

**PATACS/OPCUG  
 Saturday, October 15 Meeting 1 PM**

**Oct 15th, 12:45 PM**  
<https://zoom.us/j/861991669> or  
**Zoom Meeting ID: 861 991 669**

**PROGRAM TOPICS**



**Wearable Technologies:  
 Applications, Human Factors  
 and Privacy.**

**Presented by Dr. Vivian Motti, GMU**

"By combining a variety of sensors and actuators, wearable technologies are versatile, accommodating requirements for diverse applications in several domains. Wearable applications have already been successfully applied to support, enhance and replace human activities in domains that range from healthcare and entertain-

ment, to safety critical and communication. A large number of devices is available on the market nowadays, and the shipments are also expected to grow in the near future.

Due to the close contact with the human body and their continuous usage, wearable devices must be comfortable to wear and ease to use. Their development process should consider the users' needs, requirements and wishes, as well as the contextual changes occurring when users interact on the go. In this talk, I will give an overview about wearable technologies, presenting devices, features and applications. Then, I will focus on human factors and wearability, describing important requirements and quality factors for the design process of wearable applications. Finally, I will conclude with a discussion about privacy concerns for wearables and present future trends in wearable computing."

Vivian Genaro Motti is an Assistant Professor at the Department of Information Sciences and Technology at George Mason University where she leads the Human-Centered Design Lab (HCD Lab). Dr. Motti holds a Ph.D. from the Catholic University of Louvain, Belgium, and a Masters degree in Computer Science from the University of São Paulo, Brazil. Her main research interests are Human-Computer Interaction and Ubiquitous Computing, in mobile and wearable applications for healthcare. Her research goals focus on considering users' needs, requirements and wishes to bring technology closer to users' lives. For further information about her research, please refer to the website: [www.vivianmotti.org](http://www.vivianmotti.org)

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***Happy Halloween***





### Learn in 30: Online Backup Services Presented by Leti Labell

We all know we should regularly back up our computers to keep our data safe. However, in reality, for many of us it's hard to remember to do so.

Wouldn't it be nice to have someone do our backups for us? Leti Labell will describe automated online backup solutions that will reliably perform this vital service. She'll provide an overview of the features of various products, and will demonstrate the system she uses on her own computer.

Leti Labell is an OLLI member and PATACS member with a lifelong love of computers. She has an MS in computer science, and is a Certified Information Systems Security Professional (CISSP). In 2014, she retired from a long career in software development and general project management in the telecommunications industry and as a contractor to the federal government.



### Monitor And Protect Your Hard Drive

By Gabe Goldberg

Computer hard drives are systems' complex workhorses -- spinning rapidly non-stop, reliably and rapidly fetching and storing data, year after year. Until uh oh, something is wrong and where's my data?!

Wouldn't you like a window into your hard drive operation, performance, quality, stability, and reliability? A lot goes on inside these devices that isn't revealed by your system's hard drive activity light!

HD Sentinel <http://www.harddisksentinel.com/> is a powerful tool for monitoring hard drive health and learning more about drive innards that you likely imagined possible. At the same time, it's designed for people who aren't (and don't want to become) experts; you can use it at a high-level ("How's my drive doing today?" or drill deep into hard drive characteristics, history, usage patterns, and health.

While the website only discusses simple hard drives, HD Sentinel also supports other storage devices: SSDs, SSHD (hybrid drives), memory cards and thumb drives (where available), tape drives, and RAID controllers. Most of these are uniquely supported by Hard Disk Sentinel, not by any other diagnostics/monitoring tools.

The vendor offers APCUG conference attendees and member groups' members a limited time 40% discount from the five-copy lifetime family license price of \$53, or a cost of \$32; use Coupon Code XYZZY through December 24.



We are accustomed to a good Open Source Software of the Month column from Geof Goodrum. I think you will find this column to be one of his best. Ed.

### Open Source Software of the Month

By Geof Goodrum, Potomac Area Technology and Computer Society

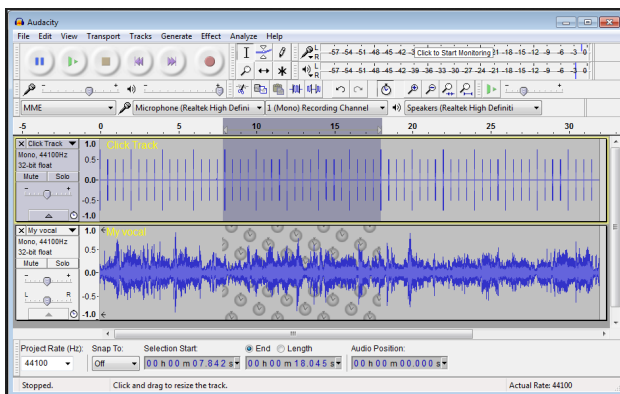
[www.patacs.org](http://www.patacs.org)

linux (at) patacs.org

**Audacity** – v2.1.2. <http://www.audacityteam.org/>. Free GNU General Public License source code and executables for Microsoft® Windows®, Apple® macOS™ and GNU/Linux® by James Crook, Martyn Shaw, Vaughan Johnson and Gale Andrews. Audacity® is free, open source, cross-platform audio software for multi-track recording and editing.

Features include:

- Record live audio
  - Record computer playback on any Windows Vista or later machine
  - Convert tapes and records into digital recordings or CDs
  - Edit WAV, AIFF, FLAC, MP2, MP3 and Ogg Vorbis sound files
  - AC3, M4A/M4R (AAC), WMA and other formats supported using optional libraries
  - Cut, copy, splice or mix sounds together
- Numerous effects including change the speed or pitch of a recording



Audacity running on Windows

#### NEW VERSIONS

To get an announcement email when there is a new version of Audacity, subscribe to our:

[audacity-announce email list.](#)

### Weznoth 1.0

**Battle for Wesnoth** – v1.12.6. <https://www.wesnoth.org/>. Free GNU General Public License source code and executables for Microsoft® Windows®, Apple® macOS™ and GNU/Linux® by David White et al. The Battle for Wesnoth is a turn-based tactical strategy game with a high fantasy theme, featuring both single-player, and online/hotseat multiplayer combat. Fight a desperate battle to reclaim the throne of Wesnoth, or take hand in any number of other adventures.

Features include:

- Cross-platform: runs on Windows, Mac OS X, Linux, and others
- Single-player mode: campaigns and skirmish
- Multiplayer mode: networked and hotseat, cooperative and competitive
- Multilingual: over fifty available translations to choose from
- Extensible: user-made content from the add-ons server



Wesnoth 1.12

Continued Page 4



**Clonezilla** – v2.4.7-8. <http://clonezilla.org/>. Free GNU General Public License source code and bootable media image by Steven Shiao, K. L. Huang, Ceasar Sun, Jazz Wang, Thomas Tsai, Jean-Francois Nifenecker, Louie Chen, and Nagappan Alagappan. Clonezilla is a partition and disk imaging/cloning program similar to True Image® or Norton Ghost®. It helps you to do system deployment, bare metal backup and recovery. Two types of Clonezilla are available, Clonezilla live and Clonezilla SE (server edition). Clonezilla live is suitable for single machine backup and restore. While Clonezilla SE is for massive deployment, it can clone many (40 plus!) computers simultaneously. Clonezilla saves and restores only used blocks in the hard disk. This increases the clone efficiency. With some high-end hardware in a 42-node cluster, a multicast restoring at rate 8 GB/min was reported.

Features include:

- Many File systems are supported: (1) ext2, ext3, ext4, reiserfs, reiser4, xfs, jfs, btrfs, f2fs and nilfs2 of GNU/Linux, (2) FAT12, FAT16, FAT32, NTFS of MS Windows, (3) HFS+ of Mac OS, (4) UFS of FreeBSD, NetBSD, and OpenBSD, (5) minix of Minix, and (6) VMFS3 and VMFS5 of VMWare ESX. Therefore you can clone GNU/Linux, MS windows, Intel-based Mac OS, FreeBSD, NetBSD, OpenBSD, Minix, VMWare ESX and Chrome OS/Chromium OS, no matter it's 32-bit (x86) or 64-bit (x86-64) OS. For these file systems, only used blocks in partition are saved and restored. For unsupported file system, sector-to-sector copy is done by dd in Clonezilla.
- LVM2 (LVM version 1 is not) under GNU/Linux is supported.
- Boot loader, including grub (version 1 and version 2) and syslinux, could be reinstalled.

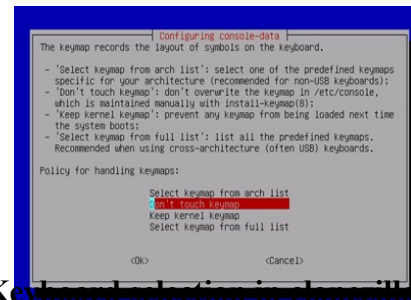


Boot Menu of Clonevillia Live

### Choose language in Clonezilla live



- Both MBR and GPT partition formats of hard drive are supported. Clonezilla live also can be booted on a BIOS or uEFI machine.
- Unattended mode is supported. Almost all steps can be done via commands and options. You can also use a lot of boot parameters to customize your own imaging and cloning.
- One image restoring to multiple local devices is supported.
- Image could be encrypted. This is done with ecryptfs, a POSIX-compliant enterprise cryptographic stacked filesystem.
- Multicast is supported in Clonezilla SE, which is suitable for massively clone. You can also remotely use it to save or restore a bunch of computers if PXE and Wake-on-LAN are supported in your clients.
- The image file can be on local disk, ssh server, samba server, NFS server or WebDAV server.
- AES-256 encryption could be used to secure data access, storage and transfer.
- Based on Partclone (default), Partimage (optional), nftscclone (optional), or dd to image or clone a partition. However, Clonezilla, containing some other programs, can save and restore not only partitions, but also a whole disk.
- By using another free software drbl-winroll, which is also developed by us, the hostname, group, and SID of cloned MS Windows machine can be automatically changed



Keyboard selection in clonezilla live

Continued Page 5

Minimum System Requirements for Clonezilla live:

- x86 or x86-64 processor
- 196 MB of system memory (RAM)

Boot device, e.g. CD/DVD Drive, USB port, PXE, or hard drive

Limitations:

- The destination partition must be equal or larger than the source one.
- Differential/incremental backup is not implemented yet.

Online imaging/cloning is not implemented yet. The partition to be imaged or cloned has to be unmounted.

- Due to the image format limitation, the image can not be explored or mounted. You can NOT recover a single file from the image.

Recovery Clonezilla live with multiple CDs or DVDs is not implemented yet. Now all the files have to be in one CD or DVD if you choose to create the recovery ISO file.

[Screenshots at [http://clonezilla.org/screenshots/?in\\_path=/00\\_Clonezilla](http://clonezilla.org/screenshots/?in_path=/00_Clonezilla)]

**Kernel Source** – v4.7.2. <http://www.kernel.org/>. Free GNU General Public License source code for all platforms by the Linux community

## WMail

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The missing desktop client for Gmail & Google Inbox. Bringing the Gmail & Google Inbox experience to your desktop in a neatly packaged app

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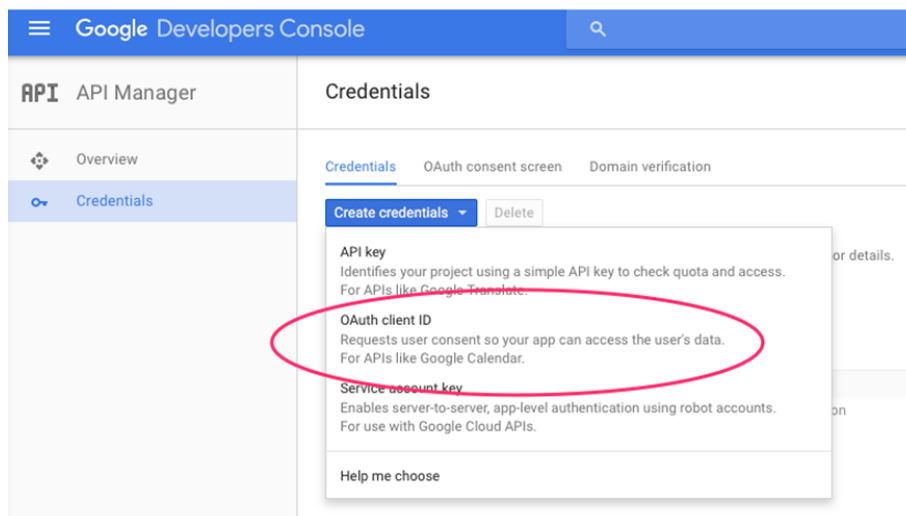
[Raise an issue or request a feature](#)

[Find out how you can contribute](#)

**Wmail** – v1.3.1. <https://github.com/Thomas101/wmail>. Free redistributable source code and executables for Microsoft® Windows®, Apple® macOS™ and GNU/Linux® by Thomas Beverley. Wmail is the missing desktop client for Gmail & Google Inbox, bringing the Gmail &

Google Inbox experience to your desktop in a neatly packaged app.

This is a small release with some bugfixes and performance improvements. Nonetheless, you should totally upgrade. It still contains all the awesome from all the previous releases.



Continued Page 6

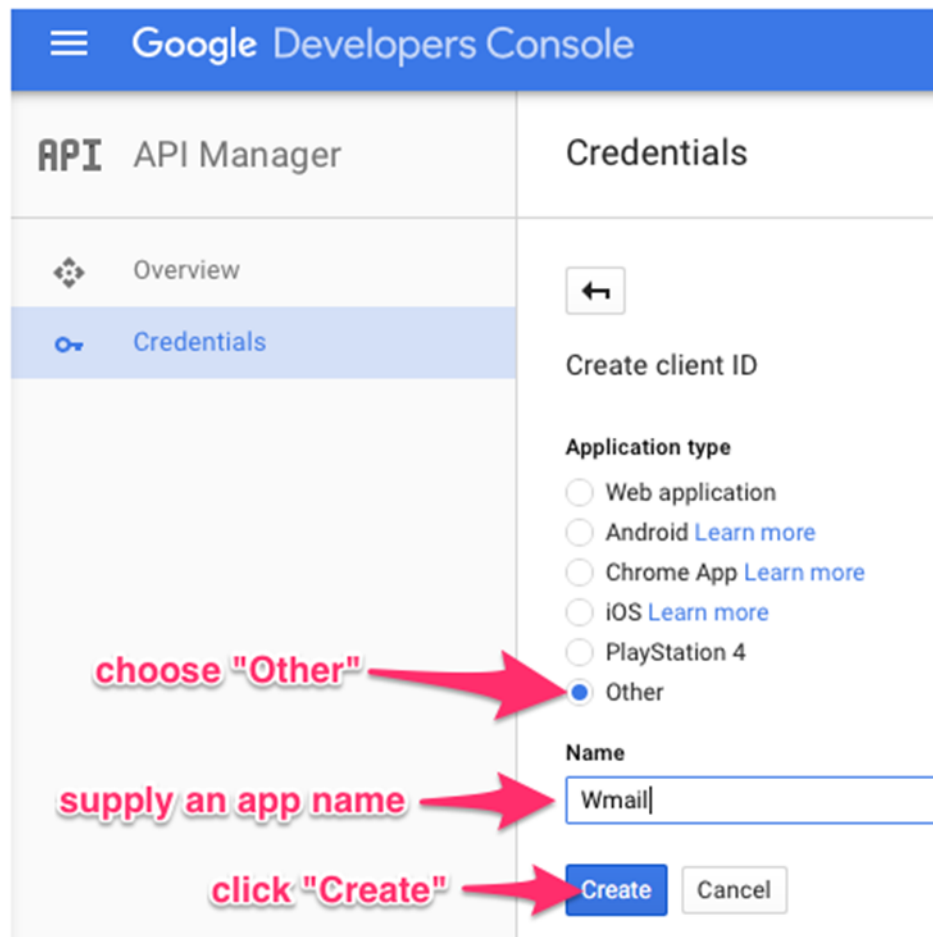
Features include:

- Windows Support
- You can now hide and show the sidebar thanks to @alexweber
- Added an option for accounts not add unread count to app unread
- Ability to set default download location
- Custom account images
- Open link in background appears in right click menu
- Toggle menu bar linux, thanks to @jamesbvaughan
- Option to open links in background
- Tray icon color picker
- You can now change your account colour in the side menu
- The settings dialog has been tidied up a little

Notifications & Unread counts

- The unread count is updated in a more responsive way

- Notifications now show subject and sender
  - Option to disable notification sound
  - Notifications no longer trigger on messages more that 2 days old stopping an onslaught the first time you launch the app
  - Notifications no longer trigger when you press mark as unread in gmail
  - Unread count in tray icon
  - Menu and keyboard shortcuts for re-opening menus (cmd+n)
  - Menu and keyboard shortcut for preferences
  - Support for dark menu bar on OSX
  - Services menu in menu bar
  - Keep the app open on linux after closing main window thanks to @russiancow
  - Dragging the black sidebar now drags the window
  - Updated electron to the latest version for bug fixes and performance
- Updated a bunch of libraries and framework for better stability and latest security fixes, etc.



### Open Source Lab LibreOffice 5.1

By Cal Esneault, former President of CCCC  
and leader of many Open Source Workshops  
& SIGs

Cajun Clickers Computer Club News,

March 2016

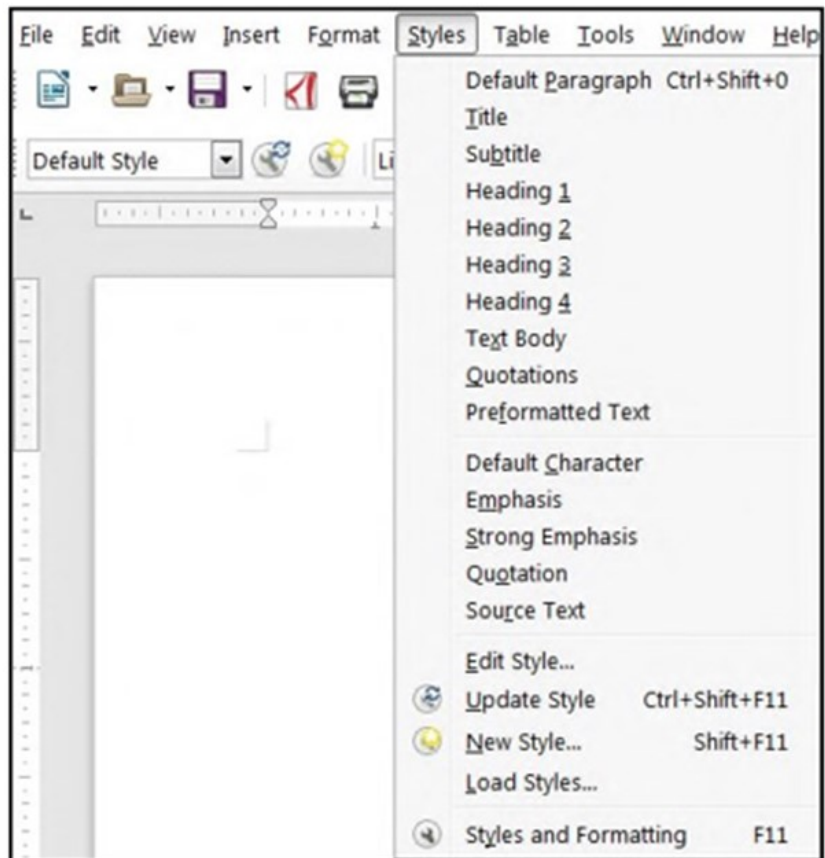
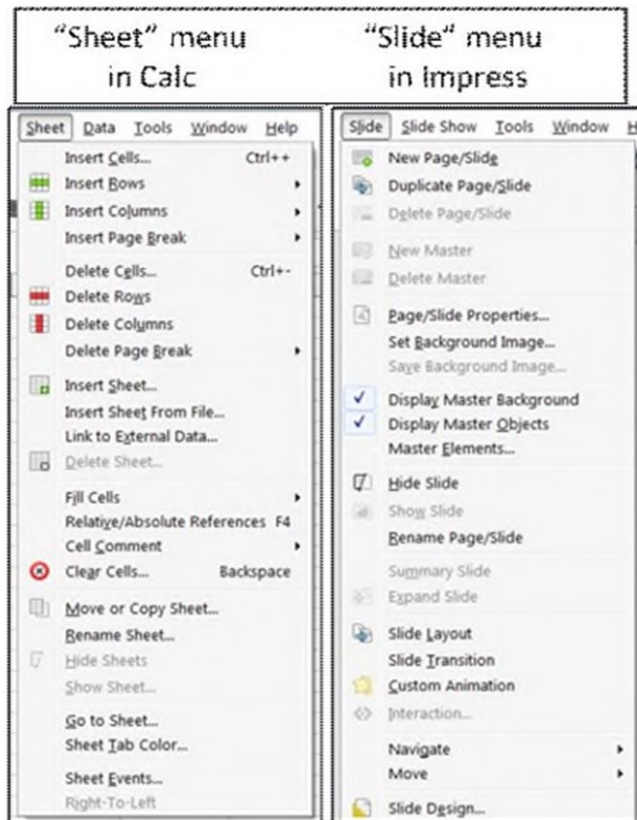
www.clickers.org tsa70785 (at) gmail.

LibreOffice, open-source office productivity software from The Document Foundation, is available for download at no cost for Windows, Mac OS, or Linux. It is an alternative to Microsoft Office (can read/write MS Office files) that started as a fork of OpenOffice.org in 2011. LibreOffice has a major "point release" every 6 months. I have previously reviewed versions 4.2 (June 2014) and 4.4 (April 2015) in the newsletter. Version 5.1 was released on 2/10/16, and I installed it on a PC running Windows 7.



Many changes from versions 4.0 to 5.0 have focused on modernizing the user interface including: thumbnails of recently used documents on the start screen, addition of a "sidebar" as a redesigned command feature, improved icon grouping, addition of new icon and theme sets, etc. While users get a choice among menus, icons, and panels to activate features, this leaves the editing space crowded. In this new version, a new main menu item has been added that seems to collect more common actions into a simpler group. At right is the new "styles" menu for the Writer word processor.

This selection is much simpler from the previous long lists shown when "styles" were selected. Similarly, a new "Sheet" menu has been added for the Calc spreadsheet programs and a new "Slide" menu has been added for the Impress presentation program (see examples of these menus on right).





## Open Source Lab

### Keeping Up with Open Source

By Cal Esneault, former President of CCCC and leader of many Open Source Workshops & SIGs

Cajun Clickers Computer Club News,  
April 2016

[www.clickers.org](http://www.clickers.org) tsa70785 (at) gmail.com

Once someone starts using open-source software, either by running a Linux OS or by installing cross-platform tools on Windows or Mac OS systems, the reality sets in that there is a whole new world of vast opportunities available without the drawbacks of financial cost or restrictive licenses. But how does one navigate this new environment? My personal advice is to use the DistroWatch.com site as a key resource. Besides being a jumping off point to find Linux distributions, it also has a great newsletter with links to current information. In particular, I like to keep up by reading recent newsletters and listening to the latest podcasts. Below is a sample of the left-hand pane on the DistroWatch web site that has links to newsletters and podcasts.

Latest Newsletters	
03/14	<a href="#">Ubuntu Weekly Newsletter 458</a>
03/11	<a href="#">Raspberry Pi Weekly 143</a>
03/11	<a href="#">Red Hat's Friday Five 03/11</a>
Latest Podcasts	
03/17	<a href="#">BSD Now - 133</a> (OGG, MP3)
03/15	<a href="#">FLOSS Weekly - 379</a> (MP3)
03/15	<a href="#">LAS - 408</a> (OGG, MP3)
03/14	<a href="#">LinuxGameCast - 186</a> (MP3)
03/14	<a href="#">#systemau - 27</a> (OGG, MP3)
03/14	<a href="#">Living Linux (de) - 20</a> (MP3)
03/10	<a href="#">Bad Voltage - 1x62</a> (OGG, MP3)

For newsletters, you can see the variety of platforms: Ubuntu, a Debian-based OS; Raspberry Pi, a single board computer using ARM processors

and, Red Hat, an RPM-based OS used in enterprise environments. The resources are listed chronologically, and the list changes with time as new issues are made available.

Podcasts (or netcasts, for purists), are audio files where there is a general discussion with recurring hosts typically focused on recent news items of interest to users of open-source programs. The two common audio coding formats, MP3 and OGG, provide "lossy" data compression which reduces file size while still providing sufficient dynamic range for conversational programming.

BSD Now and LAS (Linux Action Show) are both productions of Jupiter Broadcasting, an organization that has been producing audios and videos since 2008. From their studios in Washington State, they now produce ten shows, most produced weekly. In general, shows follow a news format covering recent events with a main segment of more in-depth coverage of a specific open-source software item.

FLOSS Weekly is a netcast produced by TWiT.tv, a company in central California started in 2005 with about two dozen weekly podcasts now being produced in both audio and video formats. FLOSS stands for "Free, Libre, and Open-

Source Software", and shows generally concentrate in depth on a particular application or set of software tools. Content is aimed at more experienced users.

Podcasts usually follow a pattern of style set by the hosts, and whether you like a particular show is very subjective for each individual. Prepare to take some time to sample a variety of podcasts before you find a set that meets your own views and needs. Here are a few other shows that may be of interest (many available in both audio and video formats)

- GNU World Order
- Hacker Public Radio
- Mintcast
- Linux Luddites
- Sunday Morning Linux Review
- Blender Podcast
- LinuxLUGcast
- Category 5 Technology TV

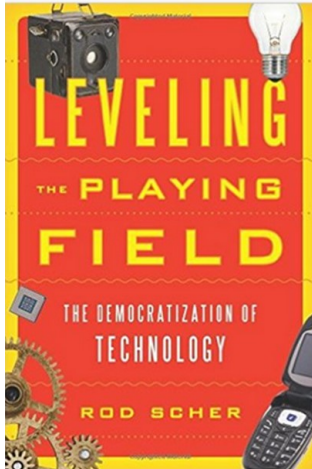


From Judy Taylor: *From the Bowling Green Area Microcomputer User Group August 2016 newsletter* Hi, I imagine many of you remember Smart Computing magazine and how much support they gave APCUG and our groups. I read this in the Bowling Green newsletter and thought some of you would be interested. I've asked him if he will give me permission to include some of his blog posts with PUSH and if he would like to give presentations via the Speakers Bureau. Judy

At any rate, please check out the book! It's available in many bookstores and of course at [amazon.com](http://amazon.com) and [barnesandnoble.com](http://barnesandnoble.com).

**Oh, and for more info and ongoing discussions, feel free to stop by The Geekly Weekly blog at [www.rodscher.com](http://www.rodscher.com).) ...**

Best Regards,  
Rod Scher  
Former Editor, Smart Computing Magazine



New Book by Rod Scher from Smart Computing (An email from the former editor of the magazine)

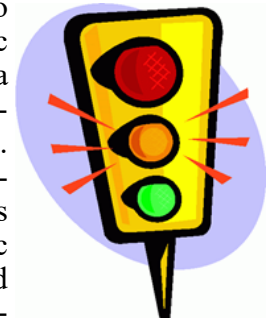
Hi, All. You may not remember me, but you and your members may have read Smart Computing magazine back in its heyday. I was the mag's editor during much of that heyday, and you may recall (fondly, I hope) my articles and my "Editorial License" column, which appeared on the last page every month. (I miss writing that!)

Sadly, the magazine is no more, shut down a few years back by the publisher. However, you and your membership may be interested in the fact that I have a new book available. The book is called *Leveling the Playing Field: The Democratization of Technology*.

It's not really a techie book, although the title makes it sound a bit daunting; it's more of an **informal look at the history and impact of some of the technologies we use every day**, ranging from computers (duh) to cell phones to . . . well, writing itself, which certainly qualifies as a type of foundational technology. Interesting stuff, and I've tried to make it conversational and informative – and occasionally even funny. I suppose you all will be the judges of that, and I expect you'll let me know if I succeeded. (None of you was ever reluctant to voice your opinion before, so I doubt very much that you'll be any shyer about it now!)

**Review: Traffic Light by BitDefender**  
By Joe Durham, Editor,  
Quad-Cities Computer Society, IA  
May 2016 issue, Qbits [www.qcs.org](http://www.qcs.org)  
[joseph85\\_us \(at\) yahoo.com](mailto:joseph85_us@yahoo.com)

I recently added an extension to Google Chrome called Traffic Light by BitDefender. This is a cross-browser extension available from the Google Play store. It purports to analyze, and notify you of tracking activities as you browse the web. Traffic Light places a green colored icon in the upper right hand corner of the screen if it determines that the site you are currently viewing is safe.



If there are tracking activities present at this site, a small yellow or gold icon is superimposed on the green light. No tracking activities are indicated if this golden symbol is not displayed.

While at your website location, click on the green symbol and a menu appears that shows whether the site is safe, and below that the number of tracking activities it detects.

A **settings** option in white text gives you the ability to configure Traffic Light to monitor those areas you wish. I choose to turn on the Facebook and Twitter protection and now Traffic Light indicates on the Facebook newsfeed itself with its icon whether the feed is deemed safe.

As you look at the tracking activity, if any is seen, you can click on the **feedback** button in the menu to notify Bitdefender of your concern. [goo.gl/BEQ6Id](http://goo.gl/BEQ6Id).

## Ransomware - Protecting Your Ability To Recover From An Attack

By John Langill, Newsletter Editor, STPCC  
(Southern Tier Personal Computing Club)  
June 2016 issue, Rare Bits

<http://www.pageorama.com/?p=stpcc1979jlangill> (at) stny.rr.com



A recent posting to Yahoo.com reminded me that the key element to recovering from a ransomware attack is to have a reliable system image backup. Most computer users — you among them, I'm sure — are aware of this and have diligently performed regular backups. Some may have chosen to back up their systems to a Cloud-based service for which, if their backup files are sufficiently large, they pay a monthly fee based on the storage capacity required. Others have preferred to keep things “close to the vest” and store their backup files on a local external hard-drive (never, ever store backup files on an internal hard drive) for which one with a three-terabyte capacity, for example, presently costs about \$100.

I fall into the latter group.

Cost aside, both methods provide protection but also have their own particular drawbacks that are too often overlooked. What will happen, for instance, if some enterprising ransomware purveyor one day successfully manages to hijack (encrypt) all the client files that have been stored with the cloud-based service. Not possible, such services say. Well, that may be but just how sure of that are you really — or are they, for that matter? And, as sure as God made little green apples, you can bet that there is at least one someone somewhere trying to do just that.

The uncertainty of cloud-based services is what led me to rely on a USB-connected external hard-drive for storing my backup files; and I have



been doing so for years with a blissful — and perhaps a false — sense of confidence that they would be secure and uncorrupted should they be needed. Ok, so what's the drawback in this method? The fact is that a ransomware attack will — along with all files stored on the internal hard-drives — also hijack the backup files stored on an external hard-drive unless the drive is either powered off or physically disconnected from the computer at the time of the attack. Not a problem, said I — my USB 3.0 external hard-drive is equipped with an On-Off switch and I power it ON only for the time it takes to create a backup.



There's one other precaution I take and that's to set my cable modem to “Stand by” mode to disrupt Internet traffic during the time that a backup is created; thereby assuring that my system and external hard drives will not be vulnerable to attack while a backup is in progress.

Accordingly, I considered the risk of the backup files becoming corrupted was minimal.

And all was fine and dandy until I decided to swap a relatively low-capacity external hard-drive over to my laptop PC and to install two larger capacity USB 3.0 hard-drives on the desktop PC. The problem with doing this was that the newer drives did not have On-Off switches; and rummaging around behind my desktop PC (which, despite what it's called, is actually located under a desk) to connect and disconnect the USB cables from either the drives themselves or the PC was a real pain — it's a rats-nest back there, as many will probably know.

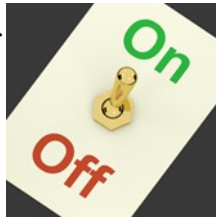
My solution: I purchased a powered 4-port USB 3.0 hub (under \$20) specifically for use with the two newly installed external hard-drives. Now, all I have to do is connect/disconnect the one

Continued Page 11

cable between the hub and the PC. Fortunately, a USB 3.0 port on the front of my PC that makes this convenient and easy. The only thing I need to be careful of is making sure that the external hard-drives have both completed their respective operations before disconnecting the hub from the PC which, by the way, also removes power to the drives (i.e., acts as a defacto power On-Off switch).



Of course, if you use just one external hard-drive to store your backup files, and it has an accessible On-Off switch, you've no problem. Even if the drive doesn't have an ON-Off switch it's likely that restricting Internet access to it will be simply a matter of disconnecting the USB cable from the back of the device and that should not be much of a problem either.



Why do I have two external hard-drives? One is used to directly store backup files — which by the way, are always full system image backups — as they are created. The other serves to archive copies of previously created backups; that is, to back up my backups.

+OK, so I'm paranoid when it comes to protecting my system image backups — it's not the worst of my faults. Admittedly, over the past 25 years or so, I can recall only once having to restore a system from a backup. I consider myself lucky on that score. But, with the chance of suffering a malicious attack rapidly increasing at the rate at which it is in today's world — and the risk will only get worse with time — I'd rather be overly cautious than suffer the consequences that could result from a lack of vigilance.



## PDF Type – What And Why?

By Phil Sorrentino, Contributing Writer, The Computer Club, Florida

<http://scccomputerclub.org/Phil-sorr.wordpress.com> [philsorr \(at\) yahoo.com](mailto:philsorr@yahoo.com)

The Portable Document File (.pdf) file type has been around since 1993 when Adobe Systems made the specification available to all, free of charge. However, PDF was initially a proprietary format, controlled by Adobe, until it was officially released as an Open Standard in 2008. Since then it has been controlled by a committee of volunteer experts who are part of the International Organization for Standardization.

The .pdf file type was developed as a way to share documents that would include text, formatting, and inline images, among computer users of different types of computers from different companies. (PCs, Apple, IBM, Sun, anyone remember DEC?). The PDF standard endeavors to present documents in a consistent manner that is independent of application software, hardware and operating system.

The .pdf file type, by its very nature, and name - Portable, was intended to be a file that could be a complex of text, graphics and so on, and be easily shared by people that didn't have the same hardware or software. So, the real benefit was that the file would look exactly the same when displayed on all different types of computer systems.

Each .pdf file encapsulates a complete description of a document, including text, fonts, graphics, forms, annotations, outlines, and other information needed to display the file. .pdf files can also contain links, buttons, audio, video, and business logic; and where security is important, they can be password protected.

So a .pdf file can end up as a pretty big file. (When I was almost finished with this article I saved it as a .doc and a .pdf. The .doc was 36KB, and the .pdf was 106KB. I also looked at a PowerPoint presentation, 127 slides with lots of graphics; it was 11.5MB saved as .ppt, and 32.4MB saved as .pdf.

Finally, I saved a fairly large Excel spreadsheet (125 rows, with columns that went out to column AT, with quite a few calculations within the

Continued Page 12

spreadsheet (125 rows, with columns that went out to column AT, with quite a few calculations within the spreadsheet), which was 157K saved as .xls and 475 KB as .pdf. So from that limited testing it looks like the .pdf will be about 3 times the native applications size.)

.pdf files can easily be viewed on your computer using a free PDF Reader from Adobe called “Acrobat Reader DC”. A mobile “Acrobat Reader DC” App is also available, free, for your Smartphone or Tablet.

And for Windows 10 users, who are also Microsoft Office owners, PDFs can now be created from the Office Apps, Word, Excel, and PowerPoint. (By the way, you may have seen a reference to an .xps file type along with .pdf. The .xps file type is Microsoft’s alternative to .pdf. It was introduced with Windows Vista but never attracted much of a following. Of the two, the .pdf format is the preferred choice.)

At this point in computer evolution, .pdf files can be opened by just about every major operating system (Windows 7, 10, OS X, iOS, Android) and can be used by many different applications.

In addition, the majority of modern web browsers (Chrome, Edge, and Firefox) allow .pdf files to be read without the use of an external application, making them easy to use in web applications. (Though the literature doesn’t give these internal PDF readers much of a good review; and advice on how to replace the internal PDF reader is easily found.)

Also, Mobile Operating Systems (Android, iOS) are including PDF readers, making the PDF format almost universally useable. (This can’t be said of any other file type; even though we all may be familiar with Microsoft’s Word format (.doc), this format can only be used by a limited number of applications.)

Those of you who have been to our File Explorer class know that there are hundreds of file types on

a typical computer, and that you can inspect and change the association between a file type and the program that uses that file type, using the Control Panel. (Remember, “Default Programs”, followed by “associate a file type or protocol with a program”?) So, you have to have a program on your computer that knows how to use the .pdf file type.

If you are having trouble opening a .pdf document, you probably don’t have a program that knows how to use the .pdf file type, on your machine. If this is your situation, consider getting the free Adobe Reader, from the Adobe website, <http://www.adobe.com>.

Normally, .pdf files cannot be modified by the user, making these files perfect for use by an “end user”, i.e., someone who needs the content of the file without being able to modify the file contents. In other words the file was not intended to be changed, once it was created or “published”. So, originally there was no way to change a .pdf file without using the very expensive PDF Creator software from Adobe (or lesser expensive PDF creation software from Foxit). However, there are situations where it makes sense to change the contents of a received .pdf file, like “if you need to fill in some information on a PDF form”.

“PDF to Word” conversion websites like “PDF Converter”, “PDF to Word” or “PDF Online” are websites that advertise that will do the conversion for free. (Google “free pdf to word” and you’ll see many possibilities.) Also, you could try “free document converter” found at [www.hellopdf.com](http://www.hellopdf.com).

I haven’t any experience with these, but the literature claims they work as indicated. And, for those of you who need to do a lot of these conversions, Adobe offers “Adobe Acrobat DC” for about \$15/month or you could buy it for around \$200. There must be a large enough number of people who need to convert .pdf files to .doc files because when I Googled “pdf to word”, I was pointed to many websites that could supposedly help me in my quest.

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There even was a YouTube video that indicated that you could upload a .pdf file to Google drive, (yes, you'll probably need a Google Drive account), and then download it as a word (.doc) document. When I tried it on a pretty simple PDF, the conversion didn't seem to preserve a lot of the formatting, so it didn't look like it would be acceptable, at all, on a more complex document.

I haven't had the occasion to need to convert a document, but if the situation ever arises I'm sure I'll be able to get it done, though I just might have to go to the lab and get some help from one of the very able and helpful Monitors.

So, when all is said and done, the PDF standard is deeply ingrained in modern computing because it allows a single file to provide a display that looks the same on all different types of computers.



### Interesting Internet Finds

**Steve Costello, Boca Raton Computer Society**  
 editor@brcs.org <http://ctublog.sefcug.com/>

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

The following are some items I found interesting during the month of September 2016. The Flaw in Secure Logins [http://askbobrankin.com/the\\_flaw\\_in\\_secure\\_logins.html](http://askbobrankin.com/the_flaw_in_secure_logins.html) Bob Rankin talks about some flaws in two-factor secure logins.

Top 10 Ways To Secure Your Mobile Phone <https://blog.malwarebytes.com/101/2016/09/top-10-ways-to-secure-your-mobile-phone/>



Malwarebytes talks about ways to secure your mobile phone. How To Create Strong Passwords: 6 Expert Tips For Online Safety

<http://www.geekersmagazine.com/create-strong-passwords-expert-tips-online-safety/> To be secure online you need to use strong passwords.

This post gives you tips about creating them. What Is Email Spoofing & How To Protect Yourself & Stay Safe

<http://www.thewindowsclub.com/email-spoofing>

This post explains how an email can look like it comes from a trusted place, but is actually from somewhere quite different. It also tells you how to identify this and what to do to stay safe.

Common Questions About Two-Factor Authentication <https://www.telesign.com/blog/post/common-questions-about-two-factor-authentication-2/>.

This post answers some of the most common questions about two-factor authentication. If you haven't started using two-factor authentication yet, and you should be using it, check this out for answers to your questions about it.



3 Videos To Help You Be #CyberAware <https://www.consumer.ftc.gov/blog/3-videos-help-you-be-cyberaware>.

This post from the FTC (Federal Trade Commission) contains three videos:

Protect Your Computer from Malware  
 Public Wi-Fi Networks  
 Tech Support Imposter Scams

For more information about the blog check the about page at <http://ctublog.sefcug.com/about-this-blog/>. <http://ctublog.sefcug.com/contact/> is the URL for the contact page, should there be any other questions. Most Fridays, more interesting finds will be posted on the Computers, Technology, and User Groups Blog: <http://ctublog.sefcug.com/tag/interesting-internet-finds/> The posts are under Creativeensing.

**Software Review: Alarm ++**

By Marshall K. DuBois, Webmaster, Sarasota Technology User Group, FL April 2016 issue, STUG Monitor  
www.thestug.orgwebmaster (at) thestug.org

This is a great reminder program which will help you remember many things you usually forget.

Every day I rely on this little gem. Think of something in your home that you value, is small and generally goes unnoticed until you discover its absence. I am really glad when I'm reminded of a family member or friend's birthday by a reminder popping up. I used to feel bad when I overlooked someone, especially a youngster.

The software is perpetual in that you can have reminders (alarms) appear when scheduled for as long as you wish. An alarm will appear and launch a program on a specified date/time. For example, I have an alarm for the STUG TNT (Tips 'N Tricks) page.

The alarm appears on screen and in the background it opens the "Interesting Internet Finds" in my web browser which eliminates the need to hunt for a URL each week.

I could go on and on. Below is a short list of my favorite alarms. I have been using this product since 2001.

STUG Board	Thumb Backup
Take a walk!	TMobile-Marshall
11pm News	Auto Insurance
Noon News	Online Checking
AM Meds	FPL Bill
6PM News	Verizon
Mid-day Meds	RainX
Download STUG Web	Jeff's Birthday

Alarm++ Shareware \$19 Supports Windows XP – 10

[http://12noon.com/?page\\_id=27](http://12noon.com/?page_id=27)

**WINDOWS 10 TIPS AND TRICKS:  
Disable OneDrive**

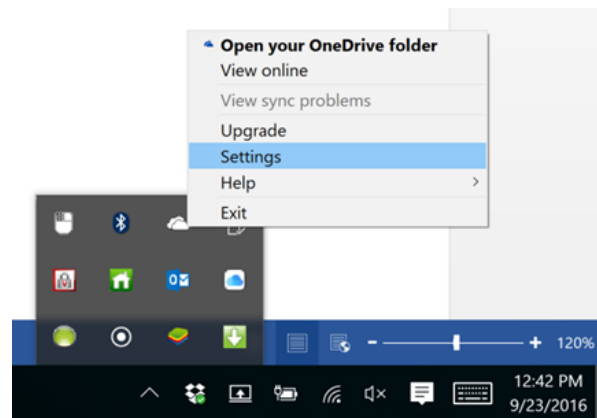
By Leti Labell  
Member, Potomac Area Technology and Computer Society



# OneDrive

Many people use the Microsoft OneDrive cloud storage solution to store files and photos. But if you are not a fan of cloud storage, you can disable OneDrive on your machine. These steps are reversible, so you can change your mind later.

Right-click on the OneDrive icon (two clouds) in the notification area in the lower right corner of your screen, and choose Settings from the menu.



Then click on the leftmost tab for "Settings." Unclick the option to "Start OneDrive automatically when I sign in to Windows." Unclick the option to "Let me use OneDrive to fetch any of my files on this PC."



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# First Class

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## October 2016 PATACS Event Calendar

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Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1
2	3	4	5  7-9 pm Arlington Tech- nology and PC	6	7	8
9	10	11	12  7-9pm Online Zoom Meeting	13	14	15  12:30- 3:30pm Fairfax General Meeting
16	17  7-9pm Arlington Board Meeting	18		20	21	22  Dec. Newsletter Articles Due
23/30	24/31 	25	26  7-9 pm Arlington Tech nology and PC Help Desk	27	28	29

### Sappy Halloween

Arlington: Carlin Hall Community Center  
 5711 4th Street South

Fairfax: Osher Lifelong Learning Institute  
 4210 Roberts Road