



# Rmug News

November 2004

## This Month

RMUG Meeting, Saturday morning  
November 13, 2004 9-11:30AM

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

**Little Country Church**  
**873 Canby & Churn Creek Rd.**  
**Redding, California**

(RMUG IS NOT CHURCH AFFILIATED)

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

Topics this month will include the usual helpful info. A demo of working with iTunes from Dale. Sale of tickets for an iPod raffle.

## Contents

RMUG Information	2
Secretary's Notes	3
Librarian's Corner	3
Photoshop Elements 3	4
Law Hits Home	5
News From Bill	7
iPod Photo	8
Editorial	1
Our Host	10

## Rmug Officers

*Dale Josephson - President*  
*Jim Pace - Vice President*  
*Charlotte Ruskowitz - Treasurer*  
*Mary Gililland - Secretary*  
*Charlotte Ruskowitz - Librarian*  
*Ken Lorenz - Editor*  
*Barbara Benefield,*  
*Louise Zegers, Pat Hiner*  
*- Hospitality*

## President's Letter

Because of extenuating circumstances there will be no regular President's letter this month with its usual wit and wisdom. The following article was sent to me last Wednesday by some folks who were important in my life over twenty years ago. It is nice to be back in touch. This shall suffice for the November editorial.

### THE MAYONNAISE JAR AND COFFEE

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar...and the coffee...

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things-your God, family, your children, your health, your friends, and your favorite passions-things that if everything else was lost and only they remained, your life would still be full.

continued on page 9

# RMUG Information

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

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

**Meetings:** RMUG meetings are held on the second Saturday of each month from 9:00 to 11:30 AM at Little Country Church, 873 Canby Rd. Room B-6. (we are not church affiliated) The meetings give members and visitors an opportunity to share information, opinions, personal experiences and techniques regarding Macintosh computer systems—hardware & software.

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

**Welcome To Our Meetings:** Call the President, Dale Josephson at 244-7262 or contact other RMUG officers for help. Go to <http://rmug.org/membership.html> for numbers.

**Membership Dues:** \$24 / year. Includes newsletters, access to shareware, monthly workshops, troubleshooting help. Payment of dues can be made at the monthly meetings or send them to: Don Lapray, 1745 Crosby Lane, Redding CA 96003. Please make check payable to: Redding Macintosh Users' Group.

## SECRETARY'S NOTES:

Hi to all and Happy Thanksgiving.

We decided at the last board meeting to raffle off a silver Mini iPod. It is compatible with both MAC's and PC's. There will be a limited number of tickets which will be \$5.00 each. Come to the meeting so that you can get yours. Dale is selling them at his store. We will be drawing the Winning ticket at the November meeting if all are sold-if not, the drawing will be at the December meeting. Be sure and make it to the meeting because the chances of winning this little baby are very good.

Also at the November meeting we will be talking about the election of the RMUG board for next year. If you are interested or have questions please talk to a current board member. I know that I will not be able to be secretary next year, even though I have enjoyed being on the board. Dale is going to show us how to do iTunes and transmit it over Air Port express.

Mary Gililand

## LIBRARIANS CORNER:

Last month I told you about the <http://mac-hints-tips.com/> site where I've found an abundance of extremely helpful tips to use with your Mac. In case you didn't get to go there, here are some more from the site. The first one comes all the way from "down under"!

### Moving and Copying Files

A common situation in Column View is that when you click your source folder to see its contents, you can no longer see your destination folder. How then to drag items to it? The following method actually works in any Finder view:

Suppose you want to move a number of files from folder A to folder B. First locate the icon of folder B, and drag it to the lower half of the sidebar on the left side of the Finder window. (If the sidebar isn't visible, first click the small oblong button at the top right corner of the window.) Release the mouse button. You'll see an icon of folder B appear in the sidebar.

Now open your source folder A, select the desired files, and drag them to the folder B icon in the sidebar. You'll find on checking later that they were actually moved to the real folder B. Having finished with your 'sidebar folder' B, drag the icon off the sidebar. It will disappear in a puff of smoke.

But that's not all! Made a mistake somewhere along the line? Dropped the files into the wrong folder, perhaps? Before doing anything else, simply press Command Z (or choose "Undo" from the Edit menu) and your action will be reversed (i.e. the files will be returned to their original locations). Yes, Undo really does work on Finder actions!

Apple Users' Society of Melbourne  
via Apple Barrel, Ridgecrest CA

Here's a good tip for Photoshop

### Exact Cropping

If you want to crop an image to a specific height and width, click the Crop tool (third tool down on the left row - third tool down on the right in Photoshop Elements). The Options bar now has text blocks for Height, Width and Resolution. Enter your Height, Width and Resolution selections.

With the Crop tool still selected, draw a selection rectangle in the image. The rectangle will be constrained by your selections. Hit "Enter" to confirm the crop, or, if you choose another tool, you will be asked if you wish to execute the crop. This gives you a chance to cancel the crop without changing the image. You can also cancel the crop after hitting enter, by pressing Command Z.

The numbers you entered in the Height, Width and Resolution settings will stay there until you change them, so if you have a use for repeated crops to the same size, this makes the job much simpler. You may find it is useful to go to Photoshop > Preferences > Units & Rulers and change the units selection to pixels or inches to make it easy to enter the sizes you wish.

continued on page 4

LIBRARIANS CORNER CONTINUED

Mouse Droppings, Corvallis OR  
By the way, another very useful site is <http://dictionary.reference.com/> where you can get correct spellings or <http://thesaurus.reference.com/> for synonyms and antonyms. Actually you can go to either one, enter your word, then click on either the dictionary or thesaurus button at the top and then hit enter.

This is Apple season... so enjoy your Mac's!

PS

Came across this in my travels and thought it was too cute not to share.

No Spikka English

-----  
A bus stops and two Italian men get on. They sit down and engage in an animated conversation. The lady sitting behind them ignores them at first, but her attention is galvanized when she hears one of the men say the following:

"Emma come first. Den I come. Den two asses come together. I come once-a-more. Two asses, they come together again. I come again and pee twice. Then I come one lasta time."

"You foul-mouthed sex obsessed swine," retorted the lady indignantly. "In this country, we don't speak aloud in public places about our sex lives..... "

"Hey, coola down lady," said the man. "Who talkin' abouta sexa? I'm a justa tellin' my frienda how to spella 'Mississippi'."

I BET YOU READ THIS AGAIN!!!!

Charlotte

PHOTOSHOP ELEMENTS

3

Adobe announced the next version of Photoshop Elements 3, its consumer-level image editor, yesterday. This \$90 program takes much of the pixel-pushing power of Adobe's \$649 pro-level Photoshop CS and puts it in an easy-to-use interface-reducing many of the most tiresome tasks to a mere click of the mouse or a drag of the onscreen slider.

I've been playing with a beta of Photoshop Elements 3 for a couple of weeks now (one of the perks of this job) and I have to say I'm pretty impressed. Here's why:

Some people can look at a bad photo and tell you exactly what's wrong with it-there's too much blue, the highlights are blown, and so on. But the rest of us just see that it looks like a bad, experimental film from the 70s and want it fixed. And this is one of the areas where the new version of Elements really shines.

The update includes a new Smart Fix button that will analyze a photo's colors, lighting, and contrast and attempt to fix all of these problems in one go. Of course, it's more successful on some images than others. But from what I've seen, the feature does a better job than what you'd get by just applying the Auto Color and Auto Levels commands from the previous version. An improved Quick Fix mode gives you large Before and After images so you can decide if you like the results before you apply them to your photo. If you don't, you can adjust a Smart Fix slider to scale back the amount of image correction. So it's not all or nothing, as so many one-click fixes are.

Of course, if you do want to get your hands dirty with color correction, levels, masking, and so on, you certainly can. All of those features are still available through the regular menus and tools. Which means you won't quickly outgrow the program. And this, I think is where Photoshop Elements really gets it right.

continued on page 5

## PHOTOSHOP ELEMENTS 3 CONTINUED

There are a large number of Mac users who made the leap from film to digital photography in the last few years and who are now looking to get more from their growing photo collection. "That photo of Sue would be so cute if only the lighting were better," they say to themselves. iPhoto's built-in image-correction tools are great for some of these quick adjustments, but helpless with more complicated tasks. This is where Elements steps in.

Adobe is billing Elements 3 as a complement rather than a replacement to iPhoto. The new version tightly integrates with an existing iPhoto catalogue, so you can quickly and easily move between the two programs-using iPhoto to organize and store your photos and Elements to edit them. And that means that you have room to develop your editing skills at your own pace.

By Kelly Lunsford  
MacCentral

## LAW HITS HOME:

A recent court decision on a 5-year-old case highlights the failure of our laws to protect the privacy of personal e-mail.

Everyone (or almost everyone) knows that the e-mail you send and receive at work, using your employer's computers and network, isn't really private: The company and your boss have the right to both monitor and read what you're sending and receiving. But if you're like me, you probably thought that the Internet service provider you use at home--and by extension those who work there--doesn't have the same right. We're wrong: They do.

At least that's what a recent court ruling says. Apparently, a strict reading of the laws that supposedly protect our private communications--principally 1968's Wiretap Act (Chapter 119 of Title 18) and one of the subsequent amendments to it, 1986's

Electronic Communications Privacy Act--in effect denies e-mail the kind of privacy protection from law enforcement agents that other forms of personal communication have.

What's more, the laws give ISPs pretty much the same right to read and monitor your e-mail that you have.

### In Transit Versus Stored

About a month ago, in *United States v. Bradford C. Councilman*, the U.S. First Circuit Court of Appeals ruled that an ISP wasn't covered by the Wiretap Act if it chose to snoop into its users' e-mail because the e-mail messages were stored on its servers.

Councilman worked for a company called Interloc, a rare-book listing service that also provided Internet access (the company was subsequently bought by Alibris). He ordered a modification to the company's e-mail-handling program so that he could identify e-mail sent to its users from certain domains, such as Amazon.com, that were his competitors. He then read those e-mail messages in order to get a competitive advantage.

However, according to the Wiretap Act, an ISP is not allowed to intercept your e-mail and read it or otherwise use its contents. So the federal government prosecuted.

Councilman argued that he didn't intercept anything, as the e-mail messages were no longer in transit: They were stored in the RAM or the hard drive of his company's computers. Both the district and appellate courts in Massachusetts agreed.

Why should the location matter? Well, it matters because the law treats stored e-mail messages differently from ones in transit. I kid you not.

Stored e-mail messages fall under the guidelines set out in 1968's Stored Communications Act (Title 18, Chapter 121). Its restrictions on both ISPs and law enforcement agents are less stringent than the rules governing communications under the Wiretap Act. And while wiretap laws don't allow

continued on page 6

## LAW HITS HOME CONTINUED:

ISPs to read your e-mail, the Stored Communications Act does.

Like so many other legal decisions, it all comes down to language and definitions--in this case the definitions of transit, transmission, and interception. For the wiretap rules to apply, your e-mail has to be intercepted, which means it has to be in transit.

If I were asked, I'd say an e-mail is in transit as long as it hasn't actually been downloaded to my inbox: It hasn't reached me, so it's still traveling. It's like a package: Those new CDs I've ordered from Amazon.com are still in transit until they're in my hands, although technically they may be stored at the local UPS depot awaiting rescheduled delivery because I wasn't home the first time.

However, the laws are worded--and have been interpreted by the courts--to define transit as a very limited state for electronic communications. Transit is only that tiny portion of time it takes an e-mail message to pulse through telecom pipes between periods when it's stored on the servers that route e-mail traffic from sender to receiver. Storage is quite broadly defined in these laws. It includes all kinds of momentary storage, such as on a server or in a PC's RAM, or even its cache. So e-mail is considered to be "in storage" nearly all of the time.

Welcome to the wacky world of law.  
Consistent Protection in the Works

Although the decision in *United States v. Councilman* gives ISPs the right to snoop into users' e-mail practically anytime they want to--and significantly eases access to private e-mail for law enforcement agents--it's something of a red herring, says Kevin Bankston, an attorney for the Electronic Frontier Foundation. The real problem, he says, is that the Stored Communications Act and the Wiretap Act treat e-mail so differently, when they should protect it in the same way.

Voice mail, for example, is explicitly protected under wiretap laws even when it's stored.

At least some congressional representatives think this discrepancy should be resolved, and a new bill (H.R. 4956) proposed in late July should help do just that. The E-Mail Privacy Act of 2004 would basically place e-mail, even while it's stored, under the interception rules for wiretaps, and would also help prevent ISPs from accessing users' e-mail messages beyond what's needed for the service to function.

## Not All Monitoring Is Bad

There are certain kinds of e-mail scanning and filtering I want my ISP to perform. It can--and should--go to town on spam, and I'm grateful for any virus or worm scanning that goes on before my local protection kicks in. In my mind, that's part of the service I'm paying for. ISPs are allowed to perform functions like this because such actions are considered part of their normal course of business, or serve to protect their business or equipment. H.R. 4956 would have no effect on that.

In case you're wondering, Google's controversial Gmail wouldn't be affected under the new bill either. Users know exactly what they're getting into when they sign up, so they have given consent to Gmail's computerized snooping.

ISPs already enjoy a certain privileged position in the eyes of the law: They're exempt from responsibility and liability for what their users say in the e-mail the service handles. That privilege exists for good reason: They need that freedom to operate the service and consequently allow you and me to exercise our free speech on this medium. But the unrestricted right to scan, read, or copy the e-mail they process--without user knowledge or consent--serves no comparable good. It's time to close that loophole.

Anush Yeghazarian  
PC World senior editor.

## NEWS FROM BILL:

Q: I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that's it. Don't Waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend The life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass, a green leafy vegetable. And a pork chop can give you 100% of your recommended daily allowance of vegetable slop.

Q: Is beer or wine bad for me?



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A: Look, it goes to the earlier point about fruits and vegetables. As we all know, scientists divide everything in the world into three categories: animal, mineral, and vegetable. We all know that beer and wine are not animal or mineral, so that only leaves one thing, right? My advice: Have a burger and a beer and enjoy your vegetables.

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body, and you have body fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain...Good.

Q: Aren't fried foods bad for you?

A: You're not listening. Foods are fried these days in vegetable oil. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO .... Cocoa beans, another vegetable!!! "It's the best feel-good food around!"

Well, I hope this has cleared up any misconceptions you may have had about food and diets. Have a cookie... One more thing... "When life hands you lemons, ask for tequila and salt."

Here's an easy thing to say:

If a packet hits a pocket on a socket on a port,  
And the bus is interrupted as a very last resort,  
And the address of the memory makes your floppy disk abort,  
Then the socket packet pocket has an error to report!

continued on page 8

### NEWS FROM BILL CONTINUED:

If your cursor finds a menu item followed by a dash,  
And the double-clicking icon puts your window in the trash,  
And your data is corrupted 'cause the index doesn't hash,  
then your situation's hopeless, and your system's gonna crash!

You can't say this?  
What a shame sir!  
We'll find you  
Another game sir.

If the label on the cable on the table at your house,  
Says the network is connected to the button on your mouse,  
But your packets want to tunnel on another protocol,  
That's repeatedly rejected by the printer down the hall,  
And your screen is all distorted by the side effects of gauss,  
So your icons in the window are as wavy as a souse,  
Then you may as well reboot and go out with a bang,  
'Cause as sure as I'm a poet, the sucker's gonna hang!  
When the copy of your floppy's getting sloppy on the disk,  
And the microcode instructions cause unnecessary risc,  
Then you have to flash your memory and you'll want to ram your rom.  
Quickly turn off the computer and be sure to tell your mom!

Bill

### IPOD PHOTO:

The iPod Photo looks identical to its music playing-only cousin, but it uses a 220x176-pixel resolution color screen capable of displaying 65,536 colors. Apple's Auto-Sync technology, built into iTunes, makes sure that the iPod is playing the same music as iTunes, but it has been extended also to

support the iPhoto software included as part of Apple's iLife application suite -- included on all shipping Macs and available for purchase separately. For Windows users, Auto-Sync supports Adobe Photoshop Elements, Photoshop Album or the user's "My Pictures" folder. The new photo syncing capability is supported by a new release of iTunes, version 4.7.

The iPod Photo can display 25 color photo thumbnails at a time, and lets users scroll through their photos the same way they scroll through their music playlists. An included AV cable enables the iPod to connect directly to a TV or video projector as well -- the iPod will even format the photos depending on whether your set uses the conventional 4:3 aspect ratio or the 16:9 format preferred by newer widescreen sets.

Apple also claims the iPod Photo sports longer battery life than previous models -- the company says iPod Photo can play music for up to 15 hours continuously, or up to 5 hours while showing photo slideshows.

Available now in 40GB and 60GB capacities, the iPod Photo costs US \$499 and \$599 respectively.

### iTunes 4.7

In addition to the ability to copy and synchronize photos, iTunes 4.7 sports a few other changes of interest to users who don't have an iPod Photo. The new release of iTunes, available for download from Apple's Web site, now sports the ability to show duplicate songs in your library. Other performance improvements have been made as well.

### Apple and U2 extend promotional partnership

Apple also took the wraps off the iPod U2 Special Edition, to celebrate the company's promotional partnership with the legendary rock band. The 20GB iPod U2 will ship in mid-November for \$349, and sports a black case equipped with a red Click wheel. On the back are custom engravings of U2 band member signatures.

continued on page 10

## Policies

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

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

RMUG News welcomes articles and questions relating to Macintosh or Macintosh compatible computers. Articles may be hand written, typed, or submitted on a 3.5" floppy disk (using any popular word processing program).

Submissions must be accompanied by the author's full name, address and telephone number. The submissions become the property of RMUG unless otherwise specified.

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

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

Ken Lorenz

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

OR

*rmug@rmug.org*

(stuff files if possible)

## Ad Rates

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

<h3>AD Rates</h3> <p><b>\$4 – business card</b>  <b>\$6 – quarter page</b>  <b>\$9 – half page</b>  <b>\$15 – full page</b></p>
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Advertisements in the RMUG newsletter will not influence reviews or critiques of hardware, software companies or stories.

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

## Editorial

The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else-the small stuff."

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18. There will always be time to clean the house and fix the disposal."

"Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

Please share this with someone you care about. I JUST DID.

Author Unknown

Pay attention and look out for your civil rights!

Ken



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## **IPOD PHOTO CONTINUED:**

It's the latest promotional effort between Apple and U2; earlier this month Apple began televising spots featuring U2 in one of Apple's signature silhouette ads, playing "Vertigo," the first single off U2's forthcoming album "How to Dismantle an Atomic Bomb," which will be released in late November.

Apple also announced today plans to offer a "Digital Box Set," which the company claims is a first in the online music industry. "The Complete U2" will feature more than 400 tracks from U2, including all of the band's albums and more than 25 rare and unreleased tracks. It will be released on the iTunes Music Store in the US and Europe beginning in late November for \$149. What's more, the iPod U2 Special Edition includes an iTunes Music Store coupon that users can redeem for \$50 off the "The Complete U2."

By Peter Cohen  
Technology - MacCentral