



WAC Journal

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A Monthly Publication of the
Willamette Apple Connection, Inc.
An Apple II & Compatible User Education Group
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JULY MEETING INFORMATION

The meeting is scheduled for July 16th, 1987, with a starting time of 7:00 p.m.. The meeting will be held on the Chemeketa Community College campus, in Building 2, Room 112.

The Public Domain Library will be there to be copied. The copy fees are waived for members of WAC, and the usual fee of \$1.00/side will apply to all others. If you forget your blank disks, there will also be some disks available for \$0.75 each.

Of course, we will continue with the question and answer session; so, bring your solutions, problems and programs to the meeting. We hope we can help one another.

PEELINGS from the BOARD MEETING

The Board of Director's meeting was last held on May 21st. See last month's WAC Journal for the report.

1987 Apple Business Forum

WAC has recieved two free invitations to the Business Forum. These passes will be available to two interested business individuals within our user group. The Apple Business Forum will be held July 27th in Seattle, as well as other parts of the country during June and July of 1987.

Hear experts discuss software and hardware solutions to address business needs. The solutions will be based around the Apple Macintosh computer. If you are interested, contact Lawrence Tucker (585-0811).

The Apple IIgs Update

The Apple IIgs -- Apple's most powerful Apple II computer -- was introduced with great fanfare in September. Many things have happened since then, and we'd like to share them with you. Here is an update.

In the seven months that the Apple IIgs has been available, two important milestones have been achieved.

First, the Apple IIe upgrade for the Apple IIgs shipped in January as planned. This upgrade allows any Apple IIe owner to upgrade to the full capabilities of the Apple IIgs while still being able to use the peripherals and software he or she already owns. The ability to upgrade was a key goal of the Apple IIgs development team, and we're glad it's shipping!

Second, a new set of system software that contains the following tool and speed enhancements is about to be released.

- o New Font Manager
- o New Print Manager
- o Ability to compact files for faster loading
- o Bug fixes and developer tool updates

You can get this new system software from your local authorized Apple dealer or through the recently announced User Group System Software license program. See your group Ambassador for more details on the licensing program. [WAC is NOT presently participating in the program.]

And, there's lots of good news on the software front: Over 25 Apple IIgs applications software packages have begun shipping, and many more new ones are on the way. These products are beginning to establish a whole new standard of quality and performance for the Apple IIgs line. Expect more new products this summer from leading and upstart software companies -- products that will give true meaning to the words Graphic and Sound! Quick Connect [and the WAC Journal] will keep you posted.

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MEETINGS

The Regular Membership Meeting is held on the third Thursday of the month, with a start time of 7:00 p.m.. The meeting is held on the Chemeketa Community College campus, in Building 2, Room 112. The general public is invited to attend.

WAC JOURNAL

The journal is published monthly. Authors should submit their copy via MODEM to the Salem Public Library BBS (Apple SIG), or mail a diskette with the article written in ASCII text file form, AppleWorks or AppleWriter files by the 7th of the month. Hard copy should be mailed by the last day of the month preceding the publishing month.

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U.S. Constitution Honored with National Archives Exhibit

WASHINGTON, D.C., June 26, 1987.

One of America's oldest documents will be commemorated with one of the newest technologies when Apple Computer, Inc. and Scholastic Software honor the 200th anniversary of the U.S. Constitution with an Apple IIGS interactive computer display at the National Archives. The display, which opens July 1, is entitled "Would you have signed the Constitution?"

The Apple/Scholastic exhibit will open with a ribbon cutting ceremony featuring Frank G. Burke, acting archivist of the United States; Del Yocam, Apple's chief operating officer; and Sidney P. Marland Jr., Scholastic Inc., executive committee chairman.

The interactive display joins two bicentennial exhibitions at the National Archives--permanent home to the Constitution, the Declaration of Independence and the Bill of Rights. "The American Experiment: Creating the Constitution" describes the country during the time the Constitution was conceived, created and ratified. "The American Experiment: Living with the Constitution" consists of documents, photographs and audiovisual materials focusing on the ways in which the Constitution has been challenged and interpreted over the past 200 years. The tribute will run through the end of the year.

"Our exhibit honors the leaders of yesterday and encourages the leaders of the next 200 years, whose bold moves will keep our democracy strong," Yocam said. "Though the quill pen first used to sign it has long been replaced, the United States Constitution has withstood the trials of time. With the Apple IIGS, we're offering visitors a glimpse into the past by way of modern day technology."

The Apple/Scholastic exhibit is designed for school-age children as well as adults. Visitors interact with the program using the Apple IIGS mouse while digitized musical selections taken from a piece composed at the time of the Constitutional Convention are played at various times during the three-minute exhibit.

"Scholastic has long had a commitment to the development of values and attitudes in young people," Marland said. "This software gives us the opportunity to literally engage the participation of young people as well as adults in simulating the processes of the framers of the Constitution and the values implicit in that process."

The program begins with the question, "Would you have signed the Constitution?" The participants, acting as delegates to the convention, then answer five questions. The questions deal with issues raised at the convention that are still relevant today.

The responses are given in a 'yes' or 'no' format through the click of the mouse. After each answer, an entry that might have appeared in a delegate's diary appears on the screen. The diary entry explores the pros and cons of the issues, depending upon the participants' responses.

After the final question, a diary entry appears, comparing the participants' answers with the actual votes on the issues at the convention. The participants then decide whether they would have signed the Constitution. If they are in agreement, participants are invited to use the mouse to sign a replica of the preamble to the Constitution.

The last screen displays a tally of the number of visitors who signed the Constitution and the number of those who did not sign it.

Computer Fitness, The Eyes Have It

Since I began using my computer....

Check One:

- I've started wearing glasses (or contacts).
- I've had my vision prescription changed.
- I have headaches.
- I continue to see "Apple-File-Edit-Search, etc.", even when I'm away from my display screen.

If you can answer "yes" to any one of the statements above, help is on the way in the way of Vision Training. You can begin right NOW to preserve and improve your vision.

You've heard the expression, "Pain in the neck?" Tension in the neck muscles constricts the blood flow to the head contributing to poor vision. Likewise, faulty vision habits - straining to see, staring, improper lighting, etc., all contribute to less than perfect eyesight.

Below are some helpful hints that pertain to the Computer:

- 1) Adjust the screen brightness to your comfort level according to surrounding light. Avoid the highest contrast and just leaving it set.
- 2) Place your computer at right angles to a window, rather than opposite a window (which can cause a glare) or facing into the window.
- 3) Install the specific screen fonts you are using. Keep the typing in Geneva or Chicago then change less easily seen font when printing. For Laser printers, install specific font sizes used most frequently, especially small sizes, as reading will be more clear.

You've heard of "tennis elbow", "writer's cramp," etc. The newly-dubbed computer occupational problem is the "Stiff Mac-Apple Neck Syndrome". To avoid SMANS the following are guaranteed to relieve:

- * Touch your ear to your shoulder first one side then the other; Please don't try touching both ears to the same shoulder!
- * Breathe deeply - closing your eyes and breathing deeply works miracles of relaxation; open your eyes on the exhale.

- * Blink lightly and frequently - not continuously, of course nor one eye at a time. This latter may be perceived as flirting.
- * Shift near to far shift your vision to some distant point - a tree outside your window, the wall in the next room, etc. A helpful reminder is to do this at each time you type a period - or when you read one.

Nose Writing

If you're having group practice of this exercise it's a must to close your eyes. Otherwise, looking at other people will make you self-conscious and you will be inclined to stop.

Thus, close your eyes, begin on your left and write your name in large letters; if your name is as long as mine you may have to start a second line - that's okay. If you're really flexible, you may try "wraparound" like some word processing programs!

Seriously, in the last six months of computer work I have found it necessary to increase Vision Training exercises to preserve the level of vision obtained after special training to eliminate the need for glasses and contacts worn for over twenty years.

Yet the few minutes of time you invest for these simple exercises result in dividends of work energy level, relaxation and effective vision.

Resources

- Bates, W.H.; The Bates Method for Better Eyesight Without Glasses.; N.Y.; Holt, Rinehart & Winston, 1968.
- Corbett, M.D.; Help Yourself to Better Sight.; CA; Wilshire Book Company, 1949.
- Huxley, A.; The Art of Seeing.; CA; Creative Arts Book Co., 1982.

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July 16th, 1987

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