

THE VILLAGES COMPUTER CLUB

There will be NO VCC meeting on December 21 and 28. VCC meetings will start again on January 4, 2013.

We have an active January planned. Please reference the [web site](#) to see the schedule. We will publish a full presentation schedule for all the months in 2013 after we do the survey.

From the VCC Board, have a Merry Christmas and a Happy New Year!

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Have you updated to Windows 8? I've not updated yet, but here's some info from Fred Whitson that you Win 8 users should add to your files.

One of the first things every Windows 8 owner should do is create their own recovery media. In the event that anything goes wrong, this will provide an alternate path to boot their PC and regain access to their data.

The process of creating recovery media in Windows 8 has changed a little from Windows 7. Among the most noticeable differences is that the process can now run on both disc-based media and USB-based media.

Creating a Recovery Drive in a Few Easy Steps

To begin, press the Windows Key + C, and change the view to 'Settings.' Now enter 'Recovery' in the 'Search' box. The system will prompt the user to connect a USB flash drive. This is the option we'll cover in this article.

The individual will then click 'Create a Recovery Drive' from the search results, before selecting the connected USB device and pushing the 'Next' button.

If optical media (CD-RW or recordable DVD) is preferred, there is also an option titled 'Create a system repair disk with a CD or DVD instead.'

Windows 7 veterans will remember that the optical media choice was the only one available in Microsoft's previous operating system. (Source: mswinupdate.com)

Note carefully the system's warning that everything currently stored on the selected drive will be deleted as part of the formatting process. When ready, click 'Create.'

Windows 8 will now ready and format the selected drive.

Now, should your Windows 8 system give you any trouble, you can plug in this USB drive and access the necessary tools and files to have a fighting chance to bring your system back to normal.

Recovery Tools Accessible in Other Ways

Windows 8 users can also access these same recovery tools in other ways, without having to first plug in a USB drive.

If Windows 8 setup media is available on the PC, that feature can be used to access the system's recovery tools. Alternatively, the individual can click 'Repair Your Computer' on the 'Install Now' screen. (Source: winsupersite.com)

Another approach is to boot the operating system (assuming it works) and navigate to 'PC Settings,' 'General,' and then 'Advanced Startup' to access the exact same toolset.

There are many situations in which it's helpful to boot your computer into Safe Mode. So it's good to know you can do this in Windows 8. Actually, there are two ways to access Safe Mode in Windows 8.

First, you can access Safe Mode after reaching the Windows 8 desktop in Normal Mode.

However, in situations where a problem prevents a normal boot up, that won't work. You'll need to access Safe Mode the second way: from Windows 8's Recovery Console.

Running Safe Mode in Windows 8

To access Safe Mode from the desktop after a normal boot, press Win + R to access the run dialog. Then enter the command 'msconfig' (no quotations).

In the Boot tab, check Safe Boot and select the desired type of Safe Mode (several options are available). Now click Apply and reboot your machine to have it boot into Safe Mode. (Source: about.com)

Running Safe Mode When Windows 8 Will Not Run Normally

To access Safe Mode in Windows 8 when Normal Mode cannot be accessed, hold down the Shift key and repeatedly strike the F8 key as the system is trying to boot up. This will open Windows 8's helpful Recovery Mode.

With the Recovery screen displayed, click on the 'See Advanced Repair Options' button.

At the next screen, hit the Troubleshoot button and then click 'Advanced Options'. This is where you can access 'Windows Startup Settings.'

This will lead to a screen asking you to restart the computer. After it restarts, you will be greeted with the familiar Advanced Boot Option screen (the same one that has been available since Windows XP).

From this screen, you can select Safe Mode, which allows you to access the Windows 8 desktop with the usual precautions in place. (Source: redmondpie.com)

These same steps can be followed to return Windows 8 to Normal Mode. After entering the Windows Recovery Mode, simply uncheck the Safe Boot option. When the machine restarts, Windows 8 will return to Normal Mode (so long as that's technically possible).

Overview of Windows Components by Jane Cable

1 CONFIGURATION AND MAINTENANCE

Control Panel

Device Manager

Windows Mobility Center

Windows Security Center

ADMINISTRATIVE TOOLS

Microsoft Management Console Provides system administrators and advanced users with a flexible interface through which they may configure and monitor the system.

Event Viewer Lets administrators and users view the event logs on a local or remote machine.

Reliability and Performance Monitor Lets administrators view current system reliability and performance trends over time.

Logical Disk Manager A logical volume manager developed by Microsoft in conjunction with Veritas Software.

Regedit Edits the Windows registry.

Task Scheduler Allows users to script tasks for running during scheduled intervals

SOFTWARE INSTALLATION AND DEPLOYMENT

Windows Update An online service which provides critical updates, service packs, device drivers, and other updates. A variation called Microsoft Update also provides software updates for several Microsoft products.

Windows Installer A packaging format and engine for the installation, maintenance, and removal of software. Includes a GUI framework, automatic generation of the uninstallation sequence and deployment capabilities for corporate networks.

ClickOnce Technology for deploying .NET Framework-based software via web pages, with automatic update capabilities. Intended for per-user only applications.

2 USER INTERFACE

Windows Shell The most visible and recognizable aspect of Microsoft Windows. The shell is the container inside of which the entire graphical user interface is presented, including the taskbar, the desktop, Windows Explorer, as well as many of the dialog boxes and interface controls.

Windows Explorer Provides an interface for accessing the file systems, launching applications, and performing common tasks such as viewing and printing pictures.

Special Folders Folders which are presented to the user through an interface as an abstract concept, instead of an absolute path. This makes it possible for an application to locate where certain kinds of files can be found, regardless of what version or language of operating system is being used. See also, Windows Shell namespace.

Start menu Serves as the central launching point for applications. It provides a customizable, nested list of programs for the user to launch, as well as a list of most recently opened documents, a way to find files and get help, and access to the system settings.

By default, the Start Button is visible at all times in the lower left-hand corner of the screen.

Classic style:

Taskbar The application desktop bar which is used to launch and monitor applications.

File associations Used to open a file with the correct program. File associations can be uniquely assigned to specific actions, known as verbs.

3 APPLICATIONS

Windows Calendar Calendaring and task tracking application.

Windows Contacts Keeps a single list of contacts that can be shared by multiple programs.

Calculator A calculation application.

Object Packager A program used to create and insert packages into documents.

Paint A simple graphics painting program.

Notepad A simple text editor.

Narrator A screen reader utility that reads dialog boxes and window controls in a number of the more basic applications for Windows.

- Sound Recorder** A simple audio recording program that can record from a microphone or headset, and save the results in WAVE format.
- COMMAND.COM and Cmd.exe** A text-based shell (command line interpreter) that provides a command line interface to the operating system.
- WordPad** A simple word processor that is more advanced than Notepad. It has facilities to format and print text, but lacks intermediate features such as a spell checker and thesaurus.
- Remote Desktop Connection** A client implementation of the Remote Desktop Protocol; allows a user to securely connect to a computer running Terminal Services (Remote Desktop on Windows XP and Server 2003) and interact with a full desktop environment on that machine, including support for remoting of printers, audio, and drives.
- Internet Explorer** A graphical web browser and FTP client.
- Windows Mail** An e-mail and news client.
- Windows Media Player** A digital media player and media library application that is used for playing audio, playing video and viewing images. In addition to being a media player, Windows Media Player includes the ability to rip music from, and copy music to compact discs, synchronize content with a digital audio player (MP3 player) or other mobile devices, and let users purchase or rent music from a number of online music stores.
- Windows Photo Gallery** A photo management application. Lets users organize their digital photo collection in its Gallery view, by adding titles, rating, captions, and custom metadata tags to photos. Photos can be edited for exposure, color correction, resizing, cropping, red-eye reduction, etc. and also allows printing photos via the Photo Printing Wizard.
- Windows Movie Maker** A video editing software that is intended for use in editing home movies. Source footage can be split into clips, and the final movie created by combining multiple clips along with effects such as transitions, titles/credits, separate audio track, timeline narration etc.
- Windows Media Center** Designed to serve as a home-entertainment hub, to be viewed from a distance up to 3 meters (~10 feet) and controlled by specially designed remote controls. Lets users browse and view pictures, videos, and music from local hard drives, optical drives, and network locations, along with viewing, recording and deferred-playing live TV. Features an interactive TV guide with scheduled recording capabilities. Can also be used for visualization of other information (like sports scores) within the interface.
- Windows Meeting Space** A peer-to-peer collaboration program which lets multiple users start collaboration sessions. Supports desktop sharing, distribution and collaborative editing of documents, and passing notes to other participants.
- Windows Task Manager** Provides information about computer performance and displays details about running applications, processes, network activity, logged-in users, and system services.
- Disk Cleanup** A utility for compacting rarely used files and removing files that are no longer required.

Shadow Copy A graphical front end for the Shadow Copy service that lets users choose from multiple versions of a file. The shadow copy service creates multiple copies of a file as they are changed over time, so that users can revert to previous versions.

More about Event Viewer

TROUBLESHOOT WINDOWS NT/2K/XP

by Susan Bradly, a tech support volunteer in the Microsoft MVP program as told to David Coursey, Anchor Desk, August 17,2003.

(reformatted by Jmax for easier use by new Users, August 18,2003.

The NT/2k/XP have a means of communicating what is wrong with them via the communication tool: EVENT VIEWER. This is an application that monitors the NT/2k/XP system for problems.

1. To find Event Viewer:

Win2000 – Click START...Settings...Control Panel.

XP – use Classic View and click START...Control Panel.

2. Click the Admin Tools icon. Open Event Viewer. There are 3 folders: Application, Security and System. These instructions will deal only with Application and System.

3. Click either folder: Application or System. You will see blue “happy” dots, Yellow “warning” dots, and red “angry” dots. Scroll up and down looking at the RED dots. IF you see several presenting the same error messages,

4. Click on that message and open it up to read the info inside. At the top will be an event ID code. Copy down that code.

5. Sign onto the internet and go to www.eventid.net Here you will find the fixes you will need to fix this problem or lead you in the right direction. It costs \$15/yr to subscribe to this help site.

OR you can go to www.google.com and type in the exact error message and for free you’ll probably find another user who had the same problem and the resolution for it.

6. Next, use google to search the Microsoft Web site. Go to www.google.com and click Advanced Search. In the box marked “Only return results from domain’ put in Microsoft.com and also your exact error message.

7. Ask yourself a question:

What did I do between the time the computer worked well and when it stopped working well? If you installed any software, uninstall it and restart the computer. Even an updated anti-virus program is an install.

8. Get connected with a local users group.(If you’re a member of the Villages Computer Club, you’ve done this one.). The Microsoft Technical Communities web site can help find local groups.

<http://www.microsoft.com/communities/default.msp>

BYTES

A byte is pretty much like a character or letter in a word. The word sodium-free contains 11 bytes. (The hyphen counts as a byte.) Computer nerds picked up the metric system much more quickly than the rest of us, so bytes are measured in kilos (1,000), megas (1,000,000), and gigas (way huge).

A page of double-spaced text in Notepad is about 1,000 bytes, known as 1 kilobyte, which is often abbreviated as 1K. One thousand of those kilobytes is a megabyte, or 1MB. One thousand megabytes is a gigabyte, which brings us to your computer's sales slip: Most hard drives today are 2 gigabytes or larger.

* Just about all floppy disks these days can hold 1.44MB. Today's programs are huge, so they usually come on compact discs (CD) which hold more than 600MB.

* All files are measured in bytes, regardless of whether they contain text. For example, that leafy forest background art some people put on their Windows desktop takes up 66,146 bytes.

* A page of double-spaced text in Notepad takes up about 1k, but that same page in Microsoft Word consumes much more space. That's because Word sticks in lots more information: font size, the author's name, bookmarks, spell-check results, and just about anything else you can think of.

* The Windows Explorer or My Computer programs can tell you how many bytes or megabytes (MB) each of your files consumes. (Hint for anxious users: Click the file's name with your right mouse button and choose P[r]operties from the menu that pops up; you find more information about a file than you want to know.)

One kilobyte (kb) doesn't really equal 1,000 bytes. That would be too easy. Instead, this byte stuff is based on the number two. One kilobyte is really 1,024 bytes, which is 2 raised to the 10th power...but enough of that techie talk for now.

Administrator List and Password Reset Disk

1. Click START...Run
2. Type in "control Userpasswords2" without the quotes
3. Press OK. This brings up the Administrator box.

4. Click OK without putting in a password. This should bring up the list of Users with administrative rights.

[Click here: How to log on to your Windows XP-based computer if you forget your password or if your password expires](#)

If you forget your Windows password or if your password expires, you must reset your password before you can log on to your computer.

You can reset your password, if one of the following condition is true:

- You can log on as an administrator to assign a new password to your account. To do this, try [Method 1](#).

<http://support.microsoft.com/kb/321305#method1>

Note When we install Windows, it automatically creates an account "Administrator" and sets its password to blank.

- You have previously created a password reset disk for the computer. To do this, try [Method 2](#). http://support.microsoft.com/kb/321305#method_2

If you do not have a reset disk or cannot log on as an administrator, unfortunately, you may have to reinstall Windows XP and all other programs that were installed on the computer before you can use the computer again. This is for security. Without these safeguards, anyone could reset a password to anyone else's computer and gain access to private information.

Create a Password Reset Disk

If you logged on to the computer by using an administrator account, follow these steps to create a password reset disk for a user account:

1. Click **Start**, and then click **Control Panel**.
2. In Control Panel, click **User Accounts**.
3. In the **User Accounts** pane, click the account that you want to work with.
4. Under **Related Tasks**, click **Prevent a forgotten password** to start the Forgotten Password Wizard, and then click **Next**.
5. Insert a blank, formatted disk into drive A, and then click **Next**.
6. In the **Current user account password** box, type the password for the user account that you chose in step 3, and then click **Next**.

Note If the user account does not have a password, do not type a password in the **Current user account password** box.

The Forgotten Password Wizard creates the disk.

7. When the **Progress** bar reaches **100% complete**, click **Next**, and then click **Finish**.
8. Remove and then label the password reset disk. Store the disk in a safe place.

Use a limited account

If you logged on to the computer by using a limited account, follow these steps to create a password reset disk for your user account:

1. Click **Start**, and then click **Control Panel**.
2. Under **Pick a category**, click **User Accounts**.
3. Under **Related Tasks**, click **Prevent a forgotten password** to start the Forgotten Password Wizard.
4. Click **Next**.
5. Insert a blank, formatted disk into drive A, and then click **Next**.
6. In the **Current user account password** box, type your password, and then click **Next**.

Note If your user account does not have a password, do not type a password in the **Current user account password** box.

The Forgotten Password Wizard creates the disk.

7. When the **Progress** bar reaches **100% complete**, click **Next**, and then click **Finish**.
8. Remove and then label the password reset disk. Store the disk in a safe place.

How to log on to the computer by using a password reset disk

If you forget your password, you can log on to the computer by using a new password that you create by using the Password Reset Wizard and your password reset disk. To do this, follow these steps:

1. On the Windows XP logon screen, click the user name that you want to use. The **Type your password** box appears. Press ENTER or click the right-arrow button. You receive the following error message:

Did you forget your password?

You can click the "?" button to see your password hint.

Or you can use your password reset disk.

Please type your password again.

Be sure to use the correct uppercase and lowercase letters.

2. Click **use your password reset disk**. The Password Reset Wizard starts. The Password Reset Wizard permits you to create a new password for your user account.
3. Click **Next**.
4. Insert the password reset disk into drive A, and then click **Next**.
5. Type a new password in the **Type a new password** box.
6. Type the same password in the **Type the password again to confirm** box.
7. In the **Type a new password hint** box, type a hint to remind you of your password if you forget the new password.

Note This hint is visible to anyone who tries to log on to the computer by using your user account.

8. Click **Next**, and then click **Finish**. The Password Reset Wizard quits, and you return to the Windows XP logon screen.

Note The password reset disk is automatically updated with the new password information. You do not have to create a new password reset disk.

9. Type your new password in the **Type your password** box, and then click the right-arrow button to log on to the computer.

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Troubleshooting

- The password reset disk cannot be used to reset the password on another computer.

The password reset disk that you create can only be used with the computer it was created on. For example, if you have two Windows XP-based computers that have the same user names and passwords, a password reset disk that you create on the first computer cannot be used to reset the password on the second computer.

- The password reset disk contains sensitive information.

Other users may be able to use the password reset disk to gain access to your computer. For this reason, store this disk in a safe and secure location.

Friday, December 14, 2012

[Thinking the Unthinkable](#)

In the wake of another horrific national tragedy, it's easy to talk about guns. But it's time to talk about mental illness.

Three days before 20 year-old Adam Lanza killed his mother, then opened fire on a classroom full of Connecticut kindergartners, my 13-year old son Michael (name changed) missed his bus because he was wearing the wrong color pants.

"I can wear these pants," he said, his tone increasingly belligerent, the black-hole pupils of his eyes swallowing the blue irises.

"They are navy blue," I told him. "Your school's dress code says black or khaki pants only."

"They told me I could wear these," he insisted. "You're a stupid bitch. I can wear whatever pants I want to. This is America. I have rights!"

"You can't wear whatever pants you want to," I said, my tone affable, reasonable. "And you definitely cannot call me a stupid bitch. You're grounded from electronics for the rest of the day. Now get in the car, and I will take you to school."

I live with a son who is mentally ill. I love my son. But he terrifies me.

A few weeks ago, Michael pulled a knife and threatened to kill me and then himself after I asked him to return his overdue library books. His 7 and 9 year old siblings knew the safety plan—they ran to the car and locked the doors before I even asked them to. I managed to get the knife from Michael, then methodically collected all the sharp objects in the house into a single Tupperware container that now travels with me. Through it all, he continued to scream insults at me and threaten to kill or hurt me.

That conflict ended with three burly police officers and a paramedic wrestling my son onto a gurney for an expensive ambulance ride to the local emergency room. The mental hospital didn't have any beds that day, and Michael calmed down nicely in the ER, so they sent us home with a prescription for Zyprexa and a follow-up visit with a local pediatric psychiatrist.

We still don't know what's wrong with Michael. Autism spectrum, ADHD, Oppositional Defiant or Intermittent Explosive Disorder have all been tossed around at various meetings with probation officers and social workers and counselors and teachers and school administrators. He's been on a slew of antipsychotic and mood altering pharmaceuticals, a Russian novel of behavioral plans. Nothing seems to work.

At the start of seventh grade, Michael was accepted to an accelerated program for highly gifted math and science students. His IQ is off the charts. When he's in a good mood, he will gladly bend your ear on subjects ranging from Greek mythology to the differences between Einsteinian and Newtonian physics to Doctor Who. He's in a good mood most of the time. But when he's not, watch out. And it's impossible to predict what will set him off.

Several weeks into his new junior high school, Michael began exhibiting increasingly odd and threatening behaviors at school. We decided to transfer him to the district's most restrictive behavioral program, a contained school environment where children who can't function in normal classrooms can access their right to free public babysitting from 7:30-1:50 Monday through Friday until they turn 18.

The morning of the pants incident, Michael continued to argue with me on the drive. He would occasionally apologize and seem remorseful. Right before we turned into his school parking lot, he said, "Look, Mom, I'm really sorry. Can I have video games back today?"

"No way," I told him. "You cannot act the way you acted this morning and think you can get your electronic privileges back that quickly."

His face turned cold, and his eyes were full of calculated rage. "Then I'm going to kill myself," he said. "I'm going to jump out of this car right now and kill myself."

That was it. After the knife incident, I told him that if he ever said those words again, I would take him straight to the mental hospital, no ifs, ands, or buts. I did not respond, except to pull the car into the opposite lane, turning left instead of right.

"Where are you taking me?" he said, suddenly worried. "Where are we going?"

“You know where we are going,” I replied.

“No! You can’t do that to me! You’re sending me to hell! You’re sending me straight to hell!”

I pulled up in front of the hospital, frantically waiving for one of the clinicians who happened to be standing outside. “Call the police,” I said. “Hurry.”

Michael was in a full-blown fit by then, screaming and hitting. I hugged him close so he couldn’t escape from the car. He bit me several times and repeatedly jabbed his elbows into my rib cage. I’m still stronger than he is, but I won’t be for much longer.

The police came quickly and carried my son screaming and kicking into the bowels of the hospital. I started to shake, and tears filled my eyes as I filled out the paperwork—“Were there any difficulties with....at what age did your child....were there any problems with...has your child ever experienced...does your child have....”

At least we have health insurance now. I recently accepted a position with a local college, giving up my freelance career because when you have a kid like this, you need benefits. You’ll do anything for benefits. No individual insurance plan will cover this kind of thing.

For days, my son insisted that I was lying—that I made the whole thing up so that I could get rid of him. The first day, when I called to check up on him, he said, “I hate you. And I’m going to get my revenge as soon as I get out of here.”

By day three, he was my calm, sweet boy again, all apologies and promises to get better. I’ve heard those promises for years. I don’t believe them anymore.

On the intake form, under the question, “What are your expectations for treatment?” I wrote, “I need help.”

And I do. This problem is too big for me to handle on my own. Sometimes there are no good options. So you just pray for grace and trust that in hindsight, it will all make sense.

I am sharing this story because I am Adam Lanza’s mother. I am Dylan Klebold’s and Eric Harris’s mother. I am James Holmes’s mother. I am Jared Loughner’s mother. I am Seung-Hui Cho’s mother. And these boys—and their mothers—need help. In the wake of another horrific national tragedy, it’s easy to talk about guns. But it’s time to talk about mental illness.

According to Mother Jones, since 1982, 61 mass murders involving firearms have occurred throughout the country. (<http://www.motherjones.com/politics/2012/07/mass-shootings-map>). Of these, 43 of the killers were white males, and only one was a woman. Mother Jones focused on whether the killers obtained their guns legally (most did). But this highly visible sign of mental illness should lead us to consider how many people in the U.S. live in fear, like I do.

When I asked my son’s social worker about my options, he said that the only thing I could do was to get Michael charged with a crime. “If he’s back in the system, they’ll create a paper trail,” he said. “That’s the only way you’re ever going to get anything done. No one will pay attention to you unless you’ve got charges.”

I don’t believe my son belongs in jail. The chaotic environment exacerbates Michael’s sensitivity to sensory stimuli and doesn’t deal with the underlying pathology. But it seems like the United States is using prison as the solution of choice for mentally ill people. According to Human Rights Watch, the number of mentally ill inmates in U.S. prisons quadrupled from 2000 to 2006, and it continues to rise—in fact, the rate of inmate mental illness is five times greater (56 percent) than in the non-incarcerated population. (<http://www.hrw.org/news/2006/09/05/us-number-mentally-ill-prisons-quadrupled>)

With state-run treatment centers and hospitals shuttered, prison is now the last resort for the mentally ill—Rikers Island, the LA County Jail, and Cook County Jail in Illinois housed the nation’s largest treatment centers in 2011 (<http://www.npr.org/2011/09/04/140167676/nations-jails-struggle-with-mentally-ill-prisoners>)

No one wants to send a 13-year old genius who loves Harry Potter and his snuggle animal collection to jail. But our society, with its stigma on mental illness and its broken healthcare system, does not provide us with other options. Then another tortured soul shoots up a fast food restaurant. A mall. A kindergarten classroom. And we wring our hands and say, “Something must be done”.

I agree that something must be done. It’s time for a meaningful, nation-wide conversation about mental health. That’s the only way our nation can ever truly heal.

God help me. God help Michael. God help us all.

This story was first published online by the Blue Review. Read more on current events at www.thebluereview.org



Jmax's Website <http://www.jmaxbits.com/>

Jmax Bits Newsletter is now posted each Monday & Thursday on the website.
You have the option for a .pdf or a .rtf file.

1. For help with a computer problem, put **HELP** in the subject line and give me info about the computer you're using, if you know it.

2. To view or print **Jmax Bits Good Services List** in the Villages area, click link www.jmaxbits.com

3. To sign up for the non-computer newsletter, send an email to VLGSClassifieds@aol.com. Put **SUBSCRIBE** in the subject line. To send an Ad, place **AD** in the subject line.

4. The Villages Computer Club's web page: [Click here: Welcome To The Villages Computer Club](#)

To add your name to the VCC announcements list, send email to TheVCC-subscribe@yahoogroups.com

5. Fred Benson's website www.thevillagescomputerbasics.com

