Card Publishing Programs
by Evelyn Stewart

Editor's Note: This article is a follow up to Evelyn's January meeting presentation.

History

Broderbund produced Print Shop for DOS for the Apple in the early 80's. PrintMaster was its major competitor but always second. Now Broderbund owns PrintShop, PrintMaster and Create a Card.

A college student, Jeff Bianco, started PrintShop Users Club and sold a lot of 5.25 graphics disks, announced he was ending PSUC when he graduated but relented when there was a large outcry, and when at last Print Shop for the PC arrived, he put out a marketing periodical, collected layouts and graphics from users, sold them for his "club" and is now not heard from.

April 1963. Writing in Our Computer Player magazine, Alan Zinsman said " Print Shop Deluxe for Windows is the latest of a line of software that's almost as old as personal computers. For at least 10 years there have been versions of Print Shop for Commodore 64's, Apple 2's and DOS PC's. .....lets you import graphics only in Windows Bitmap... 30 True Type Fonts....$79.95......Picture Wizard faded away."
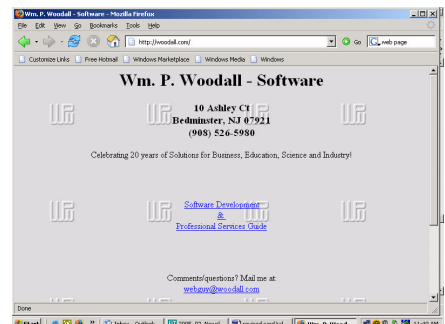
Back to the early 80's: Some of Print Shop's employees left because of frustration at being limited to bitmap graphics, formed the Pixellite Group, and created Instant Artist for DOS and then Windows, with features that now appear in a great many programs. This led Broderbund to add vector graphics to Print Shop, but by that time Print Artist had become a minor cult. Maxell bought Pixellite, Sierra bought Maxell, and Print Artist has been through version 3 Classic, still good, but runs only on 95 or older, version 4 Platinum, the old reliable that the most experienced users keep handy to make a good card quickly with not disk switching, version 6, the last to run

Hunterdon Computer Club

Next Meeting: **Saturday, February 19, 2005**
Hunterdon Medical Center
Rt. 31 Flemington NJ
8:30 A.M. To Noon

PROGRAM — *Behold the Web Page*— **Bill Woodall** will present an irreverent look at the history of the web site and will offer some clues on how, when, and where to start your own journey as a webweaver.

Guests Welcome — All Ages — All Skill Levels

President's Column

By Lon Hosford

If ever the consummate teacher there was she is: our distinguished member **Evelyn Stewart**. Last meeting we were greeted in the Hunterdon Medical Center auditorium by an array of paper creations from Evelyn's work with Print Artist.

All types of cards and signs carefully crafted only lured you to take a seat to have professor Stewart skillfully reveal the steps and tricks to their creation. Truly lessons from hands-on experience and not just theory.

So as I always say, if you missed it -- too darn bad, but hope to see you next time.

As a few members are aware I lost partial range of use of my left arm in December due to a spinal problem, at least they think. This resulted in physical therapy that still continues today, February 3rd, as I scratch out this piece.

It is in part an occupational injury and in part because I remain active in exercise, get into ambitious home maintenance and improvement projects, and am the designated ox around our place. In all those categories, if you too have been doing it wrong, you may end up in my current boat.

In a nutshell I have trauma injuries not by an accident but as a result of CTD or cumulative trauma disorders.

Hopeful for recovery, although it is slow, I decided to share how this relates to computers. See "The Computer Slouch" elsewhere in this newsletter.

Lastly, this month's meeting features **Bill Woodall**. Bill will reveal the old and the new that make up the nuts and bolts of creating a web page. In preparation I leave you with this question. Does XHTML mean HTML is dead? Answer revealed at next meeting - be there or be X.

JANUARY MEETING NOTES
By Ilene Shope

(Editor's Note: The following *unedited* notes reflect meeting and program observations from January 15 as recorded by Ilene Shope)

HCC activity!
Club members and guests filled the HMC lobby at the January 15th HCC meeting. **Kathryn DeMott** arrived with her husband Kenneth. **Judi Weinstein** asked about Windows XP-SP2 during Q&A. Our newest members **Fred Diehl, Susie Rosenborg, Ron Galvin and Walter McGregor** got involved with club activities at the exchange table and **Walter** gave his email address to **John Gbur** to join the Loop.

At 9:30am, Club President **Lon Hosford** opened the Meeting. He welcomed visitors. Pat Luzen is retired from Honeywell that was Allied Chemical before. He uses WebTV for 3 years now and came to learn more about computers. Bob Strickler and his wife Janice have a new Dell- XP computer. Bob said he met with **Bill Woodall**, who told him about our Club.

Peter Bickford, Club VP, said units of Pentium II- 450 Mhz computers would be disbanded at Hunterdon Middle School. **Lon** said the door prizes for this Meeting were contributions by **Evelyn**. (**Sara** won the Jiffy Pop, **Ilene** won the PrintShop CD.)

In Q&A, **Lon** made way for **Bill Woodall**. By popular demand (request by **George Knoedl, Jr**) **Bill** spoke on Windows Registry. Registry is fragile! Registry is always open, cannot be backed up. Win98SE and WinME will make a copy of Registry. In Win2000 and WinXP, three copies are contained in the Main Registry. **Glynn Gillette** asked what comes next, after Windows XP technology and how soon. **Bill Woodall** said Microsoft is running late with the next and it could be June/July

2006.
   Don Franklin said his Win98SE bootup stuck on Norton 2004, needs Norton Antivirus 2005. **Bill Woodall** recommended AVG, a free download on Grisoft.com, but for commercial users, a 2-yr service is $30 per machine. **Dennis Belgard** asked about 'save password' such as in Bank security windows. Do Not, was recommended. Close the browser!
   Don Colombo, Program Chair, introduced **Evelyn Stewart** with her presentation of "Print Artist". **Don** stated that **Evelyn** is the backbone of HCC. On display were her craft in computer art… greeting cards, bunny rabbit, teddy bear, photographic landscape inserts, man and land, clamshell riveted clappers, gift boxes, miniature booklets, all offering serious profound words and a few with the usual corny but true, utterance, "I love you".

(Card Publishing Continued from page 1) on 95, not much good, version 12, poor, just practice for version 18, and 2003 which is only slightly different from 18. The last version Sierra published was a one disk 2003 version, of which some members took home copies to try. The demo computer has PA 2003, PA 4 Platinum both in use regularly. Print Shop and Print Master were installed for the demo, and will be removed immediately. Graphics programs take up a lot of space.
   To see what's available currently, we saw a screen copy of a list from Nothing but Software, the new name for MSBCD.com. 31 programs are listed, but no version of Print Artist.
   Sierra no longer supports or lists Print Artist, but you can still buy it from Amazon and on e-bay (noted by Bill Woodall.).
Another screen copy showed what versions of Print Artist are available new or used from Amazon, starting

with the 6 disk version for $99.95 and ending with the one disk version for not much.
Print Artist addicts
   The fact that Sierra has dropped PA has not affected the devoted users. Yahoo Groups include PA Crafters, PA and More, and Creative Crafters. This last is devoted to constant swapping, a PA tradition. Someone chooses a theme, lists it on e-mail, ten or so people join, and each exchanges with the others - a great way to learn techniques from each other and borrow ideas. At the recent crafts Making Memories weekends in Valley Forge and in Dearborn, MI, we listed swaps on Yahoo beforehand, and had over 100 swaps to exchange at each gathering. (4 or 5 hundred computer addicts at each.) These were commercially run conventions, called camps, but we ran the swaps ourselves.
   Print Artist regional and national Meets are cooked up and run entirely by volunteers. Until Sierra's defection every meet was heavily supported (that means we got free stuff) by Sierra and vendors of paper, paint, printers, graphics, die cutters, and assorted embellishments. A meet is scheduled for April 24-15 in Quincy, Illinois, just up the river from Tom Sawyer's cave. Anyone is welcome. Attendees teach projects.
Other Card Programs
   We saw screens from Publisher, which makes rather dignified cards, Print Master and Print Shop which do much the same as Print Artist, but offer less variety and are sometimes more tedious to use.
   In all of these programs, 1 disk installs the program and all the others are graphics. Once you have the installation disk, you can import graphics from anywhere.
   Door prizes included a two disk version of Print Shop Deluxe and a one disk limited edition of Print Master, which includes frequent messages that " this feature is not available."

HUNTERDON SENIOR MULTI-PURPOSE CENTER

COMPUTER LESSONS AVAILABLE FOR HUNTERDON COUNTY RESIDENTS 60 YEARS OF AGE AND OLDER

Due to our publication date we have already passed some class dates. We are attempting to rectify this situation for the future and appreciate your understanding.

Print Artist
Evelyn Stewart
Mondays
9:30—11:30

Feb 21   Center Closed
Feb 28   Another step in Adobe PhotoShop Elements

Registration Required—Donations Welcomed

Scrapbooking
Evelyn Stewart
2nd & 4th Thursdays
1:00—3:00
Feb 24   Special Request Tools
(Please let Evelyn know which tools you'd like her to bring)
These are informal sessions – drop by to learn and share scrapbooking techniques

The SMPC will be moving back to the County Complex at Gauntt Place on Rt. 31 sometime in March. Check with the Center for updates on the move.

Buying and Selling on eBay (3sessions)
Bill Woodall
Thursdays 1:30—3:30
Feb 10   Learn how to bid and buy

Feb 17   Set up an account and choose a small item to sell

Feb 24   Track your bids and complete transactions

Limited to 6 students—Registration Required— $8 Suggested Donation

Interested in becoming a volunteer teacher or tutor?

Don't be shy

Contact Grace Marcus to discuss possibilities. *Flexible schedules, nice folks.* Feel good about giving back to your community.

Computer Basics
12 Weeks—$15.00 Donation Suggested
Registration Required—Class size limited.
Please contact Grace Marcus 788-1359 for more information

COMPUTER SOCIAL
Friday February 25
Noon at the Metro Diner
Contact Grace Marcus 908-788-1359 for further information

File Management
Evelyn Stewart

Wednesday
February 16
10:00-11:30

Registration Required—Limit 4 Students

Donations Welcomed

If you've already taken classes at our lab and would like individual help please call 788-1359 to discuss your needs and our ability to meet them.

Donations Gratefully Accepted

For more information please contact Grace Marcus at 908-788-1359
http://www.co.hunterdon.nj.us/aging/smpc/computerclasses.htm

(Card Publishing continued from page 3)
Print Artist in detail

We moved on to a detailed look at what Print Artist can do.

We looked at File\New\Blank to see the list of projects possible. In Activities are boxes, bags, favors, odds and ends which were on display at the meeting. Kids Projects offers more of the same, plus masks, finger puppets, pinwheels, paper airplanes, etc. In Avery we saw long lists of supported Avery products in a great many categories. The software causes your text to fit into whatever label or business card you select. The project list is long, and all good to use except Newsletter. To do newsletters, make your total file in Word, then move it into Publisher. The Scrapbooking category is new, and limited to sizes within 8 ½ x 11. The standard page for manual scrapbooking is 12 x 12. Print Artist is handy for printing text in odd shapes to fit scrap book pages.

In graphics programs each piece of text, even one letter, and each graphic, is an object and all are managed in the same ways. A good way to learn the program is to deconstruct a pre designed card.

We looked at a ready made layout (File\new\cards\birthday\belated) . If you click on each part of the layout and move it around (with the hand icon inside the object) you see how it was made. You can change text and have your new text appear in the same shape and font as the original. Using the half circle symbol outside the object, or control and left/right arrows, you can rotate the object. Using control and up/down arrows you can move the object one point at a time. Using control and D you can duplicate to have one or many dolphins or whatever. Bill Powell helped get rid of a school of dolphins suggesting that control z is much faster than select and delete.

After you have totally destroyed the layout, close without saving

changes and the original layout will be ready to use.

In Print Artist, as you move objects back and forth they go back into the original layers. After you have mastered PA you move on to Micrographx Draw, Paint Shop Pro, and Adobe Photo Shop Elements, where you can crop, morph, turn square pictures into globes, make the picture look like an oil painting,…… Print Artist imports photos where you change the size, add a frame, put text on top, but you can't crop or actually change the photo.

We looked at calling cards (business cards) and saw that you can move lines from top and side rulers to mark off the exact space desired. In File\Print Preview\Advanced Options you choose Tile to print a whole sheet of cards. Other options for various projects include Mirror image for printing transfers. Coloring book, which prints outlines only, good for entertaining small visitors or planning designs.

We saw a wide variety of text
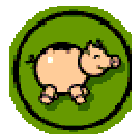

WELCOME NEW MEMBER

RON GALVIN

TREASURER'S REPORT
Sara MacQueen Oderwald

Coffee Service……$47.10/month
Cream Cheese…….$10.00/month
Postage……………$29.00/month

As a community service, **Staples-Flemington** prints our Newsletter for free.
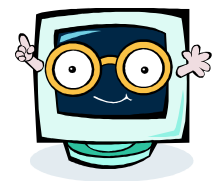
Account
Balance:
$881.96

EXCITING NEWS!

Take a look at some of our upcoming presentations:

March 19—Creating a Web Page using DreamWeaver software presented by **Lon Hosford**

April 16 —Pros, Cons, Uses, Benefits, & Cautions of Free E-Mail Accounts presented by **John Warsinski**

Contact:
Don Colombo
HCC Program Chair

SIG MEETINGS

Lon Hosford has negotiated with the Hunterdon Medical Center for some additional meeting dates. HCC SIGs (Special Interest Groups) are welcome to schedule meetings on any of these dates, please check with Lon for availability before planning your SIG meeting.

Time: 8:30 am to 12:30 pm
(Auditorium Only—No coffee service)

February 5
May 7
July 30
October 1

Current (albeit inactive) SIGs:
Basic Users
Digital Photography
Genealogy
Webmasters

The Computer Slouch

www.working-well.org
By Lon Hosford

Computer ergonomics products offered on the open market may be ineffective and harmful unless you know how to use them.

Unaware that a series of seemingly common pains and soreness in my left arm and shoulder were a warning of eventually not being able to put on a shirt or change an overhead light bulb.

There was no accident like falling from a ladder or a bad sky diving landing I could remember. Just plain living and working. Lesser versions of these pains came and subsided over 15 years.

Several years back I developed the carpal tunnel problem in my right hand that worked the computer mouse. I dealt with that a number of ways including adjustable shelves, varying mice, finger exercise devices, mouse touch pads and more recently the Wacom pen tablet. They worked and the problem went away.

However a common problem folks are having today in office desk jobs are headaches, pains in their neck, pains in their backs and worse, as in my case, a lost range of motion in one arm.

In my journey to regain full use of my left arm, the physical therapists introduced me to the writings of Robin Mckenzie and handed me one of his two books, "Treat Your Own Neck" that I found sells for a mere $10. He also has a companion book "Treat Your Own Back" and one other that combines both.

The book is designed to be a self-help guide to proper regular exercises for those having neck problems, which I have alluded can also be finger, hand, wrist, arm, shoulder and upper back problems.

Before I go on I should point out if you do have a serious pain problem, you should get the advice of a physical therapist or medical doctor before carrying out the exercises in these types of books.

In my case I am only allowed to do the first 3 of 7 exercises and in a restricted range at the physical therapists' direction. Eventually I will do all of them.

However the explanations and environmental analysis that support doing the exercises should be required reading under the banner "Know Thy Body Well Is a Well Body".

When the physical therapist, about 90 seconds into the initial interview, told me I had a neck problem, I was in a state of disbelief and denial. After all my upper arm and rotator cuff were what was hurting.

My view gradually changed, as I read the book handed to me, as well as about 2 weeks of therapy and daily doing the exercises in the book.

I thought "how could my loss of range of motion and extreme pain in motion in my arm be related to my neck?" The therapist explained it and so does the book. It offers the reasons folks end up with these problems from their occupations including being a couch potato, an 18 hour per day 7 day a week software developer, a limo driver and a cook.

It turns out that all the messages we all got as kids "sit up straight", "stand-up straight" and "stop slouching" had profound medical connotations that our elders espousing them did not know. They just "knew" from living and observing.

Now I am worried that my grandma's warning about watching TV too close is hurting my eyes. It is very likely hurting your spine in a very bad way if you are not sitting correctly.

It turns out that the human body once sitting cannot keep a straight posture and automatically slouches unless our brains actively monitor our posture to the distraction of what we are doing.

That slouching, whether standing or sitting, bit by bit cumulatively works to hurt your spine, ligaments, muscles and tendons.

One option is have your grand-mother follow you around all day and yell every 90 seconds or even less, "stop slouching". Heaven forbid!

Unfortunately most work environment designs including "ergonomic" chairs and desks are not addressing the real problem of slouching.

Obtaining a no slouch position for computer workers entails a number of factors. Based on my education and experimentation during my recovery here they are:

First, you need to have a foam lumbar pillow of about 4 inches. No, not that little lump they put into ergonomic chairs. You need a pillow that says "stop slouching" to your subconscious mind all the time your are sitting. Think of the lumbar pillow as an observer like grandma.

Second, you need to have the monitor at eye level or higher. Looking down supports slouching and specifically at the neck. Sorry that recessed monitor desk has got to go!

Third, you need to have the monitor nearer to your eyes (sorry grandma). Too far away and you will bend towards it.

Fourth, your vision needs optimizing so that you do not lean towards the monitor. You may need special medium distance glasses sometimes called computer glasses.

Fifth, you need to have your arm weight taken off your body. That means arm rests adjusted so your arms are supported for keyboard and computer mouse work. This may require raising the keyboard and mouse higher as well depending on your chair and desk.

Sixth, a foot stool may be needed. Being cheap, I use a 4 by 6 scrap wood block.

These changes give the subconscious mind messages that it cannot relax good posture muscles and you do not slouch.

In my case, the several expensive ergonomic chairs I own and adjustable shelves for the keyboard and computer mouse were inadequate. I had to abandon some of what I had and modify the rest.

I have, until I find an alternative,

(Slouch continued from page 6)
tied kidney pillows to the tops of the chair's adjustable arms that along with the chair seat are already raised to their highest position. I bought large roll pillows 6 inches in diameter for car and office. You can buy specially designed lumbar support pillows as well.

My experience with these posture adjustments plus the posture exercises as a new sitting habit has helped a great deal.

However all of this is not limited to just your computer work. It also should apply to your car driving, your TV watching and so on. Humans were not designed for these activities and we need to counter their slow progressive negative effects.

In summary, I have trauma injuries to muscles, ligaments and tendons in my shoulder and arm along with bulging disks in the neck part of the spine without a specific accident to identify. They call this CTD (Cumulative Trauma Disorder). Being in a serious accident would cause the same injuries.

Now all of my activities, health club, working at my computer, driving, eating, watching TV and playing the household ox need change in posture.

So far the results have included a disappearance of daily headaches, a more comfortable, less tiring, experience working at the computer, and slow improvements in overcoming the trauma injuries to ligaments and muscles in my arms, shoulders and neck.

So "STOP SLOUCHING and live better!"   **LH**

(Card Publishing Continued from page 5)
variations, and a generous palette of colors, to be selected for face, face outline, background, and background outline.

PA uses graphics from 6 disks (from Graphics Grabber) or you can import from anywhere (From File), proof of which was a picture of our Resident Guru at a Senior Center Monday Morning card class making a popup bat card. Since he also teaches at the Center and fixes a few things, we didn't make him pay, but he did have to register. The picture was the result of his insistence in his photography classes that we must USE the camera, not just buy it.

Another use of PA is making patterns. To get a 7 inch circle, choose Insert Shape, choose circle, change it to an oval or football or ….Using ruler lines, expand the circle to 7 inches both ways. This was used to complete the cover for another door prize, a custom covered Jiffy Pop container.

The graphic for the Jiffy Pop door prize was downloaded free from www.alenkasprintables.com Look for Wrappers\jiffypop covers. Currently there are a snowman, a Christmas Tree and a Valentine.

Footnotes
The mystic logo on the screen is meant to say VAIO, Sony's notebook line, pronounced VY-OH.

TRADING POST

Please see **Don Colombo** for further information

DISK 1
1. Ad-ware 6 = Gets rid of unwanted ads
2. Spybot = Gets rid of spy programs
3. Belarc Adviser = gives a list of all your computer's contents
4. AVG anti virus
 Compliments of Bill Woodall

DISK 2
PRINT ARTIST - 4
Compliments of Evelyn Stewart

DISK 3
Fire Fox and Mozilla = Web Browsers

DISK 4
MS Service Pack 2 for XP

REMEMBER all CD's are on **LOAN** and must be returned or replaced with a blank CD-R. Also, if you have any freeware programs that you feel may benefit HCC club members, give a copy to one of the Club Officers to add to the library.

KEEP IN TOUCH VIA OUR VERY OWN YAHOO GROUP
By John Gbur

Recently the club's "loop" has been resurrected in the form of an email group hosted by Yahoogroups.com. Any member of the group can send a message to **hunterdoncomputerclub@yahoogroups.com**. This message will be sent to all members of the group. With a current membership of thirty members, this is a good way to tap into the knowledge of group members outside of meetings. Currently, there are three "moderators", who act as a filter and approve messages before being sent to the entire group. They are Jim Aller, John Gbur, and Bill Woodall.

If you would like to join the group, send an email to **johngbur@earthlink.net**.
You will get an email invitation" to join the group. Simply reply to this message. DO NOT click on any link in the message. If you do, you will have to fill out a long form to join Yahoo. YOU DO NOT have to do this. Simply Reply to this message and
you are in!

(Card Publishing Continued from page 7)

Bill Woodall recently taught me to open Windows Explorer easily with right click on Start, then Explore. Today Bill Powell made it still easier: push the Window key and E.

The optical mouse would not work on the varnished surface of the podium. Program chair Don taped a piece of plain paper there, whereupon the mouse ran well. Using the familiar mouse is easier than learning to use the touch pad. It has also been noted that the mouse insists on a horizontal surface with no lumps.

Somewhat related handy hint: if the CD or a zip drive drawer refuses to open, go to Windows Explorer, right click on the drive name, find Eject.

Thanks to Sara Oderwald, Don Colombo, George Knoedl, and Bill Powell for help in carrying, encouraging, and consulting. Thanks to HMC for a great setup that is easy to use. Thanks to old and new friends for being a great audience.   ES

Make Check Payable To: HUNTERDON COMPUTER CLUB

Send To: Sara Oderwald, HCC Treasurer, 202 Jacobs Creek Road, Titusville, NJ 08560-1429

MEMBERSHIP FORM

Please indicate if this membership is: New ☐   Renewal ☐

                                   Newsletter Only ☐

ANNUAL DUES (please circle one):
$25 Single
$30 Family (same-address household)
$ 8 Newsletter Only (outside of New Jersey)

PLEASE __PRINT__ THE FOLLOWING INFORMATION:

First Name _____

Last Name _____

Address_____

_____

City_____ **State**_____

ZipCode_____

Home Phone (_____) _____

e-mail _____

Many thanks to the following Club members for their contributions to this month's Newsletter:

**Don Colombo * John Gbur * Lon Hosford
Ilene Shope * Evelyn Stewart**

Special thanks to the **BAGEL CLUB** (coupons below) for generously donating good eats. And continued thanks to **Barbara and Mike Middleton** for ensuring that we always have refreshments available during HCC meetings.

Submissions for articles, cartoons, pictures, or other information pertinent to the club are due to the editor by the **first Friday of each month**. When you e-mail your submission, please be sure to include **HCC Newsletter** in the subject line.   Send to:

editor@hunterdoncomputerclub.org