



# PLATEAU PC USERS GROUP, INC GAZETTE



## March 2019

Published by the Plateau PC Users Group, Inc. P.O. Box 3787, Crossville TN 38557-3787 [www.PPCUGinc.com](http://www.PPCUGinc.com) March 2019

“JOIN US FOR FUN AND LEARNING AT CROSSVILLE’S COMPUTER CLUB”

Volume 25, Issue 3

### This Month’s March Meetings

General Meeting  
Tuesday, March 12th at 3:00 P.M.  
At Christ Lutheran Church FFG

Plateau Photography Club Workshop  
Thursday March 21st at 1:00 P.M.  
At FFG Library Bldg.

The March 12th Program at 3:00 P.M.  
FFG Christ Lutheran Church

### Joe Lowe, Director of Management Information Systems/Print Mail Services.

Joe received his Bachelor of Applied Science Degree from ITT Technical Institute, Aurora, CO in 1992.

He came to work at Cumberland Medical Center (CMC) in February 1994, as a computer technician in the MIS Department. In 1998, he became the liaison between the newly acquired software applications and the financial departments of CMC as the Financial Systems Coordinator. He was promoted to the Director of the Information Technology department in 2001.

Joe will be presenting the patient experience from the information technology aspect. As we explore the patient experience, learn how technology is used and why we use it to help provide the best experience and outcomes possible for our patients.

Let us take a journey behind the technology scenes of patient care.



### Inside This Issue

Club information and Phone numbers	Page 2
Upcoming Events	Page 3
Cool Tips & Sites - Remove Duplicate E-mails	Page 3
The End is Near (for Windows 7)	Page 4
Clean up clutter in Outlook 2016	Page 5
Printer Problems	Page 6
32-bits, 64-bits— How many do I need?	Page 8
Don’t ever share your password or pin #	Page 9
Computer Flu Season on Windows	Page 12
Freshly Squeezed Reviews: With an Ever So Light Bias	Page 13
PPCUG Application for Membership	Page 15
April 2019 Calendar	Page 16

Winter Hours start at 3:00 P.M. (October through March)  
Summer Hours start at 6:00 P.M. (April through September)

Location: Christ Lutheran Church  
481 Snead Drive, Fairfield Glade

NOTE: Meeting Dates are now on 2nd Tuesday’s of the month

## Join the Club!

Anyone interested to attend the general meeting or any of the SIG meetings as a guest will be charged \$3.00 per person for any or all meetings in that month. Afterwards, you are encouraged to become a member of the Plateau PC Users Group.  
Our Club cannot exist without you, the members.

### Membership Dues

Our annual dues are now payable July 1st of each year. Annual dues are \$24 per single person / \$30 per family starting July 1, 2014, with partial years dues as follows:

Join In	Jul-Sep Annual Dues	Oct-Dec	Jan-Mar	Apr-Jun
Single:	\$24	\$18	\$12	\$6
Families:	\$30	\$22	\$15	\$7

Student memberships (21 and under) are \$10 annually. Corporate memberships are \$30 a year for the first two memberships and \$10 a year for each additional membership from the same company.  
Contact the PPCUG Treasurer (931) 707-3677 for pro-rated dues of these types of memberships.

### BOARD OF DIRECTORS DISCLAIMER

All members of the Plateau PC Users Group are willing to help one another in the area of advice and tutorial instruction over the phone. If you should require more involved services or instruction, we have a few members who are very knowledgeable in several areas. As a responsible consumer, it is up to you to discuss, before retaining a member, any and ALL charges for repair services and time consuming tutorial activities.

It is not the desire of this Board of Directors to set fees for individuals for services rendered, nor the responsibility to intervene between members who enter into a contract among themselves.

The GAZETTE is published using the following: Microsoft Word, Microsoft Publisher, and Microsoft Windows. The Gazette is the monthly newsletter of the Plateau PC Users Group, Inc.

**DISCLAIMER:** No warranty, express or implied, is made by the PPCUG, the Gazette editorial staff or its contributing editors. This extends to all losses incidental or consequential from the use or non-use of any information in any issue of the Gazette.

All images used in the newsletter, website, blogs, class materials or handouts ("media") are obtained from a "free use" source, preferably images that have been released as "CCO Public Domain".

## 2018-2019 PPCUG, Inc. Board Members



President	Steve Rosenstein	(931) 742-0151
Vice-President/ Compliance	Jim Buxton	(931) 456-6009
Treasurer	John Krueger	(931) 707-3677
Acting Secretary	Linda Yates	(619) 707-7339
Past President	Carl Nordeen	(931) 456-5597
Programs	Open	
Membership	John Krueger	(931) 707-3677
Publicity	Mary Anne Nordeen	(931) 456-5597
Gazette Editor	Gordon Botting	(931) 456-2184
APCUG Rep	Steve Rosenstein	(931) 742-0151
Equipment Custodian	Bob Willis	(931) 456-6511
Webmaster	Alan Baker	(931) 239-0877

### Directors at Large

Gordon Botting	Richard Del Frate	Barbara Duncan
Bob Willis		

### SIG Leader

Plateau Photography Club Workshop	Jim Gries	FGphotography-club@gmail.com (331) 442-9763
--------------------------------------	-----------	--

## Up Coming Meeting for April 2019

### Note: Change to Summer Hours

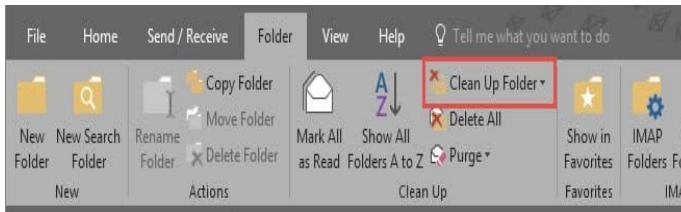
The next General Meeting of the  
**PLATEAU PC USERS GROUP**  
Will be on **Tuesday, April 9th at 6:00 P.M.**  
at **Christ Lutheran Church**  
**481 Snead Drive FFG**  
**(corner of Snead & Lakeview Drive)**

### Cool Tips & Sites

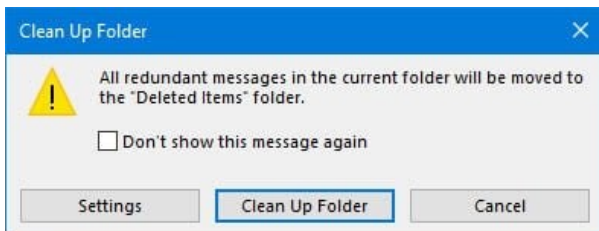
#### . Remove Duplicate E-mails in Outlook 2016

If you merged an old Outlook database with your current account and are now seeing duplicate emails, you can clear them out with this easy function.

1. From the main page, go to the "Folders" tab and click on "Clean Up Folder", and "Clean Up Folder" again.



2. Hit "Clean Up Folder" one last time in the warning box that comes up.



## News of the Special Interest Groups

### Plateau Photography Club

In June 2018, the Plateau Photography and the Photo Editing Workshop Groups merged their monthly meetings into one meeting to be held on the third Thursday of each month, except for the months of December and February downstairs at the Fairfield Glade Library building (formerly the Multi-Purpose building), Room C, at 455 Lakeview Drive next to the swimming pool area. Enter the lower level from outside below the deck in back.

Members of the PPCUG may attend at no charge; guests are asked to pay \$3 for these workshops (the \$3 fee is good for all meetings and workshops in the month paid).

As more people take digital pictures, photo editing has become a necessary and essential part of producing the final picture. Since over 95% percent of all pictures taken today are photo edited in some way, it was felt that the two topics should be combined in our meetings.

The meetings will have monthly assignments covering a various categories. Each member will be asked to bring the original picture taken and then explain the photo editing tools used to produce the final picture. There will be discussion covering the picture itself and the tools used and why they were used. Pictures with no photo editing are also welcomed.

Each meeting will try to include short presentations on photography practices and/or photo editing techniques.

The topics and assignments will be published in advanced to allow enough time for each member to plan and carry out their assignments. The SIG leader is Jim Gries. at [FGPhotographyclub@gmail.com](mailto:FGPhotographyclub@gmail.com)

### **\*\*\* New PPCUG Website \*\*\***

Visit our website at [www.PPCUGinc.com](http://www.PPCUGinc.com). The Learning Center class schedule and Gazette are all available on our web site.

Send your comments and suggestions to the Webmaster, Alan Baker  
[Webmaster@ppcuginc.com](mailto:Webmaster@ppcuginc.com) (931) 239-0877

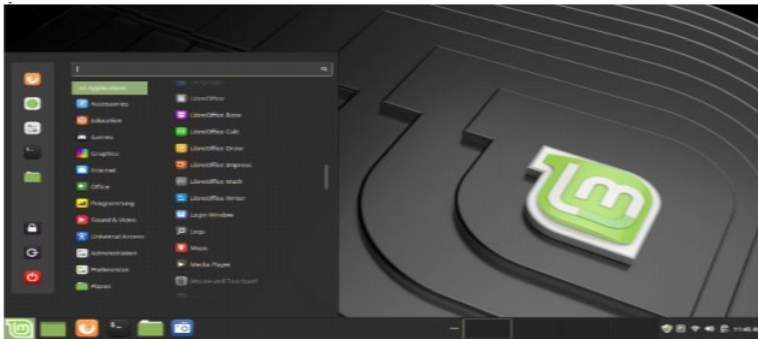
# The End is Near (for Windows® 7) What about Linux?

Open Source Lab

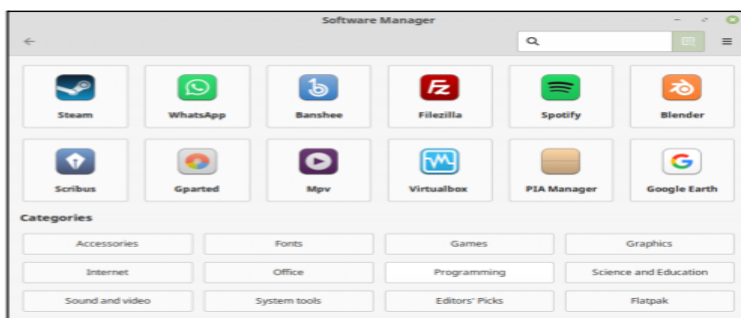
By Cal Esneault, former President of and leader of many Open Source workshops  
February 2019 issue, CCCC Computer News  
[www.clickers.org](http://www.clickers.org)  
tsa70785 (at) gmail.com

Traditionally, Microsoft Corp. released a new Windows operating system version every 3 years and supported each version for 10 years. The very popular Windows 7 release will reach the end of extended support on January 14, 2020 (next year!). Although many PC users have switched to Windows 10, over a third of PC users are still running Windows 7. If you still have Windows 7 and do not want to purchase a new computer, you could upgrade to Windows 10 for a fee (~ \$139), but you also need to consider your PC capability. I have found that you need something newer than a Core Duo processor and 4 GB of RAM if you want an acceptable speed.

Many casual users today have discovered that smartphones and tablets meet their browsing and communication needs. To continue to use a less capable PC for special needs, now may be a good time to consider switching to a Linux system available at no cost. At our club, we suggest Linux Mint with the Cinnamon desktop. It is a modern graphical system with lots of similarity to Windows 7. In addition, it comes pre-loaded with lots of free software covering most basic needs (see screenshot below).



If the pre-loaded programs don't meet your needs, there are thousands of additional applications available at no cost using the supplied software manager (see screenshot below).



To verify that Linux will work on your equipment, you can make a “live” USB or DVD drive as a test without making any changes to your existing installation. First, install from the Internet a suitable program to make the “live” drive (for example, “Rufus”). Then, download a 64-bit “iso” of the latest Linux Mint. Using the downloaded utility, install the Linux system on the detachable hardware. With the Linux drive attached, at start-up

*(Continued on page 5)*



(Continued from page 4)

immediately switch to the BIOS menu (search the Internet to find the proper key to press) and change the boot order to load the live system first.

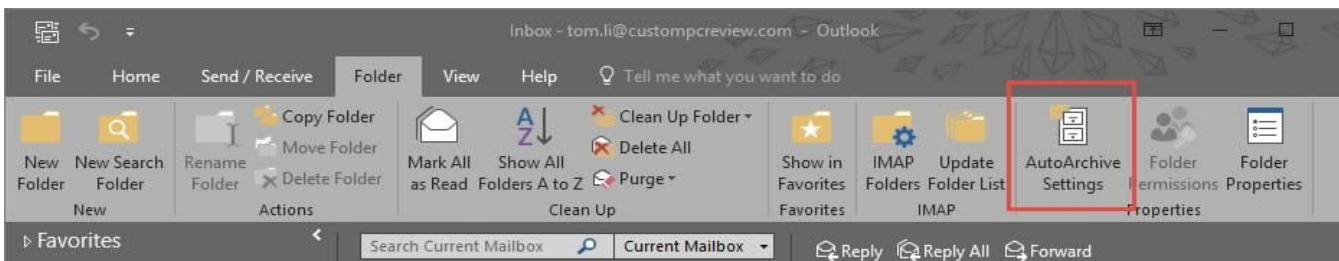
After boot, you will be running Linux using your attached drive (no interaction with your existing system). You can test your hardware at this point and evaluate the Linux system. Upon shutting down, remove the temporary drive. Then reboot back into Windows 7 and consider your future options.

## **Clean up clutter in Outlook 2016**

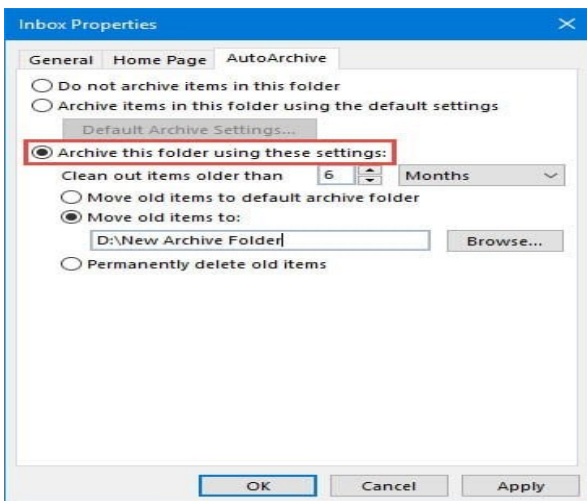
### **Set up Auto Archive**

If you keep a ton of emails offline, Auto Archiving can help you save disk space by auto compressing emails that are beyond a certain age. You can decompress them at any time.

1. From the main page, go to the “Folders” tab and Click on “AutoArchive Settings”.



2. In the box that pops up, check the “Archive this folder using these settings” radio button, choose a cutoff date, and choose an action to perform for old emails.



## Printer Problems

Kretchmar's Korner

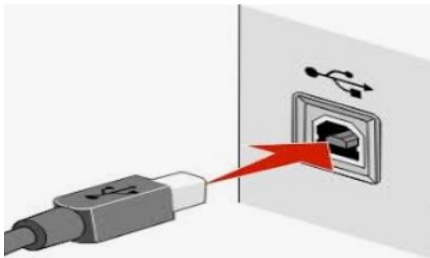
By David Kretchmar, Computer Hardware Technician, Sun City Summerlin Computer Club, NV  
January 2019 issue, The Gigabyte Gazette  
[www.scscclclub/Tomburt89134 \(at\) cox.net](http://www.scscclclub/Tomburt89134(at)cox.net)

Printers are the most problematic piece of computer equipment, next to the computers themselves. Just like computers, you can't live with them and you can't live without them. Even if you've decided you can live without a full computer and have moved to a tablet or maybe just your smartphone, there are still going to be occasions when you want to have a "hard copy" (printed copy) of a document. Also, with the multi-functionality of most printers today, most of us have gotten used to the convenience of having a photocopier, scanner, and maybe even a FAX machine in our homes.



It's easy to understand why printers are such a pain; there are so many moving parts and opportunities for something to go wrong. Fortunately, you can address many printer problems using the techniques I'm going to describe. If none of the following work, it is probably time to bite the bullet and invest in a new printer. If something mechanical is shot in a printer, the fix is often prohibitively expensive (just buying some new printer heads can cost over \$100).

### The USB connection



Unless you're using a printer wirelessly, you need a working USB connection between your computer and your printer. Sometimes a wireless connection is necessary, such as when printing from a cell phone, tablet, or from a computer not proximate to the printer. But if you are printing from a computer adjacent to the printer, a wired USB connection is always more reliable and highly recommended. Most of us know how to connect the standard USB male connector to our computer, but there is more confusion with the other end of that USB cable that attaches into (usually) the back of the printer (see the picture to the left).

Unfortunately, the printer end of the USB cable also fits into the similar looking telephone line connection on the printer. Usually there is a pair of these female telephone line connectors on printers that include FAX capability; at least one will often be covered with a plastic cap.

One way to tell if you are using the USB connection on the printer is to listen for the USB "handshake" tone from the computer. If both your printer and computer are on, you should hear a couple of notes then you plug in or remove a USB device. If not, most likely you have missed that USB connection on the printer.

*(Continued on page 7)*

(Continued from page 6)

Be especially aware of this possibility if you are setting up a printer new to your system, or if for some reason the cable has become disconnected from your printer. It is rare for the USB cable to go bad, but I have seen this on occasion.

### **Drivers can drive you crazy**



The printer and the computer must be able to communicate with each other, and this is accomplished with specialized software known as drivers. Windows 10 has printing drivers for most of the newer printers available today, but I strongly suggest installing the drivers furnished by the computer's manufacturer. This is especially true if you want to do more than print, i.e. if you want to scan a document into a file. A new printer will usually come with a CD that can be used to load the drivers appropriate for your operating system. If you have a tablet or other device that does not include an optical drive you can go the printer manufacturer's website, i.e. [hp.com/support](http://hp.com/support), and download and install the appropriate drivers. If you have a choice between downloading the basic or full featured software package, I suggest downloading the full featured package then doing a custom install, installing only the software you will be using. For whatever reason the full featured software package sometimes works when the basic package does not.

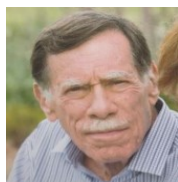
Manufacturers will often keep their website drivers more up to date, fixing bugs that have appeared after the printer has been on the market for a while. So, if you are having issues with your printer it's a good idea to download drivers from their website.

When you do the custom install of your printer software, I suggest you deselect features such as the customer participation programs and supply ordering programs. I would also pass on the free optical character recognition (OCR) program, unless this is something you will use. OCR programs can be a real resource hog.

After the driver installation and a reboot see if any new programs are loading automatically by seeing if there are any new icons appearing on the right side of your taskbar. If so, you might want to open MSCONFIG and stop these programs from loading on startup. If you get a popup asking if you want low ink notifications immediately or "only when printing", select "only when printing", so this program will not be running constantly.

If you are buying a printer to use with a wireless device such as a Kindle Fire, Smartphone or iPad, do some research and make sure you are getting a printer that is supported by your device.

As you might expect with the popularity of the iPad, many printers will support the iPad with a free download from Apple. I've noticed that especially newer Hewlett Packard wireless printers are made to be compatible with the iPad.



## **32-bits, 64-bits – How many do I need?**

By Phil Sorrentino, Contributing Writer, The Computer Club, FL  
January 2019  
[www.sccccomputerclub.org](http://www.sccccomputerclub.org)  
Philsorr (at) yahoo.com

Over the past few years, Personal Computers have been moving from 32-bit Central Processor Units (CPU) to 64-bit CPUs. (Actually, 64-bit CPUs were first introduced way back in 2003, but it takes time to get new CPUs through the design/manufacture/produce cycle to finally provide “affordable products”.) So it’s not a matter of how many you need, it is a matter of what is on the market. From a user’s point of view, the main difference between 32-bit and 64-bit CPUs is performance. Performance is basically the speed at which the CPU can complete tasks and is measured in calculations per second: the faster the CPU, the higher the performance. Additionally, 64-bit CPUs can come in dual, quad and eight core versions, which can provide further improvements in performance.

Another difference is the maximum amount of RAM memory that can be accessed. 32-bit CPUs can access a maximum of 4 GB, whereas a 64-bit CPU can access far beyond 4 GB, which is necessary if you are using software to accomplish things like video editing or graphic design. In general, the more bits you have, the better the processing performance and capability, and therefore the better your computing experience.

The CPU defines the architecture. A 64-bit CPU is used in a 64-bit architecture and a 32-bit CPU is used in a 32-bit architecture. Today, almost all PCs are built around the 64-bit architecture, giving you the best possible computing experience if you only consider the number of bits. (Other contributing factors to your computing experience might be Internet connection speed, display size, hard drive size, and the number and speed of USB ports.) The Operating System (OS) software is intimately connected to the hardware architecture. That said, keep in mind that a computer with a 64-bit architecture can have a 64-bit OS or 32-bit OS installed; however, the 64-bit architecture with a 32-bit OS installed will not provide the 64-bit architecture’s full capability. Also, note that the 32-bit architecture can only run a 32-bit OS. Windows 10 is built for the 64-bit architecture, as was Windows 7, unlike Windows XP and 95, which were built for the 32-bit architecture.

A quick look in the rear-view mirror shows the original PC that was released in 1981 by IBM. This early PC was built around a 16-bit architecture which was quite a bit less capable than our current 64-bit or 32-bit CPUs. (The initial CPU was an 8088 which actually used 16 bits internally, but had an 8-bit Input/Output (IO) interface (possibly to keep costs down and possibly to interface to certain peripheral devices), making it a hybrid of sorts, 16 bits internally for calculations and 8 bits externally for I/O.) PCs that followed used the 8086 CPU which was a true 16-bit processor. 32-bit computers started to appear as early as 1985 with the Intel 386 CPU. Improvements in the 32-bit architecture continued from the mid 1980s until the 64-bit processor arrived in 2003. The 64-bit architecture has been improved over the past 15 years and the cost has been reduced to the point where almost every PC produced today has a 64-bit CPU in it. If you are looking for a new computer, definitely go for the 64-bit architecture. (You can find the architecture and OS information in Settings-System-About. In this window, “System type” will show the number of bits for the processor, and also the number of bits for the OS.)

The number of bits in a particular PC architecture indicates the number of bits used in calculations and the number of bits used to address an item in memory. So, a 64-bit architecture has a 64-bit Arithmetic/Logical Unit at the heart of the CPU and can address up to  $2^{64}$  or 16 exabytes in memory. (Note, not all

*(Continued on page 9)*



(Continued from page 8)

PCs are built to take advantage of this large memory space, in fact most are limited by their hardware design to less than 512 Gigabytes.) An Exabyte is a very large number it is a million-million Terabytes. To put it in perspective, see the following table:

1024 Gigabytes=	1 Terabyte
1024 Terabytes=	1 Petabyte
1024 Petabytes=	1 Exabyte

On top of the hardware limitation, which is not really very limiting, the Operating System in use places some limitations. The following table shows the limitations for some of the popular versions of Windows 10:

Operating System	Maximum Memory (RAM)
Windows 10 Home 64-Bit	128GB
Windows 10 Pro 32-Bit	4GB
Windows 10 Pro 64-Bit	512GB

So, considering the number of items or bytes that we currently concern ourselves with, 4 to 32 gigabytes of RAM memory, and maybe 4 to 12 terabytes of hard drive space, the 64-bit architecture will probably take us pretty far into the future.

If one were purchasing a new computer, the best situation would be a 64-bit hardware architecture with a 64-bit OS and all 64-bit drivers. You would probably get this if you bought a middle to high end PC from a popular company like HP, Dell, or Lenovo. Low end or economy models might have a 32-bit or a 64-bit architecture. Note that if the amount of installed memory was over 4 GB then it would have to be a 64-bit architecture. If one did purchase a PC with a 32-bit architecture, it would probably have a 32-bit OS installed. Knowing what OS is installed on your PC is important if you are installing new software. If your new software is built for a 64-bit OS, it will only run on a 64-bit OS; it will probably not run on a 32-bit OS. If your new software is built for a 32-bit OS then it will probably run on a 32-bit OS or a 64-bit OS. Sometimes a software vendor will make two versions available, one for the 32-bit OS and a different one for the 64-bit OS. So, if you can find it in your price range, a 64-bit architecture with a 64-bit OS and 12 GB of RAM and a 1TB hard drive would probably satisfy almost everyone's needs, except maybe for a few very serious gamers.

### **Don't ever share your password or pin #**

By Jerry Heaton, Editor, Central Kentucky Computer Society  
December 2018 issue, CKCS Newsletter  
[www.ckcs.org](http://www.ckcs.org)  
newsletter (at) ckcs.org

The importance of protecting your personal information has been stressed time and again. Yet we still hear of occasions where someone has fallen for a scam which has cost them money, time and much aggravation.

(Continued on page 10)

*(Continued from page 9)*

I would like to think no one in our group has fallen for a scam of any type that cost them money. But I would almost bet someone I know has become a victim. I don't know it and probably never will because victims don't like to admit their stupidity – maybe that is a harsh word let's just say for being such a 'soft touch,'

Most people become victims only when they believe someone person convinces them they have a great chance to make some easy money or perhaps save them a lot of money.

I offer only a few rules which you should follow to keep from becoming a scam victim.

1. Don't answer or linger on the phone with a caller you don't know – even if they are from your own area code. Scammers and hackers can be anywhere in the world and still use you home area code.
2. If your phone rings once and then hangs up. DO NOT call back thinking the call was important and just got dropped. It could be their intent is to get you on the line and involve you in a lengthy conversation with the goal to keep you online as long as possible. There are area codes in the Caribbean that charge many dollars per minute which can be added to your phone bill.
3. If your phone rings and your caller ID shows someone you don't know – don't answer the call. If you decide to answer the call and don't recognize the voice – hang up

Should you do decide to ignore the above suggestion, and answer a call – more rules:

1. Don't trust anyone who calls with a great deal for you, which seems almost too good to be true – it likely is too good to be true.
2. Never ever give anyone your password – no one needs to know that but you.
3. Never ever give anyone your pin number – no one needs to know that but you.
4. Never ever give anyone your banking information – no one needs to know that but you.

All this discussion came to mind as a CKCS board of directors member Jan Landers sent me the follow scam notice to put in the newsletter this month. It credits no individual or location, nor does it identify the author. The scam though is new to me and seems plausible. Just remember, this story may be new and true, or maybe not, It begins:

Alert your family and friends. Just when you thought you'd heard it all. Beware of people bearing gifts.

The following is a recount of the incident from the victim:

Wednesday a week ago, I had a phone call from someone saying that he was from some outfit called: "Express Couriers," (The name could be any courier company). He asked if I was going to be home because there was a package for me that required a signature.

The caller said that the delivery would arrive at my home in roughly an hour. Sure enough, about an hour later, a uniformed delivery man turned up with a beautiful basket of flowers and a bottle of wine.

I was very surprised since there was no special occasion or holiday, and I certainly didn't expect anything like it. Intrigued, I inquired as to who the sender was.

The courier replied, "I don't know, I'm only delivering the package."

Apparently, a greeting card was being sent separately. (The card has never arrived!) There was also a consignment note with the gift.

*(Continued on page 11)*



## **Computer Flu Season on Windows**

By Jim Cerny, Forum Leader, Sarasota Technology Users Group, FL  
January 2019 issue, The STUG Monitor  
[www.thestug.org](http://www.thestug.org)  
[jimcerny123 \(at\) gmail.com](mailto:jimcerny123@gmail.com)

Did you get your flu shot this year? It's always good to protect your health from those nasty germs and viruses – and the same is true with your Windows computer. In this short overview we will cover some essential basics of computer protection.

There are many FREE anti-virus protection programs (apps) out there, and almost all of them offer an “upgraded” version for a monthly or annual fee. I really have no experience with what the upgrades (\$) versions offer compared to their free version, but I have used the free Windows Defender for quite a few years now and so far, so good. Windows Defender comes with Windows and it may already be active on your computer. Just left-click on the little Windows icon in the lower left corner of your screen and you will see an alphabetical list of all your apps. Left-click on “Windows Defender Security Center” and you will see if this program is running on your computer.

You do need an active “running all the time” virus protection program on your Windows computer to protect you from the nasties. If you use another virus protection app, remember that only ONE virus protection program should be active or running, do NOT try to run two at the same time – they will interfere with each other and bring your system back to the stone age of slowness. I think it is wise to delete all other virus protection apps from your computer except the one you are actively using. On my computer, if I delete an active virus protection program, Windows Defender steps right in to protect me right away. That's very nice of them. Whatever virus protection app you are running, check the options for “automatic updates” and turn that “on”. That way it will update itself without you having to do anything.

Like they say on TV – “But wait, there's more..” and there is. Besides active virus protection, you also should use some free software that will SCAN your system for problems. In my case, I use “CCleaner” (note the two -letter C's) and “Glary Utilities.” There are probably a least a dozen more you can pick from. These apps are not “always active” type of virus protection – you have to run them. I usually run both of them every day, it only takes a minute.

Of course ALL of these apps have multiple options, tools, and things you can do with them. For example, Windows Defender has an option to scan your computer for problems too – a “quick,” “full,” or “custom” scan. Whatever app you choose, please take some time to learn about it by searching YouTube – “How to use Windows Defender” for example. You do not have to learn all the options – there are way too many anyway – but only the basics.

As another example, Glary Utilities can also tell you what software upgrades you need and install them for you – a very nice option. Please ask your friends and relatives – “What do you use to protect your computer?” And searching the internet for the “most popular” apps is always a good idea too. I am sure you are aware of how great it is to use Google or YouTube to find very helpful videos on how to use whatever apps you pick. If you run ANY app, it is always a good idea to watch a ten-minute video about it. You will learn not only how to use it for the “basics,” but also will learn some of the popular options that may also be helpful to you. Most of the options or choices offered are way over my head so I just stick with the basics.

Unfortunately nothing is guaranteed. You could pay good money for protection and still get a virus. But it is always to have something than nothing. And if that something costs nothing, well, that's not a bad deal.

## **Freshly Squeezed Reviews: With An Ever So Light Bias**

By Frank Petrie, YMP Now  
February 2018  
<https://ympnow.com/category/welcome/>  
TMC-NLC (at) yahoogroups.com

Instead of looking at the sky, friends, or trees, we now spend an inordinate amount of time staring at screens: smartphones, computers, or HDTVs.

As has been known for a while now, this can affect you biologically in a couple of ways. First, the glare of a screen is harsh on your eyes and can lead to eye strain, causing some damage. Another known problem is that we know that the color of light projected by our screens is about the same color temperature as daylight. Staring at a screen at night tricks your mind into believing it is daytime. This results in throwing out of kilter your circadian rhythm. You can't fall asleep easily because your mind doesn't believe it's time to get some rest.

Several apps (like [Flux]) have been released over the years to remedy the later, changing your screen's color temperature to reflect nighttime (eventually Apple incorporated a less feature-rich control into its OS, Night Mode). This way your rhythm is back in sync, enabling you to go to bed at your desired time.

I stumbled across a second issue accidentally. I've been ever so slowly trying to make my studio apartment a bit homier. I was looking to achieve the halo effect behind my HDTV (perhaps in adjustable colors) for night viewing to set a relaxed mood in the room. (I tend to watch TV in bed before I go to sleep. I know they recommend that you don't look at a screen several hours before you go to sleep but then again, when I have I ever done anything healthy?)

I found that this effect was called Bias Lighting. As I started reading how to achieve this, I came across several articles which explained that it wasn't only something nice to look at but there was a substantially beneficial reason for doing this.

You know how your eyes, even with proper color temperature, can become affected when viewing any of your screens at night? This has to do with the surroundings you're viewing your screen in.

If the screen is brighter than the lighting in your environment, this will cause your retinas to dilate, causing eyestrain, burning, and fatigue. Type in your search engine Bias Lighting for a detailed description of what occurs.

So, what is the solution in this instance?

Ironically, Bias Lighting can reduce much of the problem, the same thing I was going to do to add a little class to my apartment. You've no doubt seen this before. Most of the time you see it creating various colored halos around a TV's perimeter. The effect is created by lacing LED strips around the back of the monitor.

But you can reduce your eyestrain even further. I did a bit of research on this and what I learned was that white light (6500K degrees Kelvin) is the most effective way of reducing strain.

*(Continued on page 14)*



(Continued from page 13)

I found this an interesting concept and first tried it out by placing my desk lamp behind my iMac while typing one night. I was surprised at how much more comfortable it was working on the computer! Even with using only a desk lamp the impact was immediately noticeable.

You can spend an arm and a leg, even buying a high-end TV with Bias Lighting built-in, You can purchase kits with remote controls that will cost you around USD \$100., you can purchase IKEA puck lights. or purchase less expensive yet effective DIY kits. Or think outside of the box and design your own solution..

As is usually the case, [Amazon](<https://www.amazon.com>) is a good place to start getting a feel for what is out there. I found a company that makes Bias Lighting strips in various lengths that would be powered by my monitor's USB plug. They're called [Luminoodle](<https://powerpractical.com/collections/luminoodle-interior-lighting>) from [Power Practical](<https://powerpractical.com>) They make exterior lighting as well but what I wanted was interior lighting. The cost was roughly USD \$10.00.

Now that I've installed the LEDs on the back of my iMac and pronounced it a resounding success, it's now on to the HDTV and see if that has the same effect. You can power your HDTV's Bias Lighting also via USB port. Or you can get a system that you plug into an outlet.

I recommend that you start small at first. Buy an inexpensive set up for your computer and see if it has the same effect on you. If you're happy with the results, then move on from there.

If you received a desktop computer over the holidays, I would highly recommend that you buy an inexpensive set up and give it a bash. Your eyes will most definitely thank you for it.

©2019 Frank Petrie



\*\*\*\*\*

**\*\* Note:** Remember that the General Meetings (April through September) switch to the Summer Hours starting at 6:00 P.M. on the second Tuesday of each month.

# **PLATEAU PC USERS GROUP, Inc.**

## APPLICATION FOR MEMBERSHIP

\_\_\_\_ **New Member**      \_\_\_\_ **Renewing Member**

Return this application, with check for annual dues payable to "PLATEAU PC USERS GROUP." Return to the club Treasurer during our meeting or mail to PPCUG Treasurer. P.O. Box 3787, Crossville, TN 38557. Our annual dues are now payable on July 1st of each year. Annual dues are \$24 per single person / \$30 per family starting 7/1/2014 with partial years' dues as follows:

Join In	July-Sept Annual Dues	Oct-Dec	Jan-Mar	Apr-June
Single:	<b>\$24</b>	<b>\$18</b>	<b>\$12</b>	<b>\$6</b>
Families:	<b>\$30</b>	<b>\$22</b>	<b>\$15</b>	<b>\$7</b>

Date: \_\_\_\_\_ Amount Paid: \$ \_\_\_\_ :00, by Cash \_\_\_\_, or Check ( # \_\_\_\_\_ )

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Family Members (if family membership)

\_\_\_\_\_  
Address:

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
Phone Number

E-Mail address: \_\_\_\_\_

I have belonged to a Computer Club before. Yes \_\_\_\_ No \_\_\_\_

I have used PCs since (year): \_\_\_\_\_

I have knowledge in the following areas that I would be willing to share with club members:


\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

January 2019



# April 2019



<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
	1	2	3 <u>2:00 P.M.</u> PPCUG Board Mtg.	4	5	6
7	8	9 <u>6:00 P.M.</u> <b>General Mtg.</b> Presentation. Followed By Q&A Session	10	11	12	13
14	15	16	17	18 <u>1:00 P.M.</u> Plateau Pho- tography Club Workshop Mtg.	19	20
21 <i>Happy Easter!</i> 	22	23	24	25	26	27
28	29	30				

**Note:** Please see page #15 for the Plateau PC Users Group, Inc. [Application for Membership form.](#)