

Bits of Bytes

Newsletter of the Pikes Peak Computer Application Society, Colorado Springs, CO

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Issue 4



The Prez Sez

by John Pearce,
President,
P*PCompAS

At the March meeting, I stated that licensing for the retail version of Microsoft Office 2013 could not be transferred to a second computer. Microsoft has since retreated and eliminated that provision from the license agreement.

Thanks to Gene Barlow for the Webinar session on macro photography at last month's meeting. The April presentation is by our own Greg Lenihan on Evernote.

It appears the network problem last month was due to a faulty Ethernet connector. Joe Nuvolini has put a new connector on the cable so we should have wireless access at the April meeting.

See you at the meeting April 6th.

☺



Meeting Minutes

by Toni Logan,
Secretary,
P*PCompAS

The 2 March 2013 meeting was called to order at 9 am by President John Pearce. He announced that coffee and doughnuts are free to visitors and a \$1 donation for members. The coffee is compliments of Laura at Starbucks at the Citadel.

The President reported that there wouldn't be any wireless connection today. The problem

Next P*PCompAS meeting: Saturday, 6 April 2013
Greg Lenihan will demonstrate Evernote, a free note-taking program.

seems to be with our router. He will see if we need a new router and report back to the club.

Today, the program will be a Webinar by Gene Barlow. Ilene Steinkruger will have copies of Acronis True Image and Home Director for sale to the members during the meeting. Also, let her know if you want to have access to Gene Barlow's newsletter.

The approval of the minutes as written in the newsletter was moved by Bob Blackledge and seconded by Ilene Steinkruger. The motion passed. Vice-President Bob Blackledge reported that the program in April will be presented by Greg Lenihan on Evernote.

OFFICER REPORTS

The Treasurer's Report was as follows: savings account as of 2/01/2013, \$5806.30; dividend \$.45 for a total of \$5806.75. The checking account as of 2/01/2013, \$1066.23; dues \$121.00; tables for the church \$343.90 for a total of \$843.33. The total of checking and savings is \$6650.08.

Membership Chairwoman Ann Titus introduced two new members: Velma Nabor and David George. They were properly mugged.

Newsletter Editor Greg Lenihan reported that the deadline for the next newsletter is March 23.

Librarian Paul Major reported that he had a proposal to wean out the library. After some discussion, it was decided that we either donate the old library items to another 501C3 organization, sell them at a fair market price, or discard them.

Board of Directors Chairman

Gene Bagenstos asked that there be a meeting of the Board at the next breakfast meeting on March 16, 2013.

Media Representative Ilene Steinkruger has sent notices of new books available. She also reported a program of presentations on the Internet. Focal Press has items at a 40% discount and if you buy more than \$35 worth, shipping is free. Check out focalpress.com for details.

Ilene also mentioned that a former member and president of Cosnug, James Rynning, has passed away. His obit was in the Gazette the week of February 25th.

OLD BUSINESS

The President reported that the tables for the church were purchased at Sam's. Several people helped in the purchase. Jim Miller had the Sam's card, Dennis Conroy as Treasurer paid the bill, and Brad, Toni, and Bob Logan provided the pickup truck and

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P*PCompAS

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Membership: Ann Titus

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Hospitality: Pat Krieger

Programs: Bob Blackledge

Publicity: Bob Blackledge

Nominating: Ilene Steinkruger

Board of Directors

Gene Bagenstos

Bill Berkman

Toni Logan

Norm Miller

Bob Blackledge

Meeting Minutes (Continued from page 1)

muscle along with John Pearce.

The Audit committee consisting of Marty White, Dennis Conroy, and Gene Bagenstos filed an audit of the financial records for the past year along with some recommendations:

- Keep a continual balance in the checkbook register.
- Reconcile the checkbook register with the monthly statements.
- Each month, list all members who have paid their dues, including whether by cash or check.
- Enter the deposits including interest into the checkbook register.
- Provide more details on the transactions thereby allowing a better paper trail. If necessary, more than one line in the checkbook register can be used, since only a few entries occur in a year.

Joe Nuvolini reported that we have filed a 990 report to the IRS, which is in lieu of a tax return. The next meeting will be on April 6, 2013.

NEW BUSINESS

Phyllis Butler moved that we buy a new router, if needed, and Joe Nuvolini seconded. The motion passed.

Joe Nuvolini mentioned that we probably need to get a wireless audio transmitter so we can use the big speakers. He will research this. He also reported as APCUG representative that there will be an APCUG conference in Phoenix in April.

AROUND THE ROOM

Lee Walters asked if anyone wanted any old National Geographic magazines. He has 30 years of them.

Toni Logan said that she finally bought Office Suite 2013 and found it to be quite different. First of all, there is no disk in the package. The program just needs an activation code to download it. She didn't particularly like this aspect. The looks of the program are more along the Windows 8 tiles look. When you open either Excel or Word, there are several templates visible and all your recently opened files. The preview of what you want to print comes up when you choose Print.

Phyllis Butler added that she had also found that there is no disk for the Office Suite. However, she was looking for Office Suite 2010 and it was gone from the stores. It was suggested that she look for it on Ebay. Also there was some discussion about Office Suite starter and what it contains.

Joe Nuvolini wanted anyone who has a Hotmail account to know that they can go to Outlook.com and import their Hotmail account. Also his netbook comes with Office Starter, with Word and Excel. Joe also talked about his new Olympus camera. It didn't come with a viewfinder, so he purchased one for about \$150. It transfers the view from the LCD display to the viewfinder.

Ilene Steinkruger has a Kindle Fire HD 7" and was pleased with the HDMI cable connection. Now she can see what is on the Kindle

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P*PCompAS welcomes any comments, letters, or articles from members and non-members alike. Please send any articles to the editor (see last page for address). The editor reserves the right to reject, postpone, or edit for space, style, grammar, and clarity of any material submitted.

Read Library Magazines Online

by Greg Lenihan, P*PCompAS

Do you remember the presentations we had from the Pikes Peak Library District on how to download Ebooks, audio books, and videos? You can also do the same with magazines. These are the same full length magazines you can read while at the library, only now you can view them on your computer or mobile device, and even download them. You will need to create two accounts. One is to create your library collection account (you will need a library card number and PIN number). The other is to create your Zinio.com viewer account to open and read the magazines. The Zinio viewer is like using Acrobat Reader for a PDF, only it is a fancy tool for reading magazines.

For a starting point, you can go to <http://www.ppld.org/cybershelf-emagazines> and click on the Zinio links for overviews on what you need to do. Read the PDF file at <http://ppld.org/sites/default/files/cybershelf/zinio.pdf> for information on how to set up your account the first time and how to access it later. There is an 18-minute video that you can watch that covers the whole process at <http://vimeo.com/54464215>

When you find a magazine you want to read, click on it. You will be asked to create a free Zinio account. You should probably use the same password you used for the library collection account to make it easier on yourself. Fill out a preference page for the Zinio viewer (the video shows you how to do this). The magazine is then put in your collection.

According to the Website, you can currently access magazines using apps for a PC/ Mac, iPad, iPhone, Android, Kindle Fire, Blackberry Playbook. Other devices can access magazines with a browser. You can have as many magazines as you want in your account and there is no time limit for checking them out. ☺



Meeting Minutes (Cont. from page 2)

on her TV.

Norm Miller had a new book on video editing, *Pinnacle Studio 16 Plus & Ultimate Revealed* by Jeff Naylor. He was very pleased with the book.

John Linder trades stocks on his computer and uses Chrome because of security, but has recently found that Chrome is using a large bit of computer power. He wonders why? One member suggested that “Computer Edge” had an article on the problem. It could be malware. Another suggested “Enditall2,” a free tool that closes programs with one swoop. Another suggestion was to try msconfig and see if Chrome is starting automatically, then get rid of it.

Jeff Towne recommended “Treesize” which is a free disk space manager for Windows. The

software shows you the sizes of folders including all subfolders. He also mentioned “Keyfinder,” which will give you the key for your installed programs. Belarc is another free utility that will show the key.



Velma Nabor (L) and David George (R) are mugged by Ann Titus in March

John Pearce wanted to run Windows 8 in a virtual machine. He was warned he couldn't do that because it wasn't a clean install.

Greg Lenihan found an article that helped John work around that and install Windows 8 in a virtual machine. He was glad that he hadn't overwritten Windows 7.

John Eure was unhappy with Comcast. He lives in the Broadmoor and there is no DSL there, only Comcast. He bought a Windows 8 HP All-in-One for his wife.

Jim Way had trouble with a message “Internet has stopped working.” He tried turning off the computer, but it was still there. It was suggested he try malwarebytes and see if that would help.

Don Skarke's e-mail messages are disappearing before he can read them. Then when he tries again, he gets the message “unable to open page.” He is using Centurylink. There didn't seem to be answer to his problem.

A couple of other utilities mentioned by members were

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As promised at CES last January, Dish Network has improved its Dish Online experience. They have improved both the Dish Online Website and its Android application. Since we don't have a large number of Dish users I won't go into the details but rather urge our Dish Network subscribers to check it out.

I have received a couple of e-mails recently supposedly from the IRS. To quote from the IRS Website: "The IRS does not initiate contact with taxpayers by e-mail to request personal or financial information. This includes any type of electronic communication, such as text messages and social media channels."

Much has been written about "The Cloud." In a recent article it was pointed out that "The Cloud" is not immune from cyber attackers. If you want to make sure the information you store there is safe, then it would be wise to use encryption software to encrypt the data you store out there.

I may be out of touch, but when I went to access my Hotmail account recently after a long absence thereon, I found that I could convert my Hotmail account over to Microsoft's online e-mail application, Outlook.com. It imported my Hotmail address book as well. The conversion was painless. I continue to use my Hotmail e-mail address in Outlook.com. For a description of this online service visit: <http://en.wikipedia.org/wiki/Outlook.com>.



Nuggets from Nuvo

by Joe Nuvolini, P*PCompAS

I went looking for a new registry cleaner recently and came across one called Auslogics Registry Cleaner. It's available on CNET at: http://download.cnet.com/Auslogics-Registry-Cleaner/3000-2094_4-10909814.html?tag=mncol;2

The CNET editors rating is spectacular and I must agree. I ran it on my old desktop using the default selections and it found 1846 problems and fixed all but one. What impressed me most is that it finally removed some old POWERQUEST entries on my registry that CCleaner just wouldn't remove. I ran it on all of my computers and it found and fixed numerous errors, over 1000 on most of them. It also only takes seconds to do the job. You might want to give it a look-see. One final note, I did notice a significant reduction in the size of my Acronis image on the next backup

of the C drives on two of my computers.

InfoWorld reports rumor has it that the next version of Windows, Windows "Blue," is on its way with RMT for Windows Blue planned for June 7th and retail availability in August. Also COMPUTERWORLD reports as of the end of January that Windows 8 has only a 2.26% of the market trailing Windows 7, XP, Vista and even MAC OS X 10.8. Watch for some good deals on Windows 8 machines. ☺

Windows 8 Shortcuts

by Jeff Towne, P*PCompAS

Remove login password

"Run" *netplwiz*, remove check on "Users must enter a user name..."

Add Start button

See <http://www.classicshell.net/>

Add Programs List to taskbar

New toolbar
%ProgramData%\Microsoft\Windows\Start Menu\Programs

Add shutdown and restart icons

SHUTDOWN

New > Shortcut.

For location of the new shortcut, enter the following command:
shutdown /s /t 0

RESTART

New > Shortcut.

For location of the new shortcut, enter the following command:
shutdown /r /t 0
Change the icons to something better. ☺

Tip: Quickly Open a Command Prompt from the Windows Explorer Address Bar

Want to quickly run a command from within Windows Explorer? It turns out Windows has a built-in way to do this. Simply type in "cmd" in the address bar and it'll open the command prompt with the path to your current folder already set.

You can also run other commands, like opening a file in the current folder with Notepad. Imagine that you have a file on your desktop called test.txt and you want to open it. From the Desktop folder in Explorer, type notepad test.txt into the address bar, and hit the Enter key. ☺

I Love Free Software Dot Com

Published with permission from Ira Wilsker, Golden Triangle PC Club, columnist for The Examiner, Beaumont, TX

WEBSITES:

<http://www.ilovefreesoftware.com>

<http://www.ilovefreesoftware.com/about-us>

There are several excellent websites that provide information and evaluations of free software.

One very popular website that has a large and loyal following is ILoveFreeSoftware.com. What makes ILoveFreeSoftware so popular are the constantly updated listings covering a variety of operating systems and applications. In addition to listing each title, a comprehensive review and evaluation is posted such that the viewer can fully understand the functionality of each free item prior to downloading the file. The different operating systems and application types are hyperlinked at the top of the page and include Featured, Windows, Web Applications, App Store, Android, iPhone, iPad, Windows 8, Social Networking, and Programming Tools. ILoveFreeSoftware is not some mega business, but a Dallas-based husband and wife team who appreciate the finer points in quality free software.

Upon opening the first page at ILoveFreeSoftware.com the user is greeted at the top of the page with a sequential display of the "Featured" software topics, which are frequently updated. Most of these "Featured" items contain information on multiple websites or software products, each reviewed and linked. For example, I clicked on the featured item "5 Websites To Check Flight Status" which, as its title aptly states, displays screen captures and information on five

flight tracking websites. For its examples, ILoveFreeSoftware tracked the same Lufthansa international flight on all five of the websites mentioned, such that the reader could easily compare their individual displays and information.

Under the heading "Windows" is a sequentially displayed summary of the latest free Windows software titles, each summary linked to a detailed assessment and download link. A quick review of several dozen of the latest Windows programs listed revealed an interesting panoply of mostly lesser known titles that are predominately niche software, meaning that they are intended for a narrow audience that needs to accomplish specific tasks. As I type this column, some of the newly reviewed Windows software includes password recovery software, Facebook image editing software, Windows junk file cleaners, a video player that can play already cached videos, 3-D media players, voice and video chat software, special effects for digital photos, Internet accelerators (claim to improve Internet speeds), HTML text editors, a variety of hardware diagnostic and monitoring utilities, file managers, CAD software, and many other types and categories of software titles. For many of the listed software titles, in addition to the reviews, hints and tips on using the products are also provided. For those who would like to find specialized or unusual free software for Windows, this may be an excellent resource.

The "Web Applications" category provides

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The photographer was so engrossed in his meal at the March breakfast held at the Country Buffet that he forgot to take a picture until after some of the digerati had already departed. So what you see at the left are those whose schedule allowed for a more leisurely repast.



Free Software (Cont. from page 5)

links to interesting websites that provide a myriad of free web services, many of which are of the type that we might not know we need until we see them. We may have never known that there are free web services that can be used to create and send e-mail newsletters, engage in the sharing (sending) of large files to others without the need to register, get 50 MB of free online data storage, learn to play the guitar with free online lessons, create professional looking resumes online, edit photos online, and possibly thousands of other interesting and free web services that we likely never knew existed. Since each of these web services is reviewed and rated by the volunteers who write for ILoveFreeSoftware, it is very easy to know what services are available prior to utilizing these web services. One web service that I first found on ILoveFreeSoftware that was especially useful to me was "Send To Kindle," www.klip.me/sendtokindle, which can send online articles directly to a Kindle device for later reading. The posted review explained how to configure a Kindle device to receive the Internet articles sent by the web service. "Send to Kindle" works well on Firefox, Opera, Chrome, Safari, and later versions of Internet Explorer.

At present, Android powered devices, including smart phones and tablets, are the top selling smart devices. ILoveFreeSoftware has an Android section that lists and reviews the latest Android utilities and apps, and includes download and installation information. Some of the Android utilities add features to device, including taskbar improvements, or automatically setting the device to "silent" at predetermined times. Many of the apps (applications) listed include browser enhancements, e-mail managers for multiple e-mail accounts, Facebook utilities, photo sharing, and thousands of other Android apps and utilities. Simply browsing the reviews and reading about the latest Android apps and utilities will likely give any Android user ideas about enhancing the functionality of their devices.

Not to be overshadowed

by its rivals, users of Apple's iPhone and iPad devices will find a wealth of free apps and utilities for the iOS operating system used on these devices. One that I found useful was Tonido, which can remotely access files from a PC for use on the iPhone; this app can also stream music remotely from a PC to an iPhone. Another app that I liked, which I saw on this website, was the Official Encyclopedia Britannica App For iPhone, which can display information on any topic from that renowned resource. Most of the iPad apps and utilities listed are practical in nature and include photo editors, PDF utilities to create PDF files, music and video players, calculators, flight trackers, and other apps.

Now that almost all new Windows PCs come with Windows 8, many purchasers of new computers have found that using Windows 8 to be substantially different from the earlier versions of Windows that they were familiar with. Many of the features and tools common in earlier versions of Windows, such as an obvious menu and taskbars, appear to be missing in Windows 8. Even shutting down Windows 8 PCs is different, not having the previously used shutdown links readily visible. New 8 users may click on their name on the top right of the tile window to put the computer to sleep, but does not offer the familiar shutdown option. Making the menu appear by dragging the mouse cursor over the bottom right of the tile screen will open a menu, one of which will offer the user a "Power Down" button; for those familiar with shortcuts, ALT-F4 might also open a shutdown window. For those confused by the major differences between the Windows that they were familiar with, and the new Windows 8, ILoveFreeSoftware offers information and utilities to make Windows 8 much easier to use. In addition to Windows 8 software, ILoveFreeSoftware also offers tutorials on how to overcome many of the frustrations that new Windows 8 users suffer.

It seems that almost everyone now has accounts on Facebook, Twitter, Google+, and other social networking sites. ILoveFreeSoftware offers a large assortment of applications that can enhance the usability and security of the online social networks. Included in these listings are photo and image utilities for social networking, browser plugins that add functionality and features to social networking websites, utilities to create online polls, and many other items.

For those into programming, there is an



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Meeting Minutes (Cont. from page 3)

CCleaner and PureRa. They both clean files from your computer. CCleaner also cleans the registry.

Paul Major is having trouble with a scanner and wanted to know some place to have it repaired. Toni Logan said that she would send him the information on a tech repair service on Galley Road.

PROGRAM

The program was a Webinar by Gene Barlow. The main focus of his presentation was on Macro Photography. He also talked about Acronis True Image backup and Disk Director.

Gene said that he enjoyed mixing his hobby with his professional life. He does his own dark room work and uses an Olympus E420 with a macro lens for his photography. He explained that close-up photography is a picture smaller than life size and macro photography is the same size as the subject with more detail.



Nuvo makes contact with Gene Barlow via Skype for the March Webinar

He suggested that you don't need an expensive camera for macro work, but that there are fewer settings. Try taking close up or macro photos and see how they work out.

You can use a close up lens, extension tubes, tele-extendors, and macro lenses to produce your photos. He also mentioned that a point and shoot camera doesn't have any setting options. Gene then went on to explain depth of field, which is miles if you are taking a landscape photo and as little as 1/4 inch for a macro photo. You must be careful on what you are focusing on so that you get the right result. Another factor is shutter speed. A small aperture forces a slow shutter. Using a tripod will be very helpful to keep a steady hand.

Other factors to take into consideration are moving objects, direction of the light, and your background. I checked on the Internet and found a presentation

by Gene on YouTube, "**How to Succeed at Macro Photography - Gene Barlow - APCUG Summer 2012**".

If you are interested in more information, check this out.

Gene then went on to discuss Disk Director and Acronis True Image. He said that storage on your C drive is risky and it is better to store on another partition, a second hard drive, or external drive.

Gene likes to partition his drive with Windows and his programs on one partition

and his data on another partition. Disk Director can add/delete partitions, resize, move, rename, change, or convert a file system. It is a versatile program.

Gene also recommends regular backups using Acronis True Image. You can make a full disk or partition backup, which includes your data, programs, and system. This is the best thing to do. You can just do a file backup, but then you would have to rebuild your system and programs if something happens.

You can save your backups on CD's, DVD's, or the Internet. Using Carbonite, Mosey, or others on the Internet only backs up the data files and is slow. Using an external hard drive is probably the best choice.

How often should you backup your computer? A weekly backup is good. Gene said that he backs up his data partition on a daily basis, his photo partition weekly, his programs monthly, and a full hard drive backup quarterly.

Acronis True Image 2013 is available and several bought copies at the meeting. Gene then demonstrated how to do a backup and answered a couple of questions. In an incremental backup, only those files changed since the last full backup or last incremental backup are done. A differential backup stores files changed since the last full backup (but not since the last differential backup). The size of your backup hard drive can be the same size as your original drive. There is a

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I Love Free Software (Cont. from page 6)

extensive listing of programming tools and utilities on ILoveFreeSoftware. Many of these free utilities include HTML and XML editors, CSS editors, flash editors, color pickers and managers, and a variety of other programming and web development tools.

ILoveFreeSoftware offers a free daily e-mail that lists and explains the new items added;

it is an excellent way to be kept aware of potentially interesting and helpful new software and online services. I have to admit that ILoveFreeSoftware.com is one of my favorite resources to see what is new and exciting in the free software and web service community, and I also find quite a few gems among its listings. ☺

Health Related Sites on the Web

Copyright 2013 by Vic Laurie, reprinted with permission. No further republication or redistribution is permitted without the written permission of the author. Visit his Computer Learning Center at vlaurie.com

Looking for health information is one of the most frequent web activities. Here is a collection of some of the best health and wellness resources on the Internet. I first put this list of health related sites together several years ago when I was giving talks on how to use the Internet to get health and medical information. I have now updated the list:

Search facilities and comprehensive sites

- Medhunt <http://www.hon.ch/MedHunt/>
- Medpedia www.medpedia.com/
- MedicineNet <http://www.medicinenet.com/script/main/hp.asp>
- OmniMedical Search <http://www.omnimedicalsearch.com/>
- WebMD <http://www.webmd.com/>
- National Library of Medicine <http://www.nlm.nih.gov/>
- Healthline <http://www.healthline.com/>
- Firstgov Health and Nutrition <http://www.firstgov.com/Citizen/Topics/Health.shtml>
- MedlinePlus <http://medlineplus.gov/>
- National Health Information Center <http://www.healthfinder.gov>
- Center for Disease Control <http://www.cdc.gov>
- Kaiser Family Foundation <http://www.kff.org/>
- Intelihealth <http://www.intelihealth.com/>
- Mayo Clinic <http://www.mayoclinic.com/>

Descriptions and symptoms of diseases

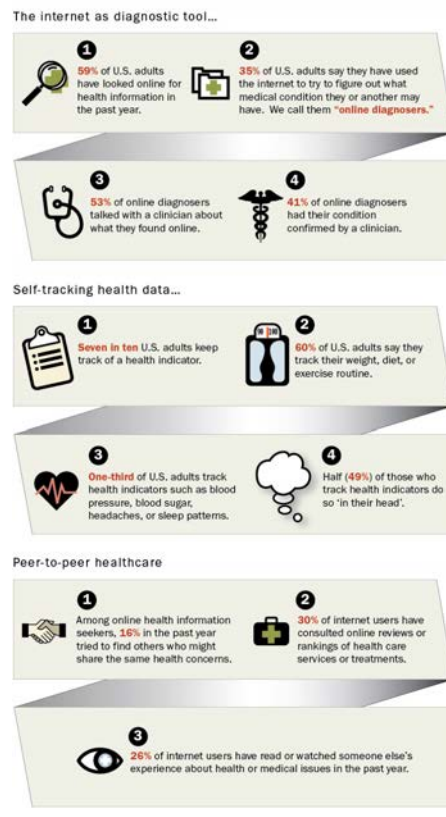
- Mayo Clinic mayoclinic.com/health/DiseasesIndex/DiseasesIndex
- MedicineNet www.medicinenet.com/symptoms_and_signs/

Drug information

- Internet Drug Index <http://www.rxlist.com/>
- Mayo Clinic <http://www.mayoclinic.com/health/drug-information/DrugHerbIndex>
- MedlinePlus <http://www.nlm.nih.gov/medlineplus/druginformation.html>
- MedicineNet <http://www.medicinenet.com/medications/article.htm>
- Drugs.com <http://www.drugs.com/>

News

- University of Pennsylvania Medical School <http://www.medpagetoday.com/>
- Healthfinder healthfinder.gov/news/



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Meeting Minutes (Cont. from pg 7)

setting to delete backups, but it is better if you delete them yourself.

You do need a valid copy of Acronis True Image for each machine, but you only need one copy of Disk Director since it can be uninstalled after you use it. Gene's

presentation was very complete and interesting and we thank him for doing it.

DRAWING

Data switch—Pete DeMario
 Word 2003 cheat sheets—Bob Blackledge

Corel Draw 3—Don Skarke
 Quick Tip book—Marty White
 Acronis True Image—Ilene Steinkruger
 ☺

Health Sites (Continued from page 8)

Medical journals and publications

Free Medical Journals <http://www.freemedicaljournals.com/>
Public Library of Science <http://medicine.plosjournals.org>
PubMed <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?DB=pubmed>
Journal of the American Medical Association <http://pubs.ama-assn.org/> (not all free)
New England Journal of Medicine <http://content.nejm.org/> (not all free)
Harvard University Health Info <http://www.health.harvard.edu/> (not free)

Medical encyclopedias and dictionaries

Healthfinder list <http://www.healthfinder.gov/library/>
MedlinePlus encyclopedia <http://www.nlm.nih.gov/medlineplus/encyclopedia.html>
MedlinePlus dictionary <http://www.nlm.nih.gov/medlineplus/mplusdictionary.html>

Evaluating information

Health Related Hoaxes and Rumors http://http://www.cdc.gov/hoaxes_rumors.html
Medical Library Association list of trustworthy sites <http://caphis.mlanet.org/consumer/index.html>
MedlinePlus list of references on evaluating health information <http://www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html>
National Library of Medicine tutorial on Evaluating Internet Health Information <http://www.nlm.nih.gov/medlineplus/webeval/webeval.html>
Quackwatch <http://www.quackwatch.org/>

Nutrition

Harvard School of Public Health <http://www.hsph.harvard.edu/nutritionsource/index.html>
List of various Federal Government sources <http://www.firstgov.com/Citizen/Topics/Health.shtml#vgn-food-nutrition-and-fitness-vgn>
NIH Office of Dietary Supplements <http://dietary-supplements.info.nih.gov/>

Specific disorders

Harvard Dana-Farber Cancer Institute <http://www.dana-farber.org/Health-Library/>
University of Pennsylvania OncoLink <http://www.oncolink.upenn.edu/>
National Cancer Institute <http://www.cancer.gov/>
The American Heart Association, <http://www.americanheart.org>
American Stroke Association, <http://www.strokeassociation.org>
American Cancer Society, <http://www.cancer.org>
Arthritis Foundation <http://www.arthritis.org/>
National Organization of Rare Disorders <http://www.rarediseases.org/>

Seniors

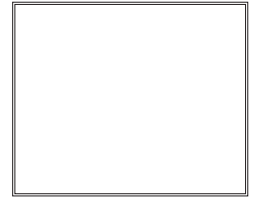
National Institute on Aging <http://www.nia.nih.gov/>
Medicare <http://www.medicare.gov/>
NIH Senior Health <http://nihseniorhealth.gov/>
Medicare nursing home information <http://www.medicare.gov/nhcompare/home.asp>
AARP health <http://www.aarp.org/health/>

Healthcare providers

Healthfinder list <http://www.healthfinder.gov/healthcare/>
MedlinePlus directories of doctors, dentists, and hospitals <http://www.nlm.nih.gov/medlineplus/directories.html>

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Coming Events:

Next Membership Meeting: 6 Apr, beginning at 9 am (see map below for location)

Next Breakfast Meeting: 20 Apr @ 8 am, Country Buffet, 801 N. Academy Blvd.

Newsletter Deadline: 20 Apr.

Check out our Web page at: <http://ppcompas.apcug.org>

