

The South Bay Mug

MAGINTOSH

A Monthly Cupful For South Bay Apple Mac User Group Members, July 2007

MACHinations

A personal view from Bob

Protect yourself

I've recently had to dump a couple of my email addresses because they were overwhelmed by spam. In the old days I didn't worry too much about protecting my address, but now spam is a big problem and I'm much more careful. I've discussed many of these steps before, but a review doesn't hurt.

- Have several addresses. Use one for close friends and others for doing business on-line. Be prepared to eventually jettison them if they get infested.
- Use jetable.org to create temporary addresses for use with outfits you don't trust.
- If you have a web page, encrypt the addresses. Spammers use robots to routinely comb web pages looking for addresses. I used SpamStopper which converts an email address with it's telltale mailto: and @ into an text string or a java applet. Since I still get a little spam, I suspect some spammers may have figured a way around this approach.
- I now use a graphic for addresses on my sites. This requires the spammer's robot to use an optical character recognition (OCR) procedure to retrieve text from the graphic. Unfortunately the viewer can no longer click the address to send you mail. They have to type it in. Use a font that may give the OCR software a bit more trouble. *Member@ISP.com*
- Some people try to hide an email address by eliminating telltale clues, e.g. member_at_ISP_dot_com, hoping the readers understands this and can enter the correct address.
- Beware of PDF files. Spammers can scan the contents of a PDF file, so don't put your email address in

it unless it's a graphic. My articles are posted on our web site as PDF files but I have my address as a graphic element (see bottom right).

- All this is for naught if your friends don't protect your address. When sending an email to a group, put the addresses in the bcc: (blind carbon copy) box so the recipients won't see the addresses. Otherwise, if a recipient has their computer compromised, the list may fall into the hands of a spammer.
- Pick a more obscure email address. bob@isp.com, joe@isp.com, jim@isp.com and mary@isp.com are obvious targets for dictionary spammers. joemary007@isp.com is less obvious.
- Look on the Internet (e.g. Google) for your email address. You may find someone has put it on their web page. I wrote a software review and found that the publisher added it to their web page as a testimonial, along with my email address. Great! I was unable to contact them to have it removed. While you're there, check your telephone number. Unless it's unlisted, a cell phone or or you opt out, Google will display your name and address. This may be OK and does help people trying to find you. Also check your social security number.
- I use MyPopBarrier (see Dec 06) to scan my messages on several servers and delete spam on the spot, rather than downloading it to my computer.
- Thwart Web Bugs. Spammers put hidden HTML image requests in their messages to see when you read it and to confirm your email address. Turn it off in the preferences. You can always load images manually if they look legit.



Bob Brooks

Helping Beginners

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Welcome to South Bay Apple Mac 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

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

310-644-3315
Email: info@sbamug.com

Meetings are held at the

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

Officers & Volunteers:

President:.....Glen Terry
Vice President:.....John Bernardo
Secretary:.....Wayne Inman
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Directors at Large:.....Dave Nathanson,
CW Mitchell, Jim Pernal, Dorothy Weeks,
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Newsletter Editor:.....Dorothy Weeks
Raffle Chairman:.....George Griffiths
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:

Rose Tashima, Bill Dufresne.

Thank You Member Renewals -

Henry Tuttle, Gerry Suzuki, Michael Maiuri, Gary Thompson, Russ Neglia, Sheila Dowst, Jack Pearson, Hank Folson, Wayne Inman, Paul Bauer, Donna Worch, Stephen Woodward, Carol Woodward, John Stauffer.

Remember, if your name is not spelled right or your expiration date is wrong, contact cwmitchell@sbamug.com for correction.

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

SBAMUG July 2007 PD CD

Full nine items this month. Some updates, many new, including Wordservice, which came up in our eGroup to solve a problem.

Bookdog_4_2.dmg Manage your bookmarks. Yes this can alphabetize your bookmarks; as was discussed at our last beginners group. This can move your bookmarks between your different browsers. Firefox, Camino, Opera, and, of course, Safari are mentioned. Maybe some more. You can also have the program verify your bookmarks to make sure they're still good. OSX 10.3.9 is the minimum requirements.

CAPSWarn3.1.zip A utility to give on screen indications of having your Caps lock on, or shift, control, option, command keys activated by sticky keys. OS 10.3 is the minimum system.

ClamXav_1.0.8_Tiger.dmg Latest update to this antivirus program. ClamXav is the graphical front end to the open source ClamAV program. As I've stated many times, this is good so you don't pass along a Windows virus, as well as someday in the future catching a Mac OSX virus in the wild.

debtinator-1.dmg.zip A program to manage debt. Visual graphs to show what's happening with your various expenses. The program shows plans to get you out of debt. OSX 10.4

emailscanner-vers-1.dmg Utility to extract data from you e-mails and place into a database such as Filemaker Pro. OSX 10.3 is the minimum requirement.

iSpeak It.dmg This is another great recommendation from Allison Sheridan's Nosillacast podcast. This will convert text from a variety of programs to either an aiff file on your hard drive, or directly as a MP3 into your iTunes library. From iTunes to your iPod if desired. PDF's can be converted if you have the PDFtoText program. You can go directly to either Google maps, weather, and one or two other places and have your request converted

into speech. Great for catching up on things in your car or out with your iPod! OSX 10.4 Limited to 1000 words till you pay the shareware fee.

MacGourmet-2.1.1.dmg This is a updated version of the recipe organizer. Scaling, metric conversions, printing to index cards, and tons more. OSX 10.4 PPC or Intel.

stellarium-0.9.0.dmg Planetarium rendering of the night sky. Different times and locations can be specified. Complex program that can do a lot. Ran out of time to look at it further. OS 10.2 and best of all its Freeware.

WordService.tgz Finally this month is the program that came up in our email group. This has 37 functions to convert, format, or speak selected text. The specific request was to add initial capitals to selected text, from within Apple's Keynote program. This program is added to the services menu, so you can access it from within programs. OSX 10.3 and 10.4 PPC machines.

CD for this month will be at the August meeting as the July-August 2007 CD.

Catch you at the July meeting.

Jim Pernal, PD Editor

Here's a great contribution from our eGroup:

I had to take my 87-year-old aunt to the doctor today as her regular caregiver was visiting family in Texas for a week. The reason for the visit was to follow up after a minor stroke/TIA she had on the 21st when she spent several hours in the ER. Since I wanted to be sure I had an accurate description of exactly what had happened, last Saturday when I was out with my MacBook, I sat the caregiver down and had her describe what had happened while I recorded it with iMovie using the built-in iSight camera. I created a Quicktime movie from the single clip and played it for the doctor so he had a first hand description of what happened. My aunt has dementia and doesn't remember the event.

Not a particularly polished iMovie production, but very effective for the purpose.

Joan King SBAMUG

100 of My Favorite Mac Tips!

By Terry White, MacGroup Detroit

In The Finder

- 1 To quickly rename a file, select it in the Finder and press the Return Key. Now you can just type the new name.
- 2 To “Move” a file from one drive to another, hold down the Command Key and drag the file(s) from one drive to the next and it will move them instead of just copying them.
- 3 To make an Alias (a pointer) of a file/folder/app without the word alias on the end, hold down the Command-Option Keys while you drag the original to the location that you want the alias to appear in.
- 4 To add a document/application/folder to your Dock, simply drag its icon to the Dock and when the other icons move over you can release it. If it’s a document/folder you have to drag it to the right side of the divider.
- 5 You can preview a lot of different file types by simply switching your window view to Column view. Once in Column view you can click on things like QuickTime movies, MP3’s, etc. and preview them right in the Finder.
- 6 To switch Finder Window views from the keyboard, hit Command-1 for icon view, Command-2 for list view and Command-3 for column view.
- 7 Want a faster Mac? Keep as few items on your desktop as possible. That’s what folders are for.
- 8 Use the Window Menu in the Finder to get to a window that’s buried several windows back.
- 9 Change the default application that opens a file. For example, want your JPGs to always open in Photoshop instead of Preview? Select any JPG, hit Command-I for Get Info and in the Open With area, choose Photoshop and then click the Change All button. You can do this for any file type supported by the application you want to open it with.
- 10 Can’t remember if that application you want to launch is in Applications or Utilities, just type the name of it in Spotlight and when it appears, click on it to launch it.
- 11 If you launched an app that you decide you want to keep on the Dock because you’ll be using it regularly, just hold down the mouse button on it and choose “Keep in Dock” from the pop up menu.
- 12 To quit an Application without bringing the app to the foreground, just hold the mouse button down on its icon in the Dock and choose Quit from the popup menu.
- 13 To remove an icon from the dock of something that you’re not going to be using regularly, drag its icon up off the dock and let go. Poof, it’s gone.
- 14 Change your Desktop Picture with a Right Click (Contextual Menu). Get used to the term Right Click. If you have a two-button mouse, the right button is often set to Contextual Menu (Control-Click). When you right click on the Desktop you can choose Change Desktop Background from the Contextual Menu that pops up. Right Clicking is supported just about everywhere in the OS and in your applications. You’d be surprised at how much time you’ll save.
- 15 Use the Side Bar for Folders that you’ll access often. By default the Side Bar contains, Home, Music, Documents, Pictures, Movies and Applications. However, you can drag other folders there too. The advantage of doing this is that you’ll have one click access to those folders in all of your Open and Save dialog boxes.
- 16 Your computer feels slow all of a sudden? See what’s really chewing up your CPU time by launching the Activity Monitor in your Utilities Folder.
- 17 What about Backing Up? Ideally you’d buy an external hard drive that is at least as large as your internal drive, download Super Duper and clone/backup your entire drive regularly. However, if you’re not quite ready to be totally protected (and only God knows why

- not?), then at least back up everything in your Home (the icon of a little house) folder. This contains all the data YOU have put on your computer such as your pictures, music and documents. If it will fit on a DVD or two, that's better than no backup at all.
- 18 ZIP it before you send it. If you have a large file or multiple files to send via email, select them in the Finder and then choose "Create Archive of..." from the Action menu at the top of your Finder window. This will create a .zip file of whatever you had selected that is usually smaller in size than the original and is cross platform. Not all file types will benefit from this. Files like JPGs are already compressed.
 - 19 Quickly move something to the trash without dragging. Select what you want to trash and hit Command-Delete on your keyboard.
 - 20 If you are having a hard time finding the same file/folder all the time in a long list of items in a window, give it a color label so that it stands out.
 - 21 Spotlight finds everything with the name you key in. To narrow it down to just the kinds of things you're looking for, put a "kind" after the name you're searching for. ie. iPhone kind:email would only bring up email messages containing the word iPhone.
 - 22 Rearrange the items on your Dock in the order you want by simply dragging them to the left or right.
 - 23 Customize your Finder windows with actions/buttons. Right Click on the top of any Finder Window and choose Customize Toolbar. You'll then get a choice of actions such as New Folder, iDisk, etc. to drag to your toolbar at the top of the Window.
 - 24 When you have a long list of items in a Finder window, rather than scrolling to what you want, just start typing the name of what you want and the Finder will take you to it. Simply hitting the letter T will jump down to all the pictures of me that you have in that folder.
 - 25 Run a slideshow in the Finder. Select the photos you want to view and then choose Slideshow from the Action menu. When you're done viewing your full-screen slideshow press the Esc key.
 - 26 Mac OS X Tiger has a built-in dictionary. Highlight a word in just about any app and hit Ctrl-Command-D and the definition of that word will appear below it.
 - 27 Use Front Row without the remote. If your Mac is Front Row enabled, hit Command-Esc to bring up Front Row. You can use your arrow keys to navigate and the Return key to choose a selection. Hit Esc when you're done.
 - 28 Take a screen shot to prove your point. Hit Command-Shift-3 to take a picture of the whole screen or Command-Shift-4 to take a picture of a selected area. The pictures will appear on your desktop.
 - 29 Copy and Paste instead of drag and drop. Sometimes it's easier to select a file/folder and hit Command-C and then navigate to where you want to copy it to and hit Command-V for Paste, than dragging and dropping.
 - 30 If you want to open a file in a specific application, drag it to the icon of the app you want to open it in on the Dock.
- Mail**
- 31 To email some web page, bring up the page in Safari and hit Command-I and Mail will create a new message containing the web page you were viewing in Safari complete with hot links.
 - 32 View your attachments that you're sending as icons. Right click on an attached photo for example and choose View as Icon.
 - 33 Downsize your attached photos before you send them. Create a new message, drag in all the photos you want to send, then choose Small, Medium or Large from the Image Size popup at the bottom of the window.
 - 34 To send the same email you just sent to other people (that you forgot the first time), choose the message in your Sent folder and choose "Send Again" from the Message

menu. Then just address it to the folks you forgot.

- 35 How much space is your mail taking up on the server? Choose Get Info from the Action Menu at the bottom left corner on the Mail window.
- 36 Delete a corrupted message from your POP mail server. Use the steps above to show the messages on the server, then find the offending message, click on it and hit the Remove from Server button.
- 37 See all your Unread mail from multiple accounts in one place. Create a Smart Mailbox called “Unread” with the action of “Message is Unread”
- 38 Create a Smart Mailbox of all your OLD mail. Use the action “Date Received is not in the last ___ days”
- 39 See what Mail is really doing by bringing up the Activity Monitor – hit Command-0
- 40 Instead of forwarding a message intended for someone else use the “Redirect” command instead. This way when the person you send it to hits reply, they’ll be replying to the original sender.

Dashboard

- 41 Hit F12 on your keyboard to bring up Dashboard. You can also set a button on your Mighty Mouse to do it as well – such as the scroll nipple
- 42 You can have multiple copies of the same Widget display with different settings. For example, I have 6 Weather widgets displaying the weather in various locations that I frequent.
- 43 Close widgets you don’t use to conserve RAM. Bring up Dashboard, then hold down the Option key and a little “X” will appear next to each widget that you hover over.
- 44 To change a widget’s settings click the little “I” in the corner of the widget.
- 45 To get more widgets, click the big + sign in the lower left corner and then click manage widgets to bring up the Widget Manager. At the bottom of the Widget manager is a button called “more widgets” which will

take you to Apple’s website to search for and download new widgets. There are over a thousand to choose from.

iTunes 7.x

- 46 Drag songs from iTunes to a folder on your desktop to make a copy of the songs in one spot.
- 47 Take advantage of audio and video podcasts! They’re FREE! Go to the iTunes store and click on the Podcasts category. Find the podcasts you’re interested in and subscribe to them. No iPod is required.
- 48 Want to tell someone exactly which song you’re referring to? Find the song in the iTunes store, Right Click on it and choose Copy iTunes Store URL and then paste that URL in a new email message. When they click it, it will take them right to the same song in the iTunes store.
- 49 Use the My Rating feature to give your favorite songs a 1 through 5 star rating. Ratings can be very useful in creating Smart Playlists.
- 50 Create a Smart Playlist of the “Best of the Best” by having it automatically add any song with a 5 star rating.
- 51 Create a Smart Playlist containing songs with a play count of ZERO and call it “never played”. Each time a song is played from this list it will automatically be removed from this Playlist. This way you have a Playlist of never before heard music at all times.
- 52 Figure out which songs you don’t really like by Creating a Smart Playlist with the criteria of skip count greater than 5.
- 53 If you don’t want to buy songs/content from the iTunes store right away, but you don’t want to lose the tracks you’ve chosen, change your iTunes Store Preferences to Buy using a Shopping Cart.
- 54 Drag tracks right from the iTunes store into your Playlists. Whenever, you do decide to buy them, they’ll automatically be in the Playlists you wanted them in.
- 55 If you have the same music on two Macs you can Export and Import your Song List

(Playlist).

- 56 If you import songs into iTunes from an Audio CD while you're on the road without an internet connection, you can have iTunes lookup and add the song names later by choosing "Get CD Track Names" from the Advanced menu.
- 57 When you type into the Search box on the top right of the window you can clear it with one click by clicking on the "X" next to what you typed.
- 58 Now iTunes has 3 different views: List, Album View and Coverflow
- 59 Missing Album Art for a CD that you imported? Apple now provides Album Art for Free on Albums they have. Select your tracks in iTunes and choose Get Album Artwork from the Advanced Menu. If they have it, then it will download and apply to your tracks.
- 60 If you are going to import a bunch of CDs into iTunes you can change your "On CD Insert:" preference to "Import Songs and Eject". This will automatically get the track names, convert the songs and eject the CD when it's done.
- 61 They say to remain healthy that we should do some activity (such as walking) for 30 minutes a day. If you have an iPod or if you're going to workout at home, create a Playlist with songs totaling 30 minutes. When the music stops, you can hit the showers.
- 62 Switch to the next song even if iTunes is in the background by holding down on its icon in the dock and the iTunes menu will pop up.
- 63 Sometimes songs start out or end with talking or other sounds that you may not desire. You can trim the beginning or the end of a song by highlighting it, hitting Command-I and clicking Options. From there you can set the Start and or Stop times that you desire to skip past the intro or ending.
- 64 You can set an Equalizer Preset for each song by highlighting the song and hitting Command-I. Click Options and set the

Equalizer Preset for the song you just highlighted.

- 65 You can Change the order of the columns in iTunes by dragging on the Column headings.
- 66 Create a Smart Playlist of your favorite songs, by setting the options to "Play Count" is greater than 10 (or whatever). Only the songs that you listen to often will be in the Playlist.
- 67 Locate the actual song/video in the Finder by selecting the track in iTunes, Right Click on it and then choose Show in Finder from the contextual menu.
- 68 Click the Green button in the top left of the iTunes window to minimize iTunes down the smallest possible window to take up less screen real estate.
- 69 Hit Command-Up Arrow and Command-Down Arrow to increase or decrease the iTunes volume.
- 70 Press the Space Bar to start or stop playback of a tune.

Safari

- 71 Safari supports Tabbed Browsing, but you have to enable it in the Preferences. End the window clutter!
- 72 Hitting Command-1 on the keyboard will go to the 1 web site in your Bookmarks Bar. Hitting Command -2 will go to the next one, so forth and so on.
- 73 Holding down the Command Key while clicking a folder will open all the book-marked pages in their own tab (Provided that you have enabled tab browsing in the Preferences).
- 74 Choosing "Status Bar" from the View menu will put the Status Bar at the bottom of your browser window so that you can see the status of pages as they load.
- 75 You will know that you are on a Secure Page if you have the Padlock icon in the upper right corner of your browser window.
- 76 Create a folder in the Bookmarks pane and then drag your daily favorites sites into that folder. Now you can open your daily

favorites in tabs by Command-clicking on that folder in the Bookmarks Bar.

- 77 Not every site works in Safari. So download Firefox which is another browser and it's free. Most sites that don't work in Safari, work fine in Firefox.
- 78 To quickly view images on your desktop without having to open another program, simply drag them into an open Safari window. Safari can load any jpg image even it's on your hard drive.
- 79 Add a bookmark to the Bookmark bar by dragging the page icon from the address box to the bar.
- 80 Remove a bookmark from the Bookmark bar by dragging the bookmark off the top of the bar.
- 81 Scroll up, down, left, or right by pressing an arrow key.
- 82 You can open a page in a new window by pressing Command + click a link or bookmark.
- 83 Safari can remember your passwords for most sites. You can turn this feature on in the Preferences in AutoFill.
- 84 Block those annoying pop-up ads by choosing "Block Pop-up Windows" from the Safari menu.
- 85 To see a downloaded file in the Finder, click the icon next to the file in the Download window.
- 86 Command + and Command - will increase and decrease your view magnification of the current web page.
- 87 Protect your privacy by temporarily stopping Safari from caching or keeping track of the sites you visit. Enable "Private Browsing" from the Safari menu.
- 88 Set your favorite page to be your home page in the Safari Preferences and then add the "Home" button to the tool bar by choosing "Home" from the View menu.
- 89 Rearrange the order of your Bookmarks on the Bookmarks Bar by dragging them around.
- 90 If you want the current page you're on to become the Snap Back page, press Option-

Command-K

iCal

- 91 Click and drag on a time slot to create an event.
- 92 If your life goes beyond 8AM and 6PM have iCal show you more of the day by going to the preferences and changing your Day Start and End Times. See what you've been missing!
- 93 If you leave iCal open it will automatically change the icon in the dock to the current date each day.
- 94 Keep up with what's happening in the local Mac community by subscribing to our iCal webcal://ical.mac.com/mac-groupdetroit/MacGroup.ics
- 95 Both of our Apple Stores maintain iCals of their events and classes that you can subscribe to by going to <http://www.apple.com/retail> and finding the store of your choice.
- 96 Choose "Address Panel" from the Window menu to bring up a window with your Address Book to be able to invite people to your meetings automatically.

iChat AV

- 97 If you don't have any other Macs running iChat in your house, you can close the Bonjour window
- 98 Under the Edit menu, you can now choose Spelling-> Check Spelling As You Type to interactively check your spelling while composing chat messages.
- 99 Create your own private chat room by choosing New Chat from the File Menu. You can then Add in your online Buddies. They will get invites to join the chat.
- 100 Change your Balloon color and Font in the Message pane of the Preferences.

Editor's note:

Now that you've read through all these, Why not take one a day and master them!

What is the Best Archival Media to Buy?

by Scott Armstrong

What brand discs should one buy if they want their data to last for years and years?

First, the issue of quality depends upon what kind of data you are wanting to store on the disk. Then there is the price. If you want to share some photos or some data with someone and it doesn't have to last a lifetime, then I use the TDK disks from Costco. Costco has a "buy one get one free" special sometimes. That makes them a great deal. I found the TDK disks to be very good.

I don't ever buy the store brand disks. I have also had a lot of problems with the Imation brand of disks.

As for Archival Quality disks there are two brands—Mitsui and Taiyo Yuden. They are different because they use a Phthalocyanine dye or Cyanine dye. This gives the disks a bluish green color. The cost of the dye and the process of making the disks make them cost more. But, it is the dye that makes the disks last a long time, therefore Archival.

The Mitsui disks are made right here in the United States actually in Colorado. You can purchase the disks directly from their online store at www.mam-a.com.

The Taiyo Yuden disks come in two flavors, the Premium disks and the Value Line. When disks are manufactured, a batch is checked for manufacturing defects and quality. If the batch passes the quality test then they are sold as the Premium disks. If the batch has too many defects then the batch is sold as the Value Line at a reduced price. Both types of disks are available from www.supermediastore.com.

The Taiyo Yuden 16x Silver Thermal or White Printable DVD-R disks sell for about 49 cents each in the 100 pack. They are usually sold in 2 50-pack cake boxes. We have purchased the value line disks for less than 24 cents each. But we bought 300. The value line disks are sold shrink wrapped in a stack.

At KVEW we use them to put a :30 second commercial on it just for the client to view their commercial. So we use the value line just for the cost. I couldn't find any brand anywhere cheaper than 23 cents each. They play fine for our use. However, I made some data backups and had a lot of data mismatch errors on verification in Toast. So I wouldn't use the value line disks for really important data.

The Taiyo Yuden Premium line of disks are excellent and I have had no burn errors at all. I use the Taiyo Yuden disks for archiving my client photos and important computer data for my photography business.

The Taiyo Yuden disks can be made in either Japan (the really top quality ones) or Taiwan (a lesser grade). When you purchase the Taiyo Yuden disks check the white paper at the top of the disk stack in the Cake Box; it will have English and Japanese type and the words "Made in Japan" clearly marked. These are the ones to get.

You can also get disks from www.meritline.com. But SuperMediaStore has them for less. What makes a disk Archival is the dye and the quality of the disk manufacturing and the testing standards. A disk is made up of 5 layers. The top layer that the label is printed on, a lacquer, a reflective layer, a dye layer and the bottom protective layer. A laser burns or pits the dye layer with the digital information. It is the

stability of the dye layer that makes a disk archival. For information on the manufacturing process go to the Mam-a website and click on the manufacturing link. It's great reading.

Things that can destroy a disk are gouges in the bottom layer, alcohol based markers used to write on the top layer (such as a Sharpie), or excessive exposure to the UV rays and sunlight. The data layer is very close to the top layer so a sharpie ink can eventually bleed thru to the dye layer and make it difficult for the laser to read. Excessive sunlight can fade the dye layer and also make it difficult for the laser to read.

The Phthalocyanine dye used in the Mistui disks are the most stable dye available. The Cyanine dye of the Taiyo Yuden disks come in a very close second.

For very important data, use an Archival CD or DVD such as those from Mitsui or Taiyo Yuden. Use a water based disc marker for making the label, keep the disk in a jewel case for protection and out of the sunlight and in a moderately tempered room. Don't store disks in the garage in the heat and cold and don't leave them sitting bottom up on a table in the direct sunlight. Don't buy generic name or cheap store brand disks.

With good brand disks and correct storage your disks should last for decades. Now the problem will be reading the old disks in 30 years when you don't have a working DVD drive anymore. Have fun and happy burning.

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to the author and Mid-Columbia Macintosh User Group.

How to Learn the Mac

Bob Brooks

--by way of the SBAMUG eGroup

Be resourceful.

Be curious.

Be inquisitive.

Explore.

Have a positive attitude toward learning something new.

Experiment, Experiment, Experiment

For each new program:

Open the Preference file and see what's there

Look at each item in the menu bar
and all the sub-menus.

Look at each item in the Inspector or
Formatting palette.

Understand each tool-bar item.

Often there are tool-tips that pop up when you mouse over items.

When you need help, look in the HELP menu.

There may be a lot of useful information lurking there.

Keynote has a 187 page User Guide plus an extensive tour.

Pages has a 250 page User Guide plus a tour.

Quicken 2006 has a 445 page User Guide.

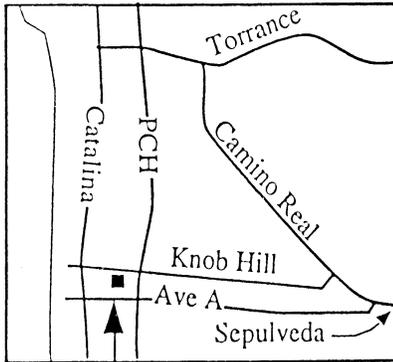
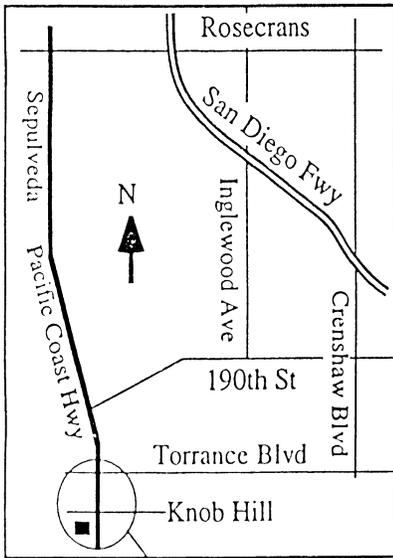
You can find a lot of information, tutorials, and discussion groups on the Internet.

Take some time. Open a new document and PLAY. Nothing will explode if you click the wrong button.

Young people learn so fast because they are not afraid to experiment and try things. We can learn from that, regardless of our age.

Finally: Be RESOURCEFUL





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

THIS MONTH'S MEETING Wednesday July 25th, 2007 7:30PM

320 Knob Hill, Redondo Beach
(see map at left for directions)

Walt Ordway on Digital Cinema

Walt Ordway, who gave us a very informative presentation on HD TV, returns to demystify more of the digital world with an account of Digital Cinema.

What will this mean for us? Will the sound and the picture be much better, or will the cinema experience change? Will we see different and better films or is there a chance even our own creative efforts will make it to the screen!

And Of Course:

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

August 29th Meeting Details:

Glen Terry will be introducing us to the nooks and crannies of iTunes and iPods. More music and entertainment - we'll be dancing in the aisles!

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

Note from the Editor

Would you like to help keep our SBAMUG going? There are many ways, from occasional to ongoing, that you can help out. If you can, please contact-- Glen Terry at: geterry@earthlink.net or other board members.

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!



PERIODICALS

South Bay Apple Mac User Group
P. O. Box 432
Redondo Beach,
CA 90277-0432



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