

## NEWSLETTER OF THE LONG ISLAND MACINTOSH USERS GROUP

LIMac has been serving Macintosh users on Long Island since 1984, when the Mac was introduced. Annual dues for membership is \$24. First meeting is free. For information, you can contact any of the following:

**Membership**

Alan Gordon  
(516) 538-7013  
AGMac@aol.com

**Public Domain Software**

Helen and  
Sheldon Gross  
(212) 799-5655

SHEL1@cybernex.net

**Technical Advice**

Bradley Dichter  
(516) 874-4363  
bdichter@cdr.net

**Program****Coordinator**

Rick Matteson  
(516) 379-0174  
RickGM@aol.com

**Beginners SIG**

Sy Bram  
(516) 378-9076  
SyBMFilm@aol.com

**DTP SIG**

Balan Nagraj  
(516) 427-0952  
Balan448@aol.com

**ED SIG**

Rick Matteson  
(516) 379-0174  
RickGM@aol.com

**Internet SIG**

Al Choy  
AL0026@aol.com

**Internet Address**

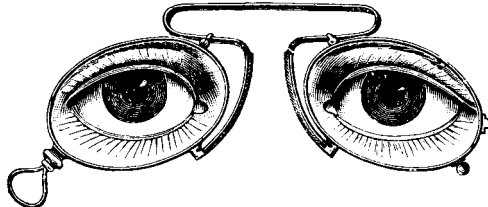
<http://cdr.net/limac/index.html>

**November's Meeting: All Eyes Were on PRIO.**

In a refreshing change of pace at the meeting, we were treated to a demonstration of the PRIO eyeglass system, which is designed specifically for use in front of a computer

screen. Many of us (especially those who have the time and inclination to surf the Net) spend an inordinate amount of time facing the tube, not realizing that where we focus our eyes is not where the picture (or pixels, if you prefer) are. When there is eyestrain or other consequences, as in the case of the carpal tunnel syndrome, we do not generally attribute the symptoms to the real cause of trauma. In extreme cases incorrect posture and focusing includes headaches, neck and shoulder pain (this is particularly true for those of us who need reading glasses or have short arms), loss of focus, blurred and/or tired eyes, etc.

All of these effects can be attributed to the aforementioned pixels, which regardless of the type of monitor, including the high-end seventeen, twenty and twenty-one-inch ones – that's for you rich folks. The phosphors on all of these machines are not as sharp as we might want them to be, albeit they are probably worse



in some monitors with dot pitches like .39. Even the .28 and .25 ones don't have sharp edges, and over a period of time the various pains and stresses on the eyes

result in many complaints from the body.

The PRIO people have come to the rescue with their lenses which are designed specifically to accommodate what they call the RPA or *Resting Point of Accommodation*. How can you optimize/minimize the motion of the eye muscles so that the functional equivalent of repetitive stress syndrome is eliminated as much as possible?

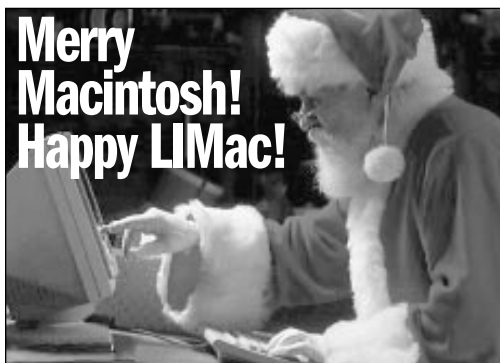
The downside to the PRIO solution at this time is that there are limited numbers of prescribing physicians/optometrists dispensing these lenses in this area. They are expected to increase in the near future as the PRIO people expand their market.

Additionally, we were fortunate enough to receive as door prizes a number of free glasses, as well as discount vouchers or coupons for our very own use. We expect that in the near future some of the lucky winners will convince us of the benefits of these glasses. ■—Al Choy

**December's Meetings: Ho, Ho, Ho and Adobe!****General Meeting: Friday, Dec 13, 7:00 P.M.**

Adobe will be on hand to show us the new *Photoshop 4.0* and *Adobe PageMaker 6.5*.

No SIG meetings tonight; only merriment. Bring your favorite snacks & stay for the party!



**Merry  
Macintosh!  
Happy LIMac!**

**Beginners SIG: Friday, Dec. 20, 7:00 P.M.**

Fonts and font utilities.

We are still collecting the annual dues for 1997 (only \$24) at our December meeting. They remain at a reasonable level because of the support you have shown for LIMac. Bring your check to the next meeting or mail it to:

Alan Gordon  
472 Linda Drive,  
East Meadow, NY 11554

*LIMac Meetings, unless otherwise noted, are held at the NY Institute of Technology (Bldg. 500), at Northern Blvd., Old Westbury. To see if school is open in bad weather, call (516) 686-7789.*

The next LIMac board meeting will be held at the Plainedge Library on Monday, December 13, 1996.



**LIMac Inc.**  
P.O. Box 518  
Seaford, NY 11783

**President**

Balan Nagraj  
Balan448@aol.com

**Vice President**

Bill Medlow  
ArchBill@aol.com

**Treasurer**

Donald Hennessy  
DonLIMac@aol.com

**Secretary**

Wallace Lepkin  
Wallace171@aol.com

**The LIMac Forum****Editors/Graphics**

Mo Lebowitz  
Loretta Lebowitz  
Moleb@aol.com

**Distribution**

Wallace Lepkin  
Donald Hennessy

**Printing**

Willow Graphics  
(516) 785.5378

**Imagesetting**

A&B Graphics  
(516) 433.8228

The FORUM is published monthly by LIMac. All contents, except where noted, are copyright ©1996 by LIMac. Opinions expressed are the views of the authors and do not necessarily reflect those of LIMac. Contents may be reprinted for non-commercial use, with due acknowledgment to LIMac.



### FlightCheck 3.0

A Review

After you've loaded your project (in QuarkXPress, Adobe

Illustrator, Adobe PageMaker, or any Postscript file), you're ready to taxi it to a service bureau or printer. But like every good pilot, before you leave the gate good sense dictates that you

perform a flight check. Problems with fonts, graphics, color specs, trap settings and more are potential crash situations that could be injurious to you and your clients.

Markware Software, Inc. offers a chance to abort errors before they happen with *FlightCheck 3.0*. Every element in your file is analyzed by *FlightCheck* and compares each

with a set of defined standards that you set in *Ground Controls*. These standards cover all facets of your file: output equipment, fonts, graphics, scaled images, backgrounds, and virtually every control offered in the native program. I found this to be overkill, since many of the controls offered are arcane to the average user. However, *FlightCheck* is designed

for anyone who must use an external output source for their work, and who wants to know that no chances of failure were overlooked for that last-minute job which must make a deadline. In this case, more is better!

*FlightCheck* is activated by simply dragging the file to be examined onto the program icon. Up comes an eagle flapping its wings and

# 2



**Balan Nagraj**  
President  
Balan448@aol.com

## President's Remarks

Thanksgiving, a time to reflect and be thankful for all the good things. My thanks to the members for giving me the opportunity to serve as your President for another year. It's hard to believe that a year has passed by.

Special thanks to all the board members: Bill Medlow, Donald Hennessy, Wally Lepkin, Al Choy, Brad Dichter, Alan Gordon, Helen Gross, Kirk Cronk, Mo Lebowitz, Rick Matteson, Robert McAteer, Max Rechtman as well as that *de facto* board member, Sheldon Gross. They have taken the time to attend most board meetings, freely volunteered to do any task given, and assist the group in a variety of ways. I am pleased that all of them have agreed to stay on in their respective positions. There are many other members I could mention, but for space limitations. In case I forget what makes LIMac click, I have a sign near my desk that says "It's the Volunteers, Stupid!"

*Individuals combining towards a group effort— that is what makes a team work, a company work, a society work, a civilization work.*

—VINCE LOMBARDI

Looking ahead, the board is planning on seeking the members approval in getting an up-to-date projection system. The upgrade to a PowerMac will be made later on in 1997, depending upon the revenue generated. A reminder: Your purchase of raffle chances are the primary source of funds for purchase of any equipment. A major portion of the dues collected goes towards newsletters, insurance and other administrative expenses. So please take as many chances as you can afford. We are looking for volunteers who can occasionally bring their PowerMacs for presentations at our meetings. Can you volunteer?

We are also making progress on finding a suitable place for our Internet SIG meetings. We expect to have more information on this at our next meeting, which is also our Christmas/Hanukkah party night. Please plan on attending this meeting; we will have refreshments but please try to bring some goodies to share with others. It will be an excellent opportunity to socialize and exchange greetings for the holiday season. See you there! ■

## Technical Corner

### ► Can the ZIP drive read DOS formatted disks?

Only with *DOS Mounter 5* or later. *AccessPC 3.0.2* can't and neither can Apple's *PC Exchange*. They *will* work with SyQuest disks, though. By the way, Insignia has no plans to update *AccessPC*, so if you have *AccessPC*, you may consider switching.

### ► How do you do a "Clean Install" of System 7.5 over System 7.1?

► First, you must update the hard drive and all removable disks like SyQuests, erasable optical disks and Bernoulli cartridges with the latest version of the formatting software that you should use. *System 7.5* requires *SCSI Manager 4.3*-savvy drivers. Then you must make sure there is no directory damage on the disk on which you want to install the update. Use a thorough diagnostic program like *Norton Utilities 3.2.3*, Apple's *Disk First Aid* cannot fix many problems. If you haven't been keeping up with the very latest updates (the company won't alert you to automatically), go get the updates to everything on your hard drive. Use Teknosys' *Help! 2.4.3* to do a scan and alert you to items that must be upgraded. You must also make sure there is enough free space on your startup volume for the new *System Folder*, the old one will remain, but will be disabled by the installer. If you have virtual memory enabled, turn it off and restart to free up more disk space. It's a good idea to zap the parameter RAM before the install-and-upgrade. I recommend using *TechTool 1.1.2* instead of the *Command-Option-P-R* shortcut at startup. If you have *System 7.5.x* on a CD-ROM, create a startup set with just the CD-ROM software and *Memory* running. If you don't have an extension manager, drag out all the unnecessary extensions and control panels from your *System Folder*. If you have *System 7.5* on floppies, you can just start up the Mac with the *Install 1* disk. Run the installer on the CD-ROM. The floppy set will start up directly to the installer. Select *Custom Install* from the pop up menu in the top left. Keep in mind that anything you choose to install now may be disabled with *System 7.5's Extensions Manager* control panel, for those times when you don't need certain functions. A leaner set of controls and extensions will cause less problems. Apple's and



**Brad Dichter**  
BradMacPro@aol.com

### Elections:

The results are in from the LIMac elections.

#### Officers

**Balan Nagraj**

President:

**Bill Medlow**

Vice President:

**Wally Lepkin**

Secretary:

**Don Hennessy**

Treasurer:

**Directors:**

**Al Choy**

**Kirk Cronk**

**Helen Gross**

**Bob McAteer**

**Max Rechtman**

Congratulations!

**We welcome the following members who have joined or renewed in LIMac in the past month:**

Catherine Binony

Robin Lazarus

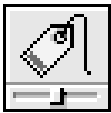
Danny Murtaugh

Richard Opsahl

Norman Schell

Howard Weinstein

Jack Williams



## TIP!

### The Labels Control Panel:

Apple gives you an option to organize your files by label. By using the labels menu in the *Finder*, you can group your files by label. You can customize this menu's text by using the *Labels* control panel.

If you use labels, you use the *Find File* feature to find all of your files by their labels.

You can also change the colors displayed in the menu by double-clicking the color you wish to change in the *Labels* control panel. This brings up the *Color Picker* dialog which enables you to choose a new color.

making the search for data from the file. He gives way to a large, clearly designed window filled with answers about which you requested an answer from its *Ground Controls*. More information can be had by double-clicking any item and another palette opens showing the location and picture of the item, in some cases a suggested solution. No actual corrections can

be made in *FlightCheck*, but it will open the source application so you can make them there. When you are satisfied that everything is OK, *FlightCheck* will collect copies of all the file's screen and printer fonts (either all loose in one folder or with screen fonts placed in one suitcase), placed graphics, the file itself, a copy of your *QuarkXPress Preferences* (if you want it)

and a detailed report into a folder and stuff it for you.

This is a great program for professionals: it is stable, fast and accurate, but you must know what you're doing to take advantage of its strengths.

#### **FlightCheck 3.0**

*Minimum requirements: 030 Macintosh with 8MB RAM, 1MB HD space, and System 7.0. Markzware Software, Inc. (714) 756-5100/800-300-3532/http://www.markzware.com.*



#### **Snitch A Finder.**

An enhancement that extends the *Get Info* dialog box allowing you to see and edit a variety of different information about a file, folder, or disk. Most notable is the type and creator codes that often need fiddling with.

#### **Speech Manager.**

This extension that, in combination with the others installed with it, allows the Macintosh to read text aloud in applications designed to support *Text-To-Speech*. The latest *SimpleText* is an example.

#### **Video Startup.**

This software allows NTSC video capable AV Macs to make use of their built-in video capture hardware.

#### **VT102 Tool.**

This is a communication toolbox extension that allows a CT aware program to emulate a Digital Electronics Corp. Model VT102 data display terminal for serial communications to a host mainframe computer.

-Bradley

## More Technical Corner

competitor's extensions manager(s) allow you to define sets of extensions and control panels for different tasks. Open the hierarchy triangle at *System Software* to reveal the appropriate choice of *System for this Macintosh only*. For *Printing* check off the appropriate drivers for your type of printer. If you have a *QuickDraw* printer from somebody else other than Apple, like an HP DeskWriter, don't select any choice; you'll reinstall their software later. *LaserWriter* and *LaserWriter 8* are for any networkable PostScript laser printer, not just Apple brand, for example a GCC BLP (not PLP). If you have a Personal LaserWriter LS, use *LaserWriter 300*. If you have a StyleWriter 1200, 1500, or Color SW 2200, 2400, 2500, or Apple Color Printer or Color StyleWriter Pro, you'll have to install that software later.

Moving on to *Networking Software*... If you have another Mac on the network, select *File Sharing*; if you use any form of *Ethernet* cabling, select *EtherTalk*. If you have an account with an Internet Service Provider, select *MacTCP*. For *Utility Software*, select *Apple Guide* and *AppleScript*, but only select *ColorSync* if you have a color printer or care a great deal about the gray scale output from your black and white laser or inkjet printer. For *Multimedia Software*, select CD-ROM if you have an Apple-brand CD-ROM in or connected to your Mac. Check *QuickTime*.

For *Compatibility Software*, only select *Macintosh Easy Open* if you use a package like *Dataviz's MacLink* for *Easy Open*. Many problems can be avoided if you don't install this software, and *PageMaker's Place* command won't work with it. Install *PC Exchange* if you need to work with DOS/Windows formatted floppy disks and SyQuest disks (see the Q&A beginning). You might as well check the entire *Fonts* category, since the *Installer* will install them all, despite your selections. For people who have standardized on *PostScript* fonts and *ATM*, you'll have to rip out Courier, Helvetica, Palatino, Symbol and Times later and replace them with Adobe's *PostScript*™ versions (screen and printer). If you don't, your screen and printout won't match and there will be problems with other Macs who *have* done this. Enable the *Apple Menu Items* category.

For *Control Panels*, you'll want most of

them, so I suggest clicking the check box at *Control Panels*, then deselecting the items you don't want. Macs without the ability to be turned on at the keyboard don't support *Auto Power On/Off* and *CPU Energy Saver*, *AutoRemounter* is for PowerBooks on a network, *Brightness* is for all-in-one Macs with built-in monitors, like a Classic II, or Performa 575, but it has been superseded by *Screen*.

*Button Disabler* is for Mac models with control buttons on their front panels for items such as *Volume*. This would include the 630 series, too. *Cache Switch* is only for Quadra and Centris models, but unless you have ancient software which probably wouldn't work anyway, don't bother. (Why would you want to slow down your Mac by disabling the 68040's internal cache memory?). *CloseView* is an annoying control panel that blows up a small section of your screen if you are visually impaired. *Color* is good, so you can select a useful highlight color for text - I like light blue. *Control Strip* was traditionally for PowerBook users, but later versions of *System 7.5* allow its use on desktop models also. I have found some useful *Control Strip* modules besides the ones that Apple gives you. *Date and Time* now gives you a clock in the menu bar similar to *SuperClock*. I have found some useful *Control Strip* modules besides the ones that Apple gives you. *Date and Time* now gives you a clock in the menu bar like *SuperClock* does. *Desktop Patterns* is cool, I have a custom one. *Easy Access* is useful for its mouse keys function, that lets you use the keypad to move the mouse in precise directions, for nudging a object on screen exactly one pixel down for example. Unfortunately, it's easy to invoke accidentally by a keyboard shortcut and it's other function, *Sticky Keys* is a pain. *Extensions Manager* is a must-have, unless you have something better, like *Now Startup Manager* or Casady and Green's *Conflict Catcher*. *File Sharing Monitor and Sharing Setup* and *Users & Groups* are only needed if you selected *File Sharing* under *Networking Software* above. *General Controls*, *Keyboard and Labels* you'll want to keep. *Launcher* puts up a window in the *Finder* with aliases to your favorite items. ■  
(To be continued.)



### TIP!

#### **Do's And Don'ts**

##### **With Toner & Ink:**

Getting the most out of your printer cartridges depends, in part, on how you treat them. Here's how to extend their life and ensure the highest print quality.

- Do** use recycled toner cartridges to save money.
- Do** redistribute toner in the cartridge (follow user manual's instructions) in order to extend the cartridge's life.
- Do** keep toner in their packages prior to use.
- Do** run a print test after installing a new cartridge; you'll get a page count to help track how many prints you get from the cartridge.
- Don't** expose cartridges to excessive heat, sunlight or prolonged room light.
- Don't** turn toner cartridges upside down.

-THE CIRCLE  
Laser Update



**Long Island Macintosh Users Group**  
 Post Office Box 518  
 Seaford, New York 11783

**SEE THE NEW ADOBE PHOTOSHOP 4.0  
 AND ADOBE PAGEMAKER 6.5, AND  
 THEN BE ON HAND WHEN**

**SANTA JOINS OUR  
 PARTY AT 7 PM,  
 ON DECEMBER 13.**



4



**Helen and  
 Sheldon Gross**  
 SHEL1@cybernex.net

**TIPS!**

Send your favorite tips for working in any Macintosh program to:

Mo Lebowitz,  
 2599 Phyllis Drive,  
 North Bellmore,  
 NY 11710

Fax:  
 (516) 221-8376

via e-mail:  
 MoLeb@aol.com

or bring them to  
 the next meeting.

**Off The Shelf**

Happy Holidays. This is party time, so we have collected all sorts of interesting items.

**1013 & 1014:** *DoubleBubble*, latest Ambrosia Game. If you've been using a Zip Drive, you will want **1015:** *Zip Driver 4.1.3*, their latest driver. Geoff Broadhurst has put together **1016:** Ten Fonts, a disk full of exciting fonts – particularly useful for science fiction. Laser Point has offered us 2 disks for youngsters – **1017:** *Creepin Critter Math*, and **1018:** *KinderGrid Demo*, a working demo that serves as an introduction to crossword puzzles for the younger (the very young) set.

Take another look at last months specials:

- 1012:** *GifBuilder* and *Font Box*.
- 1011:** Net Utilities.
- 1010:** *QuickTime 2.5*
- 1007-9:** *System 7.5.5 Update*.
- 1006:** *TattleTech 2.50* and *Columns* [1.1 (fun game).
- 1004:** *PowerScan 2.1* and *MacError Codes* (our favorite).
- 1003:** Tools SH: including *Laserwriter 8.3.4*, *TechTool 1.1.1*.
- 1002:** ALMSharewareSH.
- 1001:** More Net Utilities.
- 1000:** *Marathon*. This game speaks for itself!!!!

Don't forget our terrific *LIMac Internet Starter Kit and Acrobat Reader* (the latter is essential for reading the documentation). Check the August *Off The Shelf* column in the FORUM for additional details.

See you all on line. Don't forget to forward your e-mail address to Al Gordon so we can communicate with each other. ■

**User Group Connection**

Macworld Expo/San Francisco, January 7-10, 1997 represents the big news from the UGC this month. New for San Francisco '97, is the "Net Zone," featuring an explosion of Internet technology. Macworld Expo has built an extensive conference program featuring a multitude of sessions specific to the Internet. More information is available by calling 800-645-EXPO or see <http://www.mba.com/mac-worldexpo>.

The North American User Group Symposium and Workshop (NAUGSAW 97) has been scheduled for June 13 through 15, 1997 in Minneapolis, Minnesota. If any member plans to be in the area at that time and would like to represent our User Group, please let me know.

If you would like some FREE Apple Logo's that are static-clip and removable, call 800-373-0877. Interested in Live Objects and Live Object Suites? Check out <http://www.component-mart.com>. Over the next few months they will have links to other Live Object sites. Mind Magic has some interesting products for kids, visit their Web Site at <http://www.mindmagic.com>. You can also download some screen shots from them. *Launch* is a bi-monthly entertainment CD-ROM for Macintosh and Windows featuring music, movies, games and animation. Visit their Web Site at <http://www.launchonline.com>. ■

**Why not write a piece for the FORUM?**

Keep it short (about 250 words or less), include photos and/or art and your picture. Bring it to the meeting; e-mail it to [MoLeb@aol.com](mailto:MoLeb@aol.com); "snail mail" it on a disk to Mo Lebowitz at 2599 Phyllis Drive, N. Bellmore, NY 11710; modem it to 516-221-8376. Be famous! Tell your story.



**Max Rechtman**  
 MaxLIMac@aol.com



**TIP!**

**Smart Text Editing:**  
 Correcting a screen document from an edited hard copy will move other corresponding corrections in the screen document causing you confusion. The best solution is to edit the document backwards. As you work toward the front, the changes you make only effect the part you've already finished. As you continue, everything on screen will be where it is on your hard copy.