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RASCAL

www.rascal.cc

VOL XXX ISSUE 3 MAR 2016 - ROGUE AREA SENIOR COMPUTER ASSISTANCE LEAGUE NEWSLETTER

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Interesting facts about your body.

The human body is a treasure trove of mysteries, one that still confounds doctors and scientists about how it works. It's not an overstatement to say that every part of your body is a miracle.

It's possible for your body to survive without large fractions of its internal organs. Even if you lose your stomach, your spleen, 75% of your liver, 80% of your intestines, one kidney, one lung, and virtually every organ from your pelvic and groin area, you wouldn't be very healthy, but you would live.

During your lifetime, you will produce enough saliva to fill two Swimming pools. Actually, Saliva is more important than you realize. If your saliva cannot dissolve something, you cannot taste it.

The largest cell in the human body is the female egg and the smallest is the male sperm. The egg is actually the only cell in the body that is visible by the naked eye.

The strongest muscle in the human body is the tongue and the hardest bone is the jawbone.

Human feet have 52 bones, accounting for one quarter of all the human body's bones. Feet have 500,000 sweat glands and can produce more than a pint of sweat a day.

The acid in your stomach is strong enough to dissolve razor blades. The reason it doesn't eat away at your stomach is that the cells of your stomach wall renew themselves so frequently that you get a new stomach lining ever three to four days.

The human lungs contain approximately 2,400 kilometers (1,500 MI) of airways and 300 to 500 million hollow cavities, having a total surface area of about 70 square meters, roughly the same area as one side of a tennis court. Furthermore, if all of the capillaries that surround the lung cavities were unwound and laid end to end, they would extend for about 992 kilometers. Also, your left lung is smaller than your right lung to make room for your heart.

Sneezes regularly exceed 100 mph, while coughs clock in at about 60 mph. Your body gives off enough heat in 30 minutes to bring half a gallon of water to a boil.

Your body has enough iron in it to make a nail 3 inches long. Everyone has a unique smell, except for identical twins, who smell the same. Your teeth start growing 6 months before you are born. This is why one out of every 2,000 newborn infants has a tooth when they are born.

A baby's head is one-quarter of its total length, but by the age of 25 will only be one-eighth of its total length. This is because people's heads grow at a much slower rate than the rest of their bodies.

Babies are born with 300 bones, but by adulthood the number is reduced to 206. Some of the bones, like skull bones, get fused into each other, bringing down the total number.

Your nose can remember 50,000 different scents. But if you are a woman, you are a better smeller than men, and will remain a better smeller throughout your life. (you probably smell better too.)

The human body is estimated to have 60,000 miles of blood vessels.

The three things pregnant women dream most of during their first trimester are frogs, worms and potted plants. Scientists have no idea why this is so, but attribute it to the growing imbalance of hormones in the body during pregnancy.

The life span of a human hair is 3 to 7 years on average. Every day the average person loses 60-100 strands of hair. But don't worry, you must lose over 50% of your scalp hairs before it is apparent to anyone.

The human brain cell can hold 5 times as much information as an encyclopedia. Your brain uses 20% of the oxygen that enters your bloodstream, and is itself made up of 80% water. Though it interprets pain signals from the rest of the body, the brain itself cannot feel pain.

The tooth is the only part of the human body that can't repair itself.

Your eyes are always the same size from birth but your nose and ears never stop growing.

The colder the room you sleep in, the higher the chances are that you'll have a bad dream.

Human lips have a reddish color because of the great concentration of tiny capillaries just below the skin.

Three hundred million cells die in the human body every minute.

Like fingerprints, every individual has an unique tongue print that can be used for identification.

A human head remains conscious for about 15 to 20 seconds after it has been decapitated. (How on earth could they know this?)

It takes 17 muscles to smile and 43 to frown.

Humans can make do longer without food than sleep. Provided there is water, the average human could survive a month to two months without food depending on their body fat and other factors. Sleep-deprived people, however, start experiencing radical personality and psychological changes after only a few sleepless days. The longest recorded time anyone has ever gone without sleep is 11 days, at the end of which the experimenter was awake, but stumbled over words, hallucinated and frequently forgot what he was doing.

Every human spent about half an hour after being conceived, as a single cell. Shortly afterward, the cells begin rapidly dividing and begin forming the tiny embryo.

Right-handed people live, on average, nine years longer than left-handed people do.

Humans are the only animals to produce emotional tears. (*Editor; especially at tax time*)



Win 10 + MS MISC

Setting up a local user account in Windows 10

<http://www.pcworld.com/video/61783/setting-up-a-local-user-account-in-windows-10>

Adding a child user account in Windows 10 (video)

<http://www.pcworld.com/video/61609/adding-a-child-user-account-in-windows-10>

Bypassing the Windows 10 password with a PIN (video)

<http://www.pcworld.com/video/61924/bypassing-the-windows-10-password-with-a-pin>

Setting up a Windows 10 **picture** PIN (video)

<http://www.pcworld.com/video/61963/setting-up-a-windows-10-picture-pin>

I forgot my Windows 10 password!

<http://www.pcworld.com/video/61943/i-forgot-my-windows-10-password>

Windows 10 usage skyrocketed in January

<http://www.pcworld.com/article/3027909/windows/windows-10-usage-skyrocketed-in-january.html>

It's official: Older versions of Internet Explorer are now at risk

<http://www.pcworld.com/article/3032562/browsers/its-official-older-versions-of-internet-explorer-are-now-at-risk.html>

Microsoft improves in Antivirus Test

<http://www.pcmag.com/article2/0,2817,2498305,00.asp>

Windows 10's Cortana will remind you to keep promises made in emails

<http://www.pcworld.com/article/3025968/data-center-cloud/windows-10s-cortana-will-remind-you-to-keep-promises-made-in-emails.html>

Check out PowerPoint 2016's best new features: charts, effects and more

<http://www.pcworld.com/article/3018735/software/check-out-powerpoint-2016s-best-new-features-charts-effects-and-more.html>

How to make OneDrive your personal music streaming service with the Groove app

<http://www.pcworld.com/article/3026203/streaming-media/how-to-use-onedrive-and-groove-for-powerful-music-streaming.html>

The Best Password Managers for 2016 (for a price)

<http://www.pcmag.com/article2/0,2817,2407168,00.asp>

10 Reasons to Buy the Amazon Echo Virtual Personal Assistant

<http://www.eweek.com/cloud/slideshows/10-reasons-to-buy-the-amazon-echo-virtual-personal-assistant.html>

Windows 10 usage skyrocketed in January

<http://www.pcworld.com/article/3027909/windows/windows-10-usage-skyrocketed-in-january.html>

3 pre-Windows 10 tricks worth revisiting

<http://www.pcworld.com/article/3033861/windows/3-pre-windows-10-tricks-worth-revisiting.html>

How to change the look of Windows 10's desktop with native settings or Aero Glass

<http://www.pcworld.com/article/3030213/windows/how-to-change-the-look-of-windows-10s-desktop-with-native-settings-or-aero-glass.html>

Move your Windows 10 libraries to a separate drive or partition

<http://www.pcworld.com/article/3025345/windows/move-your-windows-10-libraries-to-a-separate-drive-or-partition.html>

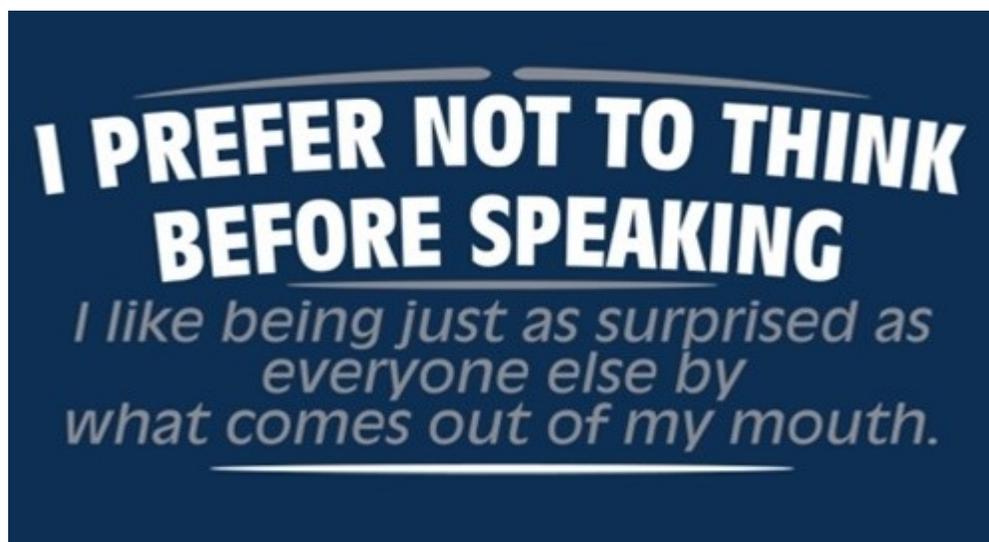
Android

5 Gmail for Android tips to tame your inbox

http://www.pcworld.com/article/3025339/software-productivity/5-gmail-for-android-tips-to-tame-your-inbox.html%23tk.rss_all

7 Android shortcuts for doing things faster

<http://www.pcworld.com/article/3024255/android/7-android-shortcuts-for-doing-things-faster.html>



Apple

Where to Sell Your iPhone for the Highest Price

<http://www.pcmag.com/article2/0,2817,2409191,00.asp>

Third-Party Accessories to Get the Most From Your Apple Devices

<http://www.eweek.com/mobile/slideshows/third-party-accessories-to-get-the-most-from-your-apple-devices.html>

10 Apps to Defend Your Mac From Malware, Cyber-Attacks

<http://www.eweek.com/pc-hardware/slideshows/10-apps-to-defend-your-mac-from-malware-cyber-attacks.html>

Misc Topics and Articles

Pure URL simplifies web addresses for safer surfing (Chrome & Firefox extention)

<http://www.pcworld.com/article/3030706/security/pure-url-simplifies-web-addresses-for-safer-surfing.html>

Chrome 48 rolls out, Data Saver extension exits beta (XP & Vista support will stop soon)

<http://www.pcworld.com/article/3026666/software/chrome-48-rolls-out-data-saver-extension-exits-beta.html>

29 Hidden Chrome Features That Will Make Your Life Easier

<http://www.pcmag.com/slideshow/story/323996/29-hidden-chrome-features-that-will-make-your-life-easier>

Google's VirusTotal Can Now Scan Firmware Updates

<http://www.pcmag.com/article2/0,2817,2498619,00.asp>

Google's Chrome Browser May Soon Mark HTTP Sites Unsafe

<http://www.eweek.com/security/googles-chrome-browser-may-soon-mark-http-sites-unsafe.html>

The Best Chrome Extensions for Gmail

<http://www.pcmag.com/article2/0,2817,2455720,00.asp>

Here's How Much Google Paid the Dude Who Bought Google.com

<http://www.pcmag.com/article2/0,2817,2498603,00.asp>

3D-Printed Models Help Docs Prep for Toddler's Kidney Transplant

<http://www.pcmag.com/article2/0,2817,2498436,00.asp>

Security-camera snooping made easy, thanks to the Shodan search engine

<http://www.pcworld.com/article/3026217/security-cameras/security-camera-snooping-made-easy-thanks-to-the-shodan-search-engine.html>

Online privacy tips: 3 ways to control your digital footprint

<http://www.pcworld.com/article/3020163/internet/online-privacy-tips-3-ways-to-control-your-digital-footprint.html>

How to Make a Movie: A Guide to Independent Filmmaking

<http://www.pcmag.com/article2/0,2817,2399479,00.asp>

Hands-On: How Intel Authenticate will replace the password

<http://www.pcworld.com/video/61424/hands-on-how-intel-authenticate-will-replace-the-password>

Chromebooks are siphoning market share from Windows PCs

<http://www.pcworld.com/article/3025976/hardware/chromebooks-are-siphoning-market-share-from-windows-pcs.html>

The tricks for using Gmail folders vs. labels

<http://www.pcworld.com/article/3020447/data-center-cloud/folders-and-labels-the-trick-to-organizing-gmail.html>

6 free home-inventory apps that will help cover your assets

<http://www.pcworld.com/article/3023404/home-tech/6-free-home-inventory-apps-that-will-help-cover-your-assets.html>

The FCC Wants to Help You Ditch Your Cable Set-Top Box

<http://www.pcmag.com/article2/0,2817,2498543,00.asp>

or

<http://www.pcworld.com/article/3026581/home-tech/fcc-to-take-aim-at-outrageous-cable-box-costs.html>

The Best Online Tax Preparation Software for 2016

<http://www.pcmag.com/article2/0,2817,1904319,00.asp>

Intuit TurboTax Deluxe Is Tops For DIY Tax Filers

<http://www.pcmag.com/article2/0,2817,2498471,00.asp/article2/0,2817,2498447,00.asp>

The Best Online Accounting Services for 2016

<http://www.pcmag.com/article2/0,2817,2458748,00.asp>

Fitness trackers are leaking lots of your data, study finds

<http://www.pcworld.com/article/3029156/wearables/fitness-trackers-are-leaking-lots-of-your-data-study-finds.html>

10 Tips for Troubleshooting Your Internet Connection

<http://www.pcmag.com/article2/0,2817,2498672,00.asp>

The Best Cheap Cell Phone Plans You've Never Heard Of

<http://www.pcmag.com/article2/0,2817,2375644,00.asp>

The Best Smart Home Security Systems of 2016

<http://www.pcmag.com/article2/0,2817,2498510,00.asp>

7 Tips for Getting the Most Out of TurboTax

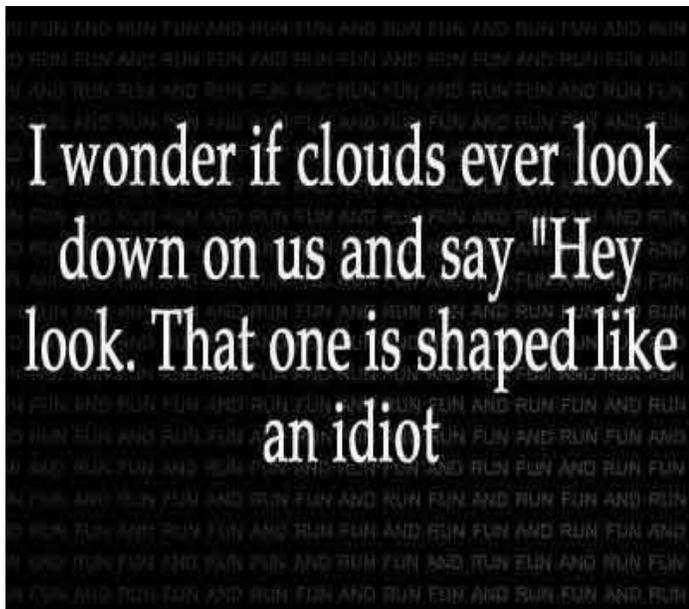
<http://www.pcmag.com/article2/0,2817,2499182,00.asp>

Say Farewell to Google's Picasa (March 15)

<http://www.pcmag.com/article2/0,2817,2499250,00.asp>

LibreOffice 5.1 Offers Reorganized User Interface for Its Apps

<http://www.eweek.com/enterprise-apps/slideshows/libreoffice-5.1-offers-reorganized-user-interface-for-its-apps.html>



****I don't like political jokes. I've seen too many get elected.****



Need Help? - Dial-A-Helper

“Seniors Helping Seniors”

Support for simple computer problems is available by telephone or email.



Dial-A-Helpers listed below with the asterisk may charge a nominal fee for in-home service.

APPLICATIONS & PROGRAMS

CAMERAS & PHOTOS (File Management)

Nancy Kain 955-4800 nankain@rascal.cc

*Judy Engel 476-9018 judyengel@msn.com

EXCEL

Ron Willing 582-9694 rwilling@charter.net

GENEALOGY

Laura Dunwald 479-9076 beagenie@charter.net

GRAPHICS

Bill Porter [phone n/a] silverfoxbill@outlook.com

POWERPOINT

Mark Simonds 955-4810 mark@msimonds.org

PRINTERS, SCANNERS, CAMERAS

(configuration & network set up)

*Galen Garretson (available Mon. through Fri.)

226-9753 galencg@gmail.com

QUICKEN

George Steffensen 474-4305 stefff@peoplepc.com

Tom Crittenden [phone n/a] TD1@back40software.com

WEB PAGE HTML BASIC

Mark Simonds 955-4810 mark@msimonds.org

WORD (MS)

Tom Crittenden [phone n/a] TD1@back40software.com

WORD PERFECT & MS WORD (for beginners)

Karen Janssen 956-6067 ilea-ak@charter.net

NETWORKING

Chuck Stobing 408/314-6397 chuck@stobing.com

BEGINNER'S HELP

*Judy Engel 476-9018 judyengel@msn.com

Gerry Tank 659-8840 badger1gt@charter.net

Marv Wilson 471-1867 mwlw86@charter.net

GENERAL TROUBLESHOOTING

Most Areas of Computer Support

*Chris Oman [phone n/a] coman@budget.net

Len Richardson 866-2541 len_r@yahoo.com

*Bob Booth 474-2993 robtb@rioussa.com

Tom Crittenden [phone n/a] TD1@back40software.com

*Galen Garretson (available Mon. through Fri.)

226-9753 galencg@gmail.com

OPERATING SYSTEMS

MS WINDOWS

Tom Crittenden [phone n/a] TD1@back40software.com

*Galen Garretson (available Mon. through Fri.)

226-9753 galencg@gmail.com

*Chris Oman [phone n/a] coman@budget.net

MACINTOSH

*Judy Engel (tutoring) 476-9018 judyengel@msn.com

TABLETS

APPLE IPAD

*Liz Stempson (tutoring) 659-1938 lexusliz@yahoo.com

ANDRIOD & MICROSOFT

*Galen Garretson (available Mon. through Fri.)

226-9753 galencg@gmail.com

NOTE: RASCALs Technical ListServe Help is no longer available because we have changed our web hosting provider. RASCAL email is still available. Go to rascal.cc/main.

COURSE SCHEDULE

Please reference the RASCAL website's
Education section at
<http://www.rascal.cc/Education.html>
for more details on all courses and
pre-requisites
PRE-REQs may be substituted with
equivalent experience.

SPECIAL NOTICE

All classes require pre-registration. It's important to register early since classes will automatically be cancelled if they have fewer than four (4) students registered two working-days prior to the class start date.

Please register early for classes by calling the RCC Campus Registrar for RASCAL at **541-956-7303**, or register with the RASCAL Class Registrar at Tuesday meetings at the Fairgrounds.

BECAUSE OF THE DYNAMIC NATURE OF THE CLASS SCHEDULE **CHECK THE WEBSITE FOR THE LATEST SCHEDULE - USE LINKS BELOW**

Class Schedule - <http://rascal.cc/files/Download/classcal.pdf>

Class Descriptions - <http://rascal.cc/Classindex.html>

KEEP in TOUCH

Let RASCAL know when you change
your e-mail address, your telephone number,
or your residence address.
Contact the Data Base Manager at
[<rascalmembership@gmail.com>](mailto:rascalmembership@gmail.com)

PLEASE NOTE: You will receive an email and maybe a call before the date of your membership renewal.

Please mail yearly dues: \$15 Single Membership; \$20 for Couples; \$100 Single Lifetime; \$150 Couples Lifetime, to the RASCAL address listed below, or submit at a General Meeting.

RASCAL meetings are held in the Floral Building at the Fairgrounds in Grants Pass. Weekly meetings are on Tuesdays, except holidays. The General Membership meets from 9:30 A.M. to 10:30 A.M. The Beginner's Meeting is held from 10:40 to 11:30 (or to 11:45 for Q&A). All members are welcome to attend both meetings. Come early for coffee and chat with friends. We also invite you to visit our website:

www.rascal.cc

for up-to-date information about our club, our members, classes, meetings, newsletters and links to other websites. Our RASCAL website is managed by our web master, Ron Willing.

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*We reserve the right to edit and/or omit submissions.
Items received after the newsletter deadline may appear
in the next issue.*