

## President's Corner

By Ken Van Swearingen

So, Hello!

April started off with an amazing evening, our General Meeting hosting Dr. Terry Douglass, CEO of Provision Healthcare and ProNova along with other companies.

To be able to hear, first hand, from one of the pioneers in creating PET Scans and developing that technology into an invaluable tool to identify exactly where and how extensive a cancerous tumor is, so as to limit the amount of radiation is needed when that is determined to be the course of treatment. Building on that path followed treatment centers and continuing the path further with another company to build the next generation of equipment delivering that treatment.

Dr. Douglass' presentation is now available in the Archive section of the TVCUC.ORG website. As the night was videotaped, we will be adding links to that as soon as TVB has them ready. The video will also be available through TVB.

In April also began plans for very Special Event: TAP presenting a system to the 10,000th child helped by TAP. The Event will be May 7th at the Loudon Highschool. More information will be sent out for this monumental achievement, only made possible by all those who have given selflessly over so many years, our TAP volunteers.

Safe computing,

KVS

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President Ken Van Swearingen introduces special guest speaker, Dr. Terry Douglass at April meeting



## News and Events

By Jim Watson

### New Tour in April: Loudon County Emergency Dispatch Center

Interested? See the Tours section of this newsletter or go to [TVCUC.org](http://TVCUC.org) for more information.

Currently the tour is fully booked and Bob Kutschera has established a waiting list for a potential second tour.

### TAP Milestone Celebration

The 10,000<sup>th</sup> recipient of a donated TAP computer system has been identified at Loudon High School. Warren Sanders is coordinating with the HS to schedule a celebration event in May. More to follow as the planning unfolds.

### TAP still needs computers to refurbish

Monitors are especially needed! Please tell your friends and mention it to businesses you frequent. If they have surplus computer hardware to donate, ask them to remember TAP. TAP can be contacted at (865) 332-5313 for more information.

### TVCUC Special Program Recording Available

Did you miss the presentation by Dr. Terry Douglass, founder of Provision Health Care, when he was the guest speaker at the Tellico Village Computer Users Club special meeting?

Don't fret. Thanks to the combined partnership of TVB, The Community Church of Tellico Village, and the Computer Users Club you can view this presentation about the latest advances in PET/CT and Proton Therapy. Watch this important presentation online anytime at <https://vimeo.com/329389464> or on Charter Channel 193.

### TVCUC Annual Social/Picnic

Save the date! The TVCUC Annual Social/Picnic is scheduled for 5:00 p.m. on Tuesday, June 4<sup>th</sup> at the Tugaloo Pavilion. No charge to attend the picnic but participation is limited to TVCUC **members only**. Additional information and pre-registration will be available soon at our website. Please assist us in planning food and picnic items by pre-registering no later than Friday, May 24<sup>th</sup>.

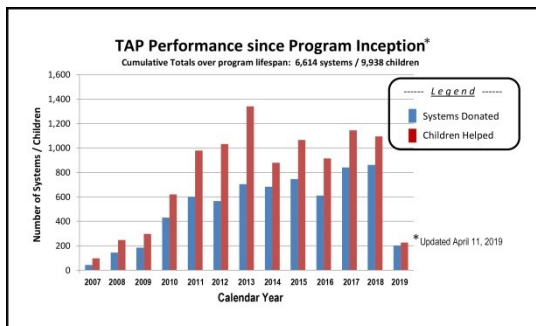


## General Meeting Notes

By Ginnie Santoli

The regular TVCUC General Meeting in April was disrupted by a very special program. On Tuesday, April 2<sup>nd</sup> the Club was pleased to offer a presentation by Dr. Terry Douglass, Founder and CEO of Provision Healthcare.

Ken Van Swearingen opened the meeting at 7:00 p.m. in the Main Sanctuary of the Community Church at Tellico Village. Foregoing the normal business portion of the general meeting, Ken reported the good news that the 10,000 student to receive a refurbished computer system from the Technology Access Program had been identified by Loudon High School, and Warren Sanders is working with the high school to plan a celebration of this important milestone. More on that later as the plans are developed. The only downside to the TAP news was that volunteers at the TAP office are running critically low on donated systems to refurbish. Ken pleaded with meeting attendees to help spread word that TAP needs more systems from our members, friends and neighbors to sustain their great work.



Then Ken introduced Dr. Douglass, who provided an engaging talk on the history, current status, and future of PET technology and proton therapy. For those who missed the program, both the presentation slides and a video recording of Dr. Douglass' remarks are available for review. The presentation slides are available at our [website](#), and the video (which will also be broadcast on Charter Channel 193) is available anytime at <https://vimeo.com/329389464>.

The following pictures we captured of the special program.



Arriving guests are greeted in the church narthex



Warren Sanders mans an exhibit on TAP



Ken welcomes the crowd

## Community Church at Tellico Village



Pastor Prevatte delivers the invocation



Terry Douglass...from Atoms for Peace

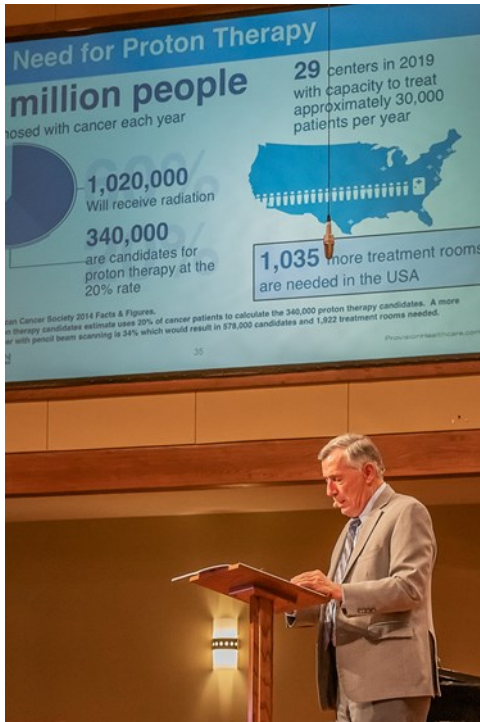


...to Proton Therapy



A large crowd remains engaged throughout the presentation





From Provision imaging treatment...



To ProNova research and development





After the presentation, members of the audience engaged in a lively question & answer session.



## Tours

By Bob Kutschera

### New Tour Scheduled for April

Loudon County 911 Dispatch Center

Loudon Emergency Management Mission Statement: *Our Mission is to support, coordinate, facilitate and enable all Emergency Service Providers in Loudon County to serve and protect the Citizens of our Community.*

Additionally, we maintain and operate the Emergency Operations Center (EOC) for Loudon County. Our mission includes preparedness planning, exercises and drills with agency chiefs and department heads.

When: April 30, 2019 at 10:00 AM

If interested, email Bob Kutschera at [bkkutch@yahoo.com](mailto:bkkutch@yahoo.com)

Bob can provide additional information and will provide crucial details to participants as we near the tour date.



## Technology Access Program

By Warren Sanders

### Letter of Apprciation

In last month's newsletter, we posted a story about the recent computer delivery to Grassy Fork School in Cocke County and included a picture collage of students who received the computers. On March 20 the TAP office received a fax letter from a 5th grade student at Smoky Mountain Elementary School in Cocke County who also received on the donated computers. The letter (copy below) thanked TAP for the computer she received as a donation to the school.

Mar 20 10:00:00a empty p.2

*Thank you for the computers.  
They are awesome. I am so happy I got  
one. Thank you so, so, so much. I can't  
thank you enough! I don't even know  
what to say. This is trully amazing. I  
can't believe you do this for people. You  
should get so many thank you's. It's  
trully awesome that you do this. Thank  
you!*

~ //name withheld//

### Do You Have Computer Hardware to Donate?

Technology Access Program (TAP) gave away many computer systems in 2018. Most of these systems go to school children of needy families in our greater East Tennessee community and, sometimes, in other states or countries. One "system" comprises **one computer, keyboard, mouse, monitor, speakers, printer, and a ream of paper**. Donated systems represent generous charitable gifts

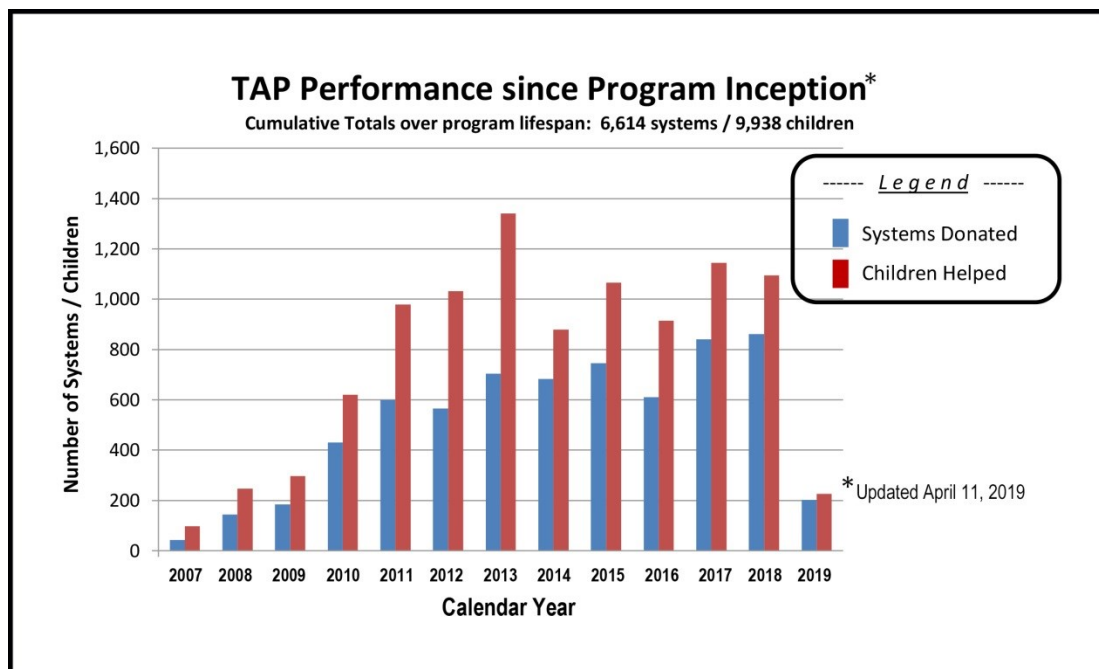
from TVCUC members, our friends and neighbors in Tellico Village, area businesses having replaced their computers, and aggregators who service computer leasing businesses.

The TVCUC TAP is a Microsoft Registered Refurbisher and provides refurbished donated computers loaded with Windows Operating Systems for distribution through non-profit organizations. Donated equipment is inspected and cleaned on arrival. The operating system, all programs, and any remaining personal information are removed from the computer. A new operating system and basic applications are installed so that a "clean" system can be delivered to a deserving student.

Presently, our inventory of computers and monitors available for refurbishing is critically low. We need your help in order to build up our inventory so we can continue readying systems for delivery to local agencies which serve needy kids who otherwise may not have access to computers.

### **TAP Approaches 10,000 Student-Helped Milestone**

As mentioned above, a celebration event is being planned for May. The current status of TAP donations is provided in the chart below.



***Thanks to all our donors!  
 We couldn't do it without your support***



## Membership

By Jim Autry

As of our April meeting, TVCUC has 1,228 members.

### OUR MISSION:

The **Tellico Village Computer Users Club (TVCUC)** is a 501(c)(3) non-profit organization formed to provide a forum to increase understanding of the personal computer ecosystem and to maximize its safe and effective utilization.

The Club provides the opportunity to communicate and exchange ideas, knowledge, and experiences for the enrichment of members including both PC & Mac Users.

To join TVCUC, visit **TellicoLife** webpage at [Join/Renew TVCUC Membership](#).



## Mac Special Interest Group

By Karen Brown

Larry McJunkin will present the April meeting, Monday, April 22, 3 p.m., Chota Rec Center. His main topic is Apple Watch, followed by a Q&A forum for Mac user questions.

The Apple Watch Series 4 is truly a game changer. From a great exercise companion, an accurate ECG sent to your doctor, to a fall alert that will call 911 "and" anyone else you designate. The biggest influx of Apple Watch users with this latest series are those over age 60. Come learn why this watch is much more than just another Apple toy.

Following is a little food for thought.

### Add a Group to Your Contacts

See this link for an explanation about how to add a Group contact list to your Contacts:

<https://support.apple.com/guide/contacts/create-groups-of-contacts-adrb3280fe91/mac>.

Once a group is created, you can send email to the group by simply entering the group name in the To/CC/BCC field.

### Allow certain calls when Do Not Disturb is on

You learn something new every day, and the other day teaching my iPad class, I did! I have **Do Not Disturb** turned on for my iPad and iPhone from 11 p.m. to 7 a.m. If someone calls twice in a row, the DND will be overridden. But there is a way to set your IOS devices to override that.

The first way is to go into your Contacts (on iPhone or iPad), edit the contact. Go to Ringtone and click the arrow on the right. Scroll to the very top and turn on Emergency Bypass. Click Done. You will see "Emergency Bypass On" under the name of the ringtone.

The second way is to create a contact group (described above). Once created, go to Settings on your IOS device, select Do Not Disturb, then select "Allow Calls From." Rather than selecting "No One," select the Group that you just created.

Allen Johnson shared the following:

**Your iPhone keeps a detailed list of every location you frequent — here's how to delete your history and shut the feature off for good...**

<https://apple.news/AwVEnJUFIQeSop6vUP9eMig>

### **How to add other persons's fingerprints to Touch ID**

It's a great way to allow casual use within a family.

If you don't use the App Switcher, you should learn how to do so. The video below taught me some new tricks with the App Switcher!

### **Mac App Switcher Tips and Tricks**

Most Mac users know how to use Command+Tab to use the app switcher. But did you know you can also hide and quit apps with the app switcher? You can also use the cursor to select an app and even drag and drop documents onto apps. By using other keys, you can navigate to a specific window or even a recently-opened document. [Read More...](#)

### **How To Use Split View On Your Mac**

Split View allows you to use Full Screen mode but with two apps instead of just one. You start Split View by holding the green button on one window and then choosing the left or right side. Then you click on another app to place it on the other side. The Split View screen acts as a Desktop and can be accessed from Mission Control. You can exit Split View by using the green button again on one of the two apps, which leaves the other app behind in Full Screen mode. But there is a way to exit Split View and return both apps to normal mode at the same time. [Read More...](#)

### **How To Create Email Templates In Mojave Mail**

The old Stationery function is gone in macOS Mojave, but you can still create email templates you can easily access. The trick is to build draft email messages and then move them to a custom mailbox. Then you can grab one of those messages and send it, customizing it as you see fit. In addition, you can use Pages instead of Mail to compose your templates as some features like tables are only available this way. [Read More...](#)

### **How To Choose Where Downloaded Files Are Saved**

When you download a file in Safari, the file is saved in the default location, usually the Downloads folder. You can select any location as the default in Safari Preferences. You can also have Safari ask you each time you download a file and then you can select the location and even change the filename. You can also bring up the context menu in most cases and decide whether to use the default location or a specific location each time. [Read More...](#)

### Best Lightning cables: Top-notch cables that are meant to last

The new iPhones may feature wireless charging, but Lightning cables are far from obsolete.



## **First Level Support**

By Tom Verbeke

The next session of Meet with FLS is scheduled for Tuesday, April 23<sup>rd</sup>, at the Chota Rec Center Room D.

### **Is Malwarebytes Legitimate?**

Some fake or rogue anti-malware software will display a warning message pertaining to **Malwarebytes**. A few of these scam anti-virus software providers go so far as to advocate the removal of MBAM. ... So, to be clear, **Malwarebytes** is a legal and **legitimate** anti-malware software application.

### **Is Malwarebytes Safe to Use?**

Yes, there is no doubt that **Malwarebytes** is one of the most surprising **anti-malware** software as compared to other **anti-malware** and yes it is **safe to use** on multiple OS such as Android, Windows, Mac. There are two versions of malwarbytes available (Free & Premium) to **use**.

### **Is the Malwarebytes free version any good?**

Malwarebytes should never be your only antivirus software, but having it handy can only help when malware disaster strikes. Users shouldn't rely on the free version of Malwarebytes Anti-Malware as their only security program. FLS recommends the free version for your computer.

### **Is Malwarebytes free or not?**

After the trial you can choose to continue using **Free** or upgrade to paid Premium. The **free** version of **Malwarebytes** 3.0 does **not** include real-time protection in its freeware mode...it is only an advanced on-demand cleaner that detects and removes malware when you run a scan.

### **Can Malwarebytes and Windows Defender run together?**

A combination of **Windows Defender** (antivirus) and **Malwarebytes** (anti-malware): **Windows Defender** functions as your basic antivirus and firewall, while **Malwarebytes** offers protection against a handful of threats that **Windows Defender** can't reach. Both programs **run well together** with minimum system impact.

### **Do I need Malwarebytes if I use Windows Defender?**

Yes, **Windows Defender** is good as an Anti Virus but not as a anti malware program. You **should** install **Malwarebytes**. **Windows Defender** is full anti-malware solution, but to be sure, you might use **Malwarebytes** scanner and not real-time protection. **Windows Defender** is not what it used to be.



### **Do I need antivirus if you have Malwarebytes?**

It is not recommended to run **Malwarebytes** as the only **virus protection** on **your** computer. While **Malwarebytes** does have some unique features that current antivirus packages lack (i.e., malicious web site blocking) it does not have all the protection features of a regular **anti-virus** package.

### **Should I run Windows Defender with Malwarebytes?**

If you have another real-time Anti-Malware product, **Windows Defender** may not run. So, if you want to use **Windows Defender**, you should consult with FLS first. Microsoft updated **Windows Defender** in 2016 to allow another antivirus/antimalware program to run simultaneously.

### **Do I have malware?**

Computer security almost always begins with anti-virus/malware software. While this advice may be obvious to some, many home computers don't have proper security software installed. With the free version of Malwarebytes, you should run a malware detection scan at least once a week, preferably at night when you won't need to use your computer.

### **How do I remove malware for free?**

Here's a step-by-step guide for taking action:

1. Step 1: Enter Safe Mode. Before you do anything, you need to disconnect your PC from the internet, and don't use it until you're ready to clean your PC. ...
2. Step 2: Delete temporary files. ...
3. Step 3: Be sure you have Malwarebytes, download it if necessary. ...
4. Step 4: Run a scan with Malwarebytes...

If you need assistance, who you gonna call?...**FLS! (865 408-8223)**

Read more about removing malware from your Windows PC...[Here](#).



**Your FLS team recommends Malwarebytes. We will be happy to assist you install Malwarebytes to help keep your computer or related devices safe. Come to one of our monthly “Meet with FLS” sessions or give us a call if you need assistance.**

**FLS Hot Line: (865) 408-8223**

## Tip of the Month

By Jim Watson

### What Is Cyberbullying

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

The most common places where cyberbullying occurs are:

- Social Media, such as Facebook, Instagram, Snapchat, and Twitter
- SMS (Short Message Service) also known as Text Message sent through devices
- Instant Message (via devices, email provider services, apps, and social media messaging features)
- Email

Read more [here](#)...

### More on Cyberbullying

#### *Tips, Tools & Solutions for Recognizing & Stopping Bullying Online*

Bullies have always existed, so why is it important to address cyberbullying? In a nutshell, it can be extremely detrimental to the victim's physical and mental health and, in some cases, possibly deadly. Since cyberbullying allows the anonymity of bullying from a distance, it can also be easily hidden from parents, friends and school administrators and adds an almost invisible dimension to the traditional face-to-face bullying that can be hard to detect and address. While the statistics of college cyberbullying are not yet well-defined, a study called [VISTAS](#), a project sponsored by the American Counseling Association, found that up to 22 percent of college students reported being bullied online and 38 percent of participants knew someone who had been bullied online. Continue reading to learn more about cyberbullying and what you can do about it.

Read more [here](#)...



If you haven't checked us out on line recently, find out the latest at

[TVCUC.org](http://TVCUC.org)