

HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP
 USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP
 GROUP HOOSIER USERS HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP
 HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP
 USERS GROUP HOOSIER HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP
 GROUP HOOSIER USERS HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP
 HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP
 USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP
 GROUP HOOSIER USERS HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP HOOSIER USERS GROUP

THE HUGgers
HOOSIER USERS GROUP
 People Helping People

MAY 1993

The HUGgers Newsletter

Volume 12, Number 5

OFFICER'S CORNER

As stated elsewhere in this month's newsletter, the May meeting has been cancelled due to the Lima Multi User Group Conference being held the weekend of May 14-15. As in previous years the Hoosier Users' Group will have a table at Lima. We would like to urge as many of our members to show up at Lima as possible. The Lima Conference is free and is a chance to meet and talk to a number of well known programmers and vendors in the TI/Geneve community, and of course shop for new and used hardware and software.

A number of seminars have been announced in MICROpendium; these include: Mike Wright on the PC99 Emulator (emulates a TI99/4a on MSDos machines), Mike Maksimik on his MIDI software, Don Walden (Cecure Electronics) on new Geneve hardware, Jack Sughrue on "The Teaching TI: Our Computer as an Educational Tool", and Bud Mills on the SCSI Card and other products. Barry Traver will also be present.

That's about all the information we have concerning the Lima Conference, I think that the doors probably open at 9:00 a.m.; also keep in mind that Ohio is an hour earlier than Indiana.

- B.C.P.
 Vice Pres

Personal News Bytes

We are glad to hear that Mrs. Lett, wife of member George Lett, is home and recovering from her recent illness.

MONTHLY MEETING LOCATION
 LITTLE HOUSE NEXT TO THE
 ST. ANN'S SCHOOL
 2839 S. McCLURE
 INDIANAPOLIS, IN
 MEETING STARTS
 AT 2:00 P.M.
 JUNE 20 1993

This news letter is brought to you by the efforts of the officers & members of the Hoosier Users Group.

THE OPINIONS EXPRESSED HEREIN ARE THE AUTHORS', and DO NOT NECESSARILY REFLECT THOSE OF THE PUBLISHERS.

MEMBERS ARE ENCOURAGED TO SUBMIT ARTICLES FOR PUBLICATION.-PLEASE!

REMEMBER

This is **YOUR** user group too!

HUG OFFICERS		
President	Warren Barnes	542-8568
Vice Pres	Bryant Pedigo	255-7381
Secretary	Fred Edstrom Jr	898-7300
Treasurer	Fred Edstrom Jr	898-7300
Librarian	Bryant Pedigo	255-7381

THE 1993 LIMA MUG CONFERENCE

Lima UG

Friday-Saturday, May 14-15 in Reed Hall, The Ohio State University Lima Campus, Lima, Ohio

As in past years this ALL TI event will be **TOTALLY FREE**. There's no charge for admission or tables in the exhibit area. Simultaneous seminars will occur in two different classrooms, and we will make videotapes of these seminars available for the cost of media and postage. During the conference, user group representatives can use our computer systems to make free copies of any software added to the Lima User Group software library in the past year.

TENTATIVE SCHEDULE:

Friday, May 14, 4-8PM: Disk copying from Lima software library; setup and socializing time. Come and help us set up tables, chairs, and video equipment. Exhibitors can set up their displays.

Saturday, May 15:

7AM: Doors open; disk copying

8:30AM: Seminars begin

10:00AM-1:00PM: Food service

6:00PM: Seminars, Lima software disk copying, conference end; clean up time. We have to put the tables and chairs back where they were, sweep the floors, and leave the place cleaner than it was the previous afternoon.

8:00PM: After conference PIZZA PARTY at a local restaurant

TRANSPORTATION ARRANGEMENTS:

Lima is in northwest Ohio at the intersection of Interstate 75 and state route 309. The easy-to-find campus entrance is 3 miles east of Lima off of state route 309.

FOR THOSE WHO FLY to the conference we are making **SPECIAL ARRANGEMENTS**. Lima has no commercial air service, and in past years it was necessary to fly to a nearby city, rent a car, and drive to Lima. We are arranging with user groups in these nearby cities to try and provide transportation to and from Lima for those using commercial airlines to get to the 1993 Lima MUG Conference. The three airports below are the most convenient and have local user groups

nearby. If you are flying to/out of any of these airports, please phone the indicated individuals **DIRECTLY** to arrange transportation. There is no charge for this service. However, please realize that this service is at the convenience of the local user groups, and it may not be possible to arrange airport pickup/delivery, particularly on short notice.

DAYTON, OH (the closest commercial airport). Rick Kellogg of Cin-Day User Group, 513-773-5941.

COLUMBUS, OH (Europeans would probably arrive here). John Parkins of C.O.N.N.I. User Group, 614-891-4965.

FORT WAYNE, IN. Homer Kipling of The Fort's User Group, 219-483-8886.

HOTELS AND TOURIST INFORMATION:

For descriptive literature about the Lima area including maps, restaurant guides, and tourist information, send a request to the Lima/Allen County Convention & Visitors Bureau, 147 N. Main St., Lima, OH 45801-4920 or fax your request to 419-229-0266. Please state that you plan to attend the OSU Texas Instruments Computer Conference.

Hotels are listed below in groups according to how convenient they are to the campus. Compared to many places, hotel rates in the Lima area are inexpensive. The local Convention and Visitor's Bureau surveyed area motel/hotels for us to obtain room rates, usually at a discount. These prices are on a "space available" basis (we do not reserve blocks of rooms) and are "plus tax", which is 12%. TO OBTAIN THESE RATES, STATE THAT YOU ARE ATTENDING THE "OSU TEXAS INSTRUMENTS COMPUTER CONFERENCE." If a room rate is not listed, this means the hotel did not reply to the request for discount room rates. All area codes are 419.

5 MINUTE drive to campus (near I75 and route 309):

KNIGHTS COURT. 1430 Bellifontaine Av. (BA) 227-2221. \$27.95 for 1 person in queen size bed. \$32.95 for 2-4 people in 2 beds.

HOLIDAY INN. 1816 Harding Hwy. (HH) 222-0004.

DAVIS PLAZA. 1650 HH 222-1080.

DIELMAN'S MOTEL. 1133 BA 225-2806

EAST GATE MOTEL. 1327 BA 229-8085

MOTEL 6. 1800 HH 228-0456

10 MINUTE drive (near I75 and route 81):

HUG BBS Update
by William M. Lucid

I want to take this opportunity to thank Delbert Wright of D. WRIGHT STUFF for all his effort in helping the HUG BBS, for donating two 360K half height disk drives, for donating a 200 watt switching power supply, and for donating his time!

The HUG BBS (317-782-9942 300/1200/2400 baud 8N1) is now open to all callers on their first call. There are eleven file directories available for up loading and downloading. HUG BBS has the capability of 60 megabytes of hard drive storage space. I purchased a 40 megabyte hard drive for \$40. During the installation of the 40 megabyte drive, hard drive one became unreadable. So, everything had to be reformatted and hard drives had to be re-stored with data from hard drive two, which had all the previous uploads and the S&T BBS files.

Fred Edstrom Jr. asked for some notes on downloading....so here goes!

[Select "D" for downloading at the main menu. This will give you "The HUG TI 99/4A BBS Downloads" menu of eleven file directories.

[Select a directory, press <enter>. Next you will get "Download Options" menu.

[Select "L" to list available files from the directory you selected. You can

[do a control "s" to stop the list from scrolling, do a control "q" to resume scrolling.

[Do a "?" for the "Download Options" menu. Next do a "D" to download a file.

[Select a protocol, I use "C" for XMODEM CRC; however, you are free to choose protocol of your choice.

[Type in the filename exactly as it was listed, use ALL capital letters. The next menu shows options:

- "S" Show picked files,
- "D" Download selected file,
- "C" Continue selecting files,
- "H" Hangup after downloading,
- "A" Abort.

I use "D" to download selected file. HUG BBS now tells you "File transfer(s) starting", here is where you start your downloading procedure at your computer.

Follow procedures for terminal program be it Telco, Fast-Term, or Mass-Transfer 4.5C.

Another feature the HUG BBS has is Email/Softmail. You can send mail privately and you may attach a file to the message. For example, if you have written an article for the newsletter. Write the message to Email/Softmail message base, instead of doing a "S" to save message, do a "F" for file. Follow the HUG BBS prompts.

There is room for twenty-five file directories on the HUG BBS. We have only used eleven file directories, if you have ideas for additional directories, I would appreciate hearing from you. Each file directory can hold 127 files, new directories should be created with this in mind.

If anyone has questions about downloading or anything about the HUG BBS, call me at (317)-291-3995.

NEW S+T BBS
Hoosier Users Group
Baud rate: 300/1200/2400
On Line 24 Hours Daily
317-782-9942 8N1

Now with a Hard Drive
60 MEG ON LINE

Msg#:33431 *TI-ECHO*
04-27-93 22:40:00 (Read 1 Times)
From: BEERY MILLER
To: ALL
Subj: LOAD/SYS NEW VERSION

A new version of LOAD/SYS has been released on Genie and my BBS. It should be available on Delphi in the next day or so. James Schroeder has modified it so that MDOS can now be loaded from HFDC floppies if you have only one controller card.

Also, a new release of MDOS (V1.50H), GPL (1.5H) and MDM5 (V1.50) will be released in the next couple of days. This should be the last version of MDOS for the HFDC unless someone discovers something "real soon". Support for SCSI for GPL mode (and WDS support for GPL mode on the HFDC) has been built into MDOS and the GPL interpreter. Exec will not be able to use WDS until a new version is released, specs to Barry Boone will follow shortly.

Things fixed or improved.....

- o Improved hard drive speed (2X-3X improvement, format at interlace 7 if you want the extra speed)
- o HFDC formatting problem from MDOS CLI fixed relative to sector 0 problem. The aborted verification problem is still there as it is a hardware problem, just format the disk a second time and the disk will format properly.
- o Case insensitive CLI now available, type lowercase filenames and uppercase filenames will be found.
- o Video display routines have been speeded up. Many things speeded up by 2x.
- o Fixed mouse driver conflicts with using character definitions higher than 128.
- o Fixed a small "quirk" in the Horizon Ramdisk support.
- o Added user toggle to activate use of WDS on HFDC/SCSI at CRU >1200 while in GPL mode (allows Gentri/MDM5/HFSECTOR/

SECTOR one for GPL/etc) to function properly.

- o Modified time/date function to not query for input if in batch mode

GPL V1.50

- o Added support for CRU >1200 powerup if toggle active
- o Removed previous page forwarding scheme.

MDM5 V1.50

- o Modified several files that should allow full compatibility on TI-99/4A and tested on Geneve 9640 with no problems.

LOAD/SYS V1.2

Load/Sys modified by James Schroeder for full HFDC functionality

So folks, the only thing left now is few remaining "quirks" of ABASIC and everything will be done. The HFDC functionality for using it as a single controller in GPL mode is not where I desire it to be, but due to the structure of MDOS, MDOS would have to grow a LOT more as their is just really no room in GPL mode to implement in any easy manner a modular paging scheme without having to duplicate many items. I tried and I tried and I tried, the room just does not exist. This option will have to be the solution. Just in the DSR area itself, in the past 4 months I have spent probably 300+ hours of time in development in either testing changes, programming, debugging, or just plain studying the code to figure out why this did that and that didn't do this. It's not an easy piece of code to follow. If you want to listen, I'll give a "quick" breakdown of how the DSR runs.

First, a single 8K page in the DSR space contains all the DSRLNK's, GPLLNK's, and powerup links for GPL mode. This page in turn banks other pages into the >0000->1fff and the >6000 to >7FFF area

to handle the additional supporting routines as needed. While this is all happening, the code is CONSTANTLY switching between GPL mode and MDOS mode during the DSR call trying to minimize the need for duplicate code between mdos/gpl modes. As a result, a lot of studying to know where what is and when becomes very tedious. It's not easy.

I hope people (contributors) are satisfied with the H version. Another F version may follow that would include some of video speed up routines, IF I can figure out where I lost a pointer in some of the link routines.

Following this release of software, I will look at ABASIC and see what is needed. By the end of summer, hopefully abasic will be complete too.

Beery

--- QuickBBS 2.76
* Origin: 9640 NEWS BBS * Memphis, TN!
(901)368-0112 * (1:123/50)

Horizon tip

This comes from the PUG Peripheral, the newsletter of the Pittsburgh TI User Group. The author is unknown.

Here are the symptoms: Your Horizon RAMdisk locks up and won't access even the physical drives (DSKx.). The system will seem to work but the disk controller light and HRD light (LEDs) will be on. Turning the console off and on doesn't seem to work.

Here is what to do: Plug the Editor/Assembler module into the console. Turn the PEB and the console off. Then turn the console on first. That's right, first. Then turn the PEB on while holding down the shift key. Select option 5 from the E/A menu and load DSKx.CFG to configure your system.

Strangely enough, the disk access reappears. The RAMdisk directories are still intact, as well as their contents.

Next, reload the ROS you usually use. Do not throw out the existing information. Exit CFG and everything will be fine.

It may not work for everybody, but it's worth a try.

D. Wright Stuff

Introducing the "Watchamacalit"

Do you own a MYARC HFDC? Are you tired of having to set the clock every time you turn your system on? Then you need a **Watchamacalit!** Regardless of whether your clock runs fast or slow the Watchamacalit will make your clock run accurately. Includes battery backed circuit board, instructions, clock program and one year full warranty **\$37.95**

(battery not included)

Disk Drives — REFURBISHED — Full Height *20
Half Height *40 2 Half Heights w/cables *80

HAYES 1200 baud modem w/cables & software *50

Speech Synthesizer *30

Switch Boxes 36 pin Centronics A-B (Printer) *15 w/2 cables *25

DB25-25 pin A-B (Serial) *13 w/2 cables *23

200 Watt switching power supply — *30

101 Key Enhanced Keyboard — for Rave, Geneve, AT/XT
compatibles *32

Brouke's Diskettes — Preformatted for TI & Geneve. DS/SD *6.50 a
box or DS/DD *7.50 a box

Monitor — Magnavox Professional — 13" — Analog t& Digital RGB,
Composite Color *200

P Boxes — Empty *70 w/flex cable *85 Full Box — CALL
Consoles, Modules, Books, External Drive Cases. Custom Cables.
Accessories and More.

ALL of our prices include S&H and all products are under warranty. There are no extra charges or delays for checks. **No hidden charges period.** Check these things before you buy anywhere else.

SEE YOU IN LIMA MAY 14 & 15

Send check or money order to
Del & Darla Wright
185 N. Post Rd.
Indianapolis, IN 46219-5537
1-317-9266

FREE SHIPPING IN US
Min. Order **\$10**
Indiana residents add 5% tax
Please include phone number with your order

1-800-3-4-D STUF

LASERS AND THE TI



DAVID A. STERMAN
NORTHCOST 99ERS

With the cost of laser printers falling almost daily, you may want to investigate the feasibility of using one with your TI. I have looked for a comprehensive review of laser printers in newsletters for the past two or three years, and not one article has appeared.

You have all seen what Marty Smoley can do with his laser printer and the TI, but most of us WOULD NOT go through what Marty does to get his printouts. Since none of the TI software has built-in printer commands for lasers, Marty has to write his own.

I just purchased a HP Laserjet IIIp and thought that my experience might help someone else decide if there might be a laser in their future also. I knew that you could print text from the TI through funnelweb, but was concerned that I would not be able to use my graphic programs. The laser prints at 300 dots per inch, while most dot matrix printers use under 200 dots per inch. Thus, all you would get is garbage.

If you read the advertisements for lasers, you will see that many of them have several printer emulations. That means that if it is emulating a Diablo 630, or an EpsonPX, or an IBM Proprinter, that the printer commands for those printers will be accepted by the laser and printed out as though they were that machine.

Many of the never dot matrix printers have a variety of fonts built in. My XR-1000 has Courier, TW Light, Sans Serif, Cinema, and several more that I can choose from the front panel of my printer. Even though most laser printers advertise 14 basic fonts, they will not be different fonts that you are used to with your dot matrix. These 14 fonts are basically variations of one font...Courier., ie courier 10 pt, 12 pt., 16.6pt (condensed as we know it), in regular, bold, italic, etc. Thus, this is the only font you will get when you are in said Epson, Diablo, Proprinter, etc. mode. The commands for condensed, enhanced, double wide, etc. will be interpreted and printed as you usually expect.

Thus, when considering a laser, the first thing that you will want to know is whether it has built-in Epson emulation or whether a separate card can be purchased to emulate an Epson. With this feature, you can use PAGE PRO, TIPS, etc. without any modifications to the program.

There are several laser printers advertised between the \$600 and \$900 range, but the cheapest in price may not be the least costly in the long run. If the Epson emulation is not built in, the cartridge will cost about

\$100. A lot of these low-end printers only have 512K memory.

A laser printer is a "page printer". All of the data necessary to print an entire page is sent to the printer before it prints anything. Thus, if there is not enough memory in the printer to hold the whole page, not all of it will print. When reading articles on lasers, they say you should have at least 1mg in order to print a full page of graphics. I don't know how many of us would be printing a page of high density graphics and nothing else. But it is some thing you should consider.

The cost of laser memory varies widely from printer to printer. You can add a meg to your PC for about \$50, but it will cost you two to three times that for your printer, depending on the make.

Another cost to consider is the imaging process the laser uses. Some use a toner/drum combination which is standard in the HP laserjets. Others require you to replace the toner and drum separately. This is not done each and every time you need toner, but every so many thousand copies. Some use the HP toners and others use their own brands which are not as plentiful or as cheap.

I seriously looked at the Epson Action Laser II. This is a very basic inexpensive printer. It has Epson emulation built in, and uses Hewlett Packard font cartridges (which you could use for text on the TI). The print speed on this machine is rated at 6 pages per minute which is fast for a low-end printer. Standard memory is 512K and additional memory was about \$100 for one meg and \$150 for 2 megs. The second meg is sometimes cheaper because it goes on the same board as the first. However, I started to get second thoughts when I found out that the toner cartridges were about \$100 each and the drum had to be replaced at 100,000 (I may die before I reach that many though) at a cost of about \$150. The street price on this printer is a little over \$650.

Since I would be using my laser in both my TI, and my DOS machine, I looked at a machine I probably would have passed up if I only had my TI. This is a TI microlaser which was highly rated in a PC Magazine review. However, when I went out to ComputADD, the only dealer in this area, they did not have one in, did not know when they would get one, and couldn't tell me how much an EPSON font cartridge would cost or where I could get one. Guess you know they lost that sale in a couple of minutes.

Another machine I would definitely have considered if I were buying for only my TI, would be the Star Laser 4. This comes with Epson emulation, 1mg of memory, uses HP standard toner cartridges and font cartridges. Most dealers are including a 25-font cartridge in the price which is about \$799. It is a 4 page per minute printer. However, it uses something called RISC processing which sends the data out to the printer faster.

Because I intended to use my laser for business as well as pleasure, I chose the Laserjet IIIp for that very reason. It is probably a little more expensive than most of you would feel free to spend, and you might choose instead the Laserjet IIp which has a street price about the same as the Star printer.

We were getting a Laserjet III at work and what I did at home would be compatible with what I do at work without any modifications. The only noticeable difference for me is the print speed. Of course, it is not nearly as large, with smaller paper trays, but I am finding it adequate for a home printer. The Laser III and up family supports scaleable typefaces, filled fonts, and most of the fancy tricks you see Marty do with his Canon laser. However, just as with Marty's printer, the software drivers for the popular DOS packages do not yet take advantage of these features. If I am to use them, I have to learn an entirely new language called PCL and have a software

program that will let me insert my own printer codes. It comes with 1 meg of ram standard. I added a second meg and got the Epson cartridge which added about \$200 to the street price. Recently Micro Center advertised cartridges for the IIP and IIIp at \$50.00. Just as diskettes and ribbons became cheaper when the volume of users increased, we should see toner decrease also. My toner cartridges are supposed to be good for 1,000 copies. After you get a couple of cartridges, you can always have them remanufactured. I am told that the cost for this is about \$40.00. When cartridges were selling for \$75 to \$100, this was a sizeable savings.

I wrote this article using Art Gibson's Newsletter Printer program and the Epson Emulation cartridge on my HP laserjet. I recently purchased a scanner and scanned the picture of a Laserjet from an ad in the Computer Shopper. I converted the scanned image to a Mac file and sent it over to the TI where I converted it to an instance. I used TI-Artist to add the text above and below the picture.

That sounds like a lot of work when I could have just printed it in two columns from Word Perfect with high resolution graphics and a fancy font. We all know that Word Perfect can do a decent job of desktop publishing, but not everyone knows the TI is no slouch considering it's age and lack of memory and sophistication.

Email/Softmail

Have you had trouble downloading from this section? Well I had my share. I locked up the BBS one time and John Powell had to start it up again. Then I messed it up so bad that Bill Lucid had to straighten it out. It started giving me 60 column lines and my monitor is only 40 wide. After Bill got the BBS fixed again, he gave me some step by step instructions and in case you need them, here they are.

First, you don't want to read your mail in the Message Retrieval section. Rather you want to press (Q) for quit.

Next you press (M) for Message base.

Then choose #6 for Email/Softmail.

Now do an (R) for Read Mail.

(T) is for your messages.

You may be told that there are messages from #1-34. Press #1, at which time you are asked if you want to pause

between messages [Y/n]. (Y) <ENTER> will cause each message to stop, so you will have time to read it.

When the message, you want, comes on the screen, you may see one line that reads *Enclosed file:FILE/NAME.

(You will also note that there are two lines of type between your message and the file name, that have nothing to do with either).

Press (E) for the Enclosed file.

Next choose (C) for Xmodem CRC.

AT "File transfer now starting".
Do a FCTN 4 and use X Modem.

The next screen will give you the opportunity to say which Disk drive has your blank disk and the name you wish to call your new file. (DSK1.FILE)

Press <ENTER> and when the transfer is finished, you may log off the BBS and load the new file with your Word Processor.

Carpal Tunnel Syndrome

MICROpendium/April 1993

Computer users need to use preventive care

By LAURA BURNS

Newspaper editors are taking early retirement. Secretaries are moving into new careers.

Sometimes this sort of thing happens by choice, but often today it's by doctor's orders. And though carpal tunnel syndrome is usually work-related, hobbyists are not immune to this debilitating condition.

Carpal tunnel syndrome is a condition caused by pressure on the median nerve at the wrist. The pressure, though sometimes created by illness or injury, can be caused by a repetitive motion which causes the tendons to become inflamed. Repetitive motions can cause injury in other joints of the body besides the wrists, also. (A case in point is tennis elbow.) In carpal tunnel syndrome, the inflamed tendons must pass through the tiny carpal tunnel bone in the wrist. The swollen tendons in this small passageway squeeze the nerves, causing numbness or pain in the fingers and thumb or the whole hand.

The number of persons with this syndrome, once thought to affect only women in their 40s and 50s, has shot upward in the com-

puter age. Now, men and younger women are being diagnosed with carpal tunnel syndrome as well. Many cases are suspected to be caused or aggravated by prolonged periods at the keyboard. Typists of former years did not suffer from it as much because of the "breaks" from repetitive motion built into their tasks, such as changing paper or hitting a carriage return. According to the Occupational Health and Safety Administration, repetitive motion injuries are the fastest growing type of work-related injury.

Patients with carpal tunnel syndrome typically complain about their hands "going to sleep" or describe a painful burning or tingling in their hands which can awaken them at night. Clumsiness or a tendency to drop things begins occurring. Anyone with numbness or pain should seek medical advice right away.

For treatment of carpal tunnel syndrome, the work schedule or station is changed to reduce the pressure on the wrists. Patients wear fitted wrist splints at night to keep their wrists absolutely straight for an eight-hour period, and some patients wear wrist splints during part of their waking hours. Patients may use aspirin or an

other anti-inflammatory drug to reduce pain and swelling. Sometimes physicians inject cortisone directly into the carpal tunnel. As a last resort, surgery is performed to release the ligament and remove the swollen tissue from around the nerve or tendons.

But when possible, it's better to prevent the condition from occurring. For this, you need to remember all the boring stuff your typing teacher told you about sitting properly with the proper chair and desk height. If different users of the same computer are different sizes, an adjustable chair is in order. You need to keep your wrists straight while typing. Wrist rests are advised for persons who spend prolonged periods at the keyboard. These should support the wrists at least two inches above the keyboard. You need breaks from the computer, as well, even if you are having fun with it. Get up and move around every hour. Also, some studies indicate that a deficiency in Vitamin B6 (pyridoxin) increases susceptibility to carpal tunnel syndrome. Good dietary sources for Vitamin B6 are cooked dried beans, wheat bran and whole wheat products.

Individuals may obtain practical information about living with carpal tunnel syndrome from the Arthritis Foundation. Consult your local phone directory or write 1314 Spring St., NW, Atlanta, GA 30309.

MICROpendium columnist tells of uncertainty that accompanies CTS

TI users shouldn't feel immune from Carpal Tunnel Syndrome. MICROpendium columnist Barry Traver recently was diagnosed with the condition. The result has been greatly reduced time at his TI and the frustration of not having a predictable treatment path. He says:

The CTS is "progressing," but in the wrong direction. I now am wearing a wrist splint on the other hand as well.

The all-too-common "solution" is surgery, but I've talked with lots of people who have either had the surgery or have friends or relatives who have had the surgery, and it is not always a perfect solution. For some, it seems to do the job, but it does not work out as well for others (e.g., one person who had the surgery on both wrists told me that it didn't completely remove the pain; it only made it "bearable" for her).

My own research into CTS is not so much the result of expert professional advice, i.e., talking with doctors (my own doctor seems too ready to see surgery as the proper course of action), but of talking with people who have had personal experience with CTS and of reading what I have been able to find on the subject.

There are special keyboards available that are supposed to be helpful, but although you can get one for about \$200 for the Mac, the only two I've found for the IBM cost about \$650, which is beyond my budget (even if it is less than what the surgery would cost). (An IBM keyboard would also work with a Geneve.—Ed.) Right now, essentially, all I've got to help out are wrist splints (worn all night and most of the day) and a foam wrist rest when I am at the computer keyboard.

One medical book I looked at described the surgery as "controversial," but it appears to be a frequently recommended "solution." That book said that there are two choices: A large incision that generally leaves an unsightly scar, or a smaller incision that doesn't leave an unsightly scar but increases the likelihood of the operation messing up.

Another variation in surgery, according to someone I talked to (although I have not been able to confirm it in a medical text) is to operate on the palm rather than the wrist, but I don't know how accurate that report is, since only one person has mentioned it to me.

In the meantime, I'm — very — frustrated, because a computer keyboard is my natural "home," because most of what I do, I do there.

The ONLY monthly devoted to the T199/4A

Subscription Fees

- 12 issues, USA, \$25 12 issues, Mexico, \$30.25
- 12 issues, Canada \$25 12 issues, other countries surface mail, \$30.00
- 12 issues, other countries, air mail, \$42.00

Outside U.S., pay via postal or international money order or credit card; personal checks from non-U.S. banks will be returned.

Address Changes

Subscribers who move may have the delivery of their most recent issue(s) delayed unless MICROpendium is notified six weeks in advance of address changes. Please include your old address as it appears on your mailing label when making an address change.

Check each item ordered (or list on separate page) and enter total amount here: _____

Check/MO (check one)

Card No. _____

Expiration Date _____
(Minimum credit card order is \$9)

Signature _____
(Required on credit card orders.)

No sales tax on magazine subscriptions. Texas residents add 7.75% sales tax on other items, including back issues and disk subscriptions.

Mail to: MICROpendium, P.O. Box 1343, Round Rock, TX 78680

Name _____

Address _____

City _____

State _____ ZIP _____

The set of numbers on the left of your mailing label indicates the cover date of the last issue of your subscription.

Disks, Etc.

- Back Issues, \$2.50 each. List issues: _____

No price breaks on sets of back issues. Free shipping USA. Add 30 cents, single issues to Canada/Mexico. Other foreign shipping 50 cents single issue surface, \$1.60 airmail. Write for foreign shipping on multiple copies.

OUT OF STOCK: Vols. 1, No. 1-2; Vol. 2, No. 1; Vol. 4, No. 9

- MICROpendium Index (2 SSSD disks, 1984-1992), Extended BASIC required\$6.00

- MICROpendium Index II (9 SSSD disks — 1 for each year — 1984-1992), XB required\$30.00

- MICROpendium Index II with MICROdex 99 (11 SSSD disks), XB required.....\$35.00

- MICROdex 99 (for use with MP Index II, 2 SSSD disks), XB required.....\$10.00

MICROdex 99, by Bill Gaskill, is a collection of programs that allow users of MP Index II to modify their index entries, as well as add entries. MICROdex 99 supports many other functions, including file merging, deletion of purged records, record counting and file browsing.

- Magazine holders (12/set — add \$1 shipping/order)..\$3.00
Number of sets _____

GENEVE DISKS (SSSD unless specified)

- MDOS 1.21F (req. SSSD or larger, for MBASIC).....\$4.00

- MDOS 1.21H (req. for MBASIC).....\$4.00

- Myarc BASIC 3.0.....\$4.00

- MY-Word V1.21\$4.00

- Menu 80 (specify floppy or hard disk versions(s); includes SET-COLR, SHOWCOLOR, FIND, XUTILS, REMIND\$4.00

GENEVE PUBLIC DOMAIN DISKS

These disks consists of public domain programs available from bulletin boards. If ordering DSDD, specify whether Myarc or CorComp.

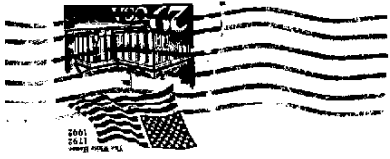
	SSSD	DSSD	DSDD
<input type="checkbox"/> Series 1	\$9.00	\$7.00	\$5.00
<input type="checkbox"/> Series 2	\$9.00	\$7.00	\$5.00
<input type="checkbox"/> Series 3	\$9.00	\$7.00	\$5.00
<input type="checkbox"/> Series 4	\$9.00	\$7.00	\$5.00
<input type="checkbox"/> Series 5	\$9.00	\$7.00	\$5.00
<input type="checkbox"/> Series 6	\$9.00	\$7.00	\$5.00

ATTENTION ATTENTION ATTENTION ATTENTION ATTENTION ATTENTION ATTENTIONA
T T THIS IS IT, FELLOW MEMBERS, THE MONTH OF MAY IS HERE. T
E PLEASE MAKE CHECKS PAYABLE TO E
N HOOSIER USER GROUP FRED EDSTROM JR., SECRETARY, TREASURER N
T 1320 NORTH BONAR AVENUE T
I INDIANAPOLIS, INDIANA 46229 I
O O
NATTENTION ATTENTION ATTENTION ATTENTION ATTENTION ATTENTION ATTENTION

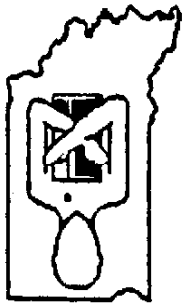
Hoosier Users Group BBS
 317-782-9942 300-2400 8N1
 USING S&T BBS SOFTWARE

TIME DATED
 May 1993
MATERIAL

May 1993
 Dan H. Eicher
 524 Howell Lane Apt. C
 Indianapolis, IN 46224



HOOSIER USERS GROUP
 P.O. Box 2222
 Indianapolis, IN 46206-2222



APPLICATION FOR MEMBERSHIP

Below you will find an application for membership to the Hoosier Users Group. Active membership entitles you to the Newsletter, up and download on the HUGbbs, attendance and voting rights at regular club meetings, access to the HUGger Library of Programs, special club activities and special guest speakers for one year.

Make check or money order payable to Hoosier Users Group. Send completed application to:

HOOSIER USERS GROUP
 P.O. Box 2222
 Indianapolis, IN 46206-2222

(Cut on dotted line)

Annual membership is \$18.00
 Due in May

New membership is prorated as follows:

May ----- April	\$20.00
June ----- April	\$18.50
July ----- April	\$17.00
August ---- April	\$15.50
September - April	\$14.00
October --- April	\$12.50
November -- April	\$11.00
December -- April	\$10.00
January + annual	\$26.00
February + annual	\$24.50
March + annual	\$23.00
April + annual	\$21.50

Name: _____ Today's Date: _____

Address: _____ Apt. # _____

City: _____ State: _____ Zip: _____

Phone: (____) _____ - _____

Interests/Comments: _____