PATACS/OPCUG
3rd Saturday, October 19
Osher Lifelong Learning Institute,
4210 Roberts Rd., Fairfax, VA 22032-1028

Social time
in Coffee Room and Annex -12:30 P. M.

Meeting 1:00 P. M.

Computer History: How Did We Get Here? Part 2
Presented by Lorrin Garson

The technology of our modern computers goes back to the early 19th century with most of the advancements occurring in our lifetime.

You will learn how weaving, mathematics, the telephone and cryptology played important roles and how the basic laws of chemistry and physics apply. Contributors to the development of computers include mathematical geniuses and hippies, aristocrats and the poverty stricken, men and women, party animals and withdrawn neurotics. No one person or group invented the computer. Our computers are the creation of many interesting people and several disparate technologies.

Lorrin Garson had a long career in technical publishing of chemical information. His presentations to our computer groups are famous for their thorough research and clarity in explaining topics such as cryptography, encryption of personal data, cloud storage and the origins of personal computers.

VOLUNTEERS NEEDED

PATACS Wants You !!!
... to serve as a member of the organization's Board of Directors.

Help determine the direction of the club, and plan services for our members.

Our Bylaws call for 6 to 10 directors at large, serving a two year term, elected in odd-numbered years. Board meeting are held on the third Monday of the month, in Arlington, but attendance can be via Zoom web conferencing if you're unable to get to Arlington.

Final assembly of the newsletter is often performed at this session, followed by the business meeting.

Nominate yourself by sending an email by September 15th, to:ballot@patacs.org so that our Nominating Committee / Election Commissioners may add your name to the ballot. Questions? Send email to: info@patacs.org

Elections will be held via email and in-person ballot at the Annual Meeting, to be held on October 19th, at the Fairfax meeting.

PATACS Nominating Committee
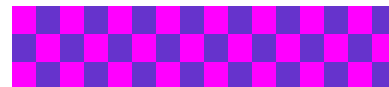
TURNING SMARTPHONE VOICEMAILS INTO AUDIO FILES
Android/Verizon and iPhone/AT&T methods
Part 2 of a 2-part article series
By John Krout, PATACS member

In Part 1, I covered how to create and transfer audio files containing voicemails using a Samsung Galaxy 7S running the Android 8 operating system on the Verizon Wireless carrier.

This part covers how to do the same on an iPhone 6s running iOS 12.3.1 on the AT&T carrier. This method will perhaps work on any iPhone on any carrier, but I have no other iPhones to test so I cannot confirm that suggestion.

This article assumes you have at least one saved voicemail on your iPhone.

AT&T QUICK SAVE METHOD
On my corporate AT&T iPhone 6S, I found a method to copy a voicemail as a sound file.

Start the **Phone app**. It should include a set of icons at the bottom of the screen like those shown in **Illustration 1 below**.
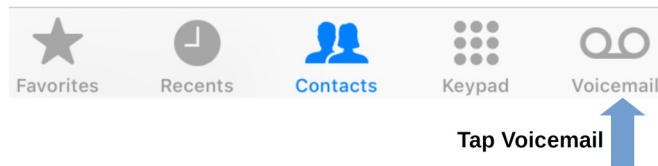

Illustration 1

Tap the Voicemail icon.
At that point, the app shows the Voicemail message list, as shown in **Illustration 2 below**. Tap any one of those voicemails in roughly the center (do *not* tap the circled letter i).
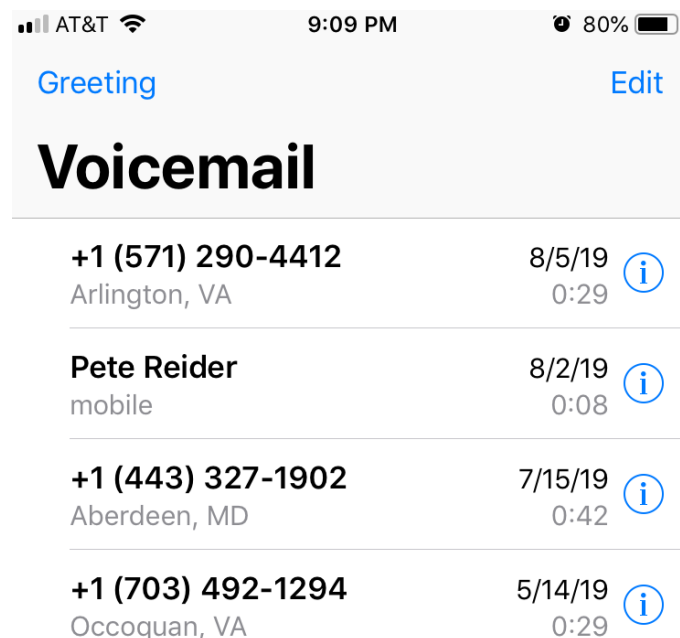
Illustration 2

Then the app displays a playback window with some additional icons included, as shown in **Illustration 3 at right**. This window is probably familiar if you have ever listened to a voicemail on iPhone. **Tap the Share icon**, which is the box with an up-arrow symbol.

Illustration 3

The sharing window appears, including a number of icons., as shown in **Illustration 4 on left.**

I decided the easiest way to get the voicemail audio file to a computer was to send it by email, so I tapped the Email icon.

Illustration 4

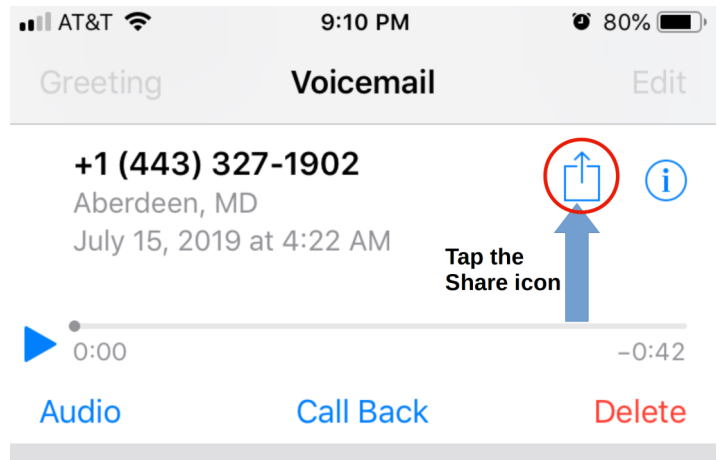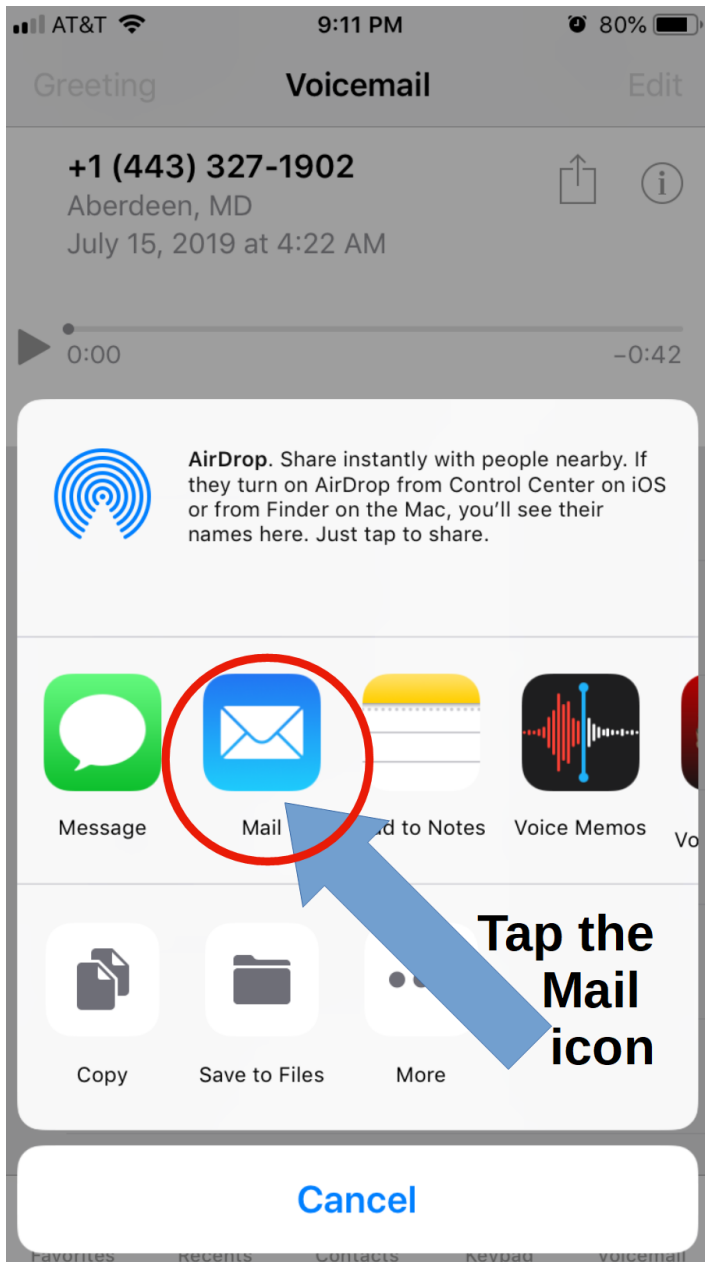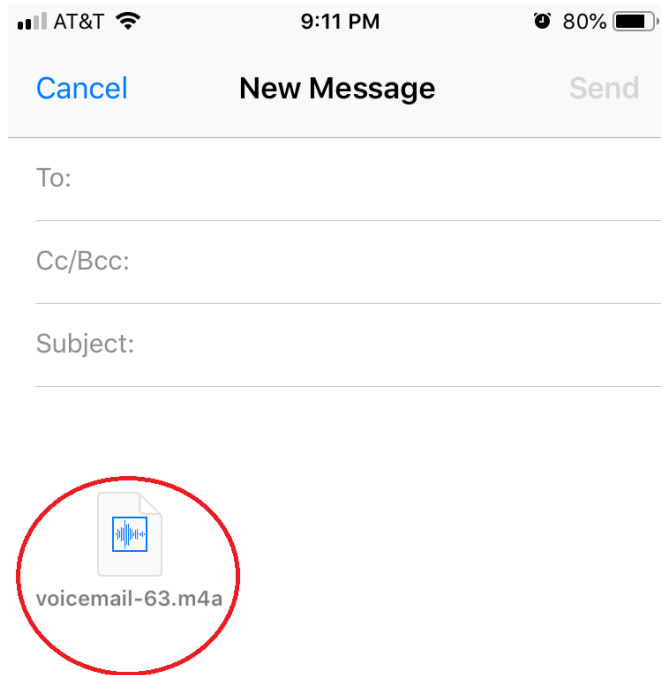That tap caused an email composition window to appear, as show in **Illustration 5 below**. Note that the sound file is an attachment; it is circled for emphasis. The file type is M4A. If you use iTunes to put music on your iPhone, then that is a familiar format.

Illustrations 5

I filled in my email address, and a subject line, and sent the file file as an attachment to my email address. If you have a current iCloud account, you can also choose to save the file to iCloud. Then you can download it from iCloud.com onto your computer. Unlike the Android method documented in Part 1 of this article series, this iPhone method on AT&T does *not* remove the voicemail from the server side. After sharing, the voicemail remains available for playback, sharing, et cetera. I am not sure the voicemail would remain in place for iPhones on other carriers.

CONVERTING AMR OR M4A TO WAV OR MP3

AMR is the file format to which my personal Android phone on Verizon Wireless recorded its voicemails. M4A is the format to which my corporate iPhone recorded its voicemail.

Probably the most widely used desktop application that can convert AMR or M4A to a more universally used file format is Audacity. It can read AMR and M4A files, and export the audio as either WAV, MP3, or several other file formats. Audacity is a freebie available for Windows, Mac and Linux personal computers.

To start, use your computer to access email, open the email containing the attached voicemail recording audio files, and save those files to a known location on your computer.

Then you can start Audacity, load each voicemail audio file, and **export** each to a known location on your computer hard drive in one or more other audio formats. *Use export, not save*. The purpose of save in Audacity is to store a project, meaning a record of all the files and configurations in use. Export stores an audio file in the format of your choice. "Known location" means you have to remember the folder in which you stored an exported audio file.

With a terabyte hard drive and thousands of folders, It is remarkably easy to save files and quickly forget where you put them.

ABOUT THE AUTHOR: John Krout is a former president of the Washington Area Computer User Group (WAC), a predecessor of the Potomac Area Technology and Computer Society (PATACS). Among his many presentations for PATACS meetings was a demo of creating custom ringtones for smart phones. He also writes frequently for PATACS Posts. For most of his career, he was a software developer using C and C++ for creation and maintenance of major federal government systems. Currently he works as a documentation writer for the Thales Group, a major maker of automated fingerprint identification hardware, supporting the use of that hardware in a computer system of a major government agency.

A few of my favorite things
(aka websites)
By Lou Torraca, President Emeritus, The Tug – MOAA User Group, HI
August 2019 issue, The Tug Newsletterwww.the-tug.org   editor (at) the-tug.org

Time for an update of My Favorite Things…can you hear Julie Andrews singing the song: Raindrops on Roses and Whiskers on Kittens; Bright Copper Kettles and Warm Woolen Mittens; Brown Paper Packages tied up with Strings, These are a few of my favorite things.

We all spend lots of time on the 'net, but the sheer size of it makes it hard to find lots of neat places unless someone tells us, so, I've made a list of some of my favorite things (aka web pages) and I've added a few brief comments on each, but you really need to go there yourself and see what's there and in some cases try out the program.

https://alternativeto.net
It's really easy to find any alternatives for a software program that you don't want to spend big bucks on when you use the search function at this website.

http://www.nasa.gov
Hard to beat this one for kids of all ages. Lots of great information and images, things to do and games for everyone.

http://www.wpclipart.com
This is where some of the clipart you see at the top of this column comes from. The owner, Mr. Paul Sherman has posted them for public use, free of any restrictions. So, feel free to use them in your letters, e-mails or whatever. Thanks, Paul!

http://www.musipedia.org
The folks at Musipedia are busy building a searchable, editable, and expandable encyclopedia of tunes. And you're invited to take part in the action. Their Melodyhound can find a tune even if all you know is the melody. Or, see the next one.

http://thenostalgiamachine.com/
Pick a year and you will get a list of that year's hit to listen to,

https://www.popularmechanics.com/
Pretty much anything you can think of is probably on this webpage!

https://radio.garden/listen/wpkn/e0lD4oHy
This is one you will love. Search the globe for radio stations anywhere in the world!

http://www.merriam-webster.com
If you do any amount of writing, whether for the office or just e-mails, I'd be surprised if you haven't found this one, which, along with the Encyclopedia Britannica are essential tools.

http://twitter.com
After blogs, this one was inevitable…you "twitter" (yes, it's a verb) by answering the question "What are you doing?" in 280 characters or less. It looks like more of a fun thing than a serious one as you can see from the example of how little 280 characters is.

http://www.gcflearnfree.org
This page is an incredible online learning site from the Goodwill Community Foundation. On the site, there are thousands of video lessons covering 125 topics, taught by professional educators. Topics are geared to everyone from kids, to college students, to people who want to learn English, or even adults who need to beef up on job skills, like learning to write a resume or using Microsoft Office.

https://www.travelblog.org
This is a place where you can write an ongoing blog documenting your travels. It's a great way to share stories and chronicle your trip.

https://www.afi.com
Here you will find an amazing amount of information about films you have seen or wanted to...complete story lines, a list of the top 100 films and lots more to explore. If you are a film buff, you will love this site.

Hope you enjoy exploring these; have fun out there on the www, but remember to be safe!
Aloha, Lou

Crowns and Computers
By Maryellen Amato, M.D., Member, ICON Users Group, MO
July 2019 issue, The ICON Newsletter-
Meamato76 (at)
gmail.comwww.iconusersgroup.org

Like most professions, dentistry has been deeply impacted by computer technology. Many dentists, for example, have been using digital x-rays. Several months ago in an article entitled Musings on Medicine, I discussed the advantages of using digital radiography, including quicker imaging times and decreased radiation.

Another major facet of dentistry that has been affected by computers has to do with the way dental crowns are made. A crown is a small prosthetic cap that fits over an entire tooth to restore its strength and appearance. A crown may be necessary for a variety of cosmetic and/or functional reasons. A tooth might require a crown if it is broken, racked, heavily decayed, worn, damaged in some way, or compromised by a root canal.

I had a number of crowns made back in the "old days" before the advent of computers. A tray of gooey putty was placed over my teeth for a few minutes and then the impression was sent off to a distant lab where the permanent crown was made. In the meantime, for the next two weeks I had to endure a fragile temporary crown.

All that has changed with CEREC-3d CAD/CAM. CEREC stands for "Chairside Economical Restoration of Esthetic Ceramic Crowns." CAD/CAM stands for 'computer assisted design/computer assisted manufacturing."

CAD/CAM has been used in industry for many years, but dental CAD/CAM applications were not available until the 1980s, and CEREC technology has only become popular in the last decade.

My dentist, Mr. Jeff, DD, was one of the first dentists in Springfield to embrace this technology approximately 10 years ago. He has made several crowns for me with this technique, and it was so much easier than the old method – and much faster, too. Instead of taking two visits and two weeks to get the permanent crown, it only required about two hours total in one visit to have the new crown made and placed in my mouth.

Ceramic tooth material

Here is what is involved: The first thing my dentist does is take a picture using a dental program which allows him to make a 3D map of my teeth, including top and side views. This allows him to design the crown chairside right then and there on his computer monitor, bypassing the need for filling my mouth with goop and sending the impression off to a lab. This computer data is then transferred wirelessly to a milling instrument that carves the crown out of a block of strong non-metallic ceramic material. A block of a harder material is chosen for back teeth because they are subjected to stronger grinding forces. The milling machine (about two feet long by one foot wide) takes up to 30 minutes to make the crown, which is then bonded into place in the patient's mouth.

The milling machine used to make crowns using CAD/CAM technology.

This method is so precise that there is virtually no risk of damage to adjacent teeth. My crowns also have a very natural feel because they are customized to my bite. They blend in well with the rest of my teeth and look and feel natural.

Dr. Jeff estimates he has made approximately 3,000 crowns using CEREC CAD/CAM. Currently only about 20% of dentists in the Springfield area have this technology, so if you need a crown, be sure to check if it is available at your dentist's office and ask how many crowns they have made using it, since like everything else with computers there is a learning curve.

In summary, I am very lucky that my dentist is on the cutting-edge of dentistry and that he could offer me this computer-based technology. I can attest from my personal experience that it is definitely easier, faster, and more accurate than the old method of creating crowns.

LED Lights and Utilities
**ByAndrew Cummins, President,
ICON Users Group, MO
July 2019 issue, The ICON Newsletter-
www.iconusersgroup.org
andrewcummins (at) yahoo.com**

I can't tell you how exciting I think LED lights are. They're incredible in many ways compared to older incandescent bulbs. I recently took an LED bulb and stomped on it. I wanted to open it up for a look. I then threw it down on concrete several times as hard as I could, and even took a hammer to it. Nothing, but some scuffing. I grabbed an axe that could take down a large tree. With one swing, the bulb flew some distance and I had merely dinged the aluminum base. I took another swing, and landed the axe up on the plastic dome. Success! The plastic dome split and popped half off of the aluminum base, exposing a dozen little LEDs.

Compare the resiliency of that LED bulb to your old bulbs, the ones that can shatter just from an accidental fall to the floor. Not all LED bulbs are that tough. Some are made with glass and can break rather easily. But, if you want an incredibly tough bulb, you can now get it.

Before the turn of the century, I had used a number of third-party utilities to keep my PC running. I'd have to restart my computer sometimes several times a day to overcome problems. Occasionally, I'd have to reinstall Windows to get it working. Windows now has become very resilient. I've never needed to reinstall Windows 10. I rarely need to restart it. And, I have almost no need for third-party utilities.

We recently had an ICON class that presented a number of utilities built into Windows to keep it running smoothly. You might be able to get by without ever going out of your way to use any of them. One such utility is CHKDSK to check your hard drive for errors. Windows 10 uses the NTFS file system, which is very reliable. Older versions of Windows used FAT, which is prone to errors. I've never needed to run CHKDSK on Windows 10. Windows 10 has a utility to backup your hard drive. It's more than a good idea to backup your hard drive.

The hardware won't last forever and Windows isn't perfect. And, you might even mess things up yourself, then a backup can save you. the resilience.

This you should backup before you need it. Keep a couple of backups, in case one fails.

Enjoy

Sad Story, Happy Ending
**By John Roy, President, The PC Users Group
of Connecticut
August 2019 issue, The Program
www.tpcug-ct.org
johnroy1 (at) comcast.net**

I have an Android phone and use Google Photos. I wanted to create some storage space on my phone and decided to delete photos that were already residing in the cloud in Google Photos.

Using a local photo application, I started deleting photos off my phone. Being a little tedious doing this one-by-one I looked for a select tool but couldn't find it. I then realized it was available on the Google Photo application so I then started some bulk deletes using Google Photos. I then had this startling revelation that I was deleting my cloud Google Photos and not the dupes residing on my phone.

Panic quickly set in when I realized, in my haste, that I was no longer using the original phone application that was only deleting photos on my phone.

I took a deep breath and searched for recovery solutions. Hooray, there was an easy solution that I had never used. The photos were dumped into a trash bucket that holds deletions for 60 days. Following the steps below recovered the deleted photos.

Recover permanently deleted files from Google Photos in Trash

Files that are accidentally deleted from Google Photos will stay in your trash for 60 days. So, if you permanently delete your photos or video on your phone, you can try to fully retrieve them back in Trash during this period.

1. Open the Google Photos app and tap on "Menu." Then select your "Trash" folder.

2. All of your deleted files will be listed. Simply select the photos or videos you wish to recover, and then tap the Restore button to restore them.

Settings –
What happened to Control Panel?
By Phil Sorrentino, Contributing Writer,
The Computer Club, Florida
www.scccomputerclub.org
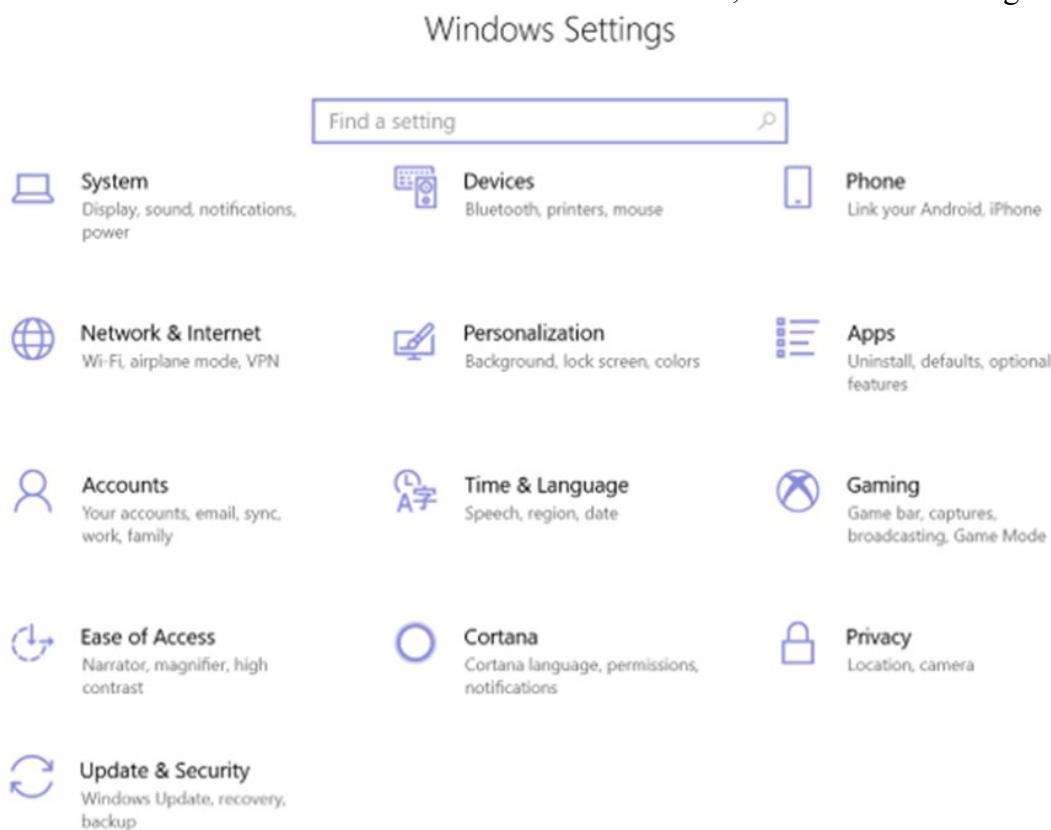**Philsorr (at) yahoo.com**

Way back in the days of Windows 7, the Control Panel was the way we adjusted the operation of certain parts of the Operating System. Control Panel was easily found because it was in a short list of options when you clicked the Start button. When you clicked "Control Panel," you were presented with a set of Apps (originally called Applets), that would allow you to change the way certain features operated. (To get this list you had to choose "View by Icons" rather than "View by Categories.") The list of Apps included, Display, Keyboard, Mouse, System, Default Programs, Power Options, Programs and features, Folder Options, Network and Sharing, Device manager, just about all the features that you can adjust. Maybe the statement at the top of the set of Apps was prophetic in its language. The Apps were introduced by a text line that said, "Adjust your computer's settings." And maybe the

thought of Settings was carried over from the Smartphone world, (i.e. Apple's iOS and Google's Android) just about when Windows 10 was being developed. No matter how it evolved, Settings seems to be the preferred term for the place to go to change the way the device operates.

"Settings" has become a common feature on many computing devices. It even shows up on other things like electric ovens, exercise machines, thermostats, and kitchen appliances. So now Settings is the place to set many of the features of Windows 10. Yes, Control Panel still exists, but it is not as apparent, or easy to find. It seems like it has been moved to different places in different Windows 10 editions. But, fortunately, you can always find it just by clicking the "Type here to Search" circle next to the Start button, and then typing "Control" into the Search bar

You may not even have to go to Control Panel for most of the things you may want to change, because clicking Settings will more than likely get you there. And, Settings is very easy to find; just click the Start button and the Settings icon, which looks like a gear, appears right above the Power icon. Click the icon and you will be shown all the Settings categories. Just to add a little confusion, these new categories are not the same categories that are used in Control Panel, although some of the titles will be familiar. The Settings hat are used in Control Panel, although some of the titles will be familiar. The Settings screen on one of machines is as shown on the left:

Windows Settings

System — Display, sound, notifications, power

Devices — Bluetooth, printers, mouse

Phone — Link your Android, iPhone

Network & Internet — Wi-Fi, airplane mode, VPN

Personalization — Background, lock screen, colors

Apps — Uninstall, defaults, optional features

Accounts — Your accounts, email, sync, work, family

Time & Language — Speech, region, date

Gaming — Game bar, captures, broadcasting, Game Mode

Ease of Access — Narrator, magnifier, high contrast

Cortana — Cortana language, permissions, notifications

Privacy — Location, camera

Update & Security — Windows Update, recovery, backup

Notice that they are not is alphabetical order. Note too, that System is the first category, so Microsoft must consider these to be important settings. Here are the items in the System category:

Display. Here you will find Display-related information and settings. The first setting is "Night light," which allows you to set a schedule for the Night Light and set the "Color temperature at night." The introduction explains that "Screens emit blue light, which can be changed. (Keep in mind that if you choose a higher resolution, the text and pictures on the screen will be smaller, so if you want larger items on the screen, you will have to lower the Resolution. I know that sounds counter-intuitive.) **(See Illustration I below)**

Change brightness for the built-in display
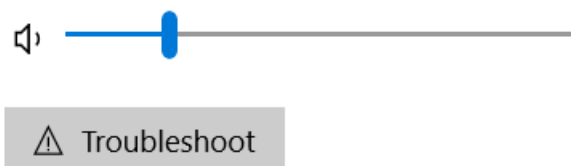
Night light

Off

Night light settings
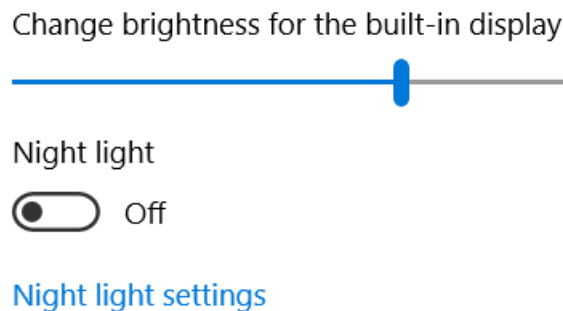
Illustration I

Sound is where you choose your output or input devices, volume, manage your sound devices and troubleshoot those devices.
(See Illustration II below)

Device properties

Master volume

⚠ Troubleshoot

Manage sound devices

Illustration II

Notifications & actions is where you set up the Quick Actions, the icons you see when you click the Action Center icon at the right-hand end of the taskbar. (Clicking the Action Center icon also shows you any notifications that are available.) This is also where you get to determine the notifications you can receive, and who can send you notifications.

Focus Assist is where you can choose which notification you'd like to see and hear so you can stay focused. The rest will go straight to the action center where you can see them any time.

Power & sleep. You can customize how long the screen will stay on after the last keystroke,

Battery Here you will see a battery charged percentage indication, and if you click "Battery Usage By App," you will see how the battery is being used by various Apps. Battery saving options are also shown here.

Storage is where you can see the size of each local storage device (drive) and how much is being used. There are also a few storage related items here such as "Change how we free up space," and "Manage Storage Spaces." You will probably want to customize these options. You will also find "Change where new content is stored," which determines where various file types, like documents, music, and pictures will be stored.

Tablet mode optimizes your device for a touch screen so you don't have to use a keyboard and mouse.

Multitasking gives you control of the "Snap" feature, that is the ability to snap windows into half the overall screen. This can be useful if you want to Copy & Paste between two documents.

Projecting to this PC gives you the ability to wirelessly project some Windows and Android devices to your device. If you give presentations, turn on "This PC can be discovered for projection only when it's plugged in."

Shared Experiences lets Apps on other devices open and message Apps on your device, and vice versa. This feature improves the ability to share documents and Apps among all of your devices and may or may not be useful to you. (**See Illustration III below.**)

Nearby sharing

Share content with a nearby device by using Bluetooth and Wi-Fi

◯ Off

I can share or receive content from

Everyone nearby ⌄

Illustration III

Clipboard You can save multiple items to the clipboard to use later as well as sync them across devices, pin frequently used items, and clear the clipboard date.

Remote Desktop lets you connect and control your PC from a remote device by using a remote desktop client. **Note**: You never want to enable unless you completely trust the person who wants to take over control of your PC. You might do this if someone you know and trust is trying to help you with something and they are at a remote location.

About contains a lot of device specification information. This is where you will find hardware information such as Device name (with the ability to change the name), Processor type, Amount of memory, and the system type. Here you will also find Software information such as the Windows 10 edition, like Windows Home or Pro, and the version number.

"Settings" is a very important and comprehensive part of Windows 10. In this article we have only reviewed the first category, System; there are 12 more categories full of various types of settings. Stay tuned.

iPhone Sound Menagerie
By Jim Cerny, Help Desk Support, Sarasota
Technology Users Group, FL
July issue The STUG Monitor
www.thestug.org
jimcerny123 (at) gmail.com

It can be embarrassing when your phone sounds off when you are in a meeting or someplace quiet. You probably know about the sound "on – off" switch on the side of your phone, right? -- but the many other options for sounds you have available can be surprising. Let's take a look at a few of the most popular ones and when you would want to use them.

On your iPhone, touch "Settings" and then "Sounds & Haptics." Haptics, for those of you who are out-of-touch with some technical jargon, has to do with tactile sensations you feel when your phone wants your attention. In other words, among other things, your phone can vibrate. (The sound options for your iPad are fewer because it is not intended to be used as a cellular phone).

Side switch on side of phone – turns sounds "on" or "off." When "off," this is called "silent mode."

The following are found in "Settings" -> "Sounds & Haptics":

• Vibrate on Ring (on/off) – if "on" will vibrate your phone while it is also ringing.

• Vibrate on Silent (on/off) – if "on" will vibrate even if your phone is on silent.

• Under "Ringer and Alerts" there is a slide volume adjust. Mine is up all the way on this one which means if my phone "rings" with a sound it will be the loudest possible. It's not that my hearing is failing, it's that my pants pockets are getting more insulated!

• Right below that is "Change with Buttons" (on/off) – This option, if turned "ON," means that the volume of the sounds can be adjusted by the "side buttons" which are used to turn the volume up or down.

• If "OFF," the side buttons will NOT adjust the volume.

Now comes a really fun list of
"Sounds and Vibration Patterns" –

Look at this list and you can pick and change the sound or vibration pattern of all the events listed. Get a new email?

Pick a sound to tell you that event happened. I believe you can get (or purchase through the App Store) more ringtones, but the ones provided for free are enough for me.

Below that list are:

- Keyboard Clicks – if "ON" will make a click sound when you touch a keyboard key on your device.

- Lock Sound – if "ON" will hear a shutting sound (like a door or cupboard door closing) that lets you know you've locked your phone without needing to check.

- System Haptics – if "ON" will allow vibrations.

Do Not Disturb – this is a very helpful setting found just below "Sounds & Haptics."

It provides a list of options for you to explore to keep your phone from bothering you at certain times.

Thankfully there is a short description of each option to help you decide if it is something you want to use.

For example, I have my phone's "Scheduled" option turned "ON," and I have a set time span from 10 p.m. to 8:30 a.m. during which I do NOT want to be disturbed.

The phone functions will work (receive calls, etc.) but I will not know unless I am looking at the phone – there will be no noises or vibrations.

True to providing options on top of options, there is an "Allow Calls from" option that WILL allow certain calls to come in even if you DO have "Do Not Disturb" turned on.

Ah, remember the old days when you just unplugged the phone when you didn't want it to ring?

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 July 2019. **Trying to stay off your phone? Turn the screen grayscale**
https://www.lifesavvy.com/5053/trying-to-stay-off-your-phone-turn-the-screen-grayscale/
A simple, yet effective way to avoid distraction. Since reading this, I set my phone to grayscale whenever I need to concentrate on something. Also, I put the phone in airplane mode.

Search smarter with the DuckDuckGo search engine
https://www.askdavetaylor.com/search-smarter-with-the-duckduckgo-search-engine/

Are you using DuckDuckGo as your default search engine? You should be if you are serious about not having everything tracked. That said, searching with DuckDuckGo is a little different than searching with Google, Bing, etc. Dave Taylor explains how to search smartly with DuckDuckGo in this posting.

Cord-cutters beware: Amazon's TV antenna listings are rife with dubious claims
https://www.techhive.com/article/3409624/amazons-tv-antenna-listings-are-rife-with-dubius-claims.html
Cord-cutting is becoming very popular. This means higher demand for TV antennas. As with anything else, if you decide to go the antenna route make sure you do your research so you don't end up spending your money on useless things. This post explains some of the things to look for.

How to use a public computer safely
https://www.online-tech-tips.com/computer-tips/how-to-use-a-public-computer-safely/

We are in the travel season now, which makes it more likely you will be using a public computer. Read this post from a reminder of ways to keep safe while using one.

President's Column: Truth in Advertising

**By Andrew Cummins, President,
ICON Users Group, MO
August 2019 issue,
The ICON Newsletter
www.iconusersgroup.org
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I saw in a store PCs being sold which boasted of incredible amounts of system memory for their price, such as 24GB. Looking at the smaller print, that 24GB is 8GB of RAM plus 16GB of "Optane memory." Optane memory is just a small SSD to cache a large HDD. It gives the PC the performance similar to an SSD for not much more than the cost of a cheap HDD. Don't be confused by my jargon, and don't be fooled into thinking Optane is system memory, or RAM. At least Optane memory does what it does well and so shouldn't be avoided.

I'm really excited about LED lights, but if you go out to buy high-powered LED lights, they often are advertised with false wattages, such as 600 watts for something that actually uses 60 watts. Sometimes you can't even find the actual wattage used on the packaging. They want you to think you're getting more light for your money than you're actually get ting. At least the power savings of LED lighting versus older technology is incredible, regardless of advertised power.

If you've ever checked with Windows to see how large your PC hard drive is, you've always been presented with a smaller number than the advertised capacity for your hard drive. Hard drive capacities are advertised with redefined terms to make them appear larger. At least it's not a large difference between advertised and actual capacity.

When you look into it, there's an incredible amount of misleading, if not false, advertising. It's not just the tech industry. Go buy a flowerpot and see if it's really the gallon capacity advertised. It's almost certainly smaller. At least pots are often sold by inches in diameter, a less abused measure of pot size.

If you want help finding something to buy, ask at your tech group meeting. I have people often asking more for buying advice. You can read user reviews online for advice. Make your decision on themes you find in comments, not on any one person's review. You can ask the salespeople for advice. Remember, salespeople are trying to sell you something, even if they don't have what's best for you. At least these days, technology is so advanced that you're still getting a great product in spite of dubious advertising.

6 Ways to Prevent Computer Eye Strain
https://www.elegantthemes.com/blog/business/prevent-computer-eye-strain
This post contains tips everyone who is using computers should know. These are nothing new, but from time to time reminders of how to keep eye strain at bay are needed.

"How should you destroy old USB flash drives so that sensitive information cannot be recovered from them?"
https://langa.com/index.php/2019/07/16/how-should-you-destroy-old-usb-flash-drives-so-that-sensitive-information-cannot-be-recovered-from-them/

The question is specific to USB flash drives. The answer applies to any hardware form of data storage.

The most important thing to check before buying a Chromebook
https://www.computerworld.com/article/3405893/buying-a-chromebook.html

It is almost time for back to school, the holiday season, and the end of Windows 7 support, which means there will be more and more interest in Chromebooks. This Computerworld article explains important things to check before purchasing one.

Musings on Medicine and Computers

By Maryellen Amato, M.D., Member, ICON Users Group, MO
April 2019 issue, The ICON Newsletter-
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When Mary Phillips asked if I would be willing to write an article for the ICON newsletter, I didn't want to say no, even though I was a newbie. After all, Mary had done so much for me. When I attended the Mercy Seniors' Computer Course last year, she sat next to me, guiding me on my journey into Windows 10 which I had never before used. She was forever patient and encouraging.

Mary also introduced me to the ICON meetings at our local libraries, and I soon joined ICON and tried to attend as many of the meetings as I could. Month after month I would observe Mary arriving early and staying late, lugging equipment and paperwork in and out of these meetings, using her time and skills as a top-notch teacher to lead and guide our group into new worlds of technology. From Mary as well as from our guest speakers, I learned about things ranging from genealogy to drones. I did not want to admit to anyone that I had worked with computers for many years in a limited setting.

You see, the computers that I used at the hospitals or out-patient facilities where I worked had already been purchased, set up, turned on, and preloaded with the programs and apps that we needed to use. In addition, there was a group of savvy computer information technologists at our beck and call if there was ever a question or problem. So what can I, someone with somewhat "limited" computer experience, discuss in an article?

That got me thinking. Since I am trying to cultivate an attitude of gratitude, I thought I would share my gratitude for computers in Medicine, which have changed all of our lives, mostly for the better. When I started medical school in 1977 (Case Western Reserve University in Cleveland, Ohio), we had a refrigerated room full of large bulky computers tucked away somewhere, but we never worked with them. If I wanted to better understand something or look something up – in medical school or in my early years of medical practice – I had to make a mad dash to the medical library to search for a book that might have the information I might need. (…and I would be praying that book was not checked out!) As I progressed in my studies and years of experience as a diagnostic radiologist, my mad dashes became less frequent, but occasionally a disease we didn't see too often or a pressing question caused me to hit the books. This was especially difficult when I was on call in the middle of the night, the only physician available, and was even worse if the medical library was locked. It was also very time consuming and took me away from my patients.

Voila! The biggest benefit of having a laptop or an iPhone connected to the internet was that medical information was now at my fingertips. The mad dashes to the library became things of the past. In addition, when I was on call at night, for most of my career, I would have to physically be present at the hospital or drive in from home at 3 a.m. or whatever ungodly time I was called. Now I could sit in front of a computer screen at my home and call up the x-ray images I needed to read. I did not even have to get out of my pajamas or bunny slippers to make the harrowing drive through fog, ice, and snow.

Computers also translated into great benefits in a number of other helpful ways. When I started my career, patient requisitions for imaging tests were written out by hand and had to make it down to the X-ray department. Imagine the frustration we felt when we got a requisition for a test "to be done TODAY" at 6 p.m., particularly noting the test was ordered at 1 p.m. Computers did away with these delays.

Our reports of completed tests also got out sooner. For many years, after interpreting an x-ray, I dictated my findings into a machine that was transcribed by a pool of transcriptionists. It sometimes took a couple of days for the report to be typed. Toward the latter part of my career, this time was chopped since we were now typing our own reports or using voice dictation algorithms. Signing a completed report was also much easier. Back in the day when each report was typed using carbon copies, if we altered a single word on the page (such as changing the word left to right, a critical change), the entire

report had to be retyped for just that one word and sent back to the typing pool. That might cause a delay of an additional few days. Now we could just pull up the reports on our computer monitors, make changes ourselves, push the button, and send the report on its way immediately.

The way that x-rays were taken and stored also evolved during my career due to computer technology. We went from using film (like film in your old camera, only bigger and heavier film) to using digital images that were quicker to acquire and easier to store and retrieve.

With our old-fashioned x-ray film, we had to take time to put the films up on light-boxes and take time to sort through dozens of old films in heavy folders to search for comparison views so we could assess for new or interval changes. Sometimes those old films were even stored in the bowels of the hospital and we had to wait hours to get them, delaying our final interpretation. Even worse, sometimes the old films were lost!

I had a ruler, a magnifying glass, and a "hot light" sitting next to me on my desk. My "hot light" was bolted down, but sometimes someone would "borrow" my ruler or magnifying glass and I would become irate. These tools are no longer needed since computers come with their own measuring and magnifying tools, and the background and intensity of images can be "dialed" up or down. This also slashed the need for radiologic technologists to re-take films if an image was over or underexposed. This translated into less radiation for the patient as well as great time savings.

Many computerized imaging studies which we use commonly today were also either not in existence or only being dreamt of in the 1970s. This includes the CT scanner, invented by British engineer Godfrey Hounsfield (a Nobel Prize winner

that I had the privilege of meeting). The "C" in CT stands for computerized – and CT is shorthand for computerized tomography. This allows for making x-ray slices of body parts, improving our diagnostic capabilities. Without going into all the computer detail and physics involved, let me simply say that this was revolutionary. Diagnoses are now made more quickly, more accurately, and often with less pain for the patient because of CT and computers.

When I started my radiology residency in 1981 at Washington University, it took an entire hour to do a CT scan on a patient's chest. This meant that the patient had to hold their breath multiple times and the images were more likely to be degraded by motion artifact. In addition, only a limited number of patients could be scanned in a day and there was a waiting list so we scanned into the night hours.
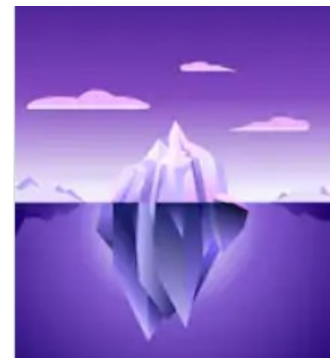
Today, it only takes a matter of seconds or less to scan someone's chest (or other body part), so it can be done on a single breath-hold. It actually takes longer to get the patient on and off the scanning table than it does to do the scan itself! This means quicker diagnoses and increased patient "throughput."

Virtually all of our current imaging modalities are dependent on computers, ranging from digital mammography to MRI (magnetic resonance imaging).

I have just touched the tip of the iceberg here, but I think you get the idea. Computers in Medicine have been extraordinary and they are here to stay, unless they are replaced by another technology that is currently in someone's imagination.

Posts is an official publication of the Potomac Area Technology and Computer Society (PATACS), a Virginia membership corporation, a tax exempt organization under section 501(c)(3) of the Internal Revenue Code. Contributions are gratefully received and tax deductible. We encourage our members to organize small topic-specific meetings at your choice of time/place. For further information or suggestions chat with any officer or director. Tech clubs often have Special Interest Groups (SIGs) on topics such as photography,Windows, Apple products/services, genealogy, financial applications, and much more. SIGs offer members the opportunity to find others with similar interests and increase knowledge in specific areas. We are very fortunate to have members with many skills they generously share.

OPCUG / PATACS Saturday Meetings

12:30 – Social time in Coffee Room and Annex

1:00 – 1:05: TA-1: Meeting Start –
Introductions, Announcements

Please silence phones.

1:05 – 1:19: Q&A – detailed responses may be deferred to post-meeting communication.

1:20 – 1:50: 'Learn in 30' Presentation

1:50 – 2:00: Break in Coffee Room / Annex

2:00 – 3:20: Featured Presentation

3:20 – Door Prize Drawings (usually 3) for each group. Eligibility - group members only.

3:30 – Adjourn (Expect some flexibility in scheduled times. Order may be varied to accommodate scheduling needs of our valued presenters.)

Meeting Information and Agenda

In June and December, a PC Clinic / Tech Help session is run concurrently with the meeting from 1 PM in the Annex.

See: https://www.patacs.org/clinicpat.html

With the concurrence of presenters, meeting sessions are webcast using the Zoom.us cloud meeting service.

Dues-paid members may 'attend' from remote locations, using the meeting number information provided on the PATACS website.

Please see:
https://www.patacs.org/mtgdetpat.html#3rdsat

Need more information about Zoom?
Contact: webinarhosts@patacs.org

PATACS, Inc.
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First Class

TEMP-RETURN SERVICE REQUESTED

OCTOBER PATACS Event Calendar
Call (703) 370-7649 for Meeting Announcements
Visit Our Web Site: http://www.patacs.org   Free Admission   Bring a Friend!

Arlington: Carlin Hall Community Center
5711 4th Street South
Arlington, Virginia 22204

Fairfax: Osher Lifelong Learning Institute
4210 Roberts Road
Fairfax. Virginia 22032

SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2 **7-9 pm Arlington Program**	3	4	5
6	7	8	9 **7 9 pm Online Zoom Meeting**	10	11	12
13	14	15	**16**	17	18	19 **12:30-3:30 Fairfax General Meeting**
20	21 **7-9 pm Board Meeting Arlington**	22	23 **7-9 pm Arlington Tech &PC Help Desk**	24	25	26 **December Newsletter Articles Due**
27	28	29	30	31		