



Midland Michigan

BITS AND BYTES

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GENERAL CLUB MEETING

Midland Public Schools Administration Building
600 E Carpenter Street - Room D

Wednesday, February 26, 2020

6:00 P.M.

Making Your Tech “Fit” Does Size Matter?

Author: Debra Carlson, Technical Advisor, CVC Computer Club, CO
Q2 2019 issue, Tech-Notes - cvc.computer.club (at) gmail.com

Last quarter we talked about tech and eyes. This quarter we will talk about something that can be related ... **Does size matter?**

A few principles:

Keyboards -- “full size” addresses the width of keys but not the angle of the keyboard, height of the keys, pressure that is required to depress keys, or the optional keys and support for their programming.

“Ergometric keyboards” that force you to hold your elbows away from your body are “healthier”, in large part, because they force you to take breaks from typing. Keyboards with many curves do the same – and breaks are important.

Mouse -- If a mouse is too small it will stress your hand and wrist. It will also make it harder to relax while using the wheel for scrolling.

If you need to save money on one of these devices, save on the keyboard and spend on a mouse that fits.

Now for the more complicated size question – **the monitor**.

First, monitor size is both the physical size of the screen and the size of the items on the desktop (the screen with its icons, etc. is called the desktop). Many writers say, “get as big a monitor as you can afford.” While this may work for the newer high-end televisions, it is possible to overload the optical sensors at the distance we use for computer monitors.

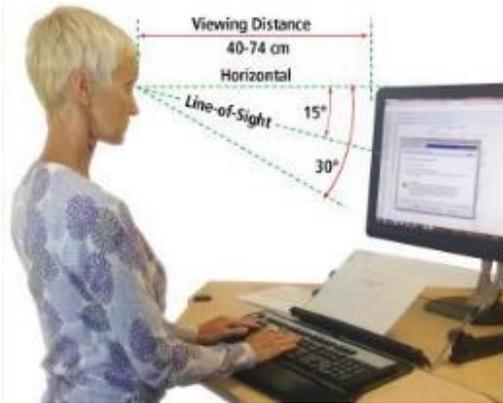
Monitor size is measured diagonally.

Approximate sizes on your desk are shown below.

Screen Diagonal	Screen Width	Screen Height
22"	19.2"	10.8"
26"	22.7"	12.7"
32"	27.9"	15.7"
37"	32.2"	18.1"
40"	34.9"	19.6"



OSHA (US Occupational Safety and Health Administration) suggests the following setup.



Optometrists suggest the monitor distance is 16 to 30 inches.

It is important to note that people who use bifocals / trifocals / progressive lenses will often need to look through the bottom of lenses if they do not use computer glasses so raising the monitor and setting it a bit farther back will help with neck strain.

It is important to place the monitor in a location that eliminates glare on the screen. This optimally means perpendicular to a window, but this may not always be possible.

Options include modifying the natural (shades / curtains), or artificial light (sometimes this means turning on a light) when using the computer.

Standard resolutions (icon and font sizes) for current monitors are (many more are possible):

1280x720
1366x768
1600x900
1920x1080

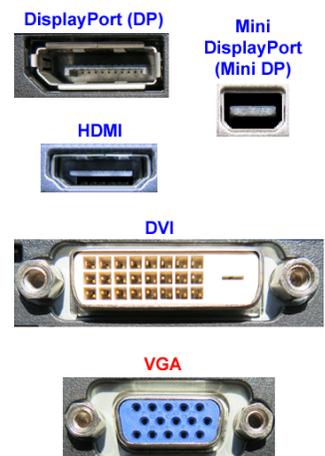
Generally, adjusting icon size more than 125% is not recommended unless you are using a discrete graphics card as it will cause slow response time and hanging / ghosting of images. Plan to mix changing resolution and setting icon size for best results.

It is usually possible to get a good 24" monitor for \$150 and a good 27" for between \$200 and \$250. Be sure you have a desk with space that allows you to move a monitor away from the chair before investing in a 32" monitor because of optical overload potential ... and invest in a 4K monitor if you are going that large to help avoid the pixilation that can happen on a large monitor.

If you are using a laptop, of course, sizes are different but resolution information is the same. Most laptops will allow attaching an external monitor for ease of use when sitting at a desk ... check to see what kind of connection you can make. Most laptops will use VGA or HDMI.

For all users – when replacing your monitor, futureproof your purchase by including DisplayPort or HDMI on the monitor or TV you purchase for your viewing pleasure.

Next month we will look at **Things in your hands** (mouse, stylus, pen mouse, finger, clicking, swiping, touching, and other stuff), followed by **Cords, Voice, Sound, and other hazards**.



Musings on Medicine and Computers

Author: Maryellen Amato, M.D., Member, ICON Users Group, MO

April 2019 issue, The ICON Newsletter—www.iconusersgroup.org—[meamato76 \(at\) gmail.com](mailto:meamato76@gmail.com)

When Mary Phillips asked if I would be willing to write an article for the ICON newsletter, I didn't want to say no, even though I was a newbie. After all, Mary had done so much for me. When I attended the Mercy Seniors' Computer Course last year, she sat next to me, guiding me on my journey into Windows 10 which I had never before used. She was forever patient and encouraging.

Mary also introduced me to the ICON meetings at our local libraries, and I soon joined ICON and tried to attend as many of the meetings as I could. Month after month I would observe Mary arriving early and staying late, lugging equipment and paperwork in and out of these meetings, using her time and skills as a top-notch teacher to lead and guide our group into new worlds of technology. From Mary as well as from our guest speakers, I learned about things ranging from genealogy to drones.

I did not want to admit to anyone that I had worked with computers for many years in a limited setting.

You see, the computers that I used at the hospitals or out-patient facilities where I worked had already been purchased, set up, turned on, and preloaded with the programs and apps that we needed to use. In addition, there was a group of savvy computer information technologists at our beck and call if there was ever a question or problem.

So what can I, someone with somewhat "limited" computer experience, discuss in an article?

That got me thinking. Since I am trying to cultivate an attitude of gratitude, I thought I would share my gratitude for computers in Medicine, which have changed all of our lives, mostly for the better.

When I started medical school in 1977 (Case Western Reserve University in Cleveland, Ohio), we had a refrigerated room full of large bulky computers tucked away somewhere, but we never worked with them. If I wanted to better understand something or look something up – in medical school or in my early years of medical practice – I had to make a mad dash to the medical library to search for a book that might have the information I might need. (...and I would be praying that book was not checked out!) As I progressed in my studies and years of experience as a diagnostic radiologist, my mad dashes became less frequent, but occasionally a disease we didn't see too often or a pressing question caused me to hit the books. This was especially difficult when I was on call in the middle of the night, the only physician available, and was even worse if the medical library was locked. It was also very time consuming and took me away from my patients.

Voila! The biggest benefit of having a laptop or an iPhone connected to the internet was that medical information was now at my fingertips. The mad dashes to the library became things of the past.

In addition, when I was on call at night, for most of my career, I would have to physically be present at the hospital or drive in from home at 3 a.m. or whatever ungodly time I was called. Now I could sit in front of a computer screen at my home and call up the x-ray images I needed to read. I did not even have to get out of my pajamas or bunny slippers to make the harrowing drive through fog, ice, and snow.

Computers also translated into great benefits in a number of other helpful ways. When I started my career, patient requisitions for imaging tests were written out by hand and had to make it down to the X-ray department. Imagine the frustration we felt when we got a requisition for a test "to be done TODAY" at 6 p.m., particularly noting the test was ordered at 1 p.m. Computers did away with these delays.

Our reports of completed tests also got out sooner. For many years, after interpreting an x-ray, I dictated my findings into a machine that was transcribed by a pool of transcriptionists. It sometimes took a couple of days for the report to be typed. Toward the latter part of my career, this time was chopped since we were now typing our own reports or using voice dictation algorithms. Signing a completed report was also

much easier. Back in the day when each report was typed using carbon copies, if we altered a single word on the page (such as changing the word left to right, a critical change), the entire report had to be retyped for just that one word and sent back to the typing pool. That might cause a delay of an additional few days. Now we could just pull up the reports on our computer monitors, make changes ourselves, push the button, and send the report on its way immediately.

The way that x-rays were taken and stored also evolved during my career due to computer technology. We went from using film (like film in your old camera, only bigger and heavier film) to using digital images that were quicker to acquire and easier to store and retrieve.

With our old-fashioned x-ray film, we had to take time to put the films up on lightboxes and take time to sort through dozens of old films in heavy folders to search for comparison views so we could assess for new or interval changes. Sometimes those old films were even stored in the bowels of the hospital and we had to wait hours to get them, delaying our final interpretation. Even worse, sometimes the old films were lost!

I had a ruler, a magnifying glass, and a “hot light” sitting next to me on my desk. My “hot light” was bolted down, but sometimes someone would “borrow” my ruler or magnifying glass and I would become irate. These tools are no longer needed since computers come with their own measuring and magnifying tools, and the background and intensity of images can be “dialed” up or down. This also slashed the need for radiologic technologists to re-take films if an image was over or underexposed. This translated into less radiation for the patient as well as great time savings.

Many computerized imaging studies which we use commonly today were also either not in existence or only being dreamt of in the 1970s. This includes the CT scanner, invented by British engineer Godfrey Hounsfield (a Nobel Prize winner that I had the privilege of meeting). The “C” in CT stands for computerized – and CT is shorthand for computerized tomography. This allows for making x-ray slices of body parts, improving our diagnostic capabilities. Without going into all the computer detail and physics involved, let me simply say that this was revolutionary. Diagnoses are now made more quickly, more accurately, and often with less pain for the patient because of CT and computers.

When I started my radiology residency in 1981 at Washington University, it took an entire hour to do a CT scan on a patient’s chest. This meant that the patient had to hold their breath multiple times and the images were more likely to be degraded by motion artifact. In addition, only a limited number of patients could be scanned in a day and there was a waiting list so we scanned into the night hours. Today, it only takes a matter of seconds or less to scan someone’s chest (or other body part), so it can be done on a single breath-hold. It actually takes longer to get the patient on and off the scanning table than it does to do the scan itself! This means quicker diagnoses and increased patient “throughput.”

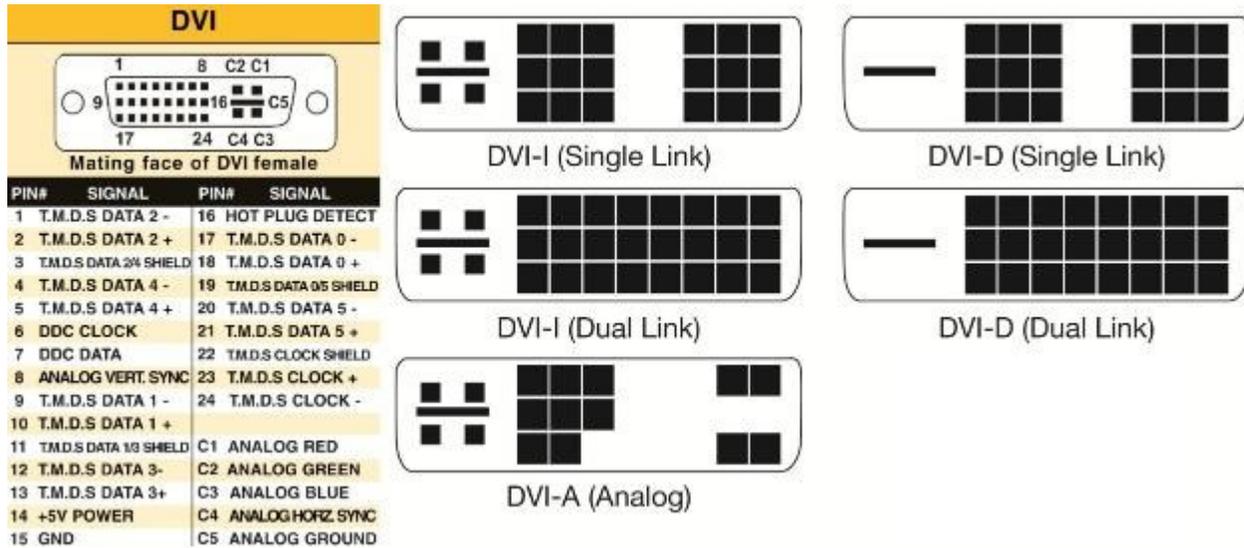
Virtually all of our current imaging modalities are dependent on computers, ranging from digital mammography to MRI (magnetic resonance imaging).

I have just touched the tip of the iceberg here, but I think you get the idea. Computers in Medicine have been extraordinary and they are here to stay, unless they are replaced by another technology that is currently in someone’s imagination.



A DVI story

Author: Jim Sanders, Director, North Orange County Computer Club, CA
September 2019 issue, Orange Bytes—www.noccc.org—jsanders (at) ligasmicro.com



Sometimes learning experiences occur for simple reasons. This particular learning experience happened because of the way I organized my test bench. This experience revolves around the video interfaces on the computers that most of us use. You know, the connection to the monitor that puts the pretty picture on the display. In particular, the VGA port, the DVI-I port and the connectors they use. Just to refresh your memory on what those acronyms stand for:

VGA stands for "**V**ideo **G**raphics **A**rray." The VGA standard was originally developed by IBM in 1987 and allowed for a display resolution of 640x480 pixels. Today, it typically supports up to **1080p**. The quality of the signal begins to drop off above 1920x1080 (**1080p**) which **will** cause a drop in image quality due to the analogue nature of the signal. With a good enough cable (shorter is better) and transceiver on either end it **can** be used for resolutions up to and including 2048x1536, your mileage may vary.

DVI stands for (**D**)igital (**V**)ideo (**I**)nterface. It is a video display interface developed by the [Digital Display Working Group](#) (DDWG). The [digital](#) interface is used to connect a video source, such as a [video display controller](#), to a [display device](#), such as a [computer monitor](#). It was developed with the intention of creating an industry standard for the transfer of digital video content. This interface is designed to transmit [uncompressed](#) digital video and can be configured to support multiple modes such as DVI-A (analog only), DVI-D (digital only) or DVI-I (digital and analog). The single link DVI-D can produce a near perfect 1920x1200 ([WUXGA](#)) image @ 60Hz on displays and the dual link a near perfect 2560x1600 ([WQXGA](#)) image @ 60Hz on displays.

In order to reduce the clutter around the test area, I bought a very flexible, small diameter, VGA cable to hook the 1920 x 1080 monitor to whatever computer I was working on at the time. Depending on age and other factors, most end-user computers have either VGA only ports, or DVI-I only, or both. For computers that only have one of the three Analog capable DVI connectors, I have acquired the three different DVI to VGA adaptors. Newer computers may have HDMI and/or Display Port ports as well.

One of the learning experiences here was that I didn't need three DVI to VGA adaptors, just one, the DVI-A pin out adaptor. The female, Analog capable, DVI connector that is on any one computer, can be one of the three shown in the diagram. As you can see in the above chart, the DVI-A will mate with the other two pin outs. The other two pin outs have limits.

A second learning experience had to do with my long-term assumption (remember the definition of assume!) that contained within the DVI to VGA adaptor was a clever little integrated circuit that did the conversion. WRONG! Heretofore, I had not bothered to look up WHY there are different pin outs on DVI connectors. I just acquired the right cable or adaptor that worked with a given system. If it mechanically mated and electronically worked, life was good. When I was forced to research my problem, it only took a view minutes on Google to learn the facts of DVI life. Whereupon, I really felt the weight of one definition of assume! If that is confusing go here: <https://www.urbandictionary.com/define.php?term=Assume>

A DVI to VGA adaptor doesn't contain a clever little IC that converts the digital signal to an analog signal. That clever little IC (that contains DACs, **D**igital to **A**nalog **C**onverter) is on the Mother Board or Video Card and makes the analog signals available on pins of the DVI connector. The only adapting the DVI to VGA adaptor does is to run wires from the correct pins on the DVI connector that contain the analog video signals, to the appropriate pins on the VGA connector.

What precipitated this learning experience? I was upgrading a client's computer to a new RX 570 video card which has Display Port, HDMI and DVI-D connectors. My test monitor only has VGA and DVI-I dual link connectors. If you look at the chart, it is obvious that none of my DVI to VGA adaptors can plug into a DVI-D female connector. Not to mention, there are no analog signals in a DVI-D connector anyway! It turned out that I had 4 DVI cables of differing lengths in stock, but all of them were DVI-I dual link cables. It being late and wanting to finish the job, I figured what the hey, I will modify one cable by breaking off the four pins surrounding the blade that keep it from mating. I did that and it still would not seat in the DVI-D connector. Looking closely, I could see that the blade in a DVI-I male connector is wider than the female slot in the DVI-D connector on the RX 570 video card. A little grinding with the Dremel tool and it slid right in and worked.

A few tidbits: The digital video signals in a HDMI connector are the same as DVI-D which makes it easy to make an adaptor cable you can buy for under \$10. HDMI connectors come in three sizes, standard, mini, and micro. A HDMI 2 in 1 T Adapter Connector Female To Mini HDMI Male And Micro HDMI Male Adapter is handy for connecting phones and tablets to a standard HDMI cable. There is a long list of powered adaptors that allow you to connect devices with different connector types and electronic signals to each other. Most are under \$50.00. In part because there is a royalty fee on HDMI connectors, for several electrical, mechanical, and economic reasons, Display Port is becoming the preferred video port. In the future, maybe, hopefully, Display Port will be the one and only to deal with.

Make Life Easier with Office Templates

Author: Nancy DeMarte, 2nd Vice President, Sarasota Technology Users Group, FL
August 2019 issue, STUG Monitor—www.thestug.org—[education \(at\) thestug.org](mailto:education@thestug.org)

It never hurts to make life easier, especially when we have necessary tasks to do. Recently, I revisited an old, but underused feature of Office: Templates. I was surprised to find many new templates and easy ways to search for, create and personalize them.

What is a template? It is a predesigned document that you can customize. You provide content like text or pictures within a professionally designed structure. Most templates include guided instructions within the template. Office templates cover a range of different purposes: business or personal cards, brochures, flyers, calendars, and more. Templates are available in Word, PowerPoint, Excel, and Publisher in both the Windows and Mac Office suites.

I was looking recently for a new design for my personal cards. When I opened the Word application, I saw several templates next to and below Blank document, with many more available free online.

I typed 'Personal Cards' into the **Search box** and pressed Enter to reveal a collection of card templates. I chose one called "Earth tones business cards" and clicked it. Then I took a few minutes to read the

descriptive details and wrote down the card size and product numbers for card paper compatible with my cards. Finally, I clicked Create to open the template.



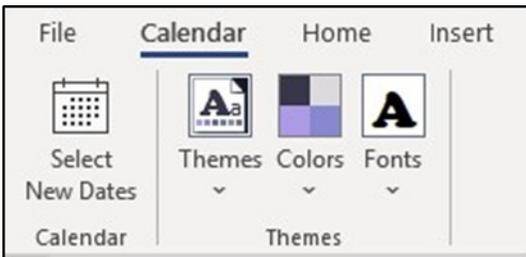
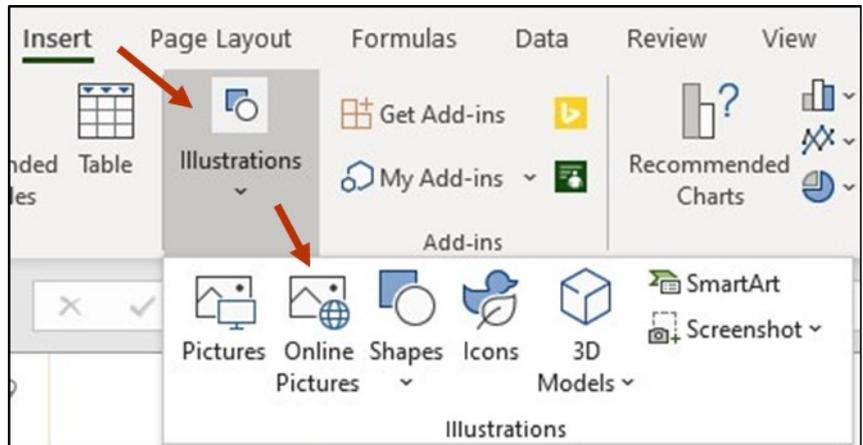
Customizing this template was easy. I clicked inside the top left card, selected YOUR NAME and typed my own name in its place. When I pressed Enter, all the other cards on the template displayed my name, too. The same was true for the other data. The whole process took no more than ten minutes. Now I had a sheet of professional-looking cards ready to be printed as soon as I purchased one of the compatible card packages at an office store.

Templates in Excel: Next, I opened Excel to see what templates were available. I wanted to find a calendar with a page for each month to personalize for my extended family. In Excel, I found a calendar I liked called Seasonal Photo Calendar.



I read the details carefully before clicking Create. Once I downloaded the calendar, I began by clicking January at the bottom of the screen. Then I checked the Calendar settings for Year (2019), and Week Start (Sunday) to make sure all dates in 2019 would appear on the correct days of the week. Of course, this can be modified for the next year.

Then I began to add text and/or pictures to the important dates for each month. I clicked a date on the calendar, then clicked Insert tab > Illustrations > Pictures (or other graphics). To add text, I double-clicked in a date square and typed. I made pictures smaller by dragging from a corner toward the center.



Many calendar templates allow you to change colors, fonts, and themes. Some only let you change the text. If you are working with a calendar template, select what you want changed and look for the Calendar tab on the ribbon, as shown. If you find you have the wrong dates for the days of the week, click Select New Dates.

Templates in PowerPoint are called themes. These include the background design, font, and color scheme. There are also templates for entire PowerPoint presentations. All you need to do is change the text and replace the pictures with your own. This can be a lifesaver if you need a presentation quickly.

Publisher Templates offer a wide variety of templates. When I searched for Cards, I got greeting cards, invitations, plus business and personal cards. These are worth exploring.

Tips: You might ask how an Office template differs from an Office file (document, spreadsheet, or presentation)? Templates keep their original structure, no matter how much they are customized. To distinguish them from normal files, they have a unique file extension. In Word, for example, a document extension is .docx, while a Word template extension is .dotx (or dotm, if macro-enabled). Your search will show you templates, but when you click Create, the template becomes a document, leaving the template intact.

You can create templates as well as use them. If you have personalized a Word document, for instance, and saved it with a .dotx extension, it is now a template. When you use it, though, be sure to save it as a Word document (.docx extension), or your original template will be lost.

Next time you need for a professional-looking document or other project, try using a template. You may find it easier than you thought.

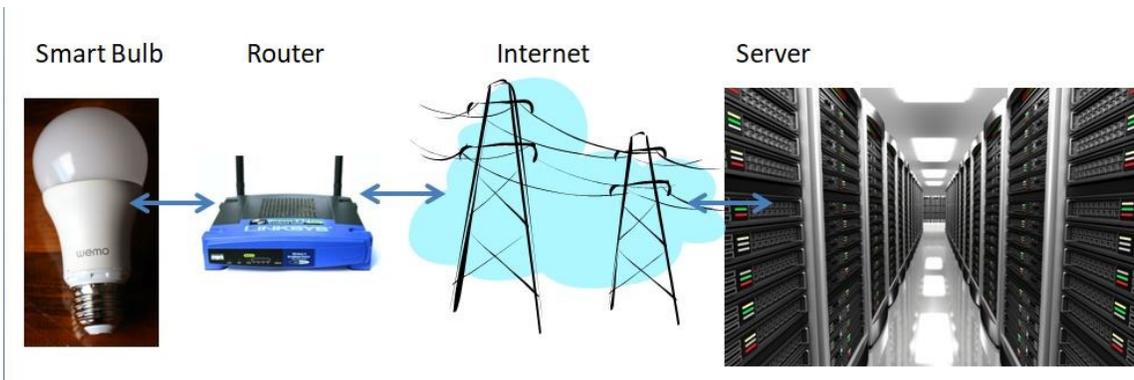
Smart Devices in the home – With voice control

Author: Phil Sorrentino, Contributing Writer

The Computer Club, Florida—September 2019 - www.scccomputerclub.org—Philsorr (at) yahoo.com

There are a whole host of smart devices available for use in the home now. Some of the most basic and least expensive ones are smart bulbs, smart plugs and smart cameras. (Yes, I know cameras can be expensive, but there are some fairly inexpensive indoor-only cameras.) First of all, what

makes these devices smart? Well as I have alluded to in previous articles, it's all about Client – Server technology. The devices have some limited intelligence in them. Read “intelligence” as basic processing power, downloadable firmware, and wi-fi electronics. This allows them to be able to communicate with a local wi-fi router, which in turn allows them to access the internet. Once they can access the internet, they can take advantage of the servers on the internet (sometimes referred to as “in the cloud”). The intelligence in the accessed server is where all the magic happens. Here read “intelligence” as very fast, very powerful, server computers capable of handling millions of requests for service per second. So it's the combination of the smart device, the internet, and the server that really makes the smart device: smart.

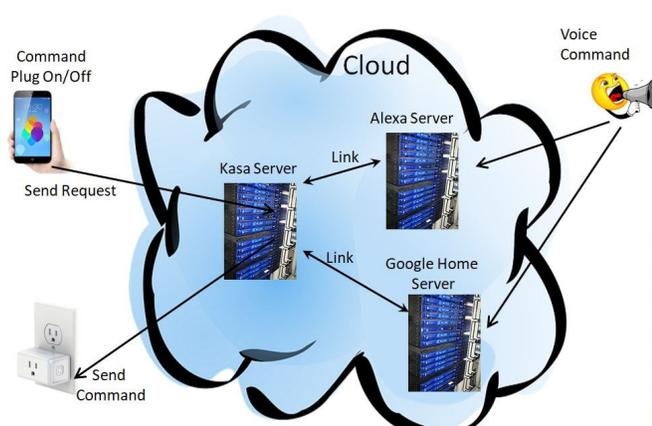


Once you have your smart device ready for installation, it is the App on your smartphone that takes over and steps you through the installation process. (Yes, a smartphone is required for the installation, either Android or Apple.) The App that you will use for installation will be the App from the specific smart device manufacturer. So for example, if you have a TP-Link smart bulb, you would have to get the TP-Link App for your smartphone. In this example that would be the “Kasa” App. Similarly, if you have a Wyze smart bulb you would use the Wyze App for the installation. These Apps are free and are intended to work with the servers from the specific manufacturer. (So just as an aside, think about this. If the company that operates the server, the smart device manufacturer, goes under and the server goes away, your smart device will no longer be smart. The bulb may not even be able to be turned on if there is no server to command it to turn on.)

The installation process is usually pretty easy; after all, it's the App that is doing all the work. The first thing you have to do is get the device ready for installation. The App will usually start this by having you select something like “add a device,” or “add a product”, or maybe you just have to select the “+” on the screen (as found on the Kasa App) to add a device. You will have to let the App know what type of device you are adding. This is usually done by just selecting the device type from a list of device types manufactured by that specific manufacturer. Once the device type is selected, you are ready to go into the setup mode. The App will give you instructions for getting the device into the “Setup” mode. On a smart plug with a push-button switch it is really easy because pushing the button as directed by the App will get the smart plug ready for installation. With a smart bulb, usually you quickly turn the power on and off maybe three times and the smart bulb goes into the Setup mode. You will know the device is in setup mode when whatever you were watching changes. With a smart bulb, the light may start to pulsate slowly, with a smart plug, the small light on it may blink or change color. Once the device is in the setup mode, it will need to know the name of your wi-fi network and the password for that network. (Note: some devices only support 2.4 GHz networks only; not 5 GHz networks.) You may have to use your “Settings App” on the smartphone during the setup; just follow the directions from the App. Once you enter the wi-fi network name and the network password you may see a timer count down for a few seconds till the installation is complete. Finally you will be asked to name the smart device; something like “desk light” or “bedroom plug”. (Keep in mind that each manufacturer's App will be a little different, this is just a general example.) The installation may seem complex but after you have done it once or twice it will probably become automatic. However, you might want to keep those instructions that you get with the device in a safe,

convenient, place because you might have to go through the whole process again. (Before I lose the instructions, I scan them into a file and place the file in a “Home Automation” folder so I can review the directions when I have to do another installation. This was recently necessary when I changed my router and the new wi-fi network had a new name and new password. This forced me to reinstall every device that used the house wi-fi. At the time, I had 7 smart devices that had to be reinstalled.) So now with the smart device installed you can control it from your smartphone App. Typically, you can turn it on and off and maybe even set up a schedule.

Once the device is installed and working, it's time to move on to voice control. Voice control is supported by Amazon's Alexa and Google's Google Home. You can use either of these or both. Amazon calls the link between Alexa and smart devices “skills.” Google Home refers to them as links. In either case you need to have the appropriate App on your smartphone; the “Amazon Alexa” App for Alexa, and the “Home” App for Google Home. Again, the Apps are free and available for Android and Apple. Once you have the appropriate App, you just have to follow the instructions to link your smart device. Typically you will have to select the type of device and the device manufacturer. On Alexa this is started by selecting the “+” on the “Devices” screen and then selecting “Add device,” and then the type of device, and then selecting the manufacturer of your device from a list of manufacturers. To make sure you are linking “your Alexa” to “your smart device,” the App will require the Username and Password for the manufacturer of your smart device. (So, as a general rule, make sure you know the Usernames and Passwords for all of the manufacturers of the smart devices that you use.) Once you have authenticated yourself with your Username and Password, a link will be made between the Alexa server and the smart device manufacturer's server. And now you can control the smart device, at least to the extent that the skills allow, by voice control. Now enjoy the feeling of power.



The Internet Is My Cookbook—Searching for Recipes

Author: Tom Burt, Vice-President

Sun City Summerlin Computer Club—September 2019 issue, Gigabyte Gazette—www.scscclb.com
tomburt89134 (at) cox.net

An oft-spoken motto around Casa de Burt is “Fight Boring Food.” Most nights we stay home and cook, as this gives better portion and ingredient control. We enjoy ethnic food – especially Indian and Thai, though our repertoire includes all cuisines. Another challenge is coming up with recipes that work well for two. Often, we plan for a second meal as a way to get double duty from the original preparation.

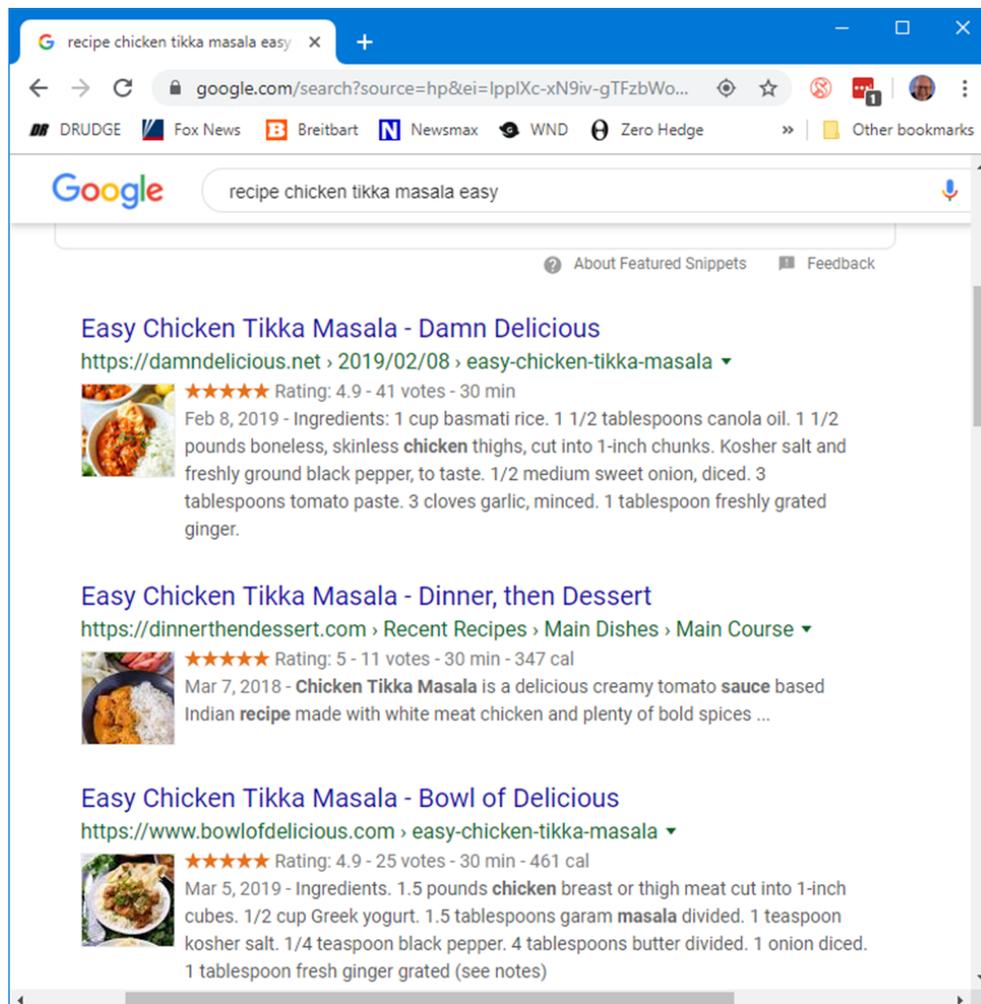
As part of the menu planning process, we sit down mid-week, after the supermarket flyers have arrived, along with an inventory of what's in the freezer and refrigerator. We then figure out the dinner plan for the following week. Each dinner typically includes a protein, a starch and a vegetable or salad and some fruit. Once we have a general plan, the challenge is to decide how a given meal will be cooked. The goal is to have lots of variety while keeping cost and effort low.

For example, we might decide to have chicken one evening. Will it be boneless-skinless breasts or thighs or a whole roast chicken or do we boil a chicken to make soup or we do cut up the chicken and do it oven fried or perhaps a pan fricassee? Another night it might be beef - steak, pot roast, braised brisket, fajitas, carne asada, roast prime rib, sweet and sour? And so on. The choice of prep for the protein in turn drives the choice of starch – rice, potatoes, egg noodles, pasta, bread and so on – as well as the choice of veggies or salad.

Often, especially for a preparation we haven't done for a while, I like to fire up my favorite web search engine and get an idea of how a particular dish is prepared. Usually I'll look over a dozen or so recipes to get a sense of what ingredients are fundamental to the dish, cooking time and temperature and any special techniques. Most dishes also involve a sauce or gravy. Once I know what it will take to make the dish, I note any unusual ingredients (e.g. fresh ginger, cilantro, coconut milk, scallions, tortillas) on the shopping list.

Now that I've got you salivating, let's look at a couple of real-world examples.

All recipe searches should start with RECIPE followed by your protein (or perhaps veggie), followed by the preparation. For example: RECIPE CHICKEN TIKKA MASALA EASY. Adding the qualifier EASY to your search homes in on recipes that don't have a lot of complex ingredients or preparation. Chicken Tikka Masala is actually a dish made popular in Britain, using Indian spices, chicken, tomato sauce and plain yoghurt. My search on Google turned up 3,260,000 hits – a few too many to read. But the top 10 or so provide all the essential information.

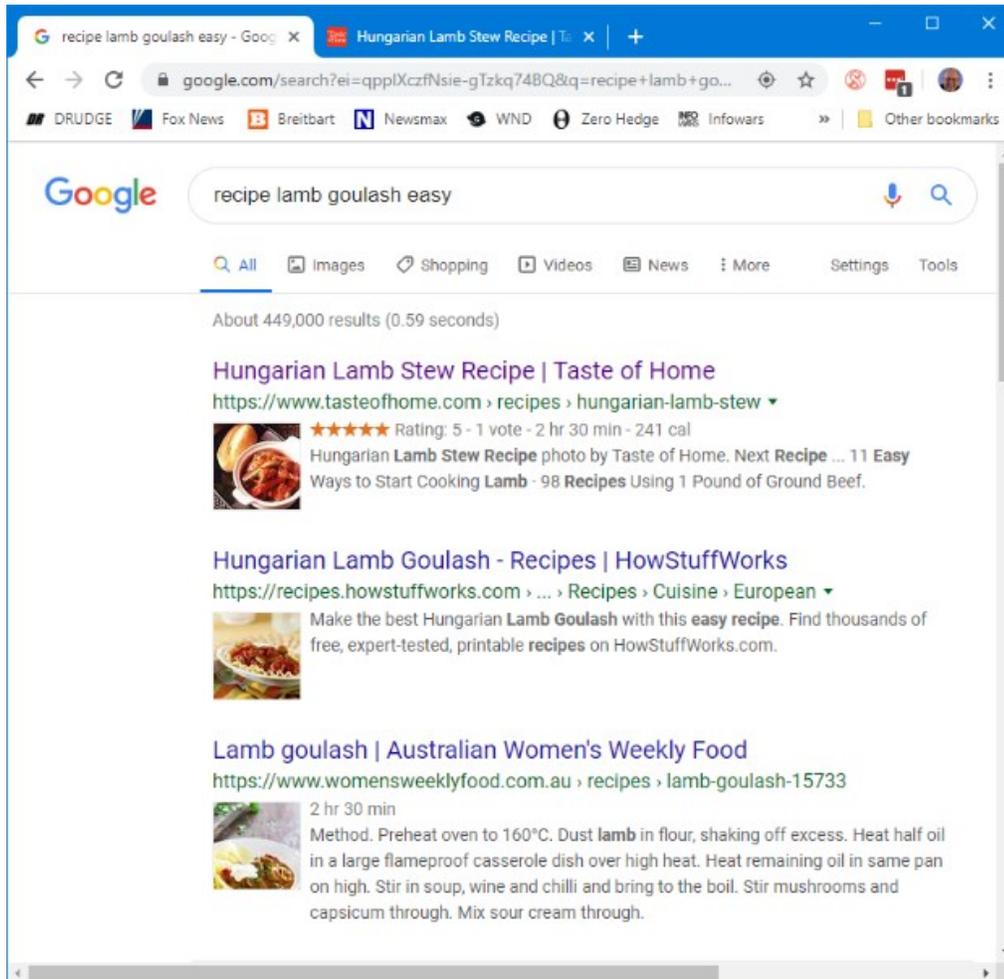


The screenshot shows a Google search for "recipe chicken tikka masala easy". The search results are as follows:

- Easy Chicken Tikka Masala - Damn Delicious**
https://damndelicious.net › 2019/02/08 › easy-chicken-tikka-masala
★★★★★ Rating: 4.9 - 41 votes - 30 min
Feb 8, 2019 - Ingredients: 1 cup basmati rice. 1 1/2 tablespoons canola oil. 1 1/2 pounds boneless, skinless chicken thighs, cut into 1-inch chunks. Kosher salt and freshly ground black pepper, to taste. 1/2 medium sweet onion, diced. 3 tablespoons tomato paste. 3 cloves garlic, minced. 1 tablespoon freshly grated ginger.
- Easy Chicken Tikka Masala - Dinner, then Dessert**
https://dinnerthendessert.com › Recent Recipes › Main Dishes › Main Course
★★★★★ Rating: 5 - 11 votes - 30 min - 347 cal
Mar 7, 2018 - **Chicken Tikka Masala** is a delicious creamy tomato sauce based Indian recipe made with white meat chicken and plenty of bold spices ...
- Easy Chicken Tikka Masala - Bowl of Delicious**
https://www.bowlofdelicious.com › easy-chicken-tikka-masala
★★★★★ Rating: 4.9 - 25 votes - 30 min - 461 cal
Mar 5, 2019 - Ingredients. 1.5 pounds chicken breast or thigh meat cut into 1-inch cubes. 1/2 cup Greek yogurt. 1.5 tablespoons garam masala divided. 1 teaspoon kosher salt. 1/4 teaspoon black pepper. 4 tablespoons butter divided. 1 onion diced. 1 tablespoon fresh ginger grated (see notes)

Many of the resulting recipes have star ratings that help you home in on ones that produce the best results. Clicking on a link takes you to the website where the details of the recipe – ingredients and preparation steps are detailed. Many of the recipes also have calculators to let you adjust the ingredients to the number of portions you want to make. Many also have lots of photos or even videos to help less experienced would-be chefs to understand the preparation.

Let's try another search: RECIPE LAMB GOULASH EASY



This one got 449,000 hits. The rating on the top recipe is 5 stars, so it should be pretty good. Goulash is a Hungarian spicy meat stew made with meat, onions, tomatoes, bell peppers, garlic, and *lots* of paprika. It's a single pot meal that's served in a bowl, so very easy on prep. There are many variations of the meat and veggies.

The recipe possibilities on the Internet are endless and no matter what you're looking for, the web will serve up a recipe for you. If feeling adventurous, try searching for: RECIPE DUCK A-L'ORANGE or RECIPE AVGOLEMONO SOUP
Let your imagination be your guide and, in the words of noted French chef Jacques Pépin, "Happy Cooking!"



Thoughts from a Clicker - September 2019

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September 2019 issue, CCCC Computer News—www.clickers.org—[tsa70785 \(at\) gmail.com](mailto:tsa70785@gmail.com)

This month I'd like to tell you about one of my favorite utility programs. I have it installed on all my computers and have been using it for more than ten years. I first reviewed this program in July 2009. The program has gotten even better since then. Like many other free programs, the programmer has a donate button on his website. I like the program so much that I hit the PayPal button a long time ago. Maybe it is about time I gave him a few more dollars.

FileMenu Tools lets you customize the right click menu of Windows Explorer. It also works with all the alternate explorer programs that I've tried. The program adds utilities to perform operations on files and folders and adds customized commands that let you run external applications, copy or move to a specific folder or delete specific file types.

With the built-in commands you can:

- Run With Parameters – Runs a program with parameters you input in a dialog box.
- Command Line From Here – Opens a command line window.
- Copy/Move – No need to cut and paste. You can also use filters in file selection.
- Duplicate Files – Makes a copy in the same folder.
- Pack to Folder - Moves all the selected elements to new sub-folder in the current folder.
- Copy Path/Name/Content - Copies the selected item(s) to the clipboard.
- Attributes – You can view and change them without having to open a properties dialog box.
- Find and Replace – Lets you find or replace a text for all the files in a selected folder.
- Advanced Rename – With lots of options.
- Change Icon – Changes the icon for the selected folder.
- Change Attributes – Quickly and easily change folder options.
- Advanced Delete – Lets you delete specific file types in a folder.
- Synchronize Two Folders – Lets you synchronize two folders quickly and easily.
- Shred Files – Overwrites several times so it is impossible to recover the file in the future.
- Send to Mail Recipient – Lets you send an e-mail with selected elements as attachments.

These are less than half of the FileMenu commands you can select from. In the configuration menu, a simple check will turn off the commands you don't want. If you can't find the FileMenu function you need, then just add a customized command to run external applications, copy/move to a specific folder or delete specific file types.

FileMenu Tools lets you configure the "Send to" sub-menu. You can add new items, change the properties of the existing items or delete them. You also can disable existing "Send to" items in order to hide them from the menu.

FileMenu Tools will also let you enable/disable the commands which are added to the context menu of the Windows Explorer by other programs. This is the only function that is not one hundred percent reliable.

When it works, it works well, but it doesn't catch all the programs that add a right click.

FileMenu Tools is a 12.90 MB download and runs on all Windows platforms. Open Candy is used during the installation process but can be refused with a check mark. Did I mention the price? This program is freeware and costs nothing.

Download FileMenu Tools and give the program a test. I'm pretty sure that you'll like it. While you're on the Lopesoft website, you can also download and test LopeEdit Lite, an excellent alternative to Windows Notepad.

Keep on clicking and thanks for reading.

Windows 10 Helps with Vision Problems

Author: Nancy DeMarte, 2nd Vice President, Sarasota Technology Users Group, FL
September 2019 issue, STUG Monitor -www.thestug.org—education (at) thestug.org



Ease of Access Center

As we age, many of us find that our vision begins to deteriorate, making it difficult to read the computer screen. Windows has a long history of aiding users with this problem, but Windows 10 has increased the number of vision assistance features and made them easier to use. This article explores the vision tools located in the Ease of Access Center on the Control Panel. Type “Control” in the Windows Search box and click Control Panel > Ease of Access Center. If you intend to visit the Ease of Access Center often, you can save time by pinning it to the Start menu or Quick Access toolbar (located above the ribbon). To do this, open the Control Panel, then right click Ease of Access Center and click your choice of locations.

The vision section of Ease of Access has several tools. Some have so many options they can be confusing.

To help you begin, Windows 10 offers a survey which will help you know where to start, given your specific vision problems. (See the yellow box .) Your answers will generate recommendations for which tools will give you the most help. The

four most popular tools are listed above the yellow box. Below the box is a partial list of settings that can be personalized. (See below) After a setting is selected and turned on, it starts up the next time you open the Ease of Access Center and stays on until you turn it off.

Make your computer easier to use

Quick access to common tools

You can use the tools in this section to help you get started.

Windows can read and scan this list automatically. Press the SPACEBAR to select the highlighted tool.

Always read this section aloud

Always scan this section



Start Magnifier



Start Narrator



Start On-Screen Keyboard



Set up High Contrast



Not sure where to start? Get recommendations to make your computer easier to use

Explore all settings

When you select these settings, they will automatically start each time you sign in.



Use the computer without a display

Optimize for blindness



Make the computer easier to see

Optimize visual display



Use the computer without a mouse or keyboard

Set up alternative input devices



Make the mouse easier to use

Adjust settings for the mouse or other pointing devices



Make the keyboard easier to use

Adjust settings for the keyboard

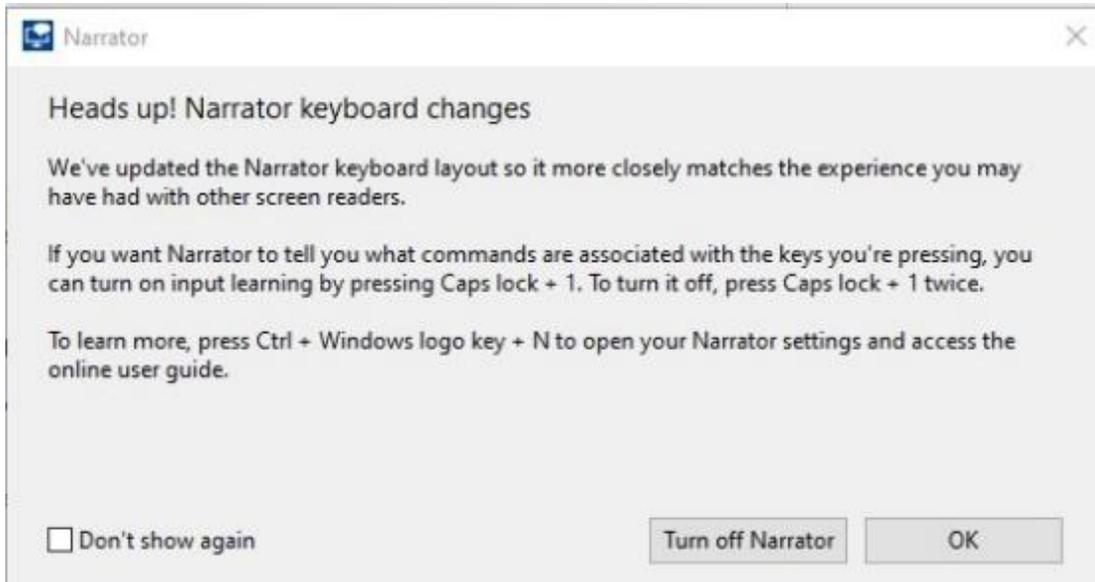
Here are brief descriptions for some of the Vision tools featured in Windows 10:

Magnifier can enlarge the contents of the whole screen, locate or dock the magnified text at the top of the screen, or create a magnifying lens which you can move with a mouse or touch to magnify specific sections of the screen. To turn on Magnifier, hold down the Windows logo key and press the + key. To turn it off, hold down the Windows logo key and press the Esc key. Magnifier has many optional settings. It is usually safer to stay with the default settings until you find you need to change one.

High Contrast makes text or graphics easier to see by emphasizing their difference. For example, a black background with white or light-colored text might be easier for some people to read. Others might prefer a white background with black text. To turn high contrast on or off, hold down the Shift and Alt keys on the left side of the keyboard and press the Print Screen key (PrtScr) on the top row of the keyboard.

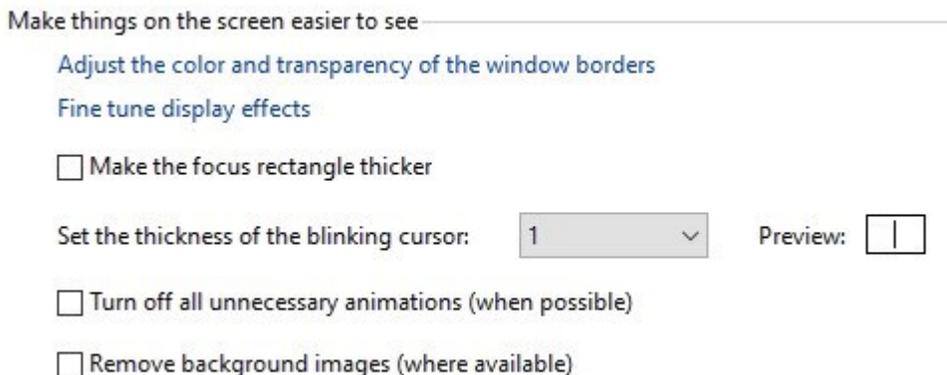
Narrator is a screen reader. After you choose a male or female voice, Narrator reads aloud everything on the screen and can describe the content of videos (Audio Description).

Narrator is easy to turn on and off from Ease of Access Center or by typing Narrator in the Search box. Adjustments can be made to the reading speed. You will need speakers to use this tool. Some recent changes made to Narrator are explained in the box below:

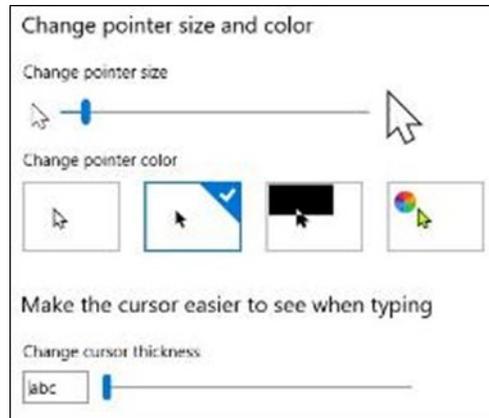


On-Screen Keyboard is a keyboard which appears on the screen with a black background and white characters. This keyboard option may be easier for some users to see. It can be used with a mouse or touch if you use a touch screen computer.

Display includes tools to make your screen easier to read. Use the slider to change the text size or brightness of the display. A few other settings are shown below:



Cursor and Pointer lets you choose the size and color of the mouse pointer and cursor. This is a good option for those who have trouble finding the pointer on the screen. More settings for a mouse pointer can be found in the Control Panel in 'Mouse'.



Color Filters are options for those with color blindness. Choose between grayscale or various color groupings until you find one that makes it easier to see photos or colored graphics.

Speech Recognition: If you have your PC connected to the Internet and have turned on 'speech recognition' in the Control Panel, your computer will type your words as you speak them. You must also turn on the computer's microphone. To do this, type 'microphone' in the Search box. As of now, speech recognition includes six languages.

Cortana: Microsoft's digital assistant, Cortana, is an easy-to-use shortcut to many types of tasks, such as opening an app, sending an email, and answering questions. Just turn on Cortana by typing her name in the Search box and talk to her.

Not all the tools described here are found in Ease of Access. Type a tool's name in the Windows Search box to find it. Most of the accessibility tools have a "Get Help" link to click if you need assistance. If you need even more help, talk to Cortana.

A few of my favorite things (aka websites)

By Lou Torraca, President Emeritus, The Tug – MOAA User Group, HI
August 2019 issue, The Tug Newsletter— www.the-tug.org—[editor \(at\) the-tug.org](mailto:editor@the-tug.org)

Time for an update of My Favorite Things...can you hear Julie Andrews singing the song: Raindrops on Roses and Whiskers on Kittens; Bright Copper Kettles and Warm Woolen Mittens; Brown Paper Packages tied up with Strings, These are a few of my favorite things.

We all spend lots of time on the 'net, but the sheer size of it makes it hard to find lots of neat places unless someone tells us, so, I've made a list of some of my favorite things (aka web pages) and I've added a few brief comments on each, but you really need to go there yourself and see what's there and in some cases try out the program.

<https://alternativeto.net>

It's really easy to find any alternatives for a software program that you don't want to spend big bucks on when you use the search function at this website.

<http://www.nasa.gov>

Hard to beat this one for kids of all ages. Lots of great information and images, things to do and games for everyone.

<http://www.wpclipart.com>

This is where some of the clipart you see at the top of this column comes from. The owner, Mr. Paul Sherman has posted them for public use, free of any restrictions. So, feel free to use them in your letters, e-mails or whatever. Thanks, Paul!

<http://www.musipedia.org>

The folks at Musipedia are busy building a searchable, editable, and expandable encyclopedia of tunes. And you're invited to take part in the action. Their Melodyhound can find a tune even if all you know is the melody. Or, see the next one.

<http://thenostalgiamachine.com/>

Pick a year and you will get a list of that year's hit to listen to.

<https://www.popularmechanics.com/>

Pretty much anything you can think of is probably on this webpage!

<https://radio.garden/listen/wpkn/e0ID4oHy>

This is one you will love. Search the globe for radio stations anywhere in the world!

<http://www.merriam-webster.com>

If you do any amount of writing, whether for the office or just e-mails, I'd be surprised if you haven't found this one, which, along with the Encyclopedia Britannica are essential tools.

<http://twitter.com>

After blogs, this one was inevitable...you "twitter" (yes, it's a verb) by answering the question "What are you doing?" in 280 characters or less. It looks like more of a fun thing than a serious one as you can see from the example of how little 280 characters is.

<http://www.gcflearnfree.org>

This page is an incredible online learning site from the Goodwill Community Foundation. On the site, there are thousands of video lessons covering 125 topics, taught by professional educators. Topics are geared to everyone from kids, to college students, to people who want to learn English, or even adults who need to beef up on job skills, like learning to write a resume or using Microsoft Office.

<https://www.travelblog.org>

This is a place where you can write an ongoing blog documenting your travels. It's a great way to share stories and chronicle your trip.

<https://www.afi.com>

Here you will find an amazing amount of information about films you have seen or wanted to...complete story lines, a list of the top 100 films and lots more to explore. If you are a film buff, you will love this site.

Hope you enjoy exploring these; have fun out there on the www, but remember to be safe! Aloha, Lou
