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Next Meeting

Wednesday 6th November 2007

6.30PM Committee Meeting

7PM Beginners & Problems

8 PM General Meeting

Mystery Subject

(Dennis & I have forgotten what was arranged)

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Ron's Ramblings

The articles on using a Flash Drive, USB Drive, Jump Drive, Memory Stick, call it what you will, induced me to try out the programmes mentioned.

I have two 1Gb drives so I cleared one and set it up with Portable Apps and the WinPenPack.

As it would have taken about 5 hours to download on my dialup ISP I took the opportunity to use a broadband system to download and saved the two setup programmes on the other jump drive.

I will bring both drives with me on the Tuesday OPEN and the Wednesday LCG Meetings.

I suggest we make it available on Drive U for members who wish to try out these programmes on their own jump drives.

OPEN NEWSLETTER – NOVEMBER 2007

FROM THE ASSISTANT EDITOR

Time is certainly slipping by very quickly and we are only about six weeks away from winding up our activities for 2007. Details of the Christmas-New Year break and some information for changes to our program for 2008 will be included in the December issue of the OPEN newsletter. Please read the notices contained in this newsletter and on the board at OPEN so that you are aware of the latest information.

One of the topics that has arisen regularly in the last couple of months is that of people wanting to know how to use a second hard-disk that has been added to their computer (*or in some cases a portable external hard-drive that is connected to the computer by a USB cable*).

Putting it very simply a second hard-drive is just like another folder—except that it can hold several Gigabytes of data, often in the form of photos, music or video files.

So if you want to move data from your first hard drive (*usually C:*) to your second hard-drive (*let's call it H:*) you can use drag-and-drop, or copy-and-paste, just as you do when you move files from one folder to another.

However, when moving data between drives the original files will still be on C: drive as well as H: drive. After checking that you have successfully transferred a copy to your second hard-drive you can then delete the original files to free up space on your first hard-drive. (**see page 4 for more info**)

Dennis Murray

OPEN MONTHLY MEETING

The November meeting will be held on Wednesday the 7th at the regular time of 1 pm.

This is your opportunity to provide some suggestions on how the club should operate.

The committee is always on the look-out for members to lend a hand with the many 'behind the scenes' tasks that have to be done to

Launceston Computer Group
Monthly Workshop
Wednesday November 7th 7.30 pm

followed by our usual workshop session at 7.30 pm.

Please check the noticeboard for details or ring the club on our **new phone number 6343 4928.**

WEB-SITE BACK ON LINE

After all the problems encountered with establishing our new broadband service **www.lcg.org.au** is now available again in 'test format'. All previous services will be restored in due course. Thanks to Nigel

Headlam for his valuable assistance.

The OPEN Newsletter is part of the Launceston Computer Group's publication "Newstream".

"Newstream" is distributed by E-mail each month, or alternatively can be viewed or

copied as a PDF document at OPEN.

[*The LCG web-site will available early in mid-October*]

The **Friday afternoon Embroidery Group** will be holding **its final sessions for 2007** on November 9 and 23.

Sessions usually take place from 1.00 pm to 3.00 pm at the OPEN clubrooms.

For more details please contact Eleanor Horder.

CHRISTMAS LUNCHEON 2007

A buffet lunch will be held at the "Links" at the Country Club Casino on

**WEDNESDAY DECEMBER 5TH AT 12 NOON**

"IN CASE OF EMERGENCY"

At the October 2006 OPEN meeting it was decided to give members the option of providing the club with

details of a contact person should some emergency situation arise e.g. a doctor, next-of-kin or family member. The info could be written on the back of your name-tag for instance.

See your tutor for details.

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Launceston Computer Group
SOFTWARE LIBRARY
Dated 1st November 2007
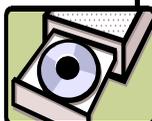
DISK 2000 - Your Library on Disk
Disk 2000 is now available. The change from a floppy disk to a CD has enabled us to include much more in the way of games, information and utilities. Existing members can upgrade to the new CD version for just $1.50 . Ask at the club or contact Judy via the e-mail address shown below. This disk is free of charge to all new members.

AVAILABILITY OF LIBRARY

At present the Shareware Library is only available during the club's opening hours.

Speak to one of the tutors at the venue -
Studioworks, 1 Pipeworks Road, South L'ton.

Email: opencomputingtas@hotmail.com

OTHER CLUB RESOURCES

In addition to the 'physical' library OPEN and VICTOR may be able to provide members with a variety of freeware programs as an alternative to downloading from the Internet. Free antivirus programs such as AVG can now be as large as 25 Megabytes and would take hours to download for someone who only had a dial-up

Internet connection.

There are also quite a few video tutorials stored on OPEN 1 and these can be quite helpful in explaining how certain programs and utilities work.

BASIC GRAPHICS FOR BEGINNERS

With Eleanor and Karia.
Wednesday November 14, 9 am–12 noon
And
Wednesday November 28, 1 pm-3.30pm

A continuation of the course that provides the basic skills needed to get your photos and other images on to the computer and to enhance them using

programs such as Paint Shop Pro.

Please check the registration sheet at the club to see if a place is available for you.

ADVANCED GRAPHICS

With Paint Shop Pro 7 and 8

Wednesday November 21 1 pm to 3.30 pm

This class is designed for people who have

completed the Basic Graphics classes, and

involves more advanced features of the Paint Shop Pro graphics programs.

Numbers are limited to 8 people. Please check the notice-board or contact the club for details.

SUPPLEMENTARY E-LEARN CLASSES
Members taking part in the E-Learn classes are advised that Eleanor Horder will be conducting additional E-Learn sessions on the **1st and 3rd Friday afternoons** of each month (1.00 – 3.00 pm). If you feel that you need some extra help to complete the course please contact Eleanor at the club. November's sessions are on Friday the 2nd and Friday the 16th.

NEW VENUE TELEPHONE NUMBER

As a by-product of our new broadband connection OPEN Computing has a **new telephone number.**

***** 6343 4928 *****

Members can be contacted at the clubrooms **during class hours** by telephoning the number shown above.

Monday to Friday 10am – 3pm

FAMILY HISTORY ON-LINE
November 14 - 1 pm to 3.30 pm

November 28 — 9 am to noon

Join Judy, Margaret and Robin to help trace your family origins.

New information is being added to our resources on an on-going basis to help you trace your family's origins. Contact the club for more information

Classes are limited to 8 people.

NEXT TUTORS' MEETING — December 5 — 10 am to 12 noon [Tentative]
An ideal opportunity to compare notes and techniques with other tutors.

OPEN Session Times

At Studioworks, 1 Pipeworks Rd, L'ton

Standard Sessions $5.00

as from September 1

[Some special tutorial materials may incur additional charges]

Monday	10 am –12	E-Learn & Beginners
	1 pm – 3 pm	**Basics and Beyond**
Tuesday	10 am –12	E-Learn & Beginners [all day]
	1 pm – 3 pm	**Mac [all day]**
Wednesday		Special sessions or Meetings
		As for mornings (see rosters)
Thursday	10 am –12	E-Learn & Beginners
	1 pm – 3 pm	E-Learn & Beginners
Friday	10 am –12	E-Learn & Beginners
2nd, 4th Fridays	1 pm – 3 pm	**Embroidery Group**
In Abeyance		**Northern Tas.Camera Club**

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SPECIAL WEDNESDAY SESSIONS

Please register on the sheets – numbers may be limited

Date	Time	Topic	Details
November 7	10 am—12 noon	Working Bee	Can you spare an hour or two to assist with the less glamorous chores that need to be done?
	1 pm onwards	**OPEN Monthly meeting**	**Come along and provide some input into how the club should operate. Your suggestions are welcome.**
	7.00 onwards	**LCG Monthly Workshop and get-together**	Check the notice-board or ring the club for details of the topic.
November 14	9 am—12 noon	Basic Graphics Group 1	Learn how to transfer images to your computer and perform basic editing techniques.
	1 pm—3.30 pm	**Family History**	**Judy Hall and the Family History tutors will assist you in tracing your Ancestry**.
Novmber 21	9 am—12 noon	Questions and Answers	An open forum for you to ask the questions about topics that may be puzzling you.
	1 pm—3.30 pm	**Advanced Graphics PSP**	**Use the popular Paint Shop Pro programs to enhance your photographs.**
November 28	9 am—12 noon	Family History	Use our considerable range of CDs and other resources to help you with your research.
	1 pm— 3.30 pm	**Basic Graphics Group 2**	**Learn how to transfer images to your computer and perform basic editing techniques.**

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TALES FROM THE VICTOR VAULT

VICTOR PHONE NUMBER 0408 174 235

First of all I am going to start off on a personal note this month for people who I catch up with on a regular basis at the club.

You will have noticed a change in my way of getting around in that I now have an "A frame walker". Having the walker won't hinder me from going up steps etc. so there will be no change in me being able to get around.

So now to this month ... first of all with all the talk being about viruses etc, just when you thought there couldn't be any more a new type has started to raise its ugly head.

This type is called "Ransomware".

This type of ransom attack can be accomplished by (*for example*) attaching a specially crafted file or program to an e-mail message and sending this to the victim. If the victim opens or executes the attachment, the program encrypts a number of files on the victim's computer. A ransom note is then left behind for the victim. The victim will be unable to open the encrypted files without the correct decryption key. Once the ransom demanded is paid, the cracker may (*or may not*) send the decryption key, enabling decryption of the "kidnapped" files.

With all that being said it is a rarity for it to happen, but since 2005 the incidence of it happening is slowly on the rise.

Continued from previous column ...

On the subject of viruses in general I want to really stress that there is much information 'out there' - a lot of it is true and a lot is folk-lore.

If you keep your computer up to date with anti-virus, anti-spyware, etc, and don't open emails from senders that you do not know you will reduce the risk of a major incident with your computer dramatically.

Did you know that Microsoft has free tutorials of the latest programs etc such as Vista, Office etc ?

Here are some links that may help you out:

Vista tutorial :
http://www.microsoft.com/windows/using/windowsvista/tipsandtricks/default.mspx

Microsoft Office 2003 and 2007 tutorials:
http://office.microsoft.com/en-us/training/FX100565001033.aspx

That's it for this month, so till the Christmas edition.

Happy Computing :O)
Rob Tierney
VICTOR Coordinator

MORE INFORMATION ON ADDITIONAL HARD DISKS

Transferring data from one hard-disk to another is relatively straight-forward, subject to one

limitation—some very large files cannot be 'dragged and dropped'. Always check the destination folder on the second hard-drive to make sure the file has been copied—occasionally you may notice that there is only a shortcut to the original file. In this scenario you have to use copy-and-paste. (*NOTE— I don't like using cut-and-paste as there is a possibility of losing the file if something goes amiss during the transfer process*).

Moving programs is not as straight-forward—you cannot simply drag-and-drop, or copy-and-paste. When a program is installed components are sent to some of the Windows system folders and other 'destinations on the computer' as well as the relevant program folder.

To install a program on your H: drive (*for instance*) you will need to uninstall it from your C: drive first, and then re-install on H:. To do this you will have to pay careful attention to the settings that are displayed during installation process—if the set-up wants to install it in the C:\Program Files folder you will need to change the setting to H:\Program Files.

Get an experienced user to assist you with the first couple of programs you install.

As users we are indulging in more complex tasks on our computers and complexity creates a need for more storage space. I am currently converting some of my VHS tapes to DVD and have found that **one second of recorded video occupies around one Megabyte of hard-disk space.** That's around 3.6 Gigabytes for 1 hour of video.

No wonder we need huge hard drives!   *Dennis*

Carry a flash drive instead of a laptop

By Scott Dunn You can avoid lugging a laptop everywhere by installing your favorite apps on a USB flash drive and running them on any computer **you want.**

I'll guide you in selecting a flash drive that's best suited for portable software and tell you which apps you should install.

First, get the right drive for your needs You don't need to put an entire operating system on a flash drive to make it a useful travel companion. Instead, just set up a flash drive with the applications and data files you need and plug it into any PC you're able to use. (If you do want to run a reduced version of Windows XP on your flash drive, Windows Secrets editor-at-large Fred Langa explains how <http://WindowsSecrets.com/links/mrobi86js2jdd/74cb98h/?url=www.informationweek.com%2Fwindows%2FshowArticle.jhtml%3FarticleID%3D177102101%26pgno%3D1>.)

Today, I'll describe the best flash drives for portable software. Next week, I'll show you the best apps to install on your new toy. (Not all apps will run from a flash drive.)

When buying a new flash drive for portable computing, you'll want to consider speed, capacity, and whether to buy a so-called U3 drive, as I explain below.

Faster read rates are better. If you plan to do serious computing with a USB flash drive, you'll want the fastest drive possible. First, make sure it's USB 2.0 or "high speed USB," not USB 1.x. Second, remember that the higher the read rate in megabits per second (Mbps), the more responsive your apps will feel. Ian Richards, editor of the Support Alert Newsletter, recommends <http://WindowsSecrets.com/links/mrobi86js2jdd/436968h/?url=techsupportalert.com%2Fissues%2Fissue146.htm%23Section_0> a read rate of 15 Mbps or higher and lists some of the fastest flash drives available.

4GB drives provide the best value. Given the small size of many portable apps, it may not be necessary for you to buy the largest drive you can find. I was able to fit the Open Office suite, the Firefox browser, the Thunderbird e-mail client, and ten other utilities in less than 400MB. If you carry around very little data, a 1GB drive might be adequate for your needs. However, if you plan to also store 1,000 songs or 5 hours of video on your flash drive, that number of files can consume 4GB by themselves. You may find the slightly higher cost of a 4GB or 8GB drive worthwhile.

The table below compares basic features of some of the fastest flash drives currently available. The read rates shown in the table are from tests conducted by X-bit Laboratories on 1GB <http://WindowsSecrets.com/links/mrobi86js2jdd/8b5667h/?url=www.xbitlabs.com%2Farticles%2Fmemory%2Fdisplay%2F12usbflash-roundup_11.html> and 4GB and larger <http://WindowsSecrets.com/links/mrobi86js2jdd/abbb2ah/?url=www.xbitlabs.com%2Farticl es%2Fmemory%2Fdisplay%2F4gb-usbflash-roundup_11.html> flash drives. You probably wouldn't notice performance differences of less than 3 or 4 megabits per second. The table is sorted by price.

Table 1. High-speed flash drives tested by X-bit Laboratories.

Product	Read rate in Mbps	Capacity in gigabytes	Est. street price in U.S. dollars
Apacer Handy Steno HA202 200x	25	1GB	$26
Super Talent ALUMI-4GB-DH-S	31	4GB	$32
Corsair Flash Voyager CMFUSB2.0-4GB	33	4GB	$43
Buffalo RUF2-S4GW	33	4GB	$44
OCZ Rally2 OCZUSBR2DC-4GB	25	4GB	$59
Patriot Xporter XT PEF4G200USB	31	4GB	$64
A-DATA PD7	30	4GB	$68
ATP ToughDrive AF4GUFT1BK	31	4GB	$78
Corsair Flash Voyager CMFUSB2.0-8GB	30	8GB	$80

Although X-bit Labs didn't test 2GB drives, you can find speed benchmarks of a few 2GB models at HardwareCanucks <http://WindowsSecrets.com/links/mrobi86js2jdd/3df9f5h/?url=www.hardwarecanucks.com%2Fhardwarecanuck-reviews%2F1019-2gb-flash-drive-roundup.html>. In that site's tests, the Corsair Flash Voyager GT <http://WindowsSecrets.com/links/mrobi86js2jdd/a9e7abh/?url=www.corsairmemory.com%2Fproducts%2Fvoyager.aspx> was the only standout, with an average read rate of almost 33Mbps. It has a street price of $68 USD.

You may already own a flash drive with adequate storage capacity, but you don't know whether its read rate is fast enough to run portable software. In that case, Windows 2000 and XP users can test a flash drive's speed using a very simple utility, HD Tach <http://WindowsSecrets.com/links/mrobi86js2jdd/dcdd66h/?url=www.simplisoftware.com%2FPublic%2Findex.php%3Frequest%3DHdTach>, which is free for noncommercial use. For a free drive-testing utility that supports Vista, try CrystalDiskMark <http://crystalmark.info/software/CrystalDiskMark/index-e.html>.

NEWSTREAM

(Continued from page 7)

Don't base your drive choice on U3 Some flash drives are labeled "U3" or "U3 smart drive." U3 is a technology promoted by U3 LLC, a joint venture between SanDisk <http://WindowsSecrets.com/links/mrobi86js2jdd/baaddfh/?url=www.sandisk.com%2F> (which makes many U3-compliant drives) and its subsidiary M-Systems, according to the U3-Info <http://WindowsSecrets.com/links/mrobi86js2jdd/d61571h/?url=www.u3-info.com%2Fintroduction> site. The idea is to let you store applications and data on a single flash drive and run them from any computer. U3 drives also provide an option for password protection.

To use U3 applications, you must buy a U3 flash drive (you can't convert any old flash drive to U3) and install U3-compliant software. U3.com provides a list of both hardware <http://WindowsSecrets.com/links/mrobi86js2jdd/a6bbe8h/?url=www.u3.com%2Fsmartdrives%2Fdefault.aspx> and software <http://software.u3.com/softwarecentral.aspx?skip=1> that's U3-compliant.

But U3 is hardly the only way to run software from a flash drive. Despite what SanDisk says <http://WindowsSecrets.com/links/mrobi86js2jdd/b9df0fh/?url=www.sandisk.com%2FRetail%2FDefault.aspx%3FCatID%3D1450%23Q4>, I successfully installed and ran ordinary software that's not U3-compliant on a U3 flash drive. The main limitation is that non-U3 apps don't automatically show up on U3's pop-up LaunchPad menu.

For most people, the U3 option should be a much lower priority than getting a drive that is fast enough, big enough, and affordable. If two flash drives have the same features, however, buying a U3 drive does give you a bit more flexibility, since you can always remove the U3 software. SanDisk lets you download <http://WindowsSecrets.com/links/mrobi86js2jdd/91fdf5h/?url=www.sandisk.com%2FRetail%2FDefault.aspx%3FCatID%3D1415> a U3-removal utility for its drives. U3.com provides a similar utility <http://www.u3.com/uninstall/final.aspx> for non-SanDisk drives. SanDisk also provides a free tool <http://www.sandisk.com/Retail/Default.aspx?CatID=1411> for reinstalling the U3 LaunchPad, if you want it back later.

Free software on USB enables portable computing

By Scott Dunn USB flash drives are good for more than just storing and transferring files — with the right software, your flash drive can become a **tiny computer.**

Fortunately, you can find plenty of great software that not only runs on a USB flash drive, but is also completely free.

To maximize your flash drive, get a suite In Part One of this article in the Oct. 11 <http://WindowsSecrets.com/links/mrobi86js2jdd/5823a8h/?url=windowssecrets.com%2F2007%2F10%2F11%2F02-Carry-a-flash-drive-instead-of-a-laptop> issue, I described the fastest USB flash drives, which are necessary for portable software to run well. Once you have the USB drive you want, and you've installed the necessary software, you can plug the drive into any machine and have all the applications and data you need at your fingertips.

In this issue, I'll tell you about the best free software for flash drives. I'll also explain how to use a flash drive with relative security on any computer.

These days, portable software (sometimes called flash-drive compatible software) is available from an array of sources. In many cases, these products are assembled into suites. The major offerings are from PortableApps, winPenPack, and U3. You can also download and install individual portable applications wherever you find them.

Having tested all the major offerings, I recommend that you combine two sources to get the best free software for your flash drive:

 Use the Portable Apps suite. PortableApps has a solid collection of open-source and free software. I found its menuing system, however, to be less than the best.

 Add the winPenPack menu. Fortunately, a highly customizable program launcher from winPenPack can easily be installed along with a suite of

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software from Portable Apps.

PortableApps For ease of installation, there's nothing like downloading a whole collection of applications that are designed to run from a flash drive. The suite from PortableApps suite comes in two editions: Standard (260MB) and Lite (105MB).

The free software in the Standard edition includes portable versions of an office suite (OpenOffice), a browser (Firefox), an e-mail client (Thunderbird), a calendar and task manager (Sunbird), antivirus software (ClamWin), instant messaging (Gaim), and a game (Sudoku). The Lite version is almost the same, but replaces the many functions of OpenOffice with AbiWord, a word processor.

The suite also includes a built-in backup function and a launching menu that appears in the system tray. (On many computers, you must first start the launcher manually through Explorer after inserting your flash drive.) If you only want this menu and the backup utility, you can download just that from PortableApps as well; it consumes only 1MB when installed.

Although PortableApps has its own special format, you can add any app that's on your flash drive to the PortableApps launch menu (regardless of format). To do so, click Options, Refresh App Icons. Unfortunately, this function adds all .exe files to the menu, whether you want them all there or not.

To download any or all of these portable software programs, visit the PortableApps <http://WindowsSecrets.com/links/mrobi86js2jdd/e7bf5eh/?url=portableapps.com%2F> site.

winPenPack A different collection of portable applications is available from winPenPack, an Italian company. The company's site offers plenty of free applications grouped into various suites or collections (in both

English and Italian). The site features its own customizable, pop-up menu launcher, which I found superior to PortableApps' offering. You can download the menu system by itself or as part of a software collection.

Just as PortableApps offers Standard and Lite suites, winPenPack provides a variety of software packages. The company calls these Essential, 1GB, Expert, School, and Web. The site also includes instructions for assembling your own personal set of apps. You can see a list of the applications in these suites by visiting the Doc/Help <http://WindowsSecrets.com/links/mrobi86js2jdd/1398e4h/?url=www.winpenpack.com%2Fmain%2Fe107_plugins%2Fcontent_index%2Fcontent_index.php> page and clicking Applications Lists. Then click the suite whose contents you want to see.

Because the product originates in Italy, you may need to apply an English language pack after installation.

A few of the winPenPack apps I tried seemed underpowered, but the sheer breadth of available product categories (Office-style applications, graphics, Internet, multimedia, security, system utilities, and more) was impressive. And I liked the ability to customize the hierarchy of menus and submenus in the program launcher, which you can use with any folder or application, not just winPenPack collections.

For information on creating your own set of portable applications, visit the personal winPenPack page <http://WindowsSecrets.com/links/mrobi86js2jdd/343f6dh/?url=www.winpenpack.com%2Fmain%2Fe107_plugins%2Fcontent%2Fcontent.php%3Fcontent.9>. To install the launcher separately from any other software, visit the download page <http://www.winpenpack.com/main/download.php?view.12>. Change the language widget in the upper-right corner to "English" if it's set to "Italian."

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If you don't find winPenPack's launcher to your liking, another free, customizable pop-up launcher is PStart, from Pegtop <http://WindowsSecrets.com/links/mrobi86js2jdd/a483c2h/?url=www.pegtop.net%2Fstart%2F> software.

U3 If you have a U3 drive and are satisfied with the available U3 software, installing a U3 app is as simple as clicking the U3 icon in the system tray (the area of the taskbar near the clock) and clicking Download Programs. The list makes it easy to spot the free programs from trial or shareware versions.

Do-it-yourself A final (and more laborious) option is to use your favorite search engine to find apps that are designed to run from flash drives. Popular sites for portable freeware include Andrew Lee's Portable Freeware <http://WindowsSecrets.com/links/mrobi86js2jdd/e2e29ch/?url=www.portablefreeware.com%2F> collection and the portable freeware page of the NedWolf <http://nedwolf.com/Freeware-Portable.htm> site. SnapFiles also has listings <http://www.snapfiles.com/features/ed_usb_software.html> for such products, but these are mainly small utilities rather than mainstream applications.

How to reduce the risks of flash computing If you plan to use your flash drive with any public computer, you're exposing yourself to a variety of risks. Using a public computer is never 100% safe and private, since a PC used by others might have keylogging software capturing your passwords and other data. However, you can take some steps to limit the dangers from viruses, keyloggers, and loss of the drive itself.

Use antimalware software. The risk of acquiring viruses, spyware, or other malware from a public computer is high, so take care to install

one or more antimalware products on your flash drive. Antimalware programs are available in all of the collections discussed above. You can also find other portable antimalware products online.

In addition, once you return home, you should use any virus scanner that's installed on your desktop machine to scan the flash drive before using any application on it.

Don't use online banking on a public PC. If you log on to a banking application that allows money to be transferred from your account to payees, this is just what keylogging software is looking for. Either carry a laptop that you regularly scan for spyware, or find some way other than an Internet café to do your banking remotely.

Protect your privacy. Privacy on a public computer is also a concern, especially if you're working with sensitive documents. One strategy for protecting your data is to use a portable encryption program like TrueCrypt, as discussed in the Aug. 2 <http://WindowsSecrets.com/links/mrobi86js2jdd/66b972h/?url=WindowsSecrets.com%2F2007%2F08%2F02%2F03-Drive-encryption-not-just-for-hard-disks> and Aug. 16 <http://WindowsSecrets.com/links/mrobi86js2jdd/062b4eh/?url=WindowsSecrets.com%2F2007%2F08%2F16%2F03-Restrict-application-privileges-for-greater-security> newsletters.

Another option is to use an archiving program that can encrypt the compressed files it creates. For example, the program IZArc2Go <http://WindowsSecrets.com/links/mrobi86js2jdd/df1249h/?url=www.izarc.org%2Fizarc2go.html> fills that bill and is designed for flash drives as well.

To use the files you encrypted, you'll have to copy them from the encrypted folder to work on them. When you're finished with the work files, copy

them back to the encrypted folder. Then destroy the work copies using a shredder utility, such as CyberShredder <http://WindowsSecrets.com/links/mrobi86js2jdd/ba7f59h/?url=www.cylog.org%2Futils_9.asp> or Ultrashredder <http://WindowsSecrets.com/links/mrobi86js2jdd/1792f8h/?url=www.xtort.net%2Fxtort-software%2Fultrashredder%2F>.

Make backups. Finally, protect yourself against accidental loss of the drive itself by making backups of its contents. If you're making the backup to your desktop system, you can use whatever software you have on that system (including any that might be built into your version of Windows). In addition, backup utilities are found in all the portable-application collections discussed earlier.

Flash drives make it easy to take both your work and applications with you wherever you go. Although they're not as secure as taking a laptop with you, they're much easier to transport. With the right precautions, you can reduce your risks and get the ultimate in portable computing
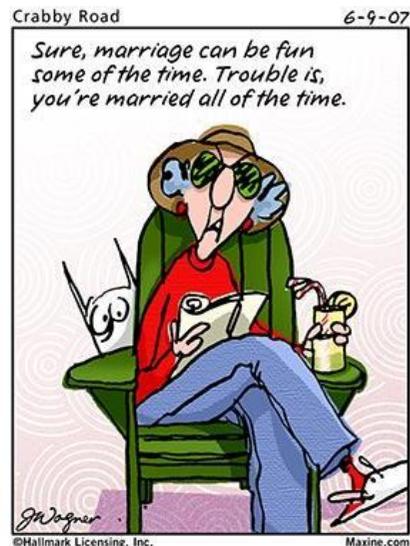
Newbie Club Tutorials

--------- "How To Bookmark a Site Without Visiting It"

Maybe you're surfing a Website and are a bit pushed for time, or you don't want to be distracted from the info on the Site you're already on. Then you come across a link, or even a bunch of links, to other related sites.

In Internet Explorer, you can bookmark a Site, without actually going to it. To do this: (Doesn't work on an email link)

RIGHT click on the link you wish to bookmark.

A selection box opens up.

Left Click 'Add to Favorites'.

Select the folder you wish to save your bookmark in.

Click OK to save it.

Done:-)

------------- "How To Rename a Favorite"

OK, how many times have you looked in your Favorites folder and wondered what on earth some of them linked to? That's because you didn't give them an easily recognizable name at the time.

Here's how to replace a Favorite's name; Open Internet Explorer.

Open the Favorites menu in top toolbar, Click Organize Favorites.

Select the favorite you wish to rename.

Click Rename.

Type in the new name.

Press Enter.

Then click Close.

------- **"How To Organize Your Favorites"**

If you bookmark a lot of sites, you eventually end up with a looooong list of favorites which are unrelated.

Time to organize them into folders like 'Cookery', Motoring' etc.

Open the Favorites menu in top toolbar Select Organize Favorites.

Click on 'Create Folder' Type in a name Click 'Close' Select a favorite from your list.

Click 'Move to Folder' Click Close.

Then repeat the process until your 4638 Favorites are organized into an easily managed bunch of folders.

You can even create sub folders within a folder, like 'Chicken' inside your 'Recipes' folder.

Select a Folder.

Click 'Create New Folder' Close.

---------- **"How To Change Your Default Start Page"**

Are you bored with the appearance of your Explorer page?

You can have a different page if you wish - maybe even show your favorite Website each time you launch your browser - like The Newbie Club:-)

Or worse still, has someone (even Microsoft do it) highjacked your Browser by installing their Web page into your browser?

Click 'Tools' in top toolbar (in older browsers click 'View')

Click 'Internet Options'.

Click 'General' Under Address, type in the URL you wish to have as your new default start page.

OR If you're already on a Website you wish to use as your default, click on 'Use Current' button.

OR To show a completely blank page each time you open Explorer, click on 'Use Blank'.

Click 'Close'.

---------- **"Are You Using Explorer In 'No Graphics Mode'?**

Some people do this so that graphics don't show in a Web page they're visiting. This helps to load the page faster, especially if you have slow Internet connection, but you sometimes miss out on the purpose of the Website - especially if it is using graphics as navigation links etc.

To view a single picture while working in a no-graphics mode.

without having to turn on all graphics do this:

RIGHT click on the placeholder icon (that's the blue, red, and green shapes that show where a picture is normally shown).

Click 'Show Picture'

------- **"How To Avoid Getting Lost While Browsing"**

This is handy because sometimes when you click a link to another site you end up getting lost, and lose the original Website.

RIGHT click on the link.

Click 'Open in New Window' .

Or, Simply hold 'Shift' on your keyboard while clicking the link.

This will open a separate browser window with the original page directly beneath it.

When you're finished, just close the new window, and you end up back on the original page.

Explorer automatically saves a list of all the URL's (Web Pages)

you have been to recently.

Explorer will automatically save your history information for 20 days. If you wish to change this ...

Click on 'Tools' Click on 'General' Click up or down in the 'Days To Keep Pages In History' box.

You can also clear all the URLs in your History Folder using the 'Clear History' button.

Now no-one can find out which cookery Websites you've been visiting. Except a real techie of course, but I don't think you'll have many of them using your PC:-)

---------- "How To Disconnect Your Dial Up Connection"

When you open Internet Explorer, your dial-up screen will appear, asking you to sign on.

However, when you close Internet Explorer, you may still be connected to your dial-up connection. And if you pay per minute, this can be costly.

If you are still connected after closing Internet Explorer, you can quickly terminate your connection.

RIGHT click on the dialer icon in the system tray of your taskbar. (Bottom right corner)

Click Disconnect.

This will terminate your dial-up connection.

Yes, I know this may seem obvious to you if you've been using the Internet for a while. But it can be costly finding this out when you're new.

------------ "How To Change Your Default Mail and News Readers"

Do have 'Outlook' installed, or another email client, but find that 'Outlook Express' loads whenever you wish to read email?

Or vice-versa?

Click on 'Tools' Click 'Internet Options' Click on 'Programs' tab.

Click the down arrows under Mail and News, and change your default readers.

Click OK to save your settings.

------------ "Need More Help?"

It may seem obvious, but use the Help facility! It's quite amazing how much help there is the Explorer help file.

Just click on 'Help' in top toolbar and dig around. If you have an hour or so to spare, open the 'Contents' folder and browse around.

------- "How To Avoid Getting Lost While Browsing"

This is handy because sometimes when you click a link to another site you end up getting lost, and lose the original Website.

RIGHT click on the link.

Click 'Open in New Window' .

Or, Simply hold 'Shift' on your keyboard while clicking the link.

This will open a separate browser window with the original page directly beneath it.

When you're finished, just close the new window, and you end up back on the original page.

Crabby Road   6-23-07

Greatest Hits

I believe that everything happens for a reason. Usually, the reason is that somebody screwed up.

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Advice From Email Essentials

@ Sending a Photo You have a photo on your computer, from a digital camera and you want to email to someone.

There are two choices for doing that:

1. **Send the photo as an attachment to an email. It'll show up as an icon at the top of the email for the receiver to click and open in their picture viewer. This is the most common option.**

2. **Embed the photo into a HTML formatted message so it appears in the text of the message just like a photo in a newspaper article. This looks nicer for people who want to read the message and not necessarily work with the photo file. But there are compatibility issues to keep in mind.**

   Whichever way you choose, you need to keep an eye on the overall size of the message. With higher resolution cameras available it's easy to go over the recipient's limit for incoming messages.

@ Photo as an attachment This is the easy option. Create your email then add the photo/s as an attachment. In Outlook use either Insert | File or use the paperclip icon on the toolbar.

The attached files will appear as a list, usually above the message text with a small icon, the file name and file size. Note the file size of the attachment because that can be important.

Another option is to choose the file in Explorer, right-click on the menu and choose Send To | Mail Recipient - this should open a new email message in your default email program. Depending on your computer setup you may get an option to compress the images to a smaller file size for sending.

If the picture or other file came to you in an email you can pass that file along in an outgoing message. With most email programs you should be able to drag and drop and attachment from another email into the message you're sending out. Or click Forward for the email that has the attachment then change the From, Subject and message text (this only works if the

email program supports forwarding including the attachment, some drop the attachment).

@ Photo in the message You can embed the image into the message itself as opposed to an attachment or linking to a picture on a web site. To do this you need to send a richly formatted (HTML) message - plain text won't work. Most email programs will let you do this but the formatting options differ a lot.

In Outlook choose Insert | Picture | from File - this will insert the picture into the message itself. It might be way too large for the message but that's easily fixed.

Tip: this works best if you use MS Word as your email editor within Outlook. This is the default but you can check at Tools | Options | Mail Format.

To change the dimensions of the image click on the black box in one corner of the image and drag it towards the centre. This will shrink the visible image in size without changing the overall proportions.

If you're a little familiar with Word then you'll find all the standard picture options are available like cropping and resizing from the Picture toolbar.

Right-click on the image and choose Format Picture to see some useful options:

- •Size – sometimes the image you've imported is really big and its hard to shrink it by dragging. The Size dialog helps you bring it back into a workable form. Change the Scale proportion to reduce the size of the image, make sure the 'Lock aspect ratio' is checked so both the height and width scales stay in sync.

- Layout – this lets you position the image and let the text flow around the image. A common setting is to choose Square and Right to put the image on the right side of the message window with text flowing around it on the left.

Picture | Compress – this is essential for any email with images.

There's little point in sending a 2-3MB plus image when you've reduce the dimensions to a much smaller form. The Compress option will shrink the file size of the image you send without affecting the file saved on your computer.

We generally choose 'All pictures' , 'Web/Screen' resolution. 'Compress Pictures' and 'Delete cropped areas of pictures' leave checked, it doesn't matter if there are no cropped areas or if the images were compressed before.

Peter and Phil use this method to create travel journals when they are away. Friends and family 'stranded' at home get a message about the trip complete with photos to accompany the story. Tip: if you have some friends or family without email, arrange with a friend to print out the message and post a copy to the email deprived.

If your email program doesn't seem to support a lot of picture formatting you have the option to write the message in Microsoft Word or other word-processing program. When it's finished, copy the document and paste it into a new email message. The formatting should be retained (though your mileage may vary).

BE CAREFUL WHEN FORMATTING YOUR MESSAGE BECAUSE YOU CAN'T ASSUME THAT THE RECEIVER HAS THE SAME VIEWABLE MESSAGE SIZE THAT YOU DO. IN PARTICULAR A NARROW EMAIL WINDOW CAN SQUEEZE THE TEXT AND WRAPPED IMAGES SO THE WHOLE EFFECT IS SPOILED. THE RIGHT-SIDE READING PANE IN OUTLOOK IS A GOOD EXAMPLE OF THIS. BEFORE SENDING YOUR MESSAGE TRY ADJUSTING THE WINDOW SIZE NARROW AND WIDE TO MAKE SURE IT LOOKS OK IN A VARIETY OF SIZES (OF COURSE YOU CAN GO TO EXTREMES AT BOTH ENDS).

@ Link to a web site For the sake of completeness there are other options as well which are either not used much by individuals or beyond the scope of Email Essentials.

You could post the images to a web site and link from your email to those images. These days that usually means the receiver will have to explicitly

(Continued from page 15)

permit the linked images to be downloaded.

There are also plenty of photo sharing sites around where you can upload images and make them available from a web site. However you're choosing to send your pictures, there's always the important question of message size

@ Size of messages Most email messages are small, at least when there's just text. Even a long HTML formatted message with no images or attachments is rarely more than 200kb - which is tiny by today's standards.

Add an image or other file and that can grow to 1,000 or 2,000kb very quickly (roughly 1MB or 2MB). Even that should not be a problem these days.

However if you include several files then the email size can grow to a size that becomes a problem for the receiver's system. Some files from a digital camera can be 4MB or more and that starts heading into the danger zone.

The size of the message includes the text and the message header, not just the attachments. Usually the text and header are quite small but it's worth keeping in mind. An email attachment near a size limit can be taken 'over the top' by the other text in the email.

GENERALLY SPEAKING THE FILE ATTACHMENT SIZE WILL MATCH THE EMAIL ATTACHMENT SIZE, BUT THIS WASN'T ALWAYS THE CASE. IN THE EARLY DAYS OF EMAIL, ATTACHMENTS USED A UUENCODE SYSTEM TO SEND ATTACHMENTS WITH EFFECTIVELY DOUBLED THE FILE SIZE IN ORDER TO SEND IT. THESE DAYS MORE EFFICIENT ENCODING SYSTEMS ARE USED AND MOST PEOPLE DON'T WORRY ABOUT IT; AND THEY USE THE DEFAULT SETTINGS. FOR EXAMPLE, OUTLOOK HAS AN OPTION TO USE UUENCODE FOR PLAIN TEXT MESSAGES WITH ATTACHMENTS BUT THE DEFAULT SETTING IS OFF AND IT'S BEST TO LEAVE IT THAT WAY UNLESS YOU

REALLY NEED TO CHANGE IT.

@ Maximum Message Size There is no hard rule for the maximum size of a message that can be accepted by a mail service. It very much depends on the receiver's email service - it has nothing to do with the email program settings of either the sender or receiver. Some ISPs make their limits clearly known (like 10MB for Gmail) while other ISP's seem to treat this information like a corporate secret.

Usually the size limit applies to both incoming and outgoing messages, though they can vary. It's possible that outgoing messages have no limit but incoming messages do.

Rarely an Internet provider sets a limit for the accumulated size of incoming messages over a day, week or month - happily this is a rarity though in one case we have to email attachments just after midnight (their time) in order to make use of a new day's email limit. If your email service does this, it's time to send a complaint letter or switch to another company.

@ Size of mailbox Another related possibility is that your large email takes the receiver's emails above their total mailbox size limit. For example you send a 7MB email to a mailbox that has only 5MB of free space available - your message will be refused because it can't fit in the receiver's available space.

This can happen for people with small mailboxes (common with some of the older free webmail services) who also don't check their email very often. People in this situation might consider switching to a more generous service like Google's Gmail with 2GB plus of email storage.

GENERALLY THE RECEIVER GETS NO WARNING THAT AN INCOMING MESSAGE WAS REFUSED SO YOU HAVE TO

(Continued from page 16)

SEND A SHORT EMAIL, CONTACT THEM SOME OTHER WAY OR WAIT UNTIL THE MAILBOX CLEARS.

@ 'Bounce' message An email from the mail service saying that your email was refused is commonly called a 'bounce' message (because your message is being bounced back). Sadly there's no common format to these messages and they don't make a lot of sense to most carbon based life forms.

Here's an example of one we received last week (with names and domains changed) - we've highlighted the parts that are important.

```
From: System Administrator Subject: Undeliverable:
     Emailing: Orange netting.JPG Your mes-
     sage did not reach some or all of the
     intended recipients.

Subject: Emailing: Orange netting.JPG, Sent: 19-
Jun-2006 11:33 AM The following recipient(s) could
not be reached:

bruce@freddagg.com on 19-Jun-2006 11:34 AM This
message is larger than the current system limit or
the recipient's mailbox is full.  Create a shorter
message body or remove attachments and try sending
it again.

<freddagg.com #5.2.3 smtp;450 5.2.3 Msg Size
greater than allowed by Remote Host>
```
The bounce message isn't precise about the **problem, though we know its something to do with the size of the message. The second part (after the SMTP error code) says that the message size is too big but the earlier sentence suggests it could be either the message size or the mailbox is full. Typically the bounce message isn't too helpful, it would be nice if the email stated the size limit for incoming messages (that would be a courtesy for both senders and receivers) but it rarely happens.**

Again, this is the message sent back to the sender. The receiver (ie owner

of the mailbox) doesn't know that a message was refused delivery to his/her mailbox.

(IN THIS CASE WE CALLED THE RECEIVER, WHO CONFIRMED THAT HIS MAILBOX WAS CLEAR SO WE RESENT THE MESSAGE WITH A SMALLER ATTACHMENT).

@ Rule of Thumb As a rule of thumb, any message less than 10MB should be OK to send. That's the limit for Gmail and, as a result, it is becoming widely accepted by other email services.

BUT 10MB CAN BE TOO LARGE FOR SOME RECEIVER'S EMAIL SERVICES. IN THE EXAMPLE ABOVE WE STILL DON'T KNOW THE LIMIT BUT IT SEEMS TO BE AROUND 6-7MB.

@ What is the limit?

The obvious thing to do is ask the receiver what the limit is for incoming messages on their mail account. Sadly most people don't know and find it hard to get an answer from their email service, or perhaps they could not be bothered to find out.

Even worse you'll get a nonsensical answer. We've been told 'the limit is 1GB' which is really the total mailbox size not the individual incoming message limit.

YOU CAN TRY TO INVESTIGATE FOR YOURSELF IF THE EMAIL ADDRESS IS A COMMON DOMAIN - FOR EXAMPLE IF THE RECEIVER'S ADDRESS IS @LYCOS.COM YOU CAN GO TO THAT WEB SITE AND SURF AROUND. (THE ANSWER IS 5MB WITH A 125MB TOTAL MAILBOX SIZE DEPENDING ON THE TYPE OF ACCOUNT, AND THERE'S NO WAY TO TELL THAT FROM THE EMAIL ADDRESS ALONE. OUTGOING EMAILS SEEM LIMITED TO 5MB, NO MENTION OF AN INCOMING SIZE LIMIT)

@ Know thy message limit There's nothing much that you can

do about other people's ignorance but you can find out the answer for your correspondents.

> **Go to the support site for your email service (or ISP if they supply your mailbox as well) and find out the limits:**

- **Go to the support site for your email service (or ISP if they supply your mailbox as well) and find out the limits:**

- **on your mailbox (ie maximum mailbox size)**

- **size limit for incoming email messages**

- **size limit for outgoing email messages**

- any other limits

Ideally get it in writing/email because often the phone support people don't know and will blow you off with the wrong answer or just a guess.

In the wake of the media coverage and user complaints, Microsoft quickly cobbled together a response that confirms the problem and provides a manual fix

. **Microsoft scrambles to respond to negative press**

Associate editor Scott Dunn's lead story last week broke the news that executable files recently installed silently by Windows Update actually prevent further updates from working in some cases. Windows XP users who run the "repair" option from a CD-ROM of the operating system find that all security patches subsequently fail to install.

Many blogs and computer industry publications picked up on the trail. Several sources conducted their own tests and verified Scott's findings. ZDNet <http://WindowsSecrets.com/links/mrobi86js2jdd/012dbfh/?url=blogs.zdnet.com%2Fhardware%2F%3Fp%3D817> confirmed that Windows Update does not repair itself in this problematic scenario, apparently no matter how long it's left alone. Computerworld <http://www.computerworld.com/action/article.do?command=viewArticleBasic&articleId=9039681&intsrc=hm_list> also released an article confirming the story.

In response to the flurry of comments, complaints, and criticisms, Microsoft jumped into action. Windows Update program manager Nate Clinton assembled a blog post <http://WindowsSecrets.com/links/mrobi86js2jdd/a5da4bh/?url=blogs.technet.com%2Fmu%2Farchive%2F2007%2F09%2F28%2Fissues-installing-updates-after-repairing-xp.aspx>,

which went live at 2:11 a.m. Pacific Time the day after our newsletter went out. His report confirmed the problem, outlined a solution, and promised that a Knowledge Base (KB) article would be posted soon. That article, KB 943144 <http://WindowsSecrets.com/links/mrobi86js2jdd/9aa3ffh/?url=support.microsoft.com%2Fkb%2F943144%2Fen-us>, appeared later that day. In addition to repeating the repair steps from Clinton's blog, the piece discusses the source of the problem, indirectly admitting that the stealth update was at fault:

"The latest version of Windows Update includes a file that was not available in the release version of Windows XP. This file is named Wups2.dll. ... Because the registry files that correspond to the Wups2.dll file are missing, update installations are unsuccessful."

***Redmond identifies one DLL as the source of the problem** Last week, Scott listed seven separate DLLs that needed to be manually registered to enable a "repair" install of XP to receive patches. Microsoft researched the code and found that only one of these files is the hang-up: wups2.dll.*

Microsoft's official fix for the problem requires that you enter only three commands in a command window to register that one DLL. The other six DLLs don't require this.

For 32-bit Windows, open a command prompt and enter the following lines:

net stop wuauserv regsvr32 %windir%\system32\wups2.dll net start wuauserv For 64-bit Windows, the second line differs due to the location of the DLL file:

net stop wuauserv regsvr32 %windir%\syswow64\wups2.dll net start wuauserv In each case, the first and last commands stop and then restart the Windows Update service. This is a precaution to keep the service from becoming unstable. In our tests on a 32-bit system, however, a single short command — regsvr32 wups2.dll — solved the problem without confusing the WU/AU service.

***Side-stepping the primary issue** Although the KB article alludes to the stealth updates, Microsoft did not address the core issue or take responsibility for causing the problem in the first place. Basic pieces of the puzzle are still missing.*

Users should be able to read a KB article discussing the executables that Windows Update silently installed and manually download the .381 version of the installed files (a procedure that's typically available for other patches). It would also be nice for Microsoft to stop writing files silently to disk when users configure Windows not to install downloads without warning.

Until Microsoft steps up and addresses these issues, many customers will remain suspicious of Microsoft in general and Windows Update in particular.

Remember The Rabbit Joke??

A rabbit walks into a pub and says to the barman "Can I have a pint of beer and a Ham and Cheese Toastie?". The barman is amazed but gives the rabbit a pint of beer and a ham and cheese toastie. The rabbit drinks the beer and eats the toastie, he then leaves.

The following night the rabbit returns and again asks for a Pint of Beer and a Ham and Cheese Toastie. The barman, now intrigued by the rabbit and the extra drinkers in the pub (because word gets round) gives the rabbit the pint and the toastie. The rabbit consumes them and leaves.

The next night, the pub is packed, in walks the rabbit and says "A pint of beer and a Ham and Cheese Toastie, please barman". The crowd is hushed as the barman gives the rabbit his pint and toastie and then burst into applause as the rabbit wolfs them down.

The next night there is standing room only in the pub, coaches have been laid on for the crowds of patrons attending, the barman is making more money in one week than he did all last year. In walks the rabbit and says, "A Pint of Beer and a Ham and Cheese Toastie, please barman", smiling and accepting the tributes of the masses. The barman says, "I'm sorry rabbit, old mate, old mucker but we are right out of them Ham and Cheese Toasties".

The rabbit looks aghast, the crowd has quietened to almost a whisper, when the barman clears his throat nervously and says, "We do have a very nice Cheese and Onion Toastie". The rabbit looks him in the eye and says, "Are you sure I will like it?" The masses bated breath is ear shatteringly silent. The barman, with a roguish smile says "Do you think that I would let down one of my best friends, I know you'll love it".

"Ok" says the rabbit," I'll have a Pint of Beer and a Cheese and Onion Toastie". The pub erupts with glee as the rabbit quaffs the beer and guzzles the toastie, he then waves to the crowd and leaves....

.....NEVER TO RETURN!!!!!!

One year later in the now impoverished public house, the barman (who has only served 4 drinks tonight, 3 of which were his) calls time. When he is cleaning down the now empty bar, he sees a small white form, floating above the bar. The barman says, "Who are you" To which he is answered, "I am the ghost of the rabbit that used to frequent your public house". The barman says, "I remember you, you made me famous, you would come in every night and have a Pint of Beer and a Ham and Cheese Toastie, masses came to see you and this place was famous" The rabbit says, "Yes I know". The barman said, "I remember, on your last night we didn't have any Ham and Cheese Toasties, you had a Cheese and Onion one instead" The rabbit said "Yes, you promised me that I would love it". The barman said "You never came back, what happened?"

"I DIED", said the Rabbit.

"NO!" said the barman,"what from".

After a short pause. The rabbit said...

"**Mixin'-me-toasties".**

Pregnancy, Oestrogen and Women Pregnancy Q & A & more!

Q: Should I have a baby after 35?
A: No, 35 children is enough.

Q: I'm two months pregnant now. When will my baby move?
A: With any luck, right after he finishes university.

Q: What is the most reliable method to determine a baby's sex?
A: Childbirth.

Q: My wife is five months pregnant and so moody that sometimes she's borderline irrational.
A: So what's your question?

Q: My childbirth instructor says it's not pain I'll feel during labour, but pressure. Is she right?
A: Yes, in the same way that a tornado might be called an air current.

Q: When is the best time to get an epidural?
A: Right after you find out you're pregnant.

Q: Is there any reason I have to be in the delivery room while my wife is in labour?
A: Not unless the word "divorce" means anything to you.

Q: Is there anything I should avoid while recovering from childbirth?
A: Yes, pregnancy.

Q: Do I have to have a baby shower?
A: Not if you change the baby's nappy very quickly.

Q: Our baby was born last week. When will my wife begin to feel and act normal again?

A: When the kids are in university.

"OESTROGEN ISSUES"10 WAYS TO KNOW IF YOU HAVE "OESTROGEN ISSUES"

1. Everyone around you has an attitude problem.

2. You're adding chocolate to your cheese omelette.

3. The dryer has shrunk every last pair of your jeans.

4. Your husband is suddenly agreeing to everything you say.

5. You're using your mobile phone to dial up every ;car sticker that says: "How's my driving-call 0800-".

6. Everyone's head looks like an invitation to batting practice.

7. Everyone seems to have just landed here from "outer space".

8 You can't believe they don't make a tampon bigger than Super Plus.

9 You're sure that everyone is scheming to drive you crazy.

10.   The ibuprofen bottle is empty and you bought it yesterday..

11.   **TOP TEN THINGS ONLY WOMEN UNDERSTAND**
    10. Cats' facial expressions.
    9. The need for the same style of shoes in different colours.
    8. Why bean sprouts aren't just weeds.
    7. Fat clothes.
    6 Taking a car trip without trying to beat your best time.
    5. The difference between beige, ecru, cream, off-white, and eggshell.
    4. Cutting your hair to make it grow.
    3. Eyelash curlers.
    2. The inaccuracy of every bathroom scale ever made.
    AND, the Number One thing only women understand :
    1. OTHER WOMEN