



# Rmug News

March 2008

## This Month

RMUG Meeting, Saturday morning  
March 8, 2008 9-11:30 a.m.

**All Mac users, new & old** are invited  
to attend the next RMUG general meeting  
at:

Yaks Koffee Shop  
3274 Bechelli Lane  
Redding, CA

Coffee and various eats are available  
during our "Get Acquainted" time, 9am to  
10am. There are classes for "Beginners"  
and "Intermediate" from 9:15 to 10:00 am.

Topics this month will include a demo  
of the new M.S. Office 2008 which  
includes: Word, Excel, PowerPoint and  
Entourage, a great raffle; personal  
creativity comments, wisdom and issues  
as well as the usual Q&A. Be sure and  
bring those questions..

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## Rmug Officers

*Dale Josephson - President*  
*Jim Pace - Vice President*  
*Charlotte Ruskowitz - Treasurer*  
*Jacque Martin - Secretary*  
*Librarian*  
*Ken Lorenz - Editor*  
*Barbara Benefield,*  
*Louise Zegers,*  
*- Hospitality*

## President's Letter

Being a Macintosh user most of us are technologically inclined & technology rich. Many devices we have are iTunes equipped from our Macintosh computers to iPhone's, audio & video iPods, and finally AppleTVs. iTunes is not exclusively Macintosh although I do believe more Apple computer users have embraced iTunes more fully. With the recent advances in iTunes technology I believe someday every home will have a computer dedicated to the family entertainment center, and in my family it is my iTunes server. With the era of HD broadcast TV coming in 2009 anyone who does not yet have a HD TV will probably be buying one. The one feature I recommend is the HDMI interface to connect peripherals such as the AppleTV. My iTunes server is up and doing fantastically well with the addition of the movie rental at the iTunes Store. One new development in ripping DVDs is the release of Handbrake version 0.92. My old Handbrake version 0.90 took about forty five minutes to record a 90 minute movie. The new 0.92 version (Mac OS 10.5.X only) takes 20 minutes for the same movie. Many of you probably remember my server is an old 450MHz dual G4 running Tiger, so you might ask yourself how does Dale use the new 0.92 version of Handbrake with that old of a computer? I don't record movies on the iTunes server, I record them on my MacBook while connected to the server, and I save the ".MP4" movie files to the desktop of the server. After the movie is in place on the G4, I import this movie into my iTunes library and throw away the original from the desktop. I know there is one unnecessary step in this process, but sometimes I will rip four or five movies in a row. I don't want to forget adding them to the iTunes library and by leaving them on the desktop I have a reminder of things to do.

Best Buy on Hilltop Drive is Redding's Apple Authorized point of sale. I believe half of the club has already been in and scoped out the Macintosh display. I met a salesman at Best Buy named Ryan (6'1" brown hair) who was very knowledgeable and he said there was another shorter Ryan in the Geek Squad who knew even more. I asked tall Ryan if Best Buy would make a presentation for RMUG at one of our monthly meetings, and he said he would pass the request along to shorter Ryan. So far I have heard nothing back from either Ryan? I will stop by Best Buy next week and see if I can arrange something for April or May? I do have a second reason to go to Best

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# RMUG Information

**Why RMUG?** The Redding Macintosh Users' Group was formed to help members and new users obtain maximum enjoyment and performance from their computers. This is accomplished through group activities and our direct affiliation with Apple™.

**Resources:** RMUG resources include monthly mailings from Apple™ and numerous outside vendors. We have a library of public domain programs, games and shareware software. We have videos and other computer-related guidebooks and information.

**Meetings:** RMUG meetings are held on the second Saturday of each month from 9:00 to 11:30 am – contact any club officer for meeting location. The meetings give members and visitors an opportunity to share information, opinions, personal experiences and techniques regarding Macintosh computer systems—hardware & software.

**Membership Information:** We invite you, as a guest, to attend our next monthly meeting. If you decide to join RMUG, your membership fee includes your whole family. We need your help as much as you need ours! Please participate!

**Welcome To Our Meetings:** Call the President, Dale Josephson at 241-8227 or contact other RMUG officers for help. Go to <http://rmug.org/membership.html> for numbers.

**Membership Dues:** \$24 / year. Includes newsletters, access to shareware, monthly workshops, troubleshooting help. Payment of dues can be made at the monthly meetings or send them to: *Charlotte Ruskowitz, 6538 Mossom Ln., Anderson CA 96007* . Please make check payable to: Redding Macintosh Users' Group.

## PRESIDENT'S LETTER CONTINUED:

Buy and that is I have applied for a salesperson position and do hope to be hearing back from them in the not too distant future?

I will be a presenter at this months new software demonstration. I will try and cover M.S. Office 2008 as well as possible in a 40 minute period. I am sure I will get Word, Excel & Power Point covered, and if we have time I will go into Entourage. So far I like everything although it does take some getting used to. If any of you have seen the M.S. Office 2007 for Windows you will already know what it looks like. So far I am using Word & Excel and have had no problems at all other than finding things and opening and closing floating pallets of commands. I only started using the new 2008 version about one week ago and so far I would give it a thumbs up. If anyone is considering purchasing this program may I suggest the student teacher version as it is around \$150 and the professional version is around \$400. Additionally, the student teacher version comes with three serial numbers for you and your in-home family to use whereas the professional version comes with just one serial number. If you need legal or medical dictionaries you want the professional version. Almost everyone I know can get away with the student teacher edition.

dalej

## Secretary's Notes:

MINUTES - RMUG MEETING, FEBRUARY 9, 2008

The February meeting was held at YAKS Koffee Shop. Approximately 25 members and guests attended.

Dale led the beginner's class. Michael fielded questions from the intermediate group.

There was quite a discussion of various satellite services in the intermediate group. There was also a discussion of wireless

networks including Airport and Airport Extreme, and of speakers.

Reminder: Macintosh classes are available weekly at Anderson Senior Center. Beginners class on Monday, 1:00 – 3:00 p.m. – Michael Peters. Advanced class on Friday, 1:00 – 3:00 p.m. – Dale Josephson.

Also, please remember that, for whatever program you win, the club really needs you to write a short review for the Newsletter. Reviews are necessary if we want companies to provide us with free copies of new products. These copies are primarily for review.

Ken Lorenz, Newsletter Editor, should be returning soon. Send items for the Newsletter to Dale Josephson, mrdalej@mac.com, RMUG@RMUG.org and to Ken Lorenz, krlore@cwnet.com (for whenever he returns).

Program:

Barbara Benefield gave an iMovie Presentation that Dale Josephson has been helping her with at the Friday MAC class. Years ago, Barbara spliced together all their old 8mm tapes and put them on a VHS. She copied the VHS to DVD, and then "ripped" the movie from the DVD, so it could be edited in iMovie. She learned how to do this, even adding still pictures, music and captions – the works. She did a magnificent job!! Barbara said she would submit an article to the newsletter on how to do this. It will be an article you will want to keep for future reference. Thank you, Barbara.

Dale Josephson demonstrated how the new Time Machine backs up the new Leopard operating system. Put in the exact name you have given to your computer hard drive. It will automatically back up every hour on the hour that you started the tape. If you have USB sharing, it will back up more than one computer. Dale purchased a 1T Western Digital Hard Drive to back up his computers. Time Machine will let you know when your back up drive is running out of room so that you can clean out older stuff to free up room for the new. Thank you, Dale.

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SECRETARY'S NOTES CONTINUED:

Next Meeting: March 8, 2008, at YAKS. Dale will present an overview of the new M.S. Office 2008 which includes: Word, Excel, PowerPoint and Entourage.

Jacquie Martin, Secretary

## PayPal / Safari:

PayPal: Steer clear of Safari

If you're using Apple's Safari browser, PayPal has some advice for you: Drop it, at least if you want to avoid online fraud.

Safari doesn't make PayPal's list of recommended browsers because it doesn't have two important anti-phishing security features, according to Michael Barrett, PayPal's chief information security officer.

"Apple, unfortunately, is lagging behind what they need to do, to protect their customers," Barrett said in an interview. "Our recommendation at this point, to our customers, is use Internet Explorer 7 or 8 when it comes out, or Firefox 2 or Firefox 3, or indeed Opera."

Safari is the default browser on Apple's Macintosh computers and the iPhone, but it is also available for the PC. Both Firefox and Opera run on the Mac.

Unlike its competitors, Safari has no built-in phishing filter to warn users when they are visiting suspicious Web sites, Barrett said. Another problem is Safari's lack of support for another anti-phishing technology, called Extended Validation (EV) certificates. This is a secure Web browsing technology that turns the address bar green when the browser is visiting a legitimate Web site.

When it comes to fighting phishing, "Safari has

got nothing in terms of security support, only SSL (Secure Sockets Layer encryption), that's it," he said. Apple representatives weren't immediately available to comment on this story.

An emerging technology, EV certificates are already supported in Internet Explorer 7, and they've been used on PayPal's Web site for more than a year now. When IE 7 visits PayPal, the browser's address bar turns green -- a sign to users that the site is legitimate. Upcoming versions of Firefox and Opera are expected to support the technology.

But EV certificates have their critics. Last year, researchers at Microsoft and Stanford University published a study showing that, without training, people were unlikely to notice the green address-bar notification provided by EV certificates.

Still, Barrett says data compiled on PayPal's Web site show that the EV certificates are having an effect. He says IE 7 users are more likely to sign on to PayPal's Web site than users who don't have EV certificate technology, presumably because they're confident that they're visiting a legitimate site.

Over the past few months, IE 7 users have been less likely to drop out and abandon the process of signing on to PayPal, he said. "It's a several percentage-point drop in abandonment rates," he said. "That number is... measurably lower for IE 7 users."

Opera, IE, and Firefox are "safer, precisely because we think they are safer for the average consumer," he added. "I'd love to say that Safari was a safer browser, but at this point it isn't."

Robert McMillan  
Yahoo! News

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## Internet Dangers?

How Dangerous is the internet for Children?

A few years ago, a parenting magazine asked me to write an article about the dangers that children face when they go online. As it turns out, I was the wrong author for the article they had in mind.

The editor was deeply disappointed by my initial draft. Its chief message was this: "Sure, there are dangers. But they're hugely overhyped by the media. The tales of pedophiles luring children out of their homes are like plane crashes: they happen extremely rarely, but when they do, they make headlines everywhere. The Internet is just another facet of socialization for the new generation; as always, common sense and a level head are the best safeguards."

My editor, however, was looking for something more sensational. He asked, for example, if I could dig up an opening anecdote about, say, an eight-year-old getting killed by a chat-room stalker. But after days of research—and yes, I actually looked at the Google results past the first page—I could not find a single example of a preteen getting abducted and murdered by an Internet predator.

So the editor sent me the contact information for several parents of young children with Internet horror stories, and suggested that I interview them. One woman, for example, told me that she became hysterical when her eight-year-old stumbled onto a pornographic photo. She told me that she literally dove for the computer, crashing over a chair, yanking out the power cord and then rushing her daughter outside.

You know what? I think that far more damage was done to that child by her mother's reaction than by the dirty picture.

See, almost the same thing happened at our house. When my son was 7 years old, he

was Googling "The Incredibles" on the computer that we keep in the kitchen. At some point, he pulled up a doctored picture of the Incredibles family, showing them naked.

"What...on... earth?" he said in surprise.

I walked over, saw what was going on, and closed the window. "Yeah, I know," I told him. "Some people like pictures of naked people. The Internet is full of all kinds of things." And life went on.

My thinking was this: a seven-year-old is so far from puberty, naked pictures don't yet have any of the baggage that we adults associate with them. Sex has no meaning yet; the concept produces no emotional charge one way or another.

Today, not only is my son utterly unscarred by the event, I'm quite sure he has no memory of it whatsoever.

Now, I realize that not everybody shares my nonchalance. And again, it's not hard to find scattered anecdotes about terrible things that happen online.

But if you live in terror of what the Internet will do to your children, I encourage you to watch this excellent hour long PBS "Frontline" documentary. (I learned about it in a recent column by Times media critic Virginia Heffernan).

It's free, and it's online in its entirety. The show surveys the current kids-online situation—thoroughly, open-mindedly and frankly.

Turns out I had it relatively easy writing about the dangers to children under age 12; this documentary focuses on teenagers, 90 percent of whom are online every single day. They are absolutely immersed in chat, Facebook, MySpace and the rest of the Web; it's part of their ordinary social fabric to an extent that previous generations can't even imagine.

The show carefully examines each danger of the Net. And as presented by the show, the sexual-predator thing is way, way overblown, just as I had

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### INTERNET DANGERS CONTINUED:

suspected. Several interesting interview transcripts accompany the show online; the one with producer Rachel Dretzin goes like this:

“One of the biggest surprises in making this film was the discovery that the threat of online predators is misunderstood and overblown. The data shows that giving out personal information over the Internet makes absolutely no difference when it comes to a child's vulnerability to predation.” (That one blew my mind, because every single Internet-safety Web site and pamphlet hammers repeatedly on this point: never, ever give out your personal information online.)

“Also, the vast majority of kids who do end up having contact with a stranger they meet over the Internet are seeking out that contact,” Ms. Dretzin goes on. “Most importantly, all the kids we met, without exception, told us the same thing: They would never dream of meeting someone in person they'd met online.”

Several teenagers interviewed in the story make it clear that only an idiot would be lured unwittingly into a relationship with an online sicko: “If someone asks me where I live, I'll delete the ‘friend.’ I mean, why do you want to know where I live at?” says one girl.

Fearmongers often cite the statistic, from a 2005 study by the Crimes Against Children Research Center, that 1 in 7 children have received sexual propositions while online. But David Finkelhor, author of that report, notes that many of these propositions don't come from Internet predators at all. “Considerable numbers of them are undoubtedly coming from other kids, or just people who are acting weird online,” he says.

“Most of the sexual solicitations, they're not that big a deal,” says another interview subject, Danah Boyd of Harvard's Berkman Center for Internet and Society. “Most of it is the 19-year-old saying to the 17-year old,

‘Hey, baby.’ Is that really the image that we come to when we think about sexual solicitations? No. We have found kids who engage in risky behavior online. The fact is, they've engaged in a lot more risky behavior offline.”

As my own children approach middle school, my own fears align with the documentary's findings in another way: that cyber-bullying is a far more realistic threat. Kids online experiment with different personas, and can be a lot nastier in the anonymous atmosphere of the Internet than they would ever be in person (just like grown-ups). And their mockery can be far more painful when it's public, permanent and written than if they were just muttered in passing in the hallway.

In any case, watch the show. You'll learn that some fears are overplayed, others are underplayed, and above all, that the Internet plays a huge part in adolescence now. Pining for simpler times is a waste of time; like it or not, this particular genie is out of the bottle.

By:David Pogue

Visit David Pogue on the Web at [DavidPogue.com](http://DavidPogue.com)

## Saving Old Movies?

Creating iDVD from old 8 mm. Movies

About 5 years ago, our old 8 mm. movies were transferred to VHS. When we got the tape back, much had been cut out. The videos were horrible because of the poor quality, but the biggest problem was that everything was out of order. Our movies were turned into 2 hours of unwatchable junk.

1. The first thing I did was to move the VHS movies to a DVD, using a VHS/DVD player/recorder.

NOTE: You can also use Pyro A/V Link, but there are numerous other brands that do the same thing.

2. I inserted the DVD into my computer, and “ripped” the movie off it by using a “free” program called Handbrake, that I'd downloaded off the internet. I did not change any settings. It took

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### SAVING OLD MOVIES CONTINUED:

several hours, but it was successful. The movie was saved to my computer as an mp4. Now I could edit my movie in iMovie.

#### 3. Imported mp4 into iMovie version 7.1.1.

Before doing anything, I looked at iMovie preferences (listed as Project Properties) under File in the upper menu. At first, I didn't change anything.

Transitions can be added by checking Add Automatically or placing them between clips manually. Transition Duration can be changed at any time, within this window, or manually. Transitions add more time to your project. They help you coordinate music with your movies. If you find your movie to be too long for the music, you can always remove transitions by clicking on them once, and pressing delete.

4. You can edit your movie by transferring clips in order, and dragging them to empty opposite window. Clips show the start and end of an event.

5. Place captions by pressing "T" button in the center, directly under the review window. "T" stands for title. Next, drag the caption style you like best to where you want it to appear. You can only insert one caption per clip. Captions tell who, what, where, or when something happened. You just type in the info by highlighting the sample, type in what you want to, and press return twice when you're finished.

6. Any time you want to see how the movie looks in motion, review it by moving the mouse where you want to start viewing. A red vertical line appears. Press the space bar to start movement. When you want to stop, press the space bar again.

You can also review it from the beginning, by clicking on the play project full screen or play project from the beginning buttons, located under the Project Library window.

7. Since my movie clips were so poor, I often could only catch glimpses of people's faces. Adding stills between some of the clips made my movie far more interesting.

8. To add stills, I searched through pictures I had in iPhoto by choosing the small camera image in the center bar that separated my original movie clips from the new movie I created. The camera is located at the right of the bar, directly under the movie preview window. When I chose the camera, my iPhotos appeared in the panel below. If I didn't see something I liked, I got out my traditional photo album and scanned different pictures. Then I placed them in iPhoto for use in my movie. Still photo length can be adjusted manually, at any time. Choose the picture you want by moving your mouse to it and clicking on the photo. Then, move your arrow to small clock in the bottom, left corner of the picture. You can change the duration of the still photo to anything you want it to be. Notice that you can apply the new time to only the selected photo, or apply it to all photos, at the same time, in the preference window. I liked to adjust them manually, best.

9. Don't add music till you're satisfied with your

*"We Speak Mac"*

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**JET Technologies LLC**  
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Redding, CA 96001  
530-242-1800

*Internet Service Provider*  
*Web Hosting - Website Design & Maintenance*  
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*Software Installation & Updates*  
*RAM Upgrades - Hard Drive Replacements*  
*Batteries - Cables - Adapters*  
*Software Instruction*

### SAVING OLD MOVIES CONTINUED:

video. You can adjust the music to coordinate with your photos by adjusting the duration of your still photos, and duration of the transitions. To add music, choose the picture of notes, and drag songs to wherever you want them, from iTunes. I like to place the songs under the pictures. If you change your mind, and want to remove them, just click on their location, and a yellow line appears around the music clip. Then, press delete.

10. Take your time. Review, review, review before exporting to iDVD. There is no save or save as in the menu bar. Any time you quit iMovie, your project is saved automatically.

11. When you're satisfied with your movie, under Share in the top menu, choose Export Using QuickTime. The next window will open and you will have a number of choices. I found the best choice was Export: Movie to Apple TV. The movie was saved as an m4v. I believe it took about 2 hrs, or less. I saved it in my movies folder. When I used Media Browser, under Share, transferring my iMovie to iDVD took 8-12 hours. It was very frustrating, because my first 3 or 4 attempts were disasters. Saving the movie to Apple TV made my experience much better.

12. Once the m4v was complete, I opened iMovie and was asked what I wanted to do. I chose Create a New Project. The save as window is highlighted in blue to allow you to edit it. Then I pressed Create.

13. First, I chose a THEME. Then, I inserted photos and changed the music in "drop zones." You'll probably have to experiment to find the theme you want to use, and how you want to use it.

14. In the bottom left corner of the THEME window, you will see a + sign, otherwise known as an Add button. Place your mouse on + to add your movie. Choose Media at the bottom right corner of the screen. Choose Movies at the top right corner of the screen. Since I saved my iMovie as a Quicktime

Movie for iTV, movies I made were listed under iTunes. When you find the movie you want, just drag it to ADD MOVIE HERE that appears in your Theme window. If you want music included in your Theme, go to Audio at the top. Everything you have in iTunes will be there.

To preview your movie before burning it, click on the preview button at the base of your viewer 15. For more info about making movies in iMovie, and transferring them to iDVD, view the tutorials at <http://www.apple.com/ilife/tutorials/#idvd>.

Barbara Benefield

## Best Buy/Apple

I am so excited!..., On Feb 19, 2008 Bob and I went to Redding. I couldn't wait to see the new Apple - MacBook Air at Best Buy, so we stopped. As I approached the display, I was so happy to see at least 10 people crowding around the Macs. I couldn't contain myself. I told the salesman that I am a member of RMUG. He was great, and asked if I had a card. Well, guess what? Some of the people who were shopping asked for one too. I gave out 4 or 5 cards. There was one man who was especially interested in our group. It seems he taught computer (technology) in college for 20 years, and his wife is a former IBM programmer. They just bought a new PC, and absolutely think that Vista is the worst piece of "junk" ever made. They're planning to return that computer to Circuit City, and buy a Mac. They've done a lot of research, and now that they've seen it, they said, "We're sold!" I told them about our monthly meetings, as well as the classes at Frontier Senior Center. They were very excited. I also told them to go to [rmug.org](http://rmug.org) for more info., and gave them my personal business card if they have any questions. In addition, the salesman said he's planning to come to our monthly meetings, and is interested in giving presentations too.

Barbara

## Policies

This newsletter is published monthly for the Redding Macintosh Users' Group and is distributed to all club members.

No other individual, group or business may use any portion of this newsletter without prior written permission.

RMUG News welcomes articles and questions relating to Macintosh or Macintosh compatible computers. Articles should be pasted into the body of an eMail, or links to articles submitted. It is important that full credit be given to the author.

If you have a change of address or other questions, please notify the newsletter editor or other RMUG officer as soon as possible.

Deadline for submissions is the last Saturday of each month. E-mail or deliver all material to:

Ken Lorenz  
E- mail submissions to:  
*krlore@cwnet.com*

OR

*rmug@rmug.org*  
(stuff files if possible)

## Ad Rates

RMUG members are invited to place "Wanted", "For Sale" & "Trade" ads in the newsletter at no charge. Business cards or commercial accounts are welcome at the rates listed above. One of the best reasons for belonging to a user's group is to let other people know about your activities, as well as learning what other people are doing with their computers and software. Please give your business cards or ads to the newsletter editor.

<p><b>AD Rates</b></p> <p><b>\$4-business card</b></p> <p><b>\$6-quarter page</b></p> <p><b>\$9-half page</b></p> <p><b>\$15-full page</b></p>
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Advertisements in the RMUG newsletter will not influence reviews or critiques of hardware, software companies or stories.

RMUG does not endorse any specific dealer or product, but we do encourage the distribution of information which may assist club members in identifying best buys and services.

## Editorial

It is good to be back if for no other reason than to have dependable internet access. I still cannot get over how difficult it is to get on line while traveling around the country. Every year it seems to get more difficult and expensive.

This responsibility has been in very good hands during my absence, Dale has done a fine job of keeping the membership informed and enthused. All the while wearing two hats for this organization, president and editor. Thank you very much Dale. I also want to thank those of you who have written and submitted articles. Sharing information is what this group is all about and I would encourage any and all to submit original copy or articles you may come across which you think would be of interest to the group.

Finally I want to announce that I will continue to be the NL editor through December 2008. Eight years is long enough. If anyone would be interested in taking over let me know and we can set up an understudy program. It is really not hard and can be quite rewarding...

Ken



# Jett's March 08 Mac Classes:

Classes are \$25 per session, usually 1 1/2 hour classes.  
Please call (242-1800) to reserve a spot in the class you wish to attend.

Tuesday, March 11, 2008 at 2 pm - iPhoto  
Thursday, March 13, 2008 at 10 am - Basic OSX  
Tuesday, March 18, 2008 at 2 pm - Basic OSX  
Thursday, March 20, 2008 at 10 am - iMovie  
Tuesday, March 25, 2008 at 2 pm - Basic OSX

Bring your computer and your questions.  
Space is limited so please call 242-1800 to sign up for class.

Thanks,  
Kate  
[kate@jett.net](mailto:kate@jett.net)