

QBITS

Quad-Cities Computer Society

Newsletter for September 2013

Volume 31, number 8

563-265-1728

www.qcs.org

New Mini-SIG Computerized Investing

(6 Tuesday Night Sessions)

September 3rd & September
17th

October 1st & October 15th
November 5th & November 19th

(6:00 – 7:30 PM)

Butterworth Educational
Center

Darlene Norton and Vicki Wassenhove are beginning a brand-new SIG called *Computerized Investing*. It will meet the first AND third Tuesdays from September to November. The first six sessions will be our chance to determine interest in the topic.

For the first four sessions, Northwest Bank Investments Management Group will cover the basics about investing. For fun and practice in stock selection, the group will invest “funny money” and then track their practice. There is no need to be an expert. This is for the opportunity to learn a bit about investing and how your computer can be a great asset.

In addition to Cory Allen from the Northwest Bank of Davenport, other speakers in the series will include Allen Holdsworth from Better Investing, and Dr. David Snowball of the Mutual Fund Observer.



QCS Review:

presented by
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by Joe Durham

Brock and Brittan visited the QCS to describe and explain the ever changing world of smartphone communications. They are a private retailer distributor of Verizon cell phone and customer service.

They took an audience survey of smartphone use. The most popular smartphone apps among everyone: Google Search with a browser, a weather app, a bar code scanner app, and a Gas buddy app. These were a few of the responses and is evidence that smartphones are part of the 21st century lifestyle.

Brock mentioned that in addition to using Google search as an Internet friend, it is also worthwhile to

make YouTube search an internet buddy. In most cases, like the Google Search, some one else in the world has tackled your problem or idea and a YouTube instructional video will appear to answer it.

He observed that now you can share pictures instantly to your Facebook account. With Skype you can communicate Face to Face with your friends and relatives. Brock mentioned for example that he is especially close to his father and talks to him via Skype everyday.

Another handy function of smartphones over old style voice phones is that you can send someone a text message and they are discreetly notified of it and can answer the note later at their convenience.

Additionally the recent smartphone technology and software allow you do to the following. With Near Field Communication, you can pay for your meal at many McDonald's now by just touching your smartphone to the register device which allows the transaction to be filled without using your credit card numbers.

Views and opinions expressed by presenters do not necessarily reflect those of the Quad-Cities Computer Society. Monthly meetings are open to the general public.

We thank NBS,
the host of the QCS.org site!

ENGAGE
Network Business Systems, Inc.



QBITS September 2013

The QCS is a member of



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QBITS

Published monthly by the
Quad Cities Computer Society
c/o Dave Tanner
3449 - 52nd St
Moline, IL 61265

webpage: www.qcs.org

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Near Field Communication is activated by touching your smartphone with another smartphone or another device that is NFC capable. The Samsung Galaxy S4 with NFC can share about anything with another NFC smartphone: pictures, files, or videos.

You can download a QR Code scanning app which allows you to read QR codes. Once read the smartphone will take you to the internet web page they reference or advertise.



Brittan, opened up a QR code on his laptop and Brock scanned it with his Galaxy S4 from Samsung.

The smartphone world is covered by three operating systems: iOS from Apple, Windows 8 from Microsoft, and Android from Google. Brock and Brittan said that the Android OS allows customers the greatest control of their apps. There is also access to over 700,000 android applications on the Internet.

Brock did highlight that while these devices are powerful and neat, they are expensive and you should handle and treat them in that manner. The Gorilla glass screen technology protects you from occasional scratches, but if you drop the smartphone, or immerse it in water it will break. So it is a good idea to purchase smartphone insurance so that you can replace it easily if an accident comes along your way. Smartphone insurance costs around \$8 / month.

Additionally they mentioned that you should take steps to put anti-virus software from reputable anti-virus software creators like: Avast, AVG, Norton in order to protect your device from outside software harm.

Since these devices have value in the criminal world it is a good idea to place on them software that can lock and remotely erase your personal data if they are ever stolen. Locator software is useful also. You need to test this locator function to make sure it works. Theft is not a big issue in the Quad Cities, but in all likely hood stolen or lost phones are gone for good because even if the bandits can't access your personal data, they will figure out how to erase everything and start the OS from scratch and then pawn it off somewhere.

Brock and Brittan fielded several questions from the audience:

Can you calculate your data usage?

Yes, on the Verizon site there is a data usage calculator that will ask you a series of questions about your daily smartphone use and then offer an estimate per month of your data use per GB. goo.gl/ZRQd5c

Verizon also will send you text messages at each stage of your data plan usage: 50 %, 70%, 90% and 100%. It is important to monitor your data usage and if you see that you will exceed your data limit to call them before your monthly cycle so that they can find a way to minimize your cost or change you to another data plans that will be more cost-effective.

What do you do if you plan to travel overseas with your smartphone?

It is important to notify your dealer if you are traveling overseas and they can advise you of the best international plan to select. Without preparation the \$\$\$ will add up quickly with international service. The purchase of a pre-paid cell-phone at your international destination is your best choice if you don't foresee much cell phone use during your trip.

How often should I turn off my smartphone?

Smartphone do not use the old nicad batteries which required that you run them down 100 % periodically to preserve their operating life. All smartphones now use lithium-ion batteries which do not have a battery memory. Today's batteries will probably outlive the life of your smartphone.

Brock did suggest that you turn off your phone once a week and restart. This will refresh its operating state and eliminate the software cobwebs that may have accumulated during that time.

I find it difficult to type text on my phone.

They advised that you turn on your voice translation and speak slowly and clearly into your device. It will translate your words in to text most of the time.

If you type in your words the smartphone will learn from your typing errors, anticipate them and auto-correct them as it goes along.

In the Android world which is the best version to use?

They suggested that Android Jelly Bean 4.1 is the best release thus far.

The QCS wishes to thank Brock and Brittan for their fine presentation. Our meeting time did not al-

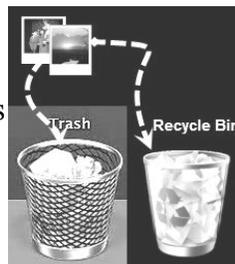
low them to answer all of the questions from the audience or allow them the opportunity to share all of their planned presentation. We will likely have to ask them back for a encore presentation to give them the chance to fill in the gaps that remain:)



The Biggest Mistake You Can Make with Your Pictures

goo.gl/OdfVZy

We're worried about you deleting your pictures unintentionally! We think this is the biggest mistake you can



make with your pictures. We've seen grown men cry when they realize their pictures are gone. Imagine learning that it was your fault! If you haven't already taken our quiz, and you'd like to test your own knowledge before reading this article, you can take our Picasa Quiz #1 here. goo.gl/aJh7ts

The majority of people who took our Picasa Quiz got the wrong answer when asked about deleting pictures. Here's the question:

6. If you delete pictures using Picasa ... *
- a. They are still on the Picasa website.
 - b. They have been moved from the Picasa folder to the My Pictures folder.
 - c. You have deleted them from your computer.
 - d. You've only deleted the Picasa copy, your original is still on your computer.

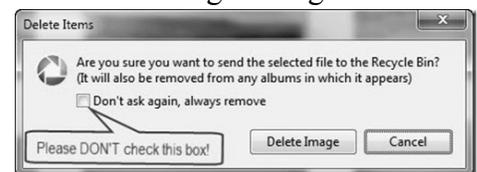
If you take a look at the results, you'll find that 57% of the respondents answered d. You've only deleted the Picasa copy, your original is still on your computer. 710 people have taken the quiz to date, that means 404 people (that we know of) are in danger of accidentally deleting their pictures because they believe that they are only deleting 'Picasa's copy.'

If you answered D, you're wrong!

Picasa does not have an extra copy of your pictures. Picasa is not a container. When you first installed Picasa, there was a message that we emphasize in our classes, "Scanning for pictures never moves or copies files to new locations. You can choose which folders are displayed by Picasa using the Folder Manager tool (available from the Tools menu)"

Picasa is your faithful servant, doing whatever you ask to the pictures on your computer. If you ask Picasa to delete a picture, it DELETES THAT PICTURE FROM YOUR COMPUTER. Just as if you had seen the picture listed in Windows Explorer, or Macintosh Finder, and deleted it yourself.

Everybody reading this, I want you to do something right now. I want you to open Picasa, click on a picture and then press the Delete key on your computer. You should see this warning message:



If you now click on the 'Delete Image' button, your selected picture(s) will be deleted from your computer (so please press 'Cancel'

this time!)) If, at any time you have checked the box for ‘Don’t ask again ...’ your pictures will be deleted immediately upon pressing the delete button.

In case you don’t understand the ‘Recycle Bin’ concept, here’s an explanation: in both Windows and Macintosh, whenever an item is deleted from the computer, it is sent to the Recycle Bin (Windows) or Trash (Macintosh). It stays there until such time as you empty your trash/recycle bin. This is just a standard operation of your computer, it has nothing to do with Picasa. In any case, the picture has been deleted from it’s location and you will not be able to see it using Picasa or My Pictures, or any other photo management program. It’s gone. Unless you manually open your trash/recycle bin and use the Restore command to get it back.

Where to Learn More ...

Geeks on Tour

www.geeksontour.tv/ includes over 80 different Tutorial Videos just on Picasa. We also have a discussion forum and we’ve added a topic which discusses this quiz. If you view this topic, you will learn which Videos teach the answers. goo.gl/FBe4If We’ve included notations for which videos require a membership and which are free for all to view.

Open Source Software

libreprojects.net
by Joe Durham

When computers first became available and useful for the mass market they initially were a closed programming device. You bought

your Apple, Mac, or IBM and the programs designed for these computers were copy protected. One bought the software titles that were created and paid for the license to use them. It remains so today, many powerful software titles are sold in this manner: Microsoft Office, Adobe software products, etc.

When Linux was developed, a different programming model emerged: opensource. In the intervening years opensource software has become very sophisticated and useful.

LibreProject lists 132 opensource projects that you can download and use across several platforms, Linux, Windows, and Apple. For the everyday computer user you will likely find software that meets your needs. As Jim Kristan, the Beginner's SIG leader, always says: "Free is good."

Here is a sample of some of the interesting projects available for download:\

OpenStreetMap

www.openstreetmap.org/

OpenStreetMap is a free worldwide map, created by people like you. The data is free to download and use under its open license.

Wikiversity

wikiversity.org/

An Opensource university.

LibreVox

librivox.org/

Librevox members record chapters of books in public domain and public the audio files on the Internet. Our goal is to publish all of the books in the public domain.

LiChess

en.lichess.org/

Play chess with a friend, with a random player or with the com-

puter. It is free. You don't have to register. There are no ads. Lichess lets you focus on the game by removing all clutter.

Customizing the Ribbon in Office 2010

Nancy DeMarte,
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May 2013 issue, *Sarasota PC Monitor*
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If you are a Microsoft Office user, by now you have probably experienced the “ribbon.” Introduced with Office 2007, the ribbon was a radical change in the way commands were displayed in the Office programs, such as Word, PowerPoint, and Excel. In previous versions, “drop down menus” were the norm. You clicked a term on the menu bar, and a list of clickable commands slid down the page. Beginning with Office 2007, commands were lined up across the top of the screen, organized by tabs in a ribbon-like structure. Each tab contained “groups” of similar commands. Needless to say, the new ribbon met with much resistance. There was no way to revert to the earlier look or to customize the ribbon. All a user could do was minimize the ribbon by double-clicking any tab or add and delete items from the Quick Access bar above the ribbon.

Microsoft got the message. When Office 2010 was released, one of the categories in the Options sections of each program was “Customize Ribbon.” Users could create new tabs and fill them with groups

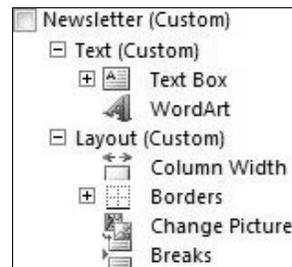


of any commands they chose. They could hide any or all tabs, rename them, save their customized ribbon, and export it to other computers. Customization of the ribbon was easy; it was all done in a single window.

Opening Word 2010, because I use it often, I set out to customize the ribbon. I found that, although the default commands could not be renamed, reordered or deleted, I could add new custom tabs and groups. So I decided to create a tab called Newsletter, into which I would put some groups of commands that I use when composing newsletters. First I opened the Customize the Ribbon window (File / Options / Customize Ribbon.) I soon learned that the quicker way was to right click any default tab on the ribbon and then click, Customize the Ribbon. Then I added a new tab (New Tab button - OK), which also added a new unnamed group. Both my tab and group had the word “custom” after them, but I found this word is not visible on the actual ribbon. Then I renamed my tab (Select the tab - Rename button - typed *Newsletter* – OK). If I had changed my mind and wanted to delete my new tab, I could have right clicked it and selected Remove at any time.

Then I created another new group on the tab, using the same steps as I had used for creating a new tab. I clicked each new group, selected Rename, and typed *Text* and *Layout*. Then it was time for the hardest part – choosing the commands I wanted to add to the groups. Office programs contain hundreds of com-

mands, many of which do not appear on the default ribbon. First I spent time scrolling through the Popular and All Commands lists in the left pane, where I found a few that fit my needs. I clicked Text group in the right pane, then the command name in the left pane, and then the Add button between the panes. I repeated this process to



add the rest of the commands I wanted, looking in other lists, including “Commands not in the ribbon.” When I renamed the first command, I found I could attach an icon to it from a gallery which opened next to the renaming box. I repeated these steps for the remaining tab and commands. Now when I open Word 2010, my Newsletter tab appears along with the default tabs. When writing a newsletter, I can stay on that tab most of the time. If later I want to get rid of it, I can go to the Customize the Ribbon window, right click each item and click Remove or choose to Reset the ribbon to its original state. Note: Resetting also removes all customizations of the Quick Access bar.

Some tips about customizing the ribbon

1. Since the ribbons on the Office 2010 programs each have different tabs, groups, and commands, customizations only apply to the program in which they are created.

2. You can’t delete a default tab in

Office 2010, but you can hide it by unchecking the box next to the tab name in the Customize the Ribbon window.

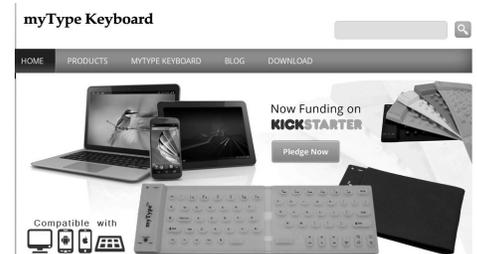
3. You can export your customized ribbon to another computer by saving it as a file and exporting it. In the Customize the Ribbon window, click Export/Import. Click “Export all customizations.” Then go to the computer which is to receive the file, open the customization window and click “Import customization file.” Caution: This will replace any customizations that have been done to that program on the receiving computer.

4. The ribbon is now being used by Microsoft in many venues, including Windows 8. In Office 2013, the ribbon can be customized in the same way as Office 2010.

5. It is easy to minimize the ribbon in Office 2010, leaving only the tabs. Click the tiny up arrow to the left of the Help icon near the right end of the ribbon. Minimizing the ribbon opens up more work space in the program window. Click it again to restore the full ribbon.

6. If you need help with the ribbon, click the Help icon (?) in the top right corner of any Office window and search for “Office ribbon customization.”

myTypeKeyboard
www.mytypekeyboard.com/
 by Joe Durham



This is an example of the art of invention as it is inspired by the technology of the 21st century. Cell phones, and tablets are the recent drivers of the marketplace. With their popularity, inventors create applications and hardware to serve these devices in unique ways.

The myType keyboard is an example of this process at work. Additionally this product is being funded by Kickstarter.

www.kickstarter.com/

Kickstarter is an online source of funding for emerging entrepreneurs outside and beyond the realms of venture capital.

In the effort to create a device for your fingers that it is more comfortable than touch swiping on your device, myTypeKeyboard folds up into your pocket and gives you the ability to transform your cell phone, smartphone, tablet into a working computer via bluetooth.

Interesting Internet Finds

Steve Costello, President/Editor, Boca Raton Computer Society, Inc., Florida

June 2013 issue, *Boca Bits*

www.brscs.org

Steve Costello

[\(ctublog.sefcug.com/\)](http://ctublog.sefcug.com/)

Editor (at) brscs.org

In the course of going through the more than 200 news feeds in my Google Reader, 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 May 2013.

HTG Explains: Why Does

Chrome Say PDF Files Can Harm Your Computer? goo.gl/jOWJn

How to Create A PDF With Fillable Forms in LibreOffice goo.gl/3tWPe

4 Best Free Alternatives to Microsoft Visio goo.gl/FFRaQ

Fix: Bluetooth Mouse disconnects randomly in Windows goo.gl/TxqhA

Is geotagging my photos a bad thing? goo.gl/xLsvC

How To Choose A Strong Password goo.gl/goZCX

How To Use Remote Desktop Connections Like An IT Pro goo.gl/KYk2u

Send to Kindle — eRead (Almost) Anything goo.gl/IG7Qi

Tips and Tricks With Technology To Save You Time goo.gl/FP4dy

How to Print to Any Printer from Android goo.gl/Bkepb

Upload EPUBs & PDFs To Google Play Books; Read On Web, iOS & Android goo.gl/IxXDZ

Most Fridays, more interesting finds will be posted on the Computers, Technology, and User Groups Blog: ctublog.sefcug.com/

The posts are under Creative Commons licensing.

Recent posts:

wp.me/p2S31p-Mt

wp.me/p2S31p-Mg

wp.me/p2S31p-M4

wp.me/p2S31p-LQ



Gary Stanley's  Cyber News

gary.stanley.net/cyber_news.htm

Good news for iPhone lovers.

The next version of the iPhone, the iPhone 5S, will be released on September 18th. Also on that date the new IOS 7 will be available to all iPhone users. Updating to the new operating system for previous models will almost be as good as getting the new phone. It's now known that the iPhone 5S will feature a fingerprint sensor on the home button, and a 12MB camera. At this time it doesn't look like the new phone will feature a larger screen, but I'm betting next year's model will do so to compete with the Galaxy S4.

Most of us will charge our cell phone while driving, especially on a trip. One word of caution though is to plug your phone charger into your cigarette lighter only after your vehicle is started and not before. The reason is that when starting there could be a split second voltage surge which could possibly cause damage to your phone or other device.

As mentioned last month, after using three iPhones, I switched to the new Galaxy S4. The two main reasons I did so was for the large 5 inch screen and the versatility of the 13MB camera. After five weeks of use I really like the phone, but it took a while to learn all its features. I have to give credit to the iPhone for being more user friendly.

Want to see what cars may look like tomorrow? Most of them don't resemble anything on the road today, that's for sure. Click here goo.gl/IJ17xv, then click on the arrows to view the "The 10 Most

Incredible Cars of the Future!"

Got an iPad? If you do and you wear glasses, there's a pretty cool app for you. Utilizing what's called "3Dfit" technology, you can try on hundreds of pairs of glasses and sunglasses to see what the frames look like on your face -- and from various angles, no less. Think about it...when you try on glasses in a place that sells them and look at yourself in the mirror, what do you see? A fuzzy you, that's what! For that reason alone this may be very cool. I've got to give this a try! The story from USA Today.

goo.gl/zllqvh

Whether you're creating a Word document, a power point presentation, an excel document, or whatever, here's a valuable tip. The first thing you should do is to name your project and save it. Now as often as you think is necessary click on the save button. For example when writing Cyber News I click "Save" after every paragraph. If you don't practice this and your computer hiccups you may lose the entire document, and that wouldn't be fun! Click.....

I want to warn you about an Internet site. While gathering things to write about in Cyber News I visit dozens of sites everyday. Recently I pulled up Yahoo.com and on their front page I saw the following headline: *"Get detailed information about anyone in the U.S. including their public records, pictures, and contact information. Step 1: Enter Name 2: See Results."* I should have known better, but I clicked on the link www.instantcheckmate.com, entered my name and clicked "Search." It took minutes to do a lengthy search and came up with many Gary Stanleys. I then picked

my name according to the correct information presented and clicked on "Access Report." It took several more minutes to compile this report consisting of 15 different categories. Now it wants my name and email address to finalize the report. I furnished this information and waited several more minutes for it to fool around. Finally it said to click on the "Download" button to receive the report. After more time watching an animation of the download process I was presented with the final window which informed me that I had to pay for the report. This is false advertising and in my opinion, unethical and I wrote an email to them stating same. I warn customers everyday about the dangers of the Internet and then I fall for something like this. Shame on me....

Starbucks is making a big change! The chain of Starbuck stores is changing, not their coffee but in the way you can communicate while you're there. Starbucks announced that it is dropping AT&T, and instead partnering with Google to provide the free Wi-Fi networks offered in its coffee shops. The new network will be about 10 times faster, and will make Starbucks an even more popular "office" destination for nomadic business users. Gosh that now makes paying \$4.50 for a cup of coffee worth it right? More from PC World. goo.gl/nCEu62

If you use a DSLR or a Point & Shoot, you're camera is storing your photos on a card. The most popular is an SD card. Nothing that is manmade is fool proof and consequently the card is subject to

failure. It's a rarity, in fact for me only once. That happened in the middle of taking pictures while deep sea fishing off the coast of the Florida keys. The first lesson to be learned is to always carry at least one spare card. The good news is that most of the time you can recover photos from a card that quit working. There are many software programs that will help you do that and the one I use is free from the same folks that make CCleaner. It's called "Recuva" and not only finds lost photos on your card but lost or deleted files on your computer. This little program could be a life saver for you! Download it here.

www.piriform.com/recuva

New name for Photography Seminar. The last couple of months I've been thinking about a new name for my photo seminar and even asked for your help. Thanks again for all who sent in their suggestions. As a result of a recent dream I had, the name has been changed from "The ABC's of Digital Photography" to "**Great Photos with any Camera.**" With the advent of pretty sophisticated cell phone cameras I'm putting more emphasis on the camera that everyone carries with them. Also new seminar will include a live demo on how to enhance a photo with just a few clicks.

FitBit -Small Electronic Wonder Monitors Some Health Concerns

by Ira Wilsker

--continued on next page--

WEBSITES

www.fitbit.com

www.fitbit.com/setup/one

Several weeks ago my daughters, acting in concert, convinced me to purchase a thumb sized electronic device from one of the local retail stores. It was both currently on sale



plus the retailer had an online printable coupon for an additional discount, so I purchased one for about \$80. Since buying the small device, it has been a constant 24 hour companion. The device is the FitBit One, readily available in the electronics or fitness departments of several of our local stores, or online.

The FitBit One is a sophisticated device and can track steps walked or run (like a high quality pedometer), calculate the distance covered while walking or running, determine how strenuous is the physical activity, calculate calories burned, determine the number of stairs climbed, track the hours and minutes of sleep, track the number of times awakened, calculate the quality of sleep, and offers a silent vibrating alarm to wake the wearer at a preset time. Information on daily steps, stairs, miles (or kilometers) walked or run, calories burned, the current time, and a flower which symbolizes the degree of fitness are displayed on the small LED screen on the device; addition-

al information is compiled for later uploading (synching) with the computer.

The FitBit one is available in two colors; black or a dark burgundy. In the box is the FitBit One tracker device, a silicone rubber covered metal clip that holds the device, a very small USB - Bluetooth dongle that fits in a USB port on a computer (Windows and MAC compatible), a USB charging cord to charge the internal lithium-ion polymer battery, and an elastic and Velcro wristband that may be used to hold the FitBit at bedtime. The FitBit device is water resistant, and unaffected by perspiration, rain, or splashed water, but is not intended to be used in or under the water. The internal lithium-ion polymer rechargeable battery, which is charged using the included USB charging cable, lasts about a week, and recharges quickly when attached to a computer. The device itself is small, being 1.89 inches tall, 0.76 inches wide, and 0.38 inches thick, and weighs only 0.28 of an ounce; it can easily be clipped inside a pocket (recommended), to an undergarment, or to the included wristband.

Configuring the FitBit One is a fast and simple process. My FitBit One was almost fully charged out of the box, but it may be necessary to use the USB charging cable to charge it; the battery status is displayed on the FitBit while charging by pressing the one button on the FitBit. The USB - Bluetooth dongle, which is about the size of a thumbnail, is plugged into a USB port, and connects to the device via Bluetooth as long as the device is within 20 feet of the dongle; this is necessary to perform the one-time configuration of the device, and the

automatic synchronization with the computer. The Bluetooth dongle is so small, that it barely protrudes from the USB port, and if the port is available, can be left plugged in; I plugged the Bluetooth dongle into one of the ports in my 7-port USB hub, which is always connected to my computer, allowing for my FitBit to synch with my computer whenever I sit at my computer. Configuration is completed online at FitBit.com by registering the device, and answering some physiological questions so the device can calculate calories burned, and other important calculations at each synchronization. A personalized secure website is created that displays all of the data compiled by the FitBit, along with any supplemental data entered by the user. The software necessary to integrate the FitBit One, the computer (both Windows and MAC), and the secure online monitoring is downloaded from the FitBit.com website at the time of registration. Once the software is downloaded and installed, it will load at boot, and can be invoked by right clicking on the icon in the system tray near the clock (PC version). Selecting "Sync Now" will start the synchronization of the device with the computer, and may take up to a minute, but is typically completed within 15 seconds. Some, but not all, Bluetooth equipped smart phones can also be used to wirelessly sync with the FitBit One; all internet connected smart phones can sync using the appropriate app. The raw data is compiled immediately after the sync process, and displayed in a series of charts and graphs on the FitBit.com website. Free FitBit apps for the iPhone and Android are available that offer full

functionality including everything that can be displayed on the computer or FitBit website, plus offer the ability to log food consumed (the software will calculate the calories from an extensive database of foods) and compare the calories consumed to a personalized calculation of calories burned, based on the user's personal characteristics and the degree of activity during the day.

Many of us may never have had a medical sleep study, and the FitBit is definitely not a substitute for a medical diagnosis, but it does accurately track our nightly sleep patterns. On the FitBit's personalized website is a sleep chart that both graphically and numerically displays the length of each night's sleep, the number of times awakened, and a rating on the quality of sleep received that night. Daily sleep data (as well as all other information) is compiled into longer term charts for personal analysis and improvement. The silent vibrating alarm can be programmed on the website for days and times to go off, which will awaken the user, but not bother a partner.

Additional information that can be tracked by the FitBit includes a personally programmed weight loss food plan that compares calories consumed (based on the food eaten and entered on to the database) to those burned, and displays the projected dates for reaching weight goals; a blood pressure log where BP can be manually entered; a glucose (blood sugar) tracking utility; a heart rate log; a journal that tracks mood, energy, allergies, and other personal journal entries; weigh factors (weight, body mass index or BMI, and other body measurements); physical activities; and wa-

ter consumed. Some of this information can be read from the FitBit device as appropriate, or be manually entered on the computer (FitBit.com website), or from some smart phones; the syncing process makes the updates available to all of the devices and the website. Some events are not activated until synced; for example, if an alarm is entered on the personal page on the FitBit website, it will be automatically programmed into the FitBit device at the next sync.

At first, I was skeptical about this little quarter-ounce device, but three of my daughters, all adults, raved about how they used it to monitor their daily activities, and how valuable it was in their successful weight loss programs. When I mentioned to my physician that I had started to monitor my physical activity with a FitBit One, he told me that he had been using one also; I guess that if it is good enough for my doctor, it is good enough for me.

Freeware

By Berry F. Phillips, Member,
Computer Club of Oklahoma
City
April 2013 issue, eMonitor
www.ccokc.org
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During the many years that I have been writing the Computer Hysteria Column, I have been a strong advocate of using freeware. On my computer, the only commercial software is my operating system. All the rest of the software on my system is freeware. Perhaps this frugality has something to do with my Scottish ancestry or I could be

considered just plain cheap! In any event, I have done my best to give my readers some tips on freeware that I have used on my system that is exceptional. Free software is a valid choice for the home computer, office computer and Internet server uses. It is very important to remember that freeware is not cheap or an inferior option. Freeware comes in two basic types, free software with proprietary (private) code, and open-source software. Some freeware can be functionally superior to equivalent commercial software and even of higher quality. For example, the Firefox browser was built and developed by a large distributed workforce as opposed to a small centralized one. A large number of programmers can contribute a range of skills, and whose input is graded by peer review. These programs can be tested and developed in a wide variety of locations and situations. These community based projects would cost millions to create commercially. The bottom line, free software can be of the highest quality and should not be considered inferior to commercial products. The products they generate are among the most successful applications in the world, PHP, MySQL, Apache, and various types of Linux.

What are the best free programs that work the best? It used to be utilities. However, today there are many priceless small programs that work better than the operating systems resident applications. Free software is a viable solution in every possible area of a computer's work. The acceptability of freeware is demonstrated as the standard server solution. Freeware is widely used in PC security situations. Free versions of popular firewalls, anti-

virus and antispyware programs are often accepted as first choice How do you find the best freeware to use on your system?

For years I have recommended Gizmo's Freeware be bookmarked on your computer for fast reference when you need fully reviewed and recommended freeware. In August 2010, PC Magazine included Gizmo's Freeware in its "100 Top Websites of 2010." As of November 2011 it was rated by Alexa in the top 3000 sites in English speaking countries and in the top, 5,000 worldwide with more than 100,000 people visiting the site every day. It is also the most bookmarked site under "freeware" at most of the web's major bookmarking services.

Gizmo's Freeware is a community-based site dedicated to keep the site independent and noncommercial. The site is maintained by hundreds of volunteers. Freeware is reviewed for safety and performance by these volunteer editors with comments from users. Gizmo's best freeware list is available at the website and has been used for years to locate the best freeware. You can post on forums, respond to reviews after using the freeware, and even write review depending on your computer skills. I would strongly

MEMBERSHIP CORNER

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encourage you to bookmark and visit this website which will save you money as well as increase your computer capabilities.

<http://www.techsupportalert.com>

I will have to admit that I am "hysterical" about this website.

QCS Vote: Fiscal Year Change Approved

Following the publication notice in the August issue of QBITS, the QCS voted to approve to change the fiscal year to January 1st to December 31st from July 1st to June

30th. This change does not affect the due date for QCS dues which remains July 1st of each year.

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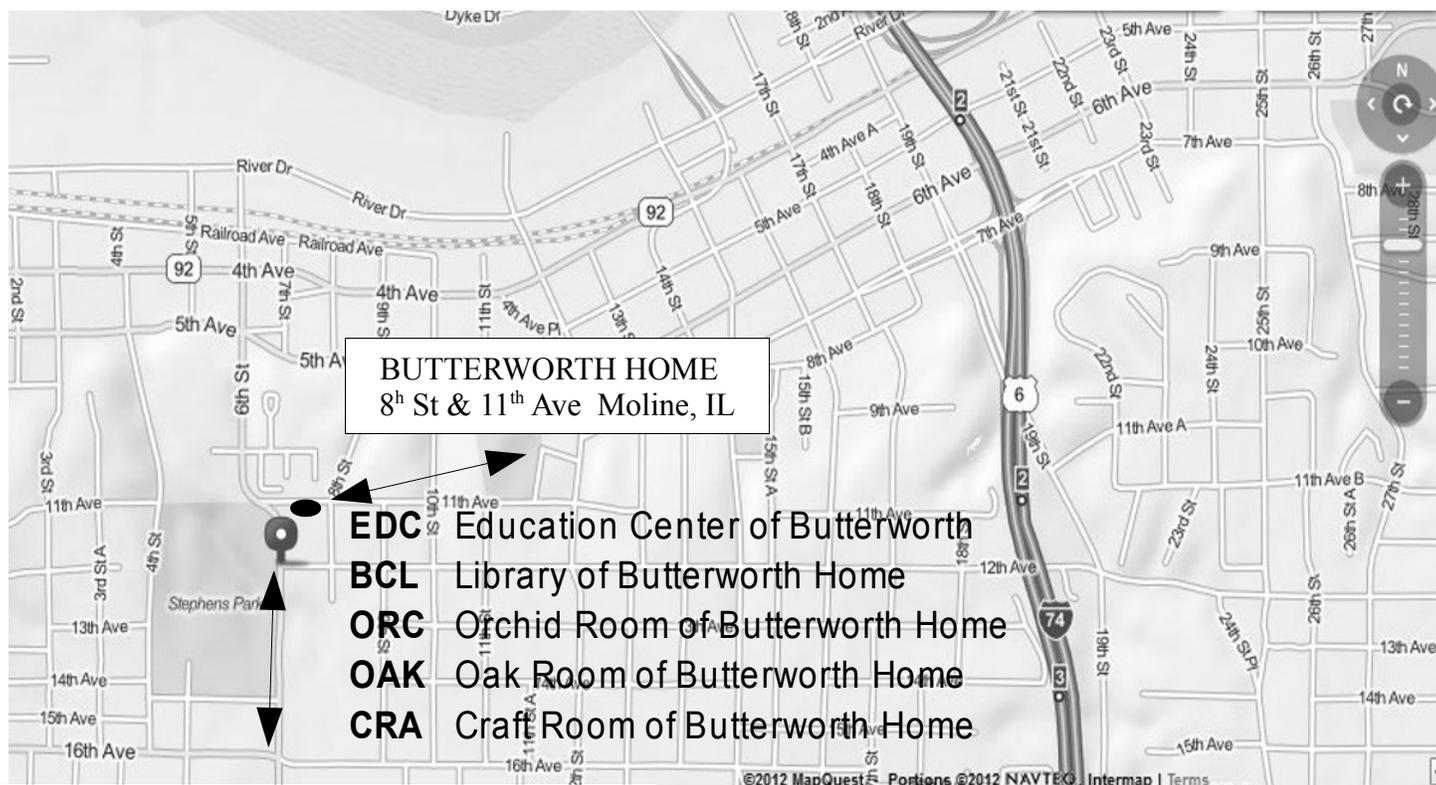
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Resource Manager	Judi McDowell	(309) 314-1780	julee89@gmail.com

SIG and Event Calendar

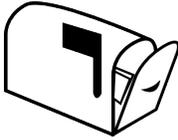
September 2013

Sep 2 nd – Monday	5:30 PM	NO Beginners SIG		NO MEETING!	
	7:00 PM	NO General Meeting		NO MEETING!	
Sep 3 rd – Tuesday	6:00 PM	Computerized Investing Mini-SIG	EDC	Darlene Norton Vicki Wassenhove	309-798-1085 309-787-2239
Sep 10 th – Tuesday	5:30 PM	QCS PICNIC!!!		Judi McDowell	309-314-1780
Sep 11 th – Wednesday	6:00 PM	QCS Board Meeting	CRA	Judi McDowell	309-314-1780
Sep 16 th – Monday	5:30 PM	Genealogy SIG	EDC	Len Stevens	563-359-9672
	7:00 PM	Internet SIG	EDC	Ted Huberts	309-792-9470
Sep 17 th – Tuesday	6:00 PM	Computerized Investing Mini-SIG	EDC	Darlene Norton Vicki Wassenhove	309-798-1085 309-787-2239
Sep 23 rd – Monday	5:30 PM	Digital Media SIG	EDC	Vicki Wassenhove	309-787-2239
	7:00 PM	Windows SIG	EDC	Larry Stone	309-787-5574



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**Tuesday
September 10th
5:30 PM**

Picnic!

***Riverside Park Pavilion 34th ST
& 6th AV in Moline, IL.***

