

# The South Bay Mug

# MAGINTOSH

A Monthly Cupful For South Bay Apple Mac User Group Members, Aug. 2006

## MACHinations

A personal view from Bob

### Garbage Is Your Friend

I read an article in the June 26 Issue of TidBITS by Derek Miller about securing information on your computer. It described a procedure I've been using so I decided to use it as a basis for my article.

Computers are wonderful for storing all your information, but what happens if sensitive information falls into the wrong hands due to loss or theft. Laptops are especially vulnerable.

Apple includes FileVault, a feature built into Mac OS X 10.3 and later, that encrypts your entire Home folder, but most experts agree that FileVault is overkill. You really don't need to encrypt your movies, music and photos. Backing up is more difficult and a software glitch can lock you out of everything.

What's the alternative? With Apple's Disk Utility, you can easily create an encrypted disk image that behaves just like — and can be backed up just like — a regular Mac folder. You can even set it to open automatically (with a password) whenever you restart or log in to your account. You can protect only those files that are important, while leaving your music, photos and less sensitive documents alone.

1. Figure out which files you want to protect, and consolidate them in a single folder. Subfolders are fine, but make sure not only that you have everything you want to protect in one place, but also that you don't miss anything.

2. Launch Disk Utility (in /Applications/Utilities). Click the New Image button in the toolbar to create a disk image. Choose the Sparse Image format. (A sparse image is like a balloon that expands to fit the data inside but doesn't waste any space.) Under En-

ryption, choose AES-128 (the only choice) and a maximum size from the Size pop-up menu that makes sense, e.g. a backup CD (700 MB) or DVD (4.7 GB).

3. Name your encrypted disk image and save it (e.g. to ~/Documents/). Click the Create button.

4. Choose a strong and secure password that you will never, ever forget. Leave the Remember Password checkbox unchecked, because otherwise anyone who gets at your computer while you're logged in can also access your encrypted files.

5. Disk Utility saves the disk image where you specified, with the name you gave and opens it as a virtual disk on your Desktop. It's as if you had a huge Zip disk that you kept under lock and key and inserted in your computer whenever you needed it.

6. Add the encrypted disk image file to your login items. Choose System Preferences > Accounts and drag the file into the Login Items tab. Now, whenever you restart or log in to your account, your Mac will ask you for your decryption password and mount the virtual disk on your Desktop. You can eject the virtual disk to protect the files if you're putting your computer to sleep, or even just stepping away from your desk.

7. For extra convenience, put an alias to the virtual disk in the Dock.

8. Check that everything works and erase the unencrypted originals. Choose Secure Empty Trash from the Finder application menu.

9. Finally, make sure you have a backup strategy that includes regularly copying the encrypted disk image to other media, some of which are stored offsite.

	<b>Bob Brooks</b> Helping Beginners 310-545-8060 Bob@SBAMUG.com
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# Welcome to South Bay Apple Macintosh User Group

You and your friends are invited to attend our next meeting. Our membership dues are only \$35 per year, entitling you to this newsletter each month and many more benefits. If you would like to become a member or get more info on SBAMUG, feel free to check out our web site at:  
[www.sbamug.com](http://www.sbamug.com)

P. O. Box 432  
Redondo Beach, CA  
90277-0432

310-644-3315  
Email: [info@sbamug.com](mailto:info@sbamug.com)

## Meetings are held at the

Redondo Beach Community Center  
320 Knob Hill, Redondo Beach  
(see map & directions on page 11)

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### Officers & Volunteers:

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Program Director:.....George Kiefer  
Newsletter Editor:.....Dorothy Weeks  
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Refreshment Coordinator:..Louise Polsky

### Membership Report:

*(You may notice your name is in larger letters on your card. That is so it can be used as a name tag at the meetings.  
Your Membership Cards are in the mail!)*

**Current Membership - 172**

#### Welcome New Members -

Marian Dooley

#### Thank You Member Renewals -

Wayne Inman, Virginia Larsen, John Stauffer, Barbra Hunter, Samuel Peters, Dorothy Weeks, Herb Zimmer, Karen Hopkins.

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### MONTHLY CALENDAR

**1st Sat - SBAMUG Core Group Mtg @ announced locations, 10 am**  
**1st Thur - LB Mug @ Emerson School, Palo Verde & Willow, Long Beach, 7 pm**  
**1st Sat - Orange Apple UG, Orange Coast College, Chem Bldg, Costa Mesa, 8am-1pm**  
**3rd Sat - Adobe Tech Exchange Toyota Bldg on Grammercy near 190th, 9 am; \$10**  
**Last Wed - SBAMUG Monthly Meeting**  
**Last Tues - WOCMUG @ Emerson School, Palo Verde & Willow, Long Beach, 7 pm**  
**Last Sat - TRW / Northrop Ham Radio & Computer Swap Meet, 7 am - 11:30 am**

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**Members are invited and encouraged to submit articles and original artwork for publication. Newsletter deadline is the last Wednesday of the month. Articles may be edited to fit in available space.**

Please send to: [dhweeks@sbamug.com](mailto:dhweeks@sbamug.com)

## SBAMUG August 2006 PD CD

Full bucketful of eight programs this month.

**amslodox.dmg-** This is “Amazing Slow Downer for OSX. OSX 10.2 or better required, it’s for OSX correct? Yep. Slows down songs without changing pitch. Or you can speed them up, or change pitch if you want to. Does CD files right off the CD or various music files. You can cue, and/or define segments to repeat, say if you’re trying to learn to play a difficult music lick..

**CornerClick-0.8.tar.bz20-** Corner Click is a utility to allow actions to occur if you go to any of the four corners with your mouse. Add modifier keys for more actions. Has a preference panel interface. Requires OSX 10.3 or better.

**ExportAddressBookDemo.dmg-** Lets you export your address book to various text formats (tab and comma separated) and HTML tables. OS X 10.4 or better. Is demoware, will insert random “demo’s” into the data. This is an alternate to the Address Book to CSV program I keep getting asked about for Mail.

**gc591ub.dmg-** Latest version of GraphicConverter. For OSX 10.4.4, This is universal binary for Intel machines, too. View, convert hundreds of graphic formats, image manipulation, do slide shows, etc, etc. Long time readers should have this memorized!

**LittleSecrets1.7.dmg-** Note pad type application with encryption. OS 10.2.

**MacGourmet-1.2.2.dmg-** Recipe database, wine notes, and meal scheduling program. Recipe scaling. Print to index cards. Publish on .Mac. Export to PDA shopping programs. Autofill to speed manual data entry. Requires OSX 10.3.9 or better.



**MidnightMansion.dmg-** Well done adventure game. Eight mansions with 750 rooms to explore. Traps, puzzles, secrets, etc. Full size color screen. OSX 10.1.5 or better.

**Stockpile.dmg-** Home inventory management. Full data entry for the details. Serial numbers, warranty info, and insurance categories and the like can be stored. Can drag and drop multiple pictures from iPhoto. Generate reports. OSX 10.4.

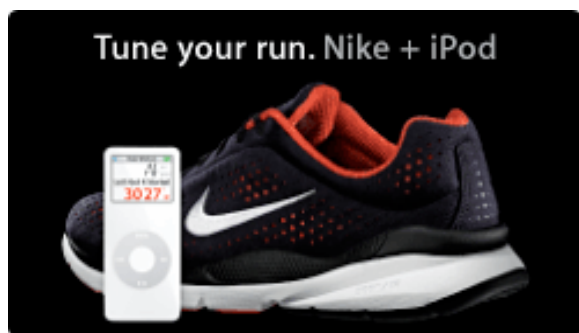
CD for this month will be at the August meeting as the July-August 2006 CD.

Catch you at the August meeting.  
Jim Pernal, PD Editor

## Nike+...a plus

*From the SBAMUG's own Pat Dengler:*

My Apple addiction continues -- if it has the logo, I'm intrigued. Last week I purchased the Nike+ kit (sensor and adaptor) and a pair of Nike+ shoes. I have to say I'm extremely impressed with how it all works so seamlessly.



I'm a walker -- not a runner, but it works great for that too. Because Nike's focus is on runners, I'll stick to that, but the same applies to walking with the kit.

Here what it is: Nike has teamed with Apple to create a kit that will record a runner's pace, time, distance, and calories. When you connect the adaptor to the nano for the first time, a new menu appears: Nike+iPod.

As you are running, your stats appear on the iPod nano screen, but also if you press the center button a pleasant voice over (you can choose male or female) reads off your stats while the volume of what you are listening to is slightly decreased, allowing you to keep your eyes on the road.

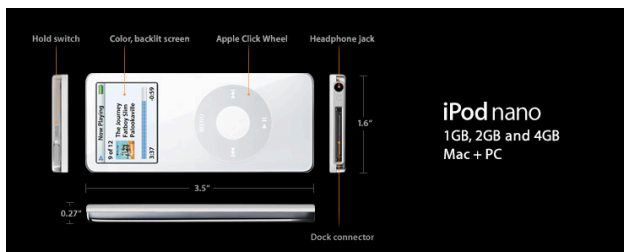
When you finish your workout, simply connect the nano to your computer and

your latest run is uploaded to Nike.com -- really seamless! Initially you set up your account, but every time after that it can be automatic. If you go to Nike.com you can track your workout, set goals - for someone training for a marathon, say, it's going to change their life. Par for the course for the iPod in general I think!

www.ilounge.com has uploaded a really comprehensive review with great photos so I'm not going to go into much more detail. I will add my experience. I opted for the Moire shoe, partly out of vanity, partly the limited number of women's shoes currently available (1 model, 2 colors) and partly out of comfort. These shoes are meant for short, < 5-mile runs (or in my case, walks). The sensor fits in a little plastic lined divot under your left foot. Well...by the end of the walk, I can feel it. If it weren't for the added functionality of the kit, I wouldn't like that at all. I'm curious to see the long-term effect (and hopeful that it will only be an annoyance...). I suspect that with other, more durable shoes, this isn't a problem but the Moire is really light and fluffy to use. If I were wearing orthotics (that tend to be more substantial/rigid than the stock insoles), I don't think I would feel it.

Be prepared to use Playlists - on the iPod, once in the Nike+iPod section, you are only able to listen to the whole library of your nano, a playlist or a Nike+ workout that you purchased from the new Nike+ section on the iTunes Music Store. You can't just navigate around your songs as freely as usual (you can only skip or repeat and adjust the volume). You can pause and resume your workout. There is

one treadmill workout available for purchase that I've listened to a little bit - the narrator comes and goes, gives encouragement and makes you adjust your pace at various times. You get the voice over version as well as the 6 or 7 songs separately.



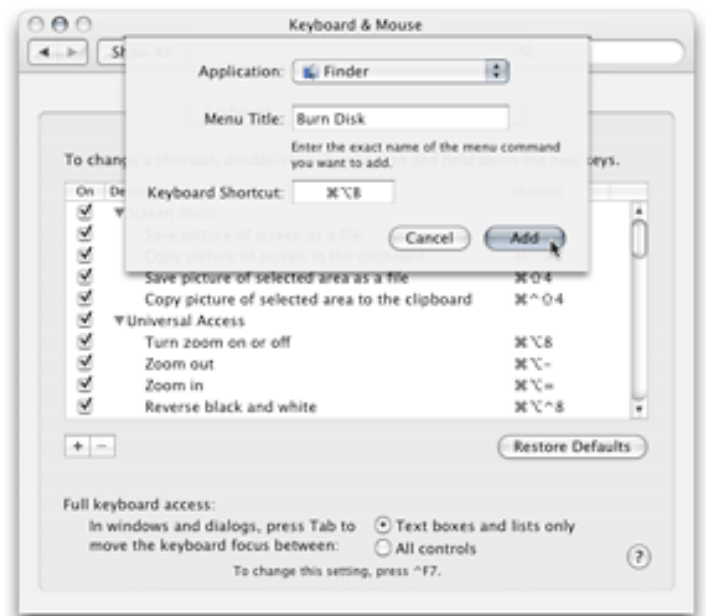
Nike has come out with a whole new clothing line that integrates the iPod with attached sensor really well, running your headphone cord under your clothes most of the way. Most of them are of the compression, skin-tight style but there are also some baggier shorts and jackets as well as a new adjustable armband that accommodates the nano and adapter.

The marketing guy at the Nike store said that sensor uses the compression of your foot, but I've read that it works via measuring your acceleration...and someone has tried it attached to the top of a shoe and it still supposedly works. I can't hear any moving bits like you would on a pedometer. Out of the box I would say it's fairly accurate although you can calibrate it to increase the accuracy.

Feel free to ask any questions - so far my use has been fairly simple, but you can set goals (distance, time, calories) for each run/walk so it tells you when you are done. A real runner might have a better analysis of all the functions. Enjoy! *Pat Dengler*

## Create Your Own Keyboard Shortcuts

Keyboard shortcuts are such huge timesavers, but sadly, not all Finder commands have them. But they can, because you can create your own. Here's how: Go under the Apple menu, to System Preferences, and choose Keyboard & Mouse. When the dialog appears, click on the Keyboard Shortcuts tab, then click the plus (+) sign at the bottom left of the dialog. Another dialog will appear. Choose Finder from the Application pop-up menu, and then type the exact name of the menu command you want to add a shortcut for. Now type the shortcut you want to use and click the Add button. It's that simple.



*NCMUG Tips and Apple's website*



## Awesome Apple Tech Suggestions

The following article was originally published in *Tech Tails* from *Small Dog Electronics* to subscribe:  
<http://www.smalldog.com/subscribe.html>

Occasionally readers send in emails or articles that simply have to be published. The following was written by an individual who works at Apple, Inc. It's really great, and I highly recommend reading it. We originally ran this in *Kibbles & Bytes*, but realized it had to be republished. Thanks again for sending this in!

"I have been a loyal reader of *Kibbles and Bytes* and think you guys put out a great publication. I think your store has some wonderful things and I think you guys are a great place for all mac enthusiasts. I have yet to subscribe to your podcast, and I need to do that.

"I figured I needed to contribute for your next edition of *Kibbles & Bytes* to add a tidbit that a number of people may not actually know. I work for Apple doing Tech Support for them. What a lot of people may not know is that there is a specific group in Apple (the one I work for) that started up last January that specifically deals with all the iApps and a few pieces of the OS. We deal with the five pieces of the iLife suite (iPhoto, iMovie, iDVD, GarageBand, and iWeb; note: iTunes is no longer part of iLife -- it's now its own app, and that's handled by the people who handle iPod questions), the iWork suite (Keynote and Pages), and

then deal with iCal, iSync, Front Row, and Photo Booth in the OS. We deal with all the questions of things that aren't working with the programs, report any bugs that are found, and correct any errors. We normally try to refer any "how-to" questions to our help menus and knowledge base since we just don't have the bandwidth to be able to sit and hold hands walking people through things that we do have documented that people do have already in front of them. But, we also do what we can to make sure that we do point our customer to the right path so that if we are pointing them to self-help resources, we want to make sure that resource is there and that they are accessing it correctly.

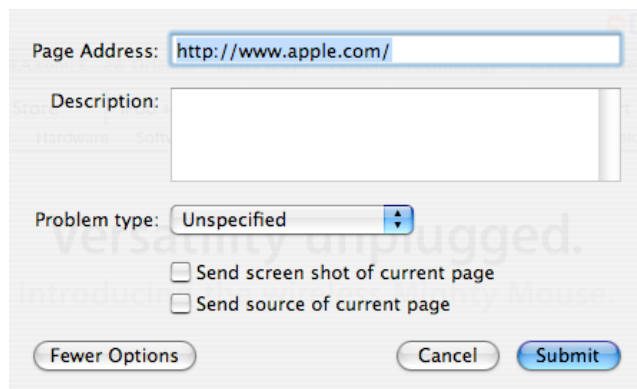
"If we could give some pieces of advice to our customers, we would say the following. First, NEVER DO ANYTHING TO YOUR IPHOTO LIBRARY FOLDER!!!!!!!!!!!!!!!!!!!!!!



Well, let me take that back, you can always copy it and back it up. But, other than that, don't touch it. If you want to delete photos, do it through iPhoto. If you're trying to attach photos to an e-mail message, do it through iPhoto. If you're trying to attach photos through a web browser or upload them onto a site, export your photos into a folder onto your desktop and then attach them or upload them. But, whatever you do, don't go into your iPhoto library, delete photos from

there, or go in there and, because you don't like how it's organized, change the organization. It is organized a certain way for iPhoto, and if you go and change it, it will completely screw up your iPhoto library, and on our end as techs, we're going to have to have you move your library out, create a new one, and reimport your photos, and have you rebuild all your albums, reorganize all your photos, and do a lot more work than if you did it through the iPhoto interface. I promise you that if you delete the photo in iPhoto, put it in the iPhoto trash, and empty the trash, the photo will be gone. So, avoid the iPhoto library at all costs.

"Second, in almost every program, under the menu next to the blue apple that has the name of the program next to it, there's an item that says "provide \_\_\_\_\_ feedback".



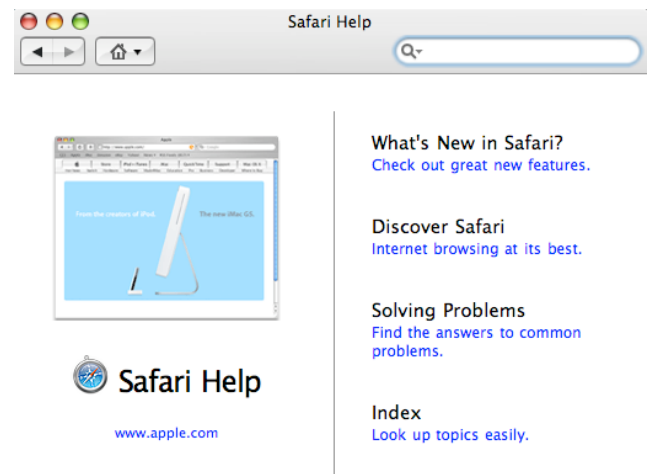
The image shows a feedback form with the following fields and options:

- Page Address:
- Description:
- Problem type:
- Send screen shot of current page
- Send source of current page
- Buttons: Fewer Options, Cancel, Submit

Take advantage of it. We truly treasure and listen to our customers' feedback. You don't know how many changes to our programs come because of our customers' feedback. Changes that happen don't just happen from a bunch of engineers that come up with their own ideas, they come from our customers. I mean, so many of our customers use this so dedicatedly for

so many different reasons, both personal and professional. So, if you think there are things that should be changed about something, send it to us. Either look for that feedback link under the menu, or go to our website at [www.apple.com/feedback](http://www.apple.com/feedback) and send us something.

"Finally, know your self help resources. We refer our customers to three places to find answers. First, our help menus. The help menus are a great resource that really explain very well the very basics of how to do simple things in programs. We use them all the time to point our customers in the right direction. They should always be the first place a customer should look if they have a question about "how to" do something in any of our programs.



The second place is our knowledge base, or kbbase. Our knowledge base, on top of containing all the help articles you can find in the help menus, contain articles that we post on various fixes and issues to things that we are seeing and hearing from our engineers, customers, and tech support agents. So, the "bug" you think you found might be something we already

know about and already have documentation on in our knowledge base.

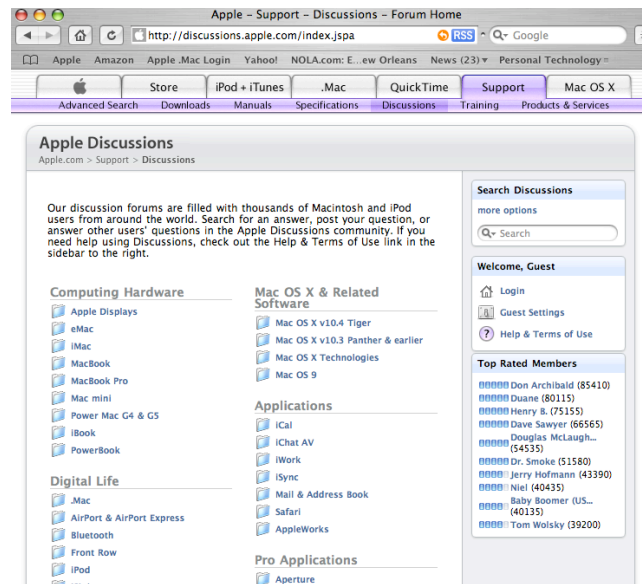
#### Knowledge Base

Apple's Knowledge Base contains product information, technical specifications, and troubleshooting information. The Knowledge Base is updated daily and is available from the following URLs:

- Search the Knowledge Base for current articles and read the latest technical information: <http://search.info.apple.com>
- Search the Knowledge Archive for articles covering products 3 years or older: <http://karchive.info.apple.com>

“Last, when all else fails, a great place to look is our discussion boards. Our discussion boards are a great resource because it allows you to talk to other Mac gurus. Normally, our computers come with 90 days of phone support, and you can purchase AppleCare (which extends your phone support to 3 years) within the first year. If you are out of your 90 days and cannot purchase or are beyond the three years of AppleCare, an alternative to the \$49 charge for support is to use our discussion boards. This is something that we do offer and suggest to our customers over the phone. So, take advantage of your resources. They are there, they have lots of knowledge, and they should be able to answer your question 90-95% of the time. One piece of advice, though, don't treat it like Ask Jeeves. . . use short keywords, not long questions. If you want to know how to burn your iMovie in iDVD, don't go to the knowledge base and type in there "How do I burn my movie into idvd". I would simply just put in "imovie iDVD" and let it come up with a number of things. It's the thing of it's better to have too much than too little. It's better to sift through a little too much than too little. So, stay simple, stay short. “Oh, one more thing (Steve Jobs' famous line), if you call Tech Support wanting to

know about the latest and greatest stuff right after it's released, we know just as much as you do, and we know about releases right when you do. Sometimes, you know about releases before we do because while you're listening to Steve Jobs talking about the release of our new product, we're still on the phones. We can't shut the call center down to listen to him (BOY! do we wish we could). ;-)  
So, if we don't have all the answers about the newest product right away in tech support, understand that they tell us absolutely nothing until it's released. Once it's released, then we get flooded with stuff, but we're trying to read info while still trying to do our job. So, understand that we won't have all answers right away, but we will do our best to still get as many answers as we can.”





## Taking "Screen Shots"

By Carol Bruml ~ NCMUG

Have you ever wanted to take a picture of your computer screen? Perhaps you wanted to make an immediate record of an online purchase, or to record a list of your applications, or to record what was out on your desktop before you move things around in order to do a System upgrade?

With a Mac, it is very easy to do. This is one more area in which we continue to be the envy of our PC-using friends. They do not have this capability built in, as we do.

In OS X, you have several options for doing this, all of which are easy.

If you want to take a picture of your entire screen, press Command (Apple)+Shift+3 (Hold the Command, Shift and "3" keys down simultaneously.). You will hear the satisfying click of a camera shutter, as your computer takes the picture. The picture will show up as "Picture 1," "Picture 2," etc., usually right out on your desktop.



If you want to take a picture of a specific part of your screen, press Command (Apple)+Shift+4 (Hold the Command, Shift and "4" keys down simultaneously.). Your cursor will become a crosshair that you can drag across the screen to outline the area you want to photograph (click in one corner of the area you want, hold the mouse button down, and drag the mouse across to the

opposite corner, then release the mouse button). The cursor will change to look like a small camera. Click anywhere in the middle of the area you have outlined, and you will hear the sound of a camera shutter, as your computer takes the picture. The picture will show up as "Picture 1," "Picture 2," etc., usually right out on your desktop.



Command (Apple)+Shift+4+CapsLock (all pressed simultaneously) will turn your cursor into a bull's-eye. When you hover it over a window or dialog box and click, you will get a picture of that window or box, but only of the visible parts, not those that may run past the edges of your screen.

If you want to take a picture of a window, such as a web browser (Safari) window that extends beyond the bottom of your screen, press Command (Apple)/Shift/4/Space Bar (Hold down all four keys at once.) and your cursor will become a mini camera. Position it in the middle of the window you want to photograph and click your mouse button once. You will hear the sound of a camera shutter, as your computer takes the picture. The picture will show up as "Picture 1," "Picture 2," etc., usually right out on your desktop.

If you are dexterous enough to add "Control" to your key combinations, the photo you take will be automatically added to your clipboard, ready for pasting into most any application.

These pictures you have taken are what are known as “Screen Shots.”

Now, “Picture 1” is not a very descriptive name. If you click once in the middle of the name, the whole name should become highlighted, and then you can replace it with text that better describes your picture.

In OS 10.0 through 10.3, Screen Shots were automatically saved as .pdf files. In OS 10.4 (Tiger), they are saved as .png files. (You CAN change the format in which your screen shots are saved, but to do so requires venturing into Terminal. It would be easier to use Graphic Converter to change the format, if you haven’t the confidence to go into the deep and risky recesses of your computer where Terminal resides.)

In OS 9, the Screen Shots you take this way will appear as “Picture 1,” etc., in your main directory (the window that opens when you double-click the hard drive icon on your screen). In OS 9, your Screen Shots automatically become .PICT files, which can be opened with Simple Text, AppleWorks or almost any photo editing program.

## A Secret Tip for Taking Great Digital Shots

**W**ant to impress friends and family with professional looking photos? Professional photographer and bestselling author Derrick Story provides his favorite tip – using a flash setting – for taking great shots for better skin tone, reduced texture in the face, and adding a twinkle to the eyes:

<http://www.oreillynet.com/pub/a/network/2006/02/01/secret-tip-for-taking-great-digital-shots.htm>

## Some Thoughts

“Procrastination is like a credit card: it’s a lot of fun until you get the bill.”

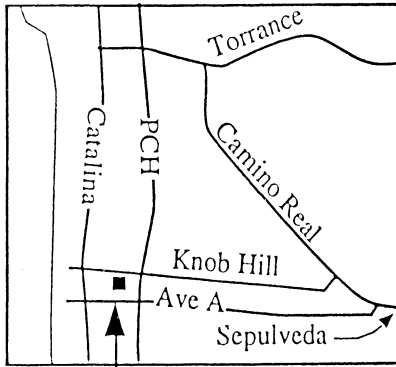
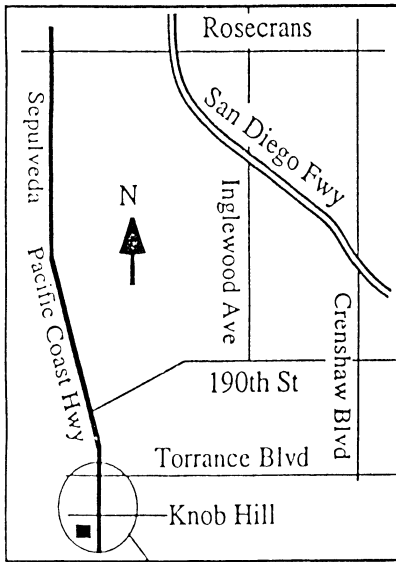
- Christopher Parker

“Some succeed because they are destined to, but most succeed because they are determined to.”

- Source unknown

“There are only two ways to establish competitive advantage: do things better than others or do them differently.”

- Karl Albrecht



We're at 320 Knob Hill at  
PCH • Free Parking

## THIS MONTH'S MEETING

Wednesday July 26, 2006 7:30PM  
320 Knob Hill, Redondo Beach  
(see map at left for directions)

### Our August 30th Meeting:

We'll be having a joint meeting with two other MUGs, the MacHACers and Aerospace Mac Users Group. The speaker for the night will be Matt Neuberg who has written several books for the popular Take Control series.

The SPEAKER this evening will START at 7:30 PM and run until approximately 10PM.

### And Of Course:

*Come early (6:30) for Beginners Q & A Sessions!*  
*We now have two: one in the kitchen area hosted by LJ Palmer and the other in the main hall hosted by Bob Brooks & Jim Pernal.*

### September Meeting Details:

We will have a lesson in photography given by Michael Pliskin, an award-winning professional photographer and digital artist.

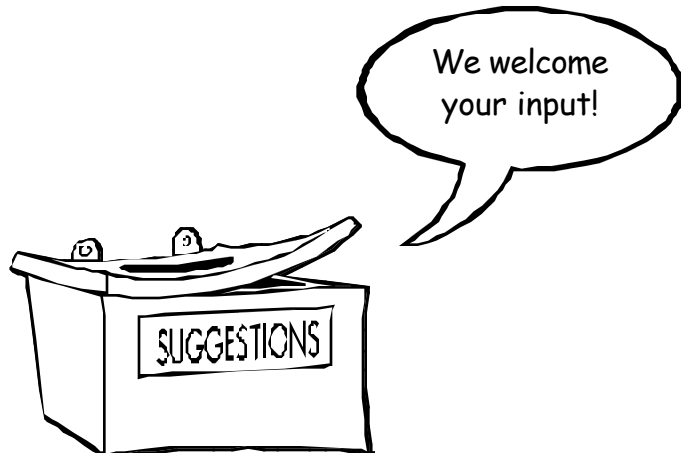
***GREAT RAFFLE PRIZES TOO, TICKETS ONLY \$1 EACH!***

### Note from the Editor

Are you good at crunching numbers? The club is currently looking for someone to serve as treasurer. If you are interested, contact Glen Terry at:  
[geterry@earthlink.net](mailto:geterry@earthlink.net)

Any comments or ideas for future meetings? Write it down and drop it in our Suggestion Box at our monthly meetings!

Don't forget we have internet access at our meetings. Bring your wifi capable laptop with you when you show up for our next meeting!



# SBAMUG Membership Application

South Bay Apple Macintosh User Group provides Mac owners and users with a local source of shared knowledge and experience through monthly meetings, training seminars and our monthly newsletter.

Individual and family membership is \$35 per year payable to SBAMUG.

New Member       Member Renewal

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Special Computer Interest: \_\_\_\_\_

Model of Macintosh You Use Most: \_\_\_\_\_

How did you hear about SBAMUG?: \_\_\_\_\_

Comments: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Bring Application & Fees to Meetings or Mail to:

SBAMUG

P.O. Box 432

Redondo Beach, CA 90277

## PERIODICALS

**South Bay Apple Mac User Group**

P. O. Box 432

Redondo Beach,

CA 90277-0432

