

Hello Neighbor

Get off my lawn!



On the recommendation of a neighbor, Bear took us on a short tour of a free app called Nextdoor. It's a private social network for your own neighborhood. <https://nextdoor.com/>

Anyone can register and then ask those in their immediate community to sign up and contribute pertinent information regarding road closures, security issues, adverse weather warnings, etc.

Each community is assigned a digital neighborhood captain who screens all messages and forward them to the community, or not, depending on the emergency and topic of each.

Also, to bring communities together by letting neighbors know who in their area have similar interests; arrange car-pools for school and work and to coordinate other social gatherings.

While the initial purpose was to alert neighbors to potential problems, regrettably, in too many instances residents have used it to announce a yard sale, cookie sale, charity collection drive; car washes, and numerous other non emergent subjects.

As stated on their website:

"Nextdoor is the best way to stay in the know about what's going on in your neighborhood—whether it's finding a last-minute babysitter, learning about an upcoming block party, or hearing about a rash of car break-ins. There are so many ways our neighbors can help us, we just need an easier way to connect with them."

Visit their site for more info and to register your neighborhood.

Then, to be topical and keep up with the younger crowd, Bear gave us a primer in the use, purpose and consequences of Pokémon Go.

Pokémon is a digital game of skill that was very popular several years back. Then some enterprising individuals got the idea of making it an inter-active game with real time locations instead of a two-dimensional background.

A cooperative effort between The Pokémon Company and the augmented-reality developers at Niantic, Inc

Using the GPS feature and Google Maps® on smart phones users can walk around town finding digitally pre-positioned Pokémon's to try and

'catch'. There are 151 variations of the little critter, at last count, so far only one player has 'captured' all 151.



User warnings are as detailed as those for the prescription drugs on TV that list all the possible adverse effects. Here are some for Pokémon Go:

- *Buy an external battery! Pokémon Go can be a huge battery drain on your phone, since the app needs to be running constantly.
- *There are no Pokémon centers in Pokémon Go, so revives and potions remain the only way to heal injured or fainted Pokémon.
- *Wait to evolve Pokémon until you're at least level 10 — the boost you receive in CP from evolution is tied to your character level, and the higher your level, the greater the gain.
- *Hopping on a bicycle is a fun, fast way to hatch Pokémon eggs quickly.

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I received the following in a regular HP newsletter and was impressed, and although it was aimed at workers, it made me pay attention to my own computer habits. Remember, as we age, we tend to spend more time at our computers, so I want to share it with you, courtesy of HP. You might also want to share with your younger family members, especially the Grandkids. J



Did you know that one in three workers spends ten hours a day sitting? Recent research has revealed what you have probably suspected for some time: you spend more time sitting than doing any other activity. Surveys show that 50 percent of office workers don't leave their desk all day, even to take lunch, while over 66 percent sit down as soon as they get home. Experts say this sedentary lifestyle can contribute to lower back pain. Especially when your notebook and desktop PC are

indispensable workplace tools, you need to take special care to develop desk habits that are good for your long-term health, and help you optimize your energy levels and productivity.

Follow these tips to improve your office ergonomics and ultimately, your professional performance.



Should I sit up straight? Conventional wisdom has dictated that sitting up straight is better for your back than leaning forward at your desk. But studies by Scottish and Canadian researchers using a new form of magnetic resonance imaging (MRI) have revealed that sitting up straight could be as bad as stooping forwards. The new research suggests that reclining back at an angle of between 120 and 135 degrees will reduce the strain on your lower back. Additionally, try to avoid sitting at your PC in a manner that means you must twist your torso or neck to see the screen.

An alternative to sitting all day could be to work at a standing desk. Popular in the 18th and



19th centuries, they are making a comeback as people realize that standing at work is healthier than sitting.

Improved line of sight

To reduce the strain on your eyes, always work in a well-lit environment. Raise your monitor to eye level, either on a platform, or with a pile of books. This will make looking at your screen easier and will reduce the amount you need to tilt your neck. Alternatively, adjust the height of your chair, your desk or your table. Large monitors offering better visibility (or dual monitor setups) will also help you handle heavy workloads, speed up your ability to read information, and let you keep working longer when you really need to.

Don't break your back, take a break

One of the easiest ways to improve your working day is to take short breaks from your daily work routine. Consider installing work-break reminder software on your computer to prompt you to take frequent refresher pauses.

To rest your eyes, look away from the screen and focus on something in the distance. National Optometric organizations recommend resting your eyes for 15 minutes after two hours at your PC.

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Use this time to get yourself a drink; the walk will stretch your legs and give your back a break from the sitting position.

In particular, remember to adjust your position in the afternoon, when you are likely to have been sitting for a long time and your body is beginning to tire.

Stretch your productivity

Try and start your day with a brief stretching routine or an activity like yoga.

Maybe you could walk or cycle to work. Activities like these give your body the exercise it requires, boost your fitness level, and improve your ability to perform during a busy schedule.

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That's it for now...have fun, but be careful out there on the www.

Aloha,

Pooky and Lou



TUG meeting 9/3/16

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*Make sure to stay hydrated when catching Pokémon outside.

*Consider turning off the augmented reality interface — it's fun to see Pokémon in the real world, but the camera consumes more battery life and constant movement can make Pokémon more difficult to catch.

*Be smart and make sure to always be aware of your surrounding and people nearby.

*Pokémon Go relies on Google Maps data — try downloading the maps directly from Google to cut down on battery use and data consumption.

The most notable admonition above is to be aware of your surroundings. People have been shot at, and shot, for trespassing private property; a fellow in Toronto nearly got run over by a freight train 'cause he was walking on the tracks chasing a Pokémon and there are other stories of injuries and close calls.

Reports of players going on to private property to capture a Pokémon are numerous. This is a direct result of those folks getting too engrossed in the game and moving, blindly, toward their goal of 'catching another character. Such as The Innocent One (shown)

As an example of how distracted players can be, here's a



photo of a Pokémon crowd in Toronto, Canada on a recent Monday night.



As you can see from this one image, not too many folks are watching their feet but are concentrated on their devices.

The rules of the game were explained to us at the meeting but are too lengthy to repeat here.

While there are a number of rules that change with each level, the game itself is really quite simple: Find a Pokémon, proceed to capture it. Then go on to the next character.

If you want to learn more about the game, download the app and watch the tutorial or just BING Rules of Pokémon Go to learn all about it.

Remember to watch for cross traffic while chasing those elusive Pokémon characters. And search in pairs, not solo.

Phone charges may apply. A Japanese gymnast at the Rio Olympics ran up a bill of over \$5,000 playing the game over several days while waiting for his event.

Apparently he never heard of the roaming feature.

Changing to another Email Service

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Almost all computer users use email – and you are one of them, right? Have you ever had to change your email address or change to another email provider? Recently here in Florida (and I hear in Texas and California as well) our internet provider Verizon has been taken over by Frontier. As a result of this, EVERYONE had to change from Verizon to AOL for their email. Fortunately their Verizon email address will continue to be accepted by AOL (for now). The purpose of this article is to help you understand what steps are needed to change to another email. I do recommend Gmail because it comes with several other tools provided by Google and you most likely will never have to change to another email address.

Your first task is to go to the website and establish a new email account -- that is get your new email address and password. Please write it down and do not lose it! Once you have your new email ID your major concerns are forwarding your old emails to your new email address, getting your address book (or contact list) to your new email and to notify everyone of your new address. Some

emails (such as Gmail) may ask you what your other email address is and automatically bring your contact list and forward any emails from your old address to your new address. They want your email business. But if your address book is not copied over for you then you will have to do it yourself. By all means "ask Google" how to do it. For example, ask Google "How do I get my AOL address book to my Gmail contacts?" What you will most likely have to do is to create a file of your address book by "exporting" it and giving it a file name, then copying that file by "importing" it into your new email. After you do this you need to examine your entire address book, name by name, to see that all the data was copied correctly. You will probably have some editing to do to straighten things out. For example, some phone numbers may not have been copied over or a nickname may have been placed as the last name, etc.

Next it is helpful to have all your old email "forwarded" to your new email address. This way you do not have to hurry to notify everyone on your list that you have a new email. If this is not possible, you may have to go into your old email and actually forward those important emails to your new email. From now on, only use your new email address.

Finally, send a nice email to everyone telling them your new email address. It also is essen-

tial that you read the "help" or "options" for your new email so that you are aware of how to create new email folders, sort your emails, find emails, etc. Although every email can do these basic functions, how it is done may be different on different emails. And if you are converting to Gmail, be sure to check out the many apps that are available to you with your Gmail account ID. Now you are ready to enjoy using your new email.

One word of caution -- what if you have used your email address to establish accounts with various on-line businesses or services? Movie channels, banking, club memberships, etc. may be using your OLD email address as your account ID. Unfortunately, all of these accounts must be changed to your new email ID. This may entail you having to enter all new passwords for all these accounts as well. This can be a real pain if you have many accounts, but there is really no other way around this, sorry. Be sure to write down ALL your IDs and passwords for EVERY service or app which requires an account.

Good luck and please don't forget to Ask Google anything about your email. You will find very helpful instructions and videos to guide you. Now here's hoping that you will never have to change your email address again!