

## How many spyware programs do I really need?

(edited from <http://ct.com.com/click?q=51-QgUWijJUhZTAxDbn2UF4pwwuIHnR>)

Start with Lavasoft's excellent and easy-to-use Ad-aware (<http://www.lavasoftusa.com/software/adaware/>) and Spybot's Search and Destroy (<http://www.safer-networking.org/en/home/index.html>). Spybot is good because it allows immunization of Internet Explorer to prevent it from downloading known spyware in the future.

A more integrated approach is what is necessary:

1. Whenever you install new software, especially free software, run a spyware checker before and after to make sure it is not bundled with spyware.
  2. Use a more intelligent, secure, and current browser like Mozilla's excellent Firefox browser (<http://www.mozilla.org/>), which is current with the latest Web standards. It has built-in pop-up blocking, themes, extensions, tabbed browsing (no myriad windows), is lean and clean (a less than 5MB download), and is very secure. This one change alone could reduce your spyware to nearly nil.
  3. Be careful about browsing and downloading practices. Watch what you click OK to, and understand that nothing is free, the cost just may not be monetary.
  4. Reduce your spam. I use Mailwasher, which bounces unwanted e-mail before I get it. It also has the advantage of deleting viruses, and I have not had a virus slip through for ages (but I still keep my antivirus app up-to-date.) The Mozilla site also has an intelligent e-mail program called Thunderbird that is more spam-aware than Outlook Express.
- Other than that, include a good antivirus program, a good firewall and make sure everything is kept up-to-date.

## Can't find a font?

Go to [www.1001freefonts.com](http://www.1001freefonts.com). It's a great resource for free downloadable fonts. It has tools to convert PC fonts to Macintosh files. It also has links to pixel fonts used for Macromedia Flash users. Best of all, it has an application where you can create your own font or edit an existing TrueType Font.

## Computer Courses

Small classes and friendly atmosphere

- Introduction to Windows 98/ XP and Internet / E-Mail
- Microsoft Word 2000
- Microsoft Excel 2000
- Powerpoint 2000
- Access 2000
- Web Page Design( HTML)

## SeniorsLink Computer Courses

(For those 60 and over)

- Introduction to Windows 98/ XP WordPad, Internet and E-Mail
- Advanced Computer Course

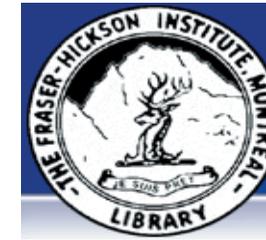
## Computer Workshops and Seminars

Short practical introductory courses to a variety of current interests in a computer environment. A knowledge of WINDOWS O/S & Internet is required

- How to buy a computer
- How to surf the net effectively
- How to organize the computer folders, directories, toolbars, etc.
- How to protect a computer from Internet intruders
- How to build a simple web page
- How to organize and print pictures on the computer
- Banking on the Internet

The courses, seminars and workshops will also be given in French should there be sufficient demand.

We are always open to suggestions on topics to cover in additional workshops. Please do not hesitate to contact the centre, should you have any questions, suggestions or comments.



## The Fraser-Hickson Library Computer Centre Newsletter

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**Monday, November 22nd 2004**

**Hours:**  
Monday: 12:00pm- 7:30pm  
Tuesday: 12:00pm-7:30pm  
Wednesday: Closed  
Thursday: 12:00pm-7:30pm  
Friday: 12:00pm- 6:00pm  
Saturday: 1:00pm - 4:30pm  
Sunday: Closed

Computer Rental \$2.50 hr or 5 hr card for \$ 10.00

Anyone may use the computer centre for work, research or recreational use.

### Computer Rental Area

Six computer workstations with high speed Internet  
Laser Color & Black & White Printer  
Scanner with PhotoShop Editing

### Software available includes

Microsoft Office 2000 (Word, Excel, PowerPoint, Access)  
Microsoft Publisher 2000  
Corel Suite & WordPerfect  
Internet Explorer, Mozilla & Netscape Navigator  
MSN Messenger & Yahoo Messenger

### Books about computers

Computer languages  
Software & Hardware  
Operating Systems  
Howto & Getting started  
Literature

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## NEW! PhotoShop Tips:

### Keeping reductions sharp in Photoshop

Have you've discovered images from your digital camera look muddy after resizing them to make their size more manageable for the Web. The most probable reason for the image's appearance is the manner in which you're reducing the images. Most of the time, when you resize an image in Photoshop, you're using the bicubic algorithm, and therein lies the problem. As it resizes the image, it averages the color areas of the corresponding areas to determine the color value for each pixel in the new image. While minimal reductions don't do much, big changes in the size of an image can make the resulting image appear a bit soft (or muddy, if you must). So much so that the Unsharp Mask trick doesn't work. The solution isn't to throw out the bicubic reduction, but rather to go about things a little more slowly.

For example, if you're reducing a large digital image of 1536 by 2048 pixels to something like 154 by 205 pixels (a reduction to 10 percent), you should go about it in steps. First, reduce it by 50 percent and then use the Unsharp Mask filter (with a 50-percent Amount, a 1-pixel Radius and a 0 Threshold).

Now, reduce the image again by 50 percent and then reapply the Unsharp Mask filter. Finally, reduce the image to the final size and reapply the filter. By doing the reduction in steps, and by correcting the image as you go along, the resulting images will be much cleaner.

After reviewing how well this technique works, you might even consider creating an action in Photoshop to do the reduction and correction automatically. That way, you not only save time but get better results as well.

## Hints & Tips (WinXP):

### Save time with a hidden shortcut feature

Do you have shortcuts to folders on your desktop to which you frequently copy files? If so, you probably double-click the shortcut to open the folder each time you want to copy files to that folder via the drag-and-drop method. While that is an appropriate approach, you don't really have to go to all that trouble. Unbeknownst to most Windows XP users, you don't have to open the folder via the shortcut before you can copy files to that folder. Instead, you can simply drag-and-drop files right on the shortcut icon and it's the same as dragging and dropping the file into an open folder.

## Office 2000 Tips & Tricks:

### Replace field results with static text (Word 2000)

Field codes make it easy to update document information that's subject to change. For instance, if you insert a Date field in your document, the field results display the current date each time you update the field. Sometimes, however, you may want to prevent a field's results from being updated. For instance, you may reach a point where you no longer want the date displayed by your Date field to change. One way to do so is to lock the field by selecting it and pressing [Ctrl][F11]. Locking a field preserves the field code but prevents the field results from being updated. You can then unlock the field by selecting it and pressing [Ctrl][Shift][F11]. However, what if you want to get rid of the field code without deleting the field's results? This little-known technique is known as unlinking a field. To unlink a field, select the field and then press [Ctrl][Shift][F9]. Word unlinks the field by removing the field code and displaying the field's results as static document text.

### Giant Pandas in China Reserve Get Wi-Fi

(<http://windows.ittoolbox.com/news/disppnews.asp?i=123615>)

PORTLAND, Ore. - Giant pandas may well prefer bamboo to laptops, but wireless technology is helping researchers in China in their efforts to protect the endangered animals living in the remote Wolong Nature Reserve.

Wireless technology recently installed by Intel Corp. in the mountainous 500,000-acre reserve is helping researchers communicate with one another as well as download and record data about the pandas' lives and movements - simple activities that were cumbersome and time-consuming in the preserve before the technology upgrade. (...)

About 300 giant pandas live in the Wolong Nature Reserve - half in captivity and half in the wild. Only about 1,500 of the animals are left in the world.

Wi-fi, short for wireless fidelity, describes a narrow range of frequencies used to transmit data over short distances. Wi-fi networks aren't new, but they usually are set up in densely populated areas.

The panda reserve encompasses a high-mountain temperate rain forest in the heart of China with dense stands of bamboo and deciduous trees. One of the highest mountain passes in the reserve reaches 14,000 feet. The reserve is also home to panthers, macaques and golden monkeys.

## Advanced Hints & Tips (WinXP)

### Add detailed pop-up descriptions to folder icons

When you hover your mouse pointer over a folder icon, you see a pop-up that contains the folder's size and the names of the first few files or folders it contains. There are cases when this information, along with the folder's name, is helpful in identifying the folder's contents; however, there are other times when you have to open the folder to really see what's in it.

You can add a detailed explanation about the folder's contents to the pop-up by creating a Desktop.ini file, which is a straight text file, and adding a special entry to it. In order for this technique to work, you have to assign an icon to the folder. Here's how:

Right-click the folder and select Properties.

From the Properties dialog box, select the Customize tab, and then click the Change Icon button.

In the Change Icon dialog box, select an icon from the selections and click OK.

Click OK to close the Properties dialog box.

Open the folder, locate the Desktop.ini file, and double-click it.

Add InfoTip= to the end of the Desktop.ini file.

Type your detailed description immediately after the = sign.

Go to File | Save and close Notepad.

You'll see your detailed pop-up description the next time you mouse over that folder.

**Note:** If you don't see a pop-up when you mouse over a folder, you need to enable a couple of settings. Go to Tools | Folder Options and then select the View tab. Then, in the Advanced Settings list, select the check boxes for Display File Size Information In Folder Tips and Show Pop-Up Description For Folder And Desktop Items. Click OK.

## Computer terminology:

### What are mirror sites?

A mirror site is basically an exact copy of an existing site that resides on a different server than the original site.

Mirror sites are used for testing, providing faster access to different locations, and spreading long download time around to more than one site. Many popular sites have mirror sites positioned around the world so that viewers visiting their site can have speedier access no matter where they are.