

Mother Board

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This Month **Cyber Crime Protection** *by* **Kristine Green** **Supervisor of** **New Orleans FBI** **Cyber Squad**

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Google Offers Free Medical Records Service

By Ira Wilsker,
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WEBSITES:

<http://www.google.com/health>
<https://www.google.com/health/html/privacy.html>
<http://www.keyt.com/news/local/19222464.html>

Google recently opened for free public access the beta version of its “Google Health” service at www.google.com/health. This service offers users access to a comprehensive user created database where the user can selectively store medical records. In addition to the storage of personal medical records, Google Health also allows for the

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This Month at the NOPCC

Presents:

Cyber Crime Protection of You, Your Family, Your Home, and Your Business

By:

**Kristine Green, Special Agent, Federal Bureau of Investigation,
Supervisor of New Orleans FBI Cyber Squad and
Cyber Crime Program Coordinator for the Louisiana FBI**

Special Agent Kristine Green will make people aware of the choices they can make to protect their family and business from identity and data theft which can ruin a family’s health and finances, and seriously harm a business. She will help you prevent your computer from unwittingly joining an army of “bots.”

Wednesday, June 4, 2008

Social and General Q&A from the audience: 6:30 p.m.

Presentation: 7:00 to 8:00 p.m.

Ochsner Hospital’s “Hotel Conference Center”

1516 Jefferson Hwy. Metairie, LA 70121

Entrance is from River Road or Jefferson Highway, at the eastern end of the campus. Go to the second floor of the **parking garage (free parking)** (most direct way to meeting room) and head through the double doors to hallway. After about 40 steps, take a right through the **Hotel Conference Center** entrance shown in the photograph. We are in the center conference room, the **Caldwell Room**.

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importation of medical and prescription records from a variety of services, and the voluntary exportation of medical records to several diagnostic services. Google Health allows user approved physicians, hospitals, pharmacists, and other healthcare services to access the medical records.

To open a free account at Google Health requires registration; users with existing Google accounts may use their existing usernames and passwords for access. Once registered, opening the website at google.com/health offers the users an intuitive menu. The primary links in the center column of the page are:

“Add to this Google Health profile (Learn about your health issues and find helpful resources)”; “Import medical records (Copy and get automatic updates of your records)”; “Explore online health services (Find online tools for managing your health)”; and “Find a doctor (Search by name, location, and specialty)”. On the left column of the opening page are hyperlinks to personal profile information, and the right column displays a profile summary.

Clicking on “Add to this Google Health profile” opens a menu with the headings “Conditions”, “Medications”, “Allergies”, “Procedures”, “Test results”, and “Immunizations”. Under “Conditions” a condition or symptom can be entered in the search box, or the user can click on any condition in a lengthy alphabetical list to “Add” that condition to the user’s profile. Many of the conditions have a “Reference” link that will provide more information on the condition, as well as any symptoms and treatments. The “Medications” heading allows the users to enter both prescription and non-prescription medications, vitamins and minerals, as well as herbal products. The search box displays selections as the product name is typed, or an alphabetical directory can be accessed. “Allergies”, “Procedures”, “Test results”, and “Immunizations” are entered in the same manner as “Medications” and “Conditions”, with a search box or alphabetical menu.

The main page selection “Import medical records” allows the user to securely import medical and prescription records from a variety of sources, including clinics, laboratories, and pharmacies. Included on the currently short list of such resources are Beth Israel Deaconess Medical Center, Cleveland Clinic, CVS Minute Clinics, Quest Diagnostics,

Medco, RX America, Longs Drugs, and Walgreen’s. It is clear in reading about the service that this small listing is in its infancy, as Google Health is trying to sign up additional partners. To experiment with importing data, I clicked on the link for the prescription manager Medco, which is utilized by my health insurance plan. Clicking on the “Link to profile” icon under the Medco listing opened the secure Medco website where I had to enter the username and password I use at Medco. Seconds after approving the transfer of my prescription history, it appeared on my Google Health profile under “Medications”. The information transferred to Google Health by Medco was not just the prescriptions I ordered from Medco, but also recent prescriptions I filled at local pharmacies where insurance was claimed. Medco can automatically update my profile as new prescriptions are entered and filled. Items filled at local pharmacies under their respective \$4 or \$5 generic program, where no insurance was filed, did not appear on the Medco list.

The menu item “Explore online health services” opens a list of over a dozen services that offer online personal health services. These health services which can be linked to Google Health and utilize the information provided to Google Health (but only with the express consent of the user!) include such well known services as the Cleveland Clinic, the American Heart Association “Heart Attack Risk Calculator”, “MyCareTeam- Diabetes” diabetes management system (requires monthly or annual subscription), and several other services. While several of these personalized services are free, others are fee based. Most of the services listed require some form of registration in order to utilize those services and integrate them with the users’ Google health information.

The “Find a doctor” link opens a simple pair of search boxes, the first (left) of which is a directory of specialties, and the second box (on the right) is where the user can enter a zip code, city, or other information in order to generate a listing of physicians, chiropractors, and specialists that meet the selected criteria. The listings provided included physician or practice name, address, and phone number, as well as links to the practice website (if any), driving directions from Google Maps, and a link to “Save to medical contacts”.

Once information is entered, a personal profile is created, and several analyses are made by Google

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Health. One that may be critically important shows up in the left column on the main page with the label "Drug Interactions" with a red exclamation point if there is a potentially dangerous interaction between prescription and non prescription drugs, vitamins, and herbals. On my personal page there is one advisory about a synergetic effect between two of my medications that says "Discuss with your doctor soon" (this effect is desirable in my case), and another interaction between three of my non-prescription medications that is labeled with a red icon "Requires immediate attention" (I already checked, and it is OK in my case).

In its privacy statement (www.google.com/health/html/privacy.html), Google Health explains the confidentiality of the information entered, and how it will not be released or shared with any third party without the express consent of the user. By my personal choice, I would be willing to allow my personal physician (if he participated), as well as any specialists or hospitals that I visit, to access my information. It could be a great time saver to allow them to access my medical records online, rather than me having to complete hand written forms at each office I visit. Because of its inherent completeness, this online "Personal Health Record" (PHR) can also be a life saver by providing healthcare establishments instant access to medical histories, medications, and allergies. By having a voluntary service, such as Google Health, Microsoft's upcoming competing service "HealthVault", or "Revolution Health" (bankrolled by AOL's co-founder Steve Case), which can be securely accessed by health care providers, it becomes easy to create and maintain an accurate health profile for both the benefit of the user and healthcare providers approved for access by the user.

It should be noted that there are always security and privacy risks of posting sensitive information, such as health records, online. It is quite conceivable that hackers could penetrate the security of any establishment or server that contains or has access to sensitive personal information. While I know that they are not perfect, I basically trust Google Health with my information.

While there are many other "PHR" systems and services in use, often administered by corporations for their employees, others are offered by health insurance companies, as well as some regional PHR services, Google Health has the reputation and distribu-

tion (as well as the deep pockets) to create and securely maintain such a system, and sign up participating partners who are willing to allow the sharing of medical records.

I knowingly volunteered to post my medical records on Google Health. I hope the project succeeds, and more local physicians, pharmacies, labs, and hospitals partner with the service. As more healthcare providers transition to purely digital medical records, it will become easier to securely share this vital information.

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Bookmarks Page

by Hank Pearson, Treasurer and Webmaster, ASCli
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Wouldn't it be nice if you could view a searchable webpage of bookmarks for your favorite websites? You can, but why?

Find Bookmarks with Forgotten Names

One reason to view your bookmarks as a webpage (as an alternative to looking in a menu) is to be able to find sites when you can't remember the first word in the name.

Let's say you have a Firefox bookmark named Carbonite Online Backup, and you can't remember Carbonite but you know you are looking for the word Backup. On your Bookmarks page (you will soon learn how to view), you can easily search for Backup.

You are using Firefox, aren't you? If you haven't discovered Firefox, download it from Mozilla (<http://mozilla.com>). It's free, fast, and secure. Make Firefox your default browser.

View Bookmark Descriptions and Tags

Another reason for a bookmarks page is to give you plenty of room to view (and find) descriptions of your bookmarks. You will learn how to add tags to improve your searches.

Zoom In and Out

A third reason to display your bookmarks on a webpage is to allow you to zoom the text in and out so you can see it clearly. To zoom any webpage, press

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Ctrl+Plus or Ctrl+Minus, using the numeric keypad.

DIY for Fun and Learning

So, how do you display your bookmarks as a webpage? You could download a tool to do the work for you, or download a tool to search bookmarks. But it's easy enough to DIY (Do It Yourself). It's interesting, fun, and educational. Are you just using your computer to perform certain tasks, or do you also enjoy learning by experimenting? If you like to learn, this tip is for you.

Find the Bookmarks File

You don't need to create a bookmarks webpage. It already exists on your own hard drive! The name of the file is simply bookmarks.html. Press Win+F to find it. (While holding down the Windows key (next to Alt), press F, for Find.) In the left window pane, click 'All Files and Folders'. In 'All or part of the file name', type 'bookmarks.html' (without quotes). Click Search.

If you get multiple results, it's easy to determine which bookmarks.html file to use. It's the newest one. In the View menu (of your Search Results window), click Details. In the right window pane, click the Date Modified column header (to sort the list). The file you are interested in has the newest date and time (for a file with the Type shown as Firefox Document).

Bookmark the Bookmarks File

Double-click that newest bookmarks.html Firefox Document to open it in Firefox. Press Ctrl+D to bookmark the bookmarks.html file. In the Name field, insert a hyphen (-) at the beginning (to name the bookmark '-Bookmarks'), so this new bookmark will appear at the top of the list.

Now, with your Bookmarks page displayed, press F5 to refresh the view. (F5 is a common shortcut key for Refresh.) Surprise? The new -Bookmarks bookmark is at the bottom - not the top. Let's address that. (This is Firefox 2.0.0.11. Future versions might vary.)

Create Another Top Bookmark

First, create another bookmark that will be displayed at the top. For example, open Google.com, press Ctrl+D, and name the bookmark -Google (starting with a hyphen).

Sort Your Bookmarks

Now, in the Bookmarks menu, right click any bookmark, and click Sort by Name. Look in the Bookmarks menu to confirm that the bookmarks are indeed sorted. Note the two bookmarks that begin with hyphen (-) at the top of the menu.

Look at your Bookmarks page again, and press F5 to Refresh. The new bookmarks are still at the bottom.

Rearrange Your Bookmarks

To force Firefox to rearrange your bookmarks page, move a bookmark in the menu. In the Bookmarks menu, drag, for example, either new bookmark that starts with a hyphen up or down to precede or follow the other bookmark that starts with a hyphen. (Having two hyphen-prefixed bookmarks lets you rearrange those two at the top without rearranging the other bookmarks.) Press Escape to close the menu.

Refresh your Bookmarks page with F5. The bookmarks on the webpage are now arranged as shown in the Bookmarks menu. (Do you need to refresh three times? No, we simply demonstrated that the bookmarks.html file is rearranged when you move a bookmark in the menu.)

Finding Bookmarks on the Page

When you are viewing your Bookmarks webpage, press Ctrl+F for Find. Type Backup, for example, and press Escape (to close the Find toolbar). To find the next occurrence of Backup, press F3. (F3 is a common shortcut key for Find Again.) When you find the desired bookmark (link), click it (or Ctrl+click to open the site in a new tab). (Or press Enter, or Ctrl+Enter to open the site in a new tab.)

Add Descriptions and Tags

To add or change descriptions of your bookmarks, in the Bookmarks menu, right-click the bookmark you want to edit, and click Properties. In the Description field, type anything (including your own tags) that might help you find your bookmark and remember what it is for. After clicking OK and pressing F5 (for Refresh), you will see your new Description in the Bookmarks page.

Make Changes through the Menu

Now that you know where bookmarks.html is located, you might be tempted to edit it directly with a text editor. Mozilla warns that it is automatically gen-

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erated, so do not edit it, as your changes would be lost. Make your changes through the Bookmarks menu.

Displaying your Bookmarks as a webpage is a start in discovering many more tips and tricks related to Firefox.

Hank Pearson ([hank.pearson\(at\)asciigroup.org](mailto:hank.pearson(at)asciigroup.org)) is the Treasurer and Webmaster for ASCLi (www.asciigroup.org). He is a long-time member who frequently writes articles for the group's newsletter, and has served as President, Secretary, Newsletter Editor, and Presentations Coordinator.

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Make Your Wireless Network Safe

By Marjie Tucker, Editor
Mountain Computer User Group

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Wireless networks are becoming more and more popular, but they do add some additional security risks. You need to spend a little extra time to ensure that your data and your identity are secure.

What are the Risks?

Because wireless networks don't require a cable between the computer and your Internet connection, it's relatively easy for someone else to use your Internet connection for free, to hijack your messages, or to sneak into your computer and view or steal your data.

So What Should I Do?

There are several important steps that you should follow to protect yourself and your computer:

1. Don't use a default password on your wireless equipment. Most networking devices are pre-configured by the manufacturer with a simple password to simplify the setup process. This is the password that allows you to access the router configuration. These "default" passwords are well known by anyone who has used a similar device and they are available online, eroding any protection they might have provided. Check the instructions that came with your device and immediately change the password.

Remember that the best passwords contain both upper and lowercase letters as well as numbers. And, always shy away from passwords that can be easily guessed by your friends - such as the names of your children or your dog.

Experts suggest using a poem to derive a "pass phrase." You merely take a line from a poem or poem title and use the first letter of each word. For example, using the poem "Mary had a little lamb" you would use the letters from the first line - Mary had a little lamb; its fleece was white as snow - mhallifwwas. Add at least one uppercase letter by capitalizing the M for Mary - Mhallifwwas. Next add at least one number by changing some of the letters to numbers, such as making the first letters for little and lamb into 1s. Now we have a phrase (Mha11ifwwas) that is reasonably secure and very easy to remember.

2. Restrict your network to only your computers. Every computer device has an embedded address on it called a media access control (MAC) address. Wireless access points and routers can be configured to exclude all other MAC addresses.

3. Encrypt the data on your network. Encryption prevents outsiders from viewing your transmissions. There are two methods of ensuring that your information is adequately protected, Wired Equivalent Privacy (WEP) and Wi-Fi Protected Access (WPA). Because WEP has several security issues associated with it, WPA is considered the more effective method, if it is supported by your equipment. However, since this is another area where a secure password is important, you should use a passphrase like I described in item #1.

4. Choose a unique SSID. Your equipment may have a default name that identifies your network, called an SSID. Be sure to setup a unique name and, if possible, avoid broadcasting that name. That will make it harder for outsiders to find your network.

5. Install a firewall for your network. Microsoft Vista and XP both provide a firewall that is designed to protect your computer, but your network itself will be safer with its own firewall. A host based firewall is easy to obtain (some of them are free over the Internet) and can be installed directly onto your wireless device.

6. Install and regularly update both anti-virus and anti-spyware software. You can keep attackers at bay with these protective programs. However, remember to update both of them on a regular basis. New viruses and spyware attacks are being developed daily; so your software must be updated to be effective.

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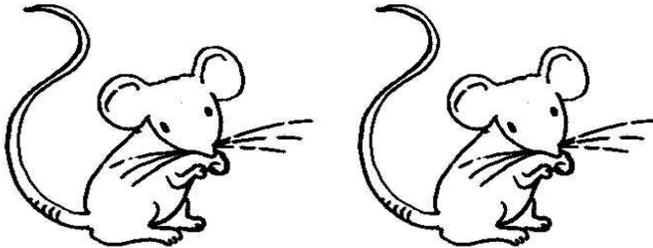
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Buying a Mouse – More Important than You Might Think

By Vinny La Bash,
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The average computer user recognizes how important the mouse is to getting things done. Mice have been part of the computer scene for over twenty years and with rare exceptions are simple devices to operate and control. That doesn't mean that people who use them are necessarily familiar with all their features and functions. That's not as bad as it may sound. Most automobile drivers don't have a clue how the internal combustion engine inside their auto engine works. Yet they usually manage to drive from one place to another without incident.

Selecting a mouse is much simpler than choosing an automobile, but there are things you should know before laying out money for a device that if not properly designed, may result not only in poor computer performance, but may cause you injury.

The mouse may be the most common of the tracking technologies used in modern computers, but it is not the only one. There are trackballs, touch pads, and for ThinkPad users, track points. They all have their advantages and drawbacks. We will focus on the mouse.

Mechanical mice, those with the rolling balls on the underside, are obsolete. They have a tendency to gather debris on the underside, and require cleaning. Moving parts are their most serious weak spot because they will break down sooner than devices that rely on other technologies. Newer optical mice suffer no such defects. They generate a beam of light that combines with an optical sensor providing a screen pointer that is well suited for meticulous graphics or serious game playing. No moving parts mean less maintenance and lighter weight. Optical mice will work on any smooth surface; a mouse pad is unnecessary.

Look for a mouse with a USB connection. It will probably be difficult to buy a mouse that does not have this type of connection today. Make sure it is compatible with USB 2. The mouse is not considered a high speed device so this caution may be unnecessary.

You may want a wireless mouse for no other reason than to reduce desktop clutter. There are many generic wireless mice on the market that will perform adequately, but doing this on the cheap comes with a price. You will have a mouse that requires AAA batteries. Save your pennies and get one with an integrated rechargeable battery. High end wireless mice include receivers that double as battery chargers, so your mouse will never suddenly expire in the middle of an important project.

Most rodents on the market today feature at least two buttons and a scroll wheel. The right button is used mainly for bringing up menus or lists of options. The left hand button activates functions or commands. The scroll wheel, as its name implies, is used to scroll up and down screens. Sometimes the wheel can function as a third button activating instructions. Advanced scroll wheel functions allow left to right scrolling which can be very useful in wide spreadsheets or large graphics. Used in conjunction with the keyboard, the scroll wheel can zoom in and out of some applications, and can be used to make text appear larger.

Mice do not come in a one-size-fits-all product. Enlightened companies such as Logitech manufacture mice that are specifically contoured to fit a wide variety of hand sizes. Logitech was among the very first companies to recognize that different sized people have different sized hands. Choose a mouse that is ergonomically designed to fit your individual hand size. This will go a long way to reduce the probability of developing carpal tunnel syndrome or some other crippling ailment.

A mouse is a simple device by computer standards, yet it seldom gets the attention it deserves. Take the time to find a good ergonomically designed mouse that suits the physical characteristics of your hand along with suitable options for your personal computing preferences. Productivity and good health are not mutually exclusive.

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CLUB SUPPORTERS

THE SECRET GUIDE TO COMPUTERS

The Secret Guide is available at every New Orleans Personal Computer Club General Meeting. The latest printing is available for only \$15.00. Or contact Ray Paternostro either at: secretary@nopc.org or (504) 737-9099.



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Exercise for Persons Over 50

Begin by standing on a comfortable surface where you have plenty of room at each side. Place a 5-lb potato sack in each hand, extend arms straight out from your sides and hold them there for as long as you can. Try to reach a full minute, and then relax. Each day you will find that you can hold this position for a bit longer.

After a couple of weeks, move up to 100-lb potato sacks. Then try 50-lb potato sacks and then eventually try to get to where you can lift a 100-lb potato sack in each hand and hold your arms straight out or more than a full minute. (I'm still at this level.)
 After you feel confident at that level, put a potato in each of the sacks. Be careful no to overdo it.....

June 2008

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 NOPC Gen Mtg Ochsner Hospital Hotel Conf Center 6:30p-8:30p	5	6	7
8	9	10	11 NOPC BOD @ TBD 6:30p-8:30p	12	13	14
15	16	17	18	19 New & Inter- mediate User SIG Old Metairie Library 6:30p-8:30p	20	21
22	23	24	25	26	27	28
29	30					

The New Orleans Personal Computer Club (NOPCC) is a private non-profit organization chartered under the State of Louisiana. Its purpose is to provide an open forum for discussion and education of the membership in the use and application of PCs, peripheral equipment and software. The opinions expressed in this newsletter are those of the author (s) and do not necessarily reflect those of the NOPCC, its members or its officers. The club does not verify for accuracy the articles in this newsletter and leaves verification of accuracy to its readers. Articles in this newsletter may be duplicated as long as credit is given to the author (s) and the NOPCC. Annual Dues Schedule: Regular Member, \$40/yr.; Family Membership, \$60/yr.;

NOPCC Directory

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