SENIOR COMPUTER USERS' GROUP

NEWSLETTER
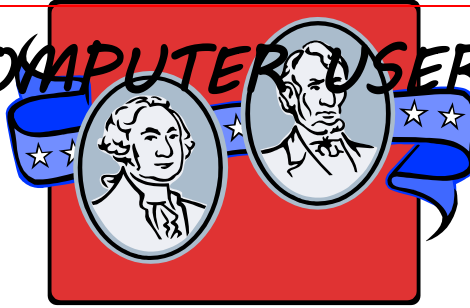
February 2010   Issue

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This article was submitted by Norm Pregler. It ties into some reasons for genealogy study.

In today's excerpt - medicine is beginning to turn into an information-based science, in contrast to the hit-and-miss laboratory processes of the past. As that transition continues, success in medical treatments will begin to occur at an increasingly exponential pace:

"Today, the computer in your cell phone is a million times smaller, a million times less expensive, and a thousand times more powerful [than the computer at MIT in 1965]. That's a billionfold increase in price-performance. As powerful and influential as information technology is already, we will experience another billionfold increase in capability for the same cost in the next 25 years (rather than the 40 years or so it took for the most recent billionfold increase) because the rate of exponential growth is itself getting faster.

"The other important point to make is that this remarkable exponential growth is not just limited to computer and communication devices. It is now applicable to our own biology, and that is a very recent change. Consider, for example, the Human Genome Project. It was controversial when announced in 1990 because mainstream skeptics pointed out that with our best experts and most advanced equipment, we had only managed to complete one-ten thousandth of the genome in 1989. The skeptics were still going strong halfway through the 15-year project as they pointed out that with half of the time having gone by, only 1 percent of the genome had been completed!

"But this was right on schedule for an exponential progression. ... If you double one percent seven more times - which is exactly what happened - you get 100 percent, and the project was completed not only on time but ahead of schedule. Similarly, the cost for sequencing a single DNA base pair fell a millionfold over the same period, from $10 in 1990 to less than one-thousandth of a penny in 2008.

"We have exactly doubled the amount of the genetic data collected each year since 1990, and this pace has continued since the completion of the Human Genome Project in 2003. The cost of sequencing a base pair of DNA - the building blocks of our genes - has dropped by half each year from $10 per base pair in 1990 to a small fraction of a penny today. Deciphering the first human genome cost a billion dollars. Today, anyone can

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have it done for $350,000. But, in case that's still out of your budget, just be patient for a little while longer. We are now only a few years away from a $1,000 human genome. Almost every other aspect of our ability to understand biology in information terms is similarly doubling every year.

"Our genes are essentially little software programs, and they evolved when conditions were very different than they are today. Take, for example, the fat insulin receptor gene, which essentially says 'hold on to every calorie because the next hunting season may not work out so well.' That gene made a lot of sense tens of thousands of years ago, at a time when food was almost always in short supply and there were no refrigerators. In those days, famines were common and starvation was a real possibility, so it was a good idea to store as many as possible of the calories you could find in your body's fat cells.

"Today, the fat insulin receptor gene underlies an epidemic of weight problems, with two of three American adults now overweight and one in three obese. What would happen if we suddenly turned off this gene in the fat cells? Scientists actually performed this experiment on mice at the Joslin Diabetes Center. The animals whose fat insulin receptor gene was turned off ate as much as they wanted yet remained slim. And it wasn't an unhealthy slimness. They didn't get diabetes or heart disease, and they lived and remained healthy about 20 percent longer than the control mice, which still had their fat insulin receptor gene working. The experimental mice experienced the health benefits of caloric restriction - the only laboratory-proven method of life extension - while doing just the opposite and eating as much as they wanted. Several pharmaceutical companies are now rushing to bring these concepts to the human market."

Author: Ray Kurzweil and Terry Grossman, MD
Title: *Transcend*
Publisher: Rodale
Date: Copyright 2009 by Ray Kurzweil and Terry Grossman
Pages: xiii-xvi

Apology and Thanks

At our last General Meeting on January 20, our speaker was forced to cancel his presentation at the last minute. A number of people were looking forward to hear about GPS and were disappointed. We shall try to get the speaker to come in June. We are sorry for the inconvenience.

At the same time we have to thank Linda Young and Mike Turek. Linda made the arrangements and Mike did a very nice presentation of Mac I-phones, I-Pads, and I-Pods. He and his son explained what they could do and how the future will be helped with these devices. Many questions from the group showed an interest in this subject.

February General Meeting

Our next General meeting on Feb. 17, will be a presentation on the work of the Better Business Bureau as given by JoEllen Wollangk who is the Vice President, Northeast Regional Manager of the BBB.

JoEllen Wollangk's Bio

After working at the Outagamie County Historical Society for over 20 years in a variety of positions, she found a great opportunity at the Better Business Bureau. As Vice President of the Better Business Bureau in Wisconsin and Regional Manager for the NE WI Better Business Bureau office, she helps consumers with marketplace problems, assists in clarifying whether offers are legitimate or scams, and teaches how to prevent ID theft. She works with businesses by letting them know about current business scams, advises on ethical advertising and assists with applications for the BBB ethics award. She also serves the media by providing input on questionable business activities and scams. She particularly enjoys the educational aspects of the position. A life-long resident of the Fox Valley, she graduated from the University of Wisconsin-Oshkosh with a degree in museology.

Something New

A suggestion was received that we try to include a recipe sharing section in the newsletter—sort of a social networking thing. If someone would like to share a favorite recipe via this newsletter, please submit it to seniorweb@fvtc.edu We'll try this out to see if there is interest. Are there any other suggestions? For starters, how about this delicious treat.

Rhubarb Coffee Cake
Guaranteed to cure spring fever!

1 ½ cups sugar
½ cup margarine or butter
2 cups flour
½ tsp. salt
1 tsp baking soda stirred into 1 cup sour milk
1 tsp vanilla
3 cups rhubarb, fresh or thawed frozen (if frozen drain off some juice)
Mix all of the above together. Place into 9 x 13 greased pan.

Topping
¾ cup sugar
¾ tsp. Cinnamon
½ cup chopped or ground pecan nuts
Mix this together and spread over the first mixture in the pan.

Bake at 350 for 45 minutes.
[Note: To make sour milk add 1 tbs. vinegar to 1 cup milk}

REPORT FROM THE GENERAL MEETING
by Gladys Schwandt

The meeting was opened at 1:15 in Room 103 at the Bordini Center by Webmaster, Jerry Sobiesczyk. He provided an overview of the website and the functions that provide our opportunities to meet several times monthly and learn in an interactive setting. The basic premise is to encourage "members to teach members" and many of the people attending have been participants for 20 years or more. The website is readily available by keying www.fvtc.edu/seniorweb and Marv Schimmelpfenning gave all who wanted one, a printed tab with the information for easy access. There were 35 members and 2 first time attendees for a total of 37. During December, SCUG Special Interest Groups are suspended, but we did meet for a very nice Christmas Party at the VFW in Appleton on December 8th. The food was great, prizes were awarded, and we enjoyed Ralph Unman leading us in singing holiday songs. (We even had good driving conditions!!)
We had two special presenters at the January 20th session. Our scheduled speaker was unable to attend and Linda Young was able to connect with Mike Turek and his son to fill in on short notice. Mike is a Service Provider for APPLE/MAC products and has used MACs since his college days. His 12 year old son assisted, and as Mike gave the fundamentals of the products, Shea competently handled the technology of bringing up screen illustrations and facts, and helped answer questions. We learned that Apple holds about 12% of the market and has had very few problems with viruses because they control their own media. We saw demonstrations of lap tops, desk tops, I Phones, I Pads, IPods, internet touch screens, ereaders, built in cameras, digital music,

internet, and video access. The highly technical phones are purchased through provider contracts such as Verizon, Sprint, and AT&T (plus others) and require monthly fees to operate. The phones can be turned off or set on vibrate so input does not interfere with business functions or conversations. Most users continually have the phones on and easily keep them charged at home, at work, or in their vehicles. It was interesting to learn that about 20% of all middle school students already have smart phones and almost 100% carry some variety of cell phones for constant interaction with family and friends. We thank Mike and Shea for their time and talent, and appreciated the opportunity to learn about APPLE/MAC items since most of our members are PC users. The meeting adjourned at 3:00 P.M.

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REPORTS FROM THE SIGs

DIGITAL IMAGING SIG   *by Linda Young*

We started the meeting by discussing topics of upcoming meetings. We discussed the various Photo Editing Software Programs. Photo Shop will remove all of the pictures from the camera and separate them by date. Picassa 2 is a photo editing software that you can download. When you download, it looks through all of your pictures and gives them a different name. One of our members had a family member who was "good enough" to reorganize her pictures on her computer for her. The problem is now this member cannot find her pictures. The solution would be ask the helpful person to write down directions for you and then actually do it yourself making notes as you go so you can be sure where to locate them for future use.

We then worked on our project in Adobe Photoshop Elements. We worked with the

magnifying glass as well as the magic wand and eraser tools and created multiple layers.

GENEALOGY SIG

Darlene Chipman was welcomed. She led the discussion for the day concerning DNA testing and how this helps identify your ancestry. The lesson was enjoyed by all. Thanks, Darlene

RESOURCE SHARING SIG *by Linda Young*

We discussed problems members were experiencing and solutions for them, some of them being trying to open an old word document from an old word processing program that had been stored on a thumb drive, in a newer version on a newer machine so that it could be printed out. Several members had questions about their email. WINLIVE was one of the email programs under discussion.

INTERNET SIG *by Linda Young*

Marv S. was the facilitator for the Internet segment of our SIG Group this month. He had several very helpful and informative handouts for us to use. One fun website to look up is www.allmyfaves.com Marv had a current copy

of PC Magazine and went through several articles pointing out good websites, software and operational tips.

Calendar of Events

DIGITAL IMAGING SIG
Place: Bordini Center, Room 180
Time: Monday, February 13, 1:15-2:15 PM

GENEALOGY SIG
Place: Bordini Center, Room 180
Time: Monday, February 13, 2:30-3:30 PM

GENERAL MEETING
Place: Bordini Center, Room 103
Time: Friday, February 17, 1:15-3:15 PM

RESOURCE SHARING SIG
Place: Bordini Center, Room 180
Time: Monday, February 20, 1:15-2:15 PM

INTERNET SIG
Place: Bordini Center, Room 180
Time: Monday, February 20, 2:30-3:30 PM

STEERING COMMITTEE
Place: Bordini Center, Room 18Time: Monday, February 29, 1:15-3:00 PM

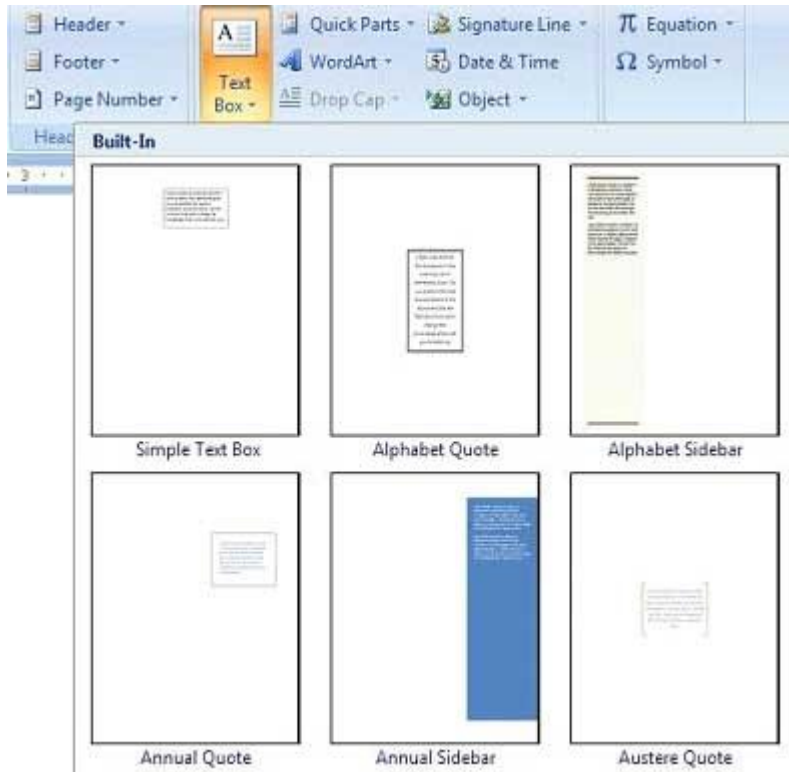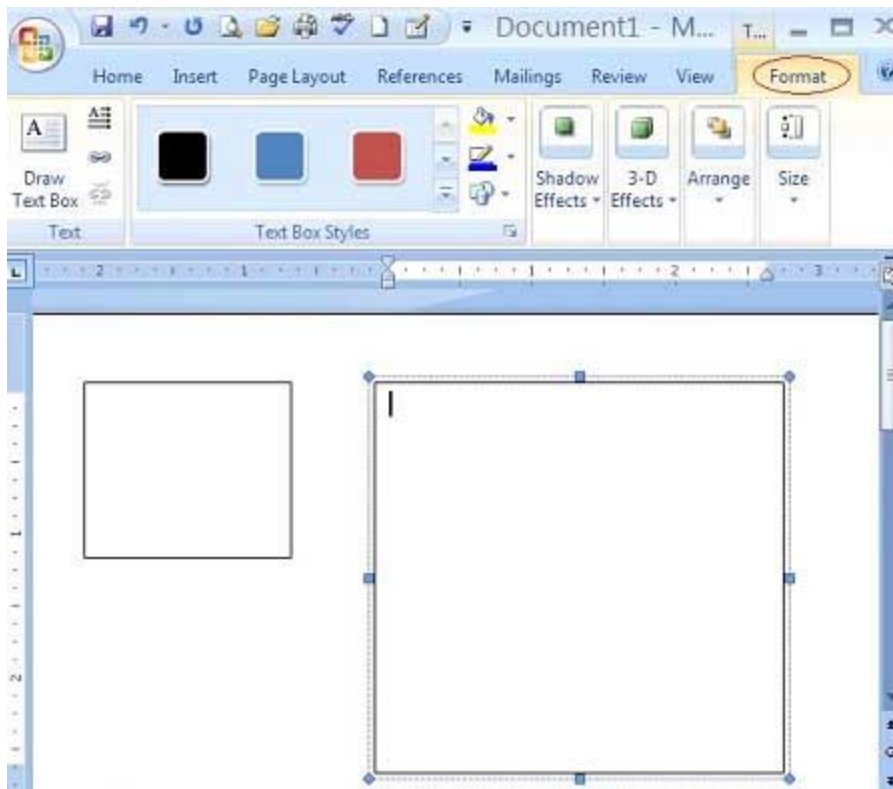Here's a tip from: **http://www.computerfreetips.com/office-2007/Text-Boxes-Word-2007.html**

How to Add Text Boxes in Microsoft Word 2007?

It is very easy to use the feature of text boxes in Microsoft Word 2007. You are able to place as well as manage text boxes wherever you want in a document. You can also format the text boxes with borders, shading etc using the different tools available. There are numerous tools given providing different options for size, color, style etc for text boxes in Microsoft Word 2007. Follow these simple steps to add and format text boxes in Microsoft Word 2007:
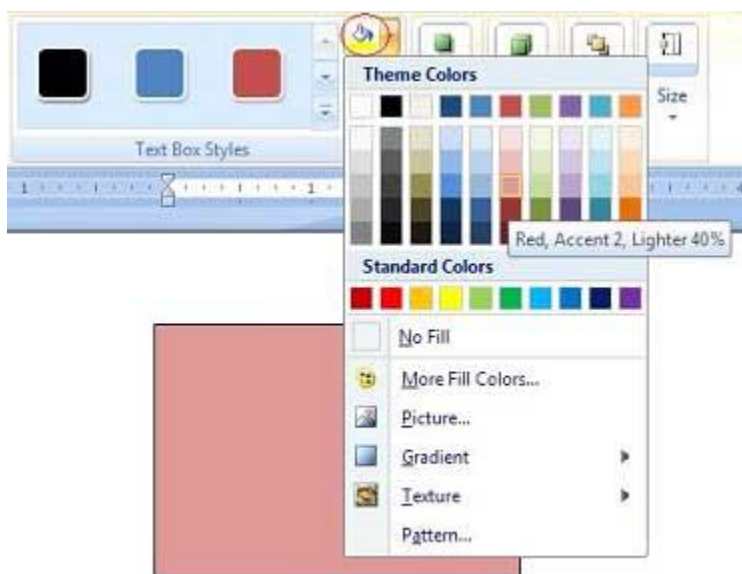
- Click on the Insert tab.
- Choose the Text Box option.
- There are two ways you can add text boxes in Microsoft Word 2007. You can choose from the given formats in a scroll-down list or you can choose the option of drawing your own text box. This is how the list of given formats look like. You just have to select and click on a text box in the list.
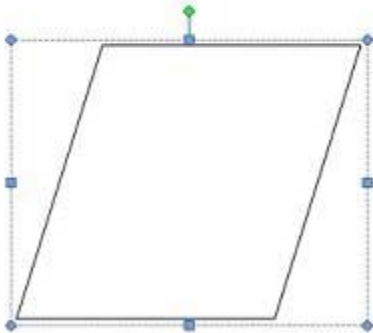

- You can see the option of Draw Text Box at the bottom. Click on it if you want to draw your own box.
- You have to click and then drag the mouse to the place you want to add the text box. It is also very easy to resize it by using the same technique of clicking and dragging.
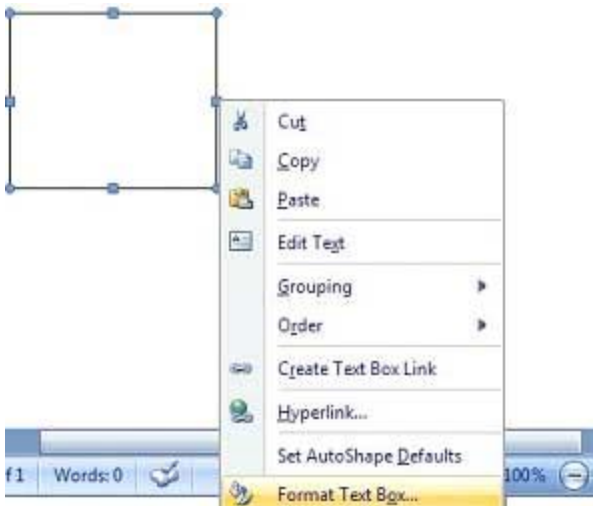- Now you can format the text box from the Format tab which will appear after you draw your text box.

- You can select the style of the text box, add shadow as well as 3-D effects, resize and arrange your textbox from the tool bar.
- You can add a color from the scroll-down list.

- Change the shape by clicking on the following button and selecting the desired shape from the list. The border of the text box can also be changed.
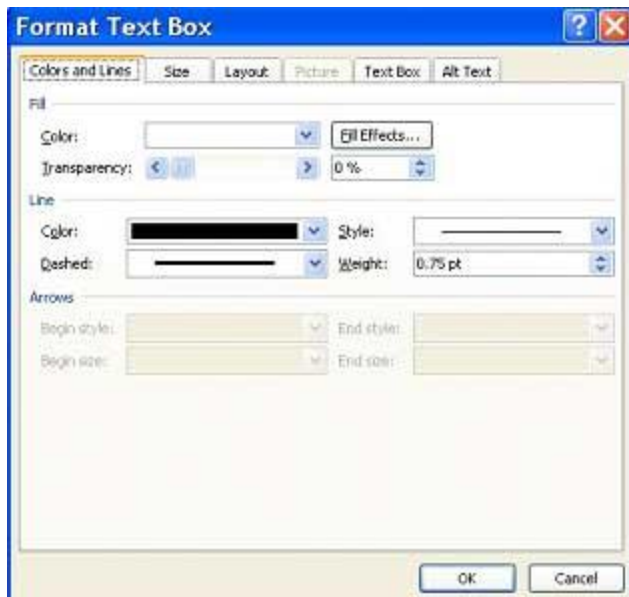
- If you want to further format the text box, right click on its border and select Format Text Box option.

- The following dialog box will appear. You can choose different tabs and control the advanced settings of your text box. When you are finished with your settings, click on the Ok button.

You can add text boxes in order to enhance a certain part of the document used for business or educational purpose. They can also prove helpful in highlighting text in documents prepared for presentations.

Quote of the Month

Think about this one:
"A thunderstorm is God's way of saying you spend too much time in front of the computer"
-- unknown

Senior Computer Users' Group is sponsored by
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Appleton, Wisconsin
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