



Central Kentucky Computer Society

CELEBRATING 25 YEARS 1984 - 2009

CKCS Resource Center, 160 Moore Drive, Suite 107, Lexington, Kentucky, 40503

(859) 373-1000

www.ckcs.org

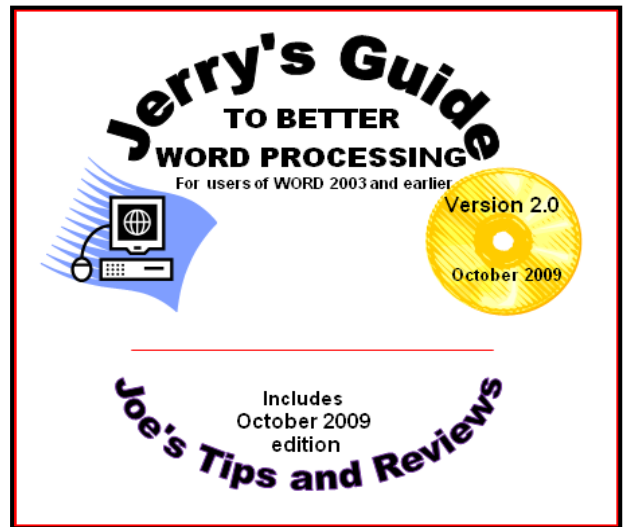
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Posted Sep 30, 2009

Valuable guide / tips free to attendees at October Tech Night

CKCS October Tech Night will not be held at the Recourse Center but instead will be held at the Kentucky Educational Television building, 600 Cooper Drive in Lexington. The program will feature two SIG leaders, Joe Isaac and Jerry Heaton as they distribute, free, to members and guests the revised and updated, **Joe's Tips and Reviews** disc along with a just completed, **Jerry's Guide To Better Word Processing**.



Tech night for October will be held on **Monday, October 12th** starting at **7:00 P.M.** The public is invited.

The contents of the disc represents a combined 22 years of instructions and work by the two authors.

JOE'S TIPS AND REVIEWS contains his top 50 tips, plus 316 pages of Tips, Reviews and Questions he has handled in the past. In addition he has included hundreds of pictures, videos and very useful programs you may

download and use – especially valuable to those using a dial-up internet connection. He also has included over 10,000 jokes he has distributed in the past 14 years.

JERRY'S GUIDE TO BETTER WORD PROCESSING, covers virtually every word processing subject
(Continued next page)



and is written with basic, step-by-step instructions to accomplish most every task. It consists of 236 pages which are indexed to make searching a topic of interest, very easy and quick.

All the information is on a CD which will be offered one per family. When you get the CD home, it is recommended that you copy it to your computer's hard drive because the searches and links work must faster that way.

The regular Word Processing meeting on Tuesday October 6 and the regular Windows SIG meeting Tue October 13 are both being cancelled in the hopes you will attend Tech Night session instead.

This event is open to the public, so each member is urged to attend and please bring neighbors, friends and relatives with you, to introduce them to CKCS. Each family that attends will get a disk.

Joe and Jerry will take turns to demonstrate what is on this disc and how to use them. This should be entertaining and fun.



SECOND SPECIAL EVENT FOR OCTOBER

CKCS to sponsor "Windows 7 house party" on October 22



Plan now to attend a unique special event at CKCS – a Windows 7 House Party in conjunction with the worldwide launch of the new Windows operating system. CKCS board member **Matthew Snoddy** will be in charge of this presentation. Matt owns Network Therapist, Inc.

The party will be at CKCS Resource Center on Thursday, October 22, at **6:30 PM**.

There will be demonstrations of the Windows 7 operating system and several of its components. Some special demos will include making a video phone call with Windows Live Messenger, creating a movie with Windows Movie Maker and just highlighting many of the bells and whistles in the new system. Plus there will be some time for questions and answers.



Matt Snoddy

Preliminary versions of Windows 7 have been available in a beta test, since early in the year and several CKCS members have been experimenting and testing to see how they liked the new system. Most are reporting that they are very happy with it and are glad to get beyond the XP and Vista era.

And as with any good party, there will be snacks and drinks. Also there will be some door prizes.

Don't forget October 22 at 6:30 PM.



CKCS Volunteers

VOLUNTEER NEEDED

There are two Office Supervisor vacancies that need to be filled. How about you?

The supervisor job only requires 3 hours of your time, one day a week. The main job of any office volunteer is simply to be there and answer the phone. Jennie Brown provides the training on the classes we offer and the SIG's and the schedule.

A VOLUNTEER – ONE OF MANY



HAVE YOU NOTICED when you seek a soft drink at CKCS, your favorite drink is always available? You have one person to thank for this: Jim Hughes. Jim is one of perhaps 75 volunteers who helps keep CKCS operating efficiently. For the past 5 years, Jim has regularly made the purchases and kept our refrigerator fully stocked. CKCS sells all refrigerator drinks for only 50¢. The refrigerator was a gift from Pieratt's, Inc. when we first occupied our current location seven years

"I always tell office volunteers that the answer to lots of questions will be "I don't know, but I will find someone who might know." I give that answer myself a lot". "Jennie said. We don't have life or death questions thrown at us" she added.

Since there are not a lot of phone calls or visitors, Jenny report that it is also a great time to read, address Christmas cards, write emails, work puzzles, balance checkbooks and simple projects you might do at home.

Members are urged to volunteer by calling the office leave your name and a way to contact. Jennie will be in touch. She advises that she will be able to find the perfect spot for you to help.

CKCS Office number (859) 373-1000.



PRESIDENT'S COLUMN

Bob Brown, CKCS President *crb7@yahoo.com*



SENIORNET

This past summer the CKCS Officers and Directors voted to withdraw from our relationship with SeniorNet. The reason was financial. The withdrawal requires that we remove all traces of SeniorNet from our advertising and class materials. This process is nearly complete.

The relationship between CKCS and SeniorNet lasted 16 years. During that time we estimate that we have taught over 5000 students. In the early years SeniorNet made available to CKCS financial grants from several companies that helped purchase computers, software, other equipment and class materials that we used in our classes.

In recent years, however, the grants have ceased and CKCS has purchased our own equipment and software. We have also written or revised all of the class materials trying to keep up with changes in systems and applications.

The relationship was very productive and enjoyable. And we are proud to have been the only SeniorNet chapter in Kentucky.

CKCS will continue to offer classes for computer beginners and intermediates in a range of subjects. We are always seeking volunteers to help with the classes. There are many jobs: from writing materials to teaching classes to maintaining the equipment.

OCTOBER SPECIAL EVENTS

CKCS is hosting two special events in October which are discussed elsewhere in this newsletter.

The first is a special presentation by Joe Isaac and Jerry Heaton to distribute a disc loaded with lots of computer information and instructions. This will be held at the KET auditorium on October 12 7PM.

The second involves the rollout of the new Microsoft windows operating system WINDOWS 7. This event will be here at the CKCS Resource Center on October 22 at starts at 6:30 P.M.

I do hope all members will attend these sessions and bring guests with them.



QUESTION

**HAVE YOU INVITED A FRIEND
TO JOIN CKCS RECENTLY?**

CKCS and Kentucky Trade Celebrate Anniversaries

It was an all around celebration of anniversaries held at the CKCS Resource Center on September 14. CKCS has completed 25 years in operation and Kentucky Trade celebrated their 20th anniversary.

It was an occasion for members and guests to hear about the latest technology on the computer market today from Freddy Peralta, owner of Kentucky Trade and to hear comments by CKCS President Bob Brown. Afterwards, visitors enjoyed cake and punch provided by CKCS. There were about a dozen door prizes furnished by Kentucky Trade.



PARTY HOSTS

At left is James Aristizabal, Freddy Peralta (KT Owner) and Miguel Contreias of Kentucky Trade.

In photo at right is Ben Rice, CKCS treasurer; Larry Trivette, Wendell Curtis, Joe Dietz and David Highet are all directors; Jim McCormick, treasurer and Bob Brown, CKCS president.

The cake, attractively decorated with logos from CKCS and Kentucky Trade, was baked by CKCS student who operates "Classic Cakes by Linda" (859-272-1959)





KENTUCKY TRADE owner, Freddy Peralta discussed some of the latest technology offered in current computers and products from his store. Technology is improving so fast that it does little good to wait for the next improved computer or product. Every year computers process data faster and hold more information than the year before so whenever you buy, the next model released a few months or maybe a year later will always be better and faster. Although not stated, the message was if you need a new computer, you may as well go ahead and buy it when you first need it.



All about Snow Leopard

Tips, Tricks, and News about the Mac's newest operating system

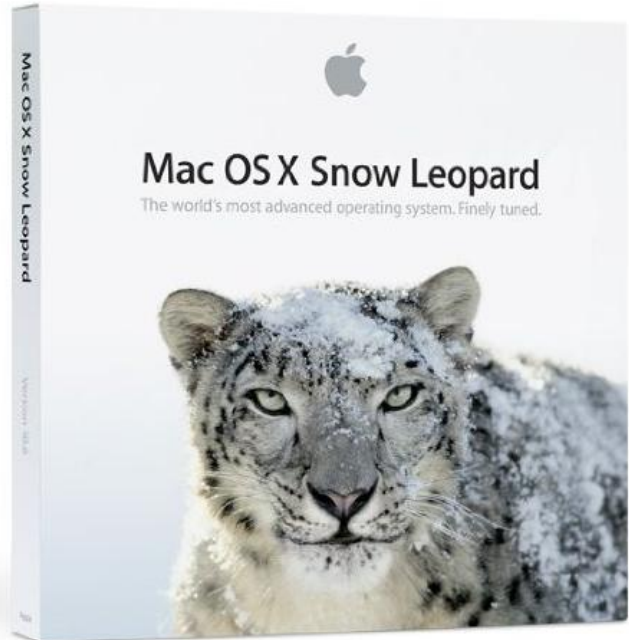
By **Kurt Jefferson** Macintosh SIG Leader *lextown2@gmail.com*

Snow Leopard (also called OS 10.6) is selling very briskly.

In fact, it's selling better than either Leopard or Tiger according to a firm called NPD Group, a market research company. Leopard (also called OS 10.5) is the Mac operating system introduced in October 2007. Tiger (also called OS 10.4) is the Mac operating system introduced in April 2005.

Snow Leopard went on sale in August 2009. Part of the reason it's selling so well might be price. Apple is selling it for \$29. A Family Pack (which can run on 5 machines) is \$49.

In mid-September, Snow Leopard was the #2 selling item in Amazon.com's software category. Snow Leopard's Family Pack was the #3 selling item.



Kurt Jefferson

A quick check of Amazon.com's Web site in mid-September reveals more than 30 books devoted to Snow Leopard. It's clear that the publishing world believes this operating system is a hit.

Snow Leopard is a new operating system but it's not a foreign creature to Leopard users. Apple says Snow Leopard is "evolutionary, rather than revolutionary."

In other words, if you're used to Leopard, Snow Leopard will feel like a comfortable shoe you've been wearing for some time. This despite the fact that under the hood, Snow Leopard is a dramatically different cat.

If you've begun using Snow Leopard and are searching for tips, here are some that might make your life a bit easier.

Mac | Life Magazine (formerly MacAddict) has compiled a list of 100 Snow Leopard Tips, Tricks and Features. You can find it here:

http://www.maclife.com/article/feature/100_snow_leopard_tips_tricks_and_features



(continued on next page)

Here are some of my favorite Snow Leopard tips:

Put the date in your menu bar.

Fri Sep 18 11:08:42 AM

Ever since Mac OS X was first made available in March 2001, Mac users have been able to click on the clock in their menu bars to view that day's date.

It came in handy when paying bills, scheduling classes, or just giving the user a quick way to glance at the date.

Now, the date can automatically appear in the menu bar—no clicking involved. To activate the menu bar date, open System Preferences. Click on the Date and Time icon. Click on the small box just left of "Show date." From now on, that day's date will appear just to the left of the clock in the menu bar.

Date options: Show the day of the week
 Show date

Your laptop's battery is ill.

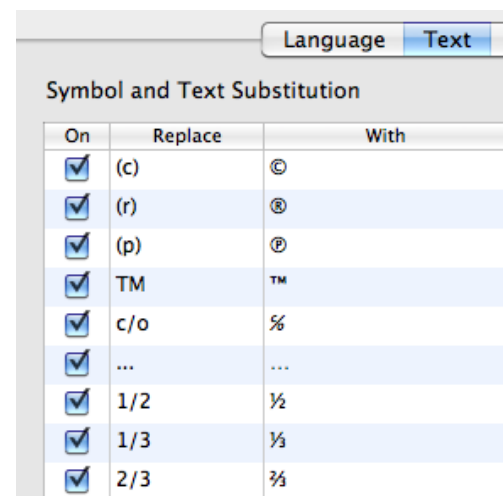
A small battery icon appears in the menu bar revealing how much juice is left. If the battery is failing, you'll get a message when you click on the icon that it needs to be serviced. There's also a small gray icon with an exclamation point to the right of the "Service Battery" message alerting you to problems. Get it checked out.

Substitutions.

No, we're not talking about substitute teaching here. Instead, we're talking about smart quotes, copyrights, and more.

When you use quotes, you want them to look like “ rather than ". System Preferences allows you to change your settings so any time you use a quote, your Mac will display actual quotes rather than the mark used to denote inches.

In addition, when you type (c), a real copyright sign © will be shown. To activate these, go to System Preferences, click on the Language & Text icon. Then click on Text and you'll be able to put checkmarks in the box to the left of items you want to activate. You can also create your own shortcuts. The word processor you're using must support this.



On	Replace	With
<input checked="" type="checkbox"/>	(c)	©
<input checked="" type="checkbox"/>	(r)	®
<input checked="" type="checkbox"/>	(p)	®
<input checked="" type="checkbox"/>	TM	™
<input checked="" type="checkbox"/>	c/o	%
<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	1/2	½
<input checked="" type="checkbox"/>	1/3	⅓
<input checked="" type="checkbox"/>	2/3	⅔



Continued on page 20
CLICK here, [SNOW LEOPARD](#) to go direct to the continuation page

Alternative Photographic processes Will be October Digital Imaging topic

by Joe Dietz joedietz@aol.com

This month, Kurt Gohde, associate professor of Art at Transylvania University, will make a presentation about alternative photographic processes. There are many different types of processes that have traditionally been associated with film cameras.

As time goes by, most of us have converted to digital cameras. Since many folks appreciate the older processes, digital cameras now accommodate some of them. Some examples of different processes are: Calotype, Albumen Print, Cyanotype, Kallitype, Platinum and/or Palladium Print, Gum Bichromate Print, Gumoil, Carbon Print, UltraStable, Carbro Print, Bromoil Print, Polaroid

Transfer or Lifts, Polaroid SX-70 (Time Zero), Handcolored images, Tintypes/Collodion.



At Transylvania, Kurt teaches photography and digital imaging along with sculpture, video, and community engagement through the arts. He will walk us through history as we move from film to digital cameras.

Please join us at Central Kentucky Computer Society on October 27 at 7 PM.

Digital Photography SIG meets on the fourth Tuesday of each month. Check the "MEETING SCHEDULE" for more information.



Joe Dietz
Digital Imaging
SIG Leader



HAVE YOU INVITED A FRIEND
TO JOIN CKCS RECENTLY?
No?

QUESTION

WHY NOT NOW?

One Of The Top 6 Features Of Vista and Windows 7!

By Joe Isaac joeisaac@insightbb.com



6. Welcome center.

In the Start Search Box, type in `Welcome` and hit Enter.

1. Get started with Windows (14)

- View computer details
- Transfer files and settings
- Add new users
- Windows Anytime Upgrade
- Connect to the Internet
- What's new in Windows Vista
- Personalize Windows
- Register Windows online
- Windows Media Center
- Windows Basics
- Ease of Access Center
- Back Up and Restore Center
- Windows Vista Demos
- Control Panel

2. Offers from Microsoft (7)

- Go online to learn about Windows Live
- Go online to find it fast with Windows Live
- Go online to help protect your PC with Windows Live
- Go online to Windows Marketplace
- Go online to connect and share with Windows Live
- Go online to find more ways to help protect your PC

This is a new and important addition to Windows and will save a lot of time and frustration. In the first section midway down on the left side, click on show all 14 items.

↓ (continued on next page)

As you put your cursor on each item, an explanation will appear at the top of the window. Suggest you click on Windows Vista Demos you can view videos on 11 topics, these are great demos. You learn a lot more from a video than a book.

The Vista and Windows 7 operating does so much it will be hard to cover it all in one session. You'll be amazed at what it does.



The Windows SIG meets on the second Tuesday of each month. Check the "MEETING SCHEDULE" for more information.

QUESTION

HAVE YOU INVITED A FRIEND
TO JOIN CKCS RECENTLY?
No?

WHY NOT NOW?

**INVITE SOMEONE TO JOIN YOU
AT THE NEXT SIG YOU ATTEND**

VIDEO'S / SHOWS TO WATCH

To watch some of these shows, you must have a PowerPoint program on your computer. If you don't have that, you may download [a free PowerPoint viewer](#) from this Microsoft link:

<http://www.microsoft.com/downloads/details.aspx?FamilyID=048DC840-14E1-467D-8DCA-19D2A8FD7485&displaylang=en>

WASHINGTON DC, AN INSPIRING TOUR

<http://www.youtube.com/watch?v=ovlYtZVKfMU>

TEN ILLUSIONS IN 5 MINUTES

http://www.youtube.com/watch?v=HFiLZIDJak&eurl=http%3A%2F%2Fvideos%2Ekomando%2Ecom%2F2009%2F05%2F05%2Fanybody%2Dcan%2Dfigure%2Dthis%2Dout%2F&feature=player_embedded

IT IS SAID THAT ALL THE STATISTICS IN THE LYRICS ARE ACCURATE

<http://dingo.care-mail.com/cards/flash/5409/galaxy.swf>

Furnished by former CKCS Member Harvey Shackelford

FUNNY SOAPBOX INFORMATION

<http://info.org.il/irrelevant/may02-smilepop-soapbox4.swf>

HOW TO DETERMINE THE SEX OF A BIRD.

This is for the guys -- ladies should not view.

<http://www.woyano.com/view/3703/How-to-Tell-the-Sex-of-a-Bird>

THE LION WHISPERER

<http://www.flixxy.com/lion-whisperer-kevin-richardson.htm>

Furnished by CKCS Member, Carl Peter.

COLORS OF THE WORLD WE LIVE IN

www.vaanna.com/dmdocuments/ColorsOfWorld.pps

(you may have to minimize the newsletter to view this)

Furnished by CKCS member Mal Gil



WORKING WITH WORD(s)

By Jerry Heaton, Word Processing SIG leader j.heaton@insightbb.com

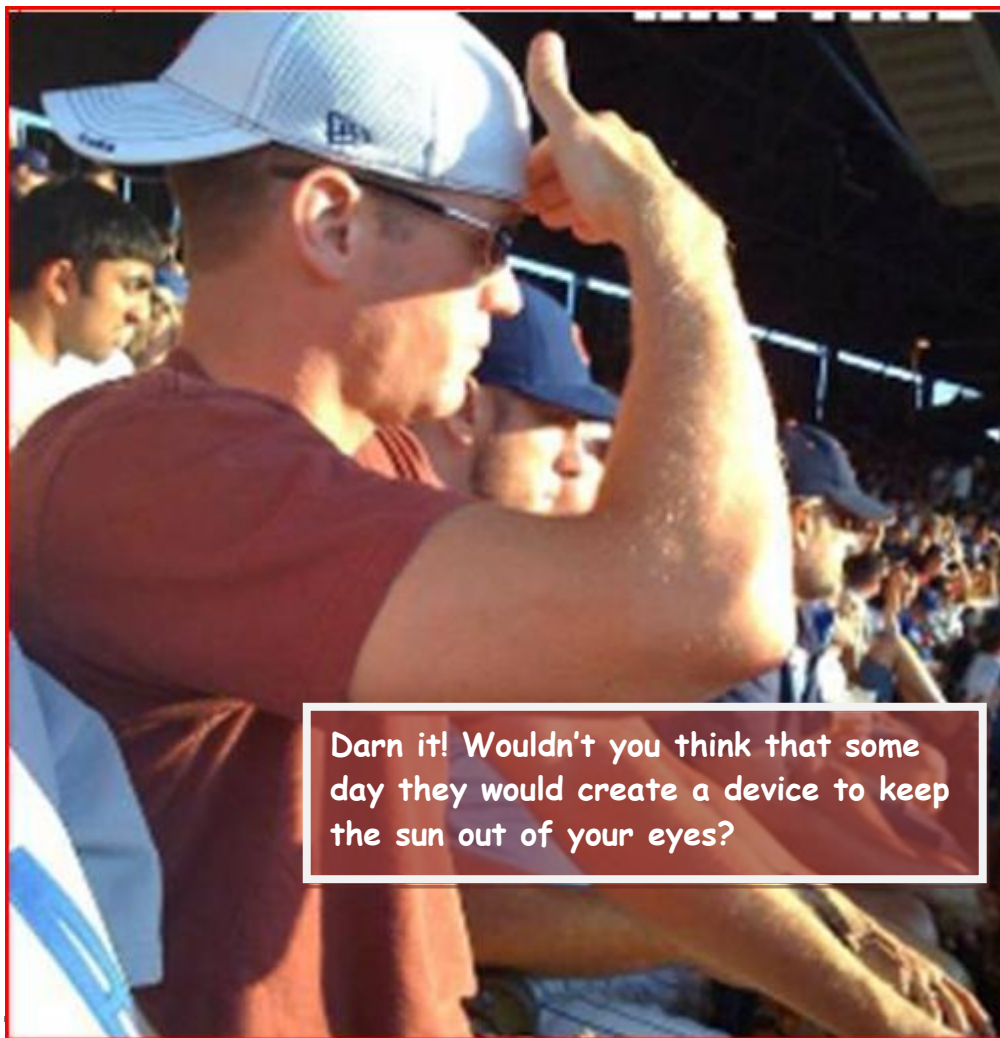
During the word processing SIGS, we often discuss tips to help you edit your documents.

One helpful feature is to be able to return quickly to the last place you edited a document. For example, if you have been editing a multiple pages of text and then need to close your document for whatever reason, Word provides you a quick way to get back to where you left off.

The secret is **SHIFT + F5**. Once you open the document again Word remembers the last several places you edited. Touching Shift and F5 together, your insertion point will jump to your last place you did an edit.

TIP: If you are just reading the document and wish to pick up where you left off when you return, remember this feature doesn't take you to the last place you read, but the last place you did an edit. So if you are just reading the document just add a space and then a backspace to create an edit. Close your document, next time you open it use SHIFT + F5.

The Word Processing SIG meets on the first Tuesday of each month. Check the "MEETING SCHEDULE" on the CKCS home page for more information. No October meeting



Darn it! Wouldn't you think that some day they would create a device to keep the sun out of your eyes?

Central Kentucky Computer Society

Incorporated

160 Moore Drive Suite 107
Lexington Kentucky 40503
(859)-373-1000

OFFICERS

Tenure end June 30, 2010

President: Bob Brown
Vice-President: Mike Seiler
Treasurer: Jim McCormick
Secretary: Ben Rice

DIRECTORS

Tenure end June 30, 2010

Wendell Curtis
David Highet
Matt Snoddy
Paul Stackhouse
Joe Dietz

Tenure end June 30, 2011

Jim Geeding
John Newsom
Julia Steanson
Larry Trivette
Larry Mitchum

Webmaster: John Newsom
Office coordinator: Jenny Brown
Newsletter: Jerry Heaton

CROCK POT COOKING

Furnished by CKCS Member Kay Stivers

THIS WAS JUST TOO COOL NOT TO SHARE WITH EVERYONE I KNOW THAT MAY OWN A CROCK POT OR TWO....JUST CLICK ON THE ONE YOU WANT AND IT OPENS A FILE WITH THAT RECIPE !!!

Crock Pot - Beef

All Day Crock Pot Beef	Beef and Broccoli Stir-Fry	Beef and Pasta Casserole	Beef Diablo
Beef Fajitas	Beef Ragout Over Rice	Beef Tips	Beer Braised Beef in Crock Pot
Burritos Crock Pot Style	California Tamale Pie	Cattleman's Beef and Beans	Cheeseburger Sandwiches
Cheesy Meat Loaf	Chili Beer Brisket of Beef	Classic Swiss Steak	Complete Crock Pot Dinner
Corned Beef and Cabbage	Country Swiss Steak	Cowboy Casserole	Cranberry Pork Roast
Crock Pot Beef Burgundy	Crock Pot Beef 'n Peppers	Crock Pot Beef with Mushrooms	Crock Pot Beef Roast
Crock Pot Cabbage Rolls	Crock Pot Corned Beef and Cabbage	Crock Pot Creole Steak Strips	Crock Pot Delight
Crock Pot Easy Swiss Steak	Crock Pot Enchiladas	Crock Pot Fajitas	Crock Pot Fajitas II
Crock Pot Italian Beef	Crock Pot Meatballs	Crock Pot Rump Roast	Crock Pot Sauerbraten
Crock Pot Spaghetti Sauce	Crock Pot Swiss Steak	Crock Pot Taco Casserole	Fiesta Tamale Pie
Glazed Corned Beef	Glazed Corned Beef #2	Harvest Dinner	Harvest Pot Roast with Tomato-Wine Sauce
Hot-and-Spicy Sloppy Joes	Lean Crock Pot Beans	Nina's Beef and Beans	Pot Roast Dinner
Old Time Beef Stew	Pot Roast with Noodles	Ranch Style Beef	Reuben Casserole
Roast Cooked with Coke	Roast with Veggies	Sage Pot Roast	Salsa Swiss Steak
Savory Pepper Steak	Savory Stewed Beef	Slow-Cooked Beef Stifado	Slow Cooked Pepper Steak
Slow Cooked Steak Rolls	Slow Cooked Swiss Steak Supper	Slow Cooker Italian Spaghetti Sauce	Slow Cooker Lasagna
Slow Cooker Swiss Steak	Slowly Deviled Beef	Smothered Steak Strips	Spaghetti Sauce Italiano
Spicy Wine Pot Roast	Stuffed Cabbage Casserole	Stuffed Pasta Shells	Swiss Bliss
Swiss Steak	Teriyaki Steak	Three Pepper Steak	Three-Way Beef
Yankee Pot Roast and Vegetables			

Crock Pot - Pork

Casserole in the Cooker	Chicken Lickin Good Crock Pot Pork Chops	Chinese Style Country Ribs	Country Pork with Mushrooms
Cranberry Pork Roast	Crockpot Apricot Pulled Pork for Sandwiches	Crock Pot Festival Sausage	Crock Pot Hawaiian Pork
Crock Pot Pork Chops Supreme	Crock Pot Sausage & Potatoes	Crock Pot Sausage and Egg Casserole	Crocked Cherry Pork Chops
Polish Kraut and Apples	Pork Chop Delight	Pork Chops and Mustard Sauce Potatoes	Pork Chops with Corn Stuffing
Pork Stew with Vegetables	Rosemary Potato Pork Chops	Sauerkraut Supper	Slow Cooking Pork Chops
Soy-Glazed Spareribs	Super Easy Pork Chops	Sweet and Spicy Kielbasa or Polish Sausage	Sweet 'n' Sour Ribs
Sweet 'N' Sour Sausage			

Crock Pot - Fish & Seafood

Bayou Gumbo	Bouillabaisse	Cheese-Shrimp Chowder	Cioppino (Fisherman's Stew)
Crock Pot Bouillabaisse	Crock Pot Citrus Fish	Crock Pot Clam Chowder	Crock Pot Clam Chowder #2
Crock Pot Crab Soup	Crock Pot Fish Stew	Crock Pot Manhattan Style Clam Chowder	Crock Pot Shrimp Marinara
Jambalaya	Louisiana Gumbo	Mediterranean Fish Soup	No Clams Clam Chowder
Oyster Bisque	Seafood Naples	Shrimp Creole for the Crock Pot	Shrimp Creole
Shrimp Curry Macaroni Salad	Slow Cooker Seafood Chowder	Sweet and Sour Shrimp	Swiss Crab Casserole
Tuna Casserole	Tuna Noodle Casserole		

Crock Pot - Soup, Stew & Chili

Barley Soup	Bean Soup for the Crock Pot	Bean Soup Italiano	Beef-Barley Stew
Beef Chowder	Beef Ragout	Black Bean Chili with Beef	Busy Day Stew
Calico Ham and Bean Soup	Chicken and Vegetable Chowder	Chicken Vegetable Chowder	Chili
Chili con Queso	Confetti Yellow Pea Soup	Cowboy Sausage & Beans	Crock Pot Bean Soup
Crock Pot Beef Barley Soup	Crock Pot Beef Stew	Crock Pot Beef Stew #2	Crock Pot Beef Stew #3
Crock Pot Beef Vegetable Soup	Crock Pot Chicken Corn Soup	Crock Pot Chowder	Crock Pot Broccoli Soup
Crock Pot Chili	Crock Pot Chili #2	Crock Pot Cock 'n Bull Stew	Crock Pot Corn Chowder
Crock Pot Dumpling Soup	Crock Pot French Onion Soup	Crock Pot Hamburger Soup	Crock Pot Hearty Beef Stew
Crock Pot Homemade Chicken Soup	Crock Pot Onion Soup	Crock Pot Potato Soup	Crock Pot Split Pea Soup
Crock Pot Stew	Crock Pot Wild Rice Soup	Debbie's Potato Soup	Easy Crock Pot Chili
Favorite Beef Stew	Greek Beef Stew	Healthy Chili in Crock Pot	Hearty Bean Soup
Italian Bean Soup	Italian Sausage Vegetable Soup	Jolene's Chili	Lentils & Vegetable Stew
Low-Fat Potato Soup	Minestrone Soup from the Crock Pot	Navy Bean Bacon Chowder	Polish Hunter Soup
Pork Chop Stew	Possum Lodge Firehouse Chili	Potato and Mushroom Chowder	Ranch Style Stew
Red Beans, Barley & Sausage Stew	Slow Cooked Texas Stew	Slow Cooked Two Meat Chili	Slow Cooked Tex-Mex Chili
Slow Cooker Mexican Beef Soup	Slow Cooker Mexican Beef Stew	Southwest Stew	Southwestern Corn Chowder
Southwestern Chicken and Bean Stew	Spicy Black and Red Bean Soup	Spicy Cajun Gumbo	Taco Soup
Tex-Mex Chili	Tomato-Bean Stew	Tortilla Soup	Vegetable Barley Soup
Vegetable Beef Barley Soup	Vegetable Gumbo	Vegetarian Split Pea Soup	Waldorf Astoria Stew

Crock Pot - Barbeque

B-B-Q Beef	BBQ Chicken in a Crock Pot	Barbecue Crockpot Meatballs	Barbecued Beef
Barbecued Beef	Barbecued Beef 'N Beans	Barbecue Beef Sandwiches	Barbecued Meat Loaf
Barbecued Pot Roast	Barbequed Spareribs	Crock Pot Barbeque	Crock Pot Barbecue Chicken
Crock Pot Barbecued Beef and Beans	Crock Pot Barbecued Pork and Beans	Crock Pot Bar-B-Que Beef	Crock Pot BBQ Beef Sandwiches
Crock Pot Pork Barbecue	Crockpot Pork Barbecue	Crockery Cooker Barbecued Ribs	Marinated Barbecue Brisket
Pulled Pork with Root Beer Barbecue Sauce			

Crock Pot - Side Dishes

Aztec Black Beans	Barley with Mushrooms & Green Onions	Bean and Cornbread Casserole	Bean Pot Medley
Bean Ragout with Cilantro-Cornmeal Dumplings	Best Crock Pot Beans	Bourbon Baked Beans	California Rice
Cavatini	Cheese and Potato Casserole	Cheesy Creamed Corn	Chuck Wagon Beans
Corn, Ham and Potato Scallop	Cottage Potatoes	Cowboy Beans	Creamy Green Beans
Creamy Scalloped Potatoes	Creole Black Beans	Crock Pot Baked Beans	Crock Pot Beans
Crockpot Boston Baked Beans	Crock Pot Casserole	Crock Pot Cauliflower and Broccoli Casserole	Crock Pot Cheese Potatoes
Crock Pot Corn	Crock Pot German Potato Salad	Crock Pot Mexican Dish	Crock Pot Scalloped Potatoes
Crock Pot Spanish Rice	Crock Pot Tijuana Pie	Double Squash Combo	Enchanted Beans
Frijoles (Pinto Beans)	Frijoles Borrachos	Herbed Squash AuGratin	Layered Dinner
Mexican Red Beans	Mormon Beans	No-Fuss Party Potatoes	Pineapple Baked Beans
Pizza Beans	Potatoes Au Gratin	Prysnac Serbia (Broccoli Casserole)	Rice
Risi Bisi	Saucy Green Peas with Onions	Scalloped Corn	Slow Cooker Oven Bean Salad
Spanish Rice	Spinach Souffle in a Crockpot	Sunshine Bean Casserole	Thelma's Beans
Vegetable Casserole	Vegetable Enchilada	Vegetable Spaghetti	Wild Rice Casserole
Zucchini Parmigiana			

Crock Pot - Dessert

Apple Brown Betty	Apple Cranberry Dessert	Apple Granola Dessert	Apple Pecan Bread Pudding
Baked Apples	Baked Stuffed Apples	Banana Walnut Loaf - Crock Pot	Blueberry Grunt
Bread Pudding	Bumbleberry Cobbler	Chocolate Cherry Cobbler	Chocolate Pudding Cake
Crock Pot Apple Cobbler	Crock Pot Baked Apples	Crock Pot Baked Stuffed Apples	Crock Pot Bread Pudding
Crock Pot Curried Fruit Bake	Crock Pot Peach Cobbler	Dessert Delight	English Bread Pudding
Fruit & Nut Baked Apples	Home-Style Bread Pudding	Hot Fruit Dessert	Indian Pudding
Old Fashioned Rice Pudding in Crock Pot	Pina Colada Bread Pudding	Pumpkin-Date Pudding	Pumpkin Pie Pudding
Pumpkin Pudding	Raisin Bread Pudding	Rice Pudding with Bourbon	Rice Pudding with Fruit
Slow Cooked "That's Good Peaches"	Streusel Pound Cake - Crock Pot	Triple Chocolate Mess< /A>	

Crock Pot - Miscellaneous

Butter Mints	Cocktail Meatballs	Crock Pot Apple Brandy Brev
Crock Pot Apple Butter	Crock Pot Applesauce	Crock Pot Banana Bread
Crock Pot Pumpkin Bread	Crock Pot Spiced Rum Cider	Crock Pot Spinach Dip
Homemade Hot Dog Sauce	Honey Wheat Bread	Hot Buttered Punch
Hot Spinach Dip	Meatless Sloppy Joes	Monterey Spaghetti
Pumpkin Tea Bread	Slow Cooked Pizza in a Pot	Slow Cooker Rosemary or Ba
Tex-Mex Cheese Dip	Tuscan Pasta	Wassail



CAN YOU CHEAT DEATH?

NO, BUT YOU CAN NEGOTIATE ...

Life expectancy for the average American man is 75.2 years; for a woman, it's 80.4. Factors beyond our control—family medical history, nationality, geography—can stretch or shrink one's probable life span. But what's in your hands? If you want to eke out a few more birthday candles, start by flossing.

YEARS

<i>You have a blood relative who has lived to be 95 or older.</i>	+10	
<i>You regularly play puzzles like Scrabble or Sudoku.</i>	+5	
<i>You're a married man.</i>	+5	
<i>You take 81mg of aspirin a day.</i>	+5	
<i>You eat five servings of fruits/veggies daily.</i>	+3	
<i>You floss daily.</i>	+2	
<i>You regularly nosh on nuts.</i>	+2	
<i>You regularly go to church.</i>	+1.7	
<i>You're a married woman.</i>	+0	
	-0.5	<i>You drink more than five cups of coffee a day.</i>
	-1	<i>You get less than six to eight hours of sleep a night.</i>
	-1	<i>You have a family history of diabetes.</i>
	-2.5	<i>You don't wear sunscreen, and you're outdoors a lot.</i>
	-5	<i>You are slowly putting on weight.</i>
	-5	<i>You frequently feel stressed out.</i>
	-5	<i>You eat red meat more than twice a week.</i>
	-5	<i>You have less than 12 years of education.</i>
	-7	<i>You engage in unprotected sex with multiple partners.</i>
	-15	<i>You smoke.</i>
	-15	<i>You use IV drugs.</i>

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SOURCES: THOMAS PERLS—LIVINGTO100.COM • GARY E. FRASER AND DAVID J. SHAVLIK, ARCHIVES OF INTERNAL MEDICINE, 2001 • KAY-TEE KHAW, NICHOLAS WAREHAM, SHEILA BINGHAM, AILSA WELCH, ROBERT LUBEN AND NICHOLAS DAY, PLOS MEDICINE, 2008 • DANIEL E. HALL, JOURNAL OF THE AMERICAN BOARD OF FAMILY MEDICINE, 2006

TEXT BY ABIGAIL SHAHA AND DAN LOETERMAN

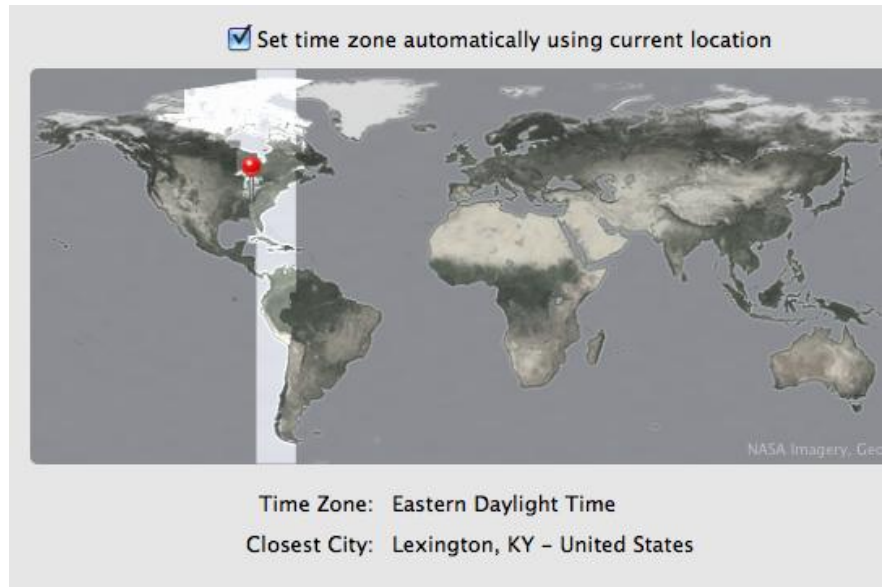


All about Snow Leopard continued Tips, Tricks, and News about the Mac's newest operating system

Time Zone changes when you move your Mac.

Your Mac can change the system's clock when you travel to a different time zone.

The first time you use your Mac running Snow Leopard, click on System Preferences, and then click on the Date & Time icon and then Time Zone. Make sure the city shown is in the proper time zone.

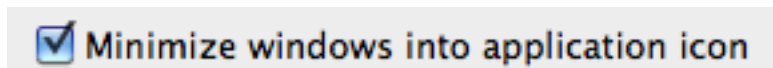


Put a checkmark in the small box next to “Set time zone automatically using current location.” Then when you move, your Mac's clock will change with you.

Minimize windows into application icon.

If you're familiar with Tiger and Leopard, you know that you can minimize an open file by clicking on the yellow dot on the upper left-hand corner of the document (or use the keyboard shortcut by holding down the Command key and typing M).

The document will drop down to the right-hand side of your Dock. If you have plenty of documents minimized, it could get crowded down there on your Dock.



With Snow Leopard, you can now minimize documents by sending them into the application that created them. So, for example, if I want to minimize a Word document, it won't drop down to the right-hand side of the Dock. Instead, it will disappear into Word's application on the Dock (a blue “W.”)

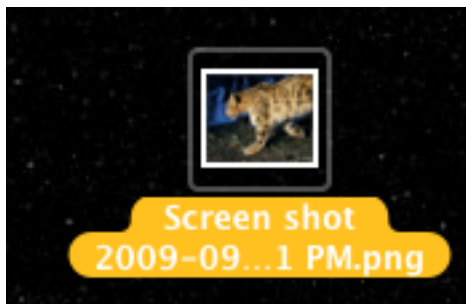
To retrieve a document, simply right click (or hold down the Control key and click) on the application program's icon on your Dock and select the document you want to retrieve.

To activate this new feature in Snow Leopard, open System Preferences and click on the Dock icon. Then put a checkmark in the blue box next to “Minimize windows into application icon.”

If you ever want to revert back to the method used in Tiger or Leopard, just click the blue box so the checkmark goes away. The old minimize method will reappear.

Screenshots now are stamped with the date and time.

In the past, when you took a snapshot of your Mac's screen, files would be named Picture 1, Picture 2, and so forth.



Now with Snow Leopard, the file name reflects the date and time you took the screenshot. This can be very useful if

you need to keep track of multiple screenshots.

Remember, Command + Shift + 3 takes a snapshot of your entire screen.

Command + Shift + 4 provides crosshairs for you to draw a box around something on your screen. When you let up on the mouse after drawing a box, you'll hear the sound of a camera shutter. Then the file appears on your Mac's Desktop.

How strong is that network?

Suppose you want to connect to a wireless Internet network but you don't know which one has the strongest signal. With Snow Leopard, the answer is a click away. If you've clicked on the Network icon in System Preferences and put a checkmark in the box next to "Show Airport Status in Menu Bar," you'll see the Airport icon to the left of your clock. Click on that icon and you'll see a list of available WiFi networks. To the right of the network names is an icon showing whether a password is required to connect and network strength. The icons with dark, filled lines provide a glimpse of strong WiFi networks available.

QuickTime X

Use the camera and microphone built into your Mac (or a third-party unit) to shoot videos and save them in QuickTime X format. This is built into Mac OS X 10.6 so no additional software is needed to shoot video. In addition, the user can take videos of his or her screen to show another Mac user how to perform a certain task.



QuickTime
Player.app

Dock's contextual menus get a makeover

Right click (or if you have a one-button mouse, control + click) on a Dock icon and you'll see a visual change. Mac | Life Magazine describes the appearance as a black bezel. The menus now have a black shiny appearance which you might find more appealing.

Quicker Time Machine Back-ups

Apple has speeded up backups in Snow Leopard. In addition, Time Machine will tell you how much time is left before the backup is complete.

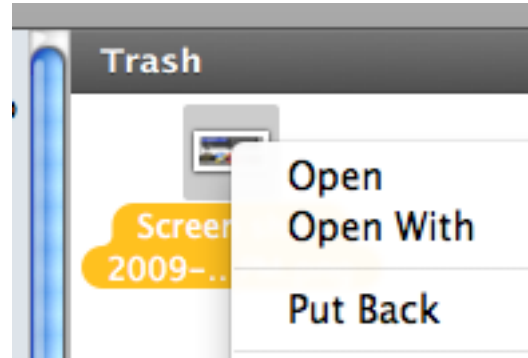


Put back

If you accidentally put an item in the Trash, preparing to delete, with Snow Leopard you can use the “Put Back” contextual menu. Open the Trash and right-click the item you want to remove from the Trash. Choose Put Back and the item will move itself out of the Trash. Of course, for many years you’ve been able to drag an item out of the Trash but this allows the user to utilize a contextual menu to get the same effect.

Customize Apple Mail sidebar

Organize the icons on the left-hand side of Mail just how you want them. This blue area displaying vertical icons (Inbox, Outbox, Sent, Trash, etc). is called the sidebar. Now you can click and drag an icon to put it where you want it in the sidebar. Pretty neat.



Snow Leopard Books

There are number of Snow Leopard books in the works, but many aren't going to be printed until October.

Here are some Mac OS X Snow Leopard books you might find useful:

Mac OS X 10.6 Snow Leopard: Visual Quickstart Guide by Maria Langer
The Little Mac Book, Snow Leopard Edition by Robin Williams

Mac OS X 10.6 Snow Leopard: Peachpit Learning Series by Robin Williams and John Tollett

Mac OS X Snow Leopard Portable Genius by Dwight Spivey

Mac OS X Snow Leopard Bible by Galen Gruman and Mark Hattersley

Mac OS X Snow Leopard: The Missing Manual by David Pogue

My New Mac, Snow Leopard Edition: 54 Simple Projects to Get You Started by Wallace Wang

Mac OS X Snow Leopard All-In-One For Dummies by Mark L. Chambers

Teach Yourself VISUALLY Mac OS X Snow Leopard by Paul



McFedries

Mac OS X 10.6 Snow Leopard Pocket Guide by Jeff Carlson

Switching to the Mac: The Missing Manual, Snow Leopard Edition by David Pogue

Mac OS X Snow Leopard In Depth by Paul McFedries

Incompatible Software

Which programs won't run properly under Snow Leopard?

Apple and others have provided lists of programs which need to be updated to successfully run under the new Mac operating system:

Apple's Web site about Incompatible Software

<http://support.apple.com/kb/HT3258>

Wikidot Snow Leopard Compatibility List

<http://snowleopard.wikidot.com/>

Gizmodo's Mac OS X Snow Leopard Applications Blacklist

<http://gizmodo.com/5347769/the-mac-os-x-snow-leopard-applications-blacklist>

Upgrading Trouble?

I installed Snow Leopard on several different Macs and had no trouble.

All of the machines were running Leopard and I opted to install Snow Leopard using a custom install. I made sure that Rosetta was installed.

Rosetta is invisible technology that you normally don't see running. It allows you to run programs written for the PowerPC processor on Macs using the Intel chip. Of course, Snow Leopard will only run on machines with an Intel processor.

So if you're running older programs that were designed to run under PowerPC, make sure you customize and install Rosetta.

Read more about Rosetta here:

[http://en.wikipedia.org/wiki/Rosetta_\(binary_translation_software\)](http://en.wikipedia.org/wiki/Rosetta_(binary_translation_software))

Get help from Macfixit:

<http://www.macfixit.com>

Read what others are saying about Snow Leopard from MacInTouch:

<http://www.macintouch.com>

The seven most underused Mail features

If you use a Mac, chances are you either use or have used Apple Mail, the built-in mail program. But have you ever used all of Mail's features? Probably not.

So Joe Kissell has come up with seven features he believes are the most underused in Mail. You may have used Mail for years yet don't realize the power of the program directly in front of you.

Check out Joe's Apple Mail tips here:

<http://www.macworld.com/article/142821/2009/09/mailfeatures.html>

Macworld picks the five most important Mac laptops:

http://www.macworld.com/article/142924/2009/09/five_most_important_laptops.html

Hard to believe, but 20 years ago Apple introduced its very first laptop.

Macworld notes that two years later, Apple introduced its PowerBook laptops which dramatically changed the entire laptop industry.

Visit the link above to view Macworld's trip down Macintosh laptop memory lane.

Here's a link to Macworld's slideshow showing Apple's laptops through the years:

http://www.macworld.com/article/142912/2009/09/mobilemac_appletotables.html

The Macintosh SIG meets on the second Thursday of each month. Check the "MEETING SCHEDULE" for more information.



Mail.app

