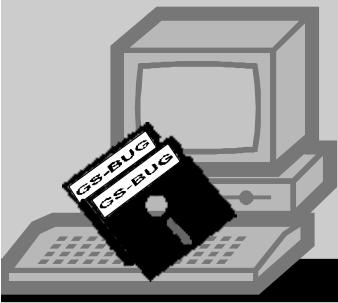


# The Bug Report

A Publication of the Greater South Bay PC Users Group

February, 2005

Go to GS-BUG on the Net: <http://gsbug.apcug.org>



## Calendar

### August:

SW User Group Conference in San Diego, California on August 5, 6, 7. To register, go to: [SGUGCONF.com](http://SGUGCONF.com)



by Bob Hudak

This is the time of year when we need to file our income tax. Using a tax preparation software program is the best way to do this. It does all the math for you and prints out the forms all ready to be sent in. I have been using TaxACT for a few years and telling you that it is the best deal around.

ware program is the best way to do this. It does all the math for you and prints out the forms all ready to be sent in. I have been using TaxACT for a few years and telling you that it is the best deal around.

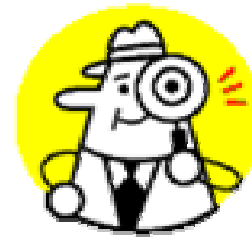
This year the 2nd Story Software is once again offering absolutely free TaxACT Standard Edition. Download it from their web site: [www.taxact.com](http://www.taxact.com). If you do not care to download it, you can order a copy from the Library. (323-0579) The TaxACT Ultimate Bundle Which has the federal and state preparation programs plus you can e-file your federal tax return for FREE, is only \$19.95. No refunds or anything else to mess with. This is the way to go if you and your family want to send in a number of returns. With the Standard Edition, you can only file one return.

The IRS has mandated that by 2007, eighty percent of all filed tax returns be e-filed. So it is time to start using this preparation software. I keep a copy of the program and the saved return information on a CD for record keeping. You can put a number of years programs and return information on one CD. Takes very little room. As you start the program you are able to import all the information from last year's return. Fills in your name S.S. # and all the other information that does not change. Saves a lot of typing and avoids the chance of error.

Order on line or call 1-800-573-4287. Tell them you heard about it in the GS BUG's news letter.

## Microsoft Windows Antispyware

by Frank Chao



"Microsoft Windows Antispyware" will be available for a limited time as a free "beta" download at

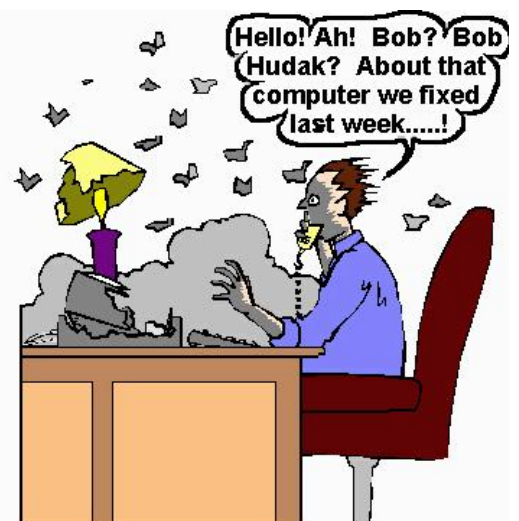
<http://www.microsoft.com/athome/security/spyware/software/default.mspx>

It has a real time, "background", memory-resident capability that can constantly scan your computer for spyware / adware / malware, even when you are not actively running the "Microsoft Windows Antispyware" software as an active window. This feature is called "Real-Time Security Agent Protection" which as also known as "Security Agent Projection".

The free versions of Lavasoft "Ad-Spyware" continued on B1

### INSIDE THIS ISSUE:

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# Software Library

The Bug Report  
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Section  
A2

Bob Hudak

Software Library News

[RSH532@aol.com](mailto:RSH532@aol.com)



## Attention!

For every person you encourage to join the GSBUG, you will receive four months of free membership!

## New Members

Please notify Herman Krouse at: [herm@socal.rr.com](mailto:herm@socal.rr.com) of your email address to enable you to receive timely notices regarding special meetings, classes or cancellations. Remember, we are a computer club and we do much of our correspon-

## Hardware SIG News

A lot of interesting things going on at the Tue Hardware SIG. We have been working for weeks to add a SATA hard drive to a older system. Little problems keeping getting in the way. Harry Goldstein has been putting his knowledge to the test. I think by the time you read this the problems will all be solved.

We had a computer that need a new hard drive installed. While doing that we found that the fan on the power supply was froze. New power supply. Also a new DVD drive.

Another computer is scheduled to have a mother board and CPU up grade. There is always something interesting to do.

Remember if you are upgrading your system, pass your old items on to me at the Hardware SIG. We are going to try to put computers together and pass them on to retirement homes that can use them for sending family email or writing letters. Older computers will work great for this. Please gather up all the drivers and motherboard manuals to pass on to make things a bit easier.

I worked a week getting a computer up and running for a broke college student. This computer was not able to boot up since 2000. It was password protected and CMOS was locked so it could not be edited. Long list of problems but it is working now and back in service. A lot of work but it is rewarding work.

## Tip Of The Month

### Removing Windows 98 from Dual Boot

I have heard a number of times that if you are installing Windows XP on a Windows 98 machine, make it a Dual Boot setup so if things did not go well you could still run Win 98. Then if everything works out OK, get rid of Win 98. Problem is they never tell you HOW! So here is the drill:

Boot into Win XP. Explore folder that contains Win 98. Move all personal files to a safe place. If there are any in this folder. Then delete the entire folder that contains Win 98. Next start MSCONFIG from RUN. Go to the BOOT.INI tab and at the bottom click on "Check all Boot Paths". It will tell you Win 98 is not valid and will offer to remove it. Check YES. From now on your computer will boot directly into Win XP.

## Library News

The club Library is in standby mode. No demand for shareware programs. Members are all on line finding what they need. But if you do have a request, I'll do my best to find it for you.

In the past month I did some price research on a Digital camera and batteries. Two of our members took advantage of the research and ordered the Konica

Minolta Dimage X50. They are very happy. It takes 5 MegaPixels pictures but is so small it easily fits in shirt pocket and only weights 4.4 oz.

We spent a lot of time talking about what features to look for when shopping for a camera. This was at the Tue Hardware SIG. There was a lot of interest by the members that were present.



# Internet Talk

Section  
B1

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Frank Chao  
Internet Talk



This is the 78th "Internet Talk" article for "The Bug Report", a publication of the Greater South Bay PC Users Group (GSBUG). Liz and I hope that you have been able to enjoy some quality time with your computer, during the unusually rainy months of December and January.

## GS BUG MEMBERSHIP REPORT

Joyce Oliver reports that as of January 5th, GSBUG has 144 members, which is 6 more than in November. During the 2004 calendar, 16 new members joined. Nine of these new members were referred by existing members. Keep up the good work !



Ways to Contact  
Me:

If you have any questions or problems, I can be contacted by the following methods:

1. Send me e-mail at:

[fchao@pacbell.net](mailto:fchao@pacbell.net)

2. Leave me a voice message at (310)768-3896.

3. Send "snail" U.S. Postal Service mail to:

Frank Chao  
4001 Inglewood  
Ave., Ste. 101  
PMB 305  
Redondo Beach,  
CA 90278

Or sell your computer and take up golf instead !!

## Internet News At Reuters.



To keep abreast of the latest news about the Internet, go to the following page at the Reuters Web site:

<http://reuters.com/newsChannel.jhtml?type=internetNews>

*"Spyware"* continued from page A1

aware" and "Spybot Search & Destroy" do not have real-time, memory-resident capability so use of "Microsoft Windows Antispyware" along with Lavasoft's free version of "Ad-aware" AND "Spybot.." should give you a potent arsenal of software tools for eliminating spyware.

During my testing of "Microsoft Windows Antispyware", I did not find it as aggressive in ferreting out cookies and registry entries as Lavasoft's "Adware" or "Spybot..". But since "Microsoft Windows Antispyware" has "real time" Security Agent that works in the background to constantly look for spyware, I will continue to use it in my home computer. The price is right !!

To use all three of these anti-spyware applications on a regular basis:

*"Spyware"* continued on page B2

## CRAIGSLIST.ORG

Liz and some of her friends recommend that you take a look at Craigslist.

It is a free, online community that is located at <http://www.craigslist.org>

A description of Craigslist can be found at:

<http://www.craigslist.org/about/misssion.and.history.html>

This Website has separate pages for many metropolitan areas throughout the world.

For each metropolitan area page, such as "Los Angeles", there are classified want ads of every description including "personals", employment, housing, real estate, and discussion forums for many subjects. There is an events calendar for each city area.

"Craigslist" is an advertising-free environment. The operators of this Website are planning to add in some fees for real estate ads but the sellers and buyers for all other categories can continue to post and answer ads for free.

Try it--you will like it!

## Adobe Acrobat Reader 7



Version 7 of Adobe Acrobat Reader is now available for you to download and install for free.

The enhancements in this new version are described at

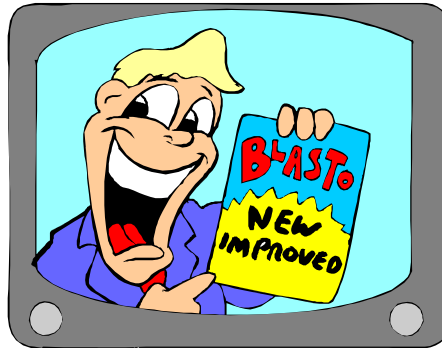
This new version of Adobe Acrobat Reader starts up and runs faster than the previous version so you should get it installed into your computer now.

For your information, this new version of Adobe Acrobat Reader will not run on Windows 95, 98, and Windows ME computers. It runs on "Windows 2000 Professional" computers that have "Windows 2000 Service Pack 2" or higher. It runs on all flavors and revisions of "Windows XP".

<http://www.adobe.com/products/acrobat/readermain.html>

## Mergin.org Website

If you are having problems with spyware / adware / malware, John Sullivan of GSBUG and Habitat for Humanity recommends that you go to:



<http://www.merijn.org/>

to download and run HijackThis for free. "HijackThis" is a software utility that generates a list of software that is running in your computer. You can then analyze this list and get help with analyzing it at various online forums. John stated that for some of his colleagues at Habitat for Humanity, this complex way of eradicating spyware succeeded in totally eliminating spyware that Lavasoft "Ad-aware" and "Spybot Search & Destroy" detected but were unable to eradicate.

"Spyware" continued from page B1

You might scan your computer with Ad-aware on Mondays, Spybot.. on Tuesdays, and Microsoft Windows Antispyware on Wednesdays, etc.

Remember, no single anti-spyware software tool is powerful enough to keep all of the potential problems from harming your computer. There is just too much of that nasty stuff lurking on the Internet and attempting to arrive in one's e-mail messages.

"Microsoft Windows Antispy-

ware" is based on code that was acquired by Microsoft when it purchased "Giant Company Software" in December. "Giant Company Software" 's anti-spyware / anti-adware products had been regarded as one of the best available.

"Microsoft Windows Antispyware" will probably cease to be free during the second half of the calendar year 2005 so you should take advantage of the "beta" version while it is available for free!

## Adware Report

Evaluations and comparisons of the most popular anti-spyware / adware / malware software tools can be found at:

<http://www.adwarereport.com/>

## Spam Hole .com

Do you ever get spam emails that say: "Get Rich Quick" "Hot Babes Waiting For You" "My deceased husband in Africa left me 40 million U.S. dollars in a U.S. bank account. You can have 30% of it if you can just help me...." "CONGRATULATIONS, YOU'VE JUST WON THE INTERNET LOTTO"

SO ANNOYING! There IS a way to get rid of all these shyster emails by going to Spamhole.com. How it works:

With spamhole.com, they allow you to create a temporary email address. So for the number of hours you choose, all email your-name@spamhole.com is then forwarded to your email address. After time is up, all email is deleted in your spamhole address. This way, you never have to give your email out to sign up for stuff.



## In the News

### Robbery Foiled by Internet

A man in Uruguay named Mauricio was communicating with a friend in Brazil by Internet computer camera (webcam) when his friend interrupted the video conversation to answer the door. In time, two unfamiliar men came into view, one of them carrying a gun. Mauricio looked on in horror as the robbers, unaware that they were being watched from afar, began to scoop up his friend's valuables. Upon realizing what was happening, Mauricio phoned a relative in São Paulo. The relative alerted the police, who surrounded the house. After a three-hour standoff, the robbers surrendered to the police without harming anyone.

### On-Line Grave Service

An on-line service now makes it possible to visit virtual graves in cyberspace, reports *The Japan Times*. Friends and relatives can pay their respects to the deceased on the Internet. An image of a gravestone appears on the computer screen along with a photo and profile of the deceased. A space is provided so that visitors can leave messages. To accommodate Buddhist visitors, offerings of fruit, flowers, incense sticks, and alcoholic drinks can be made at the virtual grave by clicking the mouse. According to Tadashi Watanabe, president of the on-line memorial services firm, "some say it is a very good idea for people who can't visit graves so often, such as those living abroad."

### Capsules That See

An Israeli company has developed a capsule that after being swallowed acts as a tiny video camera for studying ailments of the small intestine, reports the Mexican newspaper *Excelsior*. The minicamera transmits signals to a special belt that the patient wears around the hips. The images are then processed by a computer and studied by specialists. The small camera is expelled by natural means. According to Dr. Blair Lewis, one of the advantages of this method of examination is that it is painless. One of the capsule's inventors, Professor Paul Swain, says that "it will be possible to obtain an image of the lower part of the small intestine without having to sedate the patient and even while he is walking about." The U.S. Food and Drug Administration has given approval for the capsule to be tried on 20 patients in New York and London.

### Beneficial Vitamin

When we are working at a computer terminal, our eyes constantly react to the bright and dark points of light appearing on the screen, notes *Zdrowie*, a Polish health magazine. The stronger these visual signals are, the more our eyes consume rhodopsin, a photosensitive pigment that enables us to see. Vitamin A is essential in the production of rhodopsin. According to *Zdrowie*, rich sources of vitamin A include liver and cod-liver oil. People who have to limit their fat and cholesterol intake can eat foods containing beta-carotene, which the body converts into vitamin A with the help of sunlight. Beta-carotene is present in yellow, orange, red, and green vegetables and such fruits as apricots, peaches, dried plums, melons, and mangoes.



### For Sale Adobe Photoshop CS

Store Retail price: \$699.00

Amazon.com: \$599.00

**Ebay Price: \$89.00 (not a replica!)**

The end result: Priceless

### **Oh! The Thrill of Ebay!!**

Do you have money to burn? Well I certainly don't! When I shop around, I usually like to look for the best price and am willing to take a little gamble when it comes to purchasing items on Ebay. Such as not knowing if I'll get schnooked since the vendor has only sold 3 items or has a negative mark against them. But chances of that happening are pretty, pretty slim! But mind you, if the dealer has sold over 3,000 items to various customers then you positively know that you won't be had.

Well, just last week I was looking for a Harley-Davidson leather jacket for my sister, Laura, since both she and her husband go motorcycling on his Harley. Well, just last week I had an epiphany I decided to shop on Ebay The World's Greatest Shopping Mall. Now this is interesting, besides shopping for Laura, I decided to look for items for myself. Low and behold for all you thrifty people out there I just got the deal of the century!

There was a pair of shoes that I've been wanted but they cost \$139.00 (GASP!) in retail stores. So, I looked on Ebay for the very same item, same brand, as well as it being brand new. And I purchased the very same shoes on Ebay for only \$9.95.

Ever since Ebay, I now *really* understand the mantra of the song "My mama told me, you better shop around."

# Mr. Modem's Desktop

Section  
D1

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## Rich's Computer

- Repairs
- Upgrades
- Tune-ups
- Used computers
- Parts

### Contact Information

Phone:  
(310)374.8633

Email:  
[richbu@netzero.net](mailto:richbu@netzero.net)

## Gift Subscription

Show someone you care and give the gift of a one year GSbug membership. Remember, for every person you sign up you get four months free!

## Easy On The Eyes



While using my computer recently, I noticed that some of the characters on-screen appeared to be a little blurry. Having experienced this phenomenon before, the first thing I did was clean my bifocals. When the blurriness persisted, I immediately came to the conclusion that any rational person would reach: "tumor!" What's life without hysteria? Because my favorite source for medical information required no HMO authorization and I could seek Help immediately, I knew I was in good hands at the prestigious Gates Clinic.

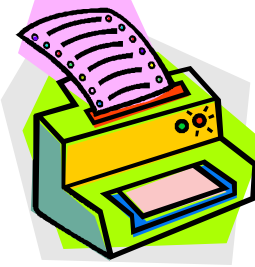
Thanks to Windows Help, I discovered within Windows XP the ClearType utility. With the click of a mouse, ClearType brought a new level of clarity, if not to my life, at least to my display. ClearType makes text sharper, buttons crisper—I prefer crispy buttons with a light dill sauce—and Desktop icons appear to be backlit, an effect that makes them stand out. With ClearType, my colors are brighter and my whites are whiter with just a hint of lemony freshness.

To enable ClearType, right-click any blank area of your XP Desktop and select Properties. In the Display Properties dialog box, click the Appearance tab followed by the Effects button. Place a check mark next to Use The Following Method To Smooth Edges Of Screen Fonts, then, using the drop-down menu, select ClearType followed by OK.

Though intended for notebook and desktop LCD (liquid crystal display) screens, ClearType clearly also works with most CRT monitors.

## Google Is The Best, Bar None

If you aren't using it, you simply *must* check out the free Google Toolbar at <http://toolbar.google.com>. Besides adding the ability to launch a Google search from any location, it has an integrated pop-up blocker that pummels pesky pop-ups pronto, and a one-click form filler-outer. You'll be ga-ga over Google in no time.



## Page- Printing Preferences

Have you ever printed a Web page, then later couldn't remember where you found the page or when you printed it? Well, me neither, but I've got a column to write so work with me here.

Printing informational headers and footers is easy—and even fun, if you're like me and have no life. All you have to do is insert the appropriate code for the information that you'd like to appear at the top or bottom of the page.

To get started, from the menu bar of Internet Explorer, Netscape, or your favorite browser, click File and Page Setup. In the Header or Footer fields, enter one or more of the following variables:

Web page address (URL): &u  
Current date in short format: &d  
Current date in long format: &D  
Time of day: &t  
Current Web page number: &p  
Total pages in document: &P

Any of the above can be combined with text for a truly personalized Web-page printing experience. For example, typing Page &p of &P will cause "Page 14 of 18" (or whatever the correct number is) to appear on your document.

## In The Director's Chair

by Jennifer Farwell, *SmartComputing*

### PowerDirector 3

\$89.95

CyberLink USA

(510) 668-0118

<http://www.gocyberlink.com>

For home movie aficionados, producing multimedia extravaganzas can be a challenge. The editing software or built-in features of digital video cameras are often limited, but high-end video-editing software is expensive and complicated to use. A happy medium is CyberLink's PowerDirector 3.

With PowerDirector 3, you can use video and audio clips, digital photographs, and sound bites to create home movies, multimedia presentations, or slideshows. You can import files from your digital videocam, still camera, scanner, or TV/VCR (with videocapture card), add special effects, transitions, and text to your files, perform basic color correction, and export your masterpieces to Video CD, DVD, streaming media file, and other media formats.

PowerDirector 3 offers a straightforward, button-driven interface that gets new users running quickly without the need for lengthy tutorials. A Timeline mode lets you drag and drop files and move them into position. Yet,

the program offers precise trimming of video and audio files, specialized encoding and rendering technologies that preserve video quality, and the ability to speed up or slow down playback with little distortion.

PowerDirector 3 also has reasonable system requirements, which is a real boon. While you will need several gigabytes of storage for your files, you can run PowerDirector 3 with only a Pentium II and 128MB of RAM (256MB recommended) on a monitor with 1,028 x 768 or better display resolution. (For advanced video production, CyberLink recommends a Pentium 4 with Hyper-Threading technology).

Experienced video production junkies may find PowerDirector 3's interface simplistic, although they will be surprised by its output capabilities. However, home-movie enthusiasts will find it provides an attractive collection of features in an easy-to-use package.

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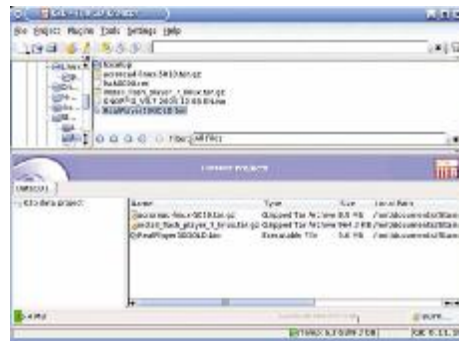
## The Best Burner Ever

by Chad Denton, *SmartComputing*

It's sometimes interesting to watch the evolution of open-source software. Early software is often difficult to use, as it requires extra configuration and an in-depth understanding of what's going on behind the scenes. With time, existing applications improve or entirely new applications raise the bar. Before you know it, Linux has a piece of software that can rival anything found on Windows. K3b, a CD- and DVD-burning application, is one example.

### ■ Return

Configuring a Linux system to use a CD/DVD burner used to be a



fairly complex task, and a good GUI-based application was hard to find. Today, nearly all Linux distributions automatically detect and configure a CD or DVD burner during installation, and K3b is a vast improvement over older GUIs.

In addition to K3b, you'll also need cdrecord and cdrdao. You may already have these applications installed, but if not, you can usually find them on your installation media. If you're using Debian or another Internet-based distribution, you should have no problem finding binary packages for your distribution. Debian users, for instance, can install all three applications by typing `apt-get install cdrecord cdrdao k3b` at the command line. (You'll need root privileges.)

### ■ From The Start

The first time you load K3b, it should ask you to confirm your

*"Burner" continued on page D3*

# Smart Computing

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Section  
D3

“Burner” Continued from Page D2

drive's maximum write speed. In most cases, you should just have to click OK. You may see a warning that `cdrecord` and `cdrdao` require root permissions to run. K3b makes changing permissions as simple as clicking the K3Setup2 button (you'll need to provide the root password when asked) and clicking OK to close the K3Setup2 window. You'll then see four options: New Audio CD Project, New Data CD Project, New Data DVD Project, and Copy CD.

The Audio CD option lets you burn a music disc that your home or car CD player can read. The Copy CD option, curiously enough, creates a copy of an existing CD. The CD and DVD data options are used for any other type of CD or DVD. No matter which option you select, the basic interface is the same. After selecting the type of project, you'll see a split window. Files and directories on your hard drive are in the top portion. Navigate to the file or directory you want to burn in the upper section and drag the item to the bottom section. If you're

making a music CD, you can drag songs into the proper position. Click the Burn button to burn files to the CD or DVD.

If you've downloaded Linux from the Internet, you're probably familiar with ISO files. These files are a bit-by-bit snapshot of a CD's contents and need to be burned in a specific way. Select either CD or DVD in the Tools menu and click either Burn CD Image or Burn DVD Image as appropriate. Click the folder icon next to the Image To Burn field and select the ISO file you want to burn. You can change the options listed if you want. To burn the file, click Start.

## ■ Integration

Because K3b is integrated with KDE's file manager, there is a second way to burn files. If you want to burn everything in a folder to a CD or DVD, you can simply open Konqueror (the KDE file manager) and right-click the directory. Select Actions and click Create Data CD With K3b. You can also select multiple files from within the file manager and burn them using

the same procedure. This method also works great for ISO files. Simply right-click the ISO file, select Actions, and click Write CD Image With K3b.

## ■ Extras

K3b is extremely easy to use, but it also has a number of advanced options. For instance, you can select the Encode Video option from the Tools menu. This is a handy feature if you want to create DVD videos. For more information about encoding DVDs, click K3b Handbook in the Help menu. The K3b plug-in system lets you extend the operating system's functionality. For instance, you can add plug-ins for encoding audio in MP3, Ogg Vorbis, or other audio formats. You can also choose from more advanced projects by selecting New in the File menu. ■

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## The Bug's SIGs:

Event	Location	SIG Leader
Board Meeting 1st Wednesday after the 1st Monday of the month.	Levy School - 229th Place & Madison, Torrance, Rm 7	Gary Sexton, President <a href="mailto:JAGS@aol.com">JAGS@aol.com</a>
General Meeting 1st Monday	Salvation Army, 4223 Emerald St. Torrance	First Monday of the Month
Daytime Hardware SIG Every Tuesday	Torrance Scout Ctr, 2365 Plaza Del Amo 1pm to 4pm	Bob Hudak - <a href="mailto:rsh532@aol.com">rsh532@aol.com</a> <a href="mailto:rsh532@aol.com">rsh532@aol.com</a>
Windows 98/XP SIG 4th Friday	Levy School - 229th Place & Madison, Torrance, Rm 7 6:30 pm	John Sullivan 549-2063
Windows 95/98/ME 3rd Thursday	Levy School - 229th Place & Madison, Torrance, Rm 7 7:00 pm	Virginia Pfiffner 374-2410 <a href="mailto:vpfiffne@elcamino.edu">vpfiffne@elcamino.edu</a>
DIG SIG (Digital Imaging) Every Tuesday	Torrance Scout Ctr, 2365 Plaza Del Amo 9:00 to 12:00 pm	Fred Vogel 375-9336



# General Meeting

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Section  
E1

## Submissions:

Members are encouraged to submit text articles for publication in text only. Photos in .Jpg or .Gif format only. All articles must be received by the 15th of the month preceding the month of publication. The author also give permission for republication in other users groups' communications.

## Permission to Copy:

Permission is granted to other nonprofit PC user groups to reproduce any article published in this newsletter, provided credit is given The PC Bug newsletter and the author (s) of the reproduced materials. Reprinted articles are subject to the terms of their respective copyright holders.

## Hot Links—Editor's Choice

1. [www.tinyurl.com](http://www.tinyurl.com) - Here is a great way to truncate those long, long, VERY long URLs. When you want to send someone an email page and the URL is quite lengthy, it could look something like this:

<http://www.mapquest.com/maps/map.adp?ovi=1&mqmap.x=300&mqmap.y=75&mapdata=%252bKZmeilH6N%252blgpXRP3bylMaN0O4z8OOukZWYe7NH6ldDN96YFTIUumSH3Q6OzE5XVqcuc5zb%252fY5wy1MZwTnT2pu%252bNMjOjsHjvNlygTRMzqazPStrN%252f1YzA0oWEWLwKHdhVHeG9sG6cMrfXNJkHY6fML4o6N-b0SeQm75ET9AjKelrmqBCNta%252bsKC9n8jSlz%252fo188N4g3BvAJYuzx8J8r%252f1fPFWkPYg%252bT9Su5KoQ9YpNSj%252bmo0h0aEK%252bofj3f6vCP>

But now, with the help of [www.tinyurl.com](http://www.tinyurl.com), your URL can look like this:

<http://tinyurl.com/6>

The cool thing is, that this link will not break in email nor will it ever expire!

By looking at these two examples I cannot help but beg the question, which one would you like to cut and past? Mostly likely the smaller link.

2. [snltranscripts.jt.org/](http://snltranscripts.jt.org/)- There is not a person in the world who does not like to laugh. Laughter is the best medicine. "A dose of comedy taken daily for four weeks has now been found to reduce significantly the symptoms of depression,"



reports *The Independent* of London. "Some of the patients who were told to spend 30 minutes a day listening to therapeutic tapes of comedians were cured, while others found that the severity of their symptoms had been halved." More than 100 studies in the United States have indicated that laughter induced by humor can be beneficial. Not only people who are depressed but also those who had allergies, high blood pressure, weakened immune systems, and even cancer and rheumatoid arthritis have responded. Laughter has long been known to promote well-being, but just how is not clearly understood.

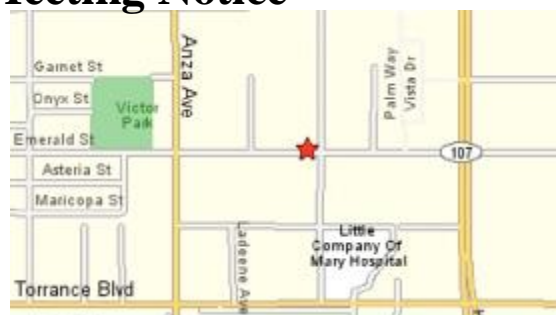
So with this in mind, did you ever watch Saturday Night Live aka: SNL? When I use to watch it I laughed my head off. With this site, you'll be able to see the actual transcripts.

## General Meeting Notice

Please mark your calendars for the General Meeting is to be held on the 1st Monday of each month at the Salvation Army Facility.

**Address:**  
4223 Emerald Street  
Torrance, CA

**Time:**  
7:30 P.M.



GS-BUG INC.  
P.O. Box 6950  
Torrance, CA 90504-6950  
Phone: (310) 373-3989

GS-BUG On The Net  
Web: <http://gsbug.apcup.org>

## **GENERAL MEETING**

General meetings are held at 7:30 pm on the first Monday of the month at the Salvation Army Facility at 4223 Emerald St. at the corner of Emerald and Earl Streets in Torrance

## **MEMBERSHIPS:**

Membership is available for twelve months from the date of joining. Membership rates are:

Individual - \$36.00  
Student - \$18.00  
Family - \$48.00  
Newsletter only - \$18.00

Checks should be payable to: GS-Bug, Inc. and mailed to:

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## **LIBRARY**

Shareware disks are available at the General Mtg. for \$3.00 per disk and \$5.00 per CD. Charges are to recover duplication and distribution costs.

# The Bug Report

The Greater South Bay PC Users Group  
P.O. Box 6950  
Torrance, CA 90504-6950

