshop is considered the gold standard for editing digital photos. From removing, adding or adjusting parts of the photo; Photoshop can do it all, but at \$600 plus, it's over budget for most people. What's the alternative?

For less than \$100, you can get Adobe Photoshop Elements and have more than 90% of the features of Photoshop. Jim Evans, Greater Cleveland PC Users Group & APCUG will give us an overview of Photoshop Elements. He will show how to use layers (think of parts of a pizza) to clean up and edit your photos and turn them into works of art and treasured family photos.

Printers / Printing - How Printers Work, Hints and Tips

Jere Minich, Program Chair, Lake-Sumter Computer Society

The inside scoop on how printers really work and how you can maintain control.

Linux Wins the Desktop in 2014

Orv Beach, Sr. Linux System Admin @ St. Jude Medical Center

Orv will discuss why 2014 is the year that Linux starts to win the desktop, which is the final Linux frontier. "Linux won. The penguin has achieved world domination, and the usual commentators completely missed it even after years of predicting it because it's not something that happened in a single flashy event, but rather has been the product of years of hard work and steady improvement," he said, quoting his friend Carla Schroeder, at Linux.com.

Annual Meeting

Join President Marie Vesta and the Directors and Advisors for APCUG's annual meeting. Your group belongs to APCUG; become informed as to what is happening with the organization. Sandy Hart will give the annual treasurer's report; Patty Lowry will give a membership report as will the various committee chairs. Judy Tayour will give a report on the Board of Advisors. You will have the opportunity to ask questions of any of the directors or advisors via the chat window.

TRACK 2

New things in Mavericks + How to maximize the benefits with your iDevices

Kyla Lupo, Smart Again Tutoring

Should you upgrade to Mavericks? Have you already, but haven't mastered all the tricks? And what about those iDevices? Join Kyla for an informative and interactive session on Apple's latest desktop software update, Mavericks, as well as how to maximize the benefits with your iDevices.

De-Mystifying Windows 8.1 and the Latest Update

Lee Laughner, APCUG Director, Instructor, Computer Club of Green Valley

This presentation will help de-mystify Windows 8.1, the Operating System everybody loves to hate, and why on earth should you bother accepting the latest April 2014 update?

Creating a Website in WordPress

Tamera Rousseau-Vesta, Award-Winning Digital and Community Manager at Extreme Networks

Do you want to create a great website for yourself or your user group? What about using WordPress? It's not just for blogging. This presentation will show you how easy it is to put one together.

*Virtual Technology
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Heartbleed Vulnerability and Your Passwords

by Ira Wilsker

WEBSITES:

- <http://krebsonsecurity.com/2014/04/heartbleed-bug-what-can-you-do/>
- <https://lastpass.com/heartbleed/>
- <http://mashable.com/2014/04/09/heartbleed-bug-websites-affected/>
- <http://www.cnet.com/news/heartbleed-bug-what-you-need-to-know-faq/>
- <http://www.cnet.com/news/heartbleed-bug-undoes-web-encryption-reveals-user-passwords/>
- <http://www.techsupportalert.com/content/how-check-if-website-has-been-affected-heartbleed.htm>
- <http://www.infoworld.com/t/security/5-no-bull-facts-you-need-know-about-heartbleed-right-now-240269>
- <http://consumerist.com/2014/04/11/regulators-warn-banks-to-plug-any-heartbleed-security-holes-asap/>
- <https://addons.mozilla.org/en-us/firefox/addon/heartbleed-checker/>
- <https://ssl-tools.net/heartbleed-test>

In recent days, the media has been heavily reporting a bug in the code that is supposed to encrypt our personal information as it travels between our browsers and its intended destination. This coding error, now known as the Heartbleed encryption bug might allow hackers to access the encryption keys or "Secure Sockets Layer - SSL" or "HTTPS" used on supposedly secure internet



- FEATURES
- HOW IT WORKS
- GO PREMIUM
- ENTERPRISE
- SIGN IN

ENGLISH

LastPass Heartbleed checker

With news breaking on Monday, April 7th that the Heartbleed bug causes a vulnerability in the OpenSSL cryptographic library, which is used by roughly two-thirds of all websites on the Internet, we want to update our community on how this bug may have impacted LastPass and clarify the actions we're taking to protect our customers.

What is the **Heartbleed bug**?

Check a site:

https://

Check the sites that you've entrusted with your information. If you have any doubt, please use LastPass to update passwords on potentially impacted sites as soon as the vendor has reissued their certificates. LastPass users can do this by running the Security Check tool from their icon menu. LastPass will not only alert you to which sites are vulnerable, but also tell you the last time you updated your password for the site, when that site last updated their certificates and what action we recommend taking at this time. [Get started with LastPass now.](#)



links, potentially giving hackers access to the personal information being transmitted. Despite media hyperbole, as of this typing, there have been no documented and confirmed cases of hackers obtaining passwords and other personal data through this security hole in the commonly used encryption software utilized by most of the globe's commercial servers. What the mass media has done with its extensive publicity of this programming

bug is to alert miscreants of a potential security vulnerability in our internet connections, giving them a virtual invitation to "come and take it!"

According to a report on the popular online technology news source cNet, "'Heartbleed' bug undoes Web encryption, reveals Yahoo passwords" dated April 8, "The problem, disclosed Monday night (April 7), is in

open-source software called OpenSSL that's widely used to encrypt Web communications. Heartbleed can reveal the contents of a server's memory, where the most sensitive of data is stored. That includes private data such as usernames, passwords, and credit card numbers. It also means an attacker can get copies of a server's digital keys then use that to impersonate servers or to decrypt communications from the past or potentially the future, too." In this cNet story there were some allegations that some Yahoo! users were tricked into logging on to bogus websites, disclosing their usernames and passwords, but there is some debate as to whether or not this was due to the Heartbleed vulnerability or an-

Social Networks

	Was it affected?	Is there a patch?	Do you need to change your password?	What did they say?
Facebook	Unclear	Yes	 Yes	"We added protections for Facebook's implementation of OpenSSL before this issue was publicly disclosed. We haven't detected any signs of suspicious account activity, but we encourage people to ... set up a unique password."
Instagram	Yes	Yes	 Yes	"Our security teams worked quickly on a fix and we have no evidence of any accounts being harmed. But because this event impacted many services across the web, we recommend you update your password on Instagram and other sites, particularly if you use the same password on multiple sites."
LinkedIn	No	No	No	"We didn't use the offending implementation of OpenSSL in www.linkedin.com or

LastPass Heartbleed checker

WARNING: mail.yahoo.com was confirmed as vulnerable either publicly via statement or on 4/8/2014 [LINK](#)

Site: mail.yahoo.com
 Server software: ATS
 Was vulnerable: Possibly (might use OpenSSL, but we can't tell)
 SSL Certificate: **Now Safe** (created 5 days ago at Apr 9 00:00:00 2014 GMT)
 Assessment: Change your password on this site if your last password change was more than 5 days ago

[Check another site?](#)

To LastPass Users: Click on the Security Check in your vault and LastPass will alert you to your sites that are vulnerable as well as what action we recommend taking. [Learn More](#)

other identity theft technique.

Some of the pundits interviewed in the media warned that it was imperative for all users to immediately change all of their online passwords, and possibly even their usernames, or face imminent peril of identity theft. While it is a good security practice for users to periodically change passwords, and not use the same password on multiple online accounts, this immediacy may be premature. If a web server is currently insecure, and your password has already been compromised through this Heartbleed vulnerability (unlikely), changing your password may only give you a false sense of security as the potential hacker will likely also get your new password as well. If a particular web server where the user has an account has not been compromised by Heartbleed, there is no immediate need to change passwords, other than as a routine and regular security procedure. If a web server that had been vulnerable to Heartbleed has already been patched to close this security hole, then it may indeed be appropriate to change passwords. In fact, many of the major web services, banks, and online merchants have already announced that users should change passwords after they are notified that the Heartbleed vulnerability has been rectified.

It is fairly easy for users to determine if the websites that they visit are vulnerable to the Heartbleed bug;

a variety of free utilities and browser plug-ins have been quickly developed that will alert the user of any potential risks. I have predominately been using the Firefox browser on all of my computers, and now there are add-ons that will instantly alert Firefox users if a website being loaded is vulnerable to the Heartbleed bug. I am currently using "Heartbleed-Ext 3.0", published by proactiveRISK as a Firefox plug-in. According to its author, "Whilst some servers have been patched already, many remain that have not been patched. Heartbleed uses a web service developed by Filippo Valsorda and checks the URL of the page you have just loaded. If it is affected by <sic> a Firefox notification will be displayed. It's as simple as that GREEN GOOD / RED BAD" (addons.mozilla.org/en-us/firefox/addon/heartbleed-checker).

There are also several free utilities that can inform the user if a website is subject to the Heartbleed bug. Gizmo's TechSupportAlert.com has posted an updated directory of web services (techsupportalert.com/content/how-check-if-website-has-been-affected-heartbleed.htm) that can inform the user if a particular website is safe or insecure, in terms of the Heartbleed vulnerability.

I used the utility provided by my password manager, LastPass Heartbleed Checker (lastpass.com/

Financial

All the banks we contacted (see below) said they were unaffected by Heartbleed, but U.S. regulators [have warned](#) banks to patch their systems.

	Was it affected?	Is there a patch?	Do you need to change your password?	What did they say?
American Express	No	No	No	"There was no compromise of any customer data. While we are not requiring customers to take any specific action at this time, it is a good security practice to regularly update Internet passwords."
Bank of America	No	No	No	"A majority of our platforms do NOT use OpenSSL, and the ones that do, we have confirmed no vulnerabilities."
Barclays	No	No	No	No comment provided.
Capital One	No	No	No	"Capital One uses a version of encryption that is not vulnerable to Heartbleed."
Chase	No	No	No	"These sites don't use the encryption software that is vulnerable to the Heartbleed bug."
Citigroup	No	No	No	Citigroup does not use Open SSL in "customer-facing retail banking and credit card sites and mobile apps"
E*Trade	No	No	No	E*Trade is still investigating.
Fidelity	No	No	No	"We have multiple layers of security in place to protect

[heartbleed](#)) to check the merchant and banking websites that I frequently access; I was surprised to learn that my credit union server is "Probably" vulnerable. LastPass Heartbleed Checker reported, "Probably (known use OpenSSL, but might be using a safe version). SSL Cer-

tificate: Possibly Unsafe (created 4 months ago at Dec 20 17:49:52 2013 GMT). Assessment: It's not clear if it was vulnerable so wait for the company to say something publicly, if you used the same password on any other sites, update it now." I then used the LastPass utility to check my primary email server, and found that it was vulnerable, but has since been fixed. Specifically, LastPass Heartbleed Checker reported, "Site: mail.yahoo.com;

Server software: ATS; Was vulnerable: Possibly (might use OpenSSL, but we can't tell); SSL Certificate: Now Safe (created 5 days ago at Apr 9 00:00:00 2014 GMT); Assessment: Change your password on this site if your last password change was more than 5 days ago." In consideration of this information, I immediately changed my email password, but will wait to change my credit union password until the credit union updates its online security. Unlike Yahoo! or my credit union, I will not be promptly changing my Microsoft related passwords, as, according to LastPass, "Was Vulnerable: No (does not use OpenSSL)", but routine password changes are still recommended. Registered users of the LastPass Password Manager (lastpass.com) can automatically check all of their frequently visited websites for the Heartbleed vulnerability, " LastPass users can do this by running the Security Check tool from their icon menu. LastPass will not only alert you to which sites are vulnerable, but also tell you the last time you updated your password for the site, when that site last updated

their certificates and what action we recommend taking at this time." A similar website checker is Qualys SSL Server test at ssllabs.com/ssltest/index.html.

Some websites have posted updated susceptibil-

ity assessments for the most widely used web services. The website Mashable

(mashable.com/2014/04/09/heartbleed-bug-websites-affected)

has posted an extensive list of popular websites and their respective Heartbleed related security vulnerability. According to this frequently updates listing, while some of the popular websites were not vulnerable to this bug, others were, and most have patched their SSL software; those who have patched their software mostly are asking users to change their passwords. Mashable broke down its extensive list into categories such as Social networks, Financial, and others. Among the major web presences that were vulnerable, but now indicate that the security holes have been patched include Facebook, Instagram, Pinterest, Tumblr, Google, Yahoo!, Gmail, Yahoo! Mail (and its affiliates such as AT&T mail and SBCGlobal email), some Amazon Web Services (but not the Amazon.com shopping service), Etsy, GoDaddy, Flickr, Minecraft, Netflix, SoundCloud, YouTube (Google says that YouTube users do not need to change YouTube passwords), USAA, Box, Dropbox, GitHub, IFTTT, OKCupid, Wikipedia (registered users only must change passwords), and Wunderlist. None of the major online financial services, stockbrokers, or password managers were ever threatened by Heartbleed, as they did not use the Open SSL software as a primary security tool.

While it is a good practice to periodically change passwords to hard to guess passwords which are alpha-

Password Managers

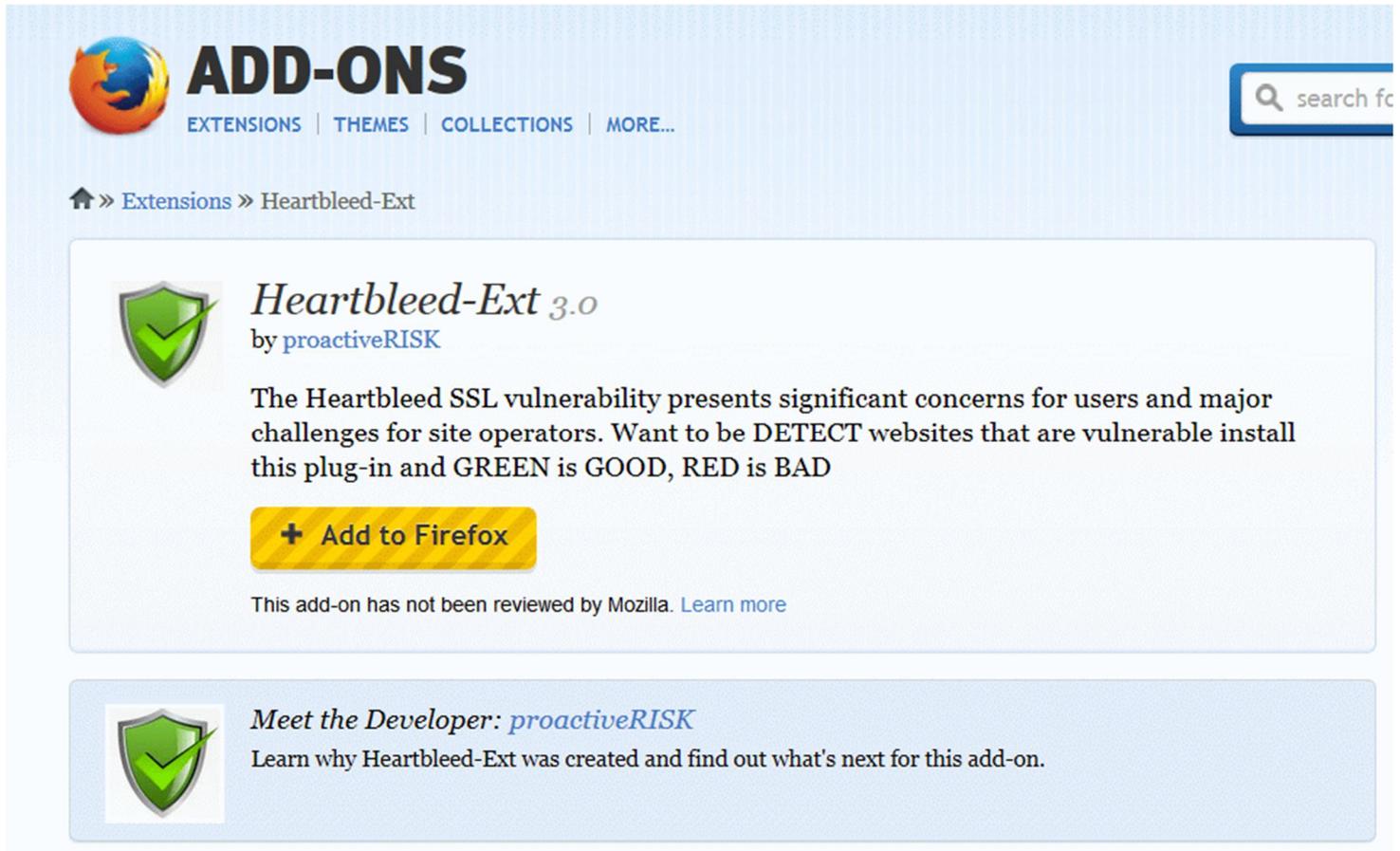
	Was it affected?	Is there a patch?	Do you need to change your password?	What did they say?
1Password	No	No	No	1Password said in a blog post that its technology "is not built upon SSL/TLS in general, and not upon OpenSSL in particular." So users don't need to change their master password.
Dashlane	Yes	Yes	No	Dashlane said in a blog post users' accounts were not impacted and the master password is safe as it is never transmitted. The site does use OpenSSL when syncing data with its servers but Dashlane said it has patched the bug, issued new SSL certificates and revoked previous ones.
LastPass	Yes	Yes	No	"Though LastPass employs OpenSSL, we have multiple layers of encryption to protect our users and never have access to those encryption keys." Users don't need to change their master passwords because they're never sent to the server . But passwords for other sites stored in LastPass might need to be changed.

numeric, and incorporate upper and lower case letters, as well as some allowable punctuation characters, it is only imperative now to change passwords to those websites that were vulnerable, but which have been recently patched. The Mashable listing referenced above is a good source as to the Heartbleed status of the largest websites, but free Heartbleed checkers such as LastPass Heartbleed Checker can give the likely status of individ-

(Continued from page 15)

ual websites. If in doubt, go ahead and change your passwords, but be aware that changing a password on a website subject to Heartbleed that has not yet been patched will necessitate another password change as soon as the patch is implemented. Better safe than sorry.

Be a smart guy. You could pay your yearly dues to CFCS simply by making computer related purchases at Smart Guys Computers. Buy a laptop, or less, get free dues!



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search for

Home » Extensions » Heartbleed-Ext

 **Heartbleed-Ext 3.0**
by [proactiveRISK](#)

The Heartbleed SSL vulnerability presents significant concerns for users and major challenges for site operators. Want to be DETECT websites that are vulnerable install this plug-in and GREEN is GOOD, RED is BAD

[+ Add to Firefox](#)

This add-on has not been reviewed by Mozilla. [Learn more](#)

 **Meet the Developer: [proactiveRISK](#)**
Learn why Heartbleed-Ext was created and find out what's next for this add-on.

The Way of the Digital Photographer

By Harold Davis

Review by Mark Mattson, Editor,
Computer Users of Erie, Pennsylvania
October 2013 issue, Horizons
www.curie.com
bookworm8@verizon.net

Hot off the press comes the latest book from photographer and author Harold Davis dealing with the subject of post-production techniques in the digital photography world.

At first glance, the title may seem to some to indicate

that this volume deals with how to improve your digital photography skills. In a way, it might, because Harold keeps impressing on the reader that getting it as right in-camera is important to producing great images. Rather, 'The Way' he presents to you is how to take your already good images and make them the best they can be...or better.

As you travel along the journey this book takes you on, you discover many gems of wisdom Harold has learned over the years, and passes them on to you. For instance, one passage early in the book struck me as something I never thought of before when doing my photography. It starts on page 27 and continues onto 28. Basically what he is telling you is that you are not photographing an object, rather you are photographing the LIGHT that defines the object. The light falling on your subject can make it appear different, depending on the direction and

quality the light has at any given moment. You may notice a subject and shoot an image right at that moment. But if you wait a minute or an hour or longer, the light will change and oftentimes make for an even better photo.

Reading this passage made me stop and really think about how I've been looking at photography all these years. It made me wonder if I had it wrong, and that was what holds me back from making even better images. It's now part of my thinking when I pick up the camera... and something I need to explore further.

Study your subject...see how the light shapes and defines it. Move around, change positions and see how it changes the scene. Unless you're shooting fast-paced action such as sports, time is your friend to making great images. Be patient.

The book runs 192 pages. It is divided into three main sections, with chapters falling under those sections detailing further the subject at hand. The main sections are:

- Digital Photography is Painting
- Multi-RAW and Hand-HDR Processing
- Enhancement to Glory

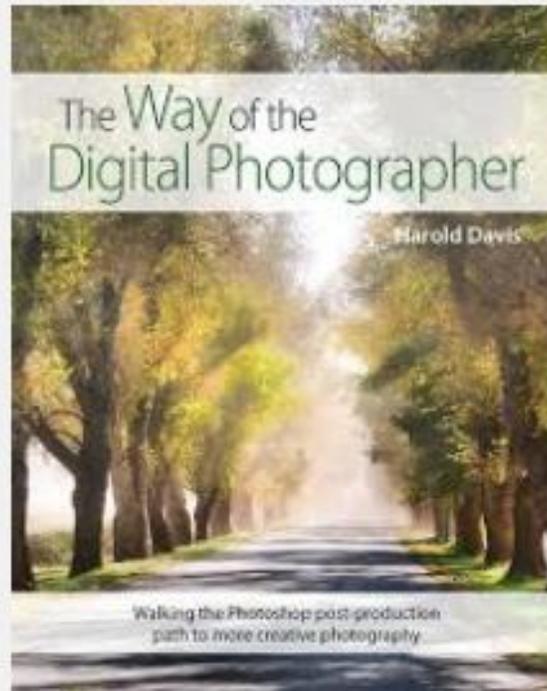
Also present is a short Resources section, and a detailed Index to all topics covered in the book.

The volume is filled with both color and black and white photos taken by author Davis to illustrate the concepts he is presenting to you. Being a volume on Photoshop post-processing techniques, there are also many screen captures of his system illustrating how the concept being discussed is performed, so you may apply them to your own images.

Two of the chapters were of particular interest to me, the one dealing with Multi-RAW processing and that dealing with the LAB color space. MultiRAW processing is another way of making an image with a high contrast range, similar to HDR processing. However, it is accomplished using a single RAW file that is processed twice.

The LAB color space is a different mode in Photoshop used to adjust color in your image; some prefer it as it gives more precise results in certain circumstances than using the RGB adjustments.

There are many of what Harold calls 'Meditations' interspersed throughout the book, intended to make you think about and understand the topic being covered. They give you an exercise to make the topic clearer to you. Be sure to read through them as well when working through the volume



The Way of the Digital Photographer is published by Peachpit Press, and is available now. The ISBN number is 978-0321943071.

You may purchase the title direct from the publisher, and use your UG discount code for a discount. It is also available for purchase on Amazon for \$23.03 (list price is \$34.99).

Photography is an art form that can be frustrating, satisfying, creative, and any number of other forms and feelings, depending on how you view it. Experience comes with time, as well as with guidance from those that have gone before. It can be a long and winding path, but with an author such as Harold Davis to show you the way, it can be satisfying and rewarding as well.

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Free Online Backup Services

by Ira Wilsker

WEBSITES:

<http://pcsupport.about.com/od/software-tools/tp/free-online-backup.htm>

<http://www.techsupportalert.com/content/best-free-online-backup-sites.htm>

http://en.wikipedia.org/wiki/Cloud_storage_service

<http://winsupersite.com/skydrive/bing-rewards-members-get-100-gb-free-onedrive-storage-one-year>

<http://www.speedtest.net>

At the local computer club meeting earlier today (gtpcc.org), we had a brief discussion on the subject of online backup services. For those who might not be aware, there are literally dozens, if not more, online companies that provide remote backup services, often using the term "in the cloud". Unlike the more traditional in-house backup methods, such as an external hard or flash drive which are very common today, these online services utilize an internet connection to send and receive the data to a distant server to be stored on that distant server.

While there are advantages to local drive based data backups, mostly their relative fast speed, there are also distinct advantages to distant, remote storage of critical data files. Locally, we have a recent history of hurricanes, massive flooding, other natural disasters, and other accidents such as house fires that could compromise our data stored in our homes on external backup devices. While there are a variety of fire resistant and waterproof hard drives available, as well as waterproof and fire resistant safes to store our personal data backup devices, the redundancy of remote and distant internet connected server storage provides protection for our critical data that may surpass the data protection that we might individually provide.

The term "in the cloud" or "cloud storage service" is defined by Wikipedia (en.wikipedia.org/wiki/Cloud_storage_service) as, "A file hosting service, cloud storage service, online file storage provider, or cyberlocker is an Internet hosting service specifically designed to host user files. It allows users to upload files that could then be accessed over the internet from a dif-

Best Free Online Backup Sites

Updated 3. March 2014 - 6:02 by [site.editor](#)

Introduction

Do you know when the absolute worst time to think about backups is? It's the moment when the tech support guy tells you your hard drive has died and your data is lost.

One error that the free online backups will not help is recovery of a file a split second after you delete that important presentation or cherished photo. Most free services do not save deleted files but write over the old file.

The free online backup services will save your files off-site to the cloud. If your hard drive crashes your files are not lost. Your first line of defense should be an external hard drive to back up your hard drive or a jump drive for your documents.

[Show more...](#)

» In a hurry? Go straight to the [Quick Selection Guide](#)

Discussion

There are a number of products and vendors that promise you online data storage and backup. Here are my recommendations:

#1 [IDrive](http://www.idrive.com) (www.idrive.com)

IDrive's parent company IBackup has been in business since 1999 and therefore meets the long term reliability requirement. The service has 5 GB of free storage. While not a lot by today's standard it is better than 2 GB. IDrive does provide pre file transfer encryption. You provide the private key which will be known only to you. This will secure your files from being read by others without your permission.

IDrive has both scheduled and continuous backup. The default is scheduled backup. IDrive also has versioning. In this way if you accidentally delete a file, it can be retrieved.

Your files can be stored in any place on your hard drive. This allows you to keep your current file structure. It will not be necessary to move your file to a special folder for backup.

#2 [Google Drive](http://www.google.com/drive/about.html) (<http://www.google.com/drive/about.html>)

I just noticed Google drive now has 15 GB of online storage. It is still not encrypted and you still have to put all your files in the Google Drive folder on your PC. Google is an established company 15 GB is a large amount of storage.

I have moved Google Drive to #2 because it has 15 GB of storage available. I have tested it and confirmed there are 15 GB..

Google drive has the follow good features.

- First, it available storagee is a large 15 GB.

Best Free Online Backup Sites



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An online backup provides 24/7 access to your files from any Internet connected computer, smartphone, or tablet style device. Data storage in the cloud is one of the quickest means to data archiving and recovery.

The requirements to judge the online backup are listed below.

- **Storage Size:** More free storage is obviously better. Our photo files are larger and we are taking more photos. This requires more storage.
- **Document Synchronization:** Documents and files created or changed need to automatically be uploaded to the "Cloud."
- **Long Term Reliability of the Site:** Will your files be there available a year from now, five years from now? This is subjective. If I have heard of the service before I became editor of this category or one of our readers makes a compelling argument, the site will be considered reliable.
- **Security:** It should be assumed that security is minimal for the free sites. If the files you upload will not be encrypted, there's nothing to stop someone from looking at your files. This includes law enforcement officials who can serve papers from a judge requesting copies of your files. The services I have checked do not have encryption on the fly. Spideroak has pre-egress or pre-internet security. Your files are encrypted before they are uploaded.
- **File Location:** Ideally the files should be able to be located anyplace on your hard drive. Instead many online backup services require a special folder to be created. All your files will have to be stored in that folder. Also, the files will have to be stored on the local drive and copied to the online service.
- **Ease of Use:** The service should be menu driven and intuitive when selecting the files and folders to be backed up. These are two primary ways to do this:
 1. The first way is the service creates a folder and all the files in the folder are backed up. OneDrive does it this way. It creates a OneDrive folder and everything in this folder is backed up.
 2. The second way is you select folders or files inside the program. Using Spideroak, a tree of your files and folders is displayed and you select the files/folders to back-up by clicking a check box.

One possible strategy is to use several free sites. Use one site for photos, a second for general documents and a third site with pre-upload and post-download encryption for your financial documents and other documents you want to keep private.

ferent computer, tablet, smart phone or other networked device, by the same user or possibly by other users, after a password or other authentication is provided. Typically, the services allow HTTP access, and sometimes FTP access."

Radio listeners and TV viewers may have heard a myriad of commercial spots promoting one or more of the several commercial online backup services personally endorsed by prominent celebrities; while these remote backup services are of decent quality and value, priced well within the reach of typical computer users, there are also a wide assortment of free online backup services available to anyone. Two of the popular computer technical review websites, Gizmo's TechSupportAlert.com and About.com Computing PC Support have recently published updated (March, 2014) reviews and recommendations on the free online backup services. What is especially interesting is the fact that these two highly respected services distinctly differ on which of these free

services are the best; Gizmo's top three recommendations are not even listed by About.com, and About.com's top three recommendations are not listed by Gizmo.

Gizmo's TechSupportAlert recommendations (techsupportalert.com/content/best-free-online-backup-sites.htm) suggests that users consider and evaluate the free (and paid) online backup services based on several listed factors and features. These features to be considered when choosing a storage services include: Storage Size (more free storage is better); Document Synchronization (documents and files created or changed need to automatically be uploaded to the backup server);

Long Term Reliability of the Site (will your files be there available several years from now); Security (encryption); File Location (some backup services require a special folder to be created on your hard drive); and Ease of Use (the service should be menu driven and intuitive when selecting the files and folders to be backed up). Gizmo also has a suggestion for those who have more critical data to store than the space allowed by the free remote storage service, "One possible strategy is to use several free sites. Use one site for photos, a second for general documents and a third site with pre-upload and post-download encryption for your financial documents and other documents you want to keep private."

While Gizmo reviewed and commented on eight free online backup services, its current top recommendations only include four services. Gizmo gave its highest five-star rating, and "Gizmo's Freeware award as the best product in its class!" to IDrive (idrive.com). According to Gizmo, IDrive, "Combines a web service with a stand

12 Free Online Backup Plans

A List of Online Backup Services Offering Completely Free Plans

By Tim Fisher

Updated March 2014

Several backup services offer free online backup plans. The only catch with a free plan is that you're heavily restricted, at least compared to their premium offerings, as to how much data you're allowed to backup.

Aside from a relatively small amount of storage, a free online backup plan is usually identical to the not-so-free plans offered by the same company. This means that as long as a free plan has enough storage space for your data, and meets any other criteria you have, you can have a complete and permanent backup solution for free!

Below is a list of every free online backup plan that I could find, sorted by the amount of free online backup space offered. I've had the best overall experience with Bitcasa, but all the plans listed are great options.

If you find that a free online backup plan just won't cut it, see my [List of Online Backup Services](#) for your not-so-free options. Some services even offer plans with unlimited storage: [Unlimited Online Backup Plans](#). See my [Business Online Backup](#) list for business-class plans.

Important: The free online backup options below are truly free. I have not included any trial or temporary plans. See my [Online Backup FAQ](#) for more information.

Please [let me know](#) if anything below needs updated.

1. [Symform](#)



© Symform

Symform also offers **10 GB** of free online backup space. Permanently. No joke.

Next to Bitcasa's "friendly" possibilities of dozens of free gigabytes (see their summary further down the list), 10 GB of online backup space is the most I've ever seen offered

-alone program; Files can be located any place on your computer. Does have pre/post file transfer encryption. It has versioning." IDrive is also available in a portable version that can be run from a flash drive. The only downside of IDrive noted by Gizmo was IDrive's relatively low limit of online storage, currently capped at 5 GB.

Gizmo had a three-way tie (four star rating out of five for each) for its other recommended free products, Google Drive, Microsoft's OneDrive (formerly called SkyDrive), and Spideroak. Google Drive (drive.google.com) is both a web service and a stand-alone program that offers 15 GB of storage, ease of in-

stallation, and automatically synchronizes files between the connected devices (Windows, Mac, iOS, and Android devices). According to Gizmo, Google Drive offers "No file security". Microsoft's OneDrive (formerly SkyDrive) also combines a web service with a stand-alone program that offers a variable amount of storage (onedrive.live.com); earlier subscribers have 25 GB of storage, while new subscribers will only receive 7 GB of storage, with the opportunity to earn up to 100 GB of free storage on an annual basis, which Microsoft calls "a \$50 value". OneDrive users can get this free additional storage by signing up for Microsoft's free "Bing Rewards" program (bing.com/explore/rewards), and earning 100 points by searching the web with Microsoft's Bing search engine. Bing Reward Points can also be redeemed for gift cards, or donated to charity. Gizmo had one concern with OneDrive similar to the concern with Google Drive; that was (according to Gizmo) "No Security". Gizmo's last recommended free online storage service is Spideroak (spideroak.com) which had all of the recommended features, including "Pre and Post File Encryption <sic>", but was criticized for its very limited 2 GB of free storage. Not stated by Gizmo, Spideroak offers an additional GB of storage for each friend referred to Spideroak who signs up, up to 10 GB of additional storage, for a total limit of 12 GB.

The About.com listing of "12 Free Online Backup Plans" (pcsupport.about.com/od/software-tools/tp/free-

stallation, and automatically synchronizes files between the connected devices (Windows, Mac, iOS, and Android devices). According to Gizmo, Google Drive offers "No file security". Microsoft's OneDrive (formerly SkyDrive) also combines a web service with a stand-alone program that offers a variable amount of storage (onedrive.live.com); earlier subscribers have 25 GB of storage, while new subscribers will only receive 7 GB of storage, with the opportunity to earn up to 100 GB of free storage on an annual basis, which Microsoft calls "a \$50 value". OneDrive users can get this free additional storage by signing up for Microsoft's free "Bing Rewards" program (bing.com/explore/rewards), and earning 100 points by searching the web with Microsoft's Bing search engine. Bing Reward Points can also be redeemed for gift cards, or donated to charity. Gizmo had one concern with OneDrive similar to the concern with Google Drive; that was (according to Gizmo) "No Security". Gizmo's last recommended free online storage service is Spideroak (spideroak.com) which had all of the recommended features, including "Pre and Post File Encryption <sic>", but was criticized for its very limited 2 GB of free storage. Not stated by Gizmo, Spideroak offers an additional GB of storage for each friend referred to Spideroak who signs up, up to 10 GB of additional storage, for a total limit of 12 GB.

online-backup.htm), generally included a lesser known listing of "truly free" online backup services, ranked in order of available storage space. This listing ranged from a top-rated 10 GB of storage space from Symform (symform.com), to as little as 2 GB of storage from each of the six lowest rated services. Second on the About.com rankings is Cyphertite Basic (cyphertite.com/plans.php) which offers 8 GB of storage, followed by MiMedia Free (online.mimedia.com/www/v1/signup/free) with 7 GB, IDrive (idrive.com) at 5 GB, and Jottacloud Free (jottacloud.com/products), a Norwegian based service that offers 5 GB of free storage. The remaining About.com recommendations all offered either 3 GB or 2 GB of free storage.

One factor often overlooked by users of both the free and paid online backup services is the limiting speed factor of their broadband internet connections. Most local broadband users were "sold" by their internet providers on a possible top download speed, which published reports have indicated is often greatly overstated. Many users that I have spoken with were unaware that the advertised maximum speed of their internet connection is the download speed, but that the upload speed is typically only one-half to one-quarter of the download speed, meaning that it will take two to four times longer to upload a file than it does to download the same size file. In one specific case that I heard firsthand, the user subscribed to one of the very good quality, highly advertised, paid cloud based storage services with enough capacity to backup all of the data on his hard drive. Running 24/7, it took him several days to upload his entire backup to the remote service; while uploading, his internet download had slowed to a crawl, making it a slow process to open web pages and access his email. If he had backed up his system to a modern USB external hard drive, it might have only taken a few hours to back up the same amount of data, a clear indication of the great difference of speed between the competing methods.

A few weeks later, that same user called me angry with his broadband internet provider; he had a large fee added to his internet bill for "overage", as he went far beyond his "metered" limits of service included in his normal monthly data allocation by sending the massive amount of data to the remote server. Some internet service providers "throttle back" the internet speed, slowing it significantly, if too much data is transferred, not just making online backups, but also including streaming media such as Netflix and Hulu.

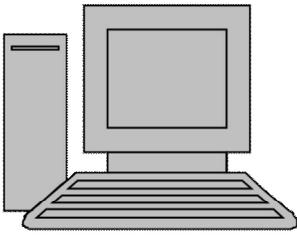
Prior to using any of the remote "cloud" backup services, free or paid, for anything more than occasionally backing up small numbers of files, it would be most worthwhile to check with your internet service provider (ISP) and determine if there are any caps on monthly data, or "throttling back" of speed if large amounts of data are sent or received. I also recommend that users determine their actual upload and download speeds using a free utility, such as Ookla's free SpeedTest, at speedtest.net. Not just can the user accurately determine his real internet performance and compare it to what was the advertised speed (it will almost always be lower than advertised), but he can also estimate data upload and download times using simple arithmetic by dividing the amount of data by the appropriate speed, as determined during the speed test. Often the user will find that the convenience of a remote cloud backup for anything greater than a few very critical files, is more than offset by the time and potential cost of the backup.

While I personally use Google Drive and OneDrive for remote storage of critical data files, zipping (compressing) sensitive personal data in password protected zip files to offset any "prying eyes", I still maintain continuous backups on a pair of USB external hard drives as my primary, comprehensive backup. I did the simple arithmetic, and with my current internet connection, it is not practical to do comprehensive backups to a "cloud" backup server. If you are considering remote backup services, I strongly recommend that you do the arithmetic yourself to determine if comprehensive remote backup is appropriate for you.

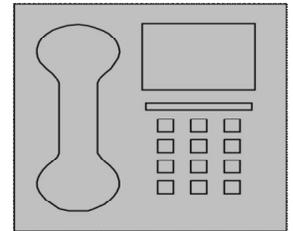
Have a Blast!

**SIGN UP FOR WEEKLY
EMAIL!**

All meetings and speakers are subject to change, and late alterations are always possible. To keep completely on top of events, log on to CFCS.org and subscribe to our weekly e-mail update, the E-Blast!



HelpLine



HelpLine is a **free** service to members of CFCS only. The following volunteers have offered to field questions by **phone or via e-mail** with software and hardware problems listed below. Please be considerate of the volunteer you are calling.

As a **free** service, you should not be asked to pay for help or be solicited for products or services. If anything to the contrary occurs, please contact the HelpLine coordinator immediately. Their names will be removed from the list.

Additional volunteers are needed in some existing categories and for new categories. If you are interested, please contact the **HelpLine** coordinator at e-mail: helpline@cfcs.org

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KLarrabee@cfl.rr.com

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Stan Wallner 407-862-2669 5 pm-7 pm
smwallner@yahoo.com

Kris Hestad 321-459-2755
kris.hestad@surfdogs.com

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Stan Wallner 407-862-2669 5 pm-7 pm
smwallner@yahoo.com

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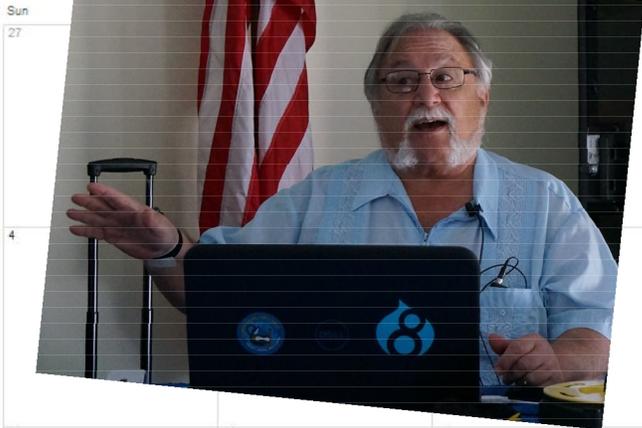
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	Apr 1	2	3	4	5

April



20	21	22
General Meeting Orlando Day Nursery Windows SIG 12:30p Win SIG 2p General Mtg	1505 E. Colonial 7p iPhone SIG	800 E. Altamonte Dr. World Gourmet 7p Tech-SIG



Sun	Wed	Thu	Fri	Sat
27	30	May 1	2	3

May

11	12
501 South Maitland Ave. General Meeting Maitland Public Library 1:30p Win SIG 2:30p General Mtg	

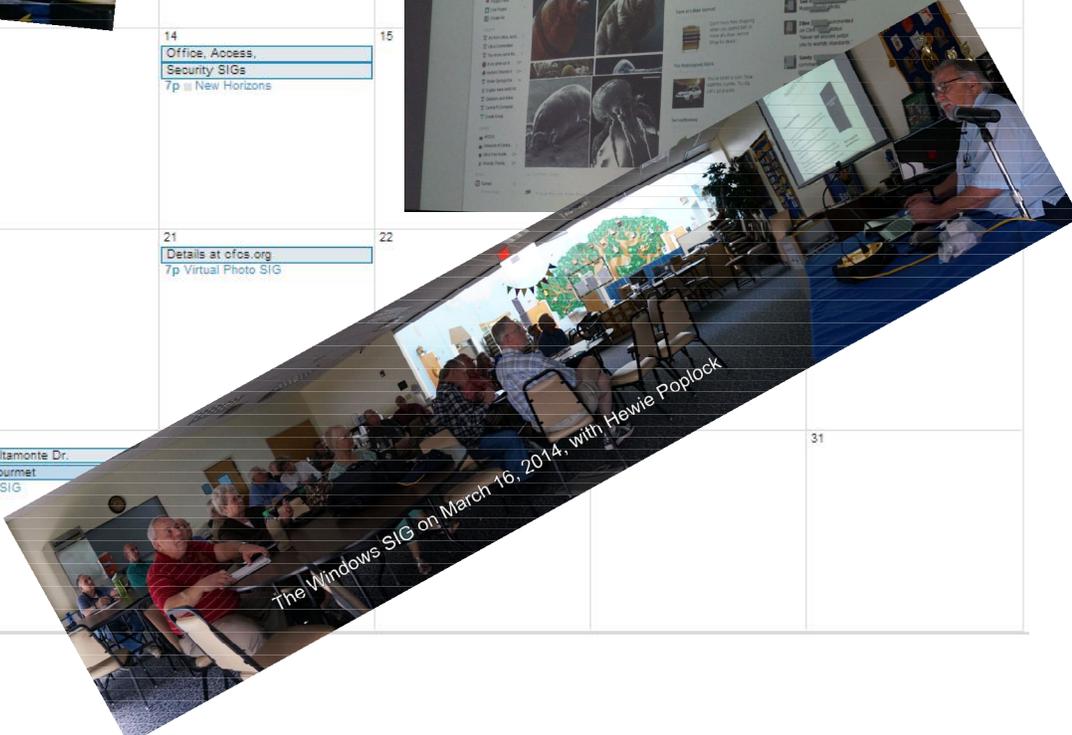
7	14
501 South Maitland Ave. Maitland Public Library 7p BoD meeting	Office, Access, Security SIGs 7p New Horizons



18	19
	1505 E. Colonial FI United Safety Council 7p iPhone SIG

21
Details at cfcs.org 7p Virtual Photo SIG

25	26	27
		800 E. Altamonte Dr. World Gourmet 7p Tech-SIG



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CFCS Meeting Place for January through April of 2014

