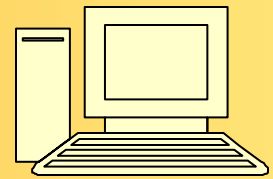


# BAY BYTES

Greater Tampa Bay Personal Computer User Group, Inc.



Newsletter

Issue 7

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27th Year of People Helping People!



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Don't forget to visit our club's site at:

<http://gtbpcug.org>

As well Don Miller's and Darrell Manns' :

<http://www.dmanns.org/dmiller/>

## How to beat Facebook Addiction

### What to do if You are addicted to Facebook

By Leslie Walker

[www.about.com](http://www.about.com)

There must be 50 ways to beat a Facebook addiction, but here are just five things you can do to regain control over your social life (including creating a Facebook block).

Before doing anything, of course, you'll need self-awareness.

As with most addictions, acknowledging and becoming fully aware of the nature of your problem is a pre-requisite to solving it.

So if you feel you may be frittering away your life on the world's largest social network, try taking these steps:

#### 1. Keep a Facebook time journal.

Set a virtual alarm clock on your smart phone or computer every time you click over to look at Facebook. When you stop, check the alarm clock and write down the amount of time you waste...or...spent on Facebook. Set a weekly limit (six hours would be plenty), and mete out self-punishment whenever you go over.

#### 2. Try Facebook block software.

Download and install one of the many software programs that let you block Facebook and other Internet time wasters from being accessible on your computer.

Self Control, for example, is an application for Apple computers that lets you block access to email or particular websites for any amount of time you choose.

*Continued on the next page*

Other examples are ColdTurkey and Facebook Limiter. Most of these programs make it easy to unblock Facebook, too.

### **3. Get help from your friends.**

Get your spouse/boyfriend/girlfriend to set a new password for your Facebook account and promise to hide it for at least a week or two. That's a cheap, easy way to block Facebook. Then to unblock Facebook, go into your sweet talking mode.

### **4. Deactivate Facebook.**

If none of the above is helping, then sign into Facebook and temporarily suspend or deactivate your Facebook account. You can go to your Facebook Account Settings page and click the last option -- delete Facebook account--to suspend your account until you're ready to rejoin. This requires enormous self-control, since all you have to do to reactivate your Facebook is sign back in.

### **5. Delete Facebook.**

If all else fails, permanently quit Facebook. You can do this by choosing the hidden delete Facebook option that the network offers but makes hard to find. Just be sure you can live without feeding your addiction to Facebook, because after 14 days, this option wipes out all your profile data, photos and friends list.

Some may see deleting your Facebook account as the equivalent of social suicide, but that's a little melodramatic. Deleting your Facebook may actually be a way for some people to bring themselves back to "real" life.

There are many possible reasons to [delete Facebook](#), and here is a guide to delete a [Facebook account](#).

[Facebook Inline Privacy Menu Controls Who Sees Your Posts, Photos](#)

[Facebook Security Tipsheet: Five Ways to Boost Your Facebook Security](#)

[Boost Your Facebook Security](#)

[Your Settings - Social Media](#)

[How to Handle Facebook Addiction](#)

[Facebook Chat Offline - How to Set Facebook Chat Offline](#)

## Create a Windows XP and 7 dual-boot system staged for an easy migration

[www.techrepublic.com](http://www.techrepublic.com)



By Greg Shultz

**Takeaway:** Greg Shultz shows you how to resize your existing Windows XP partition and then install Windows 7 in a dual-boot configuration on the same hard disk.

If you're like a lot of Windows users out there, you skipped Vista and are still running XP on your computer. You've been waiting for October 22 and now that it's here you're ready to try Windows 7. Your system is relatively new, about three- to four-years old, and you've run Microsoft's Windows 7 Upgrade Advisor and your hardware is well on par with Windows 7's requirements.

However, you're not quite ready to give up XP just yet. Maybe you have some applications that failed the Upgrade Advisor's compatibility check or maybe you got burned during the Vista debacle. No matter what the reason, you want to give the new operating system a chance but you just don't want to put all your eggs in the Windows 7 basket.

So you're pondering the idea of installing Windows 7 in a dual-boot configuration along side of Windows XP. Doing so will place both Windows XP and Windows 7 at your disposal, which will be a big advantage as you begin your experimentation. You can investigate Windows 7, but when you need to get some work done, you can boot back into Windows XP. This type of configuration will also be handy if and when you decide that you want to move to Windows 7.

Migrating your settings, documents, and applications from XP to 7 is a much more relaxed experience when you can simply boot into Windows XP to check out how something is set up and then boot into Windows 7 to re-create the same configuration. Again, if something doesn't quite work right in 7 or is taking longer to get just the way that you want it, you can boot back into Windows XP and get your work done. Then, when you have more time, you can boot back into 7 and work on it some more.

If things continue to progress satisfactorily and you get comfortable working in Windows 7, at some point in the future you'll remove the dual-boot configuration. When you do, you'll want to set Windows 7 as the primary OS and then remove Windows XP. In order to make this type of transition as smooth as possible, both Windows XP and Windows 7 must be installed on the same hard disk but on separate partitions.

In the past, if you only have one partition on your hard disk, creating this type of configuration could be a tricky operation that required expensive third-party disk partitioning software. Fortunately, those days are long gone. Today, you can find great disk partitioning software for free, such as Easeus Partition Master Home Edition 4.0.1.

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And best of all, Easeus Partition Master will safely adjust partitions while keeping data intact.

In this edition of the Windows Vista and Windows 7 Report, I'll show you how to use Easeus Partition Master Home Edition to easily resize your existing Windows XP partition and then install Windows 7 in a dual-boot configuration on the same hard disk. In a future article, I'll show you how to remove the dual-boot configuration and set up Windows 7 as the primary OS.

*This blog post is also available in the PDF format in a free TechRepublic Download.*

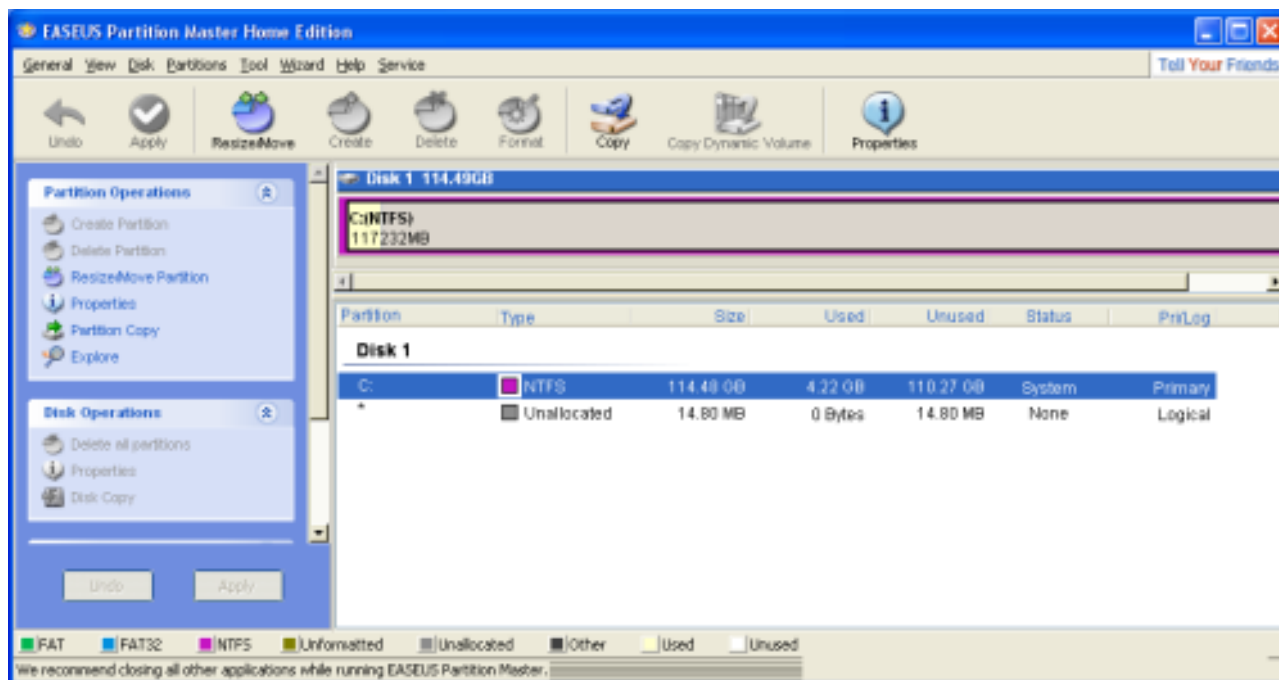
## Make a backup

Even though Easeus Partition Master can safely adjust partitions while keeping data intact, you'll want to back up all your data — at least once and maybe twice, just in case. Maybe just make copies of all your data files on CD/DVD or on an external hard disk. While it may sound like overkill, having an extra backup will give you peace of mind.

## Creating a partition for Windows 7

Once you download and install Easeus Partition Master Home Edition, repartitioning your Windows XP hard disk is easy. When you launch Partition Master, you'll see your partition in a nicely organized user interface, as shown in **Figure A**. As you can see, on my example system here, I have a 120GB hard disk that is configured with a 114GB partition on which Windows XP is installed.

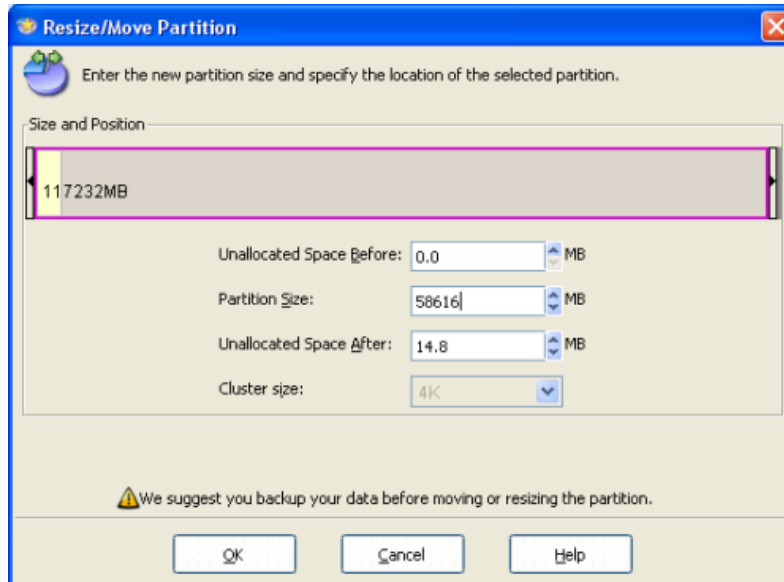
**Figure A**



Easeus Partition Master Home Edition provides as easy to use interface

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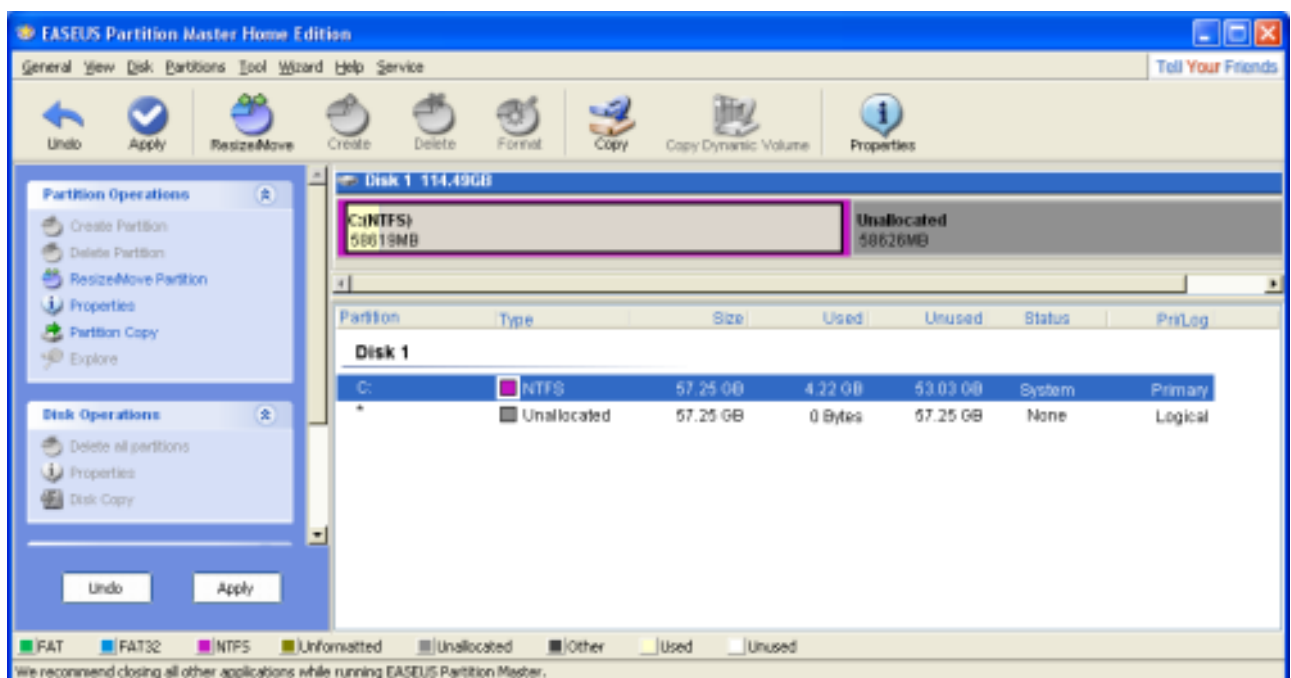
To begin, select your partition and then click the Resize/Move button. When you see the Resize/Move Partition dialog box, specify the size of the new partition in the Partition Size box. As you can see in **Figure B**, I've simply divided my 114GB partition in half by typing 59616 in the Partition Size box.

**Figure B**

On my example system, I divided my 114GB partition in half.

To continue, click OK. When you do, you'll return to the main screen and will see how your Resize operation will change the partition once it's complete, as shown in **Figure C**.

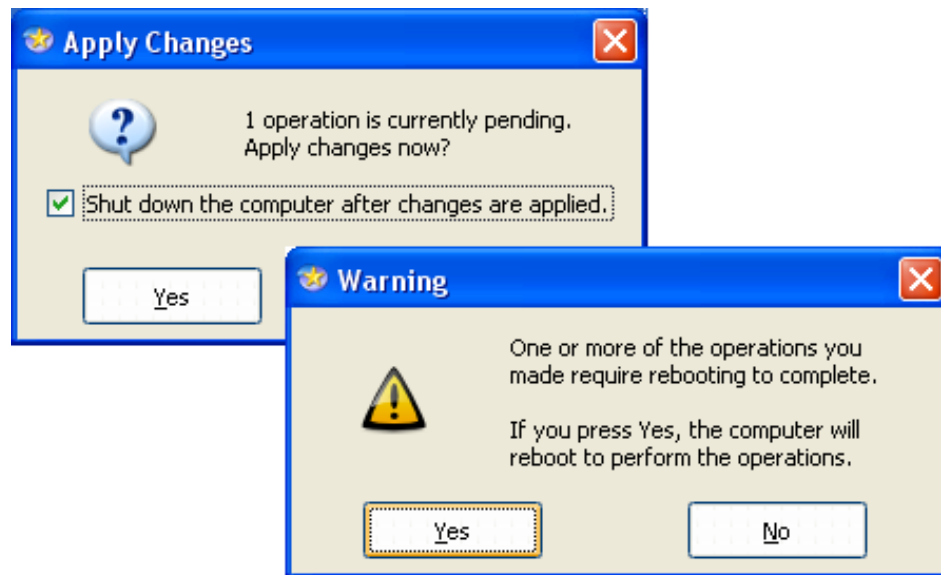
Partition Master will show you what your new partition configuration will look like.

**Figure C**

*Continued on the next page*

To initiate the operation, click the Apply button. When you do, you'll see a confirmation dialog box followed by a warning message, as shown in **Figure D**. Just click "Yes," to work through both.

**Figure D**

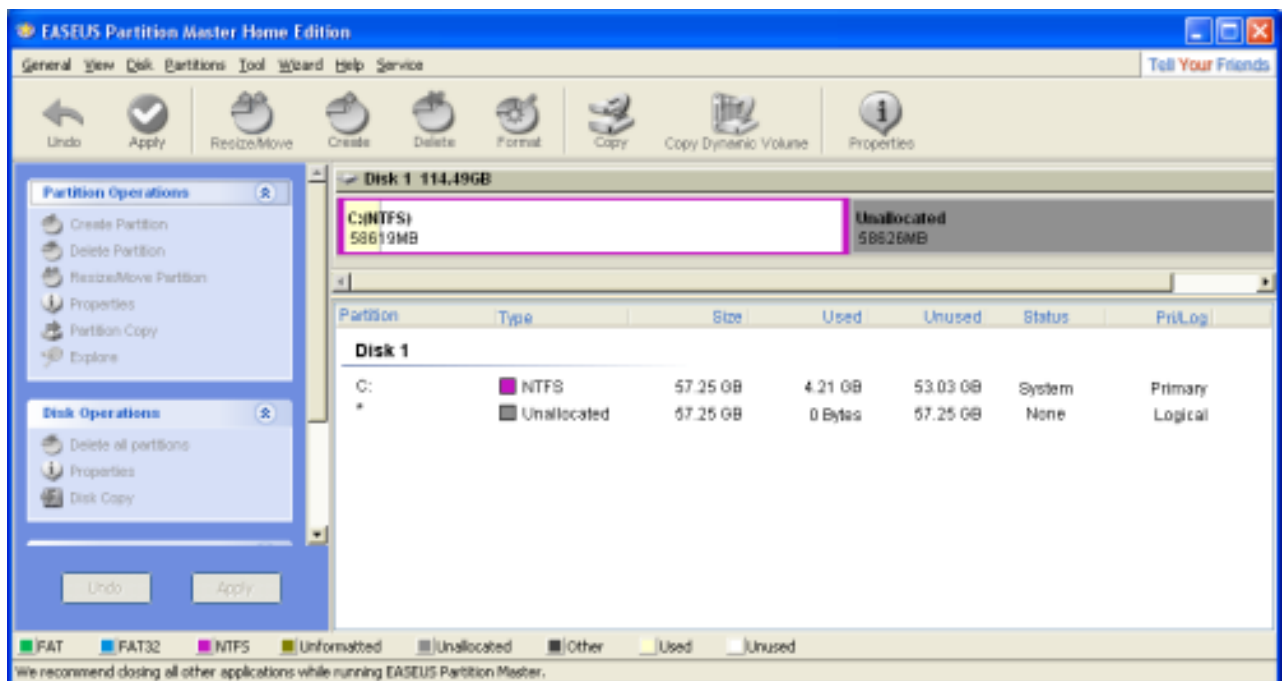


After you click the Apply button, you'll work through several dialog boxes.

When you click the last Yes, your system will restart and boot into a Partition Master environment which will carry out the resize operation. When it is finished, it will shut down your system and you will then need to manually turn it on. When you do, you'll see a Partition Master screen that tells you the operation was successful and Windows XP will boot normally.

If you launch Partition Master again, you'll see the new partition, as shown in **Figure E**. Once you close Partition Master, you're ready to install Windows 7.

**Figure E**



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Once Windows XP boots up, you can launch Partition Master again to check the new partition configuration.

## Installing Windows 7 on the new partition

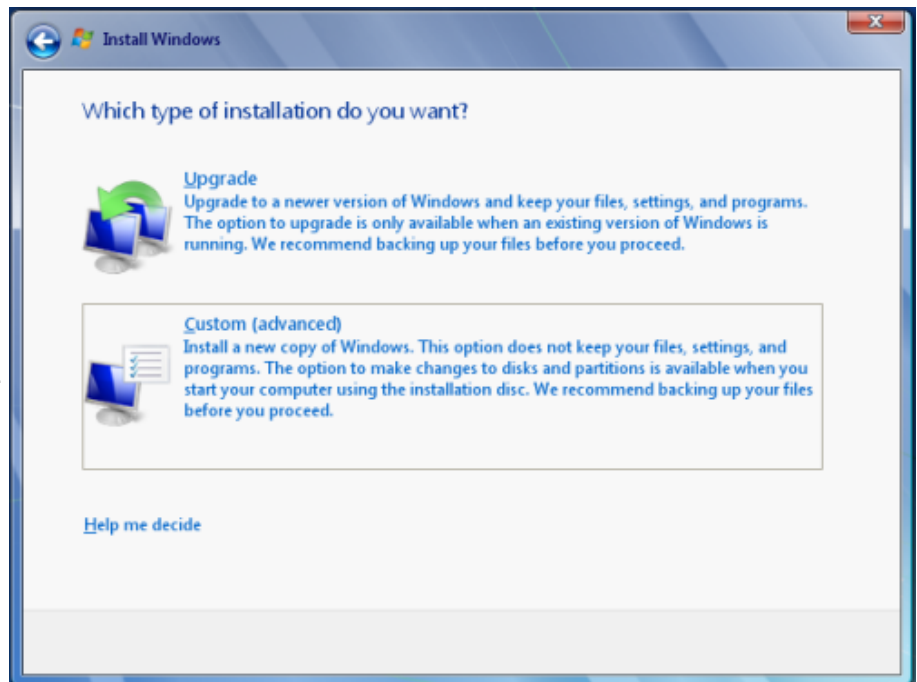
To begin, insert your Windows 7 DVD into the optical drive and restart Windows XP.

When your system boots from the DVD, you'll begin the installation procedure as you normally would. When you're prompted to choose the installation type, select the Custom (advanced) option, as shown in **Figure F**.

**Figure F**

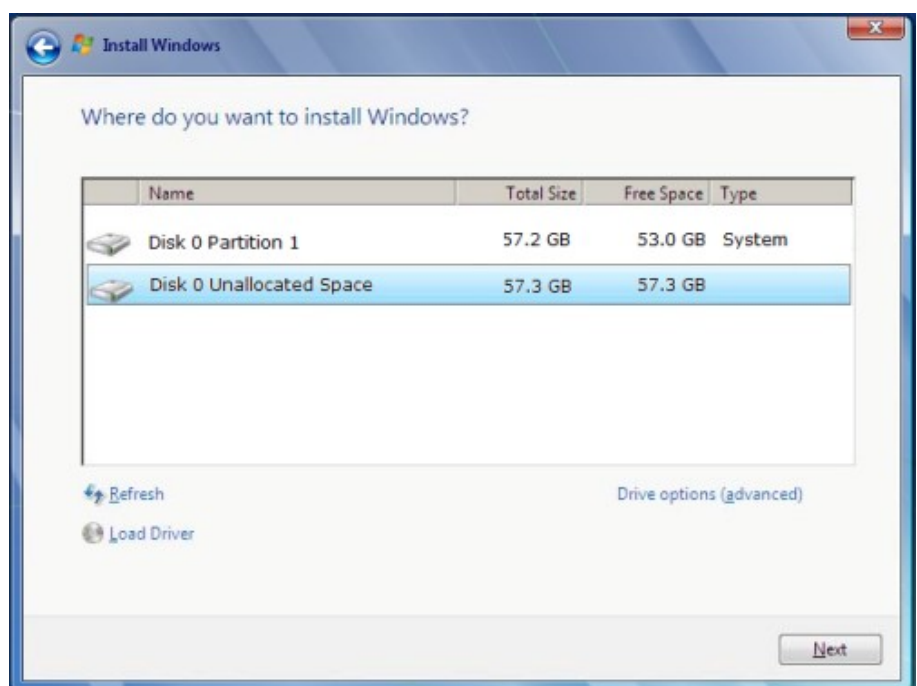
When prompted to choose the installation type, select the Custom (advanced) option.

In a moment, you'll be prompted to select where you want to install Windows 7, as shown in **Figure G**, and will select the new partition. You'll then click the Next button and continue with the installation procedure as you normally would.



**Figure G**

You'll then select the new partition and click Next.



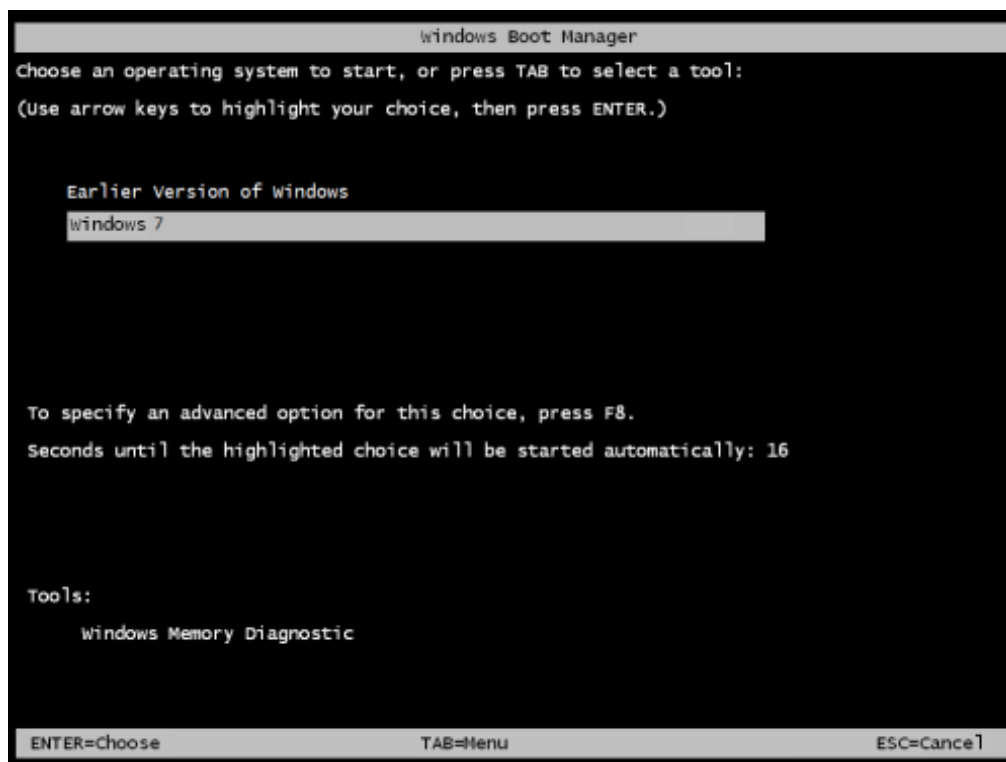
*Continued on the next page*



## Booting Windows 7

When you restart the system, you'll see the Windows Boot Manager menu and you'll see that the Installation procedure names the new installation *Earlier Version of Windows*, as shown in **Figure H**.

**Figure H**



When you see the Windows Boot Manager screen, you can choose to boot either Windows XP or Windows 7.

You can now easily boot between Windows XP and Windows 7 and migrate your settings and data at you leisure. When you are ready to give up Windows XP, you'll be able to make Windows 7 your primary OS and move forward.

## What's your take?

Are you a Windows XP user who will install Windows 7 in a dual-boot configuration? If so, will you use this or a similar procedure to set up a dual-boot configuration? If you have any questions or comments concerning this technique, please take a moment to drop by the TechRepublic Community Forums and let us hear from you.

*TechRepublic's Windows Vista and Windows 7 Report newsletter, delivered every Friday, offers tips, news, and scuttlebutt on Vista and Windows 7, including a look at new features in the latest version of the Windows OS.*

*Read the second article in this series, [Migrate to Windows 7 from an XP dual-boot configuration](#) and learn how to safely undo the Windows XP and 7 dual-boot system, remove Windows XP, and just boot Windows 7 as your primary OS.*



## Is Your Internet Security up to Date?

Antivirus up to date?

Firewall?

Windows up to date?

Spy Ware?

See how to protect your computer at:

<http://gtbpcug.org/protect/>



**More about Internet Threats...** and Spam, Malware and Users beware

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[Surf Anonymously--And More Safely--With IP Privacy](#)

[Surf Anonymously - How do I Surf the Web Anonymously?](#)

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[Google Phone Book Name Removal](#)

[Google Privacy Center - Ad Opt Out](#)

[Yahoo Phone Number Removal Tool](#)

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[Google maps Privacy](#)

## The lighter side

### What is a Product Key?

A product key is a combination of letters and numbers that is used to unlock or open software.

Each individual copy has its own unique product key. They look something like this.



The product key may be located inside the program's box or case or printed or applied as a sticker to the front or back of a the envelope the disc came in (also known as a sleeve). For downloaded software, they may be e-mailed to you. Do not throw out any of the packaging that comes with a program until you find your product key or try your program out to make sure it doesn't require a product key.



Some of the material appearing in this Issue was sent to the editor by other members of the GTBPCUG. Thank you.

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