

# Chesapeake PC Users Group, Inc.

# THE PRINTER

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## PRESIDENT'S CORNER

I would like to start this issue of The Printer with a big **THANK YOU** to

***Karl Richmond.***

Karl was the Treasurer of the Chesapeake PC Users Group since 1988. Not only did Karl put in his time, so to speak, Karl put in quality time. Through Karl's dedicated efforts, our group was able to partner with the NASA FCU as well as build a solid financial balance sheet that is instru-

mental in meeting our goals. Karl's shoes are big to fill and I welcome co-Treasurers Kathy Walker and Bill Somers and wish them luck. Hopefully, everyone will help make the transition as easy as possible. Now, on with the meeting topics.

### March 11 meeting – Windows 7 Beta

Sure enough, Microsoft has released a beta copy of Windows 7. I have started to work with it and by the time the March 11 meeting rolls around, will be prepared to demonstrate the operating system. If you are interested in giving it a try yourself, I sent an e-mail on the members Ya-

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## Windows 7 Beta

Yesterday we made the Windows 7 Beta available for public download. Hopefully you're as excited as I am that the beta is here! The Windows 7 Beta is already getting some rave reviews for its new features, performance, and stability. But it *is* a **beta**, and with that comes the potential risk that some things may not work as well as they will in the final release.

If you have a spare test machine that supports the system requirements then I highly recommend installing the beta on your test machine. But if not, one way to mitigate the risks of using pre-release software is to use virtualization technology such as Microsoft Virtual PC 2007.

Creating a Windows 7 Beta 1 virtual image (aka virtual machine) is fairly similar to the process you would go through to install the Windows 7 Beta "on the metal" (non-virtualized). But for people who have never used Virtual PC before there are some differences.

Here is how to install the Windows 7 Beta with Virtual PC 2007.

1. Download and install Virtual PC 2007 SP1. If you already have Virtual PC 2007 installed, make sure you have SP1 by clicking on Help -> About and confirming that the version number is at least 6.0.192.0. If not, then you can follow the same link to upgrade to SP1.

*cont'd on Page 3*

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## PRESIDENT'S CORNER - Cont'd

hoo Groups list with a link for everyone to download the beta software. I hope you took advantage of this because it was a limited time offer for the masses. It is still available to TechNet subscribers.

We will also have gift subscriptions to one of the SmartComputing magazines. These are great magazines and I hope that you will participate in the meeting.

### April 8 meeting – Video Stories

The always popular, Michael Alloy, will return for Video Stories - Quick Tips to Catch and Edit Moving Pictures.

### Thumb drive member appreciation gifts:

I hope that everyone who received a thumb drive at the January meeting finds them very useful. For those who did not make the January meeting, we will have more thumb drives available to members in good standing at the February meeting.

*Michael*



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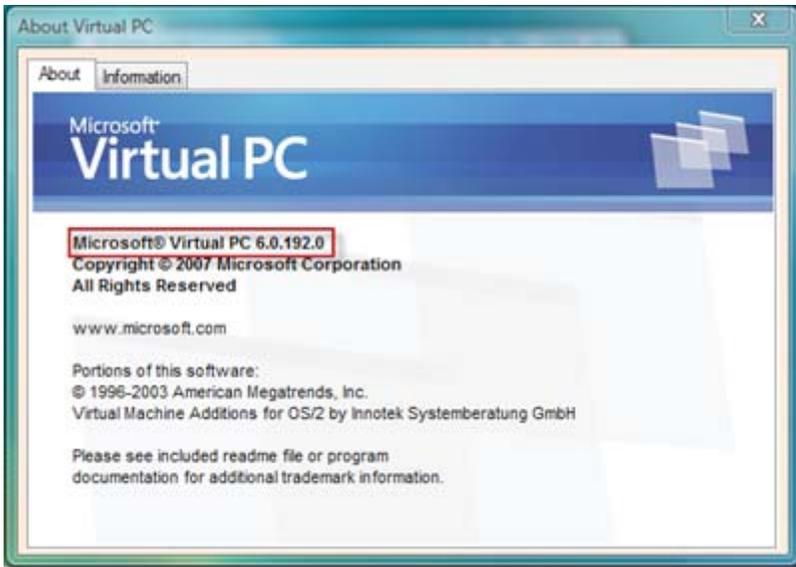
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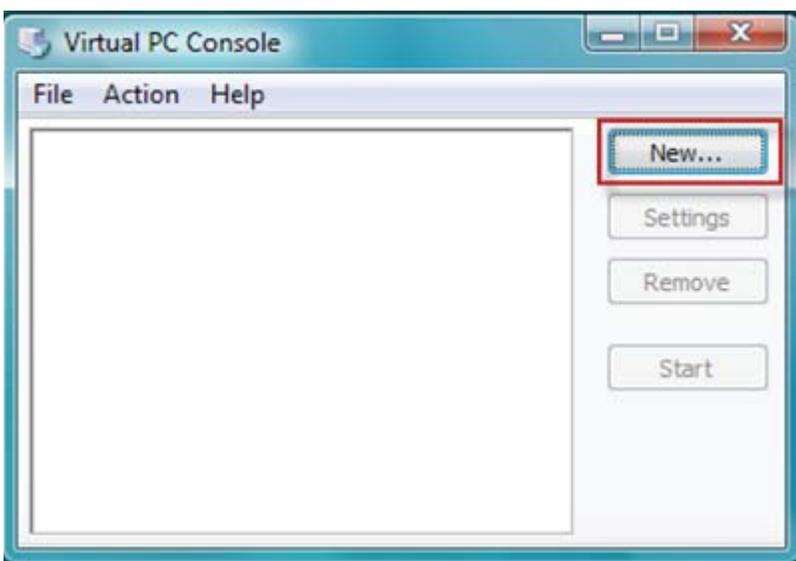


2. Download the 32-bit edition of the Windows 7 Beta from [here](#). The file is about 2.5GB, so while you are waiting for the download to finish it's a good time to go whet your appetite by watching some Windows 7 preview videos [here](#) and [here](#).

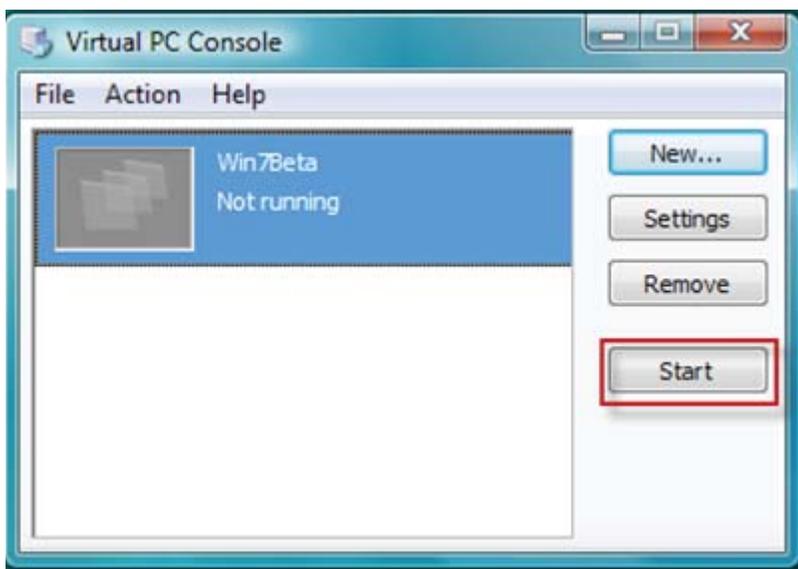
**Note:** It is important that you download the 32-bit edition of the Beta even if you're running on 64-bit hardware since Virtual PC 2007 only supports 32-bit guest operating systems. If you want to try the 64-bit edition in a virtualized environment, then I suggest using [Hyper-V](#) to do so (if I get a chance I'll write up a separate blog post for Hyper-V, as this article applies specifically to Virtual PC 2007).

**Note 2:** Be sure to record the Windows 7 Beta product key you are given since you'll need this later.

3. Open Virtual PC (Start -> Programs -> Microsoft Virtual PC) and click **New...** to launch the New Virtual Machine Wizard. Click **Next**.



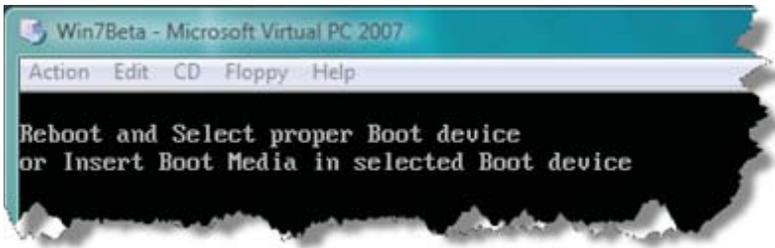
4. Ensure that **“Create a virtual machine”** is selected and click **Next**.
5. Provide a name and location for your virtual machine and click **Next**. I suggest saving this in the same location that you will create your VHD file (step 8).
6. The next dialog prompts you for the operating system you will be running. Since Virtual PC 2007 SP1 isn't familiar with Windows 7, just select **Windows Vista** from this list. Click **Next**.
7. The next dialog asks you how much RAM you would like to assign to your virtual machine. This is always a balancing act to determine the right amount of RAM to allocate to your virtual machine and how much to allow your host operating system to utilize, but as a rule of thumb I suggest allocating 50% of your physical RAM to your virtual machine. For example, if you have 1GB of RAM in your computer, try assigning 512MB to the virtual machine. Click **Next** when you have allocated your RAM.
8. Select **“A new virtual hard disk”** and click **Next**.
9. Give your new virtual hard disk a name and location. I suggest using a location that has at least 16GB of disk space available. An external (e.g. USB2) hard drive works well for this purpose since it's portable and it allows your computer to load balance disk IO between your system drive and the external drive. For **“Virtual hard disk size”** leave the default value and click **Next** when ready.
10. Click **Finish**.
11. Your Virtual PC Console should now have a new entry representing your new virtual machine. Highlight this entry and click **Start**.



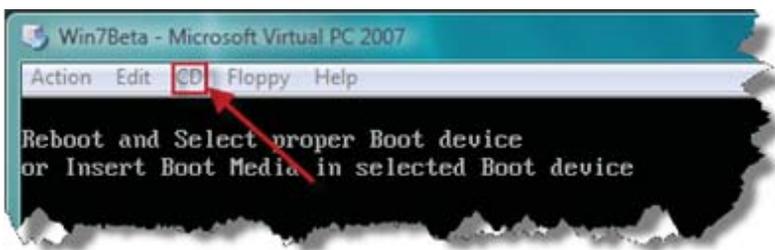
12. Your virtual machine should now boot up and look for an operating system to boot to. Since you haven't installed an operating system yet, it will eventually time out with the message below. It might take a minute or two to time out while it looks for a network device to boot off of, so be patient.

# Windows 7 Beta - cont'd

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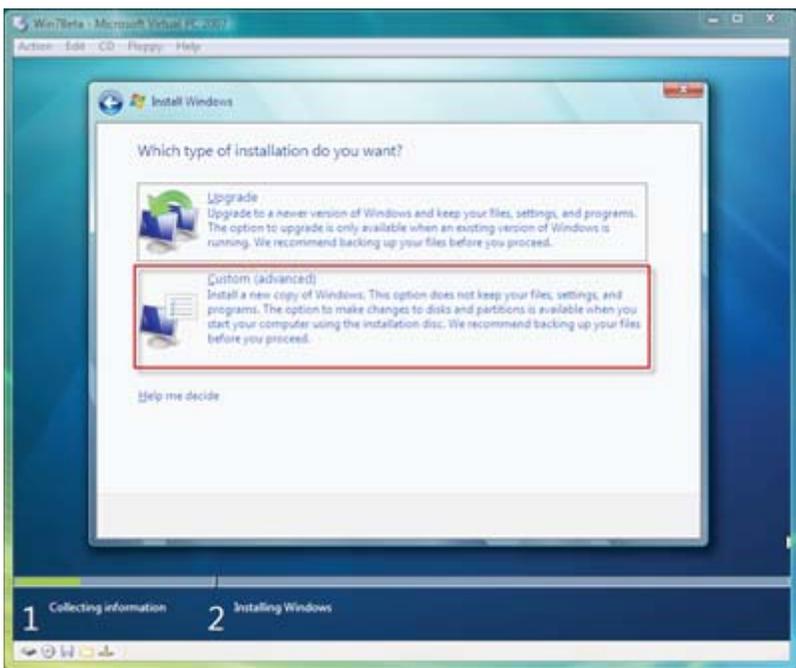


13. Now from the top of the Virtual PC 2007 window click on **CD** → **Capture ISO Image** and select the Windows 7 beta ISO image you downloaded in step 2. It should be called 7000.0.081212-1400\_client\_en-us\_Ultimate-GB1CULFRE\_EN\_DVD.iso. This will mount the ISO image as a DVD drive available to your virtual machine.



14. Now simply select your virtual machine and press **<Enter>**. If you've done everything right so far, then your virtual machine should now launch the Windows 7 Beta setup!

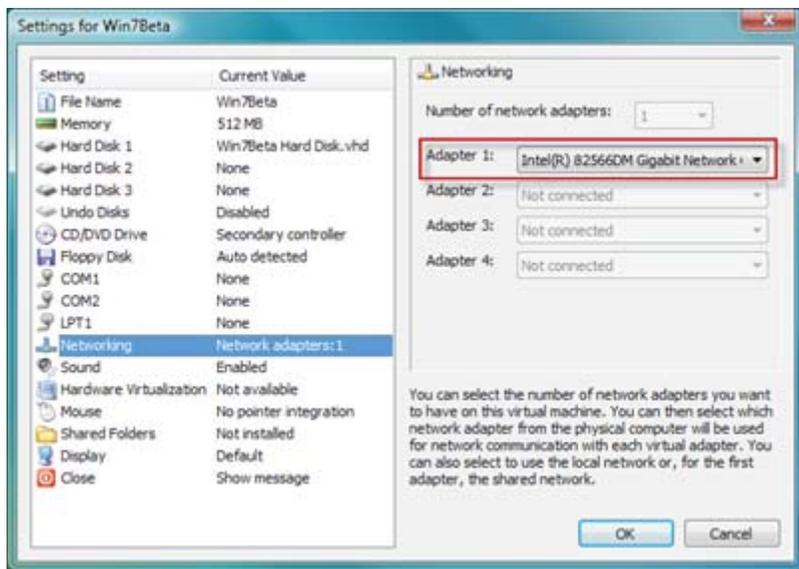
15. The first few screens should be self-explanatory. When asked what type of installation you want, be sure to choose "Custom (advanced)" since you are not upgrading from a prior version of Windows.



cont'd on Page 6

16. The rest of the setup steps should be fairly straightforward, so I won't document them all here. But you may notice that Virtual PC "captures" your mouse when you click inside of the window and you won't be able to move your cursor outside of the virtual machine. We'll address this later (see "Virtual Machine Additions" below), but for now you can press the <right-ALT> key to release your mouse pointer. That's the ALT key to the right of your space bar.

**Enabling Networking:** You will need to enable networking for your virtual machine in order to activate the Windows 7 Beta with the product key you received when you downloaded it in step 2. In order to enable networking, click **Edit** -> **Settings** -> **Networking**. If "Number of network adapters" is set to "0" then you'll need to increase this value to "1" the next time you shut down your virtual machine since you can't modify this value while your virtual machine is running. Next, select your physical network adapter from the "Adapter 1" drop-down. Click OK when finished. Your virtual machine should now be capable of using your network adapter.



**Note:** If you are completing these steps on your work machine, be sure to first check with your IT staff to determine if you're allowed to enable networked virtual machines. Some companies have a policy against this to help protect against the risk of viruses. If you don't activate the Windows 7 Beta you can still try it out, but it will stop working after 30 days.

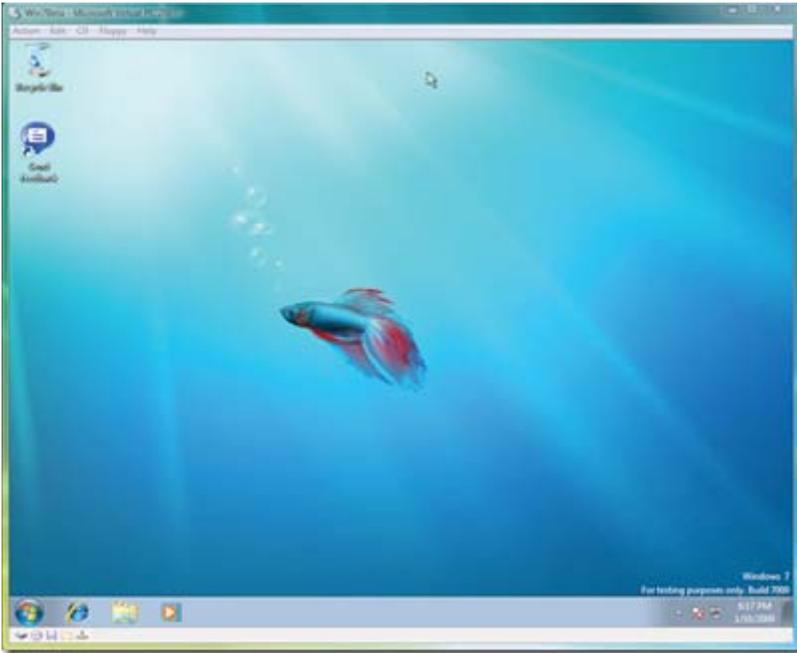
**Ctrl+Alt+Del to log in:** When you get Windows 7 installed and it's time to finally sign in it will expect you to send the usual Ctrl+Alt+Del characters to log in. But since you are running within Virtual PC, you will need to click **Action** -> **Ctrl+Alt+Del** in order to send this command to your *guest* virtual machine instead of your *host* operating system.

**Virtual Machine Additions:** After you log in for the first time I suggest installing the Virtual Machine Additions. This will allow your mouse to move in and out of the virtual machine without the need to press <right-Alt>, in addition to some other integration enhancements between your host and guest operating systems. To install virtual machine additions simply click **Action** -> **Install or Update Virtual Machine**

# Windows 7 Beta - cont'd

cont'd from page 6

**Additions** and follow the prompts. You will need to reboot in order for these changes to take effect.



Congratulations! You now have the Windows 7 Beta installed in a virtual machine using Virtual PC 2007. Remember that this won't run quite as fast as Windows would run if you installed it into a non-virtual environment, but virtualization is a great way to try out pre-release software in a risk-free environment. I hope you have as much fun exploring Windows 7 as I have been. Bookmark <http://www.microsoft.com/windows/windows-7/> for all of the latest news, and don't forget to send us your feedback by clicking the icon on the desktop (you will need to have networking enabled in order for this to work).



March 07-08	Maryland City Plaza,	Laurel, MD
March 14-15	Fredericksburg Expo Center,	Fredericksburg, VA
March 21-22	Maryland State Fairgrounds,	Timonium, MD
March 28-29	Capital Club House - Waldorf Marketplace,	Waldorf, MD
April 04-05	Dulles Expo Center,	Chantilly, VA
April 18-19	Maryland State Fairgrounds,	Timonium, MD
April 25-26	Maryland National Guard - Annapolis,	MD

As a service to our members, I will attempt to publish the current schedule for computer shows in our immediate area. For additional information & to print the \$\$ OFF coupon go to:

<http://www.marketproshows.com/computershows/citySearch.php>

7

# How can I keep my PC clean and tidy?

by

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Like changing your car's oil or replacing your home's air conditioner filter, a little PC cleaning pays off with a faster, more reliable, and longer-lasting computer.

Although nothing suggested here is either rocket science or inherently dangerous, always follow the medical adage, "First, do no harm". So don't do anything that makes you uncomfortable (perhaps have a more experienced person clean up while you watch and learn), and back up your system and data. Then reboot, to get a clean start, and don't open any programs,

Before starting, to measure what your cleanup deletes, determine how full your hard drive is. Open My Computer, Right Click your hard drive (usually labeled "Local Disk (C:)"), and click Properties. Note how much space is used and free, then close the dialogue box.

Next, use Windows' built-in disk cleaning tool. Click Start, All Programs, Accessories, System Tools, Disk Cleanup, and the drive to clean, likely C. Choose what to clean; default selections are usually what you need. To be extra thorough, if your system has been running problem free, click the More Options tab and then Clean Up System Restore. Confirm your choice and click OK.

Delete Web browser temporary files. Using Internet Explorer, click Tools on the Menu Bar, Internet Options, and Delete Files under the General tab. Other browsers provide similar functions, sometimes using "cache" to refer to the collection of temporary files.

Delete unneeded personal files, items outdated and no longer used. While most Microsoft Office programs (Word, Excel, etc.) store their files in the My Documents folder, you may have changed this default location. And other apps likely have their own favorite places to stash files. Look around, since cluttered files make Windows work harder to get things done and waste time and resources when they're backed up. If you collect photos, music and such, delete those you no longer want or need, perhaps saving them on CD/DVD or ISB drive. Sorting files by size or date helps find deletion candidates.

If you run PC-based email software, it's worth periodically purging Sent and Trash folders, perhaps pitching material older than a certain date. Then look for a Compact Folders option, sometimes on the File pulldown menu, which squeezes out unused space from email folders.

Weed out software no longer used or useful by uninstalling applications with Window's Control Panel Add/Remove Software tool.

The Recycle Bin, which preserves erased files for recovery until it's emptied, has likely grown during this cleanup process. To empty it, Right Click its Windows desktop icon and click Empty Recycle Bin. Note that programs such as Norton Utilities may offer other cleanup options for the Recycle Bin and other Windows components.

Finally, remember that when writing to your hard drive, Windows places bits of each file in the next available open space on the hard drive.

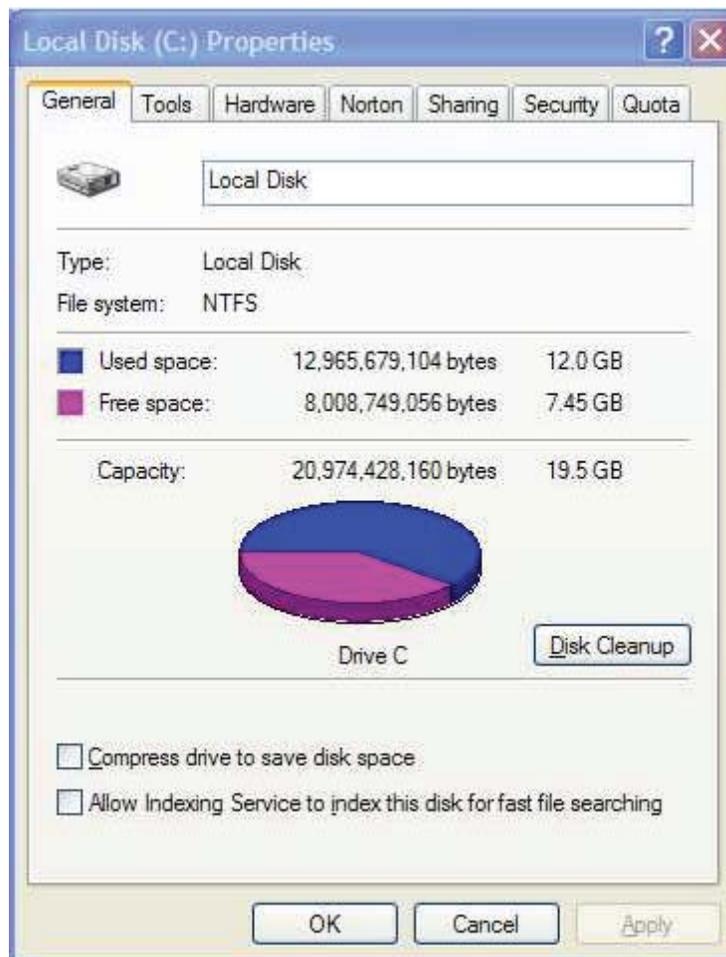
# Keep my PC clean - cont'd

cont'd from page 8

While Windows can reassemble them, having many files fragmented slows access to them. So, to store all files as single entities, periodically defragment the hard drive. To do this, click Start, All Programs, Accessories, System Tools, Disk Defragmenter, select a drive, and click Defragment.

When finished, compare the amount of hard drive space used and free to what you saw initially. If this is the first cleanup you've done in a while, the amount of space recovered may surprise you.

Many books give much more detailed instructions for PC cleanups. Search Amazon.com for "de-gunking windows" and "cleaning windows" to see choices (but don't be distracted by instructions for cleaning house, office, and car windows!).



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# Tech News Tidbits

by

Terry Robert, Program Chair, ICON (Interactive Computer Owner's Network), MO

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My intention in writing this article each month is to help us understand technology's emerging trends that affect our everyday lives. While researching material for this month's submission, I felt compelled to share these alarming trends with the rest of you.

Sophos, a leading U.K.-based IT security and control firm, just published their "Security Threat Report 2009", which examined the "threat landscape" over the last 12 months, and predicted the emerging cybercrime trends for 2009. Two major points in the report are very alarming:

- American computers are making a disturbingly large contribution to the problems of viruses and spam affecting all of us today."
- American websites host more malware and relay more spam than any other country

Graham Cluley, senior technology consultant for Sophos, said "Too many American computers have been compromised and are under the control of hackers, and nationally, the U.S. is carrying the most malicious Web pages. When an American Internet company, accused of collaborating with spammers and hackers, was disconnected from the net in November, the amount of spam was immediately reduced by 75%.

Sophos's research reveals that in 2008, organized criminal gangs tripled their attacks against innocent websites, injecting malicious

code to infect visiting home users and businesses. They also documented an average of five new scareware websites (hackers posing as legitimate anti-virus vendors) each day, with the intention of scaring users into believing that their computers have been compromised.

By the end of 2008, Sophos was also tracking five times more malicious attacks arriving through e-mail attachments than at the start of the year, proving that hacking has become mainstream among organized crime.

As the Internet has matured into the foremost information resource on the planet, cyber criminals have refined their methods. Hackers are using automated systems to break into vulnerable websites and/or generate new variants of their malware throughout the world!

According to Sophos's findings, China was responsible for hosting more than 50 percent of all web-based malware in 2007, but this position was taken over by the U.S. in 2008. Their breakdown of the top malware hosting countries follows:

1. U.S. 37.0 percent
2. China (including Hong Kong) 27.7 percent
3. Russia 9.1 percent
4. the rest of the connected world 26.2%

Symantec also found the U.S. to host the most malware of all nations, but with lower per-

centages, and did not include Russia in their results.

We haven't devoted a lot of time to security issues recently, but if you've participated in some of the discussions we have had, you know there are numerous effective strategies for protecting yourself from attacks.

Avoid being connected to the Internet unless protected by:

- Dependable antivirus software (with current updates)
  - Products include Avast, AVG, Norton, and McAfee
- Malware detection and removal software
  - Products include Spybot Search and Destroy, Adaware, Spyware Blaster, and Advanced WindowsCare
- Software firewall
  - Products include Windows Firewall (protects only against incoming threats in XP), Zone Alarm, and Kerio
- A healthy dose of common sense
  - If you receive a popup telling you that your computer has been compromised, advising you to: "Click here to correct the problem"...**DON'T TAKE THE BAIT!**

**If you have no strategy, do yourself (and the rest of us) a favor, learn to protect yourself. Maybe you should attend more ICON functions?!**



The Next Regular Meeting will be at  
The Severn River Middle School

**Wednesday**  
**March 11<sup>th</sup>, 2009**

Meeting will be held in the large meeting room.  
It starts at 7:00 P.M. with club business  
and a short discussion period.

*presentation on*  
**Windows 7 Beta**

by

**Michael Young**

Members and their friends are welcome to  
come, ask questions and become enlightened.

## How to Find: Severn River Middle School

SRMS is close to the Arnold, MD campus of the Anne Arundel Community College. From Annapolis and points south, take Rte 2 (Ritchie Highway) north about 3 miles from the intersection of Rt. 50, **turn right on College Parkway**. At the first light, turn left on Peninsula Farm Road. (Of course, if you are coming from points North, you would turn left on to College Parkway) about a half-mile down the road the large SRMS school building, set back off a large two level parking lot, will be visible on your right. Park here and go to the main entrance. Signs will be posted to direct you to the **Large Group Room** where we will be meeting.

How to find: The Technology SIG, A ChPCUG  
Special Interest Group\*\*

The meetings are held at the SRMS in the Library.



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Annapolis, MD 21401

FIRST CLASS

## INSIDE THIS VERY ISSUE!

President's Corner  
Tech News Tidbits  
Windows 7 Beta  
Keep that PC Clean  
MarketPro Schedule  
... and a little bit more!

**Note:** The date above your name on the mailing label is the expiration date of your membership. Contact the Membership Chairman (page 2, column 2) to update.

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