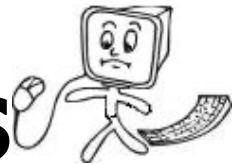


# MOUSE TRACKS



## **Vol. 1 The Greenspring Computer Club No. 1**

**Editor's Note:** This is the first issue of the Greenspring Computer Club newsletter. Our aim is to offer basic information to members to make computer technology accessible to all who want it.

Programs discussed may not be suitable to all users, but if you want to download a program described, look for the URL in the article (that's an Internet address starting with either <http://> or [www.](http://www)) Type it in the ADDRESS WINDOW of your browser and hit ENTER. Read ALL instructions carefully before downloading and installing ANY software and printing them out to save and refer back to later is a *great idea!*

### **Internet Security 101**

**Update Windows Software, install an Antivirus, Antispyware and a Firewall.**

*THE* most important thing you can do to protect not only yourself but also your computer is to keep both Windows and your browser up-to-date.

#### **1. Automatically update Windows.**

**To enable automatic updates in Windows XP with SP2, right-click My Computer, click Properties, Automatic Updates, select Automatic (recommended), set a time for the update (or accept the default), and click OK.**

#### **2. Install an Antivirus Program**

If your computer came with an antivirus program preinstalled it's likely it has expired by now. If so, you'll either have to pay to renew the license (and download updates) *OR* you could go a different route; downloading and installing one of several highly rated **FREE** antivirus programs currently on the market.

Each of these has something to recommend it. Our suggestion is to try one or the other and decide which works best for you.

#### AntiVir PersonalEdition Classic:

Right now, the consensus top pick among several magazines testing free programs is called "AntiVir PersonalEdition Classic".

AntiVir claims to offer "Protection and security against viruses, worms, Trojan horses and spyware, including dialers."

If it detects a 'baddie' the program asks you what to do, including repair, delete or delete only if repair fails - which may result in the infected program becoming unusable. (Hopefully, you've kept a copy of the install CD or downloaded file and can reinstall it.)

(<http://www.free-av.com/>)

[Click on "Download"].

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#### AVG Free Edition:

Another top rated free antivirus is "AVG Free Edition" which, like "AntiVir" is from a European company. And also like "AnitVir", is given away to promote their more full-featured "for sale" programs.

"AVG Free Edition" is available free-of-charge to home users! AVG Free Edition is for private, non-commercial, single home computer use only.

Use of AVG Free Edition within any organization or for commercial purposes is strictly prohibited."

"AVG" will scan incoming mail from Outlook and other mail programs including attachments before you save them to your hard disk while AntiVir waits until you try to save it before it scans it. Either system should work for you but some viruses **COULD** run upon opening an email, so AVG may be a bit safer in that area.

Download AVG Free Edition at:

(<http://www.grisoft.com/doc/289/lng/us/tpl/tpl01>)

### 3. Get plenty of Antispyware!

For those of you who like your protection, we recommend you **install all THREE** of these worthwhile programs. Unlike a Firewall (more about those later) antispyware programs won't conflict with one another and some catch what others miss so for most of us, more is better.

Plus, for the price (free) why not!!

#### Microsoft:

Microsoft is showcasing the beta (test) version of a new antispyware program and by all reports it's the best of the bunch. It's a free download (for now) but at some point you can expect them to start charging for it, so take advantage while you can!

(<http://www.microsoft.com/downloads/details.aspx?FamilyID=321cd7a2-6a57-4c57-a8bd-dbf62eda9671&displaylang=en>)

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#### Lavasoft:

A venerable (and still valuable) antispyware tool is Lavasoft's "Ad-aware SE Personal 1.06". This free version lacks a few features of the 'pay for' version, but you get plenty of bang for your buck (or actually 'no buck' since it's totally free!) This is a "really good" back up to your other spyware programs for its powerful "clean up" tool.

"With the ability to scan your RAM, registry, hard drives and external storage devices for known data-mining, advertising and tracking components, Ad-aware SE easily can clean your system, allowing you to maintain a higher degree of privacy while you surf the Web.

"Scanning speed is noticeably faster, and this version offers an Extended Scanning mode for known and unknown/possible browser hijackers."

([http://www.download.com/Ad-Aware-SE-Personal-Edition/3000-8022\\_4-10045910.html?part=dl-ad-aware&subj=dl&tag=top5](http://www.download.com/Ad-Aware-SE-Personal-Edition/3000-8022_4-10045910.html?part=dl-ad-aware&subj=dl&tag=top5))

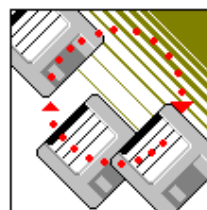
#### PepiMK Software:

Spybot - Search and Destroy can detect and remove a multitude of adware files and modules from your computer. It also can clean program and Web-usage tracks from your system - especially useful if you share your computer. Modules chosen for removal can be sent directly to the included file shredder, ensuring complete elimination from your system.

(<http://www.download.com/Spybot-Search-Destroy/3000-8022-10122137.html?part=dl-spybot&subj=dl&tag=but>)

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### 4. Upgrade your Firewall



The built-in Windows XP Firewall is fine for hiding your computer from hackers and the outside world, but if you want to prevent malicious programs already on your computer from sending data out, you need to do better.

One of the best FREE Firewalls is ZoneAlarm 6 which will require you to spend some time setting it up, but the end result is worth the effort. At first you'll get numerous alerts as your (legitimate) programs try to access the Internet. But as you "allow" them access, ZoneAlarm learns and the alerts become less over time.

Another handy feature is on the download page where you can choose a free scan of your computer to ensure there are no malicious programs already installed before you download ZoneAlarm. Once you scan, you'll have the option to remove any "baddies" before ZoneAlarm is installed.

([http://www.zonelabs.com/store/content/company/products/znalml/freeDownload.jsp?dc=12bms&ctry=US&lang=en&lid=staticcomp\\_za](http://www.zonelabs.com/store/content/company/products/znalml/freeDownload.jsp?dc=12bms&ctry=US&lang=en&lid=staticcomp_za))

## A Mouse for Shaky Hands?

Tremors that cause shaky hands are more common than most people expect. The International Essential Tremor Foundation (IETF) reports nearly 10 million people in the US are affected by Essential Tremor, the most common form of hand tremors. Parkinson's disease and several other conditions can also cause tremors.

When people with tremors try to use the computer, the involuntary hand movements wreak havoc with the standard mouse which interprets each movement as a planned event. Researchers at IBM have found a solution: the *Assistive Mouse Adapter* is now available to help millions of computer users with shaky hands.

It is a small rectangular device plugged between the computer and the mouse. Designed to work with any PC, the adapter functions like the stabilization in camcorders to filter out shaky movements. The Assistive Mouse Adapter compensates for shaky movements and has a sensitivity setting that can be adjusted according to tremor severity. It can also eliminate the multiple clicks that a shaky hand might produce.

IBM has licensed the mouse to Montrose Secam Limited, a British electronics company. It will be available for \$99. MORE INFORMATION is available at: <http://www.montrosesecam.com/>

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## Need a BIGFIX?

Here's the answer for those of you who don't keep your software up to date. The program is "BigFix" and it's a FREE DOWNLOAD. It automatically scans your system for missing security patches, updates and other fixes for the software you have installed.

It's easier than keeping track yourself because it does it all in the background and notifies you if/when it finds something you need. It also, directs you to the necessary documentation on the web so you can decide whether or not you want to download it. If so, all it takes is one click.

([www.bigfix.com](http://www.bigfix.com))

## Solving Ink jet Printer Problems



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Ink jet printers are generally reliable beasts, but use one long enough—or, worse, leave one sitting around *without* using it—and you're bound to run into problems. Ink jets require a little care to work properly. Details vary from one to another, but the following tips apply to most.

\* Ink cartridges have a shelf life, don't overstock!

\* An ink cartridge doesn't suddenly go bad, it deteriorates over time.

\* Ink jets work most reliably and economically if used every day or so. *It's a good idea to print a test page with both black and color once a week, then run the printer's nozzle-check utility to confirm there are no clogs.*

\* If you've let the printer sit too long, clogged nozzles will show as gaps in the test pattern. Run the printer's cleaning utility, followed by a nozzle check to confirm the nozzles are clear.

\* If print suddenly shows thin white streaks across the page, it's usually a clogged nozzle or nozzles. Run the nozzle-check utility to confirm the problem, then run the cleaning utility.

\* If one cleaning doesn't unclog the nozzles. ***Do not run the cleaning utility without printing between runs,*** it can make the problem worse.

\* *If you need to run the cleaning utility more than twice, print two or three test pages with black and each color before running another cleaning cycle.* That may fix the problem.

*\* If you still have clogged nozzles after **six tries** with the cleaning utility, turn the printer off and let it sit unused for two or three hours to give the air bubbles a chance to work their way through the nozzles; try again.*

\* Smearing generally means there's dust or hair sticking to the print head. If your cartridges include nozzles—like most HP and Lexmark models—remove and clean them with a small swatch of material, like a piece of cotton cloth, but make sure it won't leave fibers behind. Squeeze out excess water and *wipe the face and edges of the cartridge only, without wiping the nozzle plate.*

For more on cleaning cartridges, go to HP's Web site:

([http://h30015.www3.hp.com/hp\\_dpc/get\\_star\\_ted/inkjet\\_maint.asp](http://h30015.www3.hp.com/hp_dpc/get_star_ted/inkjet_maint.asp))

*Note in particular the suggestion that you shouldn't leave the cartridge out for more than 30 minutes, since the heads will dry up and make the cartridge useless.* Keep that time in mind too if your printer lets you switch between a black cartridge for four-color printing and a photo cartridge for six-color printing. Most vendors provide a special holder to store the cartridge that's not in the printer.

*Finally, make sure you always turn the printer off with its own power switch. Most printers seal the print head when you flip that switch, to prevent the solvent from drying out. If you turn the printer off using a switch on a power strip, the print head may be left exposed to the air.*

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## FREE HELP ON LINE

If you like to spend time reading articles on the Internet (or download them or print them out) there's a great resource that doesn't cost a cent and all it takes is time.

The AARP has a web site with dozens of helpful articles on everything from "Keyboard Basics" to "Understanding Cookies". No, not the cookies you eat, the ones web sites leave on your computer. Why some are necessary and why you

don't want others - and how to tell the difference!

(<http://www.aarp.org/learntech/computers/howto/>)

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## Find It Online: Useful "stuff"

### A Dictionary

<http://www.m-w.com/>

The Merriam-Webster dictionary on-line. Check spelling or clear up confusion about word usage with the click of a mouse. Just fill in the blank with your word (or best guess) and let the computer do all the work.



### Another Idea

[www.onelook.com](http://www.onelook.com)

This web site links to dozens of on-line dictionaries including specialized (medical, etc.) to give you options finding the "right word". This one also offers translations - though I can't vouch for the accuracy.

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