



THE BUSSLINE

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

Vol. 114 No. 5

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

May 2014

Why Android is a Winner

Sunday, May 11: Do you own an Android phone or know someone who does? Well you are in luck, because on Sunday, May 11, at 2:45 pm at the Central Florida Computer Society Meeting, you will have a golden opportunity to find out everything you always wanted to know about Android and were too overwhelmed by iWorshippers to ask. Derek Walker, a T mobile manager at Altamonte Mall, will speak on the subject of Android Phones at our May



Derek Walker

meeting. The Samsung Galaxy S5 is the latest, hottest Android, and the Samsung area rep will accompany him to show off the new phone, along with highlights of other Samsung products. Derek will also show a Power-Point presentation of other Android phones and products from many brands, with plenty of tips, tricks, app recommendations, and best practices. Derek is a knowledgeable, articulate speaker. Even iWorshippers should find plenty to intrigue them, as they bristle in their subconscious that Apple had every idea first (Apple Legend has it that Eve gave an Apple to Adam as an anniversary present.) But SIRIously, it should be an interesting and informative meeting.

Some stats gleaned from a Time.inc year old article:

Android sells more phones world wide, but not in the U.S. Apple makes a profit more that twice as large as Samsung, the biggest Android provider. The number of apps available for each platform is about the same [This was news to me. Ed.] but IOS users pay more for their apps, and for their phones, although the top-of-the-line Samsungs are similar in price to iPhones.

(Continued on page 2)

May 11: New Meeting Place, Date, and Time!

Due to the change of our monthly meeting to a new place, Maitland Library, the CFCS Board of Directors has decided to change the WEEK of each month's meeting to the SECOND SUNDAY OF EACH MONTH. This is necessary because the third Sunday, our traditional meeting date, was not available. Once you attend a meeting and experience the atmosphere and appointments of our new venue, you will be happy we made the choice. The Board sincerely hopes everyone can make the adjustment with ease.

Also, since the library does not open until 1 pm, **our meeting will begin at 1:15 (WinSIG) and end by 5**, to give us time to straighten up before the library's 5:30 closing.

The Maitland Library is located at 501 South Maitland Ave., Maitland, FL. www.maitlandpl.org. For details and maps, consult our website at cfc.org, or [see page 24](#).

The Inside Stories:

2. Special Interest Groups
4. **NEW!** Recycle Bin; Musings by Stan is on page 11
- 4,5. CFCS Details, phone numbers, Member Renewal
11. Sneaky Web Ads on My Fitness Pal et al.
12. President's Desk
13. Obamacare Website from Programmer's Perspective
15. Hewie's Views and reviews
19. Save Money on Prescription Costs

Earlier on the same day of each presentation, the **WINDOWS Special Interest Group (SIG) meeting is held**. The **WinSIG** now meets at 1:15 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 a little more than an hour before the CFCS General Meeting.

If you use or plan to use Windows, these discussions, demonstrations, and Q&A sessions will 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.

Here is what Hewie talked about last month:

Meeting Notes 2014-04-20 WinSIG

Submitted by Hewie Poplock on Sun, 2014-04-20 08:51
Here are the links of the month. We attempt to cover all of the sites, but you have the links, even if we don't get to them. Additional links are added after the meeting, should they be discussed.
Published on *Hewie's Views and Reviews* (<http://hewie.net>)

TIPS

- Cannot click desktop icons...have to right click on taskbar and click - Microsoft Community http://answers.microsoft.com/en-us/windows/forum/windows_7-desktop/canno... [1]
 - Windows 8.1 Tip: Exit and Restart Explorer <http://www.groovypost.com/howto/windows-8-1-exit-restart-explorer/> [2]
 - Windows XP survival guide: How to upgrade (or not) <http://www.pcworld.com/article/2140212/windows-xp-survival-guide-how-to-...> [3]
 - The Windows XP upgrade question: Windows 7 or Windows 8? www.pcworld.com/article/2139286/the-windows-xp-upgrade-question-windows-... [4]
 - 8 Geeky Ways To Customize Windows To Your Needs <http://www.makeuseof.com/tag/8-geeky-ways-customize-windows-needs/> [5]
- ### WINDOWS 8.1 UPDATE
- Windows 8.1 Update Is Here! What It Is & How To Get It Now <http://www.makeuseof.com/tag/windows-8-1-update-get-now/> [6]
 - Microsoft confirms it's dropping Windows 8.1 support <http://www.infoworld.com/t/microsoft-windows/microsoft-confirms-its-drop-...> [7]
 - Windows 8.1 Update 1 Features: What's New? <http://www.trustedreviews.com/opinions/windows-8-1-update-1-features-a-c...> [8]
 - A Closer Look At Windows 8.1 Update 1 <http://techcrunch.com/2014/04/02/a-closer-look-at-windows-8-1-update-1/> [9]

techcrunch.com/2014/04/02/a-closer-look-at-windows-8-1-update-1/ [9]

- Hands-on: Windows 8.1 Update helps solve mouse and keyboard woes <http://www.pcworld.com/article/2138601/hands-on-windows-8-1-update-helps...> [10]
 - Windows 8.1 update aims to win over mouse-and-keyboard users, arrives April 8th as an automatic download <http://www.engadget.com/2014/04/02/windows-8-1-update/> [11]
 - Windows 8.1 Update User Readiness Toolkit <http://www.microsoft.com/en-us/download/details.aspx?id=42255> [12]
 - How to Switch Windows 8.1 to a Local Account <http://www.groovypost.com/howto/switch-windows-8-1-local-account/> [13]
- ### HEARTBLEED BUG
- What you need to do about Heartbleed http://www.computerworld.com/s/article/print/9247583/What_you_need_to_do... [14]
 - Video: A beginner's guide to Heartbleed <http://www.infoworld.com/t/security/video-beginners-guide-heartbleed-240363> [15]
 - Heartbleed: What you should know <http://www.washingtonpost.com/news/morning-mix/wp/2014/04/09/heartbleed-...> [16]
 - Heartbleed SSL Encryption Vulnerability Requires Quick Attention <http://www.eweek.com/print/security/heartbleed-ssl-encryption-vulnerabil...> [17]
 - Heartbleed Bug: What Can You Do? — Krebs on Security <http://krebsonsecurity.com/2014/04/heartbleed-bug-what-can-you-do/> [18]
 - Heartbleed Bug Found in Cisco Routers, Juniper Gear <http://online.wsj.com/news/articles/SB1000142405270230387360457949396384...> [19]
 - Up to 50 million Android devices could be vulnerable to Heartbleed attack. Here's how to check yours <http://grahamcluley.com/2014/04/heartbleed-android/> [20]
 - Heartbleed bug: Check which sites have been patched <http://www.cnet.com/how-to/which-sites-have-patched-the-heartbleed-bug/> [21]
 - Check a site for the 'Heartbleed' bug <http://www.komando.com/blog/247493/check-a-site-for-the-heartbleed-bug> [22]
 - The Heartbleed Hit List: The Passwords You Need to Change Right Now <http://mashable.com/2014/04/09/heartbleed-bug-websites-affected/> [23]
 - LastPass Hosts Heartbleed Bug Checker <http://finance.yahoo.com/news/lastpass-hosts-heartbleed-bug-checker-2353...> [24]

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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 brain-

FYI: This SIG has been merged with the Tech-SIG mailing list, and will be discontinued as a separate mailing; so if you wish to continue to receive notifications of all the HOT tech items for sale, and are not on the Tech-SIG list, email Stan at tech-sig@cfcs.org

child 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



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

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

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](http://www.cfcs.org) and the Florida Macintosh Users Group [http:// www.flmug.com](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,
Vice President, 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, and Troubleshooting both hardware & software, at reasonable rates (with discounts for CFCS members!). You can reach him at smwallner@gmail.com or by phone at 407-862-2669.

This is a MOST important issue regarding our environment, and can't be over-emphasized! It is an area that is changing frequently. It will be on the CFCS Website if it is not in the BUSSLINE. It will be here when there are changes, so please do read carefully.

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.

So, here are the places I suggest you consider for the various types of items listed, which I have sorted into two categories

:

Category "A" - Primarily For Monitors, Printers, Scanners that still work, and PC's that work or are repairable, with exceptions as noted:

1) **Missionary Computer Fellowship; MCF**

We'd been told last year that they were shutting down, but they didn't. They are still rebuilding PC's, sending over 40,000 overseas over the years, and also providing them to local people in need:

"What we need:

- Volunteers to work on computers. No experience needed - we will train you!
- Pentium IV computers or faster. They don't have to work. We can fix them.

(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.

Newsletter: The CFCS Newsletter © 2008 is the official newsletter of the Central Florida Computer Society, Inc. It is published every month by CFCS for the purpose of keeping members and others informed of computer-related news and activities of the Society. Circulation: 25,000.

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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Interested in making a difference?
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

Board of Directors

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 Proofreader: CFCS BoD

CFCS Newsletter Advertising

Advertising deadline: the first day of month of issue. Electronic copy is

All ad copy and correspondence should be sent by email to: advertis-

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




www.apcug.net

- Monitors less than 10 years old, especially flat screens. They need to work. We don't fix monitors.
- Currently working printers and scanners.
- Any Windows operating systems from Windows XP to Windows 8.
- Mice, keyboards and speakers and video, network and sound cards.
- Hard Drives greater than 40 GB (We will **SE-CURELY CLEAN** all HDs)
- CD/RW and DVD/RW Drives
- Memory DDR2 & 3, 256 MB or above
- Microsoft Office software
- Cash (any denomination!)

How can we help you?:

Are you a missionary or involved in a mission? Are you a church group or a non-profit? Could you use a computer system or repair of an existing computer system?

If so, please call (407-422-9265) or email us (info@mcf-ori.org). Donations can be brought directly to us at 725 West Central Boulevard, Orlando, Florida 32805, on Tuesday or Thursday (9 a.m. - 4 p.m.). This is west of I-4, near North Parramore Ave and West Washington Street.

2) Southeastern Data, NOW AT:

111 Highline Drive, Longwood, FL,
(Off Rt. 434 a bit West of Rangeline),
Phone 407-971-4654.

They've been very helpful in allowing CFCS members to drop off most recyclables with no service charge for quite some time; which is greatly appreciated! They offer free recycling with the exception of monitors and terminals with CRTs which are \$10.00 each. TVs with CRT's need to be evaluated, but most are \$0.60/lb. Displays with LCD/LED screens are accepted at no charge. You can come by anytime, but a heads up call would be appreciated for large loads.

SEData is also a great place to pick up parts, accessories,

and Refurbished PC's! They accept trade-ins against purchases and they will even outright purchase your components. Their hours are 8:00 am til 5:00 pm, Monday thru Friday. They are ISO 9001:2008 and ISO 14001:2004 certified and offer shredding of hard drives, tapes, optical drives ... **(AT ONLY \$3.00 each!)**.

3) Orlando Recycles, Inc.

They are located at 5014 Forsyth Commerce Road, #4, Orlando, FL, 32807, just off Forsyth, about 1/2 mile east of 436 and south of Colonial. They are a viable place to recycle, and there is no charge to you for items like CRT's, TV's.

Their hours are from 9:30 to 5:30, Mon. through Fri.. You do not need to call them. You can take things on your own - just go there. No need to say you are involved with CFCS; just leave your items with them if they are open. AND, you can even go when they are closed - they have an outdoor Drop Box there, always open and available! Since they do also accept both items that DO and DO NOT work, they also fit in both Category "A" AND "B!!"

4) Goodwill. They have recently changed their policy, and WILL now accept WORKING Monitors including CRT's if not too old, Printers, Scanners, PC's, DVD, CD or Hard Drives at all of their locations, including the manned Trucks around town.

5) Salvation Army. They also accept WORKING Monitors including CRT's if not too old, Printers, Scanners, PC's, DVD, CD and/or Hard Drives at all of their locations. They do not sell them in their stores, but Auction them off at their W. Colonial location, every Mon, Wed, and Fri, at 9:00 am, along with other various items that either did not sell or are damaged.

6) Vietnam Vets. They also accept WORKING Monitors including CRT's if not too old, Printers, Scanners, PC's, DVD, CD and/or Hard Drives at all of their locations. They do sell them in their stores.

Category "B" - Scrap Only - For Monitors, Printers, Scanners that DON'T work, PC's that are too old, and/or NOT repairable, etc.

1) A1 Assets (www.a1assets.com) is the parent company of Refresh Computers. Their address is 1100 Charles Street, Longwood, FL 32750. They have both drop-off and pickup services available. If there is a large

quantity, they can pick up for you, but there may be a fee, depending upon the quantity and quality of the items. Most items are free of charge to drop off. The only exceptions are CRT Monitors and TV's at \$3.00 per item under 21 inch. Larger TVs and monitors could be as much as \$10 each.

An appointment for drop off at Charles Street is not needed, but is not a bad idea if dropping off a large quantity of items. The Phone number is: 407-339-7030.

If you only have a small quantity of items (1 to 4 items) you may drop them off at any of the 3 Refresh Computer Stores. See their web site at <http://refreshcomputers.net/>. for locations. No appointment/phone call is needed for these small drop offs.

2) Best Buy Stores - NEW INFO!

ALL local stores; no need to contact them first. All items above; all at NO CHARGE, limited to three items per visit. **There are no longer ANY exceptions for CRT Monitors or TV's.** There no longer is any maximum size, or fee! Go to www.bestbuy.com/recycling for more info.

3) Recycling Directory: <http://earth911.com/>

This is a directory containing information for recycling over 240 different products that are free for consumers. There are over 127,000 locations and programs that people can search to find local recycling and disposal resources. Thanks to Mike Ungerman and Hewie Poplock for sending this to me - includes County places, and for example - Staples, many others, by ZIP. It is thorough! (However, what is not mentioned on this site, for example, is that Staples just mentioned CHARGES \$10 EACH for any PC, Printer, CRT or LCD, even Hard Drive! Only small items, such as mice and key-boards are free. So I would say 'caveat emptor' applies! Call or go first, as I did!

(4) Seminole County Residential Electronics Recycling; <http://www.seminolecountyfl.gov/envsrvs/solidwaste/electronics.aspx>

The Seminole County Solid Waste Management Division accepts e-scrap at the Central Transfer Station's Household Hazardous Waste Drop-Off Facility. The e-scrap is accepted during regular working hours. Monday - Saturday, 7:30am - 5:30pm, (except certain holidays)
1950 State Road 419; Longwood, Florida 32750

The electronics recycling program is available for all

residents of Seminole County for e-scrap generated in your home. This service is FREE OF CHARGE for residential households. Contact Seminole County's Solid Waste Management Division Customer Service Team at 407-665-2260 for more information.

We will be adding to this list. There are additional places, and we want as many listed here as possible for our members' convenience! If you have suggestions or comments, send an email to vicepresident@cfcs.org.
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Those Web Ads are Getting Sneakier

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

You are all familiar, for sure, with the insidious web advertisements which seem to follow us around everywhere. Using tracking cookies and other devious tricks, they try to tempt you with something they suspect you are already interested in, and that's how websites can afford to remain free. I have no problem with that. Free is good, and a few ads are bearable. Spotify is still not as intrusive as the radio used to be, even with its ads.

Last month the CFCS BUSSLINE included a story by yours truly about a website called myfitnesspal.com, a popular site for achieving weight loss. A few days after releasing the newsletter to the membership, a regular monthly Tech-SIG meeting took place.

The modus operandi at Tech-SIG is for each attendee to speak for a few minutes about their new tech find, whether it be show-and-tell about a new piece of hardware, a description of a problem they've been having, or a new website, program, or discovery they have stumbled upon.

When it came Ted Goodwin's turn to speak, he brought up, among other things, the My Fitness Pal article, and shocked everybody by trying to challenge anyone who

was overweight in the group to start dieting. There followed a short, nervous bit of laughter, and some discussion of the article, and especially a question about the illustration of an exercise page showing a banana on one side, with a caption below, “5 foods to never eat”. The question, put to me, was “What’s wrong with bananas,” obviously implying that they were supposed to be good for you. I was taken aback by the question, and muttered something about how they do contain as much as 200 calories, and guessed that perhaps corn was one of the other five. As usual for Tech-SIG, the conversation went on to something else and I forgot all about it.

But I remembered while driving home that I had actually clicked on the link below the

banana a week or so before and had been taken to an external link, which went on and on like one of those TV infomercials which try to sell you the latest exercise program. I listened for a few minutes, but they never got to the “five foods,” so I x’d out of it, not thinking about it again, even when I later grabbed the screen shot for the article. So it was nothing more than a targeted ad using Myfitnesspal.com to lure people to their for profit sales pitch. Caveat emptor!

There are a number of legitimate websites which list 5 foods never to eat. One of them is Cosmopolitan, which lists them as 1. white bread, 2. fried food, 3. creamy salad dressing, 4. white rice, and 5. white sugar.

Another recent experience I had with sneaky ads was on Facebook. I have the usual account for the purpose of keeping up with far-flung grandkids, nieces, nephews, former students, etc in Michigan, Wisconsin, Switzerland, Wyoming, South Africa, etc. Some of my friends here in Florida are also FB Friends. A few weeks ago, I noticed a post featuring George Carlin which quoted him as complaining about government schools not car-

ing about real education, and only educating a kind of robot:

It sounded strange to me. I used to listen to Carlin a lot,

Your Exercise Diary for: Wednesday, April 9, 2014

Cardiovascular

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

Strength Training

	Sets	Reps/Set	Weight/Set

Today's Exercise Notes Edit Note

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

Exercise Page

5 Foods to never eat:
Cut down a bit of stomach fat every day by never eating these 5 foods.

▶ Never eat

saw him in person a few times, and something sounded fishy about what he was saying in the quote. I was even upset at one concert because he only repeated what he had said in his last album, which I owned. So I knew what his attitudes were toward a lot of subjects. I also could not ascertain who had posted the graphic, nor was there a place to comment on it. Even the posting seemed fishy.

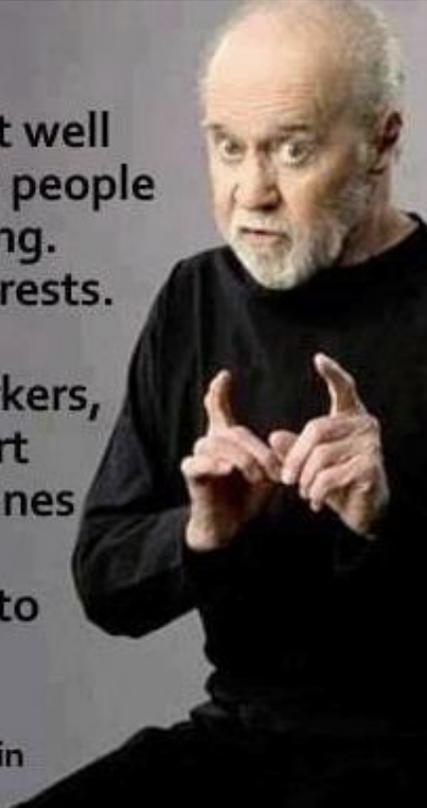
Then someone sent me an email which cleared the whole thing up. It seems a conservative think tank called the Heartland Institute posted an altered quote over Carlin’s photo which distorts something he did say into supporting an anti public education agenda the Heartland Group supports. The problem is some right leaning facebookers are copying it and sending it to friends who then “like” it and the distortion survives in the best Dr. Goebbels tradition.

Here is what George Carlin actually said. Since this newsletter is read by younger members of CFCS UG, I had to bleep out a few words:

Governments don't want well informed, well educated people capable of critical thinking. That is against their interests.

They want obedient workers, people who are just smart enough to run the machines and do the paperwork. And just dumb enough to passively accept it.

~ George Carlin



They don't want well-informed, well-educated people capable of critical thinking. They're not interested in that. That doesn't help them. That's against their interests. They don't want people who are smart enough to sit around the kitchen table and figure out how badly they're getting f - - ed by a system that threw them overboard 30 f - - - ing years ago.

"You know what they want? Obedient workers,- people who are just smart enough to run the machines and do the paperwork but just dumb enough to passively accept all these increasingly s - - tier jobs with the lower pay, the longer hours, reduced benefits, the end of overtime and the vanishing pension that disappears the minute you go to

"There's a reason education sucks, it's the same reason that it will never, ever, ever be fixed. It's never going to get any better, don't look for it, be happy with what you got. Because **the owners of this country don't want that. I'm talking about the real owners, now. The real owners, the big wealthy business interests that control things and make all the important decisions.** Forget the politicians, they're an irrelevancy. The politicians are put there to give you the idea that you have freedom of choice. You don't. You have no choice. You have owners. They own you. They own everything. They own all the important land. They own and control the corporations. They've long since bought and paid for the Senate, the Congress, the statehouses, the city halls. They've got the judges in their back pockets. And they own all the big media companies, so that they control just about all of the news and information you hear. They've got you by the b----s. They spend billions of dollars every year lobbying,- lobbying to get what they want. Well, we know what they want; they want more for themselves and less for everybody else.

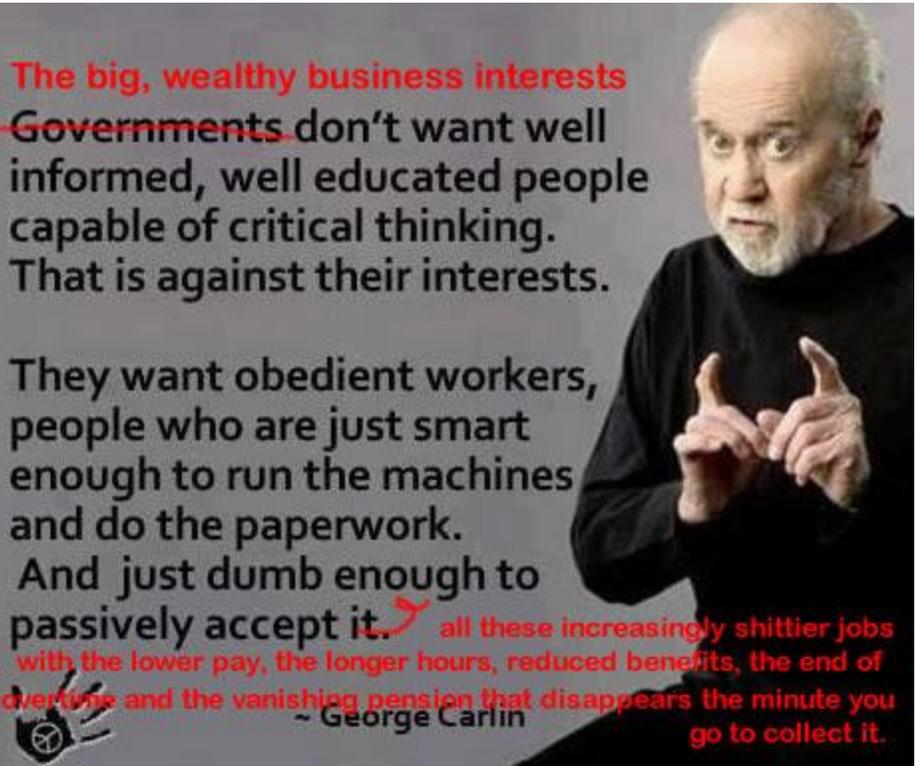
"But I'll tell you what they don't want. They don't want a population of citizens capable of critical thinking.

The big, wealthy business interests
~~Governments don't want well informed, well educated people capable of critical thinking. That is against their interests.~~

They want obedient workers, people who are just smart enough to run the machines and do the paperwork. And just dumb enough to passively accept it.

all these increasingly shittier jobs with the lower pay, the longer hours, reduced benefits, the end of overtime and the vanishing pension that disappears the minute you go to collect it.

~ George Carlin



<http://www.dailykos.com/story/2014/04/26/1294819/-George-Carlin-Quote-Bastardized-on-Facebook-by-Heartland-Institute>

collect it. And, now, they're coming for your Social Security. They want your f - - - ing retirement money. They want it back, so they can give it to their criminal friends on Wall Street. And you know something? They'll get it. They'll get it all, sooner or later, because

they own this f - - ing place. It's a big club, and you ain't in it. You and I are not in the big club. This country is finished."

Here's a link to his original video:

https://www.youtube.com/watch?v=P_Zqbg6QThg

Do the passages the Heartland Institute lifted out of context convey the real gist of what Carlin was saying? No, the ad is a distortion to advance an agenda he would certainly have been against. Not that more liberal leaning aficionados don't do the same thing. I know that I have seen those also. I looked for one for this article, but could not readily find it, so if you have a one, please email me at: editor@cfcs.org

Veritas vos liberabit (The truth will set (keep?) you free) Hopefully.



N.B. Each ad has disappeared from both MyFitnessPal and Facebook.

Left: The

exercise sales pitch with the famous banana.

Paid Apps for Free or Deeply Discounted Now Readily Available

by Ira Wilsker

WEBSITES:

<http://hungryforapps.com>

<http://appgratis.com>

Several months ago I wrote about some of the online services that make available to users a "daily deal" of commercial PC and MAC software either for free or deeply discounted. This fully functional commercial software is legally licensed and legitimate, not pirated, and made available for a very limited time for free (or deeply discounted). Two of the websites that I monitor on a daily basis as a source of free or discounted commercial PC software are SharewareOnSale.com and Giveaway-oftheday.com. Recently, SharewareOnSale.com has offered for very brief periods of time, name brand software from Norton, BitDefender, IObit, and other well known software publishers. These are legal, full versions of commercial software, made available in the hope that users will later pay for annual renewals or upgrades. Several of the publishers offered a free one year license of their products, with the option of buying multiyear or lifetime licenses at deep discounts, often exceeding an 80% discount from the retail price. This has proven to be an effective way of improving market share in a highly competitive industry while giving users a reasonable opportunity to use commercial software instead of the "freeware" alternatives.

The deals offered by some of these websites have proven so popular that it was only a matter of time until additional categories of commercial software became available. Recently, Ashraf, the publisher of the very popular SharewareOnSale.com website that has become an industry leader in making available these super deals on commercial PC and MAC software, introduced a companion software site that offers similar deals on apps for Android, iOS devices (iPad and iPhone), MAC powered devices, and Windows powered smart devices. This new

website is HungryForApps.com.

Updated at least daily, HungryForApps.com is currently offering (as I type this) almost 250 normally paid (commercial) apps either for free or at a significant discount from the "app store" prices. Almost all of the apps listed are downloaded and installed directly from the authorized app stores, such as Google's Play Store, or iTunes, which provides a degree of safety and security not available from third party or illicit pirate download websites.

On the HungryForApps.com website, each app is initially displayed as an icon, about 50 per page, with the descriptive app name, the normal selling price, and the discounted rate. If the item is displayed with the statement "100% Discount", the descriptive word "Free" will always be the first word in the description. Just above and to the right of each descriptive app icon is a smaller icon that denotes the operating system for that particular app. It is very easy for users to visually determine which operating system is required for each displayed app; a small blue icon with a circled capital "A" indicates that the listed app is for iOS devices, and that the app can be downloaded directly by clicking on the icon, and receiving the app directly from the official Apple App Store; a small green robot, the trademark for Android, indicates that the app is for Android smart device.

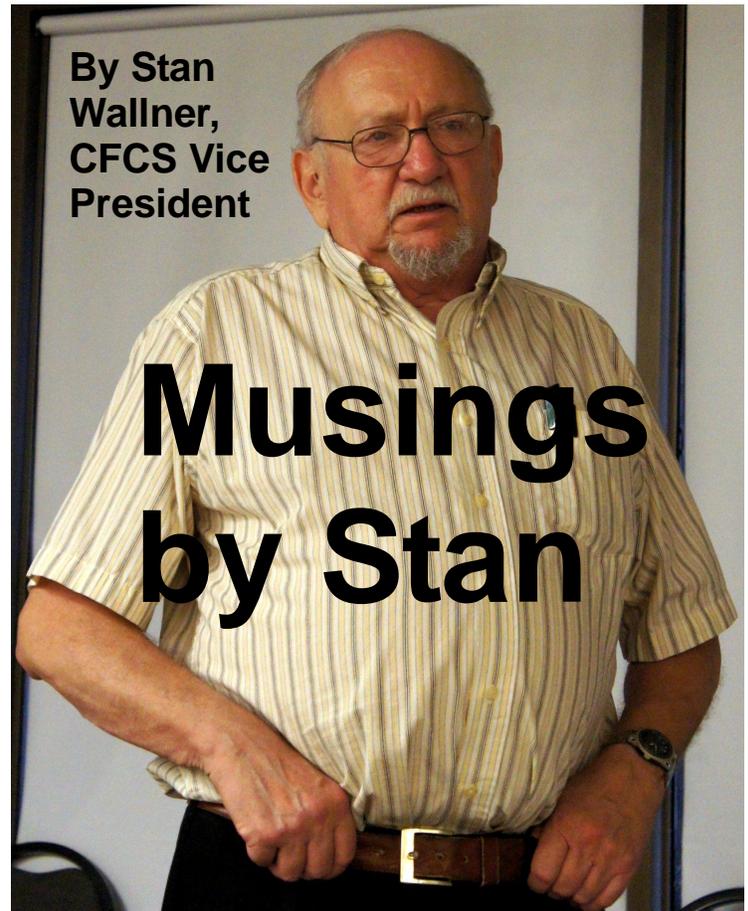
HungryForApps.com and AppGratis, almost any smart device user will almost certainly find some occasional

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!

super deals, usually free, that will enhance the enjoyment and functionality of his device. As far as apps are concerned, both of these services are a daily top priority for me.



A) Shredding Event - "Feedback!!" Marvelous - You DO need to plan to go Next Year!

I sent an email to the TechSIG and the iSIG on Wed., 4/23; condensed as follows: "8TH Annual Free Shred Event - Limit 8 Boxes PER PERSON!!! And, A FREE LUNCH!!! Friday, 4/25/14 10:00 AM - 2:00 PM; Commerce National Bank & Trust 1201 South Orlando Ave (Corner of 17-92 & Orange Ave.)

My wife and I spent Thursday and Fri AM getting as much together as we could; so glad that we did! We managed to get about 5 Publix bags full (equal to 'boxes') and were amazed at how easy it was - not the filling of the bags, but once we got there - we drove through near the shredding truck at around noon, only two cars ahead of us; they unloaded our trunk, we parked and had lunch! AND, what a lunch! They had a CharBroil fired up - 1/3 lb burgers custom cooked - Rare, sure; Well-Done, sure; Cheese; sure; Hotdogs; Sure! Inside - Potato Salad, Slaw, Onions - all the 'fixins' - as good as I've

in a long time! And even a little "Swag" - pens, flash-lights, etc.

They will call me in advance for next year; if you are on either the TechSIG or iSIG Group mailings, or get the BUSSLINE, I'll let you know with more notice then!

B) Seminole County Library - BREAKING NEWS - NOW At ALL branches; - **TWO New Services** (DO Require Sem Cty Library Card # AND Pin #.- Not sure if also available at Orange County or if reciprocal for them. No time to check; if anyone finds out or knows of similar services, please advise!)

1) **DVD Movies Available!** Can take out for ONE Week, not renewable; A lot of Family and Kids, some Drama, SciFi, Western ... Check it out at:

www.seminolecountyfl.gov/libraries

2) **Hoopla** - for PC/Mac/Apple/Android - NEW - Stream Movies, TV Shows, Full Length Albums, AudioBooks! Up to 10 titles per Month. NO Waiting Lists;

For Computer's, <https://hoopladigital.com/register> You will need a Web connection the entire time to watch.

For Mobile Devices, go to Apple App or Google Play Store to download the Free Hoopla Digital App. You WILL be able to download and watch off-line till the end of your checkout period. No fines - just expires at that time! (Note - Not Compatible at this time w/ Kindle Fire, XBox 360, Roku, PS3 or Chromecast. They are working on more devices - check back for updates!)

For Either of above - Select "Seminole County Public Library," "Sign Up" and create an account with your Library Card # and PIN

Type in your email address and create a Password. Then, just follow the info to procede.

C) BING - Competing with Google Maps?? - **BREAKING NEWS:**

I was on the phone with Bob Black, our esteemed BUSSLINE Editor, at about 7 PM, Tuesday evening, asking whether or not I still had time to get the above items into the May issue. I had just arrived home after a hectic day, and was in my driveway, getting some stuff out of my car, and looked up to see a small SUV drive by. It had a 4-5 foot pole on the roof; on top of that was a white box, maybe a cubic foot, with 4 inch obviously

camera lenses on each side; it was going maybe 10 miles an hour, and had magnet signs on each front door - they just said **BING.COM!**

I ran to the curb, and waved as it went by! it was obvious to me what this was: mapping a la Google Maps!. Bob said "get a picture" but I was not fast enough.

I did try to chase it down, to no success. If and when BING puts this on line, I will send a link to see if I am actually **in the picture!** GRIN

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, and Troubleshooting both hardware & software, at reasonable rates (with discounts for CFCS members!). You can reach him at smwallner@gmail.com or by phone at 407-862-2669.



See you at the New Meeting Location, Maitland Library on Sunday May 11th at 2:45pm.

Our new meeting room is great.

Forrest Cheek has given them the floor plan for the way we prefer the meeting room, and they will set it up for us.

The room already has all the equipment Hewie needs.

Our speaker on Sunday is going to talk about Smart-Phones.

See you there.

Jack Pearson

P.S. Hewie starts at 1:15 (new time)

The Affordable Care Website from a Programmer's Perspective

Sandy Berger, Compu-KISS
www.compukiss.com
sandy@compukiss.com

We have heard the word “glitch” over and over again in reference to the government’s new health care website, Healthcare.gov. As a person who has personally coded thousands of lines of code and run several websites, I can assure you that what we are seeing with this website is not a bunch of small glitches. It is as fundamental failure. Read on for my take on it all.

How did we get here? First of all, with any web project, especially one as large as this, clarity of purpose is essential. The first thing you do in such a project is to decide definitive objectives and plot out a program of how to get to those desired results.

At 1900 pages, the size of H.R. 3962, the Affordable Health Care for America Act, is overwhelming. It crashed my computer several times before I was able to download the PDF. Add that to the fact that no one in Washington knew exactly what it contained when it was passed and you can understand why there was no clarity of purpose in developing the website.

Also consider the fact that outdated procurement and bidding processes for governmental work have become so overwhelming that only those companies who know how to manipulate the system can be successful in gaining these government contracts. The people who get the contracts are not necessarily the best and the brightest, but rather, those who can play the political game the best.

So we wound up with several contractors, led by CGI – the largest tech company in Canada. Although I have nothing against Canadians, it seems to me that something that we Americans will rely on so heavily would

be better served by an American company. After all, we still have a very high standing in the technology world. What ever happen to “Made in the USA?”

And, as you know, cost overruns are rampant. The initial CGI contract was awarded at \$93.7 million and their work has already raised the bill to almost \$300 million. Would Apple, Amazon, or others allow such outrageous cost overruns when such lack of results have been shown?

I would like to also take a moment here to suggest that the US government be honest with the American people. When I look at the statistics for my CompuKISS.com website, I can tell you exactly how many visitors we’ve had, where they are located, how many sign up for each form, what browsers they are using and a wealth of other information. Anyone who deals with websites knows these statistics are available. So for them not be able to tell us how many people have signed up is simply more political posturing. This is not a Republican or a Democratic issue. It is a political issue. Didn’t we learn from Watergate that the cover up is usually worse than the original act?

And, unfortunately, it is obvious in this case that politics have driven the technology rather than the technology being driven by the customer. The user interface is terrible. A wealth of problems seem to have occurred because the government insisted on customer verification against IRS rolls instead of simply allowing the user to see the programs and costs before they signed in with personal information. While I can’t be sure without actually seeing the code, I suspect that other last minute changes and political posturing also led to many of the current problems.

With everyone asking if, and when this can be fixed, I will add my take as an “old programmer” who worked on several large financial team programs and who also

***It's "bring a friend day"
 Sunday!
 Not again?!?
 Yes, but you still didn't do
 it, so we're giving you one
 more chance!***

worked to make sure that several banks were ready for Y2K. As a programmer, I can tell you that finding all the “glitches” in 5 billion lines of code is not an easy job. And translating the data to be able to communicate with state agencies as well as hundreds of insurance companies is a monumental job. Add that to the fact that hardware issues, server capacity, load balancing, and other highly technical issues have to be taken into consideration.

While some modules of code for this new website may be able to be rescued and reused, the best situation is to start over again with a plain clear plan and no political maneuvering.

There is one main reason that I suggest this. A nest of system problems like those found in this website, ALWAYS translates into security issues. Poor programming leaves loopholes that hackers can expedite [exploit? Ed.] to perpetrate identity fraud, phishing, and other vicious plots. Bogus websites with names similar to healthcare.gov have already popped up ready to steal your personal information as you enter it.

Anti-virus software maker Trend Micro also reports that hackers and scammers are also already trying to capitalize on the health care confusion because you can not only sign up at healthcare.gov, but also at several state and third-party sites. They write, “When a person starts looking through sites to find one, at this time, they’re faced with the challenge that there’s no official marking or labeling that they can look at on a site to know that it’s an officially sanctioned site ...a survey of state and third-party sites also shows that official sites aren’t required to provide the ability to verify the site using SSL (a security verification system): many of them don’t provide it for site verification at all, though the Federal site does.” It seems that many things were overlooked when this system was created and at least some of those will also cause security problems for end users.

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!

With this new health care system, we are trusting the government with much of our personal and private information. Patching the current system is almost certain to be tried for political expediency. Making it useable may solve the immediate problems, but is sure to cause security problems in the future. This point not being made in most of the media, although for me, it is a major concern. And it should be for you, as well.

Another Newsletter, the SPCUG Monitor, is Going Digital

By Nancy DeMarte, 1st VP, Sarasota PCUG, Florida

October 2013 Issue, PC Monitor

www.spcug.org

Our SPCUG newsletter, the Monitor, will soon join over 80% other PC user groups in our national organization to make the change from a printed newsletter to a digital one. Reasons for this change are numerous. Our steadily declining membership requires that we seek ways to reduce expenses while still maintaining quality. Our snowbirds, members on vacation, and international members will appreciate being able to read the Monitor all year long at any time from any computer with an Internet connection.

Recognizing that change is not easy, the Board has designed a transition period for current members. Beginning with the November 2013 issue, each member will receive both a printed copy and a unique hyperlink to the digital version. This link will be sent in the email that announces the monthly meeting. A member may “Opt Out” of the printed copy at any time.

Beginning in March 2014, we will enter a 12 month period during which printed copies of the newsletter will be phased out. As each current member renews, he or she will receive the digital link to the Monitor, but no longer get a printed copy. As a result, within a year, no more newsletters will be printed. New members who join SPCUG in March 2014 or after will receive only the

It is important that all members have an active email address on file with SPCUG. If you currently receive the monthly emails, then you can assume your email address is valid.

To prepare members who need help accessing a digital Monitor, the Board is planning to demonstrate the procedure at the December meeting and at several following meetings. Also, the www.spcug.org website will feature a written tutorial with the steps needed to find, open, and even print (optional) the newsletter.



Hewie's Views and Reviews

**By Hewie Poplock,
CFCS, APCUG**

<http://www.hewie.net>

Hewie Poplock has led the Central Florida Computer Society Windows Special Interest Group (SIG) for over 15 years. They meet the 2nd Sunday from 1:15 to 2:30pm which is just prior to the CFCS main meeting which starts at 2:45pm. Attendance is free. Please join us if you are in the Orlando area.

The CFCS website is at <http://www.cfcs.org> Be sure to check it out for up-to-date information.

The articles here include meeting notes before or after a meeting and other items of interest for Windows users.

Meeting Notes 2014-05-11 WinSIG

Submitted by Hewie Poplock on Fri, 2014-05-09 11:29

Planned topics for Sunday May 11, 2014. remember that we have changed the date & time of our meetings. We now meet at **1:15pm** on the **SECOND** Sunday.

How to pin Windows Update to Windows 7 and 8 task-bar <http://dottech.org/156953/how-to-pin-windows-update-to-windows-7-and-8-taskbar-guide/>

3 Better Ways To Store Your Files Than On The Desktop <http://www.makeuseof.com/tag/3-better-ways-store-files-desktop/>

How to Identify Mysterious Images Online <http://blogs.kqed.org/mindshift/2012/05/how-to-identify-mysterious-images-online/>

7 More Issues With Windows 8.1 That Can Be Fixed <http://www.makeuseof.com/tag/7-issues-windows-8-1-can-fixed/>

How To Configure Mail In Windows 8 (Gmail, Hotmail, Outlook, Yahoo!) [http://www.redmondpie.com/how-to-](http://www.redmondpie.com/how-to-configure-mail-in-windows-8-gmail-hotmail-outlook-yahoo/)

[configure-mail-in-windows-8-gmail-hotmail-outlook-yahoo/](http://www.makeuseof.com/tag/configure-mail-in-windows-8-gmail-hotmail-outlook-yahoo/)

Six Useful Keyboard Shortcuts for Windows 8.1 Update <http://www.techsupportalert.com/content/six-useful-keyboard-shortcuts-windows-81-update.htm>

What Do the Performance Values in Windows Task Manager Represent? <http://mintywhite.com/vista/performance-values-windows-task-manager-represent/>

Windows Does Not Start at All http://tips4pc.com/computer_tips_and_tricks/windows-does-not-start-at-all.htm

Four Places To Find Your Windows 8 Product Key <http://www.makeuseof.com/tag/four-places-find-windows-8-product-key/>

8.1 Worst Windows 8.1 Annoyances (And How to Fix Them) <http://blog.laptopmag.com/windows-81-annoyances?slide=1>

5 Important Things To Consider If You're Still Running Windows XP <http://readwrite.com/2014/04/18/still-running-windows-xp-heres-what-you-need-to-know>

7 Windows Desktop Settings Only Available in PC Settings on Windows 8.1 <http://www.howtogeek.com/187315/7-windows-desktop-settings-only-available-in-pc-settings-on-windows-8.1/>

Editor's Note: As you can see by the above, culled directly from Hewie.net, we truly have a treasure at CFCS in Hewie's monthly presentations. He presents every topic in such a manner that both the novice and the knowledgeable computer enthusiast can learn something from this great teacher. Those who have been helped by even one tidbit from one of his monthly sessions, try never to miss another one. A treasure indeed.



125 Free E-Books to Help You With Your Computer, Smartphone, or Life

by Ira Wilsker

iwilsker@sbcglobal.net

WEBSITES:

<http://www.makeuseof.com/pages/>

<http://www.makeuseof.com/pages/research-your-family-tree-online>

<http://www.makeuseof.com/pages/makeuseof-tablet-buying-guide-summer-2013>

<http://www.makeuseof.com/pages/your-guide-to-ios7>

<http://www.makeuseof.com/pages/smartphone-buying-guide-winter-2013>

<http://www.makeuseof.com/pages/project-gutenberg-just-free-books>

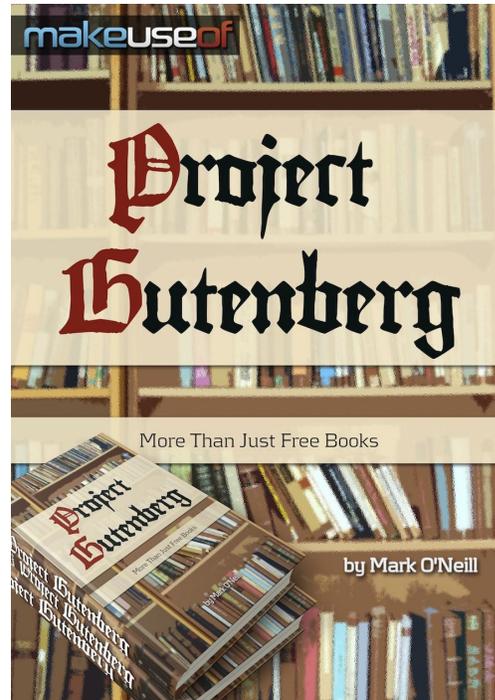
<http://www.gutenberg.org>

<http://m.gutenberg.org> - Mobile website

Let's face it. Most of us really do not know how to fully make use of the hardware and software that we use on a regular basis. Sure, we can likely perform normal tasks, and maybe discover a new tweak or feature, but our hardware and software are often more capable than we know. There are lots of websites, online guides, and commercial books available that might improve our insight, but sometimes one of the best resources for us to improve our computing and smart device satisfaction might be a free e-book that we can download and read on our device as we need guidance, or can print so we have a hard copy to review when desired. One of my favorite sources for this free information is the online web service at MakeUseOf.com, which currently has 125 free e-books available to download, as well as thousands of pages of other interesting content, including over 30,000 articles.

On the "about" page at MakeUseOf.com (makeuseof.com/about), it says, "MakeUseOf is a leading destination for digital productivity tips and your guide to cool stuff on the Internet. Online since June 2006." According to the statistics on this page, MakeUseOf.com has, "250k Facebook Fans, 500k Subscribers, 70k Twitter Followers, 60k G+ (Google+) Followers, 12m Monthly Visits, 32k Articles, 329k Comments." One of the most popular features offered is a frequently updated compendium of free e-books, currently totaling 125 titles on a multitude of hardware and software topics, as well as books on how to make the

best use of online services. Almost all of the books can be freely viewed online, downloaded for free in PDF and ePub formats (ePub is a widely used format compatible with most dedicated e-readers), or available for inexpensive purchase (mostly 99 cents) in Kindle format from Amazon.com.



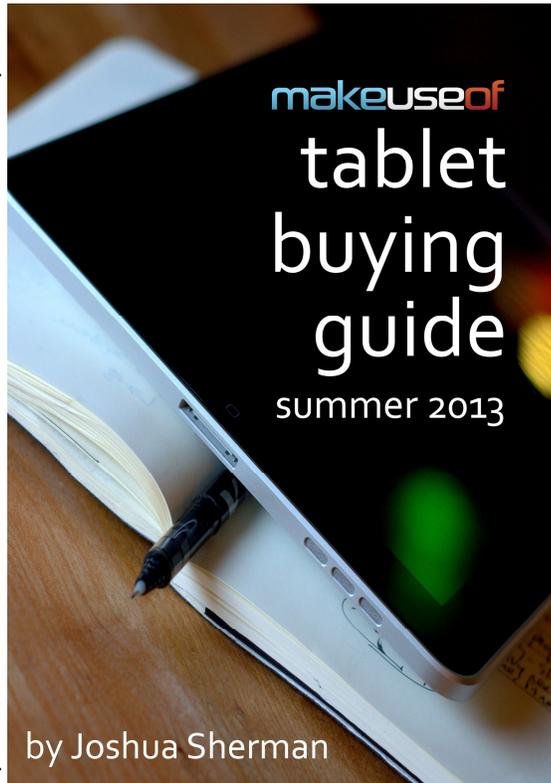
The listed books are generally current in their content; some of the titles are a little dated, but still contain valuable and useful information that is likely still applicable to today's users.

Since many people do not always use the newest and latest versions of hardware and software, some of the older titles may still provide substantial insight both to those users, as well as to those with the newer versions of hardware and software.

While many of the titles listed are technical in nature, many others are more for personal enhancement and benefit. One of the first of the free publications that I downloaded was the "Research Your Family Tree Online" by Christian Cawley. I chose to download the 34 page book in the free PDF format as I can easily view it on any of my devices. This e-book, published in December 2013, consists of seven chapters and an appendix which explain how to use your computer to uncover your ancestors, explains the different software that can be used to track your genealogy, online genealogy resources, shows how to most efficiently utilize Ancestry.com, using online research for offline discoveries, putting family history on multimedia, and "Your Family History Is Waiting To Be Discovered." The appendix is a compendium of applications, online research websites, desktop genealogy software, and the industry standard GEDCOM genealogy file format that can be used to exchange data between most of the software utilities and online file sharing services.

In 2013, according to several published reports, worldwide sales of tablet computers may have passed laptop-

computer sales, and by 2015, tablet sales may pass the combined sales of laptop and desktop units (Source: digitaltimes.com/articles/17881/20130528/tablet-vs-laptop-sales-android-samsung-apple.htm). While a little dated, the e-book "MakeUseOf Tablet Buying Guide: Summer 2013" has hints, tips, and recommendations on purchasing a tablet computer. This 23 page book, written by Joshua Sherman, and published in August, 2013, explains the different types and features of tablets, the different operating systems commonly used on tablets, and a directory of tablet manufacturers. For anyone thinking of purchasing a tablet, this free e-book, available as a free PDF or ePub file, or as an Amazon Kindle download for 99 cents, has a wealth of information that might ease the purchasing process by providing the potential buyer with useful, easy to understand information.



by Joshua Sherman

basic, intermediate, and advanced levels of "How to Use Your iPhone".

Before my coworker purchased his new iPhone, it might have been beneficial for him to have read the e-book "Smartphone Buying Guide, Winter 2013" by Joshua Sherman (makeuseof.com/pages/smartphone-buying-guide-winter-2013). This 21 page book in four chapters, explains the factors to consider before purchasing a new smart phone, gives details on the different operating systems available for smart phones, discusses the phone manufacturers and carriers, and finally compares and contrasts many of the most popular models available. While new

models of smart phones are constantly being introduced, a quick check of the carriers' websites showed that many of the models listed in this "Winter 2013" buying guide are still being sold by the major carriers and independent sellers.

While this MakeUseOf list of e-books is impressive, with its 125 titles, one of the newest of the available e-books is a guide to what may arguably be the largest source of public domain e-books available, Project Gutenberg. According to the listing, "Project Gutenberg is one of the largest and most well known, but before we examine the nuts and bolts of the site, we need to take a moment to examine the concept of "public domain",

One of my coworkers recently entered the 21st century by purchasing a new iPhone, which replaced the much simpler "dumb" cell phone that he had been using for several years. His new phone uses iOS7, an operating system that he is totally unfamiliar with. I will be recommending that he download "Your Guide to iOS7", by Tim Brookes, dated September, 2013 (makeuseof.com/pages/your-guide-to-ios7).



your guide to iOS7



by tim brookes

This 20 page book has five chapters that cover "Getting Started With iOS 7", new features of iOS7, updates, instructions on how to use the integral software and additional apps, and other practical information. Another related series of e-books include

Free in-store diagnostics on your computer
Free telephone tech support
Lowest price name brand computers in the U.S.A.

THREE LOCATIONS: [407-478-8200](tel:407-478-8200)
1) near UCF, 2) on 434 near 17/92, 3) in the Villages.
Details at refreshcomputers.net/

10% discount on most non-sale items for CFCS members

which is the whole bedrock of the Gutenberg site." At present, Project Gutenberg has over 45,000 books that have been scanned by volunteers around the world, and then each converted into one or more digital formats. The e-book published by MakeUseOf, "Project Gutenberg: More Than Just Free Books" (makeuseof.com/pages/project-gutenberg-just-free-books), by Mark O'Neill, published in April, 2014, is 23 pages in seven chapters that explains the principles of public domain, instructions on how to use the website at www.gutenberg.org and the mobile site at m.gutenberg.org, the selection of available digital formats, the availability of many of the books in audio format, how contemporary authors can utilize the self publishing portal, how to become a volunteer proofreader for Project Gutenberg, and a listing of recommended books to familiarize the reader with the resources and formats available. Included in this guide are links to many other sources of free e-books, including a large selection of free e-books in Amazon's Kindle format.

There are e-books covering many other subjects including how to make money online; guides to Microsoft Office, Gmail, Firefox, Photoshop, Windows 8, Illustrator, and several other software titles; an e-book about BitCoins; Facebook privacy; and dozens of other topics.

Since all of these e-books are free in either PDF or ePub format, or available on Amazon in Kindle format for a nominal sum (typically 99

cents), most people will likely find a lot of useful and interesting information on the free e-books on MakeUseOf's website at makeuseof.com/pages.

Save Money on Prescription Costs with the GoodRX App or Website by Ira Wilsker

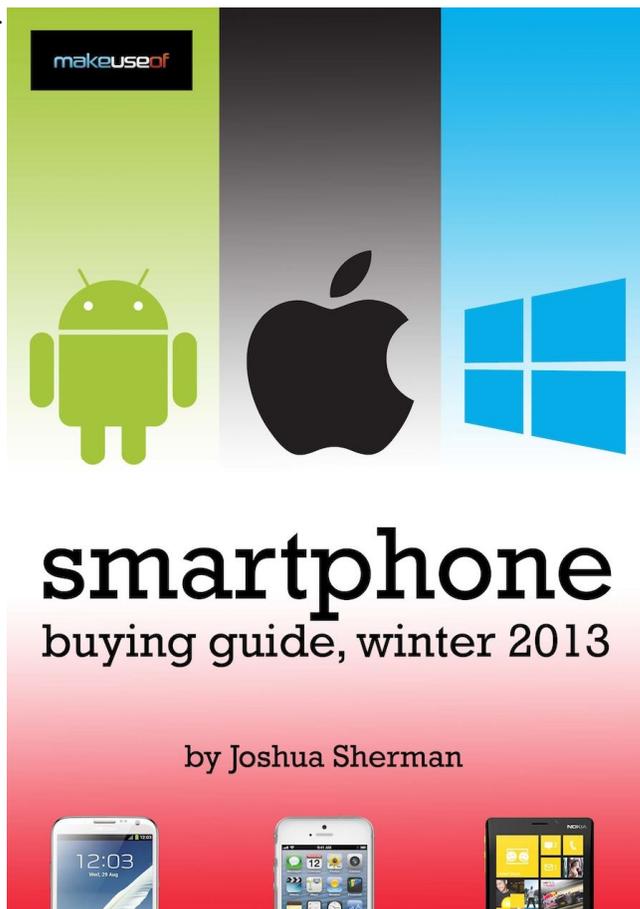
iwilsker@sbcglobal.net

WEBSITES:

<http://www.goodrx.com>
<http://www.goodrx.com/mobile>
<http://m.goodrx.com>
<http://www.goodrx.com/how-goodrx-works>
<http://www.goodrx.com/about>
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<http://www.goodrx.com/faq>
<http://abcnews.go.com/Business/top-tips-save-prescription-drugs/story?id=22918556>
<http://money.usnews.com/money/blogs/my-money/2014/03/14/5-ways-to-cut-medical-costs>
<http://www.wzzm13.com/story/local/2014/02/10/5384465/>
<http://www.thedoctorstv.com/videolib/init/10654>

Anyone who has read or listened to the news over the past few years is well aware of the debate over healthcare costs. No surprise to anyone is the perception of the high cost of prescription drugs. Much like the popular app GasBuddy displays the current gasoline prices at nearby gas stations, GoodRX does the same with prescription prices at nearby pharmacies. While GasBuddy shows gasoline prices that may differ by a few cents per gallon, GoodRX shows that prices for the same prescriptions



The cover features the 'makeuseof' logo at the top left. Below it are three vertical panels: a green panel with the Android logo, a black panel with the Apple logo, and a blue panel with the Windows logo. The main title 'smartphone buying guide, winter 2013' is centered in large black font. Below the title is the author's name 'by Joshua Sherman'. At the bottom, three smartphones are displayed: an Android phone, an iPhone, and a Windows phone.



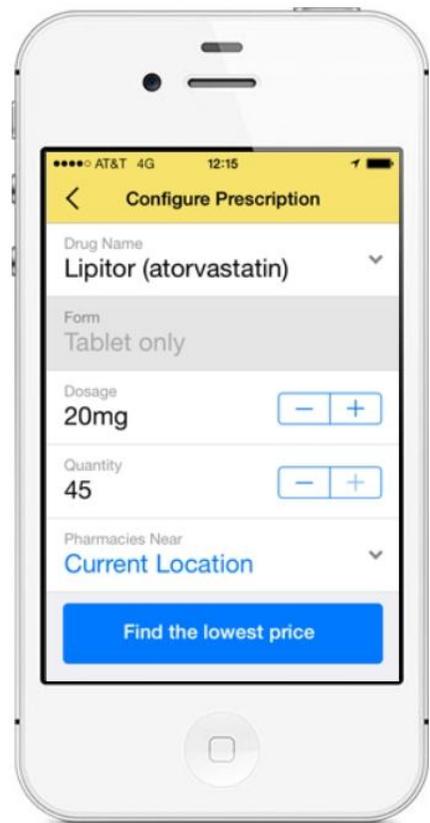
The cover features the 'makeuseof' logo at the top left. The background is a photograph of a tree with pink blossoms against a blue sky. The main title 'research your family tree online' is written in large, light purple, semi-transparent font across the center. At the bottom, the author's name 'by Christian Cawley' is written in a smaller, light purple font.

GoodRX shows that prices for the same prescriptions

can vary among local pharmacies by hundreds of dollars. While many of us have health insurance that covers prescription drugs, I have found that it is sometimes cheaper to pay cash for my prescriptions, as the insurance co-pay might be higher than the cash price! GoodRX.com explains it this way, " If you have insurance, your co-pay might not be the best price. Hundreds of generic medications are available for \$4 or even free without insurance. Your \$10 co-pay doesn't sound so great when you can get the same drug for 60% less with GoodRX. Plus, many plans have high deductibles or limited formularies that don't cover the drugs you need."

Unlike some of the other websites and apps that offer to save the patient money on prescriptions, GoodRX explains how it is different than most of the others, "We do not sell drugs; In fact, we don't sell anything. Right now we are focused on information only. Our primary mission is to make you a smarter consumer so you can make better choices when filling your prescriptions. We offer prices and unbiased coupon and discount information for legitimate, licensed US pharmacies that you already visit regularly."

GoodRX has been reviewed and evaluated positively in several major publications, including CNN, Prevention Magazine, Forbes, ABC News, and Good Housekeeping (source: goodrx.com/press). In a story on ABC News on March 22, 2014, "5 Tips for Saving on Your Prescription Drugs", one of the money saving tips said, " Shop Around for the Best Prices. Don't assume that your prescriptions will cost the same at every pharmacy. You can go to your local pharmacies to price compare, or use sites like GoodRX, which allows you to compare prices for all FDA-approved prescription drugs at pharmacies across the country before you buy." The March 14 issue of US News and World Report mentioned GoodRX in an article "5 Ways to Cut Medical



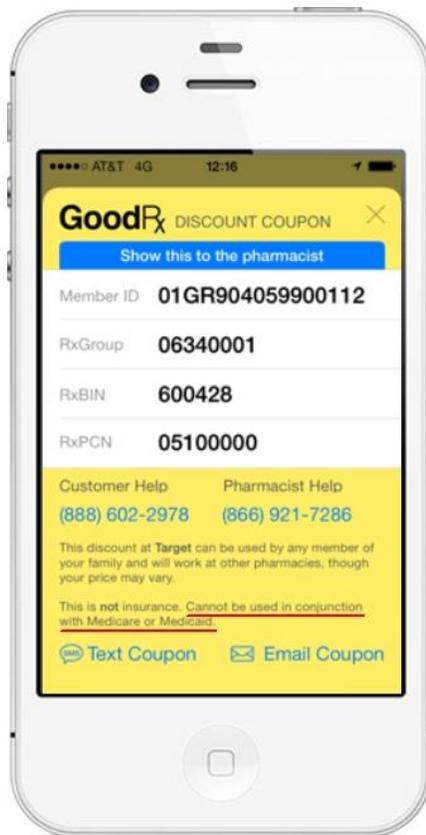
Costs - Lower the price of prescriptions and procedures without jeopardizing your health"; in the section "Get the best price on prescriptions" US News said, " Before filling your prescription, shop around at different pharmacies. Consider looking at prices through your insurance company's mail-order pharmacy, or use websites like goodrx.com to compare prices at your local pharmacies." A TV station in Grand Rapids, Michigan, WZZM, reported in a story "13 On Your Side: RX prices vary greatly" broadcast on February 10, 2014, "The best deals, however, were found online, at the site Good RX. It offers deeply discounted coupons redeemable at most major pharmacies. Good RX brings a transparency and savings to just one part of our health care: prescription prices. To know if you're getting a good deal you need to know what your insurance will require you to pay - a set co-pay, a percent of the full price?" Profound information on prescription drug prices was given on the syndicated TV show "The Doctors" (thedoctorstv.com/video/lib/init/10654), shown locally at 2:00 PM weekdays on KJAC12; an internist discussing drug prices recommended GoodRX as the best way to get the lowest prescription prices at local pharmacies, even to the point of demonstrating the GoodRX website and app on the program.

After downloading the app to my Android smart phone (also available for iPhones), and viewing the GoodRX.com website, I experimented by comparing the local prices for several of the best selling prescription drugs, as listed on Wikipedia (wikipedia.org/wiki/List_of_bestselling_drugs), and using the zip code for The Examiner (77701) as a constant location. The results were startling! The brand name or generic for almost any prescription drug can be entered, with the option of choosing the dosage and quantity. One example was for the widely prescribed statin (cholesterol lowering drug), the generic version of Lipitor. Comparing

the 40mg dose, for a 30 day supply, the cash prices varied from \$14.18 at the Kroger pharmacy with the printable coupon or the digital coupon displayed on a smart phone (\$74 was the non-discounted price), \$14.68 at Walmart and Sam's Club with coupon, \$16.00 online or by mail order, \$25.35 with coupon at CVS (\$145 non-discounted), and \$25.60 at Walgreens with coupon (\$149 non-discounted). A coupon was also available to get discounted prices at other local pharmacies.

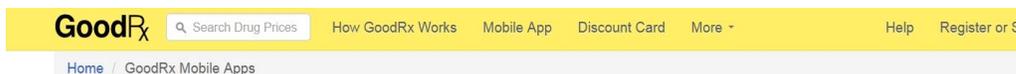
Only of the most widely prescribed diuretics, the generic version of Lasix (furosemide 40mg) also had wide variances in local prices. The lowest price for 30 tablets, 40mg furosemide was an online pharmacy at \$3.50, followed by Kroger (\$3.59 with coupon, \$4.00 without a coupon), Walmart and Sam's Club \$4.00 with coupon, Walgreens \$5.00 for its club members (\$12 without paid membership), and CVS for \$8.84 with coupon (\$12 without coupon). For the record, most of the coupon prices are less than the co-pay for generics on my health insurance plan.

Much more dramatic differences in price are apparent for popular, heavily advertised prescription drugs. I just heard a TV commercial for the diabetes drug Victoza, for which there is no generic, so that drug might be useful to compare what our local pharmacies are charging. Victoza, which will not be available as a generic before



August, 2022, has a manufacturers' coupon available that can be used for up to two years that can save up to \$150 per fill, the link to which is available on the GoodRX listing for Victoza. GoodRX also reports that there is a "Manufacturer Assistance Program: Financial assistance is available for eligible patients" to provide Victoza at much lower prices; this information is also linked on GoodRX. Victoza comes as an injectable in a pen format, three pens per box; at the common daily dose of 1.8mg, the box should last 30 days. For people paying for their prescriptions, Walmart and Sam's Club came out the lowest at \$570.79 with the coupon. CVS was second lowest at \$575.41 with the coupon (\$634 cash price), Kroger Pharmacy was \$575.91 (\$675 without coupon), and Walgreens was \$588.55 with the coupon (\$618 without coupon). By contrast, the Victoza was listed at \$618 from the online source.

We should never be afraid to talk to our physicians about the medications that we take; one feature of GoodRX is that when it displays a particular drug that might have been prescribed, it also displays if there is a lower cost generic available, as well as any less expensive similar drugs. With this information, we can have a frank discussion with our physicians about our medications, and ask if any of the lower cost alternatives might be equally appropriate for us.



Find the lowest price on prescriptions right from your phone or iPad.

Our free, easy-to-use mobile apps feature:

- Instant access to the lowest prices for prescription drugs at more than 75,000 pharmacies
- Coupons and savings tips that can cut your prescription costs by 50% or more
- Side effects, pharmacy hours and locations, pill images, and much more!



Or, just go to m.goodrx.com from any mobile phone.

Since many of us go directly from the prescribing physician to the pharmacy, the free GoodRX mobile apps for Android and iPhone (or iPad) may be convenient. As an alternative, there is a web based mobile version of the GoodRX website at m.goodrx.com. With the app or mobile version, it is very easy to search for the prescribed drugs, choose a location by zip code or city, and let the app display the prices at the nearby pharmacies. If a coupon is available to lower the cost, the app will display a digital copy of the coupon that can be used at the

pharmacy; alternatively, the coupons can be sent by SMS text message or by email. Each coupon that I viewed had a statement that it did not apply if used under Medicare or Medicaid. While the majority of the pharmacies displayed are the major chain, retailer, or super-market based pharmacies, there is also an additional coupon that can be explicitly used at most other non-listed pharmacies to get prescription prices competitive to those displayed.

THE DOCTORS

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*Rite Aid	\$239
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Generic	
*CVS	\$38
*Target	\$25
*Target With Coupon	\$5

More than 4 billion prescriptions are filled every year in the U.S.; however, recent reports show that 1 in 4 Americans are not filling prescriptions because the medications cost too much. Learn about an online resource that could help you save money on your meds.

Tips For Cutting Costs On Prescriptions

- More from this Episode: [Supplement Safety Tips](#)
- [Steroid-Tainted Vitamins?](#)
- [Talk about the Show](#)

Next Up

- Tips For Cutting Costs On Prescriptions**
More than 4 billion prescriptions are filled every year in the U.S.; however, recent reports show that 1 in 4
- Three-Year-Old Donates Hair**
Three-year-old Emily didn't want sick children to be sad because they'd lost their hair, so she made the selfless
- Debating College Women's Priorities**
Susan Patton, a mother of two and Princeton University alum, created buzz on and off campus when she wrote an
- Anti-Aging Myths Exposed**
F.R. physician Dr. Travis Stork shares

GoodRX summarizes its service with this statement, "Use GoodRX's drug price search to compare prices (just like you do for travel or electronics on other sites) for your prescription at pharmacies near you. We don't sell the medications, we tell you where you can get the best deal on them." Now that I have downloaded the app to my smart phone, I will intelligently use the GoodRX app to find the best price for my prescriptions. Together, using the power of good information along with honest competition, we can help to bring down our costs for health care.

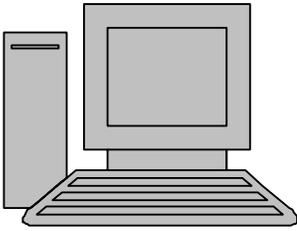


Above: Vice President Stan Wallner inspects his favorite part of our new meeting room at the Maitland Library, GOFGASOF*.

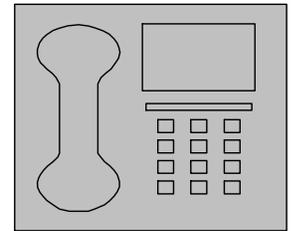


Left: The Three Caballeros do their thing at last month's General Meeting, which featured three expert computer geeks who were able to answer every technology question to everyone's complete satisfaction without a single disagreement the entire time. What an accomplishment! LOL

* Get one free, get a second one free.



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

Please Note - This is a service for CFCS MEMBERS ONLY **HelpLine Listings**

Digital Photography & Video

Ken Larrabee 407 365-2660 anytime
KLarrabee@cfl.rr.com

DOS

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

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

Hardware

Ken Larrabee 407-365-2660 anytime

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

MS ACCESS

Arvin Meyer, MVP 407-327-3810 7 pm - 9 pm
Access-sig@cfcs.org

MS Office Products:

MS Word, Excel, Power Point, Outlook and Access

Doug Gabbard (e-mail only)
Dougga@gmail.com

Security

Arvin Meyer 407-327-3810
Access-sig@cfcs.org

Networking - Home or Office

Doug Gabbard e-mail only
Dougga@gmail.com

SQL-Server

Arvin Meyer 407-327-3810
Access-sig@cfcs.org

Windows

Hewie Poplock 407-362-7824 5 pm-7 pm
hewie@hewie.net

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

WinZip

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	May 1 DEADLINE for Newsletter copy	2	3
4	5	6	7 501 South Maitland Ave. Maitland Public Library 7p BoD meeting	8	9	10
11 501 South Maitland Ave. General Meeting Maitland Public Library 1:15p Win SIG 1:15 2:45p General Mtg 2:45	12	13	14 Office, Access, Security SIGs 7p New Horizons	15	16	17
18	19 1505 E. Colonial FI United Safety Council 7p iPhone SIG	20	21 Details at cfcs.org 7p Virtual Photo SIG	22	23	24
25	26	27 800 E. Altamonte Dr. World Gourmet 7p Tech-SIG	28	29	30	31

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jun 1 DEADLINE for Newsletter copy	2	3	4 501 South Maitland Ave. Maitland Public Library 6:30p BoD meeting	5	6	7
8 501 South Maitland Ave. General Meeting Maitland Public Library 1:15p Windows SIG 2:45p General Mtg	9	10	11 Office, Access, Security SIGs 7p New Horizons	12	13	14
15	16 1505 E. Colonial 7p iPhone SIG	17	18 Details at cfcs.org 7p Virtual Photo SIG	19	20	21
22	23	24 800 E. Altamonte Dr. World Gourmet 7p Tech-SIG	25	26	27	28
29	30	Jul 1 DEADLINE for Newsletter copy Send in .doc file to editor@cfcs.org	2 501 South Maitland Ave. Maitland Public Library 6:30p BoD meeting	3	4	5

June

July



Parking:

Parking areas around Maitland Public Library noted in **RED**

Directions: From I-4, take

Maitland Boulevard exit. Head East on Maitland Boulevard until it crosses Maitland Avenue. Turn right on Maitland Avenue. Turn right onto Ventris Avenue after crossing the railroad tracks. The library is located at 501 S. Maitland Ave on the corner of Ventris.

From the Orlando/Winter Park area, take U.S. Hwy. 17-92 North to the intersection of Maitland Avenue. Turn Left. The library is on the left, next to the Maitland Civic Center. Turn Left onto Ventris Avenue to access our parking lot.

